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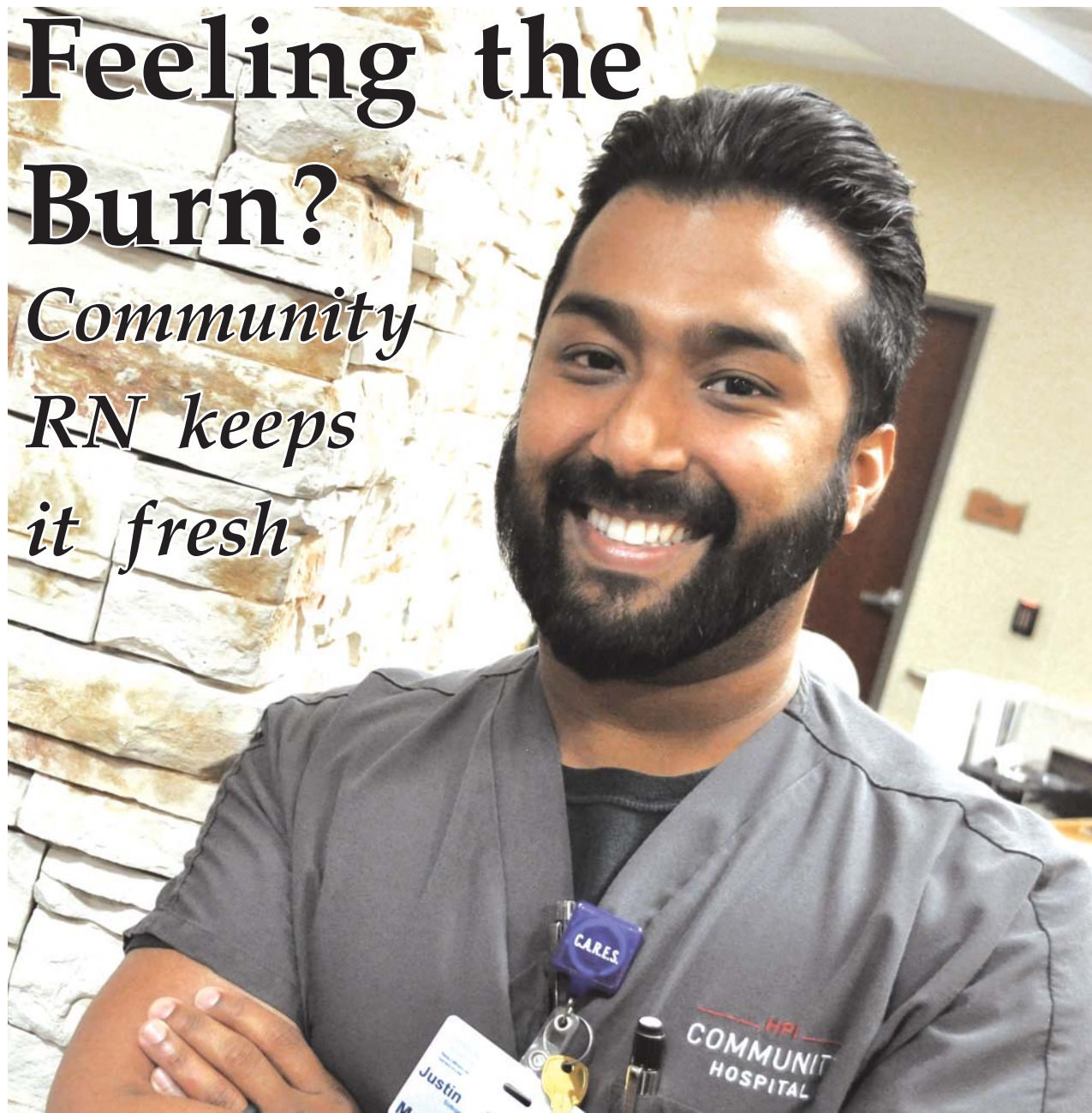
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Feeling the Burn? *Community RN keeps it fresh*



Justin Simon, RN, BSN breathed new life into his nursing career working at Community Hospital.

by Bobby Anderson, RN, Staff Writer

Literally and figuratively, cardiac nursing runs in Justin Simon's blood.

The thrill of it grabbed his attention like nothing else while he was going to nursing school at Southern Nazarene University and earning his bachelor's in nursing.

That's why after school he locked in to a cardiac stepdown unit right after graduation.

