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# Going with the flow



Teisha Gallegly, APRN FNP-C, is helping patients get their lives back at Naadi Healthcare Vascular and Interventional Center.

by Bobby Anderson, RN, Staff Writer

Just 22 years old and Teisha Gallegly's first medical job started out as a medication assistant at an Oklahoma City assisted living.

"I had decided I wanted to change my major from psychology to nursing so I took a job as a medication aid to give this role a shot to see if I really liked it and I did," Gallegly said. "I fell in love with the elderly people I helped there and the rest is kind of history. Time has really flown by. That was 15 years ago."

Gallegly is now an advanced practice registered nurse at Naadi Healthcare Vascular and Interventional Center.

After that first MA experience the degrees kept coming. She earned her LPN then went to Rose State for her RN.

She put her husband through law school working as an RN for Life Share of Oklahoma. The semester he graduated she went back to finish her bachelor's through the University of Central Oklahoma.

Her advanced practice degree came

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## Oklahoma Sports & Orthopedics Institute joins SSM Health and Bone & Joint

*Providers will bring high-quality health care and increased convenience to Oklahoma orthopedic patients*

SSM Health Medical Group is pleased to welcome providers from Oklahoma Sports & Orthopedics Institute (OSOI) to SSM Health Bone & Joint clinic locations starting in 2020. Convenient locations, coupled with OSOI's long-standing commitment to provide exceptional health care services and SSM Health Bone & Joint Hospital at St. Anthony's tradition of world class orthopedic care, enable SSM Health to expand orthopedic offerings and continue a focus on patient success.

Orthopedic surgeons joining SSM Health Medical Group include Dr. Scott de la Garza, Dr. Timothy Geib, Dr. John Glomset, Dr. Jacob Haynes, Dr. Clayton Nelson and Dr. Corey Ponder. Dr. Seethal Madhavarapu will be joining the practice as a specialist in sports medicine. Stacy Brown, PA-C, Kristen Hodges, PA-C, Mark Johnson, PA-C, Tami Myers, PA-C and Robert "Chico" Rogers, PA-C are physician assistants who will also provide care for orthopedic patients as SSM Health Bone & Joint/OSOI providers.

"SSM Health Bone & Joint Hospital has been known as a national leader in orthopedic care for more than 90 years," said Tammy Powell, President, SSM Health St. Anthony Hospital and SSM Health Bone & Joint Hospital at St. Anthony. "An exceptional standard of care, plus offering locations closer to where central Oklahomans live

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## FLOW

Continued from Page 1

through the University of South Alabama. She's dual certified in family and adult geriatric care.

"I have always felt like nursing was my calling. I prayed for direction and I ended up in a career filled with empathy and compassion," she said. "I get to form unique bonds with patients and their families, and I get to empower people to take control of their health and lead healthier lives. It's a challenge every day but it is so rewarding."

After she graduated with her NP, a friend working at Naadi reached out and told her she would be a good fit working with Dr. C.V. Ramana.

One year later she loves what she does.

The majority of Naadi patients present with peripheral artery disease. Along with that comes a slew of comorbidities such as diabetes, hypertension and obesity.

"All of those things lend to peripheral artery disease and they can cause things like immobility, critical limb ischemia and sometimes amputation," she said. "It's really rewarding to be able to restore people's mobility and help them to get active again and back to a better standard of health."

Gallegly treats patients who have been dealing with wounds from a few months to a few years. Treating the wound from the inside out by restoring blood flow is the key component.

"Our clinic is one of a kind in the state of Oklahoma," she said. "They're popular in other states but in Oklahoma it's new and innovative and I'm excited to be a part of that."

Naadi specializes in peripheral vascular disease and venous insufficiency.

From pain in the calf while walking to non-healing wounds, Naadi works on getting people back to their former selves.

"Ultimately, the end goal is if somebody has a really bad wound we don't want them to lose their limb. We want to save their limb, save their life. People who have amputations have a very high mortality rate," said Shelby Dudley, a radiology technologist at Naadi.

Naadi Vascular and Interventional Center is the first outpatient center in Oklahoma City dedicated to vascular and interventional radiology.

Interventional radiology (also known as IR) is the minimally invasive, image-guided treatment of medical conditions that once required open surgery.

Breakthroughs in technology and imaging have created new treatment choices for patients. In this new era of medicine, there is no longer one "right way" to handle your condition.

