

**Oh Baby,
Welcome
to 2020!**



Patricia Stookey, BSN, RN is an exceptional nurse at Mercy Hospital. Working in labor and delivery, she continues to welcome babies into the world.

by Vickie Jenkins, Staff Writer

At the stroke of midnight, the year 2020 arrived! Some people celebrated by getting together with friends, going downtown and watching the ball drop, bringing in the new year. Others spent their time at Mercy Hospital, in labor and delivery, welcoming their new baby into the world.

In labor and delivery, there are new nurses and then there are some nurses that have been at Mercy Hospital for quite a few

years. One exceptional nurse is Patricia Stookey, BSN, RN and she has been a nurse in labor and delivery for thirty years. She loves her job of welcoming sweet, little babies into the world and she can't imagine doing anything else!

Being so experienced in this unit, Patricia wears many hats in the labor and delivery unit. "In 1990, I was working in a different hospital. That was also the year that my first child was born. I came here

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Nurses #1 in Gallup's 2019 Most Honest and Ethical Professions Poll



ANA President Ernest Grant, PhD, RN, FAAN

The American Nurses Association (ANA), which represents the interests of the nation's 4 million registered nurses, congratulates nurses for maintaining the #1 spot in Gallup's annual Most Honest and Ethical Professions Poll for the 18th consecutive year. The American public rated nurses the highest among a host of professionals, including medical doctors, dentists and pharmacists. Nurses taking the top spot in Gallup's most recent poll comes as ANA celebrates the "Year of the Nurse" in 2020, which was designated by the World Health Organization (WHO) in honor of the 200th birth anniversary of Florence Nightingale.

"I am extremely proud that nurses everywhere have been bestowed this wonderful accolade by the people whose lives they touch every day. The fact that

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BABY

Continued from Page 1

to Mercy for my delivery. That was when I realized how much I loved Mercy Hospital and the next thing I knew, I was working here! I love my job and I knew ever since I was a little girl, I wanted to be a nurse. As I got older, I knew that the labor and delivery Unit was the place for me. There is something special about helping a little baby enter this world," she said. "Working here at Mercy is wonderful. Many of the nurses have been here for quite a while and it really is like we are family. We support each other. That is why I have been here so long. This feels like my second home."

"Working as a nurse in labor and delivery, I do a little bit of everything, "I work in triage, am a back-up charge nurse, help moms in labor, post-partum and help in the nursery. On Sundays, we have tours of the labor and delivery unit and I answer any questions that come up about from the about-to-be-new-parents. Yes, I am even the tour guide!" she said with a laugh. "I like it all! The new parents are welcome to come here and ask any questions they might have. It's not unusual to see the women on the tour, and then see them again in a few weeks, as a new patient. I feel like I really bond with them at that point from then on."

"When I work in triage, I feel like I am like a gatekeeper and I tell them when and where to go next," she added. "That is probably my biggest challenge. When I bond with the patient so much, I want to give them that one-on-one time and I can't let them go," she said with a laugh.

"My favorite part of my job is when I help with the natural child births. The natural childbirths

seem to give the women a sense of empowerment. I enjoy helping the women achieve that goal of going natural," Patricia commented.

"When I started working here in 1990, there were about one hundred fifty babies born here at Mercy. In 2019, there were about three hundred babies born. It always amazes me how the mother remembers the nurse that helped her while she was in labor. Of course, I'm sure that is a mom thing! Nurses have such an impact on our new moms."

Not only is Patricia an excellent nurse but she also spends some of her time teaching 'OB and Pediatrics' at Southern Nazarene University. She also taught at Southwestern, spending a total of eight years teaching others about labor and delivery.

As if Patricia didn't have enough to do at work, she is a very outgoing, adventurous person. "Oh, I am definitely a people-person, she said. "I'm a real talker too and I can say, I'm just like the rest of my family, I never met a stranger," she added. "Can you believe I used to be shy?" she asked.

Patricia is married to her wonderful husband Don. "In fact, we just celebrated our thirty third anniversary," she said with excitement! They have three children; one daughter, who is an artist; into print making and creative writing, another daughter who is a nurse, working in the step-down unit here at Mercy, and a son that is an artist; painting several murals throughout OKC. Patricia's hobbies include, being a master gardener, scuba-diving, traveling, snow-skiing, running and triathlons.

