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September 23, 2019

Information for the Oklahoma Nursing & Health Care Professional

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Impacting Children's Lives One Day at a Time



Chris Weigel, BSN, Chief Nursing Officer, stays busy at Cedar Ridge Behavioral Hospital where they specialize in Behavioral Health Treatment.

by Vickie Jenkins, Staff Writer

Cedar Ridge Behavioral Hospital provides quality inpatient treatment to help stabilize patients struggling with mental health issues. The multidisciplinary treatment teams consist of psychiatrists, licensed therapist and specialized nurse who collaborate to develop and implement compassionate, individualized, evidence-based treatment plans for our patients.

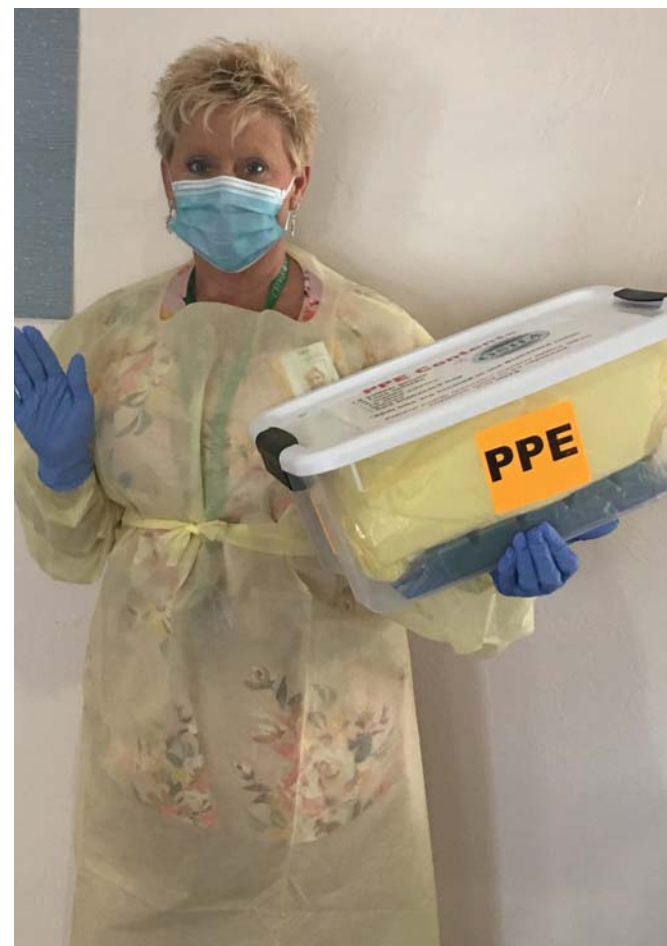
Cedar Ridge Behavioral Hospital is proud to serve our military families. We provide quality acute and residential services to children and teens ages five to seventeen. This program is designed to address specific treatment issues

with psychiatric disorders in a secure and safe environment. -Cedar Ridge Behavioral Hospital-

With Cedar Ridge Behavioral Hospital comes a very professional staff. One special nurse is Chris Weigel, RN, Chief Nursing Officer. Chris explains that she has been a nurse for forty-two years. "I always wanted to be a nurse, ever since I could remember. I started out as candy striper in a hospital. At the time, I loved caring for people but didn't have any experience in the nursing field at all. When I was growing up, my mom was in and out of the hospital quite a bit so I felt like I wanted to be a nurse too, like the

See WEIGEL Page 3

"Infection Prevention Round-up"



by Debbie Dahl, MSN, RN

Infection Prevention is more than just hand hygiene, covering your cough or getting a flu vaccine. Infection Preventionists save lives every day by working with all disciplines within the health care setting to keep you healthy.

You may know us as Infection Control, but we changed our name in 2008 to more clearly define our practice.

The Epidemiologists and Preventionists in Infection Control (EPIC) organization began in 1974 in Oklahoma City. The organization works to provide a collective voice for epidemiologists and

See CONFERENCE Page 2

CONFERENCE

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preventionists for whom infection prevention issues relate to improving quality patient care and promoting patient safety.

Oklahoma EPIC members are nurses, physicians, public health professionals, epidemiologists, microbiologists, pharmacists or medical technologists. The EPIC meetings are on the third Thursday of each month at Pearl's Crabtown in Bricktown, Oklahoma City. The Luncheon Meeting begins at 11:30 and includes educational speakers.

