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School to Work Program Gives Opportunity



Katie Croy, LPN works at the Oklahoma City Indian Program to the Chickasaw Nation. She is thankful to be able to work with the Chickasaw citizens.

by Vickie Jenkins, Staff Writer

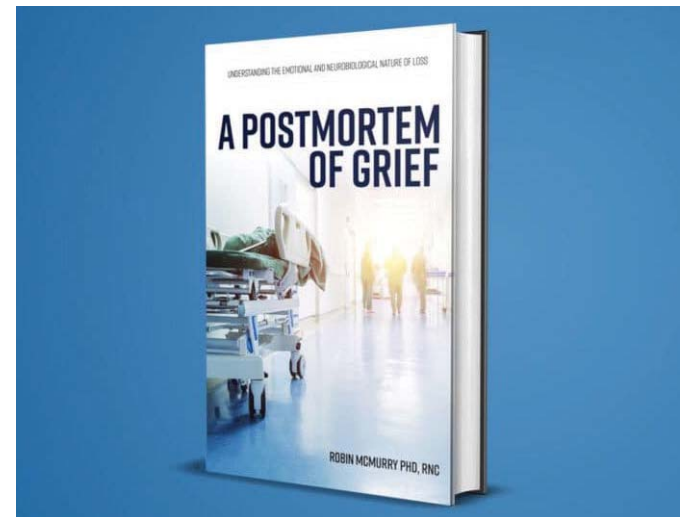
Katie Croy, LPN works for the School to Work Program for the Chickasaw Nation in partnership with the Oklahoma City Indian Clinic. The School to Work Program gives Chickasaw citizens the opportunity to pursue higher educational goals while receiving full-time pay benefits. During the program, the participants fulfill all requirements and

responsibilities of their on-the-job-training.

Greeted with a bright smile, Katie explains why she is a nurse and why she works at the Oklahoma City Indian Clinic. "The one reason that I am a nurse is because when I was growing up, life was a little rough. I had a parent that was sick the majority of my life. Even at a young age, I had a desire to take care of others; learning what

See CROY Page 2

RN's bestseller hits home



by Bobby Anderson, RN, Staff Writer

My dad is dead.

For the longest time it was all Robin McMurry, PhD, RN, could get down on paper when she journaled after her father's death.

The nurse and nursing professor side of her had a million things swirling in her head regarding her father's resuscitation in the field, hospitalization and eventual passing from cardiac arrest.

But the daughter in her was in a free fall.

The pain of her loss, regret from thinking she could have willed a different outcome and guilt she wore like an unwashable stain came in waves.

One would subside in time for the next to come crashing over her. Sometimes they pushed her down all at once, making it impossible to breathe.

"One thing was hard for me to get my head around was my dad was dead and it seemed like the world continued," McMurry said. "It's like a tornado where one house is destroyed and the house next door is untouched."

"How is nobody else affected by this when I'm so completely devastated."

So much happened before and after that day Jim Archer was called home that McMurry knew she couldn't stop at just four words.

And two years after his death, McMurry has turned her journey through grief into a bestselling book on Amazon.

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CROY

Continued from Page 1

I would need to do. That is the reason that I sought out the medical field and became a nurse; to help others and to serve the community," Katie said.

"Working here at Oklahoma City Indian Clinic, there is a partnership with the Chickasaw work program which serves all of the Native American groups. I am thankful for the on-the-job training that is provided for me. Each job is given with specific types of employment opportunities related to a specific course of study. While I work in the medical area of nursing, I receive superior instruction and invaluable work experience. It gives me a great opportunity to establish more skills. One of my favorite things about my job here is recognizing the problem and helping serve all of the Native American tribes," Katie added.

