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Bless Your Heart

Kerry Brinkley, RN, BSN has been working at the Oklahoma Heart Hospital for twelve years. For the last five years, she has worked in Outpatient Cardiac Rehab.

by Vickie Jenkins, Staff Writer

The Oklahoma Heart Hospital Physicians specializes in Cardiovascular Disease, Critical Care Medicine, General Surgery, Internal Medicine, Nuclear Medicine, Pulmonary Disease, Thoracic Surgery and Vascular Surgery.

If you or one of your loved ones have suffered a heart attack within the last twelve months, had a coronary angioplasty or stent, valve repair or replacement or heart transplant, more than likely you were at Oklahoma Heart Hospital,

and afterwards, referred to their Outpatient Cardiac Rehab. This is where nurses and exercise specialist will teach you how to focus on a healthy lifestyle; learning to eat well, exercise and reduce stress in a carefully monitored setting.

One particular nurse is Kerry Brinkley, RN, BSN. Kerry is trained in BLS (Basic Life Support) and ACLS (Advanced Cardiac Life Support) which is required and renewed every two years.

As a little girl, Kerry wanted to be a

See HEART Page 2

OMRF accepting 2020 Fleming Scholar applications



The trauma center at OU Medicine has been re-verified as a Level 1 Trauma Center by the American College of Surgeons.

In 2001, the Trauma One Center, at both OU Medical Center and The Children's Hospital, was designated as Oklahoma's only Level 1 Trauma Center, the highest national ranking a trauma center can receive. The verification process by 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

See OMRF Page 3



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HEART

Continued from Page 1

newscaster or meteorologist. "That changed later on," she laughed. Kerry became interested in nursing when she was in high school. She had some family members that had some health problem, helping to care for them, along with taking them to their doctors' appointments. Her grandfather had open heart surgery and Kerry was interested in the heart and how it worked ever since. She was fascinated with anatomy and the science behind it. From there, her curiosity and learning took off. Graduating from OU, she sought out cardiology. That was twelve years ago and Kerry has worked at the Oklahoma Heart Hospital ever since. "I plan on being here for quite a while," Kerry said.

Working in Cardiac Rehab, Kerry loves going to work every day. "I really get to know the patients and I feel good knowing that I am helping them get better. The patients usually are here in rehab for an average of three to four months. It is really something to see the growth of the patients from their first appointment to their last. They are so happy when they have reached the point of leaving because they know their hard work paid off. All of us here in rehab even have a graduation ceremony, praising each one for their hard work," Kerry explained. "It's a lot of fun for both the patient and for us," she said. "After the patients get better, some of them come back to see us, just to say hi and let us know how they are doing," she added.

Oklahoma Heart Hospital is the first of its kind and is Physician-owned and designed by cardiologists. There are two Oklahoma Heart Hospitals; the North location at 4050 W. Memorial Road and the South location at 5200 E. I-240 Service

Road.

"This is such a great place to work and I can't even imagine working anywhere else," Kerry said. "The physicians here are outstanding. My co-workers are amazing and we are big on teamwork. Here in rehab, it's like we are one big family!"

"We see about one hundred patients a week. We schedule appointments for certain times and each patient is monitored through their workout. We make sure they are following a healthy lifestyle so they will be around for a long time," Kerry explained. "We teach them about eating healthy, staying fit with exercise, and making smart choices. We have had several patients tell us how much better they feel about themselves."

One of Kerry's best qualities is her positive attitude. "I like to think the best of everyone," she said. "Others tell me that they enjoy my kindness and the way I seem to be happy all the time. I like to be happy and I like to make others happy. I think all of us here in rehab need to be pretty flexible with our time. If someone needs help, I am willing to help them, no matter what. We are all like that though. Teamwork is very important to all of us. Sometimes, all the patients need is a little encouragement and praise to brighten their day and get them ready to move forward. Sometimes, all it takes is a smile or a hello or a thank you." When not working with the patients in rehab, Kerry loves spending time with her husband, Ryan and their two daughters, Ellie, six years old and Lucie, three. Kerry and Ryan love OU football, including attending OU games whenever they get the chance.

Asking Kerry to sum up her life in one word, she replied, "I would say that my life is BLESSED."



OMRF

Continued from Page 1
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 1 Trauma Centers provide total care for every aspect of injury, from prevention through rehabilitation.

In addition to serving people across Oklahoma, Trauma One, because of its location in the geographic center of the state, is ideally positioned for regional access as well. An injured person's best chance for survival is when treatment occurs within an hour of the event. Paramedics, ambulance systems and other hospitals across the state play key roles in transporting patients to Trauma One within an hour.