Every November, EPIC host the "Oklahoma Educational Conference on Infection Prevention" where guest speakers are brought in from around the country for a full day of learning. This is our 38th annual conference and we are pleased to have presentations on "Quick Observation Tools for Infection Prevention Survey Readiness", "Healthcare Laundry and Textiles", "Update MRSA Risk Mitigation Programs for MRSA/MSSA Infection Risks" and an "Overview of Infectious Diseases in Oklahoma."



Staying with the conference theme "Infection Prevention Round Up" we want everyone to wear boots, jeans and hats as we "Lasso Infections Across Oklahoma". A delicious Bar-B-Q luncheon will be served with toe tapping entertainment from "Cactus Patch Cloggers". The conference is November 8, 2019 at Embassy

Suites in Norman Oklahoma. The conference includes 5 hours of CEU's, networking, and exhibitors with current supplies to prevent the spread of infections.

Registration for the conference is now open on the EPIC website <https://www.epicokla.com/> or by contacting Debbie Dahl at 405.623.9888 or Debra.Dahl@uhsinc.com



Debbie Dahl, MSN, RN -
EPIC President

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WEIGEL

Continued from Page 1

ones that cared for my mom. That's when my journey began," she said. "I have worked in many different areas of the medical field, but I especially like working with children. I feel like I am making a difference with the children here, helping them with their mental health issues," Chris added.

Asking Chris what her favorite part of her job is, she replied, "I like helping the nurses get rid of any barriers that they might have so they can give the best care in a safe and therapeutic way. I believe my strongest asset is leadership. I had quite a few mentors in the past, especially in administration here at Cedar Ridge. We have a phenomenal CEO, believing in compassion and believing in the kids. I try to be that same kind of person, helping the nurses with whatever they need. I want to be a mentor to others," Chris said.

How would you describe yourself? "I am very open-minded and I have strong communication skills. I am compassionate and make a huge effort to help others, whether it is

one of the nurses or children," she answered.

Chris Weigel was the president of the Oklahoma Nursing Association and has served on the board of Oklahoma Organization for Nurse Executives; Governor's Clinical Work Force Center and Chris continues to stay active in the community. "I want to make an impact on nursing and how it can change lives," Chris commented.

Asking Chris what motivates her, she replied, "I love to see change in anything. I like to see the children here change in their control and their temperament and I see such a difference when they get here and when they leave."

What advice would you give to someone going into the medical field? "I would tell them they need to have compassion for others. If they don't have compassion, they need to think about a different profession. They have to have an open-heart and a love for others. Nursing has many different fields; find one that you feel a desire for. Being a nurse is a tough job at times but certainly, the most rewarding job that you will ever have," Chris commented.

On a personal note, Chris has

"At one point, I enjoyed myself so much, I wanted to be game warden and train the alligators. It was between being a teacher, nurse or game warden. I chose nursing because I didn't think I would do very well with the other two, besides that, it was a lot safer." Chris Weigel, BSN, Chief Nursing Officer

lived in several different states. When growing up, her dad was an environmental engineer, working in the everglades. Chris was always running around with him. "At one point, I enjoyed myself so much, I wanted to be game warden and train the alligators," she said with a laugh. "It was between being a teacher, nurse or game warden. I chose nursing because I didn't think I would do very well with the other two," she added. "Besides that, it was a lot safer."

Chris is married to her wonderful husband and has two grown children

and one granddaughter, Minnie who is five years old. Their pets include a miniature schnauzer, Cricket, and will soon be getting a second schnauzer mid-October. Chris's hobbies include gardening, walking, scrapbooking and reading.

To sum up Chris's life in one word it didn't take long for her to answer, "That word would be IMPACT. I like to think that I have a great impact on others, especially the children that are here at Cedar Ridge Behavioral Hospital," she said with a smile.

