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You've Come a Long Way!

Anita Bhandari, RN works in the skilled nursing unit at Epworth Villa. Anita has been with Epworth Villa for nine years and looks forward to visiting with the residents as she cares for them in a positive way.

by Vickie Jenkins, Staff Writer

Epworth Villa is an amazing senior living facility in north Oklahoma City, with all levels of senior care. That includes independent living, assisted living, long term care, skilled nursing, and respite care. -Epworth Villa-

Epworth Villa is where you will meet Anita Bhandari, RN, where she works in the skilled nursing unit of Epworth Villa. Anita started from the bottom, moving up. "I have been a nurse for seven years, and a CNA for two years

and I started right here at Epworth Villa. I couldn't ask for a better place to work. When I first started as a CNA, I worked on the geriatric side. All of the nurses were so supportive and helpful to me. I could see how smooth and pleasant everything was around here. The nurses helped me grow as a person, preparing me for what was ahead; being a nurse. It was then that I knew I wanted to be a part of helping others, making a difference in other people's lives," she explained.

See BHANDARI Page 2

OK Hospitals Recognized for Efforts to Improve Outcomes for Oklahoma Mothers and Babies



Nine Oklahoma hospitals recently received awards for providing excellence in perinatal care from the Oklahoma Perinatal Quality Improvement Collaborative. The awards were presented at the Oklahoma State Department of Health's Preparing for a Lifetime's 10th Anniversary Summit held in partnership with the Oklahoma Perinatal Quality Improvement Collaborative (OPQIC) on Sept. 20. Approximately 250 providers and advocates of maternal and infant care came together at the event to acknowledge efforts and celebrate progress toward improving outcomes for Oklahoma's mothers and babies.

The Preparing for a Lifetime initiative focuses on seven specific areas: preconception and interconception care (being healthy before and between pregnancies), tobacco use prevention, prematurity, maternal mood disorders, breastfeeding, infant safe sleep, and infant injury prevention. OPQIC works with Oklahoma birthing hospitals and providers to improve perinatal care of Oklahoma mothers and newborns through quality care initiatives utilizing education, practice guidelines, tools, and technical assistance.

Hospitals receiving the "Spotlight Hospital Awards" were recognized for participation and sustained improvement in the areas of early elective deliveries (inducing labor and scheduling cesarean births before 39 weeks without a medical reason), education to prevent abusive head trauma (commonly known as shaken baby syndrome), modeling and promoting safe sleep practices, accurate newborn screening, creating an environment that is supportive of best practices in maternity care and breastfeeding, and being prepared

See AWARD Page 3



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BHANDARI

Continued from Page 1

What is your favorite thing about being a nurse? "When I come in every morning, I make sure to go around and say hi to all of the patients. I am happy to see them, talking to them and asking how they are doing. I think it is good for both of us. Some of the patients are over joyed when I walk into their room as they greet me, sharing all of their stories. It always makes me happy," Julie replied.

When asking Anita to describe

herself, she replied, "I am a very compassionate person. When I see a patient, I always try to put myself in their shoes. I think being a nurse has helped me overcome some of my shyness and I see myself growing into more of a leader each and every day that goes by. I plan on continuing my education in the medical field and furthering my education."

Anita was raised in Nepal, Asia and came to the United States fourteen years ago. "It was a big move but I knew I wanted to get a good education. My parents still live

"While I was in school, all of my instructors were so helpful. My friends were really good about pushing me along the way, guiding me in the right path. When I was a CNA here at Epworth Villa, all of the nurses that I worked with were so encouraging to me. They were so thoughtful." Anita Bhandari, RN

in Nepal and I am thankful that I can travel and visit them when I am able. Of course, it is such a long flight," she said with a laugh.

