



## “New Ellis Clinical Skills Lab and Simulation Center” Opens at Oklahoma Christian



Trevy Rauch, RN, MSN is proud to be a part of the new Ellis Clinical Skills Lab and Simulation Center in the Nursing Program at Oklahoma Christian University.

by Vickie Jenkins, Staff Writer

Christy Hallock and Trevy Rauch are the faculty simulation coordinators at Oklahoma Christian University and they are proud to announce the opening of the new Ellis Clinical Skills Lab and Simulation Center which took

place on September 13, 2019.

Medical simulators and clinical skill trainers are an effective tool in medical education. They help train students, doctors and personnel, nurses and rescue teams in developing the necessary skills and techniques before working

See OC Page 3

## INTEGRIS Health Edmond Uses Nitrous Oxide on Pediatric Patients



Sutton Donehue.

Going to the emergency room can be frightening no matter your age. But for a child, the experience can be downright terrifying.

Children who present to the emergency department are often subjected to painful procedures to treat their injuries or illnesses. While such treatment is necessary and in some cases lifesaving, it is still difficult for parents, or loved ones of the child, to witness.

That is why the emergency department at INTEGRIS Health Edmond is proud to announce a pediatric pilot program designed to take some of the fear out of the emergency room by alleviating pain.

“The solution is simple really,” says Guy Peterson, D.O., the medical director of the INTEGRIS Health Edmond emergency department. “Earlier this year, we decided to start using nitrous oxide, or ‘laughing gas,’ on our younger patients

See NITROUS Page 2





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The Donehues of Edmond (ABOVE) experienced the benefits of nitrous oxide firsthand when they took their youngest son Sutton.

## NITROUS

Continued from Page 1

- and the results have been even better than expected. Once you take away the pain, the child is more at ease and much more cooperative."

Nitrous oxide (N<sub>2</sub>O) is a colorless, tasteless and odorless gas that can serve as a pain killer when inhaled. If a child's pain is effectively managed his or her cooperation and anxiety will decrease, allowing the medical staff to complete procedures more quickly and successfully.

"Nitrous oxide is perfect for providing relief to a child undergoing a painful procedure for three main reasons: painless administration, rapid onset and quick recovery," explains Peterson. "All the child has to do is take a few deep breaths while wearing a mask and they feel the effects within 30 to 60 seconds. Then, when inhalation ends, the patient stops feeling the effects of the medication within 1 to 2 minutes, without any residual effects."

Peterson continues, "There is also an amnestic effect of the

medication, which helps to erase the memory of any painful portion of the procedure they have endured."

The Donehues of Edmond experienced the benefits of nitrous oxide firsthand when they took their youngest son Sutton, who is four years old, to the INTEGRIS Health Edmond emergency room for stitches in August.

"Sutton was freaking out. We thought for sure we were going to have to physically hold him down to get the six stitches he needed," remembers Sutton's mother Kindall Donehue. "But once they put the nitrous oxide on him, he just started laughing. He giggled through the entire procedure which made everyone in the room start laughing. It was great."

Donehue says it was a stark contrast from five years ago when their oldest son had to get stitches without nitrous oxide. "I absolutely would recommend using nitrous oxide on little ones. We have three boys and since trips to the emergency room seem to be a rite of passage for boys, I'm sure we'll be back - and we will be requesting nitrous oxide for sure."



## OC

Continued from Page 1

with a patient.

Medical simulation is used in all aspects of medical education; such as surgical and laparoscopic training, obstetric and gynecological training, clinical skill training, and first aid, basic and advanced life support, nursing skills, patient care training and diagnostic procedures.

Meet Trevy Rauch, RN, MSN. Growing up in Edmond, OK, Trevy has been a nurse for twenty-five years and previously worked at Integris Baptist in the Pediatric ICU and working in a pediatric doctor's office for eighteen years. She has been teaching in the nursing department at OC for eight years. It was obvious that Trevy was proud to tell me all about the new simulation, taking me on a tour and she was excited to show me around. Yes, it was impressive!