"I went to Metro Tech for my LPN and I am currently attending OCCC for my RN and will be graduating in the spring of 2020. I would like to continue working here; continuing to serve the patients, making sure everyone is healthy and educated about what is going on. It is a nice place to work. A big portion of the Native Americans are less fortunate than others and some don't have insurance. When they come here, they are taken care. It is nice to be able to serve the Native American community," Katie commented.

Asking Katie what advice she would give to someone if they were thinking of going into the medical field, she replied, "I would tell them that nursing is such a great area to go into. There are so many different opportunities that a person can choose. They have to have a real desire to be a nurse, feeling the compassion and drive to help others."

Katie was raised in Oklahoma City, OK. "I was born at Carl Albert Hospital, which is the original tribal hospital in Ada, OK. I feel a certain pride working here since I am Chickasaw. Working here at the OKCIC has given me a chance to expand my medical knowledge and believes, hopefully, passing some of those thoughts on to the patients. This is a great work environment and I couldn't ask for better peers."

Katie's biggest motivator is disease prevention and health promotion; trying to educate the patients to the best of her ability. "It is sad to see so many people come in with medical problems. Of course, we are a non-profit organization yet, we are able to serve the Chickasaw citizens."

When Katie is not working or going to school, she enjoys dancing. "I like hip hop, jazz and country western. I also like to paint. I'm not that great at painting but it's a lot of fun and that's what counts," she said.

Asking Katie to describe herself. "Well, I am a hard worker and want to show respect and integrity in everything I do. When I was a little girl, I had a dream of being a national news broadcaster, she said with laugh. "I'm not sure why but I am glad that I chose nursing as my career. I always try to think positive and I know there is always room for learning. I work with the most awesome people! There is one special person that I would like to recognize and she has been such a mentor to me; Whitney Mosley, RN, Breast Care Case Manager. She is amazing! I currently work with her and I am so thankful that she has helped me in big ways," Katie said. "I am thankful that I have the opportunity to work with the School to Work Program in conjunction with the Oklahoma City Indian Clinic," she added.

OKLAHOMA CITY
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BOOK

Continued from Page 1

McMurry's publisher notified her during the final week of November that *A Postmortem of Grief* was the No. 1 new release in nursing research on Amazon.

Twenty-four hours later presales had pushed it to an Amazon bestseller.

"It started out me trying to figure it out about my dad's death," McMurry said.

THE DAY

So much happened that November day when Archer slumped over the steering wheel of his truck.

His wife managed to pull him out and start CPR.

Paramedics arrived and worked until he was stable to transport.

"In the book I take people through the scene," McMurry said. "We were there when they intubated. It's talked about in the research how it's best to let loved ones be nearby during resuscitation."

But witnessing a three-attempt intubation scarred McMurry and her family for life.

"Five nurses at the scene and

not one of us felt it was beneficial," said McMurry, who has eight nurses in the family. "Part of my nurse training fell away and the daughter in me took center stage."

At the hospital it only got worse.

After reading Archer's history and noting multiple bypasses, the doctor stepped out questioning if the family was absolutely certain they wanted him to do chest compressions.

"We already knew it was not good," McMurry said. "The way we were handled by the health care establishment was so damaging to our long term recovery from grief."

GUILT, REGRET AND MAGICAL THINKING

Weeks before McMurry and her mom had discussed how it might be a good idea to have an AED in the house.

Guilt.

Determining transport destination, McMurry requested her father be taken to Oklahoma Heart Hospital. She was told he wasn't stable enough.

Massive guilt. And magical thinking.

Pick any part of that day, the

ensuing hours after and McMurry has dissected it to the point where she's placed the blame firmly on herself.

Looking at it from a researcher's standpoint she figured out why.

"I struggled with terrible guilt over my dad's death and I know why I suffered," she said. "Those what-ifs are what all patients and families deal with."

The death shook the entire family to his core. Even McMurry's grandchildren were entered into grief counseling, voicing they were worried the event would happen again to someone else in the family.

For so, so long she was torn down. So she decided to figure out why.

