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Proton Therapy for Cancer

One of the Many Health Journeys of Life

One of the three highly qualified nurses at Oklahoma Proton Center is Shari Arceneaux, RN, BSN. With a genuine love and concern for the patients, Shari is there to put the patient at ease, making them feel as comfortable as they can through their health journey.

by Vickie Jenkins, Staff Writer

Proton therapy and x-ray radiation therapy, (such as IMRT, TomoTherapy or Cyberknife) can both kill cancer cells, but unlike x-rays, protons go directly into the tumor and then stop. This allows protons to target the tumor while reducing damage to surrounding healthy tissue. The following tumors benefit the most from proton therapy; prostate,

brain, breast, pediatric, lung, head and neck, gastrointestinal. -Oklahoma Proton Center-

Meet Shari Arceneaux, RN, BSN who can be found working at the Oklahoma Proton Center, in Radiation Oncology. Shari attended Texas Christian University and has been a nurse for thirty-three years. Not only does Shari work at the Oklahoma Proton Center, she is a clinical professor at Rose State,

See ARCEAUX Page 2

EXPANSION PROJECT REACHES CONSTRUCTION MILESTONE



The largest hospital expansion project in Oklahoma history achieved a major construction milestone, Wednesday, November 6, as the OU Medicine patient tower reached its highest structural point.

Under construction on the OU Medicine health campus and slated for opening late next year, the milestone was marked by celebration as the symbolic final beam was placed in the "Topping Out" ceremony.

OU Medicine leaders, state and local dignitaries, employees and other guests heard remarks delivered by Jerome Loughridge, Oklahoma's Secretary of Health and Mental Health, during the festivities. Loughridge, and other speakers, talked about the impact the new patient tower will make on Oklahoma's healthcare and economic scene.

"The tower represents not only state-of-the-art patient care, but is also creating new economic drive with statewide impact in this central Oklahoma hub of innovation, research, education and employment," explained Chuck Spicer, president and CEO of OU Medicine. "Since 2018, OU Medicine has added 600 employees; as 2020 begins, an estimated additional 100 full time positions will become available."

To coincide with this milestone, OU Medical Center will host a job fair from 5 to 7 p.m., Tuesday, November 12, on the first floor of the hospital, located at the southeast corner of N.E. 13th Street and Lincoln Blvd.

Designed by Perkins and Will, the new patient tower will span 450,000 square feet over nine floors (eight of those above ground), with

See EXPANSION Page 3



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ARCENEAX

Continued from Page 1

teaching nursing students three months out of the year. "I always had a certain drive to help people, and I still do. I knew from when I was ten years old that I wanted to be a nurse or a teacher. I guess you could say both of my dreams came through and I'm living the best of both worlds," she said with a smile.

"As a teenager, I volunteered as a candy striper in a hospital and from there, I became more interested in the medical field. Over the years, I worked in Pediatrics, Home Health, as a school nurse and now, radiation oncology," Shari said.

When asking Shari what made her job special and why she chose to work with cancer patients, she replied, "I love meeting people where they are on their health journey. Explaining their health issue eliminates some of their stress. When a patient comes in and they are not doing well, they don't know what to expect. It's all brand new to them. A lot of our patients receive daily treatments for six weeks or longer, some have to be treated for the rest of their life. There is not a person here that does not build a relationship with the patient. I make it a goal to always look a person in the eyes when I talk to them; making sure they understand everything. We stay busy, yet, we know that we are helping our patients in the biggest way. Teamwork is an important factor to us," Shari added.

Shari is motivated by wanting her patients to have a good experience while there, along with drawing on her faith of her Lord Jesus, to make her patients feel like their trip is just that; a good experience.

What qualities make a good nurse? "I think a nurse needs to have plenty of patience; being

flexible! A nurse's schedule can change at the last moment. A nurse needs to be able to pay attention to details, be kind to everyone, and have very good assessment skills. If a nurse can handle all of this at one time, they will make a great nurse," she said. "For a nurse, every day is different and we never know what to expect. From the time a patient arrives, we need to know what is going on. Are they here as a new patient? Pain control? A follow-up visit for a treatment? Yes, some days are hard, but there is something special about the feeling of knowing that I have made a difference in someone's life; it is so rewarding," Shari commented.