What advice would you give to someone going into the medical field, wanting to be a nurse? "I would tell them to make sure they are going for the right reason; wanting to help people. They have to have compassion, sympathy and empathy. You almost have to feel the patient's pain, putting yourself in their place and build up that trust in them, and them trusting you. A nurse needs to know their skills and continue to study and continue learning. Personally, I think anyone going into the medical field should start out as a CNA. This is where they will learn what lies ahead. I know that was the way I started and there is such a learning process that goes along with it," Anita said.

Anita attended Wichita State University. "While I was in school, all of my instructors were so helpful. My friends were really good about pushing me along the way, guiding me in the right path. When I was a CNA here at Epworth Villa, all of the nurses that I worked with were

so encouraging to me. They were so thoughtful. There was a certain individual, an ADON at the time, Andrea, which I considered to be my mentor. She was a great leader and taught me so much. I am thankful for my family, friends and all of those that helped me get where I am today," she explained.

"Epworth Villa is a place where we promote teamwork. I would like to give a big thank you to Brenda, an aide that I work with. We are there for each other and we are definitely a team. Thank you Brenda," Anita said.

Anita is married to a wonderful man, Ishwor Bhandari who is a medical technician for the blood bank at Mercy Hospital. They have a sweet little girl, Ishani, who is two and half years old. "Ishani is a combination of both of our names," Anita commented. Anita's hobbies include spending as much time as she can with her family and volunteering at different functions.

Summing up her life in one word, Anita said that word would be PERFECT.

Anita, your perfection is showing!

AWARD

Continued from Page 1

for obstetrical emergencies (such as hemorrhage and preeclampsia) through training, guidelines and hospital resources.

Receiving "Spotlight Hospital" awards for 2019 were:

Duncan Regional Hospital
INTEGRIS Canadian Valley Hospital, Yukon

Lakeside Women's Hospital, Oklahoma City

Saint Francis Hospital, Tulsa
SSM Health St. Anthony Hospital – Shawnee

St. John Medical Center, Tulsa
St. Mary's Regional Medical Center, Enid

Stillwater Medical Center
The Children's Hospital at OU Medicine, Oklahoma City

(received the Spotlight Award and also received special recognition for attaining Spotlight Hospital for all five years that the award has been presented)

Chad Smith, MD, medical director of the Oklahoma Perinatal Quality Improvement Collaborative, congratulated the hospitals saying, "Patient safety and quality improvement in women's health have

become top priorities nationally and for the state of Oklahoma. You have each demonstrated dedication to and excellence in improving the care of Oklahoma women and newborns. We have achieved improvement through your efforts, and together we must continue to drive change in a positive direction."

In addition, Mildred Ramsey, MPH, RN, community nurse educator, The Parent Child Center of Tulsa, received the Warren M. Crosby Champion for Maternal and Infant Health Award for going above and beyond to display exemplary effort to improve outcomes for mothers and babies in the local community and statewide.

Partners in the Oklahoma Perinatal Quality Improvement Collaborative include: March of Dimes, Oklahoma City-County Health Department, Tulsa Health Department, Oklahoma Health Care Authority, Oklahoma Hospital Association, Oklahoma State Department of Health and County Health Departments, and University of Oklahoma Departments of OB/GYN and Pediatrics.



Mildred Ramsey, Champion for Maternal and Infant Health Award recipient.

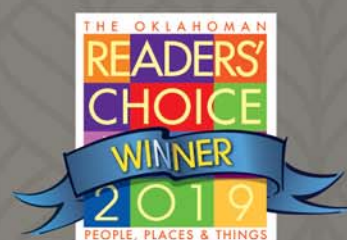


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CAREERS IN NURSING

TREAT EACH PATIENT AS IF THEY WERE YOUR GRANDMOTHER: OCOM

by Vickie Jenkins - Writer/Photographer

Julie Jennings, RN works at Oklahoma Center for Orthopaedic and Multi-Specialty Surgery (OCOM) where their mission is to treat each patient and their family as if they are your own; each patient, each family, each and every time. Julie takes that mission to heart as her compassion for her patients shines through.