She began pouring over grief research and traumatic loss.

She reviewed the research surrounding the 1942 Cocoon Grove night club fire in Boston which claimed 492 people and injured another 162 in just 15 minutes.

It's tagged as the fire that changed the way we look at grief and how the grieving process resembles a knotted ball of yarn more so than a circle or a series of peaks and valleys.

And health care workers play a part.

"I want to help health care professionals know what we do matters," McMurry said. "In those moments how we handle patients can change the trajectory and if we do it incorrectly we can cause complicated grief."

McMurry has always preached that to her students at both Oklahoma City Community College and the University of Central Oklahoma and to her online students at Southwestern Oklahoma State University.

Working mother-baby, labor and delivery as well as serving as both an adult and pediatric sexual assault nurse examiner, McMurry knows each interaction she has with a patient can either build them up or tear them down.

"We begin to look at (patients) as a biological specimen, and part of that is protection on our part," McMurry said. "We can not emotionally invest in every single patient. When we do that we are damaged in the process so I get that distance we have. I get that."

"But we have to find a way to be emotionally available to that family."

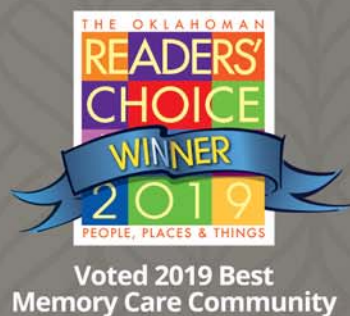


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CAREERS IN NURSING

PATIENT COMPLIMENTS BIGGEST REWARD: OKC INDIAN CLINIC

by Vickie Jenkins - Writer/Photographer

SSM Health Urgent Care in Oklahoma City offers a good alternative to the ER for the treatment of non-emergency, non-life threatening common ailments and minor medical conditions.

Ranita Hunt, MLRT, is a Medical Lab Radiology Tech at SSM Health Outpatient Center-Urgent Care. "My friends call me Dee," she said with a smile. Dee grew up in Chickasha, OK. "When I decided to go into the medical field, I started out as a CNA. At the time, I was living in Arkansas. I went to Blue Cliff College in Fayetteville, Arkansas, for my medical training and went to Harrison, Arkansas for my EMT. I worked as an EMT for about a year," Dee explained.

"Later on, I got some bad news. My best friend, Lorna Brine was bitten by a tick. She got Rocky Mountain Fever which spread to Advanced Lyme Disease. I ended up

taking care of her, taking her to see specialized doctors. She was very sick. I remember sitting by her side, holding her hand in mine and she looked at me with her lifeless eyes, as she said, 'After this is all over, I want you to promise that you will make a career out of nursing, this is definitely what you should be doing.' My friend is alive, but she will never be the same health wise. She is still my best friend, and we get to share our story with others. She always tells people that I saved her life. It should be the other way around; she helped me when I was going through a rough time in my life so I feel like she saved mine," she commented.

"I have worked many jobs under SSM. I have worked in oncology, with many primary care physicians and I have to say, I love working and I love meeting people," Dee said. "I feel like I use all of my training to

help others here at SSM. Working as an EMT taught me so much," she added.

Asking Dee what her favorite part of her job is, she replied, "Well, I actually have several favorite parts about my job. When I am doing the lab work, drawing their blood and the patient asks me 'Is it going to hurt?' I tell them 'I am already done.' 'What, no pain?' They ask. They appreciate my gentleness. Another part is when a child reaches for me to give me a hug and they don't want to let go or when the patient's smallest compliment is my biggest reward. As long as I can leave a patient feeling better by giving them a sense of being or making them feel better than when they got there, I feel like I have done my job," Dee said.