Asking Shari to describe herself, she called to her friend, Vickie, who was in the next room. "How would you describe me?" Shari asked. "One thing for sure, Shari is a very compassionate, caring person. She is an awesome nurse and has a wonderful sense of humor. I don't know how to explain it, but Shari always meets the patient where they are. She can deal with anyone, no matter what they are here for. She is kind to everyone she meets and she is very personal, knowing exactly what a patient needs at that moment. She is good when consulting a patient, putting them at ease. When Shari enters the room, you can see a certain love and compassion about her. I think Shari stands above the crowd and she knows her field. Shari is very knowledgeable. With all of these qualities, she still manages to continue to smile throughout the day. Nursing is definitely her calling!"

On a personal note, Shari has two children, twenty-seven and twenty-five years old. Shari's hobbies include cooking, reading and working out. How would Shari sum up her life in one word? "That would be, JOURNEY," she said with a smile.

OKLAHOMA
PROTON • CENTER

EXPANSION

Continued from Page 1

room to grow. This marks the first ground-up hospital construction project for OU Medicine since 1975.

"Watching this project grow each day, we see the former footprint taking on greater depth and dimension. This expansion will have great impact on the state of healthcare in Oklahoma," said Casey Woods, chief operating officer, OU Medical Center, who oversees the project.

The current expansion will add 144 beds and 32 operating rooms to help support the needs of patients treated at Stephenson Cancer Center, those undergoing critical and complex surgical procedures, those with trauma-related injuries and more.

"Often, the people we care for are here during times of great crisis in their lives," explained Kris Gose, OU Medical Center president. "Family space is a critical design element that you'll see integrated in multiple ways. Patient rooms are bigger, with more space for visitors. Windows will offer views

of the state capitol or the city's skyline. The space also will support efficiency of care with more room for doctors and nurses to function with ease."

OU Medicine is the only comprehensive academic health system in the state, offering the widest range of medical and surgical services in the region.

"OU Medicine has always been on the cutting edge of patient care," Gose said. "We remain committed to delivering care that restores health and hope. This expansion opens new avenues to provide the most advanced care for more patients, including broader application of robotic surgical techniques."

"Skill, expertise, experience and talent all contribute to successful outcomes in any field of endeavor," said Ian Dunn, M.D., chair, department of Neurosurgery, University of Oklahoma College of Medicine. "And in every field, the craftsman, artisan, or physician is capable of delivering a more satisfying product or experience when he or she has the best tools and the best equipped environment in which to work. That's what



the new patient tower represents. Working as a team, we optimize our skills for the benefit of every patient who crosses the threshold of this center of health and healing."

The Topping Out ceremony can be traced to an ancient Scandinavian religious rite of placing a tree atop a new building to appease the tree-dwelling spirits displaced in its

construction. As buildings became less timber framed and more steel, the ceremony morphed into a tree or leafy branch being placed on the topmost beam, often with a flag tied to it. Today, in true Oklahoma fashion, a tree, the American flag and the Oklahoma state flag were placed with the final beam. The beam had been signed by many OU Medicine employees and guests at the Topping Out ceremony.

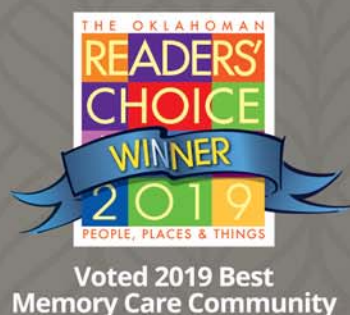


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CAREERS IN NURSING

CARING, NURTURING, EMPATHETIC, OH MY!: OCOM

by Vickie Jenkins - Writer/Photographer

Located at 8100 S. Walker is Oklahoma Center for Orthopaedic and Multi-Specialty Surgery (OCOM). This is where you will find one of the caring nurses, Caryn Novotney, RN. Caryn has been a nurse for ten years; spending the last eight years here. "Ever since I was a twelve years old, I knew I wanted to be a nurse. I fell in love with babies and found myself being the motherly type, trying to take care of everyone else," she said. "I have worked in a hospital before but I like working here because I have a one-on-one care with the patients and I like the small hospital feeling. One of my favorite things about this job is the one-on-one care. No matter what the circumstances, each patient deserves to be that one important person at the moment."