Asking Patricia to sum up her life in a few words, she replied, "People Person."



Mercy

POLL

Continued from Page 1

nurses have been consistently voted the most honest and ethical professionals is a testament to the public's trust. We'll work hard to keep their good faith throughout 2020 and beyond. I couldn't think of a better way to enter into the "Year of the Nurse," said ANA President Ernest Grant, PHD, RN, FAAN.

According to the poll, 85% of Americans rated nurses' honesty and ethical standards as "very high" or "high." The second highest-rated professionals, engineers, were rated 19 percentage points behind nursing.

"Gallup announcing nurses as the most trusted profession is not only another reason to celebrate nurses during the "Year of the Nurse," but also an opportunity to shine a light on this noble profession. This milestone

celebration offers a platform to raise the visibility of nurses and increase the capacity of the nursing workforce. Nurses occupy many roles in our society and are on the front lines when it comes to immunizations, natural disaster preparedness, shaping health policy, and advocacy," said Grant. "For this reason, nurses are critical in improving the landscape of health and health care because an effective health care system is one that values all nurses."

"ANA will promote inclusivity and wide engagement of all nurses throughout "Year of the Nurse." This includes expanding National Nurses Week to a month-long celebration to elevate and celebrate the profession with all nurses and the public. Here's to the "Year of the Nurse."

View Poll here:
<https://news.gallup.com/poll/274673/nurses-continue-rate-highest-honesty-ethics.aspx>



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CAREERS IN NURSING

BEING A NURSE... AND ALL THAT JAZZ! - OKC INDIAN CLINIC

by Vickie Jenkins - Writer/Photographer

The Oklahoma City Indian Clinic was established in 1974 and is a nonprofit organization that provides a wide variety of behavioral health related services primarily for Native Americans.

Among the nurses, one particular nurse that gives her all is Brandi Nicolle, RN. I suppose you could say that Brandi has a certain step about her; that's because Brandi is a dancer and has been ever since she could remember. "My mom owned a dance studio so I grew up in the dancing world. I was a dance major in college and before long I was teaching dance! I taught tap, ballet, lyrical and jazz yet, the dancing wasn't making it for me. That is when I needed to find another job with a little more financial security so I could provide for my daughter and myself. One day, I decided to go into nursing. It was something that just came to

be out of the blue! At the time, I couldn't even stand the sight of blood," she laughed. "In fact, my mom couldn't believe I wanted to be a nurse. That was eighteen and a half years ago. Now, I know that nursing was definitely my calling" she explained.

Brandi works full time, four ten-hour day shifts. "I work for Dr. Kaly, an endocrinologist in the new OKC Indian Clinic Metabolic Center across the parking lot. I'm his nurse and we see about ten to twelve patients a day. A typical day for Brandi consists of seeing the patients, putting orders in for the doctor, scheduling consults for the doctor, along with answering phone calls. "It keeps me pretty busy throughout the day but I enjoy my job," she said.

Working in home health, long-term and skilled care within the last four years, Brandi decided that

she wanted to try working in new place; something different and new. "I had never worked in a clinical setting so I thought I might like to try it. That is why I came to the Indian Clinic," she commented. "I love it here."

Brandi's motivation comes from her patients. "When I see the look of relief on the patient's face that is all the reward I need. The patients seem to relate to me very well and I can tell when they feel comfortable and begin to open up. That is when the conversation gets into a little more depth and we find out they have several problems to discuss."

"I like getting to know the patients, making sure they are taken care of in the best way possible," she said. "I get the biggest reward from seeing my patients being cared for. I think it is the expression on the patient's face; a smile and the

kindness in their voice. What a relief it is to see the patients smile and the look that says everything; I'm going to be okay," Brandi said.

Asking Brandi what qualities make a good nurse, she replied, "I think the first thing a nurse needs to have is empathy and plenty of compassion. A nurse needs to also be a critical care thinker and be willing to take care of matters when needed. Last but not least, I think they need to be driven. I guess that applies to just about anything," she said. Brandi, what is your best quality here at work? "I think my best quality is empathy," she answered.