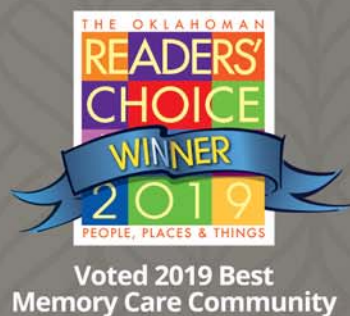


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CAREERS IN NURSING

GOD OPENS DOORS: NURSING AND TEACHING IS A CALLING

by Vickie Jenkins - Writer/Photographer

Faculties of Southern Nazarene University School of Nursing as a whole represent a wide variety of clinical expertise. SNU School of Nursing promotes Christian values in patient interactions. All Nursing care is based on the sanctity and dignity of every human being. -Southern Nazarene University-

Meet Sandra Medrano, RN, Certified Nurse Educator and Associate Professor in Nursing at Southern Nazarene University. Dr. Medrano has been a nurse for twenty-six years and has been teaching for sixteen years. She taught at OSU, was an Associate Director at Redlands Community College in El Reno, OK and was the Dean at Brown Mackie College. Dr. Medrano is working on her PhD now.

Asking Dr. Medrano why she is a nurse and a professor, teaching students about nursing, she replied, "Nursing is definitely a calling. I know that God led me here. I feel like SNU is such a wonderful

environment and He led me here to teach. It is amazing how God opens and closes doors when we least expect it. I was content with nursing but the door of teaching again was opened for me, so that is where I am," she said with a smile. I still travel around to different places, working in ICU and still get to teach. In fact, I have taught every semester. I enjoy it all."

Dr. Medrano grew up in Bethany, OK and never moved too far away from Oklahoma City. She received her Masters from OU Health Science Center, her Bachelor's from OU and her Associates at OSU where she taught at the beginning. "I was actually teaching with some of the students that I had taught in the past," she said with a laugh. "It was a nice experience for both of us," she added.

What is your favorite part about your job of teaching? "I would say is seeing the students' light bulbs come

on and seeing the growth of each one. I have worked with foundations to complex care and it is awesome to see the growth that happens. The students always seem excited to be here; so enthusiastic. They want to learn everything and with technology the way it is today, they are able to reach out even farther to learn," Dr. Medrano replied. "It is great to see the students so actively engaged in their studies," she added.

What qualities do you think make a good nurse? "Oh, a good nurse

Asking Dr. Medrano what her biggest asset at work was, she was quick to answer. "It is by far, Dr. Susan Barnes. I can always count on her for anything; if I have questions or problems, she is there. She has so much experience behind her and she is a big influence on my life."

When Dr. Medrano was a child, she knew that she would grow up to be a nurse. "I knew that I wanted to be a teacher, a nurse or a police officer. I leaned towards nursing or teaching when my dolls would get hurt while I was teaching them," she said with a laugh. "I'm not exactly sure where police officer came into the picture but I am glad I chose the other two. Here I am today, doing both and loving every minute of it," she said. "I'm pretty sure that is why God opened that door for me and now, I am happy with nursing and teaching,"

See MEDRANO Page 5

Southern Nazarene University

CHARACTER | CULTURE | CHRIST

definitely needs to have great time management. They also need to be a very caring and compassionate person, connecting to others, along with being able to empathize with someone. That makes a big difference, not only to the nurse but to the patient," Dr. Medrano commented.



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Dr. Sandra Medrano, PhD-C, RN and CNE knew that she had a calling to be a nurse and a professor at Southern Nazarene University.

MEDRANO

Continued from Page 4

she added. "I just hope police officer doesn't come up now!"

When not working or teaching, Dr. Medrano enjoys spending time with her husband, Wilford, and her family. "I have three grown children and my husband and I just adopted a daughter Londyn, thirteen-years old. She is such a blessing to us. We have three dogs, two cats and Londyn has

her own lizard, Forrest. Forrest is her responsibility but that is okay; I don't want any part of that," she said.

Motivation seems to come easy for Dr. Medrano. "It's like an internal drive in me; I just want to keep learning and going farther. Of course, my children and my student motivate me constantly."

Summing up Dr. Medrano's life in one word "that would be LOVING," Dr. Medrano said with a smile.

OKC Hospitals and Oklahoma City Community Foundation Partner with The Salvation Army

Throughout September, several local hospitals and the Oklahoma City Community Foundation are partnering with The Salvation Army of Central Oklahoma to feed hungry Oklahomans. INTEGRIS, Mercy and OU Medicine have joined together with the Community Foundation to provide warm meals and volunteer support at The Salvation Army Red Shield Diner & Kitchen each Thursday evening in an effort to address food insecurity throughout the Oklahoma City community.

