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November 18, 2019

Information for the Oklahoma Nursing & Health Care Professional

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## Stepping Stones of Encouragement

Brittany Cummings, DNP, APRN, FNP-C is an Assistant Professor at Southern Nazarene University at the School of Nursing. She is full of encouraging words as she teaches her students, guiding their way one step at a time.

by Vickie Jenkins, Staff Writer

You will find a staff of professionals at Southern Nazarene University, School of Nursing. One of the many encouraging individuals is Brittany Cummings, DNP, APRN, and FNP-C. Not only is she an RN but also an Assistant Professor.

Growing up in Yukon, OK, Brittany has always been interested in taking care of

others. "I remember playing nurse when I was little; taking care of all my dolls and stuffed animals when they weren't feeling well. I had the little nurses' outfit, the plastic red stethoscope, the pretend syringes, the tiny box marked medicine, all fitting nice and neat inside the doctor's kit; I had it all! It must have been how I nursed all of those dolls and stuffed animals back to health," she

See CUMMINGS Page 2

## Infection Prevention Round-up *38th annual conference set*



Debbie Dahl, President, Epidemiologists and Preventionists in Infection Control-EPIC .

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The Epidemiologists and Preventionists in

See EPIC Page 3



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## CUMMINGS

Continued from Page 1

said with a laugh. "Actually, at a young age, I felt God calling me to go into missions. What better way to go into a career such as nursing?" she asked.

"I like being a nurse and also I like teaching in the nursing program, because I love helping people. I like teaching because it allows me to share my knowledge about nursing and my Christian values with others; physically and emotionally," Brittany commented. "Some of my favorite moments are when I begin each class with a quote or devotional. It is obvious that the students love it, plus they are learning at the same time. Teaching here is very special; knowing that these students may soon be professors themselves and may be teaching all over the world," she added. "One thing that always makes me feel good is when I have a room full of students and after a while, they finally understand everything going on and it's like a light bulb comes on and it's amazing! The room seems to light up!"

I asked Brittany to describe herself. "It's a little hard to talk about myself," she said with a smile. "I am pretty low key and I love what I do. I am motivated by my students, faculty and the many nurses that I have worked with. When I was in nursing school, here at SNU, there was one particular nurse that I considered my mentor; that was Diane Gaston, who seemed to take a specific interest in me and would send words of encouragement that would come my way. Another special mentor at that time and presently is Professor Susan Barnes. She has definitely been there for me. I began to grow as a nurse and now, I continue to blossom wherever I go," she replied. "I admire Professor Barnes and I feel

honored to work with such a fine and respectable person," Brittany said.

Brittany is a very positive person as I could see from her office as I noticed all of her wall hangings were positive quotes and sayings. Each one had the word 'good' in it.

She quoted her favorite saying: "This is the beginning of a new day. You have been given this day to use as you will. You can waste it or use it for good. What you do today is important because you are exchanging a day of your life for it. When tomorrow comes, this day will be gone forever; in its place is something that you have left behind. Let it be something good."

Is there anyone in your family in the medical field? "No, I am the only one that decided to be a nurse. I have a twin sister, Bethany. We both pretended to be nurses and teachers when we were little. It's funny how things worked out; I am a nurse and she is a teacher. I always accused her of being the bossier twin," Brittany replied with a laugh. "When we were little, I'm sure my sisters (younger sister Brianna) and I wanted to be ballerinas. What little girl doesn't?"

Asking Brittany what advice she would give to someone going into the medical field, she replied, "They would need to have a genuine compassion for others, have plenty of patience and enjoy taking care of others, no matter what the situation. The medical field has such a variety of opportunities to choose from and whatever job they decide on, be the best they can be. Being a nurse will be plenty of hard work, yet it will be the most rewarding job they will ever have."

How would Brittany sum up her life in one word? "That is easy," she said. "It would be BLESSED."

# SNU

1899

## EPIC

Continued from Page 1

Infection Control (EPIC) organization began in 1974 in Oklahoma City. The organization works to provide a collective voice for epidemiologists and preventionists for whom infection prevention issues relate to improving quality patient care and promoting patient safety.