Personalized medicine means doing the right thing for each individual patient. More than ever, it's imperative for you to know and understand all of the available options to treat your condition or disease. In many cases, there is a minimally invasive approach that could dramatically reduce your pain, risk and recovery time.

"That's something I hope we can make a change in the culture," Ramana said. "People see all of that as a normal part of growing old and kind of accept that and don't think there is anything they can do to impact that."

"One of the nice things about being in a facility like this is you get to see those patients over and over and you get to see how you've impacted their lives," Ramana said. "It's very rewarding."

Gallegly one day hopes to work towards independent practice.

But she's more than happy where she's at right now.

NAADI HEALTH is located at 1 NW 64th Street in Oklahoma City. Call (405)-608-8884 or visit [www.naadihealthcare.com](http://www.naadihealthcare.com). Find us on Facebook.







**JOINS**  
Continued from Page 1

and work, positions SSM Health Bone & Joint/OSOI as a great orthopedic health care option for patients.”

SSM Health Bone & Joint/OSOI will offer a wide range

of services including hip and knee replacement, spine surgery, pain management, sports medicine, worker’s compensation, arthroscopic procedures, foot and ankle surgery, hand surgery, robotic surgery and more.

“SSM Health in Oklahoma continues on a trajectory of growth,” said Dr. Kevin Lewis,

Regional President, SSM Health Medical Group in Oklahoma. “SSM Health and OSOI have been working together to serve patients for more than a decade, and we know this new approach will enhance our offerings and bring success to even more patients seeking orthopedic surgery solutions.”

SSM Health Bone & Joint/OSOI has locations throughout central Oklahoma, including midtown Oklahoma City, north Oklahoma City/Edmond, Midwest City, south Oklahoma City/Moore, Mustang and Shawnee. To learn more or to schedule an appointment at any location, call (405) 218-2530.



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# CAREERS IN NURSING

## MOVING FORWARD: ONE STEP AT A TIME - OK HEART HOSPITAL

by Vickie Jenkins - Writer/Photographer

Once a nurse, always a nurse, or so is the saying and also, the case with Karen Filippo, RN. Karen has been a nurse for over twenty years, working in several different hospitals over the years. Most of her time has been spent working in the NICU at Mercy. "I've worked in many different areas of the hospital," she said. "Now, I'm at Oklahoma Heart Hospital and have been here for almost two years. I work in Rehab, allowing the patients to get better after having heart problems. I've been a nurse for so long, I can't imagine doing anything else with my life," she said. "Nursing is definitely what I like doing."

What is the favorite part of your job? "I like being able to take care of all of the patients that come in here to do their exercise therapy. The patients are usually on a certain exercise program, coming in several

times a week. On an average, the patient is usually here for a total of three to four months; enough time to get to know the patients pretty well. Of course, all of us take care of all of our patients; when we schedule a patient, it doesn't mean that each individual will be seen by the same nurse. We have great teamwork here and take care of any one when help is need," Karen commented. "I love helping the patients achieve their goals. With a few encouraging words, that can help motivate the patients to get going and try a little harder," she said. "Of course, we all want the same thing, to know that we have played a small part in their lives."

Coming from a military family, (Air Force), Karen lived in many different places, all over, but moved here to Oklahoma in 1980. She attended OSU and UCO. "Oh, I've been in Oklahoma so long, I'm

definitely considered an Okie," she said with a laugh.

Karen is a great encourager when it comes to helping the patients with their exercising. "Some people think that all we do is watch the patients exercise as they do their work out. It's more than that; we monitor the patents the whole time they are exercising, taking their vitals and monitoring their heart. Of course, we are big on getting our patients healthy so we have a guide to tell them facts about eating healthy, along with certain diets. Each patient is different in their own way," Karen commented.

What advice would you give to someone going into the medical field? Karen replied, "I would tell them to do their best! Go into the field that they are interested in."

Karen's most rewarding part of her job is knowing that she has helped the patient get better. "It's

amazing when the patient comes in and they can barely walk and by the time they leave, they can walk out of here without any help. I think the best part is when the patients come and go, on their own." What qualities do you think make a good nurse? "I think one of the most important qualities that a nurse can have is a positive attitude. I know that when I am a patient, that is one of the first things that I notice about the nurse taking care of me. Being compassionate and being friendly to everyone is inviting to the patient. If the patient is treated with respect and consideration, they will treat others the same way. I also think that if a nurse starts their day with a big smile for their patients, things are going to run smoother that day," Karen answered.