"We serve approximately 200 diners each evening in our Red Shield Diner," said Major Susan Ellis, area commander. "Our doors open each evening to our shelter guests first and then the community at large. Anyone in need of a free meal is welcome."

According to the most recent studies, Oklahoma is one of the hungriest states in the country, leaving more than 120,000 Oklahoma County residents without adequate access to food. Heightening this food crisis, 52 percent of individuals experiencing food insecurity fall just shy of the poverty threshold to qualify for SNAP benefits. In Oklahoma County alone, the annual budget would require an additional \$63 million to solve the problem of food insecurity, estimates Feeding America.

The Red Shield Diner & Kitchen serves free meals 365 days a year to Oklahoma County residents. Dinner is available to the public without demonstration of need. In addition, breakfast and lunch are served to individuals and families living in The Salvation Army's emergency shelter. In 2018, the diner served over 80,000 meals with an average of 500-700 diners daily. The Red Shield Diner & Kitchen is located at 1001 N. Pennsylvania, Oklahoma



City, OK 73107.

"Volunteering to serve in the Red Shield Diner & Kitchen is a great way to give back to those in need," said Ellis. "There is such joy and appreciation on both sides of the table and the volunteer groups continue to return to serve in this most meaningful way." If you are interested in volunteering, please contact Liz Banks, volunteer coordinator, at 405-246-1107 or liz.banks@uss.salvationarmy.org.



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**Oklahoma's
Nursing Times**

OMRF receives \$3.6 million to study skeletal disorders, vessel function

The Oklahoma Medical Research Foundation has received two grants from the National Institutes of Health totaling \$3.6 million.

The federal funding will support investigations into cellular mutations linked to rare skeletal diseases and vessel function. Both grants were awarded to scientists in OMRF's Cardiovascular Biology Research Program.

The National Institute of Arthritis and Musculoskeletal and Skin Diseases has awarded OMRF scientist Lorin Olson, Ph.D., a five-year, \$1.9 million grant to study mutations that cause defects in skeletal growth.

Olson is specifically looking at cellular mutations in two rare skeletal conditions: Penttinen syndrome and Kosaki overgrowth syndrome. Both diseases have fewer than 10 known cases globally. Although the mutations are different in each disease, both can be traced to one specific gene, a protein called

PDGF receptor beta.

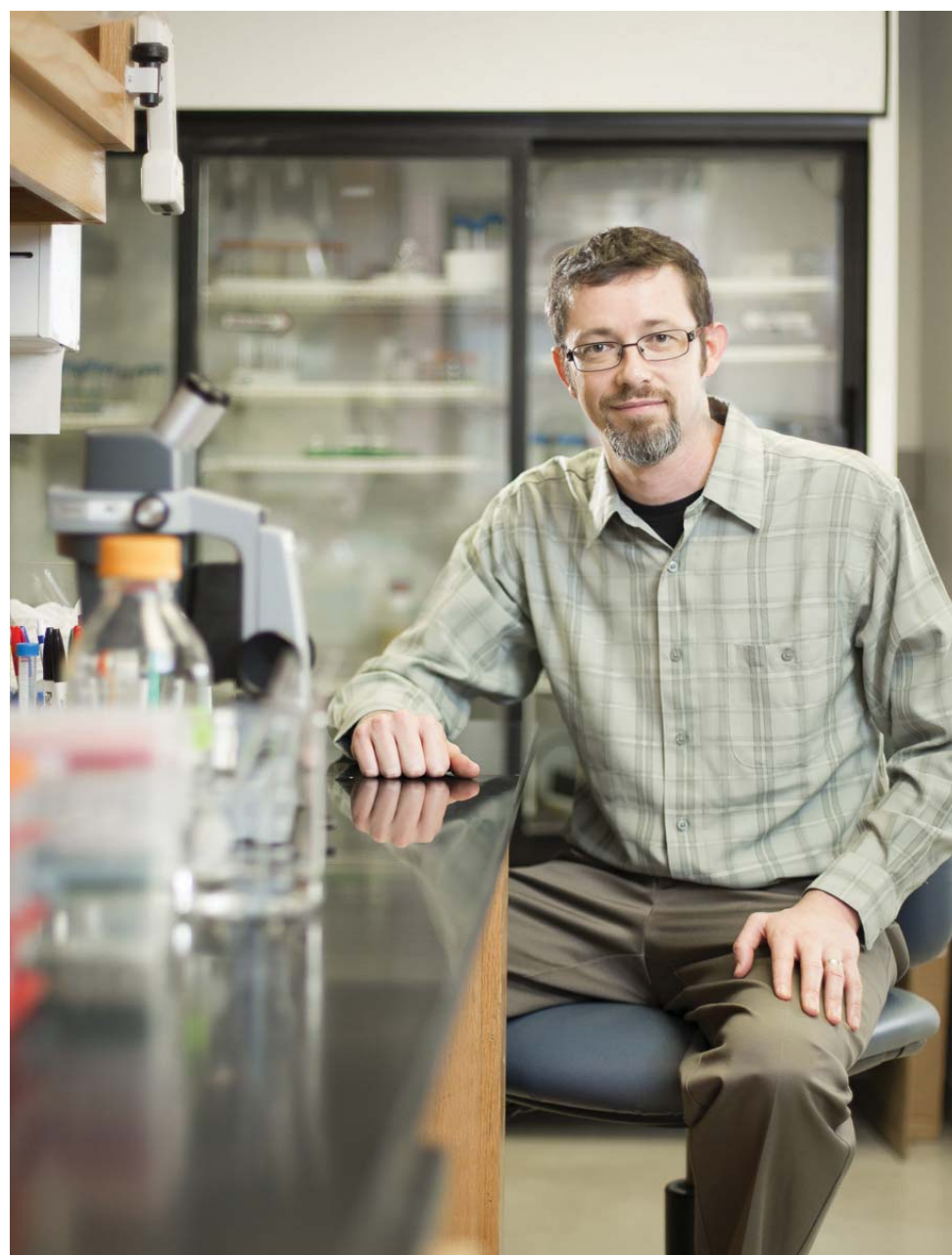
"When they find several people with a new disease and they all have the same mutation, that's a pretty good correlation to suggest that the mutation causes the disease," said Olson. "But it isn't proof."