"The Trauma One Center has been able to save countless lives in its nearly 20-year existence," said Roxie Albrecht, M.D., medical director of Trauma One. "As part of a tertiary care center, it is important that we participate in

continuous assessment of our program. Our aim is to always provide the highest level of care to people when they need it the most."

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.

Level 1 Trauma Centers like OU's Trauma One also provide public education and prevention information to people across the state. OU's primary areas of advocacy are: ATV Ride Safe Oklahoma, which provides classes to increase awareness of ATV safety guidelines; Stop the Bleed, a course that teaches how to save someone's life by controlling bleeding; and concussion education for coaches, game officials, athletes and parents about the nature of concussion and head injury.




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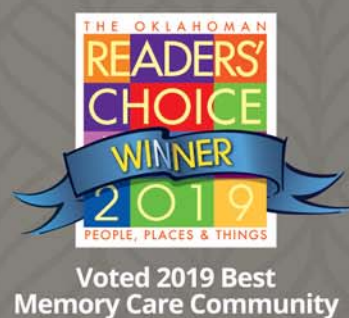


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CAREERS IN NURSING CHASING A DREAM: OCOM NORTH

by Vickie Jenkins - Writer/Photographer

Oklahoma Center for Orthopedic and Multi-Specialty Surgery North (OCOM) includes three operating rooms and has the following specialties currently utilizing the center: Oral Surgery, GYN, Orthopedics, General Surgery, Ophthalmology, Podiatry, Pain Management, Plastics and Urology. -OCOM-

Chase Ellis, RN has been in the medical field for ten years, spending those years working at OCOM. Chase works in pre-op, the operating room or recovery. "When I was in high school, I had a fascination about the medical field and I had a desire to become a PA, specializing in orthopedics. Looking to making the medical field my career, I had a full time job, and I worked my way through medical school. Afterwards, I started out as a Scrub Tech here at OCOM and liked it so much; I wanted to further my education. I went to nursing school

and became an RN. My dream is to run an OR like this; in a small facility. I feel that I could manage an OR well, due to my experience of working in every area," he added.

"Here at OCOM, we focus on outpatient surgeries. A lot of the patients prefer a smaller surgery center over a big hospital," Chase said. Asking what Chase thought his best quality was at work, he replied, "Being well rounded; I have worked in different areas here and have seen a lot of different angles to the job. I started in pre-op and did circulation, the OR and recovery. One of the biggest rewards here is knowing that I helped the patient's day run smoother and they leave here having a good experience."

On most days, there are usually four different surgeons at OCOM. Depending on the schedule, there are usually two to three surgeries done in a day. We usually work eight

hour days but that can change at the last minute. Depending on the schedule, sometimes, we work twelve hours. A typical day for Chase begins by arriving at least an hour before the first scheduled surgery. "I open the OR, making sure all of the medical supplies are ready. I interview the patient in pre-op, answering any questions they might have. The patients are usually pretty nervous so I always try to make it a point to say something to make them smile. It eases their tension a little. After they go to the OR, I will be there to assist with anything that is needed by the doctors. When the patient is finished with surgery, I take them to recovery," Chase commented.

"My favorite part of my job is seeing and learning about all of the different procedures. It is a good feeling knowing that I have helped someone in a big way, improving

the quality of their life. If someone comes in with a bad knee, they have the surgery and it is nice to see them come back for follow-up visits, and then, the patients are as active as before or more active than they were," he added. "On the other hand, my biggest challenge comes with the same problems other jobs have; the dynamics of the lack of communication with the patient. We are pretty good about communication here though. An excellent quality here is teamwork. Everyone here is willing to help the other person. Even though OCOM is a small surgery center and I like the feel of a small facility over a big hospital. It's like a big, happy family environment," Chases remarked.