I asked Julie to tell me why she is a nurse and why she works at OCOM. "When I was a little girl, I wanted to be a veterinarian. That's all I seemed to think about as I took care of my pets. Soon, the idea of being a veterinarian changed into wanting to work in the medical field helping people. I started as a CNA in a hospital and enjoyed it so much, I had a new goal in sight; I wanted to be a nurse. I moved further along, went to school, studied hard and became a nurse. Oh, I still love animals but I am happy helping people,"

she said. As far as working at OCOM, this is a great place with wonderful people. We all work together and teamwork is very important," Julie said.

Julie loves her job as a nurse. "I like to know that I am playing a very important role in each of the patient's life. It's almost like I have a desire to fix someone that's broken, taking care of their problem and knowing that they feel better after the surgery," she stated.

"I've been with OCOM for six years and I love working here," Julie said. "I usually take care of fifteen to twenty patients a day. I do a lot of testing on the patients, running EKG's, etc. making sure everything is ready for their surgery. My favorite part of my job is when I meet a patient and really get to visit with them; learning the need of each person that comes in."

Julie's strength and motivations come from those encouraging words spoken by the patients; 'I am so grateful for you, thank you for taking good care of me,' along with the kind gestures that the patients continue to give. Sometimes, it is the smallest act of kindness that means the most to the patients," Julie said. "It can make both of us very happy. To me, it is the outcome of the patient that is most important," she added.

Asking Julie what qualities make a good nurse, she replied, "Personally, I think a nurse needs to be a bit of a social person; being able to talk to the patient and be able to explain everything that is going on. The best advice that I ever got was when I was told that a nurse needs to treat each patient as if they were your own grandmother. I will never forget that."

What advice would you give

to someone going into the medical field? "I would tell them that even though there may be some rough days, don't give up! When you feel like you are ready to give in, remember why you wanted to become a nurse to begin with. It will be the best job you will ever have, in the long run," Julie replied.

Julie is married to her wonderful husband Lee. They have two daughters, Molly, seven years old and Emersyn, three. "Molly is involved in softball and Emersyn is our little dancer. Between the two of them, most of my spare time is spent with my family," Julie added.

Julie and her family also have two four-legged friends; their mixed breed, rescue dogs, Baxter and George. Baxter is a TDI (Therapy Dog International). Baxter has made many trips to different

See JENNINGS Page 5

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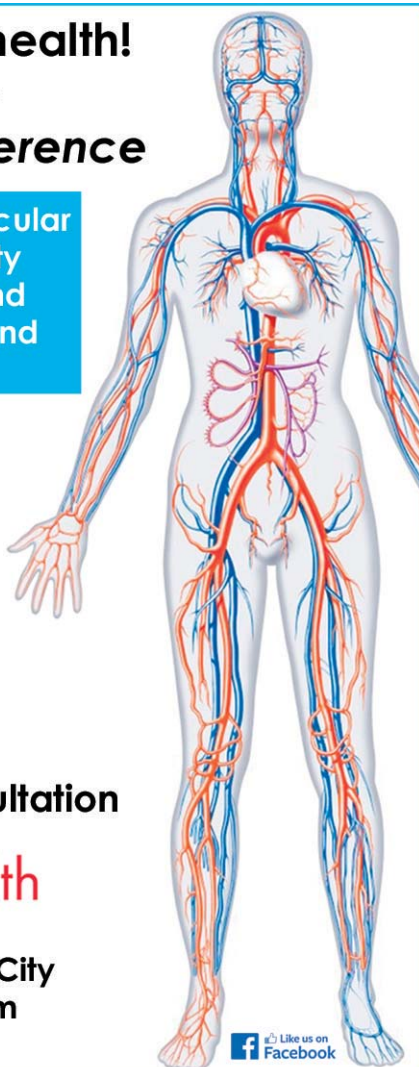
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With a smile, encouraging words and a positive attitude, Julie Jennings, RN, gives special care to the patients at Oklahoma Center for Orthopaedic and Multi-Specialty Surgery.