Oklahoma EPIC members are nurses, physicians, public health professionals, epidemiologists, microbiologists, pharmacists or medical technologists. The EPIC meetings are on the third Thursday of each month at Pearl's Crabtown in Bricktown, Oklahoma City. The Luncheon Meeting begins at 11:30 and includes educational speakers.

Every November, EPIC host the "Oklahoma Educational Conference on Infection Prevention" where guest speakers are brought in from around the country for a full day of learning.

This is our 38th annual conference and we are pleased to have presentations on "Quick Observation Tools for Infection Prevention Survey Readiness", "Healthcare Laundry and Textiles", "Update MRSA Risk Mitigation Programs for MRSA/MSSA



Epidemiologists and Preventionists in Infection Control-EPIC Board Members.

Infection Risks" and an "Overview of Infectious Diseases in Oklahoma.

Staying with the conference theme "Infection Prevention Round Up" we want everyone to wear boots, jeans and hats as we "Lasso Infections Across Oklahoma". A delicious Bar-B-Q luncheon will be served with toe

tapping entertainment from "Cactus Patch Cloggers". The conference is November 8, 2019 at Embassy Suites in Norman Oklahoma. The conference includes 5 hours of CEU's, networking, and exhibitors with current supplies to prevent the spread of infections.

Registration for the conference

is now open on the EPIC website [www.epicokla.com](http://www.epicokla.com) or by contacting Debbie Dahl at 405.623.9888 or [Debra.Dahl@uhsinc.com](mailto:Debra.Dahl@uhsinc.com)

Debbie Dahl, President-Epidemiologists and Preventionists in Infection Control-EPIC

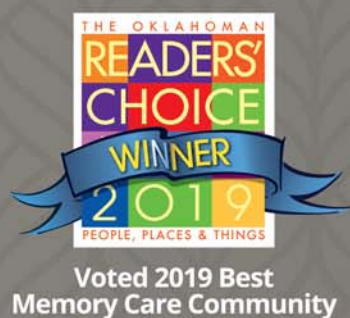


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# Advanced Practice Registered Nurse Offers New In-Home Service in Metro

by Darl Devault - Staff Writer

A nurse practitioner with an entrepreneurial spirit recently started a mobile urgent care practice for homebound patients, on-the-go parents and families. Based in Edmond, with scheduling available online, by text or phone, this groundbreaking advanced practice registered nurse delivers convenient, urgent care to her patient's home.

Research shows that as a member of the American Association of Nurse Practitioners, Kara De La Pena is the only individual advanced nurse providing this service, NP 2 Go, in the Metro area. Her certifications in advanced cardiac life support, basic life support, and pediatric advanced life support allow her to claim first-in-market status.

Several corporate entities are dispatching caregivers at this level to people's homes. Those companies are not matching the direct-fee, comprehensive impact De La Pena delivers to her patients.

"NP 2 Go's mobile urgent care or house call service was born from seeing so many patients who could benefit from a more convenient option to get healthcare," De La Pena, APRN-CNP, said.

The nursing profession is in high demand in Oklahoma. She also serves as a registered nurse at OU Medical Center Edmond part time in perioperative services, as she launches her new community-wide service.

De La Pena provides in-home urgent care visits, migraine treatment, primary care (for homebound patients), weight loss consults, IV vitamins/hydration, and sports physicals. She also helps patients needing advanced directive planning counseling. To answer those questions she says she draws on her experience as an ICU nurse being with many patients during their end-of-life period.

She says several patient populations need intravenous fluids, but have no other options than going to an

emergency room. She serves that need in patient's homes. She stresses how her practice assists other practices and medical offices to help keep their patients out of ERs.

When the flu, food poisoning, or a stomach bug causes some mild dehydration a patient fills out a health history and assessment. She calls the patient if there are any questions. If an emergency room visit is indicated, she sends them on, instead of seeing them. If the ER is not indicated, she provides the hydration in their homes.

De La Pena says many migraine sufferers can have an acute or chronic migraine that can last for several days and be debilitating. She can give the same medications an ER provides, after assessing their condition. Another ER trip avoided.

De La Pena was born and raised in Enid, Okla. She earned her associate's degree in nursing from Oklahoma City Community College in 2012, and her bachelors of science in nursing

from Northwestern Oklahoma State University in 2014.