Asking Caryn to describe herself, she replied, "I am a very

caring, nurturing and empathetic person. I am a little shy when I meet someone for the first time but since I have been a nurse, I have gotten over my shyness. I feel like that has made me become a little more outgoing, handling myself around others better. I feel like being a nurse has helped me tremendously. I am motivated by check lists; setting goals and listing them. I like to check that list off as soon as I can! I am motivated to complete it with a little check beside it," she said with a laugh. "I have lots of lists."

Working at OCOM can be very busy at times and we have quite a few patients throughout the day. I work in pretesting, making the patients as comfortable as possible. Sometimes, it is hard to get the patients to open up but as soon as they feel comfortable, I feel

like I have gained their trust and they are less stressed about the whole situation. I usually see ten patients a day, one-on-one basis. It is a great feeling when they come in for surgery and I know I have all the tests done so that the surgery can take place. Being a nurse is very rewarding." Caryn commented.

What advice would you give someone going into the medical field? Caryn replied, "I would tell them to learn how to deal with people. I think it is good for someone to be in a customer service environment; that could apply to any job. Being polite and courteous is a big part of any relationship and is certainly a nurse should have. A nurse needs to study hard and not give up, even when the going gets tough. They need to be good listeners building up the trust between the

nurse and the patient." When I was at Oklahoma Christian University, I lot of my mentors were my peers. We formed small groups and studied together. It was a big help. One of my outstanding mentors was in the hospital when I went through my internship; Harriet Cooper, RN. She was such an inspiration to me and I feel like she helped me in so many ways. I am happy to say that we are still friends today."

On a personal note, Caryn is married to a wonderful man, Curtis. They have one daughter, Caylee, three years old and a son on the way, making his arrival in March. Their four-legged pets include three dogs; Rayna, a beagle lab, Timber, a golden retriever, and last, but not least, Tux, a beagle pug (puggle). "Tux is a little black and white dog and he looks

See NOVOTNEY Page 5

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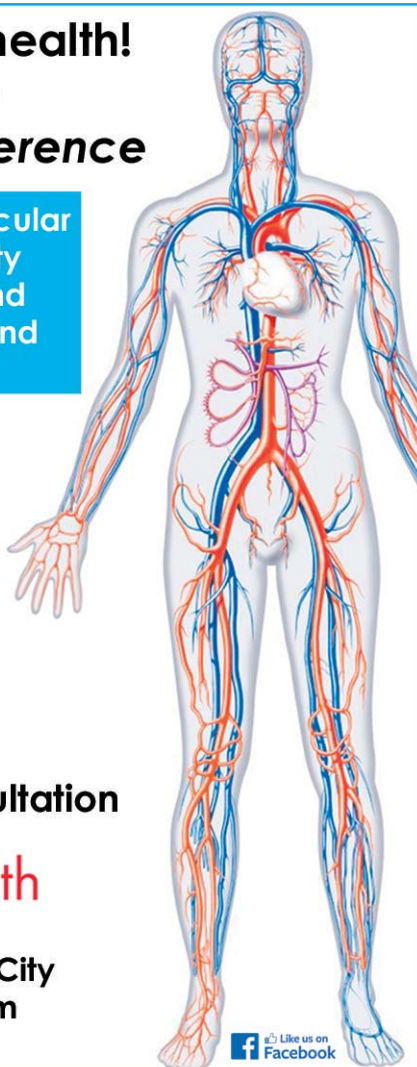
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With a bright smile and a positive attitude, Caryn Novotney, RN is one of the nurses you will find caring for the patients at the Oklahoma Center for Orthopedic and Multi-Specialty Surgery.