The 7,000 square foot Ellis Clinical Skilled Lab and Simulation Center is equipped with five high fidelity patient simulators. The patient rooms are a hospital setting while the mannequins are programed to set off a random real-

to-life problem situation; asthma, heart attack, delivering a baby - allowing the student to care for the patient, how to multi-task and to do some critical thinking. The instructor is on the other side of the wall, watching how the student performs. "This gives the student a chance to learn hands-on and what to do in any kind of situation," Trevy said. "Sometimes, when the graduates get into a hospital, they come across something they have never dealt with before. We are trying to teach the students how to react when an emergency arises. Through the simulators and the classes, the students will be ready to take care of their patient when they do work as a nurse," she added.

Asking Trevy to describe herself: "I like spending time with my family. I am a strong Christian and I like going to church. I enjoy going to Bible studies and doing things with my friends. I am very proud to be a part of the Oklahoma Christian University and am excited to be one of the simulation coordinators, and anxious to begin the stimulation program with the students. I think we are

all excited about the new program," she replied. "The students are excited too."

Trevy's advice to her students is to focus on studying. "To be a nurse, they need to have a deep desire to care for others; feeling the compassion. I found that students either like nursing or they don't like nursing. I think a person knows if they feel like they have a true passion for taking care of others." Trevy said. "I feel like a nurse needs to be honest, have a genuine kindness in their heart, be compassionate and be knowledgeable and have a desire to learn," Trevy explained.

Trevy teaches Health Assessment and Fundamentals of Nursing, along with the simulators. "My favorite part of my job is seeing the students at work in the hospitals and see them thriving; receiving compliments from the nurses and co-workers about how prepared they were for their job. The most rewarding feeling for a nurse is the positive patient outcomes," Trevy commented.

On a personal note, when Trevy is not working, she likes spending time with her husband, Darren



and her children, Kaylen, 18 and Trevor, 15 years old. She also likes playing with her three dogs; Koda, a golden retriever/therapy dog. "It is amazing how much patients benefit from the special four-legged friends. "I take Koda to different hospitals to visit the patients and it brings such a joy to them," Trevy said. She also has Beau, a yorkie, and Dude, a chihuahua. "My spare time is mainly spent running around with the kids," she said with a laugh. "I like shopping and sleeping," she added. "Of course, traveling to the beach or the mountains would be nice too."

Asking Trevy to describe her life in one word, it didn't take long for her to come up with an answer. She replied, "Oh, that's easy that word would definitely be, CHRISTIAN."

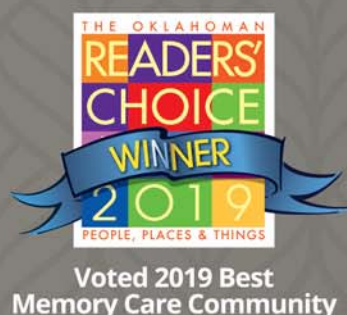


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# CAREERS IN NURSING

## INSPIRED TO BE A NURSE: OU MEDICAL CENTER - ONCOLOGY

by Vickie Jenkins - Writer/Photographer

At OU Medicine, our mission is leading health care, in-patient care, education and research. Through our combined efforts we strive to improve the lives of all people. Our vision is to be the premier health system for advancing medical care, education and research in the state, and to be among the leader nationally.

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### -OU Medicine-

Meet Alice Roy, APRN who works at OU Medical Center in Oncology. "Nursing is my life," she said. "I work in oncology because I feel like it is the most challenging and demanding. It can be very challenging yet it is the most rewarding job," she said.

"I have been a nurse for thirty-eight years and I can't imagine doing anything else. I have been here at OU Medicine in oncology since 2015 and I have to say, I love my job," Alice commented.

"Growing up in Kerala, India, my life was certainly different than Oklahoma," Alice said with a smile. "When I was a little girl, I wanted to be a teacher and I remember thinking about that all the time. I'm not exactly sure what changed my mind or when I changed my mind about being

a teacher but I guess my views changed on that. I'm glad I went into nursing," she said.

"I love my job and was glad that my parents never gave up on me. I was definitely inspired by them. One of my concerns was making my parents proud. Overall, my parents were very inspiring to me. They were the ones that influenced me to go to nursing school, sticking it out even when it got rough. I hope I can be an inspiration to someone else someday," she commented. "I think that is one reason I like being a nurse so well. I love caring for cancer patients, seeing their progress and knowing I am instrumental in their care. I want to inspire someone."