Asking Karen if anyone


See FLIPPO Page 5

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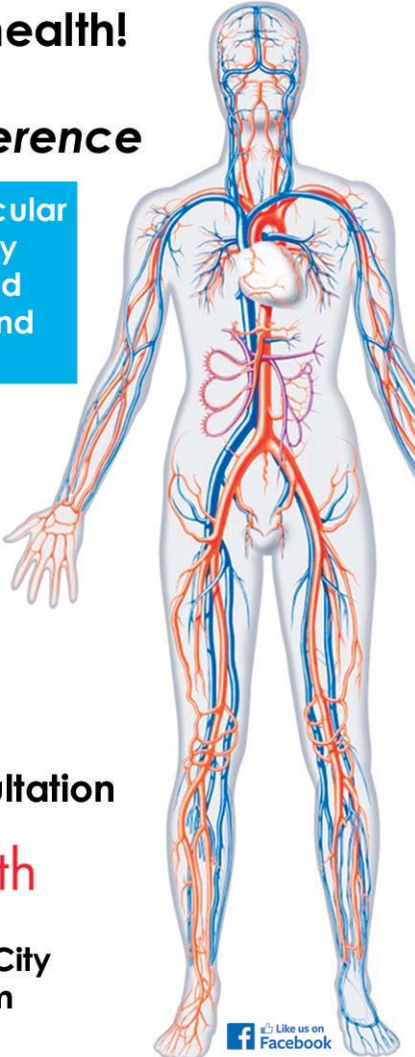
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A nurse for over twenty years, Karen Filippo, RN works at the Oklahoma Heart Hospital in Rehab. She enjoys helping the patients achieve their goals.

## FLIPPO

Continued from Page 4

influenced her to be a nurse, she said it was something that she wanted to do. All of her brothers and sisters are married and all of them are in the medical field. "None of them live here in Oklahoma but we are definitely a medical family," she said. "It just seemed to happen that way."

"My husband and I have been

married for forty years," Karen announced with a bit of enthusiasm. "We love to go hunting together," she added. "We hunt deer and turkey and take advantage of the hunting season. We have a big trailer so we usually take that on our hunting adventures," she said. "We consider that our mini-vacations. We love the outdoors," she added. When I asked Karen to describe her life in one word, she replied, "ENJOYABLE."

# Registration Underway for Faith Community Nurses' Conference

The 13th Annual Faith Community Nurses' Association Conference title is "Healing Through the Arts: A Collage." The conference will educate the Faith Community Nurse and church leaders to identify the various art forms for spiritual healing including sculpture, images, labyrinth, and

meditative movement and then to determine a spiritual practice for personal use.

The message of Isaiah 40:31, "But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint" sets the stage for reflecting and healing. This conference will provide resources, contacts and information needed to assist congregants during times of loss and grief and the opportunity for participants to network and to build relationships with nurses and health ministers interested in Faith Community Nursing.

Registration for the one-day FCNA OK Member \$60 for payments received before 2/7/2020. Non FCNA OK Member \$90



for payments received before 2/7/2020. Clergy \$65 for payments received before 2/7/2020. Call or check online for rates after 2/7/20. FCNA OK is approved as a provider of continuing nursing education by the Kansas State Board of Nursing. This course is approved for 8 contact hours applicable for APRN, RN, LPN, or LMHT relicensure. Kansas State Board of Nursing provider number LT0298-0316, KAR 60-7-107 (b)(3)(C).

For registration and brochure, see the FCNA website, downloads page: [www.fcnaok.org](http://www.fcnaok.org) or register online through Survey Monkey: <https://www.surveymonkey.com/r/2LWSM2P> and pay by <https://www.PayPal.me/FCNAOK> or contact [fcnaok@gmail.com](mailto:fcnaok@gmail.com).



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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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# Local Business Wins National Awards

*Laura Lynn's Home Care Named as Provider and Employer of Choice*



Laura Lynn's Home Care announced today that it has received both the 2019 Best of Home Care® – Provider of Choice and Employer of Choice Awards from Home Care Pulse. These awards are granted only to the top-ranking home care providers, based on client and caregiver satisfaction scores gathered by Home Care Pulse.

Laura Lynn's Home Care is now ranked among a small handful of home care providers across the country who have proven their ability to provide an exceptional working experience to employees and the highest quality care to clients.