In 2019, she earned a master's degree in nursing while graduating as a family nurse practitioner from Maryville University in St. Louis. The school, founded 150 years ago, provides a technology-driven, mentor-inspired education.

Along the way she has been a certified nurse's aide and licensed practical nurse before becoming a registered nurse. She says her mother prompted much of this by being a mentor and role model.

"My mother is the best nurse that I have ever met, often teaching me things that are not in books. She taught me about the comfort provided by simply flipping over a pillow, or the skill of practicing compassion towards people with unknown struggles," De La Pena said. Her mother, Karla Brock, an RN since 1991, has worked at St. Mary's Hospital in Enid for 28 years.

See DE LA PENA Page 5

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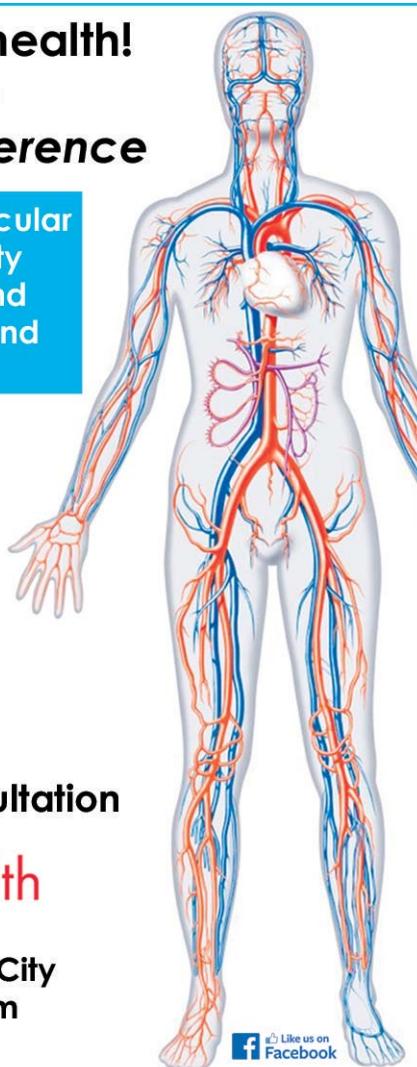
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Kara De La Pena, APRN-CNP - De La Pena is a Family Nurse Practitioner licensed by the American Association of Nurse Practitioners.

## DE LA PENA

Continued from Page 4

De La Pena has a combined 15 years of experience helping patients throughout her years of basic patient care, nurse tech, CNA, LPN, RN, and now APRN-CNP status.

Her early caretaking skills were honed taking care of her great-grandmother who suffered a stroke when De La Pena was a teenager. She attended to her daily needs, as well as drove her to appointments.

Nurse practitioners in Oklahoma need only a supervising physician to oversee their prescriptive authority. They are prohibited from prescribing Scheduled 2 medications (Hydrocodone, Adderall, etc.).

Oklahoma Nurse practitioners are continuing to pursue legislation that allows for full practice of their license without a supervising physician. These nurses pushed legislation in 2018 seeking full practice authority. Their position then was that 22 states, most with better health outcomes than Oklahoma, allow this status.

De La Pena and her supervising

physician have agreed on specific medication protocols for her new outpatient emphasis at NP 2 Go. They went over her business plan extensively before she started her private business ventures.

The company is private-pay only. When patients invite NP 2 Go to come to their homes, they get one bill. The NP 2 Go Website and Facebook cite the costs for the services provided.

De La Pena believes that patients deserve to have transparent billing and to know the costs of services before booking their appointments. NP 2 Go works with local companies to provide the most cost-effective labs, medications, or radiology. She says this provides a thorough solution to the patient's needs.

De La Pena, 33, has lived in Edmond for more than 11 years, marrying Jason in June of 2014. They now have two daughters 8 and 4 years old. The family attends Victory Church in Warr Acres and enjoys boating at Lake Arcadia often. As soon as her new venture gives her more time, she plans to be more active in local government and volunteer in the community.

# Never Forget: Santa Market keeps growing



Joan Clarke and family have turned the Santa Market Craft Show into a highly-anticipated event that benefits Alzheimer's research.

by Bobby Anderson, RN - staff writer/photographer

Ten years now and closing in on \$100,000 raised for Alzheimer's research and Joan Clarke knows her mission is nowhere near complete.