But with that thrill came the constant stress and curve balls that cardiac patients present.

Taking care of patients with sheaths, days old CABG's and active chest pain requires a never-ending attention to detail and moment-to-moment

life-or-death decision making.

"Any vascular surgery you can think of we did," he said running off a list that included pacemaker placement. "It was a good all-around floor and I learned a lot."

Looking down the road, Simon, RN, BSN, could see that burnout would someday be inevitable. He was already starting to feel it, although not fully understanding it at the time.

That's why a couple years back Simon started opening up his mind to new settings.

And as luck would have it, his friends started saying just what he needed to hear.

That was when he found Community Hospital

See SIMON Page 2

STUDENT RECEIVES NATIONAL AWARD



Bethany Williams recently received the Association of Schools Advancing Health Professions (ASAHP) Thomas Elwood Scholar award.

OU College of Allied Health nutritional sciences doctoral student Bethany Williams recently received the Association of Schools Advancing Health Professions (ASAHP) Thomas Elwood Scholar award.

The Thomas Elwood Scholar Award is part of the ASAHP's Scholarship of Excellence

See AWARD Page 3



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SIMON

Continued from Page 1

North.

"Actually, I never thought I would work in an orthopedic hospital then I started hearing about Community Hospital," he said. "One of my friends who used to work with me went to Community South Hospital and started telling me about it."

"It sounded like a really good hospital to work for. It sounded nice. And I didn't believe it. You work for a hospital that takes care of you and that's a whole different ball game."

Liking what he heard, Simon signed on, and kept working cardiac on a PRN basis.

"It helps me mentally big time," Simon said. "Orthopedics is a lot more physical versus cardiac. But my big thing was mentally being stressed out. (Cardiac) is a stressful environment."

"It gives me a break. If there was a burnout and I needed a break from it it was healthy for me to find this place because I get to keep what I like doing plus I get to do this at the same time. I don't really get burned out any more."

Simon spends his days in the PACU after transitioning from medical/surgical.

Community Hospital has two campuses featuring a comprehensive range of medical services and high quality care.

Community Hospital's south campus is a full-service hospital serving Southwest Oklahoma City and the surrounding communities including Blanchard, Moore, Newcastle, Norman, Mustang and Tuttle.

Community Hospital's north campus celebrated the opening of its new facility in 2016 and offers inpatient and outpatient services, including diagnostic imaging and direct access to physician offices.

"The ones here are pretty much

elective surgery versus being down to their last option," Simon said of his patient population. "I'm able to have an actual conversation with them. They're able-bodied and don't have multiple diagnoses. The patients are not as sick. They're more mobile."

Community Hospital offers nursing care in a close-knit, compassionate community. The Medical/Surgical department has all private rooms, close to the nurses' station. With low nurse-to-patient ratios, nurses have the time to provide excellent service to patients and families.

Community Hospital's north campus is located on the east side of the Broadway Extension, just north of Britton Rd. in north Oklahoma City. The Community Hospital north campus features 14 inpatient beds and 8 operating suites, each equipped with the latest technology for orthopedic, spine, gynecology, plastic, pain management, ENT, endoscopic and general surgical procedures.

Simon dropped down to PRN at Community when son Oliver was born almost one year ago.

"He's our first. That was a whirlwind," he said. "They really scare new parents once they leave the hospital. It's overwhelming. The first three months - I didn't even know what was happening."

A nurse for five years now, Simon is enjoying an actual work-life balance. He still rocks a couple cardiac shifts once a month and he's enjoying the breath of fresh air Community Hospital and orthopedics has breathed into his career.

When he's ready, Simon says he'll go back to Community full-time.

"They take care of their nurses," Simon said. "The people, I've gotten to know with it being a smaller hospital, I've gotten to know a lot of great people."

"The people I work with keep me here."



AWARD

Continued from Page 1

program. Each year, one nomination is solicited from each member college to compete for the ASAHP Scholarship of Excellence Award, and eight to 12 are awarded each year. In addition to being awarded an ASAHP Scholarship of Excellence, Williams was selected for the Thomas Elwood Scholar award, given to the most outstanding student among the scholarship winners.

Williams' focus of study is in behavioral health, specifically the nutrition- and activity-related childcare environments for underserved populations.