NOVOTNEY

Continued from Page 4

like he is wearing a tux," Caryn said. Caryn can also be found working at Visiting Angels, (Living Assistance) a few times a week. "I do the assessments on the patients and make sure someone is there to take care of their needs when the patients can't be on their own. Once again, it is that one-on-one thing that I like," she said with a smile. "I have worked Visiting

Angels for two and half years. When not working at OCOM or Visiting Angels, I enjoy doing crafts and spending time with my family, watching movies. We also like to do some traveling when we are able."

Asking Caryn to sum up her life in one word, she replied, "Well, with my work, husband and a three year old daughter and one on the way, life is quite an adventure. I would have to say Adventurous."

Health Officials Create State Plan to Reduce Obesity

Oklahoma has been one of many states to see a steady rise in obesity rates over the last two decades. The Oklahoma State Department of Health (OSDH) began a year-long process to convene partners from across the state to develop a State Obesity Plan. With more than 30 partners from a variety of agencies contributing, a plan is being created to address the rise in obesity across the lifespan.

The increased obesity rate is alarming for Oklahomans as individuals and as a state for a number of reasons. Obesity can increase the likelihood of other chronic conditions such as heart disease, high blood pressure, diabetes, high cholesterol, stroke and some types of cancer. At the state level, a higher prevalence of obesity and other related conditions lead to an increase in medical spending exceeding \$1 billion a year. The increase in adolescent obesity is a concerning factor for future obesity rates.

During the process of creating a state plan, input was gathered from Oklahomans across the state, representing all segments of the population. The plan focuses on strategies for each age group which can make a direct impact on the environment contributing to chronic health conditions, with a particular focus on obesity. The plan was coordinated by OSDH, but it will take all partners working together to accomplish the goals and objectives set forth to achieve Governor Kevin Stitt's goal of being a top 10 state.

"We look forward to working with our numerous partners across the state in addressing the social determinants of health to more effectively work in preventing and reducing obesity in our state," said Commissioner of Health Gary Cox. "It will take a coordinated and targeted community health approach that will improve the health and quality of life for Oklahomans."

The objectives outlined in the plan aim to take a comprehensive approach to combatting obesity as it calls for coordination with the health

care system to increase resources and education for providers to better work with patients on managing weight status. It focuses on providing adequate access to all Oklahomans across the state and also highlights improvements to the environments in which most Oklahomans spend most of their time. This includes early care and education locations, schools, worksites, and the communities in which people live and play.

While personal responsibility will always be a component of weight management, the plan aims to identify environmental changes which will make it easier for all Oklahomans to choose to be healthier, and to encourage healthy habits and behaviors. This plan also wants to put resources and education in the hands of Oklahomans so the decisions they make can be well informed, but also supported by the environment in which they live.

The goals identified in the plan are listed below:

- Increase access to health care for all Oklahomans.
- Improve the care environment supports for appropriate physical activity and nutrition in early childhood settings.
- Improve the physical activity and nutritional environment in Oklahoma schools.
- Increase the health-promoting environment of employers in Oklahoma.
- Increase resources available to older adults to enhance well-being.
- Increase the utilization of available data to allow for more efficient use of limited resources.
- Increase built environment infrastructure which promotes safe biking and walking.
- Improve the nutrition environment in communities across the state by ensuring each county is utilizing available funds for a summer feeding program.

The OSDH will release the final version of the plan in the coming weeks. For more information about obesity, visit www.health.ok.gov.