Adding a little personal information, I asked Chase to describe himself. "To tell you the truth, I am a little goofy. I try to make people

See ELLIS Page 5

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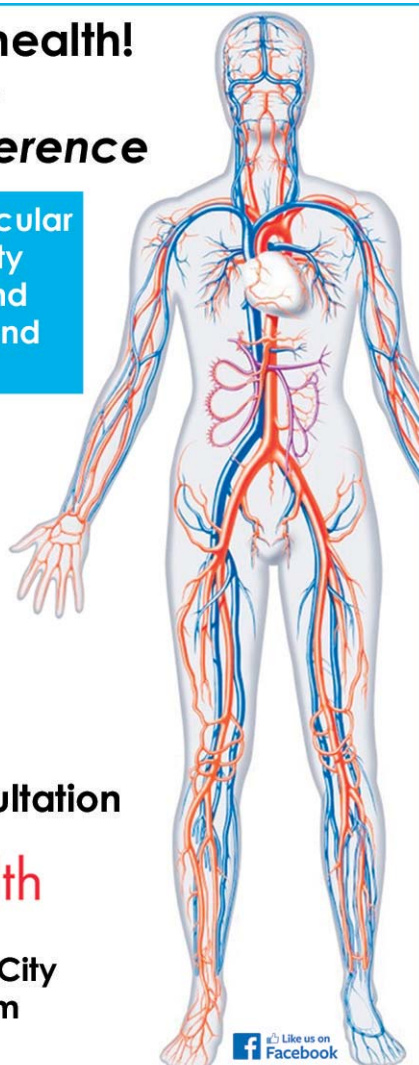
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Chase Ellis, RN enjoys his job at Oklahoma Center for Orthopedic and Multi-Specialty Surgery. (OCOM) With a smile and positive attitude, Chase is just the right person to put the patient at ease before their surgery.

ELLIS

Continued from Page 4

laugh, especially before they go back to go to surgery. Of course, it is all in good taste. This always seems to work!"

Growing up in Oklahoma, when Chase was a little boy, he wanted to be a professional skier, snow skiing that is. "I was pretty good and I still love to ski. Of course, that involves traveling. I usually go to Colorado

but I haven't been back for about three years now. Snow skiing is still one of my favorite things to do. I also like to play video games. I love to spend time with my family; my wife, Sara and my two sons; Carter, four years old and Bodhi, ten months old. Quality time is very important to me. We also have two dogs, which we enjoy taking on walks, one cat and several fish."

Asking Chase to sum up his life in one word, he replied, "Happy."

The Children's Center Rehabilitation Hospital Welcomes Nico Gomez to Hospital Staff

The Children's Center Rehabilitation Hospital is pleased to welcome Nico Gomez, as the Hospital's new chief strategy officer.

Gomez has 20 years of experience working in health care. For 16 years he served at the Oklahoma Health Care Authority, including three and a half years as the agency's chief executive officer. For the past three years, he has served as chief executive officer for Care Providers Oklahoma, leading the state's largest long-term care trade association serving nursing homes, assisted living facilities and intermediate care facilities for individuals with intellectual disabilities.

"Nico is a proven servant leader whose personal and professional experience demonstrates a genuine passion for the mission and core values of The Children's Center," said Albert Gray, CEO, The Children's Center Rehabilitation Hospital. "He is an accomplished health care expert and a passionate advocate for children with special needs. He will help move us into our next chapter of service."

Gomez is excited to join the Hospital, as he hopes to help the hospital grow local and national support to continue its legacy of service.

"The Children's Center Rehabilitation Hospital has such a special place in my heart. When I



Nico Gomez, new chief strategy officer at Children's Center Rehabilitation Hospital in Bethany.

was blessed with the opportunity to be at a place where miracles happen, I could not say 'yes' fast enough," said Gomez. "I am excited to work with this great team of caring people and serve our patients in this role. I will do all I can to ensure they have the resources to continue to provide outstanding care today and for the days to come."

To learn more about The Children's Center Rehabilitation Hospital, please visit our website at www.miracleshappenhere.org.



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Index to Classifieds

- 1 0 0 Ambulatory
- 1 0 8 Administrative
- 1 1 3 Case Management
- 1 1 5 Chemical Dependency
- 1 1 8 Clinical Instructors
- 1 1 9 Collection
- 1 2 1 Critical Care
- 1 2 3 Certified Medical Assistant
- 1 2 4 Certified Nurses Aide
- 1 2 7 CRNA
- 1 2 9 Dental
- 1 3 0 Dialysis
- 1 3 1 Dietary
- 1 3 7 Education
- 1 4 0 General Nursing
- 1 4 3 Geriatrics and Long Term Care
- 1 4 6 HMO
- 1 4 9 Home Health
- 1 5 2 Hospice
- 1 5 4 Housekeeping
- 1 5 5 Infection Control
- 1 5 6 Instructor
- 1 5 8 IV Therapy
- 1 6 1 Licensed Practical Nurse
- 1 6 4 Managerial
- 1 6 5 Massage Therapy
- 1 6 7 Medical/Surgical
- 1 7 0 Nurse Practitioner
- 1 7 3 OB/Gyn
- 1 7 6 Occupational Health
- 1 7 9 Office
- 1 8 2 Oncology
- 1 8 5 O.R./PACU
- 1 8 8 Orthopedic
- 1 9 0 Pediatric
- 1 9 1 Pharmacist
- 1 9 2 Physicians Assistant
- 1 9 7 Public Health
- 2 0 0 Rehabilitation
- 2 0 4 Registered Nurse
- 2 0 7 Research
- 2 1 0 Sales Representative
- 2 1 3 Service
- 2 1 7 School Nurse
- 2 2 0 Spec Producers
- 2 2 3 Support Staff
- 2 2 5 Traveling Nurse
- 2 2 6 Miscellaneous