"We want to congratulate Laura Lynn's Home Care on receiving both the Best of Home Care – Provider of Choice Award and the Best of Home Care – Employer of Choice Award," says Erik Madsen, CEO of Home Care Pulse.

"Since these awards are based on real, unfiltered feedback from clients and caregivers, Laura Lynn's Home Care has proven their dedication to providing a great work environment and solid training to employees, while maintaining their focus on client satisfaction. We are pleased to recognize their dedication to quality professionalism and expertise in home care."

Best of Home Care providers have contracted with Home Care

Pulse to gather feedback from their clients and caregivers via live phone interviews each month. Because Home Care Pulse is an independent company, it is able to collect honest and unbiased feedback.

"These awards confirm what we have always believed. Our team of caregivers is the absolute best you can get. We're so proud of their hard work, their compassion and the care they provide to the families we serve," says Laura Hicks, CEO and founder of Laura Lynn's Home Care.

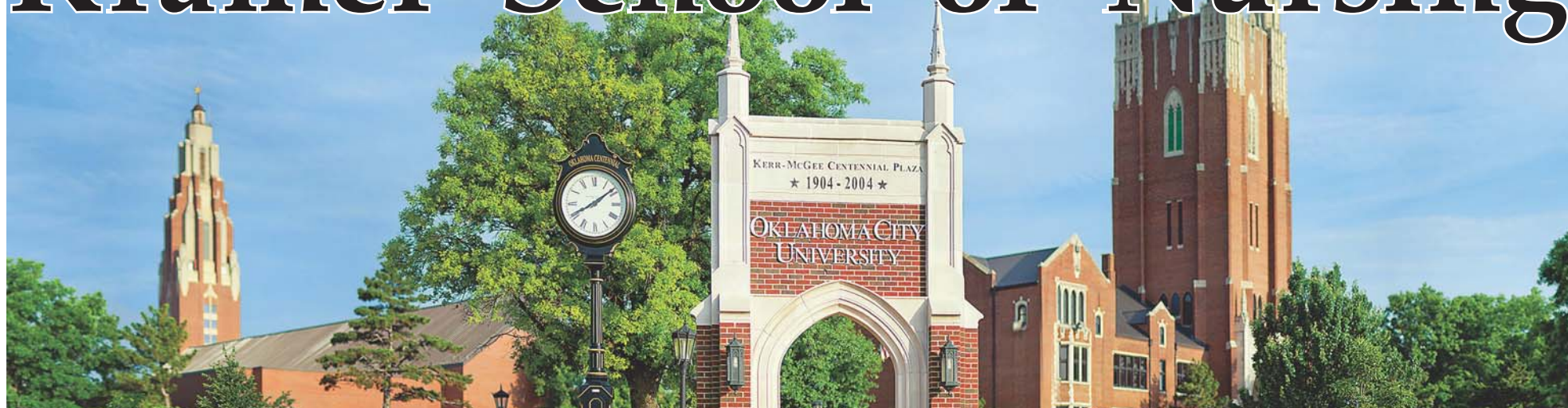
"Our goal at Home Care Pulse is to empower home care businesses to deliver the best home care possible," says Erik Madsen, CEO of Home Care Pulse. "We are happy to recognize Laura Lynn's Home Care as a Best of Home Care award-winning provider and celebrate their accomplishments."

Established in 2002 by Laura Lynn Hicks, Laura Lynn's Home Care is a licensed home care agency and has become Oklahoma's premier provider of private-duty services. Laura Lynn's Home Care provides in-home assistance delivered by a team of Certified Home Health Aides. Laura Lynn's Home Care clients are able to remain in the comfort of their homes, while receiving long-term care or post-operative assistance.



(AS PUBLISHED IN THE 2019 EDUCATION GUIDE TO NURSING)

# Kramer School of Nursing



## Professional Advancement with Competitive Price, Substantial Scholarships, and Student Support

**Oklahoma City University's Kramer School of Nursing (KSN) has announced exciting opportunities to help you become a nurse or advance your nursing skills.**

### **RN-BSN: Competitive Price, Complete in Two Semesters**

KSN offers an outstanding RN-BSN program in which RNs can complete their BSN in just two semesters, and for the lowest cost of any degree program the university offers. Classes meet one day per week for four hours. No course prerequisites, nursing exams, care plans, or clinical hours are required. Denise Burton, chair of the RN-BSN program, has particularly reached out to those who attended schools which did not have nursing accreditation, stating "We accept students' RN licenses regardless of whether they graduated from an accredited institution or not." Burton further noted that many of our students go on to earn advanced degrees. RN-BSN classes meet at the OKCU campus, at Mercy Hospital OKC, and at Norman Regional Hospital.