"My primary research goals are to describe and identify helpful community resources for underserved populations, as a lack of health-related access can sabotage outcomes for young children and their families," Williams said. "This exciting work will inform program and community interventions to

aid teachers serving in low-access neighborhoods, thereby enhancing nutrition education for high-risk children."

As part of the award, Williams received \$2,000 and the opportunity to attend the 2019 ASAHP Summit in Charleston, South Carolina, where she was formally honored.

Two other OU College of Allied Health students, Catherine Grantham and Victoria Showalter, were mentioned at the summit for being inducted into Alpha Eta, the national honor society of allied health professions whose members represent the top 10% of graduates of allied health schools and colleges.

One of nation's few academic health centers with seven professional colleges — Allied Health, Dentistry, Medicine, Nursing, Pharmacy, Public Health and Graduate Studies — the University of Oklahoma Health Sciences Center serves approximately 4,000 students in more than 70 undergraduate and

graduate degree programs on campuses in Oklahoma City and Tulsa. For more information, visit ouhsc.edu.

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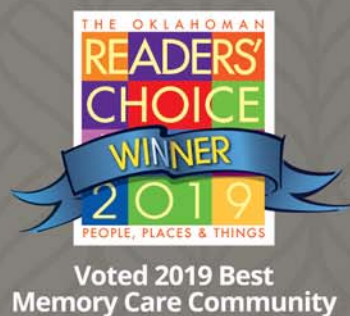


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CAREERS IN NURSING

EVERY NURSE IS A TEACHER: SOUTHERN NAZARENE UNIVERSITY

by Vickie Jenkins - Writer/Photographer

Breonna Coleman, BSN, RN is an Associate Professional Specialist at Southern Nazarene University's School of Nursing. When Breonna was a little girl, she had a dream of becoming a teacher. Somewhere and somehow, along the way, she had a desire to be a nurse too. Now, she is living both dreams; Breonna is a nurse and an Associate Instructor. "I enjoy doing what I do," Breonna said. "I am the first one in my family to be in the medical field. I am thankful that I get to do both. Actually, every nurse is a teacher," Breonna said.

"The whole reason for me being a nurse is the fact that I like helping others. I enjoy teaching here at SNU because I like to share my knowledge, seeing the results of the students after they finally get it," Breonna said. "Teaching the students is a way to keep them alert, along with encouraging them with a positive attitude. Sometimes,

I think the students forget how capable they are at something and I like to encourage them, letting them know that they can do it!" she added.

Breonna grew up in Oklahoma City, OK and attended Langston University for her RN and BSN and is currently going to UCO for her Masters in Nursing Education. She has been a nurse since February, 2016 and was an adjunct at SNU for two years. "At that time, I helped with the clinicals, did a lot of hand-on-hand programs, and helped where I was needed. I am now serving as fulltime Associate Instructor as of June, 2019. Breonna likes doing both, nursing and teaching. "I like getting to meet other people, no matter what the situation is. I like both positions because they are each unique and have their own creative roles. I like discovering lesson plans and coming up with new ideas with

the students. I like lessons in lab and it is nice to teach a class, knowing that the students are very interested in learning," Breonna stated.

It is easy to see why Breonna teaches by the way she lives; teaching the skills of a highly qualified nurse. "A nurse needs to be compassionate, humble and willing to go the extra mile for the patient. It is also very important to be a good listener. That makes a big difference when it comes to relationships between a nurse and their patient," she said.

When asking Breonna to describe herself overall, she replied, "I am somewhat of an adventurous person and I like to try new things. I am family-oriented and family means so much to me. On a personal level, I would consider myself outgoing to an extent."

The classes in nursing at SNU consist of about sixty-two students,

where Breonna is the Associate Professor to Professor Cummings. "I have classes twice a week," Breonna said. "I would like to mention one particular person that was my mentor while I was in school; Jenna Chandler was a big encourager to me. She was a great supporter and I feel like I owe a lot of my success to her for pushing me forward, a little at a time, she replied. "I feel like she kept me going in the rough times,"

"The most rewarding thing about being a nurse and an assistant professor is when I am teaching in the classroom and suddenly, I hear one of the students tell the other students show excitement about something they learned that day and they share it with others. It is like a puzzle, and suddenly, the pieces all fit together and the puzzle is complete," Breonna

