Driven to Succeed

Rachelle Reed, LPN is the charge nurse at Heritage Point of Oklahoma City, specializing in Alzheimer’s and Memory Care Services.

by Vickie Jenkins, Staff Writer

Sometimes, when we least expect it, our loved ones experience Alzheimer’s disease, a form of dementia. Dealing with the effects of Alzheimer’s disease and other dementia related impairments can be difficult to handle. At times, it is hard for the family to understand what our loved ones are going through, along with finding a place for them to be cared for. It

A Promise to her Mother

SSM Health St. Anthony Hospital is pleased to announce Barbara Lowery, RN, as the recipient of the 2019 Excellence in Nursing Award.

The award recipient is chosen by the SSM Health St. Anthony Hospital medical staff for dedication to providing quality patient care and for adhering to the hospital’s Mission, vision and values.

“Barb would tell you that her number one goal is to serve her patients,” said Dr. Corey Ponder, an orthopedic surgeon serving patients at SSM Health Bone & Joint Hospital at St. Anthony.
I will keep my promise to my mother, caring for others. “I just want to continue to learn a little more each day. I have set a goal and I will reach that goal,” she added.

Asking Ray what her favorite part of her job was, with a quick response, she said, “It is the interaction with the residents that I love.” “When I am with the residents, they are like walking and talking history books. They have such interesting stories to tell. Not only does it help them by sharing their stories but it is fascinating to me. Now, I know for a fact that nursing chose me. My calling is definitely nursing.”

Ray believes that going into the medical field opens a variety of opportunities to anyone seeking a job as a nurse. “Nursing is the security of employment, even when relocating. Plus, there are so many different fields that one can go into. “I like working with the elder people; everyone needs to find the field that interests them. We will always need nurses,” Ray stated.

One of the most important qualities about Ray is the fact that she sets goals and follows through with each one. “I even have a check list that I use to write down my goals and check them off as I go. It helps me stay focused on opportunities that come my way. I am a hard worker and driven to do my best and I watch for doors to open in the medical field.”

Asking Ray what her biggest contribution to the residents at Heritage Point was, she replied, “It would be my time. That is by far, the most rewarding gift that can be given and received,” she said with a smile.

When not working, Ray enjoys spending time with her son and her two grandsons, Kane and Clarke. “I love my little babies,” she said. Her hobbies include traveling when she gets a chance.

If you were going to sum up your life in one word, what would it be? With a bright smile, she replied, “Blessed.”
the American College of Surgeons validates that trauma centers have all resources necessary for any type of trauma care.

“Earning verification from the American College of Surgeons is gratifying because it reflects the commitment and hard work that our healthcare professionals deliver day in and day out,” said OU Medical Center President Kris Gose. “The process validates that we have all resources in place to provide optimal trauma care at any time.”

As a Level 1 Trauma Center, Trauma One offers comprehensive care that can handle the most critical emergencies. Trauma One provides 24-hour coverage by general surgeons, and quick availability of care in specialties such as orthopedic surgery, neurosurgery, anesthesiology, emergency medicine, radiology, internal medicine, plastic surgery, oral and maxillofacial surgery and more.

Operating rooms and trauma surgeons are available 365 days a year, and the air ambulance Medi Flight can be dispatched in minutes to airlift patients to Trauma One. A multidisciplinary team of physicians, nurses, specialists and other health care professionals are always on site, using advanced technology to treat the most severe and critical injuries. Level I Trauma Centers provide total care for every aspect of injury, from prevention through rehabilitation.

The verification of Trauma One was conducted by the Verification Review Committee, a subcommittee of the Committee on Trauma of the American College of Surgeons. Verified trauma centers must meet the essential criteria that ensure trauma care capability and institutional performance, as outlined by the American College of Surgeons’ Committee on Trauma in its manual Resources for Optimal Care of the Injured Patient. There are five categories of verification in the program. In addition to submitting documentation, Trauma One had an on-site review by a team of experienced site reviewers.