"I attended Clarkson College in Nebraska for my APRN, Southern Nazarene University for my BSN and Lady Harding Medical College in New Delhi, India for my

Associates Degree," she said. "I guess you could say that I have spent most of my life in the medical field."

Asking Alice what qualities make a good nurse, she replied; "I think a nurse needs to have integrity, honesty, be task oriented and have some critical thinking skills. A nurse needs to be knowledgeable and an even-based practice striving to educate the staff as well as patients. A nurse also needs to continue their education to keep up with the ever-changing medical field."

During nursing school, Alice had two special mentors, Lizy Varghese and Cicly Vincenet. "They were very special to me and were always there to help," she said.

"My biggest reward as far as being a nurse is being a part of the healing process of patients and seeing positive changes in their

See ROY Page 5

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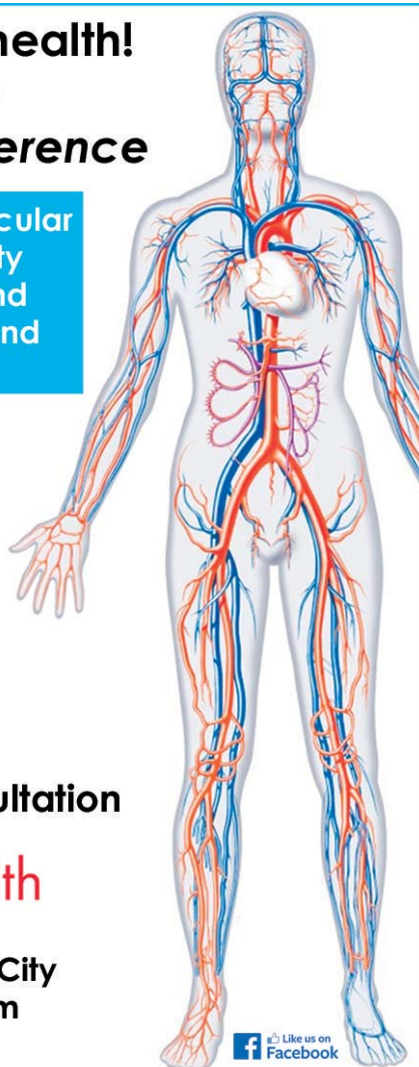
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Alice Roy, APRN works with cancer patients in oncology at OU Medicine. Growing up in Kerala, India, Alice was inspired to become a nurse by her parents.

## ROY

Continued from Page 4

care," Alice commented. "On the other hand, there is also a big challenge that I face; keeping up with the new treatments, drugs and practices in the oncology field. There is always something new but that is just a part of being a nurse."

What advice would you give to someone going into the medical field? "I would tell them that being in the medical field is always demanding, ever changing with a high demand in the job market," Alice replied.

Over the years, Alice received, the award for *Best Nurse of Dubai*,

UAE of 2000, and in 1988, she received the *ICU Best Dedicated Service* award. Asking Alice if there were any daily words she lived by, she replied, "Always try your best so you can look at yourself in the mirror and know that you tried."

On a personal note, Alice is married to her wonderful husband. They have one son who will be graduating pharmacy school in May 2020. She enjoys volleyball, reading, walking, cooking, and charity work with her church and spending time with her family and friends. Asking Alice if she could capture her life with one word, what would it be? She replied, "Compassion."

# 2019 ONA Annual Convention October 2, 3rd

The Oklahoma Nurses Association invites you to attend the 2019 Annual Nurses Convention, Be the Change: Your Nursing Journey. This year's Convention will be held at the Embassy Suites Hotel in Norman, Oklahoma, on October 2nd and 3rd. During this two-day event, attendees will explore action-based solutions to empower nurses in their professional development related to all phases of a nurses' career path journey.