See COLEMAN Page 5

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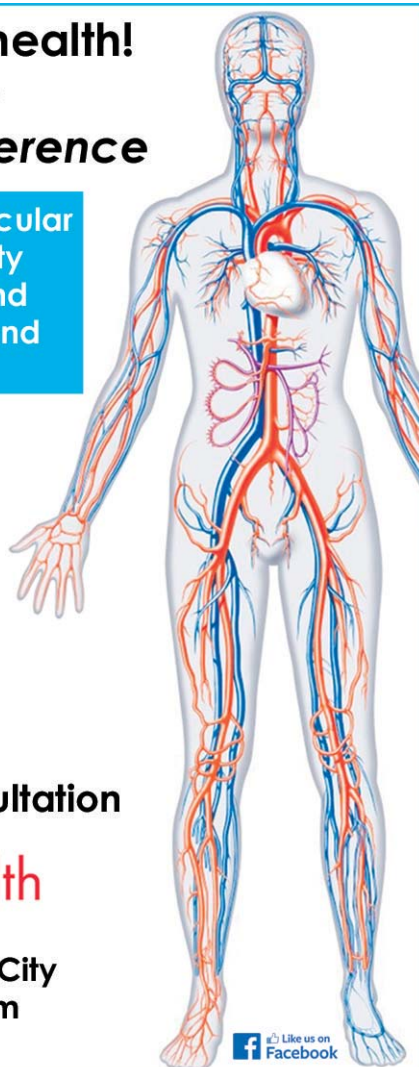
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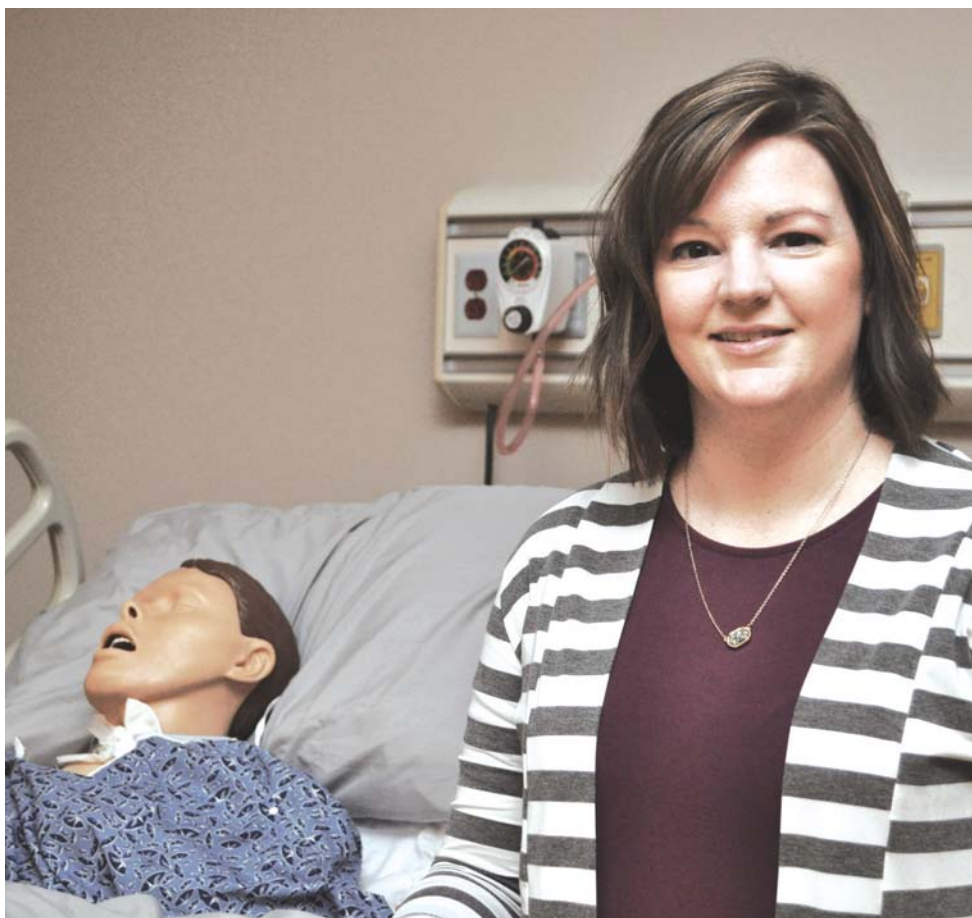
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Breonna Coleman, BSN, RN is an Associate Professional Specialist at SNU's School of Nursing. Always wanting to help others, she is doing that in two ways; nursing and teaching.

COLEMAN

Continued from Page 4

stated.