It's been 12 years since Alzheimer's claimed Clarke's husband.

And for the past decade she's used the Santa Market Craft Show to honor his memory and push the needle forward on Alzheimer's research.

"Our family has taken to do this as a positive response to a horrific disease," Clarke said recently on the anniversary of her husband's death. "The kids work. The spouses work. Even the grandkids work handing out bags."

"For us it helps. I like to hope we're helping other people and making a difference."

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**We are currently looking for a PRN Certified Nurse Aide**  
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## SANTA

Continued from Page 5

It's estimated that every 65 seconds another person learns they have the terminal condition which robs them of their identities.

While the disease keeps growing – now registering as the sixth-leading cause of death in the United States – the support for the Santa Market Craft Show benefiting Alzheimer's research is booming.

### LONG TIME COMING

For the past nine years the Santa Market has been housed in the Downtown Edmond Community Center.

The show proudly boasted 18 vendor tables that first year.

"We were just a little show trying to get started," said Clarke, who organizes the event with daughter Megan Nye and Megan's mother-in-law Molly.

Last year the event took up the entire upstairs, downstairs and – with 101 vendors – poured onto the lawn of the community center in Edmond.

According to the family's best estimates some 4,000 people attended last year's market, which focuses on hand-made items perfect for holiday giving.

A new venue was a must so Clarke decided to "go big or go home" and booked space at the Oklahoma State Fairgrounds.

The Pavilion Building will host this year's Santa Market Craft Show on November 23 beginning at 9 a.m.

Sponsors have already responded, footing the bill for both admission and parking for attendees.

"We've never jumped the gun. We've steadily progressed," Clarke says. "We've steadily gotten more sponsors, steadily gotten more people involved and raised more money each year."

"I feel like we're paced ourselves really well."

The steady growth has resulted in some \$93,000 raised for Alzheimer's research. Clarke said the event has already raised \$4,000 in sponsorship including Diamond Level Sponsorship by Oklahoma's Senior News and Living.

By the end of October Clarke already had commitments from 190 vendors scheduled to fill 270 10'x10'

booths.

From three people running a craft show raising \$3,000 in its first year to a year-round, 501(c)3 organization that earned \$23,000 for Alzheimer's last year the Santa Market continues to grow.

A silent auction featuring items like Kendra Scott jewelry to a weekend package at Lake Texhoma serve as top earners.

"We are extremely blessed," Clarke said. "We get help from so many people. It just never ceases to amaze me. People want to help. They want to donate. They want to be involved."

"Literally, it's not just a craft show it's so many people getting on board with us."

### STAGGERING NUMBERS

The number of Americans living with Alzheimer's is growing – and growing fast. According to the Alzheimer's Association, an estimated 5.8 million Americans of all ages have Alzheimer's.

This number includes an estimated 5.6 million people age 65 and older and approximately 200,000 individuals under age 65 who have younger-onset Alzheimer's.

- One in 10 people age 65 and older (10 percent) has Alzheimer's dementia.

- Almost two-thirds of Americans with Alzheimer's are women.

- Older African-Americans are about twice as likely to have Alzheimer's or other dementias as older whites.

- Hispanics are about one and one-half times as likely to have Alzheimer's or other dementias as older whites.

As the number of older Americans grows rapidly, so too will the number of new and existing cases of Alzheimer's. By 2050, the number of people age 65 and older with Alzheimer's dementia may grow to a projected 13.8 million, barring the development of medical breakthroughs to prevent, slow or cure Alzheimer's disease.

It's been 12 years since Clarke's husband has passed and his memory this time of year is even stronger.

"You would think you would get good at these things but you don't," Clarke said, wiping back tears. "This never ever stops for us."

(AS PUBLISHED IN THE 2019 EDUCATION GUIDE TO NURSING)

# RSU Program Provides Path to Success

Nursing and health care are among Rogers State University's hallmark academic programs, which includes bachelor's degrees on its Claremore and Bartlesville campuses.