"I enjoy working in the Metabolic Center, here at the Indian Clinic because I feel like it is a very gratifying job. Before I started working her, my children were patients here so I feel like I can

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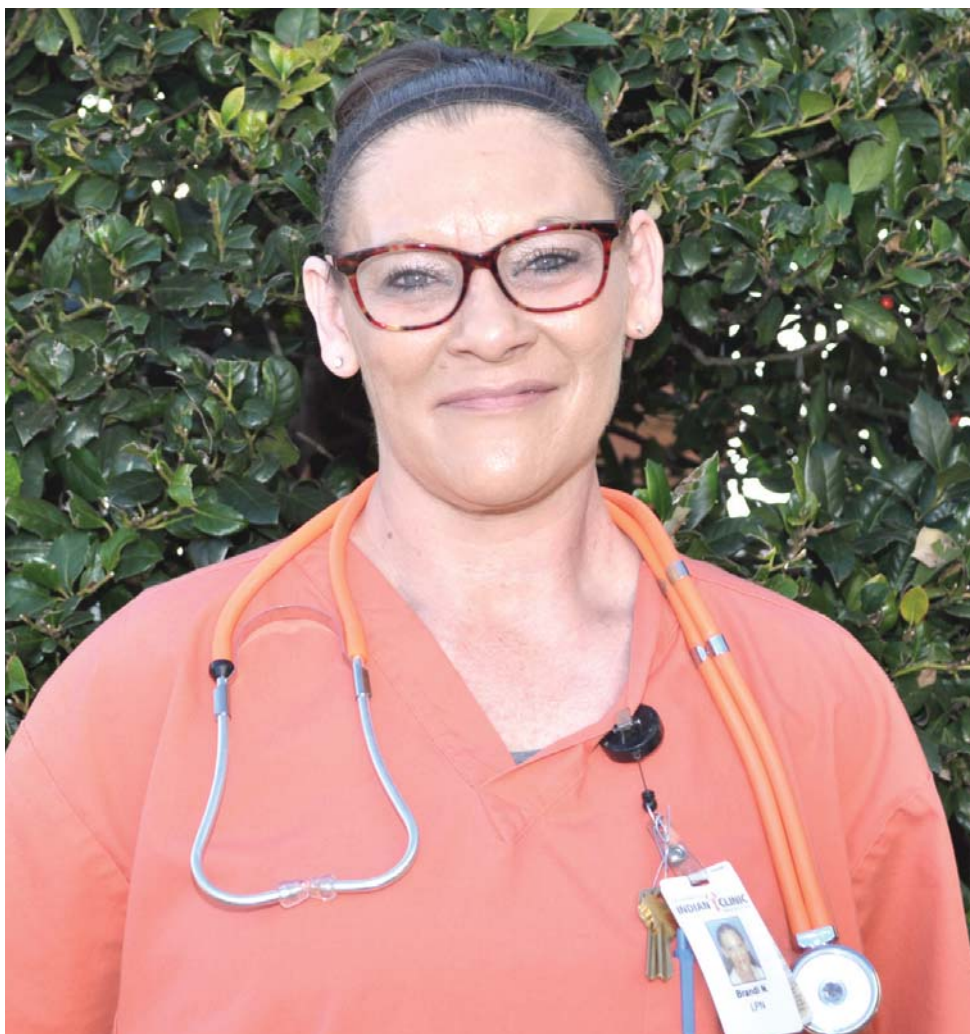
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Brandi Nicolle, RN works for Dr. Kaly, endocrinologist at the Oklahoma City Indian Clinic in the Metabolic Center which opened in December 2019.

NICOLLE

Continued from Page 4

relate to them in the same way. I know how important it feels to make sure your kids are cared for and now, I'm a part of that."

Brandi has four children; One son, thirteen years old, and three daughters, fourteen, nineteen and twenty-one. Their four-legged friend is their German shepherd, Athena, the name meaning goddess of wisdom. Brandi's hobbies include,

spending time with husband and kids, watching movies and making sure she has a few childless date nights with her husband when they get the chance. "My mom goes to different day cares and teaches the little kids all about dancing. As far as my dancing goes? I still enjoy tap, ballet, lyrical and jazz," she commented. "I will always be a nurse and a dancer."

Asking Brandi to sum up her life in one word, she replied, "That would be FULFILLING."

ACS, Stephenson Cancer Center present statewide summit on HPV

The human papillomavirus, or HPV, is almost as common as the cold virus, according to the American Cancer Society. In fact, about 79 million people are currently infected with HPV in the United States, and about 14 million in the US get a new HPV infection each year. HPV is the leading cause of cervical cancer and can lead to head and neck cancer, and it affects both women and men.