“Her patient-centric approach to nursing care allows her to focus on not only making sure the doctor’s orders are carried out but also on getting to know her patients on a deeper level. She truly provides a level of care that achieves the Mission of SSM Health: Through our exceptional health care services, we reveal the healing presence of God.”

Inherent in nursing is respect for human rights, including cultural rights, the right to life and choice, to dignity and to be treated with respect. Nurses render care to the individual, the family and the community.

Lowery is a registered nurse at the SSM Health Bone & Joint Hospital at St. Anthony, a facility dedicated to helping patients with orthopedic surgery solutions. She has served Bone & Joint Hospital patients for eight years.

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Bellevue Health and Rehabilitation offers individual programs that are designed, supervised and executed by a team of specialists. Our team includes physicians, nurses, therapists, nutritional consultants and mental health professionals.

Meet Ashley Quintana Harrison, LPN, Unit Manager at Bellevue Health and Rehabilitation. Ashley is in charge of thirty-two patients and forty to fifty nurses. “There are quite a few responsibilities that I have as the unit manager but I love my job,” Ashley commented. “This is a wonderful place to work. Bellevue is a family company with sixty years of experience. The family is on site seven days a week. There are not too many places that can say that,” Ashley said. “I like working in rehab because I get to see the patients get back to a prior level of function. I also help the family members who are dealing with the recent decline of their loved one, helping them understand what has happened to their family member.”

What is your favorite part of your job? “I would say it is when we see the patients go home,” she said with a laugh. “Oh, that came out wrong, I mean when they have completed their therapy and are able to go back to their original living environment because that means that we succeeded in what we were doing; getting the patients medically stable to go home. It is also bitter sweet because we hate to see our patients leave. I like being that person that can be there and help them with their family needs no matter what, whether they are coming or going.”

Ashley has quite a few family members in the medical field. Her mother is a nurse, one of her sisters is a CNA and the other sister is in RN school. “We don’t have to worry when someone gets sick,” she said.

Ashley grew up in Bishop, California, a small country town, about four hours north of Los Angeles. She moved to Oklahoma about ten years ago. (When her mother went to nursing school) When I was little, I wanted to be a lawyer because I was always arguing,” she said with a laugh. “Somehow, I changed my mind and ended up going to school for nursing at Platt College. Ashley has been a nurse for nine years and has been at Bellevue for almost three years. “Because I work in rehab, I feel like I can still be the voice of the people here. I get to advocate and argue for my patients. It’s kind of like having the best of both worlds.”

Asking Ashley to describe herself, she said, “I am definitely an outgoing, straight-to-the-point kind of person. When I set out to do something, I get it done. I am a doer, take charge and caring person. I am very compassionate. I guess you could take all of those things that I mentioned and roll them into one and that would be ME.”

What do you contribute most to others while you are at work? “I think it has to be my stability. I am always here on time and I think that is important for everyone. “I also follow through with my plans. I make sure I don’t let the ball drop! I think one of the most important things is to like your job,” she added.

Family and patients motivate Ashley. A new challenge for her is working with the younger generation. “When they come in most people are in good spirits of the rehabilitation process. But for younger people, it is more difficult to come in and see the process from a good standpoint.”

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Ashley Quintana Harrison wears many hats as Unit Manager at Bellevue Health and Rehabilitation.

HARRISON
Continued from Page 4

Ashley to work hard and do her best in everything she sets out to do. “I try to stay positive and happy so I can spread it to others. I enjoy talking to all of the patients and I feel like I am a big help to them,” Ashley said.

What qualities make a good nurse? “I think a nurse needs to be compassionate and dependable. In my opinion, they should be thick-skinned because more than likely, they will run into some rough times. Just when they think they can’t go any farther, their compassion will take over and that is when they will receive the biggest reward from just being a nurse,” Ashley explained.

Ashley is married to her wonderful husband Alvin. They have one little boy, Kingston who is six years old. Their four-legged family member is their German Shepard, Roscoe. Ashley’s hobbies include reading, cooking and riding her pink motorcycle. Ashley has been riding for about two years now and loves riding with Alvin.

Asking Ashley what one word would describe her life and she replied, FULFILLING.

