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## Greeting with a Smile



## Comes Natural to Nurse

Eileen Everett, RN has been a nurse for six years at Mercy Rehabilitation Hospital. She has many responsibilities as dayshift House Supervisor.

by Vickie Jenkins, Staff Writer

Eileen Everett, RN is the house supervisor at Mercy Rehabilitation Hospital, located in northwest Oklahoma City. She grew up in Oklahoma City, OK. When she was little, she wanted to be an actress. "I realized that an actress would not be the best choice," Eileen said with a laugh. "I attended Southern Methodist University for

my Bachelors' degree in English. I worked with my father-in-law in his clinic and realized how much I would like working in the medical field. Then I attended OSUOKC, got my nursing degree and have enjoyed being a nurse ever since."

"I love being a nurse and working in rehab. I look forward to coming to work, watching the progress and

See GREETINGS Page 2

## INTEGRIS Southwest Medical Center Earns OHA Excellence in Quality Awards



The Oklahoma Hospital Association presented Excellence in Quality awards to four hospitals during its recent annual convention on Nov. 14. This award recognizes exceptional efforts to improve hospital quality and patient care and represents the highest level of professional acknowledgement from the OHA Council on Quality & Patient Safety.

Twenty-three OHA member hospital award application submissions were scored based on their story of identification of a project specific to identified needs within the hospital, creating innovative interventions that incorporate evidence-based best practices, demonstrating measurable and quantifiable results, sustaining/spreading the success within the hospital, and stimulating

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## GREETINGS

Continued from Page 1

collaborating with the nurses, physicians and therapists, and seeing the good for the patients," Eileen explained. It was clear to see how Eileen enjoyed her job as a nurse; her bright smile and outgoing personality reflected her joy. "I am sure this is the right job for me," she commented. "I have been a nurse for six years now and have worked here for the whole time," Eileen said.

Asking Eileen what her favorite part of her job is, she replied, "I really like being house supervisor. I like being able to go all through the building, talking with all of the patients and seeing them often. Here at Mercy Rehab, we have a unique dining room facility. This is where I have the opportunity to share pleasantries with the patients and walk around the halls; making rounds in various rooms. In general, if I meet people with a smile, it makes them feel more comfortable."

What advice would you give to someone going into the medical field? "I would tell them that being a nurse is the most rewarding job they could ever have. Yes, it might be overwhelming at times, but if they stay focused and give it their best, they will know that being a nurse will be well worth it in the long run," Eileen said.

Asking Eileen to describe herself, she said, "I am definitely a leader. I guess you could say that I tend to contradict myself more often than I would like to admit. I am very outgoing but I can also be shy at times. I stepped up to a leadership role here because I do feel comfortable here. I always give it my all and try to do the best job I can."

What qualities make a good nurse? "First of all, a nurse need to be compassionate. They need to have a good time skills and be detail oriented. They need to realize there may be times things will seem impossible- due to being bogged down to things

## "I am sure this is the right job for me." - Eileen Everett

going on. Yet, they will survive. Being a nurse is the most rewarding job there is," Eileen replied.

Eileen is motivated by her patients. "I know that every time I come to work, I am motivated by knowing that I am doing my best and I see my patients getting better. They are reaching their goals. One thing about the patients that always makes me feel good is when they have been here; gone through rehabilitation and they come back to visit us and in a sense; show off for me. Of course, when they do, I give them the praise they deserve."

Where do you see yourself in five years? Without hesitation, Eileen answered, "I have an aspiration of going to school and getting my BSN and my Masters. Right now, it is hard to do with small children but I plan on going farther with my education. I want to continue learning and absorb as much knowledge as I can. The more I know, the happier I am. I want to continue my education and continue working here at Mercy Rehab. This is a wonderful place and I want to grow as a nurse."

Eileen is married to a wonderful man, Josh. Together they have two children who keep them on their toes. Their daughter, Isabella is eight years old and son, Asa is four years old. The last part of the family is Lucy. She is the family's white Lab. Between work and spending time with family and friends, Eileen likes reading, weight training, attending spin class and working out.