What qualities make a good nurse? "I think everyone needs to love to go to work. A nurse needs

to know that they chose the job and they need to do the best they can do. A nurse needs to have compassion beyond a selfish nature and be able to listen, really listen to the patient. Last but not least, treat everyone with the utmost respect, treat everyone the same. I tell myself, be kind to everyone and know that there is someone out there that needs me today. I know that everyone has their own story and I feel like if I can save one person, that is worth everything and that is my mission," Dee said with a big smile.

On a personal note, Dee is compassionate and considerate. She leaves each patient with a chuckle, a hug or some kind of positive action. Dee has two daughters and four grandchildren, ages five to eleven. Dee is a very considerate person as she bakes delicious treats every week for her co-workers. She visits

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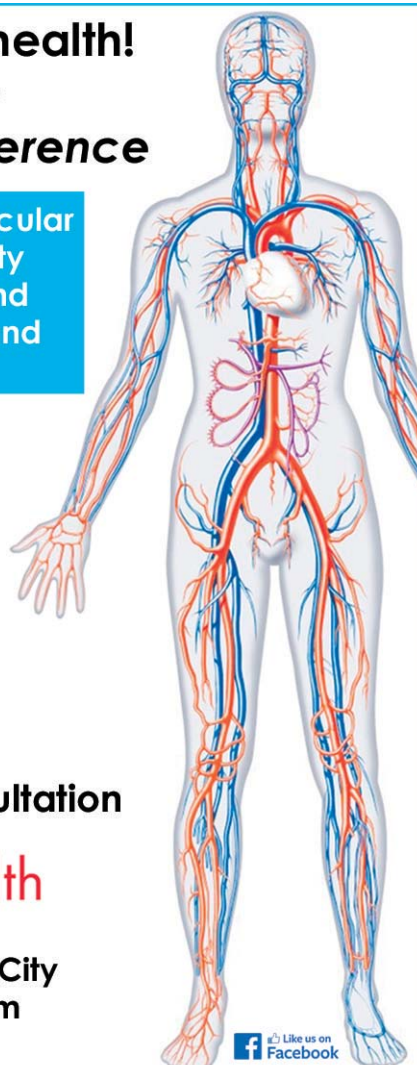
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Ranita Hunt, MLRT is a Medical Lab Radiology Tech at SSM Health Outpatient Center-Urgent Care. Ranita believes if she can save one life, it is worth everything.

HUNT

Continued from Page 4

her father at least once a week as she drives to Chickasha to see him. When she was little, she wanted to travel to New York and live the life! She was the oldest of five children and always felt like she was the motherly type. She loves to do crafts, making gifts for others. She is into

decorating for Christmas now and is working on an antique window display. Every year at Christmas, she goes to a store to help a random customer with something they might not be able to get on their own. Her purpose in working at SSM Outpatient Urgent -Care? "To save lives!" she said. Summing up her life in one word: SURPRISING.

Southwestern Pediatrics Honored with HPV Champion Award



The Oklahoma State Department of Health (OSDH) is proud to announce Southwestern Pediatrics in Lawton as Oklahoma's HPV Vaccine is Cancer Prevention champion.

The HPV Vaccine is Cancer Prevention Champion Award is an annual award given jointly by the Centers for Disease Control and Prevention (CDC), American Cancer Society (ACS), and Association of American Cancer Institutes. This award recognizes clinicians, clinics, practices, groups, and health systems which are going above and beyond to foster HPV vaccination in their communities, have at least 60% coverage for HPV series completion among their 13-15 year old male and female population, and meet one or more of the following criteria: leadership, collaboration, and innovation.

Southwestern Pediatrics is committed to improving immunization coverage rates among their adolescent population. Dr. Ezhilarasi Manickavasagam and her health care team take every opportunity to promote the message of cancer prevention with HPV vaccination. They screen adolescents at every clinic visit to ensure patients are being fully protected against vaccine-preventable diseases.

Dr. Fauzia Khan, director of the OSDH Immunization Service, said the team at Southwestern Pediatrics is to be commended for their efforts in promoting the importance of HPV vaccination in male and female teens.