When you hear the word “malnutrition,” you probably think of people in impoverished countries, but the fact is, one in every two older adults is at risk of becoming malnourished.

An elderly Oklahoma City woman was that one in two. Sharon Gibson said she was wasting away. Doctors had given up hope and so had she. “It was just all overwhelming and I was to the point where I didn’t care whether I lived or died,” the 74-year-old said.

Malnutrition in older adults is a

Kevin Morefield and Zella Classen of Valir Pace deliver food and pre-packaged to meals to 74-year-old Sharon Gibson at her Oklahoma City home. Half of all seniors are at risk for malnutrition. Gibson has battled malnutrition and a variety of health issues, but she says she is living life again and enjoying it thanks to Pace.

See GRANDMA Page 10
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An experimental brain cancer compound developed at the Oklahoma Medical Research Foundation is being used in a new study that could considerably extend the lives of glioblastoma patients.

In a study at the University of Oklahoma's Stephenson Cancer Center, the OMRF compound OKN-007 is being combined with Temodar, the current standard-of-care medication for glioblastoma. Researchers hope to learn if it can enhance Temodar's effectiveness for a longer period of time. Glioblastoma is an aggressive form of brain cancer with no cure. Even with surgery and chemotherapy, patients typically live only 12-18 months after diagnosis. Only 1 in 20 glioblastoma patients will live five years.

Temodar has been proven to work, but in most cases, patients tend to become resistant to the drug after approximately three months.

In combination, OKN-007 allows Temodar to remain effective for longer with less resistance, thus extending treatment well beyond the three-month window, perhaps indefinitely, said OMRF Vice President of Technology Ventures Manu Nair.

“Several additional months of treatment with Temodar can dramatically prolong the lives of patients and keep them from enduring other grueling treatments that can compromise their immune systems,” said Nair.

OKN-007 had been in trials to determine safety and efficacy since 2013. The compound was developed by OMRF scientists Rheal Towner, Ph.D., and Robert Floyd, Ph.D., as a novel therapeutic that dramatically decreased cell proliferation (spread) and angiogenesis (formation of new blood vessels), and it turned on the process of removing damaged cells so they can’t become cancerous.

“OKN-007 has been promising, but until now, it was only used in very late-stage cancer where patients are out of other options,” said Nair. “By combining it with Temodar, it offers a longer, more effective treatment regimen.” The new study is led by James Battiste, M.D., Ph.D., medical director of the Comprehensive Brain Tumor Program at the Stephenson Cancer Center.

An estimated 12,000 Americans are diagnosed with glioblastoma each year, according to the American Brain Tumor Foundation. The standard treatment regimen involves surgery to remove as much of the tumor as possible, followed by radiation and chemotherapy. Still, the tumor almost always grows back.

“By combining Temodar and OKN-007 following initial surgery to have the brain tumor removed, we see potential for these patients to added benefit from an existing drug already proven to work, but for a much longer period of time,” said Nair.
There’s something special going on with the future of rural healthcare in Oklahoma and it’s taking place at Northwestern Oklahoma State University.

Shelly Wells, PhD, MBA, APRN-CNS, ANEF is the Division Chair and a Professor at the school. A big smile covers her face when she describes how the Alva university is educating nurses to provide healthcare to rural Oklahomans for generations to come.

“We want to keep them out in the high-need areas so our curriculum includes education on rural nursing and that sets us apart from other programs in the state,” Wells said. “At this time, we are the only public university in Oklahoma that offers a BSN to DNP.”

Northwestern features three different options to advance your nursing education.

The traditional BSN program is offered at four different sites. Students who have earned their LPN may be admitted with advanced standing into the traditional program.

“We have provided access throughout four different sites throughout rural northwestern Oklahoma so that the students don’t have to travel to a main campus to receive their education. They can receive much of it near their home areas.”

An online RN-to-BSN program is available with no traditional clinical hour requirements that may be completed in 12 months. This program is designed for working RNs to complete their BSN.

A hybrid BSN-to-DNP program allows students to pursue their family nurse practitioner licensure without needing to obtain a Master’s degree first. Coursework is offered online with practicums close to the student’s home setting.