Where do you see yourself in five years? "Hopefully, I will be done with my masters and I plan on continuing on and further my education," Breonna replied. "I see myself here at SNU continuing my nursing and teaching. I know that I want to keep moving forward in everything I do."

Breonna is married to a wonderful man and they have four children; ages, five, four, three and one. Life stays busy! Breonna's favorite pastime is spending time

with her husband and her little ones. "I love to take the kids to the park or for walks around the neighborhood," she said. "My first job as a nurse was at OU Medical Center downtown, working in ICU. I still work there about two times a month and I enjoy doing that, she said.

Summing up Breonna's life in one word? "Fortunate."



OMRF's 241 events generate \$670,000 for research



Oklahoma Medical Research Foundation 241 Event, Oct. 20, 2019. (L to R) Carl Edwards, Steve Prescott, Susan Edwards.

The Oklahoma Medical Research Foundation raised \$670,000 at a pair of events on Sunday and Monday. Proceeds from the events will support medical research projects at the Oklahoma City nonprofit.

The foundation's annual "241" events—two events for one great cause—consisted of a wine festival and concert by nine-time Grammy Award-winning band Asleep at the Wheel at OMRF on Sunday. The fundraiser was capped off with a golf tournament on Monday at Oak Tree National in Edmond.

This was OMRF's eighth year to hold the benefit, which has raised \$5.2 million since 2012.

Funds raised this year will be used for research areas where the need is greatest and for promising projects that need additional funding. In the past, event proceeds have gone to support research in cancer, multiple sclerosis and cardiovascular disease.

"Our scientists work on a wide range of disease areas, and funds

raised at events like 241 are crucial to our research efforts," said OMRF President Stephen Prescott, M.D. "These resources are essential, and we are grateful to those who've chosen to support our 241 events. These gifts are making a difference that will benefit the health of generations to come."

Honorary co-chairs for this year's events were Kim and David Rainbolt. Leslie and Cliff Hudson served as sponsorship co-chairs.

Lead event sponsors included The Chickasaw Nation, American Fidelity/InvesTrust, Virginia and John Groendyke, Dr. William D. Hawley, Leslie and Cliff Hudson, Presbyterian Health Foundation, Susan and Stephen Prescott, H.A., Mary K. Chapman Charitable Trust, Clearwater Enterprises, LLC., Devon Energy Corporation, Hardesty Family Foundation, Tim Headington, Gene Rainbolt, Tyler Media, and Wilshire Charitable Foundation/Andria and Paul Heafy.

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- RN OR Circulator, FT, M-F - \$5000 Sign on Bonus
- RN, ED, FT, 7p-7a, 11a-11p - \$5000 Sign on Bonus
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Pre-Nursing Course Assists in Professional Transformation

by Pati Pryor Huffman, MS, RN, CNE - Assistant Professor, Fran and Earl Ziegler College of Nursing and Mark J. Fisher, PhD, RN - Assistant Professor, Fran and Earl Ziegler College of Nursing.

An exciting and often challenging educational process starts with one's decision to become a nurse. Traditional work tasks, goal achievement, and success take on a different context when moving from the everyday work world to the nursing profession. Work of nurses involves interventions and interactions between human beings. Goal achievement is measured in terms a person's health and wellness. Success in the nursing profession is a life saved, health or wellness restored, or compassion experienced. The decision of becoming a nurse signals the beginning of a transformation that starts with an educational process. A transition takes place from general education courses including English, math, and general sciences to courses that create another layer of complexity. Competence in nursing develops through and emerges from an extensive experiential process involving coursework and clinical experiences targeted to ensure accuracy, consistency, and reliability. Interactions between human beings, complexities involved in health and wellness, and an ever-changing health care environment demands one to go through professional development. Yet, how students go through this professional transformation and what is available to facilitate this evolution are not always clear or known. The purpose of this article is to highlight an innovative course used to assist students with the nursing profession transition and to emphasize the integral role communication plays in the nursing profession.