JENNINGS

Continued from Page 4

hospitals, adding a ray of sunshine and happiness to the patient's life. "The patients love it when Baxter pays them a visit," Julie said.

I asked Julie to describe herself. "I am very energetic, very happy and very talkative," she said with a laugh. "I know all of the patients and I love getting to talk to them and listen to the stories they have

to share. They all have such a history of stories to tell," she replied.

There is something unusual about Julie and her family. Julie has two sisters and two brothers-in-law that are nurses also. "If anyone gets sick in our family, we are covered," Julie said with a laugh.

If you were going to describe your life in one word, what would it be? "That word would be.. OUTGOING."

OU MEDICINE ENTERPRISE QUALITY OFFICER HONORED BY GOOD SHEPHERD

Good Shepherd Clinic recently presented its Hope Award to Dale Bratzler, D.O., MPH, OU Medicine enterprise quality officer, in recognition of his work as a clinic volunteer. To honor his legacy, the Hope Award will become an annual event in Bratzler's name, with proceeds placed in the Dale Bratzler, DO, MPH Endowment Fund.

The Good Shepherd Clinic in Oklahoma City is a free, full-time clinic serving uninsured residents of the community. The clinic offers medical and dental services, provided by healthcare professionals who donate their time and skills to ensure that financial concerns do not become barriers to receiving care in a timely manner.

Bratzler began volunteering at Good Shepherd in 2015, believing that healthcare should be available to all members of the community, beyond the emergency room and regardless of ability to pay. As a result of Bratzler's persistence, the Unity Clinic will launch early in 2020. This initiative will use campus-wide, interprofessional teams of healthcare providers, faculty and students from the University of Oklahoma Health Sciences Center, to provide patient care in partnership with Good Shepherd.

Pam Timmons, executive director of Good Shepherd, described volunteers as the heartbeat of fulfilling the clinic's mission. She commended Bratzler's charitable efforts, his contributions that have enriched a community desperate for quality healthcare, as well as his leadership and commitment to inspiring and educating the next generation of healthcare professionals.

"We can't begin to say how grateful we are for all of the selfless acts of kindness Dr. Bratzler has provided through the years.



Dale Bratzler, D.O., MPH, OU Medicine enterprise quality officer and clinic volunteer.

His commitment just continues to grow," Timmons said.

The endowment in Bratzler's name will help the clinic thrive and become more financially sustainable. Endowment funds will be matched at five cents (\$0.05) for each dollar processed, by Communities Foundation of Oklahoma - up to a maximum of \$50,000 in any given year. This designated fund will generate annual income in perpetuity from the earned investment income to help secure the future of Good Shepherd.

Timmons said, "Dr. Bratzler's legacy of providing high quality health care for the underserved will continue by his encouragement and empowerment of the next generation of health professionals."

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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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Breast Cancer: Know the Facts

by Dr. C.V Ramana

Cancer is an abnormal or uncontrolled growth of cells that can occur in almost any part of our bodies. Sometimes the abnormal growth is a result of a mutation in our genes that we inherit from our parents. In some cases, it is due to a mutation or alteration in our DNA in our lifetimes. This mutation can occur after we are conceived, due to exposure to radiation, harmful ultraviolet light from our sun, harmful chemicals in our atmosphere, in our water, in our food or from smoking or chewing tobacco. Sometimes it develops as a result of chronic overstimulation of cells due to longstanding inflammation or infection.

Breast cancer is the result of uncontrolled growth of cells in breast tissue. It can occur in both men and women but is much more common in women. There are many different types of breast cancer due to the multiple types of cells in the breast tissue. The type of cancer depends on the cells that are growing abnormally. This can happen in the lobules which make breast milk, the ducts which transport the milk, or in the surrounding supportive tissue of the breast.