“We anticipated admitting six students the first cohort and 10 the second and we have admitted 25 so far in each cohort and it’s become a competitive entry process,” Wells said of the growing program.

A Nightingale Award of Nursing Excellence recipient from the Oklahoma Nurses Association, Wells takes pride in the program’s low faculty-to-student ratio and the relationships the faculty have forged at healthcare facilities across northwestern Oklahoma.

Allowing students to learn in their communities creates a natural draw for students.

“That’s the plan,” Wells said. “We have students completing clinical rotations in those four sites with the thought and hope they will stay in those sites to serve their home communities.”

The NWOSU Nursing program is nationally recognized for its accessibility, affordability, and program outcomes.

The BSN program is accredited by the Accreditation Commission for Education in Nursing, Inc. (ACEN) and is approved by the Oklahoma Board of Nursing (OBN). The BSN-to-DNP program for Family Nurse Practitioners has received provisional approval from the Oklahoma Board of Nursing and has applied for national accreditation through the Commission on Collegiate Education (CCNE) with a site visit scheduled in November 2019.

The yearly application process for the traditional BSN program begins each October. The Online RN-to-BSN program enrolls students year-round and the annual application cycle for the BSN-to-DNP program opens every January.

With more than 30 years of teaching experience in nursing, Wells has closely followed the national trend calling for more BSN-prepared nurses.

“All the hospitals we have talked to in Oklahoma prefer to hire BSN-prepared nurses and they are encouraging their staff to go back and complete their BSN,” Wells said. “We’re seeing those numbers increase.”

A BSN provides the foundation of study that can serve as a basis for pursuing advanced education in nursing.

And Northwestern provides options to do that close to home.
hidden and growing epidemic and a costly one. The estimated price tag of the increased health care costs for disease-associated malnutrition in older U.S. adults tops $51 Billion a year. Hunger is not the sole cause. Sometimes it’s about eating the wrong foods and sometimes medical conditions like cancer, diabetes and Alzheimer’s are to blame.

Gibson had been diagnosed with Chronic Obstructive Pulmonary Disease, which left her constantly out of breath. She also had digestive issues that impacted her ability to eat, as well as trouble standing, which made it difficult to cook.

“I was very sick physically, emotionally. I couldn't eat. My digestive system was shot. My lungs were shot - my whole bone structure. I couldn't even stand up straight,” she explained. That was before Gibson found Valir Pace, a non-profit program that provides all-inclusive care to older adults.

“A lot of participants have come to me when I'm doing their initial assessment and they say, ‘you know, sometimes I have to pay for medicine, sometimes I have to decide if I want to eat or what I'm going to buy to eat and that's so heartbreaking,’ said Zella Classen, MA, RD/LD, director of Food and Nutrition at Valir Pace. At Pace, Classen and the entire nutrition team spend their days preparing, serving and packing meals for delivery to participants. They know malnutrition in older adults can lead to a variety of health problems. These include:

- An increased risk of infection due to a weak immune system
- Poor wound healing
- Muscle weakness and decreased bone mass, which increases the risk of falls and fractures
- A higher risk of hospitalization and death

“A lot of times someone will come to me and they may not have been educated on an appropriate diet for them. And remember, as we are get older, we may develop a chronic disease like diabetes or heart disease, and things like that; and they may not have been educated on that. Or if they have been, they really struggle on getting the right foods for that diet because of their limited income. So, we try to work with them on educating and then trying to help solve that problem on getting them the appropriate foods,” Classen said.

Today thanks to Valir Pace, participants have access to two meals a day, as well as delivery of specially prepared meals and groceries to their homes. It’s not just providing food, though. Classen said it is about providing the right food and the right nutritional supplements to optimize health.

Today, Gibson has a very different outlook on life.

“Nutrition is the basis of everything. If you’re not eating, your body isn’t functioning. You can’t do anything else. So, Zella interviewed me and asked really good questions. They got to the root of my digestive problems and set up a plan with me and, slow but sure, I gathered strength,” she said.

Gibson pays nothing for the program - a program she says has literally saved her life.