"Through the dedication exhibited by the team at Southwestern Pediatrics, they were able to achieve a 77% HPV vaccine series completion rate for their adolescent patients," said Khan. "We know the number of HPV infections have dropped significantly since the vaccine has been in use by clinicians."

According to the CDC, the Human Papillomavirus (HPV) is a common virus which can lead to certain types of cancer later in life. In fact, HPV is so common that about 80% of men and women will get at least one type of HPV infection in their lifetime and about 14 million Americans, including teens, become newly infected each year. Two doses of the HPV vaccine are recommended for both boys and girls 11-12 years old.

For more information about HPV, visit <https://www.cdc.gov/hpv/> or talk with a health care provider. To read Southwestern Pediatrics' profile on the CDC's website, please visit <https://www.cdc.gov/hpv/champions/winner-spotlights.html>



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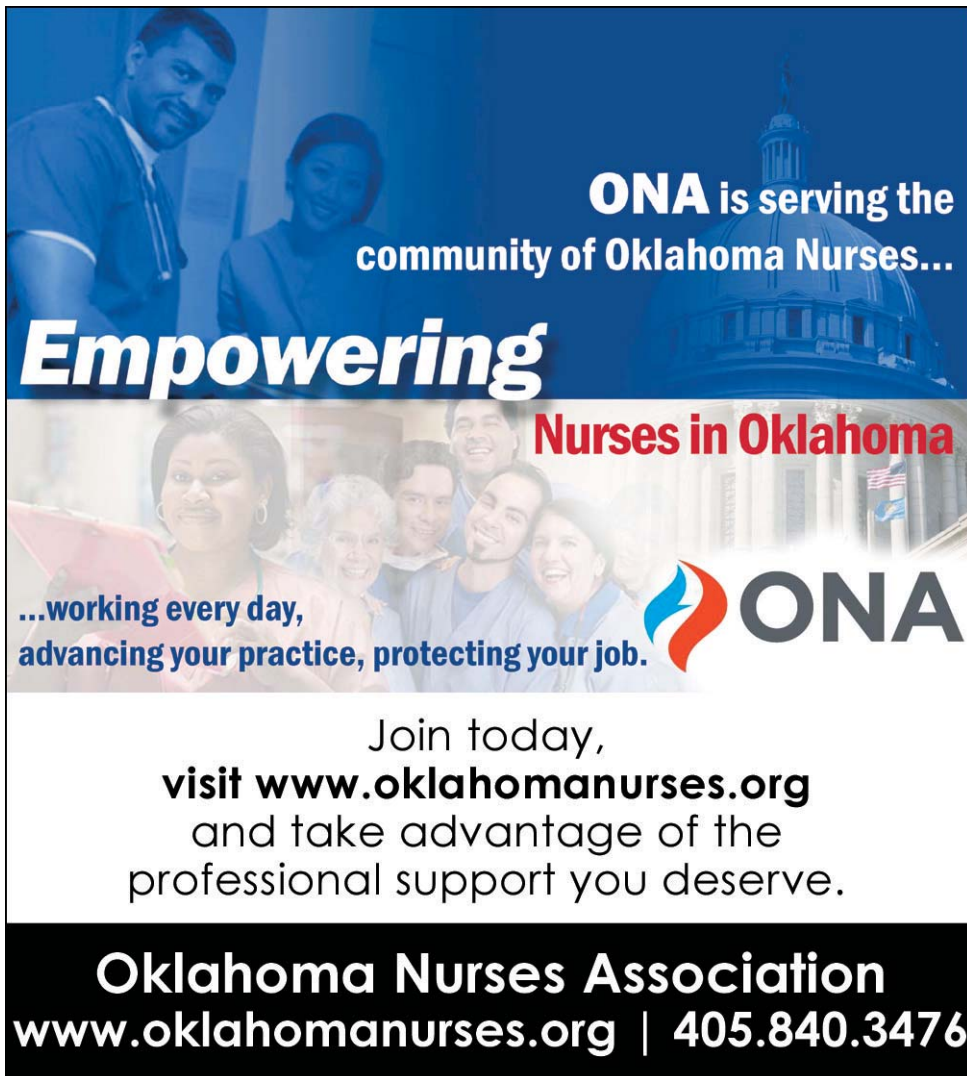
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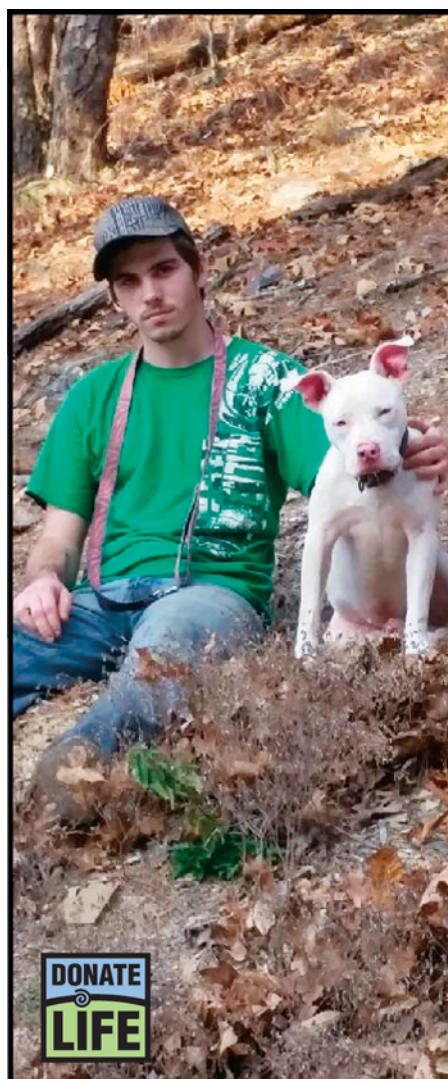
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Dylan came flying into the world a month earlier than expected. He was a calm and content baby. Little did his family know that as soon as he could, he would be off and running!

