

October is Breast Cancer Awareness Month

*Information
is Power*



Ellen Wardlaw, RN, BSN, OCN is one of the Breast Cancer Nurse Navigators at the Cancer Resource Center, located in the Coletta building at Mercy Hospital. With medical knowledge and a caring heart, Ellen is there for her patients from diagnosis to survivorship.

by Vickie Jenkins, Staff Writer

Ellen Wardlaw, RN, BSN, OCN is one of the Breast Cancer Nurse Navigators at the Cancer Resource Center, located in the Coletta building at Mercy Hospital. Ellen has worked as a nurse in oncology for sixteen years and has been a breast cancer navigator at Mercy since 2007, specifically working with breast cancer patients.

"Working with breast cancer patients, 'Navigator' is the role I am in, allowing patients

to reach out to me from their first visit through continued care. I know how scary and overwhelming the news of cancer can be. I want the patient to know that I am their friend on the inside, from diagnosis to treatment to survivorship," Ellen commented. "Not only do I deal with the patients, I deal with the families too. Sometimes, it can be good news and sometimes, bad news. All in all, I have never had such a rewarding job as Breast Cancer Nurse Navigator." Ellen said.

See AWARENESS Page 2

Golden Age Nursing Facility earns Silver Quality Award



Danielle Wolfington, RN, Infection Control Nurse holds the Silver Quality Award.

The American Health Care Association and National Center for Assisted Living (AHCA/NCAL), the leading association for long term and post-acute care, recently held its 70th Annual Convention & Expo at the Orange County Convention Center in Orlando, Florida. Representatives from Golden Age Nursing Facility of Guthrie, Oklahoma were on hand to accept the Silver - Achievement in Quality Award during the National

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AWARENESS

Continued from Page 1

"When I was a little girl, I always wanted to be a veterinarian. I remember my sister and I would always take care of our many animals. It wasn't baby dolls at my house! It was our real live animals as I rocked them to sleep. It was the caring of the animals that got me to thinking being a nurse. I am still a huge animal lover and I love all animals," Ellen said with a smile.

What qualifies make you a good

nurse? "I think I have the ability to teach and educate others, helping them understand what is going on. The news of cancer is frightening no matter how it is presented. It's like learning a new language and I break it down so that everyone involved can be I tell all of my patients that INFORMATION IS POWER. It's like a building block; understanding and making wise choices."

"One of my favorite things about my job is where I am; with my patients and co-workers. We usually spend more waking hours at work

"See your doctor and get the science based, real news. Listen to you oncologists. If you don't have a regular doctor, or don't have health insurance, there are state programs that offer no cost or low cost programs,"
Ellen Wardlaw, RN, BSN, OCN

than at home. We have to pull it all together. I am blessed to be around such good people. I am proud to work at Mercy where I'm with a group of people that coordinate and pull it all together," Ellen said.

Ellen was named Oncology Nurse of the Year for 2015, which was awarded to her by the March of Dimes. The same year, she was the Lead Cancer Navigator, related to State Navigators and the Oklahoma Chapter. "No matter what titles nurses hold, we are doing our job being NURSES," Ellen commented. "There is nothing that sets me apart from other nurses. I'm just doing the last thing that God told me to do and I will continue on until God tells me what to do next."

"I do want to emphasize how important it is to let people know that whatever cancer issues a person is going through, there is HELP. A lot of people put off going to the doctor due to no insurance, afraid of the cost, or they don't want to know the results that they might get. KNOW that there is help everywhere! No matter where you go, there is always someone to help in any situation. All of our nurses here consist of a strong team; we help each other. I am just one of the many touchpoints," Ellen

commented.

Ellen gets her motivation from her drive and passion; educating and informing other people about cancer; not just breast cancer but each kind of cancer. "Don't believe what you hear about Hollywood cancer and the tabloids. There is an overwhelming media spread of misinformation. See your doctor and get the science based, real news. Listen to you oncologists. If you don't have a regular doctor, or don't have health insurance, there are state programs that offer no cost or low cost programs," Ellen stated.

Ellen is married to her wonderful husband. They have two children; Allison who is a junior at Northeastern in Tahlequah, OK and their son who is a senior at Choctaw high school. Ellen's hobbies include taking care of their horses, cats, dogs and chickens. "My husband and I enjoy caring for the animals and riding the horses together. As far as other hobbies, I don't have much time to do anything else," she said with a smile.

Describing Ellen's life in one word she said, "Blessed."

Mercy 

AWARD

Continued from Page 1

Quality Award Ceremony on October 15, 2019. This year, more than 800 member centers across the nation were recognized with a Quality Award, including 615 Bronze, 184 Silver and an elite group of five at the Gold level. Golden Age Nursing Facility was distinctive as the only facility in Oklahoma to receive the Silver Award this year. The Silver Award is the second of three progressive award levels through the National Quality Award Program, honoring association members that have demonstrated their commitment to improving quality of care for seniors. The Bronze - Commitment to Quality Award was earned by Golden Age in 2017.