There is a very strong component of inheritance or family history of breast cancer. The most well-known inherited examples are the BRCA1 gene and BRCA2 genes. These genes code for a protein that helps repair DNA. The presence of this mutation markedly increases the risk of developing breast cancer. An individual with the mutation in either of these genes has a 70% risk of developing breast cancer.

In the United States, about 1 in 8 (or 12%) of women will develop breast cancer in her lifetime. For men, the lifetime risk is 1 in 1000. Early diagnosis is very important

so that it can be treated when it is small and contained in a small area in the breast. Breast cancer is not easy to detect early. Screening is essential.

Screening methods include breast self-exam, healthcare professional exam, mammography, ultrasound, MRI, genetic screening for BRCA1 and BRCA2 gene mutations, and known family history of breast cancer.

Treatment depends on the type of breast cancer, its aggressiveness (how fast it grows, how fast it spreads, and how it spreads), its size at time of diagnosis, and staging (identifying whether, and where it has metastasized in our bodies). Staging involves diagnostic testing such as mammography, ultrasound, MRI, CT scan, PET scan, Bone scans. Biopsy is an essential part of the diagnosis. A biopsy is done to confirm its presence, the type of cancer, and its aggressiveness. This may also help identify what type of treatment is likely to be most effective.

Treatment methods include surgery, chemotherapy, and radiation therapy. Lumpectomy is the surgical removal of the area around the tumor. Mastectomy is the surgical removal of one or both breasts and axillary dissection is the removal of the lymph nodes or glands and lymphatic tissue in the arm pit. Chemotherapy treatment most commonly involves a combination of pills and intravenous infusions of medicines that have been shown to be effective at killing the abnormal cells. Experimental techniques include targeting the abnormal cells through antibodies and "killer cells" that are engineered to recognize and attack the abnormal cells. Radiation therapy is the treatment by exposure to high doses of x-rays (far higher than



the amount used in diagnostic imaging) to the area of the cancer.

Breast cancer is usually treated through a team approach and can include radiologists, surgeons, and oncologists. Through prevention, early detection, and treatment there are over 3.5 million breast cancer survivors in the United States.

Dr. C.V Ramana is a vascular and interventional radiologist with more than 20 years of practice experience.

He has expertise in all areas of vascular and interventional radiology. Dr. Ramana has a Ph.D from Yale University and MD from CWRU in Cleveland, Ohio where he subsequently completed his fellowship in Vascular and Interventional Radiology at the Cleveland Clinic.

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Daily Living Centers Celebrates 45 Years

Daily Living Centers of Oklahoma will celebrate 45 years of service to caregivers of elderly and disabled members of our community on Tuesday, October 22nd from 11:30-1:00 p.m.

With four locations, Daily Living Centers stands apart as an affordable non-residential facility that supports the health, nutritional and social needs of adults in a professionally staffed group setting. DLC is an alternative to long-term care solutions such as an assisted living center or nursing home.

"I'm passionate about helping caregivers in our community," said Daily Living Centers Board Chairperson, Ellyn Hefner. "They provide a service that goes unseen, and having a place where caregivers can take their loved ones while they go to work or run errands is vital."

The Anniversary Celebration will be held at Daily Living Centers Rockwell location at 3000 N Rockwell Ave., Bethany, OK 73003. The event is free to attend, but guests are asked to RSVP by October 18.

Founded in 1974 as a therapeutic day care center for impaired, homebound and elderly people, DLC is the oldest and largest adult day health care organization in Oklahoma. Because of DLC, caregivers can hold jobs, safeguard their own mental health and maintain a sense of normalcy in their own lives knowing their loved ones are well-cared for at DLC.

Daily Living Centers of Oklahoma is an adult day health non-profit organization offering affordable non-residential facilities that support the health, nutritional and social needs of disabled or elderly Oklahomans in a professionally staffed group setting. For more information please visit, www.dailylivingcenters.org.



Ellyn Hefner (Daily Living Centers Board Chair) and Representative Tammy West





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I love to go to the pumpkin patch!