Wednesday's theme is "Building a Culture of Safety". Join us to discuss this important issue, share experiences, and develop solutions together. Over the years, ONA has worked to create opportunities for nurses to collaborate with employers to build positive work environments as well as advocate for themselves as part of our workplace advocacy program. We have addressed issues such as: mandatory overtime, fatigue, concern for assignment, and staffing. Our efforts have resulted in position statements and other materials at disposal of Oklahoma nurses. In today's ever-evolving work environment, there is still work to do in this area. Issues such as criminalization of medication errors, sentinel events, workplace violence, fatigue, understaffing, and other unsafe practices keep nurses up at night. Our morning session will feature a panel discussion related to these issues of nurse leaders, as well as obligations managers have related to the Nurse Practice Act and ways to discuss solutions ultimately building a culture of safety. Dr. Dean Prentice will close our morning session with his presentation, *Dysfunction Junction*.

Thursday's morning will kick-off with *Healthy Nurse, Healthy Nation* presented by Holly Carpenter, Senior Policy Advisor for the American Nurses Association's (ANA) Nursing Practice & Work Environment and Innovation departments. Her presentation focuses on a nurse wellness initiative designed to improve the health of our nation



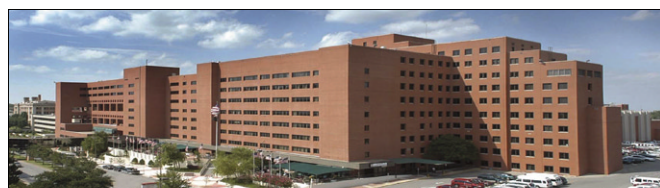
by first improving the health of our nurses. Holy will examine the first two years' findings and results of this initiative and its accompanying health survey, specifically concentrating five domains: rest, physical activity, nutrition, quality of life, and safety. In addition, she will examine specific Oklahoma state and national data demonstrating areas and practices that schools of nursing, nursing organizations, employers of nurses, healthcare facilities, and other interested parties should focus on to improve nurse health, safety, and wellness. On Thursday, we will be launching our "Oklahoma Healthy Nurse, Health Nation" challenge!

Attendees are encouraged to explore ways to enhance their career journey and "be the change" by attending the breakout sessions on Thursday, including: *Navigating Career Transitions*, *Specialty Certification in Nursing*, *Building a Civil Culture*, *Support Nurses to Speak Up*, *Nurses on Boards* and more. Over 30 poster presenters will be showcased both Wednesday and Thursday, covering a wide range of nursing research and practice. In addition to posters and breakout sessions, our exhibit hall will be open on Thursday with a wide range of exhibitors.

You will walk away with a feeling of empowerment in their practice areas, communities, and in all stages of their nursing journey with action-oriented solutions tools to further your role as a nurse. Don't miss this opportunity to join us as we discuss these and others important issues. We look forward to seeing you there!

## SEE THE ONA THE 2019 ONA AGENDA ON PAGE 10





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## Oklahoma's Nursing Times

### Index to Classifieds

- 1 0 0 Ambulatory
- 1 0 8 Administrative
- 1 1 3 Case Management
- 1 1 5 Chemical Dependency
- 1 1 8 Clinical Instructors
- 1 1 9 Collection
- 1 2 1 Critical Care
- 1 2 3 Certified Medical Assistant
- 1 2 4 Certified Nurses Aide
- 1 2 7 CRNA
- 1 2 9 Dental
- 1 3 0 Dialysis
- 1 3 1 Dietary
- 1 3 7 Education
- 1 4 0 General Nursing
- 1 4 3 Geriatrics and Long Term Care
- 1 4 6 HMO
- 1 4 9 Home Health
- 1 5 2 Hospice
- 1 5 4 Housekeeping
- 1 5 5 Infection Control
- 1 5 6 Instructor
- 1 5 8 IV Therapy

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## Harvest For Health Brookdale Senior Health Fair

**When:**  
October 15th, 2019  
8:00am-4:00pm

**Location:**  
Coffee Creek Church  
1650 Coffee Creek Rd  
Edmond, OK 73025

*Enriching the lives of those we serve with compassion, respect, excellence, and integrity.*

**Sponsored by Brookdale Home Health**

Please join us for this health and wellness event that is free to the public! Over 20 vendors will be on site to offer flu shot clinics, blood pressure checks, hearing screenings, massage, and much more!