The National Quality Award Program, which AHCA/NCAL established in 1996, is based on the core values and criteria of the Baldrige Performance Excellence Program. The Baldrige program helps organizations in different business sectors improve and achieve performance excellence. As a recipient of the Silver - Achievement in Quality Award, Golden Age may now move forward in developing approaches and achieving performance levels that meet the Gold - Excellence



in Quality Award criteria.

Care Providers Oklahoma President and CEO Nico Gomez said he was glad Golden Age Nursing Home is being recognized for their hard work and dedication to resident care. "The staff at Golden Age Nursing is delivering

excellent care and raising the bar for quality services," said Gomez. "Their residents are benefiting from the staff's hard work and receiving a better quality of life."

"We are proud of our Golden Age team," said Golden Age administrator

Linda Smith. "They have shown the dedication and motivation it takes to achieve such a prestigious distinction. Our team will continue to provide compassionate care and services to our residents, families and the community we are blessed to serve."



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CAREERS IN NURSING

PLANTING STEPPING STONES OF ENCOURAGEMENT: CEDAR RIDGE

by Vickie Jenkins - Writer/Photographer

Cedar Ridge is specialized behavioral health treatment for children and adolescents, providing quality inpatient treatment to help stabilize patients struggling with mental health issues.

One of the many specialized nurses at Cedar Ridge is Chris King RN, BSN, and ADON. Currently, Chris is half way through receiving his MSN in Nursing Leadership at OCU. Chris has been a nurse for nine years, working at different facilities in mental health. "I think it takes a special kind of person to work with patients that have mental health issues, and I can assure you that it is one of the most fulfilling jobs that I have ever had. To me, it just means they are unique individuals on a certain path that may be a little different from what we are used to," Chris commented.

Chris has always had a heart for caring and taking care of others. "I had quite a few surgeries and a

lengthy stay in the hospital when I was seven years old. Even at that age, I knew I wanted to be a nurse because they were so nice to me, even when I had to get a shot," he laughed. "I always admired the doctors and nurses that took care of me and I'm sure that had a big influence in my life. I have always enjoyed working with children of all ages and have a desire to help children and teens whenever I am able," he added.

When asking Chris what the favorite part of his job was, he replied, "Since I am the director of nursing, I feel like I want to make the nurses jobs easier. I am always trying to take something good and making it even better," he said with a smile. "Nurses have a tough job and anything I can do to improve their work with the small children or the teens is something I am going to set out to do. It makes for a smooth and productive work day.

Sometimes, the smallest gesture can help a nurse in the biggest way."

What qualities make a good nurse? "I think one of the most important qualities a nurse should have is compassion and empathy. If there is someone that doesn't have these two things, they are going down the wrong path. Also, a nurse needs to be a good listener. If I can really listen to them, it gets them to open up and it allows them to gain their trust in me. It can make all the difference in the world," Chris commented.

"One thing I want to emphasize about Cedar Ridge Behavioral Hospital is the excellent care that is given to the children here. We treat children, age's five to twelve plus adolescents twelve to seventeen, acute and residential with psychiatric disorders. Most of the children and teens have had a traumatic experience and are dealing with so much. Each

person that comes in here has their own story. Our programs give a stable, structured environment to allow them to successfully complete treatments," Chris said. "There are therapists, physicians and nurses here, 24-7. They all work hard, trying to gain the trust that that the individuals need. Teamwork is so important to all of us. We work together has a team. Teamwork makes any job run smoother, giving a daily boost of confidence to others. We are here to help," Chris added.

If you were to give advice to someone going into the medical field, what would you tell them? "I would tell them to keep be open minded about it. It will be hard work and you will need to study hard but it will be the most rewarding job you will ever have. Going into nursing, you have so many opportunities and so many