What is one word that would sum up your life: Eileen replied with, "In Progress."



## AWARDS

Continued from Page 1

learning for others.

One award was presented in each of four categories based on hospital size: critical access hospital, 26-100 beds, 101-300 beds, and greater than 300 beds.

INTEGRIS Southwest Medical Center earned the 2019 Excellence in Quality award for a hospital with more than 300 beds.

**INTEGRIS Southwest Medical Center, Oklahoma City**

**Project Title:** Blood Culture Collection Performance Improvement Project

Submitted by: Tami Inman, BSN, RN, CIC, infection preventionist

The goals of the awards are to recognize outcomes in quality performance practices, capabilities and results; share best practices, challenges and successes among Oklahoma hospitals; and stimulate innovation, knowledge and learning in achieving quality and safety in health care among member hospitals.



Jay Johnson (left), OHA board chairman, presents an Excellence in Quality Award to INTEGRIS Southwest Medical Center leaders (left to right) Tami Inman, BSN, RN, CIC, infection preventionist; and Jordan D. Cash, FACHE, president.

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# CAREERS IN NURSING

## TIME IS ON YOUR SIDE: INTEGRIS DEACONESS HOSPITAL

by Vickie Jenkins - Writer/Photographer

When meeting Sarah Brown, LPN, it was easy to see why she loves her job so much and why her patients love her. With a loving and caring heart, she explained why she is a nurse and why she enjoys her job.

"I love being a nurse," Sarah said. "The truth is I love helping people. I think God put me here to help others. I work in rehab and rehab is like a family unit. A lot of the people come in here with something hurting. They are not in the best of moods but when they leave after rehab, they feel so much better. I am very sensitive to other people's feelings and I try to be understanding, putting myself in their place. I feel like I help a lot of the patients and I KNOW that God wants me here," she explained.

Sarah has been a nurse for thirty-three years. "Oh my, that's a long time," she said with a laugh.

"I always knew that I wanted to be a nurse. My mother and my aunt were nurses and I feel like they had a big influence on my life. I had two younger brothers, so of course, I had to mother them. I learned quickly to take care of them when my mother went to work. I went to Red Lands Community College in El Reno, OK. After I got my LPN license, I worked in Pediatrics and Labor and Delivery. From there, I worked at the El Reno Federal Prison and OKC Transfer Center. I'll admit those two jobs were different in many ways. My last job was at Integris Southwest and now, I am here. I love being a nurse and I like working here," she said.

What do you feel like the most important thing is that you bring to the hospital? Sarah replied, "With my experience of being a nurse for thirty three years, I find that

my knowledge is most helpful to the new nurses that have just from school and this is their first job as a nurse. I have been through the same thing they are experiencing and it is nice to know that I can relate to the situation and be able to help them. It makes them feel a little more at ease too, knowing that I have experienced the same thing."

Sarah has an excellent relationship with her patients. "I found that the more I treat someone with kindness and respect, they are more likely to open up with me and trust me. Everyone should be treated that way," she commented.

Motivated by her patients, Sarah said, "It is so rewarding to be able to look forward to going to work, helping people throughout the day. It is such a great feeling knowing that I have done my best in taking care of my patients. Just hearing a thank you for taking care of me

makes it all worthwhile."

"Teamwork is very important here at Integris," Sarah said. "I work with awesome people. If I need help with a patient, it is not unusual for any of the nurses or therapists to help me. Things run so much better when everyone works together. Plus, the physicians I work with are awesome too," she said with a smile.

Do you live by any daily guidelines? "I tell myself to enjoy the day and give God all of the glory. I feel like God led me to be a nurse and I am going to make the best of it, knowing that I owe it all to Him," she replied.