Julie Jennings, RN

I like all of the fall activities that go on, especially the pumpkin patches.

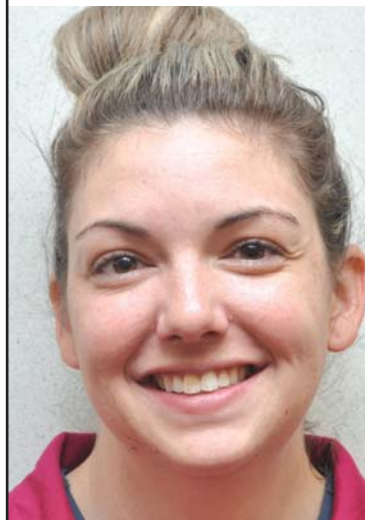


Caryn Novotny, RN

What is your favorite fall activity?

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My favorite thing to do is carving a pumpkin!



Brooke Wix, RN

I like carving jack-o-lanterns!



Jessica Johnson, RN



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A fang-tastic vampire origin story



Open your door on Halloween, and among the superheroes, princesses and pirates, you're bound to spot at least a few pint-sized vampires looking for a candy handout.

Monsters may come and go in popularity, but vampires seem to stand the test of time.

These classic horror icons have deep roots in myth and folklore dating back centuries and have become embedded in pop culture through TV, movies and literature. But long ago, there actually was a medical basis for the creatures' existence, according to Oklahoma Medical Research Foundation immunologist Hal Scofield, M.D.

"Throughout history, people feared what they didn't understand," said Scofield. "So, when they were faced with unexplained illness and death—long before modern science and medicine—they grasped for an explanation, for something or someone to blame."

During the Middle Ages, communities zeroed in on individuals who were perceived as different. Those differences likely resulted from new or rare diseases with symptoms townspeople had never seen. In fact, the classic vampire persona shares a number of physical similarities with people who suffered from porphyria, a rare group of blood diseases.

"The condition has multiple manifestations, but in most cases, people become extremely light sensitive," said OMRF President Stephen Prescott, M.D. "A lot of them couldn't tolerate the sun at all without severe blistering and disfigurement, enough to cause them to lose their fingertips or produce facial scarring."

Facial deformities brought on by the disease could cause the skin to tighten and pull back, resulting in the appearance of fang-like teeth.

"People were afraid of them, because they were mysterious and had these abnormally long teeth. They also slept during the day and only came out at night because they couldn't take exposure to sunlight," said Scofield. "It serves to reason this would play a role in the origin of the vampire legend. People would have seen these porphyria victims and drawn their own conclusions as to what was happening. It's the same way many urban legends are born."

Over time, science has explained these conditions—and rebuffed any link to vampires. But it's easy to see how these legends started.

"People were desperate to make sense of the world around them," said Scofield. "And like any good legend, there's a hint of truth at the core."



Oklahoma Medical Research Foundation immunologist Hal Scofield, M.D.



AIDAN had a way about him. He had a way of creating adventure out of everything he did. He wanted to do EVERYTHING and was fully intent on achieving that goal. He had a huge loving heart and was quick to share that love. He was conscious of the feelings of others and always made an effort not to hurt others feelings. He was messy. He was smart. He was a great big brother. It was his interest in church that brought our entire family back to the church. He loved God and he liked to share what he learned. For eight short years his light shone so brightly.

We are so honored that he was able to continue

to do EVERYTHING and to become a donor and save lives.

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Meet the Maddox family. Their thirteen-year-old daughter, SaNiyah, has cerebral palsy and is confined to a wheelchair. SaNiyah's entire life – her happiness, her health, her every need – all depends on her family and help from the team at Special Care. But they also have two adorable young sons, demanding jobs and – on top of everything else – they foster an infant who needed a home, too. It's more than most of us could handle.

But here's the big surprise. The Maddoxes not only receive help from United Way agencies, they find room in a budget stretched to its limit and they give to the United Way. **Can you?**

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