### **BSN and MSN: Nearly \$500,000 in Scholarships for New Students**

KSN recently received a gift creating "The Kramer Way" scholarship which will provide \$400,000 for ten new Bachelor of Science in Nursing (BSN) students and \$90,000 for six new Master of Science in Nursing (MSN) students over a two-year period starting in fall 2019. The scholarship is named for the school's commitment to its core values of caring, kindness, and respect.

In addition to helping students earn their first degree, the school's BSN program also allows those who have a degree in another field to earn a BSN in just 18 months. "The scholarship is critical because many candidates exhaust their financial assistance while earning their first degree but this will allow them the financial ability to become a nurse," said Dr. Lois Salmeron, dean of the Kramer School of Nursing.

Salmeron also indicated that few scholarships are available for graduate study, further making this opportunity unique. The school's MSN program offers tracks in nursing education or leadership and features distance learning as well as a low-residency model which enables nurses living in communities outside of Oklahoma City to successfully complete their degree.

### **DNP: Student Support Eases Clinical Placement for FNP and AGACNP Students**

KSN offers a Doctor of Nursing Practice (DNP) program with two tracks, Family Nurse Practitioner (FNP) and Adult Gerontology Acute Care Nurse Practitioner (AGACNP), which can be completed with part-time study over four years. The school also offers certificate programs in each track. Additionally, the school has added a clinical liaison who manages clinical placement for the students.

Dr. Gina Crawford, chair of DNP programs, noted that while online schools have proliferated in recent years, attending a classroom environment allows students to experience individual interaction, hands-on skills

workshops, and greater support from classmates, faculty, and staff. "The faculty get to know students' strengths and weaknesses, and can evaluate their competency. Those in the AGACNP program are well prepared for management of acute, critical, and emergency care; while those in the FNP program are ready for primary care."

Gabrielle Stuehm, a current FNP student added that "the OKCU Kramer School of Nursing FNP program has been such a wonderful experience for me. I believe that having weekly hands-on experience in class has put me at a great advantage in my post graduate education. The faculty has always been available to me when I need further understanding; additionally, the faculty wants us to succeed and do well in the FNP program. I am so grateful that I have been able to continue my education at OKCU."

*Information about Kramer School of Nursing academic programs, continuing education events, and campus facilities can be found by visiting [www.okcu.edu/nursing](http://www.okcu.edu/nursing) or calling (405) 208-5900.*



# SOONER SUCCESS PROGRAM HONORED BY GUBERNATORIAL PROCLAMATION





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Sooner SUCCESS recently received recognition for its comprehensive efforts to support children with special needs and their families. In a proclamation made by Governor Kevin Stitt, Nov. 30 was declared "Sooner SUCCESS Day" in the state of Oklahoma.

Sooner SUCCESS is a statewide program under the University of Oklahoma College of Medicine Department of Pediatrics' Child Study Center. It was established in 2002, to help make services more widely known and accessible to families of children with special healthcare needs. The needs may be behavioral, developmental and/or medically related. Often, the needs are multiple or overlapping, making coordination of services potentially more complex.

"For 17 years, Sooner SUCCESS has helped families navigate their way through a maze of sometimes disparate agencies and organizations," said Aietah Stephens, executive director of the program. "We implement

community programming that meets the unique needs of families that have a child or loved one with special healthcare needs. We actively work on community coalitions to increase awareness of needs and strive to create more inclusive communities."

According to a national survey conducted in 2009-2010, Oklahoma has a higher percentage of children with special healthcare needs - 17.6%, as compared to 15.1% nationally. Sooner SUCCESS provides one-on-one assistance to help families secure appropriate support resources for their children with special needs.

One area in which Sooner SUCCESS has seen excellent results is its commitment to connect caregivers to respite care services, identified as a top need of caregivers. A caregiver is an individual who may have full-time or nearly full-time responsibility caring for another person. Without some form of respite resource, caregivers compromise their own mental and physical well-being.