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INTEGRIS Cancer Institute and Lakeside Women's Hospital Receive Award



The INTEGRIS Cancer Institute and Lakeside Women's Hospital in Oklahoma City were both named 2019 Guardian of Excellence Award® winners by Press Ganey. The Guardian of Excellence Award recognizes top-performing health care organizations that have achieved the 95th percentile or above of performance in patient experience.

"I am blessed to work with an amazing team that truly puts our patients first, both their safety and experience," says Phil Lance, the president of INTEGRIS Cancer Institute. "It is our privilege to care for those who come to us and trust us to be the very best. I am proud of our caregivers and the INTEGRIS Cancer Institute is honored to be a recipient of the 2019 Guardian of Excellence Award."

Kelley Brewer, the president of Lakeside Women's Hospital adds, "Each day I am in awe of the

incredible care our physicians, nurses, and support staff provide for our patients. Whether the patient is coming in for the birth of their baby, with all the anticipation and joy surrounding that event, or an unanticipated surgical procedure, the experience of the patient matters. Our caregivers truly care for the wellbeing of the patient and the family and continuously work to exceed expectations."

The Press Ganey Guardian of Excellence Award is a nationally recognized symbol of achievement in health care. Presented annually, the award honors clients who consistently sustained performance in the top 5% of all Press Ganey clients for each reporting period during the course of one year.

The award represents an important recognition from the industry's leader in measuring, understanding and improving the patient experience.