We will have presenters throughout the day from health care specialists to educate on healthy living as well as 2 free yoga demonstrations provided by certified yoga instructors from Mitch Park YMCA.

So plan on reaping the harvest of health this fall at the Brookdale Home Health senior health fair located at Coffee Creek Church in Edmond!

Call (405)341-4361 for more information or send an email to [heather.park@brookdale.com](mailto:heather.park@brookdale.com)

**Participating Vendors:**

Brookdale Home Health  
Brookdale Senior Living  
Okiewellness by Vasayo  
Mitch Park YMCA and Silver Sneakers \*FREE Yoga classes at 11am & 2pm!  
Laura Lynn's Private Duty  
Life Share of Oklahoma  
Alzheimer's Association  
J & M Drug  
Life Pharmacy  
Here For You Private Duty  
Best Feet Forward  
VRI Medical Alert  
Synergy Home Care  
Purview Life  
Oklahoma Assisted Living Association  
OU School of Audiology  
...and many more!

**Logos:** Brookdale Home Health, Brookdale Senior Living, Alzheimer's Association, the Life Pharmacy, Life Share, PEP, SNOWSMORE, coffee creek church, CEE Wellness, PURVIEW LIFE, VRI, HOMELAND PHARMACY, SYNERGY HomeCare.

# MARK YOUR CALENDERS FOR THE ONSA ANNUAL CONVENTION

CHECK OUT THE ONSA WEBSITE AT  
[WWW.OKNSA.NET](http://WWW.OKNSA.NET) FOR MORE DETAILS

Hope in the  
Heartland

SAVE THE DATE: OCTOBER 4, 2019 - NORMAN, OKLAHOMA

Oklahoma Nursing Student Association

@oknursing





# OBU College of Nursing boasts long, storied history

The OBU College of Nursing boasts a long and storied history of excellence in nursing education. The College continues to build on its decades-long reputation for educating nursing graduates who are skilled and in-demand. Always at the leading edge of nursing education, the OBU College of Nursing has been a trailblazer since its inception and continues that tradition of innovation and excellence today.

**First in the State** - In 1952, the Oklahoma State Board of Nursing approved OBU to launch Oklahoma's first baccalaureate nursing program. This degree was the first four-year baccalaureate program for nursing in the state among all universities.

The first graduating class included 11 nurses in 1956, and the OBU nursing program was accredited by the National League for Nursing in 1960. This accreditation continued without interruption until the School of Nursing affiliated with American Association of Colleges of Nursing, its current accrediting body.

The College of Nursing now offers a Bachelor of Science with a strong liberal arts foundation, a BSN completion

degree for nurses with an associate degree, an LPN to BSN, and a Master of Science in Nursing. OBU nursing alumnus Travis DeWall, '16, offered his perspective on why he chose to study nursing at OBU.

"I felt compelled to use my talents and efforts in a field that would allow me to directly serve others," he said. "Nursing met this goal and is a career with the opportunity to expand my scope of practice in the future if I decide to. I chose the OBU College of Nursing because I felt the appeal of both rigorous academics and the valuable focused interaction with professors that only a school of this size can provide."

**Leading the Way into the Future** - The OBU College of Nursing is housed in Jane E. and Nick K. Stavros Hall, a state-of-the-art nursing education facility. The building opened in 2016 and delivers cutting-edge nursing education for both undergraduate and graduate-level students. It includes five classrooms, a 109-seat lecture hall and a computer lab as well as spaces for students to study, meet and interact with faculty. The facility also includes six state-of-the-art, high-fidelity skills simulation labs, a medium skills lab, a health assessment skills lab, and a home health and bathing training room, totaling 24 beds.

The facility is unrivaled in the state of Oklahoma, with its attention to detail and inclusion of real-world medical technology. This allows OBU nursing students to be ultimately prepared to enter the nursing workforce and prepares them more thoroughly for their careers than does any other higher education institution in the state.

**Nursing Simulation Technology** - The College's simulations labs are the crown jewels of Stavros Hall. Their technology, design and cutting-edge practices are second to none. These labs bridge the gap between learning and practice, placing students at the front lines of patient care, all while under the watchful eye of their professors.