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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
- 1 6 1 Licensed Practical Nurse
- 1 6 4 Managerial
- 1 6 5 Massage Therapy
- 1 6 7 Medical/Surgical
- 1 7 0 Nurse Practitioner
- 1 7 3 OB/Gyn
- 1 7 6 Occupational Health
- 1 7 9 Office
- 1 8 2 Oncology
- 1 8 5 O.R./PACU
- 1 8 8 Orthopedic
- 1 9 0 Pediatric
- 1 9 1 Pharmacist
- 1 9 2 Physicians Assistant
- 1 9 7 Public Health
- 2 0 0 Rehabilitation
- 2 0 4 Registered Nurse
- 2 0 7 Research
- 2 1 0 Sales Representative
- 2 1 3 Service
- 2 1 7 School Nurse
- 2 2 0 Spec Producers
- 2 2 3 Support Staff
- 2 2 5 Traveling Nurse
- 2 2 6 Miscellaneous

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Special to the Nursing Times

Lung Cancer: It's Not Just Smoking

by Mark Beutler, American Cancer Society



Lung cancer can affect anyone, not just those with a history of smoking. That's the message the American Cancer Society is sending this month to the public and clinicians alike. November is Lung Cancer Awareness Month, and signs and symptoms of lung cancer should not be ignored based on a lack of a history of smoking. While tobacco use is the most important risk factor for lung cancer, about one in five lung cancers occurs in people who never smoked. If counted as a separate category, lung cancer among never-smokers would be among the ten leading causes of cancer death.

"If a patient has shown symptoms of lung cancer for several weeks, they should be evaluated for lung cancer regardless of whether or not they have smoked," said David Lam, M.D., hematologist and oncologist for SSM Health Care Center/Frank C. Love Cancer Institute at St. Anthony Hospital. "Thousands of people who have never smoked still develop lung cancer every year. If a person is showing symptoms, I would suggest they speak to their primary care physician to see if they qualify for screening."

Associating lung cancer with smoking has produced stigma for far too many people, said Dr. Lam. No one--neither someone who smokes nor someone who has never smoked--should feel embarrassed at a cancer diagnosis or worse, experience a delay in diagnosis.

Early diagnosis and care, including testing to make sure patients get the best available treatment, can improve outcomes in lung cancer. If diagnosis and treatment are delayed because of stigma, bias, or due to the assumption lung cancer is rare in those who don't smoke, patients could suffer as a result.

"We have made tremendous progress in how we treat lung cancer," said Dr. Lam. "Today we can perform comprehensive diagnostic testing and custom-tailor treatments for many patients. People must get the care they need, and not allow stigma or a diagnostic delay to prevent their treatment."

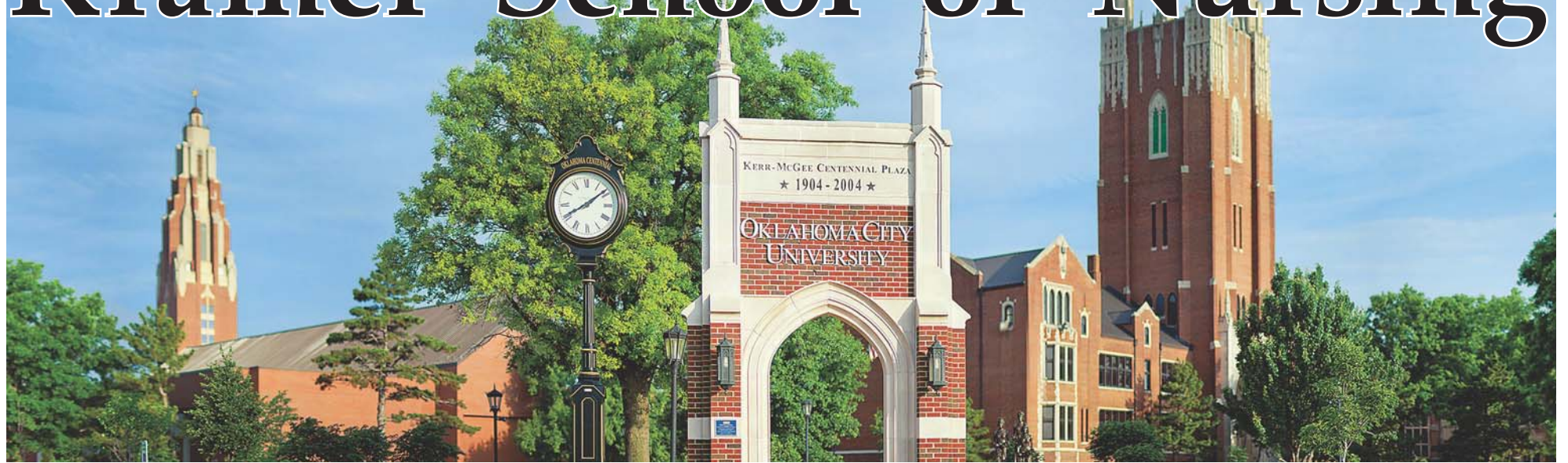
According to the American Cancer Society, most lung cancers do not cause any symptoms until they have spread, but some people with early lung cancer do have symptoms. If you go to your doctor when you first notice symptoms, your cancer might be diagnosed at an earlier stage, when treatment is more likely to be effective. The most common symptoms of lung cancer are:

- A cough that does not go away or gets worse
- Coughing up blood or rust-colored sputum (spit or phlegm)
- Chest pain that is often worse with deep breathing, coughing, or laughing
- Hoarseness
- Weight loss and loss of appetite
- Shortness of breath
- Feeling tired or weak
- Infections such as bronchitis and pneumonia that do not go away or keep coming back
- New onset of wheezing

"Many people who exhibit these symptoms do not have cancer," said Dr. Lam. "But those who experience any of these for an extended period should talk to their physician and make sure the possibility of cancer is indeed considered and investigated, not ignored."

(AS PUBLISHED IN THE 2019 EDUCATION GUIDE TO NURSING)

Kramer School of Nursing



Professional Advancement with Competitive Price, Substantial Scholarships, and Student Support



Oklahoma City University's Kramer School of Nursing (KSN) has announced exciting opportunities to help you become a nurse or advance your nursing skills.

RN-BSN: Competitive Price, Complete in Two Semesters

KSN offers an outstanding RN-BSN program in which RNs can complete their BSN in just two semesters, and for the lowest cost of any degree program the university offers. Classes meet one day per week for four hours. No course prerequisites, nursing exams, care plans, or clinical hours are required. Denise Burton, chair of the RN-BSN program, has particularly reached out to those who attended schools which did not have nursing accreditation, stating "We accept students' RN licenses regardless of whether they graduated from an accredited institution or not." Burton further noted that many of our students go on to earn advanced

degrees. RN-BSN classes meet at the OKCU campus, at Mercy Hospital OKC, and at Norman Regional Hospital.

BSN and MSN: Nearly \$500,000 in Scholarships for New Students

KSN recently received a gift creating "The Kramer Way" scholarship which will provide \$400,000 for ten new Bachelor of Science in Nursing (BSN) students and \$90,000 for six new Master of Science in Nursing (MSN) students over a two-year period starting in fall 2019. The scholarship is named for the school's commitment to its core values of caring, kindness, and respect.

In addition to helping students earn their first degree, the school's BSN program also allows those who have a degree in another field to earn a BSN in just 18 months. "The scholarship is critical because many candidates exhaust their financial assistance while earning their first degree but this will allow them the financial ability to become a nurse," said Dr. Lois Salmeron, dean of the Kramer School of Nursing.

Salmeron also indicated that few scholarships are available for

graduate study, further making this opportunity unique. The school's MSN program offers tracks in nursing education or leadership and features distance learning as well as a low-residency model which enables nurses living in communities outside of Oklahoma City to successfully complete their degree.

DNP: Student Support Eases Clinical Placement for FNP and AGACNP Students

KSN offers a Doctor of Nursing Practice (DNP) program with two tracks, Family Nurse Practitioner (FNP) and Adult Gerontology Acute Care Nurse Practitioner (AGACNP), which can be completed with part-time study over four years. The school also offers certificate programs in each track. Additionally, the school has added a clinical liaison who manages clinical placement for the students.