On a personal note, Sarah likes to spend time with her family; two kids, Steven and Kristy along with her four grandchildren, Michael, Daniel, Ella and A.J. Not to forget her four-legged family members

See BROWN Page 5

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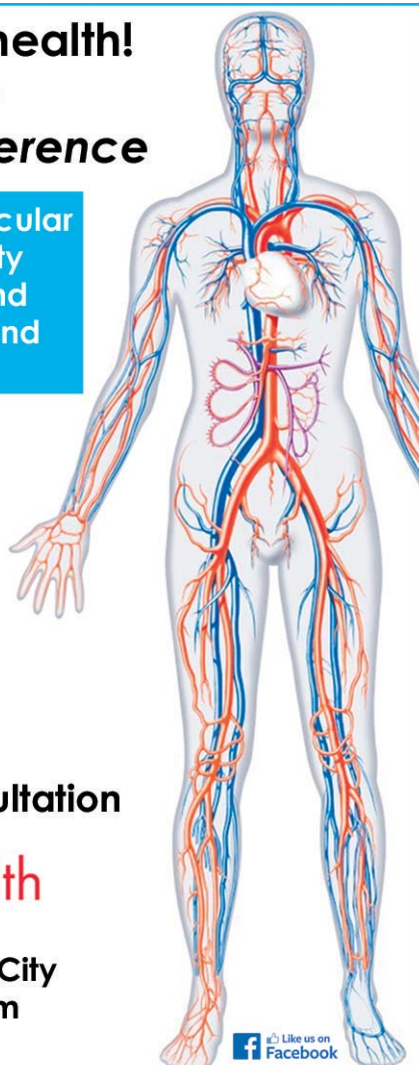
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Sarah Brown, LPN loves working in Rehab at Integris Deaconess Hospital. She has been a nurse for thirty three years and loves helping others.

## BROWN

Continued from Page 4

that consists of three Chihuahuas. Sarah's hobbies include fishing and camping, air mattress and tent only. "I love being outdoors and enjoy cooking over an open fire. I try to get away as often as I can, well, when the weather is nice."

Asking Sarah where she thought she would be in five years. With

a quick answer, she said that she would like to continue working at Integris. "Yes, I like helping others that much and I can't imagine not being here, doing what I love to do."

Summing up your life in one word, what would it be? "Oh that's easy," Sarah said. "It would be LOVE."

# Oklahoma teen lives with unique skeletal disorder



Mary Rutz and daughter Sydney Rutz.

When Mary Rutz first held her daughter Sydney, she thought, "She looks like a tiny doll."

At 4 pounds, 9 ounces, Sydney couldn't wear infant clothes. Even preemie outfits proved too big. So, for several months, Mary dressed her doll-sized baby in doll clothes.

As Sydney's bones and skeleton developed, they did so in a way that differed from other children.

Her arms grew disproportionately long, as did her forehead and ears, while her jaw remained foreshortened. The bones in her spine twisted at an extreme angle, causing severe scoliosis. Her sternum began to protrude.

Sydney underwent genetic testing at the Oklahoma Medical Research Foundation, where Dr. Patrick Gaffney discovered that Sydney had two mutations in a gene known as MBTPS1. When he searched the medical literature, he could find no cases of a patient with a disruption

in this gene. Sydney, it seemed, was unique.

OMRF's Dr. Lijun Xia and two other scientists in his lab discovered that Sydney's genetic mutation had caused a failure in the cellular machinery responsible for bone growth. When the scientists published their work in 2018, the paper created a new disease classification for a condition known as spondyloepiphyseal dysplasia.

Sydney can't quite pronounce the name of "her" disease. "It's a mouthful," Mary said. But she's nevertheless embraced it as part of her identity, as evidenced by her username in her favorite online videogame: Oneinfivebillion.

"I chose that name because I thought there were five billion people in the world, and I'm the only one with this condition," Sydney said. "You have to own who you are."

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### 124 CERTIFIED NURSE ASSISTANT

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WILLOW HAVEN Nursing Home is needing C.N.A for 2-10 shift Monday thru Friday. Apply at 1301 North Fifth, Tonkawa, OK.