See KING Page 5

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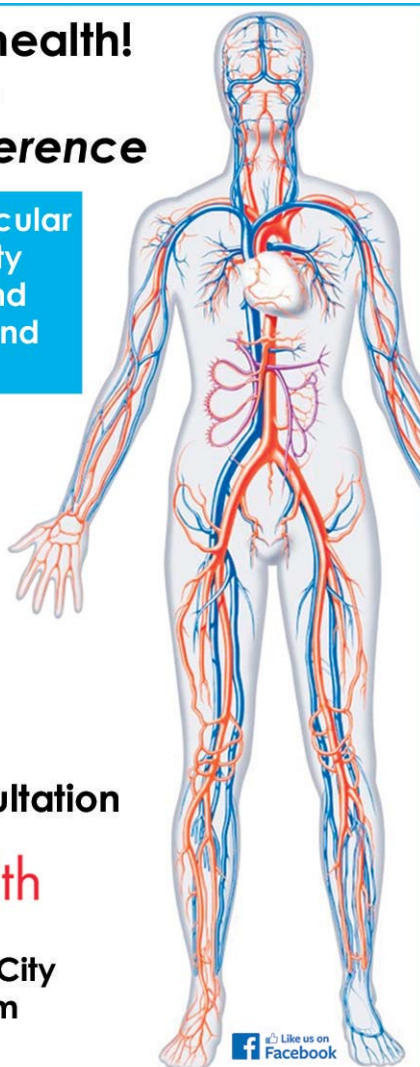
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Chris King, RN, BSN is the Assistant Director of Nursing at Cedar Ridge Psychiatric Hospital Residential Treatment Center. He is always looking out for the other nurses, building stepping stones of encouragement along his way.

KING

Continued from Page 4

different fields you can go with. Just be sure that you have a true passion for taking care of others. Being a nurse also requires patience. Hang in there!" Chris commented.

To know Chris a little better his hobbies include working out, hiking and hanging out with his friends. Chris is engaged and he has a five

year old son, Maddix. When asking Chris to describe himself, he said, "I am open-minded and communicate well with others. I am happy, easy-going, a hard worker and very flexible with my time. My motivation comes from a drive to help others and being able to serve as a nurse. To sum up my life in one word, I would have to say *Progressive*."

THE CHILDREN'S HOSPITAL RECOGNIZED FOR EXCELLENCE IN PERINATAL CARE



Chad Smith, M.D., (center) medical director of the Oklahoma Perinatal Quality Improvement Collaborative, presents physicians and staff from the Women's and Newborn Center at The Children's Hospital with the Spotlight Hospital Award at the Oklahoma State Department of Health's Preparing for a Lifetime's 10th Anniversary Summit recently.

The Children's Hospital at OU Medicine has been awarded a Spotlight Hospital Award for excellence in perinatal care by the Oklahoma Perinatal Quality Improvement Collaborative.

The hospital also received special recognition for being the only hospital attaining the Spotlight Hospital Award for all five years the award has been presented.

Spotlight Hospital Awards recognize hospitals around Oklahoma for participation and sustained improvement in the following areas:

- Early elective deliveries
- Education to prevent abusive head trauma
- Modeling and promoting safe sleep practices
- Accurate newborn screening
- Creating an environment that is supportive of best practices in maternity care and breastfeeding
- Being prepared for obstetrical emergencies through training, guidelines and hospital resources

The awards were presented at the Oklahoma State Department of

Health's Preparing for a Lifetime's 10th Anniversary Summit, held September 20, in partnership with the Oklahoma Perinatal Quality Improvement Collaborative.

At The Children's Hospital, pediatric staff blends years of training with education, research and technology to improve the lives of children throughout the region. The obstetric emergency room at The Children's Hospital is a regional referral center for the state, and the neonatal intensive care unit provides the highest level of newborn care in Oklahoma. Children's is also home to the only 24/7 pediatric emergency room in Oklahoma City. With a family-centered approach to healing, Children's offers resources from pet therapy to child life specialists who help families cope with hospitalization and illness. From advanced surgical services to general pediatrics, oncology care and more, The Children's Hospital provides cutting-edge research and treatments through hospital-based and outpatient services. To learn more, visit oumedicine.com/childrens.

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INTEGRIS Men Wear Pink in Support of Breast Cancer Awareness

Breast cancer affects everyone, both women and men. While it's more uncommon, men can get breast cancer too. But even if they're not the ones afflicted, the disease can still take its toll. Just ask any man who has witnessed a female loved one battle breast cancer.

That's why the American Cancer Society is recruiting men to fight breast cancer through the Real Men Wear Pink campaign. They have assembled a distinguished group of male community leaders who are determined to raise awareness and money to save lives.

The INTEGRIS Cancer Institute is proud to have two such men leading the cause.

"My grandmother was diagnosed with breast cancer in the 1980s at Baptist Medical Center. She faced her journey with courage and grace, always showing up for everyone around her regardless of what she was going through personally," remembers Joe Holcomb, the Director of Oncology Wellness at the INTEGRIS Cancer Institute.

"In my current role, I get to witness cancer survivors on a daily basis begin their survivorship journey. I see the direct impact the American Cancer Society is bringing to our community of survivors. The tangible resources

patients are afforded are so vital during a difficult time in their lives. Transportation, lodging and wig resources for patients, along with research and education are just a few reasons I stand with and support the American Cancer Society."

Holcomb recently set-up a treadmill in the lobby of the INTEGRIS Cancer Institute and ran 20 miles in one day as proof of his passion. That effort raised nearly \$1500. Now, he and Samer Hassan, M.D, an oncologist at the INTEGRIS Cancer Institute, have joined forces to try to raise even more. They are pledging to wear pink every day through the month of October in hopes to raise \$2500 for the Real Men Wear Pink campaign.