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EOE



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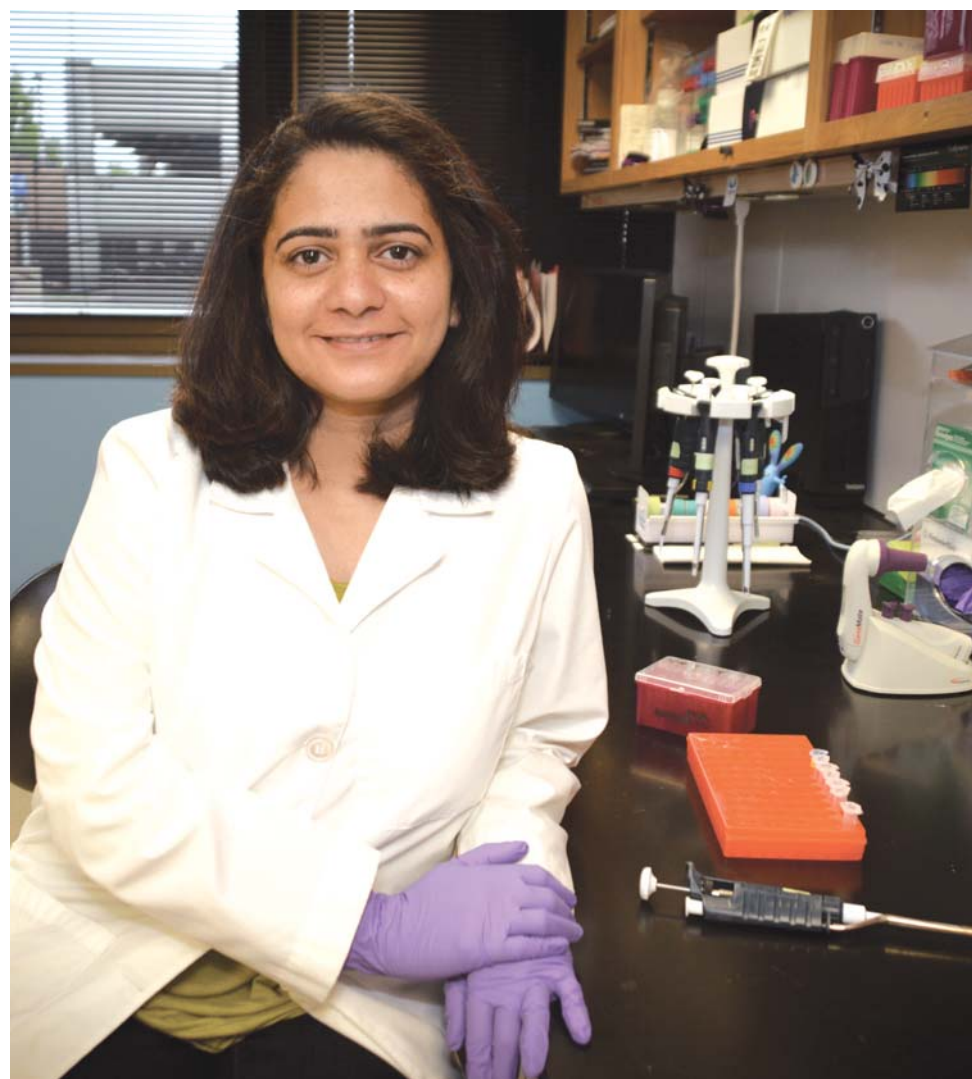
Our black belt angel. No amount of words can describe the love that Austin gave to our lives. Shortly before he died, we were discussing a friend's little girl that was on the heart transplant list. I asked Austin and his 16-year-old brother if they wanted to be donors. Austin's response was, "I won't be needing them any more, so sure!" That conversation gave us the courage to honor his wishes a few months later. Working out with friends, he collapsed with a heart condition we never knew he had. At 12 years old he left this world too soon, but showed us how to live every day to the fullest. After 4 years in karate he had just received his red belt, and after his death his instructor honored him with his black belt. We are so grateful to be able to call him our son. He will always be our "black belt angel." Love, Dad, Mom and Dillon

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OMRF scientist receives \$300,000 from Lupus Research Alliance



Oklahoma Medical Research Foundation scientist Neelakshi Jog, Ph.D.