#### We are accepting applications for Certified Nurse Aide for 9am-5pm shift, Monday - Friday.

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We tragically lost him too soon, but the choice he selflessly made to be a donor continues to be a humbling testament of Brock's love and passion for others. We were given the most amazing gift when God gave us Brock, for which we will forever be grateful.

*'Children are a gift from the Lord, they are a reward from Him' Psalm 127:3*

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**. You may also call **800-826-LIFE (5433)** and request a donor registration card.

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# 2019 HOLIDAY HELPERS GIFT DRIVE TO BENEFIT THE CHILDREN'S CENTER REHABILITATION HOSPITAL



With the holiday season right around the corner, the staff at The Children's Center Rehabilitation Hospital are preparing for their 13th annual Holiday Helper's campaign. Individuals and groups looking for ways to donate this season can easily choose from a list of basic needs items and a special toy catalog to provide patients extra holiday cheer. The campaign will officially kick-off November 21 and will run through New Year's Day.

"We are blessed beyond words to have a community who cares so much about the patients," said Albert Gray, chief executive officer of The Children's Center Rehabilitation Hospital. "The outpouring of support we receive year after year is a blessing, and it is truly a special time for our patients."

The Hospital goes through more than 6,500 diapers in one week, 20,000 diapers in one month and 350,000 diapers in one year. With the addition of 40 more beds, the amount of diapers needed in one week has increased to 6,500. The staff request Huggies and Pampers due to the patient's sensitivities.

This year it is easier than ever to become a Holiday Helper, you can download a basic needs list located at

[www.miracleshappenhere.org/ways-to-give/holiday-helpers](http://www.miracleshappenhere.org/ways-to-give/holiday-helpers). The basic needs list includes the items most needed by the patients. Besides being able to purchase items from a basic needs list, shoppers may also choose items from departmental wish lists or purchase Christmas presents for specific patients. Needs lists are also available on the hospital's website [www.miracleshappenhere.org](http://www.miracleshappenhere.org).

"We are continually amazed by the generosity of our donors. While we experience this generosity all year, it is especially evident during the holiday season. Year after year, our donors help to meet the material needs of the Hospital. This is such a blessing to our patients and staff," said Amy Coldren, manager of volunteer services.

Items can be dropped off daily between 9:00 a.m. and 9:00 p.m. at The Children's Center Rehabilitation Hospital's main lobby inside the Donald W. Reynolds Complex between Thanksgiving and New Year's Day. The Children's Center Rehabilitation Hospital is located on N.W. 39th Expressway just east of Rockwell. More information can be found on the Hospital's website, [www.miracleshappenhere.org](http://www.miracleshappenhere.org), or by calling (405) 789-6711 option 4.



(AS PUBLISHED IN THE 2019 EDUCATION GUIDE TO NURSING)

# Equipping leaders in a professional community

Since 1975, the mission of Harding University Carr College of Nursing has been to develop nurses as Christian servants. Faculty and staff are eager to get to know new students and nurture their journey through the program. The University's mission permeates classroom and clinical instruction taught by highly trained professionals from a Christ-centered worldview. Close faculty-student relationships and mentorships foster personal, academic and professional growth. Offering undergraduate and graduate programs prepares students to perform well in any health care setting. Read more to see why you belong at Harding.

## What sets Harding trained nurses apart from other nursing schools?

Harding's nursing graduates are well-equipped to enter the field, with high job placement rates and a 100 percent first-time Family Nurse Practitioner National Certification pass rate since the program's first graduates in 2017. The undergraduate nursing program has a 100 percent first-time NCLEX-RN pass rate since 2015 and has been ranked the No. 1 Nursing Program in Arkansas by RegisteredNursing.org

for two years in a row. This ranking is based on how well a program supports students toward licensure and beyond.

## What undergraduate nursing tracks does Harding offer?

The undergraduate tracks are designed to meet the individualized needs of students, all leading to a Bachelor of Science in Nursing degree.