“They’ve turned my life around. I’m living again. I’m not just existing. I’m not waiting to die. I’m living and enjoying each day,” she said.

To find out if you or a loved one qualifies for the program, visit www.valirpace.org
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by Bobby Anderson - Writer/Photographer

For 30 years now, John Houge has helped seniors lead a longer, safer and more comfortable life all in the comfort of their own homes.

As the state manager, Houge helped bring Craftmatic adjustable bedding to Oklahomans near the turn of the century, ushering in a new era in home health and safety products.

And for the past 13 years he’s been an expert traveling the metro counseling seniors on the benefits of A Safe Solution walk-in tubs.

For many seniors, the worry about a fall is always in the back of their minds.

According to data compiled from the 1997 and 1998 National Health Interview Survey, the majority (55%) of fall injuries among older people occurred inside the house.

Falls in the bathroom are a major source.

Combine already slick surfaces with water and rugs and getting in and out of a bathtub and it can be a recipe for disaster – literally.

That’s where Houge and A Safe Solution come in. Walk-in tubs provide homeowners with the peace of mind knowing they will be as safe as possible.

“I enjoy going to see people and I enjoy helping them with their home health needs,” Houge said.

A SCARY FALL

According to the National Institutes of Health, one in three adults aged 50 and over dies within 12 months of suffering a hip fracture. Older adults have a five-to-eight times higher risk of dying within the first three months of a hip fracture compared to those without a hip fracture. This increased risk of death remains for almost ten years.

Beyond suffering pain, a hip fracture results in a loss of physical function, decreased social engagement, increased dependence, and worse quality of life. Many people who have a hip fracture need to change their living conditions, such as relocating from their home into a residential aged care facility.

Ultimately, the often rapid regression of an older person’s health following a hip fracture means outcomes are poor.

By offering high-quality walk-in tubs that are safe and therapeutic, individuals overcome the risks of bathing in a standard bathtub.

For those who struggle to get into and out of a standard tub, dreading the difficult 30” threshold and slippery bathtub floor, a walk-in tub is the answer to changing bathing requirements.

Safety is a major reason many rely on walk-in tubs, but Houge said there’s a host of other reasons.

BLISSFUL HEALTH

The benefits of a relaxing bath are becoming clearer and clearer in scientific literature.

Hydrotherapy is the full immersion of the body into both hot and cold water as a natural and holistic treatment which detoxifies the blood, stimulates blood circulation, enhances the immune system, improves digestion, reduces inflammation and much more.

For thousands of years, people around the world have benefited from the healing power of hydrotherapy. In recent decades, doctors have confirmed the healing power of bathing, and studies and testimonials have shown how hydrotherapy is a reliable and affordable home remedy for treating the symptoms of many of today’s most common ailments.

According to an article in the New England Journal of Medicine, type II diabetes patients reported a 13% reduction in blood-sugar levels, improved sleep, and an increased sense of well-being by simply enjoying warm water therapy as a home remedy for diabetes symptoms. Research shows stress reduction improves the quality of life and may indirectly improve blood sugar control.

“There’s the safety and integrity of being able to take care of themselves,” Houge added. “There’s enough safety (features) that most of our customers can take a bath by themselves without being afraid.”

Houge makes his sales calls personally.

“I don’t send a salesman. We’re family-owned, operated and local,” said Houge, who owns the business with wife Karen.

Knowing that change – even change for the good – can be stressful, Houge is there to answer any and all questions before during and after the process.

John Houge, owner/general manager of A Safe Solution, is helping people stay in their homes longer.

Once all questions are answered the product can be installed in as little as a day, with two days of set time to insure the optimal cure.

“It feels great because that’s what they really want,” Houge said. “It’s rewarding when they finally see the benefit. Most of our customers are pretty conservative. That is why our mission statement has always been to provide the highest quality products at the most reasonable price in the industry.”

Houge offers Veteran’s Discounts and lifetime warranties along with free in-home estimates.

If you have a patient, resident or client in need of bathroom security and comfort John can be reached at 405-226-8424 or by email at asafesolution@gmail.com.

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