The high-tech simulation labs are equipped with the industry's most advanced medical simulation solutions. Lifelike patient simulators are used to train students in various medical emergencies, allowing learners to acquire the clinical skills necessary

to improve patient safety. Students have the opportunity to acquire hands-on practice using a birthing simulator, pediatric simulator and adult patient simulators.

All simulation scenarios are recorded, allowing instructors to conduct debriefing sessions with students in which video recordings are reviewed so that students can receive necessary feedback for improving their skills. The training curriculum consists of single- and multi-patient scenarios that include respiratory, cardiovascular, neurological, maternal-child, trauma, mass casualty and disaster situations.

Patient simulators significantly enhance realism, as they can breathe, bleed, speak and even give birth to a lifelike baby that cries upon delivery. The lifelike devices also simulate complications and various life-threatening scenarios while allowing students to monitor vital signs and administer treatment.

With the addition of this facility, OBU continues to lead the state of Oklahoma in nursing higher education, a position familiar to the College since its earliest days.



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# 2019 ANNUAL CONVENTION SCHEDULE

## 2019 Annual Convention Agenda



**BE THE CHANGE**  
your nursing journey

### Wednesday, October 2

- 7:30 – 9:00 a.m. Registration opens  
(Poster Session is available all day)
- 9:00 – 12:00 p.m. **Culture of Safety Sessions**  
Panel Discussion: A Nurse Leader's Role in a Culture of Safety  
Every Nurse Has a Hand in Building a Culture of Safety Dysfunction Junction  
*Dean L. Prentice, Colonel (Ret), USAF, NC, DHA, MA, BSN, NE-BC*
- 12:00 – 1:00 p.m. Luncheon
- 1:30 – 4:00 p.m. House of Delegates  
(View the HOD Packet at [www.oklahomanurses.org](http://www.oklahomanurses.org))
- 4:30 p.m. Networking Reception & Meet the Poster Presenters

### Thursday, October 3

- 7:30 a.m. Registration opens  
(Exhibits and Poster Session is available all day)
- 8:00 – 9:30 a.m. **General Session: Healthy Nurse Healthy Nation**  
*Holly Carpenter, BSN, RN*
- 9:30 – 10:00 a.m. Visit Posters & Exhibitors
- 10:00 – 11:00 a.m. **Breakout I**  
Navigating Career Transitions  
*Angela Elmore MSN, RN-BC*  
Specialty Certification in Nursing  
*Christina N. George PhD, RN, CNE*
- 11:15 a.m. – 12:15 p.m. Awards Luncheon
- 12:30 – 1:30 p.m. **Breakout II**  
Building a Civil Culture; A Blueprint for Decreasing Incivility by Understanding and Utilizing a Tool Kit  
*Leslie Collins DNP, MS, RN*  
Increasing Awareness and Understanding of Medical Cannabis in End of Life Care  
*Lisa Diane Fugett, RN, MS (DNP-Candidate)*
- 1:45 – 2:45 p.m. **Breakout III**  
Empathy and the Patient Experience  
*Theresa Steckel, MS, RN*  
Legal Update 2019: The Connection Between Error and the Top 10 Jury Verdicts in Health Care Cases  
*Kammie Monarch, MSN, JD, RN*
- 3:00 – 4:00 p.m. **Breakout IV/Closing Session**  
Support Nurses to Speak Up: Develop Your Leaders  
*Bonnie Pierce, Ed.D, RN, CENP*  
Making a Difference: Nurses on Boards - Panel Discussion
- 4:30 – 5:30 p.m. Oklahoma League for Nursing Reception

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# NURSE TALK



*I want to go to the Vatican in Rome. I want to travel with my sons to Rome and be in the audience among the Pope.*



Cheryl Greer, RN,  
WCC, OMS

*I want to raise my boys to be God fearing...I want to go to the Brooklyn Bethel, in New York, headquarters of Jehovah's Witnesses.*



C.J. Washington, RN,  
WCC, OMS

*What is one thing on your bucket list?*



SSM Health  
St. Anthony  
Wound Care

*I want to travel the world with my family while I am still young enough to enjoy it.*



Kristin Stejskal, RN,  
WCC

*I want to travel to Australia.*



Sandi McCrary, RN,  
WCC



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