See PROCLAMATION next page



# NURSE TALK

*I love Christmas; all of the lights and going to church with my family.*



Kerry Brinkley, LPN

*My husband and I go deer hunting and turkey hunting.*



Karen Filippo, RN

*What is your favorite thing about winter?*



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*I like breathing in the cool, clean air and having a break from the heat.*



Kent Graber, RN

*My favorite thing about the winter is the holidays that fill this time of year, being around family and drinking hot chocolate.*



Marie Verdugo,  
Exercise Specialist

## PROCLAMATION

Continued from Page 10

In partnership with Oklahoma Aging Services Division, Sooner SUCCESS implements the Lifespan Respite Voucher Program.

"Respite is a vital resource caregivers can access for much-needed breaks," Stephens explained. "We work in tandem with other statewide respite voucher programs to connect caregivers to appropriate resources."

In addition, Sooner SUCCESS works with community partners, including churches and other faith-based organizations, to implement community respite programs.

The vision of Sooner SUCCESS is to create more cohesive coordination of supports and resources so that missed opportunities are minimized, or ideally, eliminated. Sooner SUCCESS recognizes the importance of the family as a whole, including the loved one

with special healthcare needs, their caregivers, siblings and extended family members.

Stephens said, "We seek to make Sooner SUCCESS a resource to other agencies and organizations for service navigation. Families of children with special needs face diverse situations. In an area where resources are so desperately needed, it makes sense to use those resources as efficiently and effectively as possible, eliminating duplication of effort and ensuring that families are better supported." Learn more about Sooner SUCCESS [www.soonersuccess.ouhsc.edu](http://www.soonersuccess.ouhsc.edu).

Founded in 1910, the University of Oklahoma College of Medicine trains the next generation of healthcare professionals. With campuses in Oklahoma City and Tulsa, the College of Medicine offers the state's only Doctor of Medicine degree program and a nationally competitive Physician Assistant program. For more information, visit [oumedicine.com/collegeofmedicine](http://oumedicine.com/collegeofmedicine).



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# HEALTH

## What is Metabolic Syndrome?

by Dr. C.V Ramana

Metabolic syndrome is a combination of risk factors that increase the likelihood of developing heart disease, diabetes, and stroke. These risk factors include high blood pressure, high blood sugar levels, excess body fat (particularly around the waist), high triglyceride levels and low levels of good cholesterol. Having only one of these risk factors does not mean that you have metabolic syndrome, however, having one will increase the possibility of developing cardiovascular disease. Having three or more will likely result in a diagnosis of metabolic syndrome. The two critical risk factors for diagnosing metabolic syndrome is excess central body fat and insulin resistance.

The American Heart Association reports that approximately 25 percent of the American population

has metabolic syndrome. To diagnose metabolic syndrome your primary care provider will perform tests to look for signs of the disorder. These tests may include a baseline blood pressure measurement, waist circumference measurement, a fasting lipid panel, and a fasting glucose level. Complications of metabolic syndrome include hardening of the arteries, peripheral artery disease, cardiovascular disease, diabetes, heart attack, kidney disease and stroke.

If you think you are at risk for metabolic syndrome, see your primary care provider for an examination and screening. Metabolic syndrome is treatable and the poor outcomes related to living with the disorder for many years are avoidable. Your primary care provider can provide support



and encouragement for decreasing your overall body fat by making lifestyle changes. He or she can prescribe medications to reduce high blood pressure, high blood sugar and even high cholesterol. Preventing poor outcomes from metabolic syndrome is certainly possible. Establishing a primary care provider and having regular check ups is the first step in taking control of your health and leading a healthier lifestyle.

You are also welcome to call our Vascular Center to schedule a prompt and free consultation. You can contact us at 405-608-8884. We are a specialized center staffed with highly experienced professionals, including a Vascular/Interventional physician, dedicated to treating vascular disease on an outpatient basis using the latest proven technology to combat this epidemic.

*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.*

Visit Naadi Health at 1 NW 64th Street in Oklahoma City or call (405)-608-8884. [www.naadihealthcare.com](http://www.naadihealthcare.com)

## FROM OUR FRIENDS ON FACEBOOK

### Norman Regional Health System named one of America's Best Hospitals



We are pleased to announce that we have been named one of America's Best Hospitals for bariatric surgery, heart care, orthopedics and stroke care by the Women's Choice Awards. The awards are based on female patient satisfaction and clinical excellence. The recognition signifies that Norman Regional is in the top 10% of hospitals reviewed.

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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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