Olson's lab hopes to confirm this over the next five years and will conduct experiments to see what this particular mutation does and its consequences.

"We need to learn why these mutations occur, prove that they lead to these diseases and understand how they do what they do," he said. "In humans, the mutations occur in every cell in the body, so you don't know where to identify the original culprit. We can test this to zero in on the causes."

Olson joined OMRF in 2010 from the Mt. Sinai School of Medicine in New York.

OMRF scientist Ray Rezaie, Ph.D., received a four-year, \$1.75



Oklahoma Medical Research Foundation scientist Lorin Olson, Ph.D.

million grant from the National Heart, Lung, and Blood Institute to investigate the mechanisms by which blood coagulation factors generate cellular signaling responses that help maintain healthy blood vessels.

"When these signaling systems aren't properly regulated, it can impair vascular function," said Rezaie, who joined OMRF's scientific staff in 2017 from the St. Louis University School of Medicine.

"A lot happens in the case of an injury, the enzymatic and signaling functions of coagulation factors are needed to initiate blood clotting,

to stop blood clotting and then to initiate the repair mechanism all at the right time and right location. When this system goes wrong, it can lead to debilitating disorders like heart attack and stroke."

Researchers must gain a better understanding of these signaling mechanisms in order to develop new drugs for these life-threatening disorders, Rezaie said.

Olson's grant, R01 AR073828, is funded by NIAMS, and Rezaie's grant, R01 HL101917, is funded by the NHLBI. Both are parts of the National Institutes of Health.

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Saint Francis Health System Provides Learning Opportunities for Nurses at Every Level

Saint Francis Health System actively encourages its nurses to grow professionally

Saint Francis Health System, Oklahoma's largest healthcare provider, has more than 10,000 employees at more than 90 locations throughout eastern Oklahoma. Nurses in the Saint Francis Health System network—which includes Warren Clinic, the state's largest physician group—can pursue careers in large communities (Tulsa, Broken Arrow, McAlester, Muskogee) and small (Vinita, Glenpool, Coweta, Owasso, Sand Springs).

Wherever they choose to work, nurses can enjoy the benefits of a locally owned, locally operated, not-for-profit health system that is dedicated to high-quality, patient-centered care. To this end, Saint Francis Health System has established a wide range of programs and services to help its nurses grow professionally, which ultimately serves to help maintain the health system's high standards of clinical excellence.