Now the American Cancer Society of Oklahoma, in partnership with Stephenson Cancer Center, is launching its first-ever statewide HPV Summit. It will be held Friday, January 24th from 9 a.m. until 4 p.m. at Samis Education Center, 1200 Children's Avenue in Oklahoma City.

"Our goal is to increase the HPV vaccination rate to 80 percent in the next few years," said Lindsey Diel, Health Systems Manager for ACSOK. "Currently, only 38 percent of our adolescents in Oklahoma have the completed the HPV vaccine series. So, we have some work to do."

The summit features expert speakers who will educate and inspire those who play an influential role in HPV vaccination. It is intended for pediatric and primary care physicians, public health nurses, as well as other health care professionals and school-based health stakeholders.

"At ACS, we are attacking cancer from every angle, and HPV vaccination is cancer prevention," Diel said. "It is important we get this message out and educate the public that an HPV vaccination at an early age is likely the best defense at preventing cancer."

Partners include Stephenson Cancer Center, Integris, Mercy and Oklahoma City Indian Clinic. Register at <https://charity.gofundme.com/o/en/campaign/first-annual-oklahoma-hpv-summit>



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Oklahoma's Nursing Times

OMRF scientists study effects of drug on MS-induced vision loss

Scientists at the Oklahoma Medical Research Foundation are investigating how an FDA-approved multiple sclerosis drug affects one of the most common symptoms of the disease: vision loss.

MS is a complex autoimmune disease where the body's immune system attacks its own healthy tissues. The disease attacks myelin, the protective layer that covers nerves throughout the body. Myelin loss damages the nervous system's ability to carry signals to and from the brain, causing a wide range of symptoms.

At some point, more than 50 percent of all MS patients will experience optic neuritis, which occurs when the myelin protecting the optic nerve is stripped away, resulting in temporary blindness.

"MS flares cause worsening of this vision loss, but when the flares resolve, the vision usually comes back," said OMRF scientist Scott

Plafker, Ph.D., who led the study. "In some cases, though, repeated flares lead to permanent vision loss. We need to come up with strategies to prevent this."

In the search for better ways to treat, or even potentially thwart, optic neuritis, Plafker and a team of researchers looked at a drug called dimethyl fumarate, or DMF, which was approved for treatment of MS in 2013.

"DMF is one of many compounds approved for MS treatment, but there had never been reports of whether this compound worked—in mice or human patients—for resolving optic neuritis," said Plafker. "We decided to take on that project."

His lab revealed that DMF had more positive effects on reducing motor deficits in mouse models but only modestly lessened the severity of optic neuritis.

To better understand how



Oklahoma Medical Research Foundation scientist Scott Plafker, Ph.D.

DMF works in humans, Plafker teamed up with physicians in OMRF's Multiple Sclerosis Center of Excellence in a retrospective chart analysis of MS patients using DMF.

"We looked exclusively at patients who never got off the medication to get a better grasp of how it impacted optic neuritis," he said. "Of the 52 patients we studied, only two ever had a single episode of optic neuritis while taking DMF. That is an incredibly exciting aspect of this study."

Plafker said DMF appears to be stopping the recurrence of optic neuritis in these patients, which could potentially help prevent the pain and blindness that occurs with flares, but it may also stop long-term damage or permanent

blindness.

"This is potentially very important clinically, because a patient and a doctor would want this kind of information when coming up with a strategy to combat patient-specific MS," he said.

Other OMRF researchers who contributed to the findings were Katarzyna Zyla, Chelsea Larabee, Constantin Georgescu, Ph.D., Chelsea Berkley, M.D., and Tania Reyna, M.D.

The work was supported by funding from the National Eye Institute, a part of the National Institutes of Health, as well as the Oklahoma Center for the Advancement of Science and Technology (OCAST) and the Presbyterian Health Foundation.