"I wear pink to support all of my breast cancer patients both past and present," says Hassan. "I hope by increasing awareness of breast cancer screening and early detection, we can help more Oklahomans see more tomorrows."

The Real Men Wear Pink initiative leads up to the Making Strides of Oklahoma City walk scheduled for Saturday, Oct. 19 in the Wheeler District, 1701 S. Western Ave. The INTEGRIS team consists of over 200 participants and counting.

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OU MEDICINE NURSING PROFESSIONALS HONORED FOR EXCELLENCE

The Children's Hospital at OU Medicine and several nurses were honored recently by the Oklahoma Nurses Association.

The hospital received the Excellence in the Workplace Award for developing positive work environments and demonstrating innovative and effective programs and approaches that support nurses and promote excellent nursing care.

Amber Bradford, MSN, R.N., received the Oklahoma Nurses Association award for Excellence in Nursing-Administration, and **Sheila K. St. Cyr, M.S., R.N.-B.C.**, received the Excellence in Nursing-Education award. These awards honor nursing professionals for development of innovative, unique and creative approaches that use nursing theory, knowledge and skills in any practice setting.

Helen Farrar, Ph.D., R.N., B.C.-CNE, assistant professor at the OU College of Nursing, and Donald W. Reynolds Nurse Scholar in Geriatrics, received the

Nightingale Award of Excellence. The Nightingale Award is presented to an Oklahoma Nurses Association member who has provided service and dedication to the association, exemplifies the characteristics of a professional nurse, implemented unique strategies to fulfill professional and community role responsibilities, as well as engaging in a variety of roles that enhance the image of the nursing profession.

"The awards presented to The Children's Hospital and to these exceptional individuals further establish

OU Medicine as a leader in healthcare," said **Cathy Pierce, M.S., RNC, CENP**, chief nurse executive, OU Medicine. "We take great pride in the dedication shown by these nursing professional as they serve and care for our patients at OU Medicine.

They are to be commended for making excellence the benchmark of their work."

Oklahoma Nurses Association works as a community of professional nurses across all

specialties and practice settings. The association focuses on supporting and engaging nurses to address issues that impact the work they perform on a daily basis.



Sheila K. St. Cyr, M.S., R.N.-B.C, center, with Karen Taylor, ONA president, left, and Shelly Wells, ONA president-elect, right.



Deborah Browning, R.N., of Edmond, (left) chief nursing officer, and her team accepted the Excellence in the Workplace award on behalf of The Children's Hospital.



Helen Farrar, Ph.D., R.N., B.C.-CNE, who works with many patients from Tulsa and Pryor



Amber Bradford, MSN, R.N., center, with Karen Taylor, ONA president, left, and Shelly Wells, ONA president-elect, right.



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Presbyterian Health Foundation awards \$75K for electronic cigarette research

Presbyterian Health Foundation (PHF) recently awarded \$75,000 to the University of Oklahoma Health Sciences Center designated specifically for research into the toxic effects of e-cigarette use.

As cases of lung disease and death directly connected to e-cigarette use continue to rise, leaders and lawmakers across the country are publicly looking hard at the health implications of e-cigarette use.

OUHSC researcher M. Lurdes Queimado, M.D., Ph.D., is leading a team of researchers using PHF funds to explore how the use of electronic cigarettes damages DNA and how it might cause mutations in humans. They also hope to identify the chemicals contained in e-cigarettes that may be contributing to lung disease.

Queimado's investigation along with others funded by PHF will deliver critical knowledge to clinicians and regulatory agencies to more effectively regulate products like e-cigarettes to best serve public health.

PHF is a longtime supporter of early stage research in Oklahoma, providing a consistent source of funding for scientific discovery at its top research institutions. Over the past year, PHF has given over \$6 million to Oklahoma researchers.

"Our ongoing commitment to funding grants like this one provides a critical financial bridge for top Oklahoma researchers to accelerate their discovery from early stage investigation to producing meaningful results," said PHF President Tom R. Gray, III. "We know many people are using these products, so the investigation into their harmful effects couldn't be more timely."

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NURSE TALK



I would go as a whoopee cushion.



Erin Ritchie, RN
Stroke Coordinator

I would be a witch from 'Practical Magic'...best movie ever.



Crystal Godfrey, RN
Program Coordinator

If you were going to a Halloween party, what would you go as?

Mercy

Mercy Hospital
Stroke Unit

I would go as the invisible woman!



Heloisa Pearson, RN
Stroke Coordinator

I would go as Vincent Vega (John Travolta) from Pulp Fiction.



Jay Cabrera, RN
Intensive Care



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