RSU is a dynamic regional university providing its students with the complete college experience where students can live on campus (both traditional and family housing options) and participate in a myriad of student activities, including student organizations dedicated to health sciences.

The university supports a rigorous academic program that attracts many students who plan to attend medical school complete their undergraduate studies through RSU's program in medical/molecular biology. RSU's nursing program produces students who consistently score better than the state and national averages on the RN licensure exam.

Rogers State's health sciences programs are some of the most rigorous in the region, producing graduates that are in high demand. RSU nursing graduates maintain a nearly 100% placement rate, securing

excellent jobs throughout the region.

RSU's nursing faculty with a collective total of more than 130 years of experience in both academic teaching and practical experience. The university offers several lab environments to give students skillful training for residential environments, hospital beds, isolated acute care, and high fidelity simulation.

For those who want or need to work while attending school, almost 8 in 10 RSU students work while attending school allowing them to achieve their educational goals while balancing financial and family obligations. While RSU is the only public university with on-campus housing in the Tulsa metro area, the university has a large number of commuter students who live at home while attending RSU.

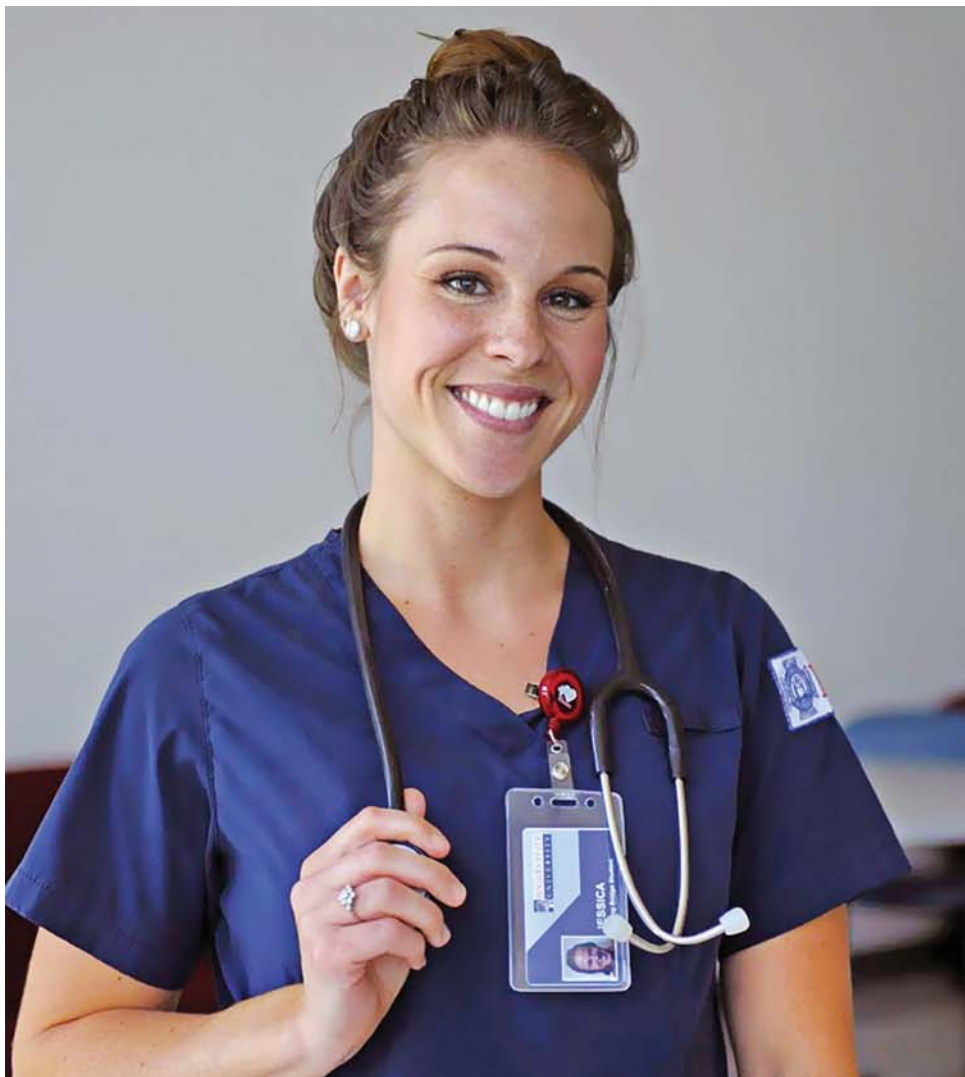
RSU consistently earns national recognition for affordability, both for traditional classes and its RSU Online program. U.S. News and World Report has noted RSU has one of the nation's top 10 lowest, in-state tuition rates, and also highlighted that RSU Online was among the nation's 10 least expensive public online programs. The university also has been consistently recognized for having one of the region's lowest student debt load for graduating students with nearly half of last year's graduating class earning a diploma without taking a student loan.