Dr. Gina Crawford, chair of DNP programs, noted that while online schools have proliferated in recent years, attending a classroom environment allows students to experience individual interaction, hands-on skills workshops, and greater support from classmates,

faculty, and staff. "The faculty get to know students' strengths and weaknesses, and can evaluate their competency. Those in the AGACNP program are well prepared for management of acute, critical, and emergency care; while those in the FNP program are ready for primary care."

Gabrielle Stuehm, a current FNP student added that "the OKCU Kramer School of Nursing FNP program has been such a wonderful experience for me. I believe that having weekly hands-on experience in class has put me at a great advantage in my post graduate education. The faculty has always been available to me when I need further understanding; additionally, the faculty wants us to succeed and do well in the FNP program. I am so grateful that I have been able to continue my education at OKCU."

Information Available

Information about Kramer School of Nursing academic programs, continuing education events, and campus facilities can be found by visiting www.okcu.edu/nursing or calling (405) 208-5900.

FROM OUR FRIENDS ON FACEBOOK

INTEGRIS Southwest Medical Center Johnetta Frost first ever recipient of Sunflower award

Congratulations to Johnetta Frost, nursing assistant, cardiovascular care unit, on being the first ever recipient of the Sunflower Award. The Sunflower Award was inspired from the DAISY award, which recognizes nurses for their extraordinary, compassionate care. We realize that nurses can not do their work effectively without the assistance of their team, so the Sunflower Award is in place to recognize the extraordinary care provided to both patients and their loved ones by our support staff whom positively impact the nursing profession. Thank you, Johnetta for your dedication to our patients! - INTEGRIS





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NURSE TALK

My favorite is my grandma's homemade stuffing.



Lynn Morrison, LPN

It has to be green bean casserole!



Angelina Deere, LPN

What is your favorite side dish at Thanksgiving?



Oklahoma City
Indian Clinic

I would say pea salad.



Justina Surles, LPN

It's definitely the sweet potato pie!



Deborah Byrd, LPN

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FROM OUR FRIENDS ON FACEBOOK

INTEGRIS Jim Thorpe Jenny Jacobs presented with DAISY Award



Jenny Jacobs, RN at Jim Thorpe, was recently presented with a DAISY Award. The DAISY Award is an international recognition program that honors and celebrates the skillful, compassionate care nurses provide every day. We are proud of your dedication, Jenny!- INTEGRIS

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ELLie
Liver Recipient

Our daughter, Ellie, was born in November 2008. When she was 3 months old, we found out she had a liver problem. We went to Children's Hospital in OKC, but were soon sent to a transplant center in Nebraska for evaluation. On March 18th, Ellie was put on the list for transplant. We came back home to wait. Ellie was treated at Children's twice a week, until she began to lose weight in May. We went back to Nebraska the day after Mother's Day, and she was admitted to the hospital. While there, I was evaluated as a living donor for Ellie, and we soon learned I could give her part of my liver. Ellie's transplant was on May 22, 2009. It was the hardest thing that I've ever done, but the

easiest decision of my life. We came home Father's Day weekend.

Organ, eye and tissue donation saves lives. Please make your decision to donate life and tell your family. Register to be an organ, eye and tissue donor on your Oklahoma driver's license or state ID card or register online at www.LifeShareRegistry.org. If you don't have a license or state ID card and do not have internet access, call **800-826-LIFE (5433)** and ask for a donor registration card.

LifeShare



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- \$400,000 in scholarships over two years for new Bachelor of Science in Nursing (BSN) students

RN-BSN

- No course prerequisites
- On-site classes meet four hours, one day per week
- No nursing exams, care plans, or clinical hours
- RN license accepted regardless of ADN accreditation
- Classes at OKCU, Mercy Hospital OKC, and Norman Regional Hospital
- Lowest price ever

Master of Science in Nursing (MSN)

- \$90,000 in scholarships over two years for new Master of Science in Nursing (MSN) students

Doctor of Nursing Practice (DNP)

- Clinical liaison manages clinical placement
- Classes meet once per week on campus
- Hands on skills workshops
- Face-to-face interaction
- AGACNP -competency in acute, critical, and emergency care
- FNP – competency in primary care

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