### These include:

- Four-year, full-time/part-time traditional track
- 18-month accelerated second-degree program
- Individualized track for students who hold a current unencumbered nursing license without a bachelor's degree. An individualized degree completion plan is collaboratively designed with the student (full-time/part-time available)
- Honors classes

## What if I have a degree in another field but have decided health care is my passion? Harding University

has launched an Accelerated Second Degree BSN option and it is a great path for students who already have a bachelor's in another area of study.

**What graduate programs are available?** For our fast paced, online world, Harding offers a Master of Science in Nursing (FNP) Family Nurse Practitioner program in a hybrid format. Students gain the required knowledge via weekly online lectures plus on-campus intensives three to five days per semester. Upon completion, students have the opportunity to sit for the national certification exam.

**How does the program interact with the community?** Students assist in a local Christian clinic that serves the medically and economically disadvantaged. They also provide health screenings at area churches and various university



sponsored events.

**Does Harding offer a study abroad program?** For more than 40 years, Harding has been training nurses not only for a career in traditional health care settings but also to work in in health missions. Medical mission opportunities exist locally and abroad in short-term and long-term options. Opportunities are open to graduate and undergraduate students.





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Dr. Dona Clarin, DNP, APRN, FNP,  
at 501-279-4859.

[harding.edu/fnp](http://harding.edu/fnp)





## TEEN

Continued from Page 5

These days, that person is 13 years old, an eighth grader at Yukon Middle School. She loves drama class and singing in the choir. Last year, she even acted in a production of Hercules, playing the gatekeeper to the underworld.

At a height of 3 feet, 10 inches, she made one-half of a memorable stage pairing. "The guy who played Hades is, like, tall," Sydney said, giggling. "We were really funny together."

Still, Sydney faces challenges other teens don't. Her bones are prone to breakage. Her hips are compressed, and she wears a back brace to counter the curvature of

her spine. Pain sometimes forces her to use a wheelchair.

At OMRF, Xia and Gaffney are now working to develop a therapy for Sydney's condition. They hope it will also affect a wide range of other rare skeletal disorders stemming from similar genetic variations. Still, Xia said, "It's hard to know what Sydney's future looks like."

Recently, a nurse practitioner from Broken Arrow contacted Xia at OMRF. Her daughter had just been diagnosed with an MBTPS1 mutation and showed many of the same symptoms as Sydney.

For Sydney, the news that she was not the only one was, at first, a bit deflating. "But I told her to chill out," Mary said. "You'll always be the first."

## FROM OUR FRIENDS ON FACEBOOK

# Marri Leedom takes patient care personally

SSM Health St. Anthony Hospital - Shawnee

When Marri saw a patient in need, she took it upon herself, with the help of her daughter and made sure the patient's needs were met. While taking care of a patient, Marri saw that the patient needed clothing. With her own money, and her daughter doing the shopping, they bought several clothes and some personal items for the patient.

Dr. Gaynell Anderson, Hospitalist, took notice and sent out a message about Mary. "Truly a Saint in Action working amongst us! I Love Her! Dr. Anderson."

We would like to take this opportunity that thank Marri for living our Mission!



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# NURSE TALK



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and The  
Grinch.*



T.J. Deaton, RN

*Christmas  
Vacation.*



Emily Nesbitt, RN

*What is your  
favorite  
Christmas  
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Jimmy Everest  
Cancer Center at  
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# Breast Cancer: Know the Facts

by Dr. C.V Ramana

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

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

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

In the United States, about 1 in 8 (or 12%) of women will develop breast cancer in her lifetime. For men, the lifetime risk is 1 in 1000. Early diagnosis is very important so that it can be treated when it is small and contained in a small area in the breast. Breast cancer is not easy to detect early. Screening is essential.

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

Treatment depends on the type of breast cancer, its aggressiveness (how

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

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

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

Dr. C.V Ramana is a vascular and interventional radiologist with more than 20 years of practice experience. He has expertise in all areas of vascular and interventional radiology. Dr. Ramana has a Ph.D from Yale University and MD from CWRU in Cleveland, Ohio where he subsequently completed his fellowship in Vascular and Interventional Radiology at the Cleveland Clinic.

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# 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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