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Our undergraduate programs prepare students for professional nursing positions in a variety of healthcare settings and provide a foundation for graduate study in nursing. We offer a bachelor's degree in nursing (BSN), including an accelerated 13-month program and fully online registered nurse (RN) to BSN program. We also offer an early admission option for high school students that



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Our graduate programs develop nurse leaders for roles in advanced practice careers. Our full or part-time master of science in nursing (MSN) program offers two concentrations: Nursing Education (fully online) or Nursing Leadership and Administration (hybrid). We also offer a doctor of nursing practice degree (DNP) with two program entry points; post-baccalaureate or post-master. The post-baccalaureate program has Nurse Practitioner specializations in the areas of Adult Gerontology

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STEPHENSON CANCER CENTER ANNOUNCES MULTI-MILLION DOLLAR GIFT

Stephenson Cancer Center at OU Medicine announces a transformative \$20-million gift from the Stephenson Family Foundation and Peggy and Charles Stephenson, the center's namesakes and longtime supporters of the University of Oklahoma. The gift to the OU Foundation will expand the research mission of Stephenson Cancer Center.

To extend the impact of the gift, Stephenson Cancer Center is committed to raising an additional \$20 million, bringing a total of \$40 million to discover new ways to prevent, diagnose and treat cancer.

"Cancer is a malicious foe," said Robert Mannel, M.D., director of Stephenson Cancer Center. "One in three women and one in two men in Oklahoma will be diagnosed with cancer during their lives.

We are committed to providing tomorrow's cancer care today through clinical trials, laboratory research and translational research. This gift from the Stephenson family will transform our research efforts."

The generosity of the Stephenson family will enhance research endeavors in a multitude of ways, including recruitment of new world-class scientists, the creation of five new endowed chairs in cancer research and renovation of laboratory space with innovative features and technology.

The gift also will further Stephenson Cancer Center's pursuit of Comprehensive Status from the National Cancer Institute (NCI). In 2018, Stephenson achieved its position as Oklahoma's only NCI-Designated Cancer Center, representing the top



Dr. Robert Mannel, Peggy and Charles Stephenson and Joseph Harroz at the event announcing the Stephenson's \$20-million gift.

2% of cancer centers in the United States. Comprehensive Status builds on that distinction with recognition for an added depth and breadth of research, as well as substantial

collaboration between scientists across many types of cancers.

"Peggy and Charles Stephenson

See GIFT page 13



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If you were going to teach a class, what would you teach?

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Erica Arrocha, RN, Team Manager, CCU

I would teach Basic Physics.



Sam Tichenor, RN, CCU

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GIFT

Continued from Page 10

are longtime generous supporters of the University of Oklahoma, and their latest gift will literally save lives," said Joseph Harroz, Jr., interim president of the University of Oklahoma. "Their generosity will have an amplifying impact on the research mission of Stephenson Cancer Center, creating opportunities for the discovery of breakthroughs in leading-edge cancer therapies. It's because of the Stephensons and their vision for cancer care in Oklahoma that our state has the resources it does to provide the highest quality care for those afflicted with cancer. We are immensely grateful for their leadership in funding the acceleration of cancer research that will have a profound impact on our state."

Research plays a crucial role in the mission of Stephenson Cancer Center: to improve patient outcomes and reduce the burden of cancer for all Oklahomans. More than 130 Stephenson research members are engaged in more than 250 investigations at the OU Health Sciences Center in Oklahoma City and on OU's Norman campus.

Standout areas of research include: cell signaling and the tumor microenvironment; cancer nanomedicine, bioengineering and imaging; cancer chemoprevention; tobacco research; and health disparities. The center is nationally recognized for disease-based research in gynecologic, pancreatic and gastrointestinal cancers. NCI-Designated Cancer Centers like Stephenson are able to accelerate their pace of discovery, thereby increasing the number of cancer survivors and enhancing their quality of life.