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

See OMRF page 10



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OMRF

Continued from Page 8

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.



FROM OUR FRIENDS ON FACEBOOK

Congratulations to our Nurse of the Year nominees.

Norman Regional Health System



Nurse of the Year nominees are: Chris Sullivan, RN, of the HealthPlex Emergency Department (first runner up), Teresa Brumley, RN, Sarah Camardo, RN, Shelly Jenkins, RN, and Kristen Magerkurth, RN.



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NURSE TALK



I love the Christmas parties!



Bonnie Stewart, LPN

It would be looking at all of the Christmas lights.



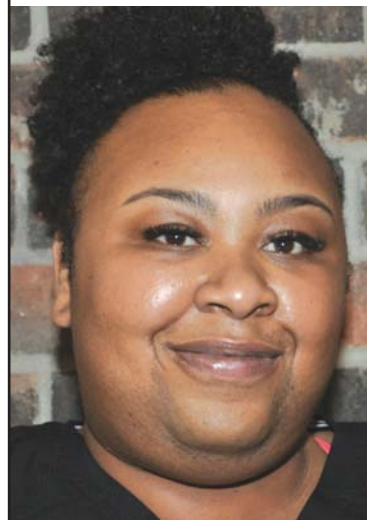
Amy Pruitt, CNA

What is your favorite Christmas tradition?



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My favorite Christmas tradition is the family gatherings!



Chionna Diggs, LPN

I enjoy spending time with my grandchildren and decorating the Christmas tree.



Debbie Vanover, LPN

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Blue Star Mothers Support and Encourage Military During Christmas

Linda Rakett and her fellow Blue Star Mothers of Chapter 6 love supporting the military and veterans. Rakett is a volunteer with Blue Star Mothers through RSVP of Central Oklahoma. The national organization, made up of mothers who have children serving in the military or who have served and have been honorably discharged, started in 1942 during World War II.

"Our mission is to serve and help active duty military and veterans," said Rakett, who became a Blue Star Mother when her son joined the Army right out of high school in 2003. "We send deployment boxes to the ones

serving around the world, and we try to help the veterans who are at the Veterans Administration hospital or VA Centers."

During the Christmas season, Linda and the other mothers contact nursing homes in the area and find out how many veterans are residents. They prepare gift bags that contain socks, candy, tissues, personal greeting cards, and snacks for each veteran to share with them for Christmas. They also participate in the Marines Toys for Tots drive, help out at the Military Welcome Center at Will Rogers World Airport, and participate in Veterans Day parades.

FROM OUR FRIENDS ON FACEBOOK

Congratulations to our Nurse of the Year - Mac King, RN Norman Regional Health System

Congratulations to our Nurse of the Year - Mac King, RN, of the Intensive Care Unit! Please also give a high-five to our Nurse of the Year nominees. They are: Chris Sullivan, RN, of the HealthPlex Emergency Department (first runner up), Teresa Brumley, RN, Sarah Camardo, RN, Shelly Jenkins, RN, and Kristen Magerkurth, RN.



Blue Star Mothers of Oklahoma Chapter 6 Beverly Moran, left, and Linda Rakett, right, an RSVP volunteer, with Army Veteran Vinca Williams. Moran and Rakett delivered Christmas gift bags to veterans in Midwest City's Emerald Care Center.

"We do whatever we can do to help," Rakett said. "We love helping our military and our veterans."

To learn more about Blue Star Mothers and volunteering with RSVP of Central Oklahoma, call Laura McPheeters at 405-605-3110 or email lmcpheeters@rsvpokc.org.

Since 1973, RSVP of Central

Oklahoma has helped senior adults continue to live with purpose and meaning by connecting them with rewarding community volunteer opportunities, including RSVP's Provide-A-Ride Senior Transportation Program. RSVP is a partner of Senior Corps and the United Way of Central Oklahoma. To learn more about becoming a

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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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