Students entering a baccalaureate-nursing program predictably have minimal knowledge of what a profession is and what it means to be a professional. Required skills, specific knowledge, and attitudes guiding the profession of nursing are not always innate necessitating focused education and training. Fortunately, students at a four-year university interested in the nursing profession have the opportunity to participate in an innovative course designed to introduce students to the profession of nursing. Professional behavior, knowledge of one's own behaviors, and self-reflection among others serve as course objectives. Introduction to the profession of nursing and the many roles nurses can serve in healthcare at the local, regional, national, and global levels provide learners with a context of the profession. Students discuss ethics, economics, community health care, leadership, critical thinking, and stress management in an effort to provide them with a real perspective of what nursing is and what it means to be a professional nurse. Weekly sessions typically begin with a brief content presentation, followed by open group discussions, and review of written work on specific course topics and their influence on the nursing profession. At the end of the semester, students complete formal presentations reflecting knowledge and understanding gained about the nursing profession and the professional nursing role. A crucial component in the nursing profession identified early in the course and

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COURSE

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highlighted throughout semester is health care communication.

Communication is essential in professional nursing and plays a central role throughout one's transition in becoming a professional nurse. In the "Communication in Health Care" module, students complete a brief reading assignment addressing health care communication from a patient's perspective (Engel, 2010), watch a brief emotion-filled video addressing health care communication from a parent's perspective (King, 2009), and complete a one-page response-paper focused on communication facilitators and reflection on the reading/video. Students pair-up and review their responses ultimately leading to an all-class discussion. A nurse researcher who is conducts health care communication research (second author) provides additional content and facilitates class discussion. Included in the discussion are communication influences, the role communication plays in family-centered care, and nurse communication as a part of Hospital

Consumer Assessment of Healthcare Providers and Systems (HCAHPS). Students complete a brief reflection using a one-minute paper (Fisher, 2006) at the end of the one-hour session. Students identify useful suggestions from the module; their plan on how suggestions will be used when communicating as a nursing student, and what their "take away" was from the session. Students consistently identify the importance of listening, empathy, and respect as recommended components in high quality health care communication. Students leave with a greater appreciation of the integral role communication plays in the nursing profession.

Transition from general education to becoming a professional nurse is not easy and requires specific knowledge and skills that are not part of a general or non-professional education. This course intends to facilitate students' transition into the profession of nursing while highlighting the role communication plays in health care. Although the transition process can be complex, content in this course and instructional methods used assist individuals in making

this cognitive and behavioral shift with greater ease.

References:

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ACS Awards Oklahoma City Indian Clinic \$100,000 Grant to Help Reduce Breast Cancer

The American Cancer Society has awarded a two-year, \$100,000 grant to Oklahoma City Indian Clinic to expand access to high-quality breast cancer screening and timely follow-up care for American Indian and Alaska Native women. The grant is one of five across the country made possible through the Community Health Advocates implementing Nationwide Grants for Empowerment and Equity (CHANGE) Program.

"CHANGE grants build community and system capacity to promote health equity, access and navigation to screening resources within underserved communities, increasing access to timely cancer screenings and appropriate follow-up care" said Kasey Volpe, Health Systems Manager, State & Primary Care Systems for American Cancer Society. "Certain racial and ethnic minorities and uninsured individuals are more likely to be diagnosed at later stages, when treatment is usually more extensive and survival

rates are lower. The American Cancer Society is committed to addressing the unequal burden of cancer."

The Oklahoma City Indian Clinic is committed to providing life-sustaining breast cancer screenings and prevention services for Native Americans.

"For over 25 years, Oklahoma City Indian Clinic has relied on community partnerships to provide these services," said Ashton Gatewood, Director of Grants Management. "However, the need is so great that many patients were still left without access to essential care. This partnership with the American Cancer Society ACS CHANGE program brings our vision into reality. The clinic will now be able to launch an in-house Mammogram Clinic, which will increase access and quality, decrease cost of care, and fulfill our mission to provide excellent breast care services in the American Indian community for central Oklahoma."

One in eight women in the

American Indian and Alaskan Native community will be diagnosed with breast cancer, Gatewood said.

"More American Indians die from their breast cancer diagnosis than any other ethnicity," Gatewood added. "These women are grandmothers, mothers, aunts, sisters and daughters. Oklahoma City Indian Clinic is privileged to partner with the ACS CHANGE program to honor and respect Native traditions by taking care of the community."

Since 2011, the American Cancer Society's CHANGE (Community

Health Advocates implementing Nationwide Grants for Empowerment and Equity) program has provided grant opportunities to community health system partners to increase cancer education and awareness and to promote life-saving screening tests in medically underserved communities. To date, CHANGE grants have supported the implementation of 3.2 million evidence-based interventions in over 270 health systems and have contributed to 915,000 cancer screenings across the nation.