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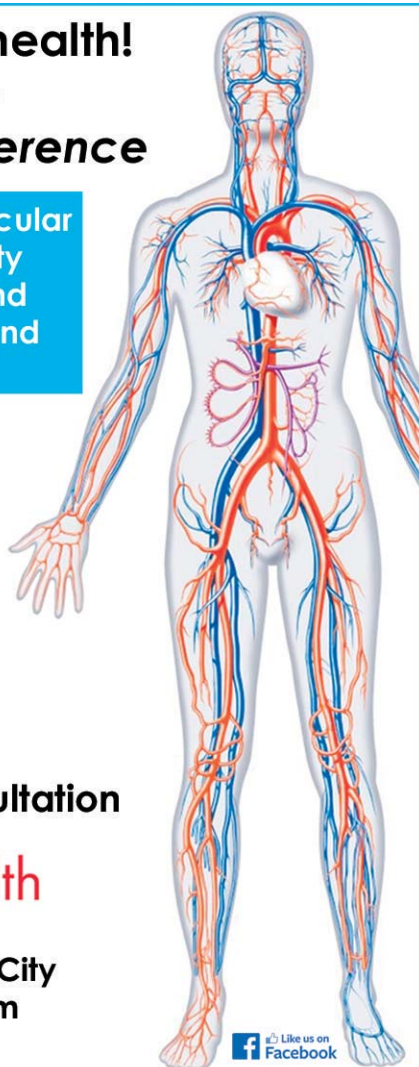
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(AS PUBLISHED IN THE 2019 EDUCATION GUIDE TO NURSING)

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SSM Health St. Anthony Honors Orthopedic Nurse with annual Excellence in Nursing Award

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. "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."

Nurses follow a code of ethics which requires them to promote health, to prevent illness, to restore health and to alleviate suffering. 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.

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 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.



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NURSE TALK



I have always liked reading from Bedtime for Teddies.



Patricia Stookey, RN

One of my favorites is singing Jesus Loves Me.



Lyndsey Plumlee, RN

What is your favorite lullaby or bedtime story for a child?

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Little Blue Truck and You are my Sunshine were favorites with my boys.



Lauren Dixon, RN

My favorite song to sing is You are my Sunshine.



Lisa Decker, RN

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THE CHILDREN'S HOSPITAL AT OU MEDICINE RECEIVES INTERNATIONAL BABY-FRIENDLY DESIGNATION

The Children's Hospital at OU Medicine recently received notification of its designation as a Baby-Friendly Hospital. The prestigious international designation was formally announced December 4, following completion of the rigorous review process conducted by Baby-Friendly USA, the organization responsible for bestowing certification in the United States.

The Children's Hospital joins more than 20,000 Baby-Friendly hospitals and birth centers throughout the world, 595 of which are in the U.S. These facilities provide an environment that supports breastfeeding while respecting each woman's right to make the best decision for herself and her family. As a Baby-Friendly Hospital, The Children's Hospital is dedicated to providing the most accurate and comprehensive information regarding feeding, nutrition and family bonding.

"This designation reflects the commitment of our facility and staff to ensure each woman who delivers here receives all the tools needed - resources, information and support - to give her baby the best start in life," said Jon Hayes, president, The Children's Hospital. "It is further affirmation of our relentless pursuit of quality and excellence across our organization. We strive to make every patient visit a positive experience, and we understand how that experience can influence successful breastfeeding."

In achieving this honor, The Children's Hospital demonstrates

adherence to the highest standards of care for breastfeeding mothers and their babies. These standards are built on the Ten Steps to Successful Breastfeeding, a set of evidence-based practices recommended by the World Health Organization and the United Nations International Children's Emergency Fund for optimal infant feeding support in the critically important first days of a newborn's life. "Our journey toward Baby-Friendly Designation has been several years in the making. It has required great effort from a committed team throughout a rigorous process to achieve this prestigious distinction," said Tena Fry, DNP, RN, WHNP-BC, IBCLC, CNE, The Children's Hospital Women's and Newborn Center. "While we take great pride in this recognition, it's important to note that Baby-Friendly Designation is not a destination, but a beginning point, which guides ongoing quality improvement measures to promote optimal nutrition for infant growth and healthy futures."

The positive health effects of breastfeeding are well documented and widely recognized by international health authorities. Chief among the benefits associated with breastfeeding is the boost to an infant's immune system that affords a level of protection against illnesses and disease in both mother and baby.

As the accrediting body and national authority for the Baby-Friendly Hospital Initiative (BFHI) in the United States, Baby-Friendly



USA is responsible for upholding the highest standards in infant feeding care by coordinating and conducting all activities necessary to confer the prestigious Baby-Friendly designation and ensure the widespread adoption of the BFHI in the U.S.

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