A significant component of

Stephenson Cancer Center's research mission is its clinical trials program. Stephenson is one of 30 Lead Academic Participating Sites in NCI's National Clinical Trials Network (NCTN). For the past two years, the center has ranked No. 1 among all cancer centers in the nation for the number of patients participating in clinical trials sponsored through NCTN. Stephenson is also home to the Oklahoma TSET Early-Phase Clinical Research Program, which provides access to a large portfolio of novel and targeted experimental therapies. New clinical trials are crucial because they can provide lifesaving treatment while paving the way toward newly approved drugs or new uses for existing drugs.

The Stephenson family has been deeply affected by cancer during their lives. They have transformed those personal experiences into an opportunity for each patient and family at Stephenson Cancer Center to receive the best care available, informed by the latest research discoveries.

"When we had the opportunity to give back in a way that would fight cancer, we knew that's what we wanted to do," the Stephensons said. "Our entire family is committed to helping the cancer center continue the pursuit of excellence. Research is crucial in creating more effective treatments for all types of cancers. Research excellence, combined with the care and compassion of everyone who works at the cancer center, is what makes it such a special place. We are grateful to help make a difference."

To donate and support Stephenson Cancer Center's commitment to raising an additional \$20 million in our fight against cancer, visit stephensoncancercenter.org/stephensongift.

FROM OUR FRIENDS ON FACEBOOK

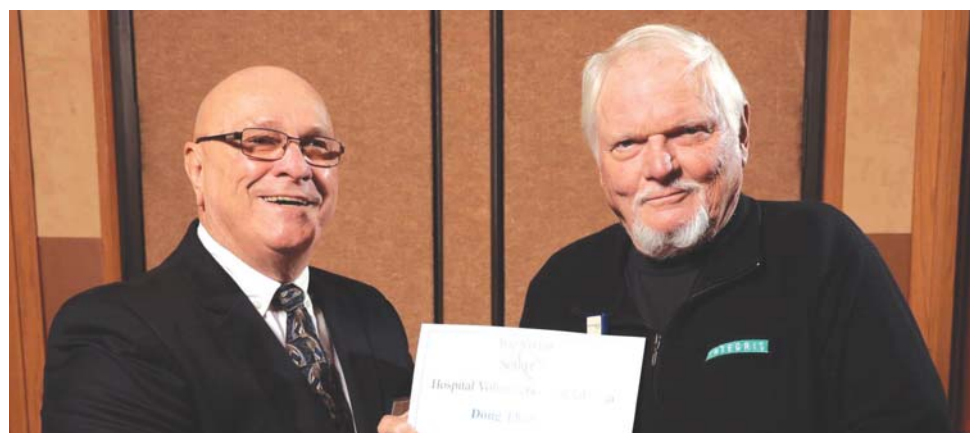
Barnes has been named a Volunteer with Spirit Norman Regional Health System



Norman Regional Health System volunteer Richa Barnes has been named a Volunteer with Spirit by the Hospital Volunteers of Oklahoma. The award is given to hospital volunteers who exemplify the spirit of service and have a passion for the work they do for their organizations. The winners bring something special to their local hospital auxiliaries by standing out from the rest in what they do, how they do it or why they do it. We are grateful to have her on our team. Congratulations Richa!

FROM OUR FRIENDS ON FACEBOOK

Caregivers recognized INTEGRIS Health



Congratulations to our caregivers who were part of 19 volunteers recognized from across the state as 2019 Volunteers with Spirit. The awards were presented during the Hospital Volunteer Day meeting at the Oklahoma Hospital Association Annual Convention on Nov. 13. The award was given to hospital volunteers who exemplify the spirit of service and have a passion for the work they do for their organizations. Volunteers with Spirit winners bring something special to their local hospital auxiliaries by standing out from the rest in what they do, how they do it or why they do it. Big congratulations to: Gina Casey, INTEGRIS Grove Hospital, Sandra Ferguson, INTEGRIS Southwest Medical Center, Pam Goode, INTEGRIS Health Edmond, Faye Luke, INTEGRIS Baptist Medical Center and Doug Tharnish, INTEGRIS Canadian Valley Hospital.

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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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