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NURSE TALK



I would be a weeping willow tree because those trees are beautiful and make me feel happy when I see one.



Anita Bhandari, RN

I would choose a Christmas tree because they are so pretty.



Adebola Salako, LPN

If you were a tree, what kind would you be?



Epworth Villa

I would be a pine tree because they are so popular.



Reena Daniel, LPN

A Willow tree because they are so pretty to look at.



Chelsea Bell, LPN

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From Cleats to Cancer: Stacy McDaniel Finds Joy in Every Day

Stacy McDaniel was in her garage one day when she saw a pile of basketball shoes, soccer cleats and football gear over in one corner. It was all athletic equipment her kids had outgrown, and in that moment "Cleats for Kids" was born.

McDaniel and her husband Mark organized the not-for-profit business to collect and then distribute shoes to kids in need. Today, nearly 10 years later, the organization just donated its 100-thousandth pair of shoes.

While celebrating their company's success, however, McDaniel heard some shocking news: she had cancer.

"At first it was disbelief," McDaniel said. "After all, cancer is something that happens to someone else, right? But I had a mammogram on a Friday and received my diagnosis on Monday. I was so naive about it, I didn't even know there was more than one type of breast cancer. It didn't run in my family, so I had no reason to know much about it."

That weekend was a whirlwind of emotions as she struggled to learn as much as she could.

"The very first thing we did was research, and the very first place I searched was the American Cancer Society's website," McDaniel said. "That is the information we relied upon, and to be honest it was the only information I looked at. It is truly a life-support system to someone facing cancer. The resources that are there provide you with a path to follow and a way to organize information, and there is so much information."

McDaniel says her physician gave her the diagnosis, then handed her a packet of materials from ACS.

"I took that packet with me everywhere I went," she said. "I took it to my doctor's appointments, to my treatments. It helped me feel connected to an organization I know is fighting on my behalf. Before my diagnosis I had always heard of the American Cancer Society and I thought they probably did research or something. Boy, they do so much more. They give free wigs to patients who are going through chemo, free rides to treatments. It's amazing the work this organization does. They are there as a complete support system from start to finish."

Traveling to and from treatment became a way of life, and McDaniel said that made her realize how important it is for Oklahoma to have a place where cancer patients can rest and concentrate on getting better.

"When you are going through treatment, whether it's chemotherapy, radiation or post-surgical measures, you have to have a place to stay, and that place isn't in your car," she said. "Right now, Oklahoma does not have that resource, and that's why it is so crucial we find the funds to build the new Hope Lodge. It will make such a positive impact on our state."

Driving is often not an option, she says, and it's not until a person gets sick that they realize lodging is going to play a necessary role in their recovery.

"Even if you have a window of time between your chemo treatments where you could go home, you're too sick to get in the car and drive," McDaniel said. "If you have limited resources--and cancer has a way of stripping that quickly--that leaves you with very few choices. People traveling to Oklahoma City for treatment from the four corners of



Stacy McDaniel was diagnosed late in 2018, and the past year has been one of self-discovery, faith building and finding courage.

the state need the comfort of a home away from home. That is what Hope Lodge will offer, and I hope more Oklahomans will support this campaign so we can finally get it built."

McDaniel was diagnosed late in 2018, and the past year has been one of self-discovery, faith building and finding courage.

"It has also been a year of humility and learning to rely on others," she added. "That is so important in your cancer journey, realizing you are not going through this alone. For that reason, I am so appreciative of the American Cancer Society, for being there on every step of this scary part of life."

What McDaniel said she learned is that for a while this will likely be an on-going journey. She finishes her immunotherapy treatments in December, and then she has opted for reconstructive surgery early next year.

"I'm looking at 2019 as my 'fight year,'" she says with a smile. "So, 2020 will be my 'recharge year.' When you go through something like this, you don't want to lose sight of what you've learned, and for me that is finding the joy and beauty in each day, from every person you meet and every conversation you have. You learn to realize you'll never pass this way again, so every single day is important."

And equally important to treatment, she says, is trying to maintain a positive attitude. McDaniel is back at work now, finding new ways of securing sneakers, running shoes and soccer cleats for Oklahoma's kids.

"During some of the hardest days, I would look in the mirror and what I realized is that while cancer can take a lot from you, it can never stop me from being me," McDaniel said. "I'm still Stacy, and no matter what, cancer cannot take that away."



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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.

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