In short, the success of Saint

Francis Health System and the quality of its nursing program go hand in hand.

The Pursuit of Excellence

Nurses can take advantage of Saint Francis Health System opportunities even while they're still pursuing a degree.

The health system offers a registered nurse scholarship that funds up to \$8,000 of education at an accredited school of nursing. There is also the Saint Francis Extern Program, a nine-week shadow program designed for students in their final year of an accredited RN program. Both the RN scholarship and the extern program are great ways for aspiring nurses to get their foot inside the door.

Making the Transition from School to Vocation

Once accepted into the Saint Francis Health System nursing program, new nurses embark on a yearlong nurse residency program (NRP), a

sophisticated program that is designed to help recent graduates transition from the classroom environment to clinical bedside experiences and real-world professional nursing practice. The NRP consists of professional nursing orientation, unit-specific orientation with a preceptor, specialty classes and a variety of nurse residency seminars.

The NRP is tailored specifically to the education needs of newly licensed nurses, and is based upon Quality and Safety Education for Nurses (QSEN) competencies. During orientation, new nurses become familiar with Saint Francis Health System policies, procedures and equipment, and participate in specialty classes specific to the patient population they will be caring for.

Help Along the Way

Once an RN position is accepted, Saint Francis Health System offers a free NCLEX (National Council Licensure Exam) review course, as well

as: specialty classes offering patient-focused content that emphasizes application of clinical knowledge and principles relevant to individual specialties (e.g., pediatric, ICU and cardiac classes); nurse residency seminars that focus on communication and teamwork, critical thinking, patient/family-centered care, case management and discharge planning, plan for self-development, evidence-based practice and quality improvement; continuing education classes, including both baccalaureate- and graduate-level courses; and a wide range of national certification programs, including IABP, CRRT, LVAD and ECMO.

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GRANT FOCUSES ON FALLS PREVENTION

The Administration for Community Living (ACL) recently awarded a three-year grant to the Oklahoma Healthy Aging Initiative, part of the Donald W. Reynolds Department of Geriatric Medicine. ACL is part of the United States Department of Health and Human Services.

The grant will help fund implementation of a statewide program for falls prevention.

Lee Jennings, M.D., geriatric medicine specialist, will coordinate the program, which integrates complimentary components: Tai Chi Quan: Moving for Better Balance (TCQ: MBB), and Stay Active and Independent for Life (SAIL) in an effort to decrease the likelihood of falls and improve mobility among older Oklahomans and those with disabilities.

"In addition, OHAI will train volunteer class leaders to enhance program sustainability. Our objective is to build sustainable partnerships with organizations, such as hospital systems, long-term care facilities and insurance providers," Jennings said. She is also principle investigator on a study related to the grant-funded program.

National Falls Prevention Awareness Day, Monday, Sept. 23, is about preventing fall-related injuries. Among older adults, falls are the leading cause of fatal and non-fatal injuries, posing a threat to life and quality of life.

In connection with the national emphasis, OHAI will host a Facebook live event from 9 a.m. until 2 p.m. The event will include healthcare professionals in a discussion of the adverse impact of falls, how to prevent them as well as practical tips for creating a more secure environment. The event will also feature video demonstrations of TCQ and SAIL classes.

Keith Kleszynski, Ph.D.,



Lee Jennings, M.D., geriatric medicine specialist

associate director of OHAI, explained that the SAIL program is new to OHAI and relatively new to Oklahoma. "We selected this program for its emphasis on physical activity and its appeal to those inclined toward more rigorous exercise," he said. "It represents a strategic move to reach more male participants."

Currently, 79 percent of OHAI tai chi participants are female; however, the risks associated with falls and injuries are not limited by gender.

SAIL was developed to improve strength, balance and fitness – all critical components in one's ability to remain physically active and reduce the risk of falls. It can be done seated or standing. Tai chi incorporates slow and controlled movements that also increase balance and flexibility.



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NURSE TALK



Anything fried.



Natasha Mayson, CNA

I've never had State Fair food.



Alex Conatser, Project Search

What's your favorite State Fair-type food?

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I'm a basic corn dog girl and it has to be the big one with ketchup and mustard.



Fallishia Peters, RN

My favorite last time was the fried Snickers.



Cory Williamson, RN



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