The main campus in Claremore features the Stratton Taylor Library, new student residences with bed space for more than 800, the Chapman Dining Hall complete with inclement storm shelter, renovated historic buildings and the 50,000 square-foot Dr. Carolyn Taylor Center, which features ballroom space for



community events. Rogers State also is home to RSU Public Television and RSU Radio FM 91.3.

Find your own path to educational success by visiting [www.rsu.edu/nursing](http://www.rsu.edu/nursing) or call 918-343-7631 to learn more or to schedule a campus tour.



## PREPARED FOR YOUR SUCCESS

The Rogers State University Nursing Program gives students the tools they need to be successful healthcare providers.

The program's academic rigor and reputation gives RSU graduates an edge in the competitive job market. Most students are recruited for top jobs at hospitals and medical facilities in Oklahoma and beyond.

Nursing degrees available from either our main Claremore campus or branch campus in Bartlesville.

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For more information, visit [www.rsu.edu/nursing](http://www.rsu.edu/nursing) or call 918-343-7631.

## FROM OUR FRIENDS ON FACEBOOK

### SSM HEALTH Saint Anthony Emergency Room Spends Saturday in support

The Emergency Room team spent Saturday (Nov. 2nd) morning along side a loving and supportive community to celebrate life at the LifeShare Little Red Heart 5K.

The Little Red Heart 5K's mission is to celebrate life, honor those who were donors, pay tribute to those who received, offer hope to those who continue to wait and remember the lives lost waiting for the gift of life.

The ER team walked in memory of Shelby Johnson, 17 of Tecumseh. Shelby's family chose to donate her organs. The gift of organ and tissue donation helps save and enhance lives of those in need.

If you would like to learn more about organ and tissue donation, visit [www.lifeshareoklahoma.org](http://www.lifeshareoklahoma.org).





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# NURSE TALK



*All I want for Christmas is You.*



Brittany Cummings,  
DNP, APRN, FNP-C

*Christmas Oratorio  
by Camille Saint-Saens.*



Susan Barnes PhD,  
RN, CNE, FCN

*What is  
your  
favorite  
Christmas  
song?*

**SNU**  
1899

Southern  
Nazarene  
University

*Hark! The Herald  
Angels Sing.*



Breonna Coleman,  
BSN, RN

*It's Beginning to  
Look a lot like  
Christmas.*



Saundra Medrano,  
RN, PhD-c, CNE

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## FROM OUR FRIENDS ON FACEBOOK

### INTEGRIS Baptist Medical Center Michele Macklemore receives DAISY Award



A big congratulations goes out to Michele Macklemore, RN, recent recipient of the Daisy Award. The DAISY Award recognizes the extraordinary work of our nurses, and this is well deserved. Thank you for your dedication, Michele!

# INTEGRIS



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My name is Agnes, but my family calls me "Ike". I was born, raised and graduated from high school in Boley, Oklahoma. I met my husband, Otis, while I was attending business college in Omaha, Nebraska. During our 42 years of marriage we have been blessed with two daughters and two grandchildren. In 2006, I thought I was feeling okay, but noticed I was getting tired more and more. That's when I found out my kidneys were failing. I received a new kidney in May 2012. After writing to my donor family, I learned that a young woman name Holly saved my life. When I see the brightest star in the night sky, I think of my Angel, Holly.

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](http://www.LifeShareRegistry.org). You may also call 800-826-LIFE (5433) and request a donor registration card.

**Agnes** **LifeShare**

**DONATE LIFE**



# PREPARE TO BE SURPRISED.

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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