



The Best of Both Worlds



At Jones Plastic Surgery Center, you will find Lori Podany, RN who is full of compassion, supporting the patient in every situation.

by Vickie Jenkins, Staff Writer

At Jones Plastic Surgery Center, their mission is to provide natural-looking results that meet the patients' aesthetic goals, exceeding their expectations. The different kinds of surgeries done here are: breast augmentations, breast reductions, tummy tucks, cellulite treatments, liposuction, injectable treatments, dermal fillers, chemical peels and cool sculpting.

Among the excellent staff, you will find Lori Podany, RN who is the nurse for Dr. Justin Jones. She dedicates her time and knowledge to each patient and provides the utmost care before, during and after surgery. She has a passion for helping patients achieve their aesthetic goals.

Lori explained why she is a nurse and why she enjoys working at Jones Plastic

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NRHS receives four 2020 Women's Choice Awards



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Norman Regional Health System has been named one of America's Best Hospitals for bariatric surgery, heart care, orthopedics and stroke care by the Women's Choice Award. The awards are based on robust criteria that consider female patient satisfaction and clinical excellence. The award signifies that Norman Regional Health System is in the top 10% of hospitals reviewed.

"These awards reflect our healers' unwavering commitment to serving our community as the leader in health and wellness care," said Norman Regional Health System President and CEO Richie Splitt. "The reason we focus on these areas is clear; heart disease is the No. 1 killer of American women, 60% of joint replacement surgeries are performed on women, nearly 60% of stroke deaths are in women and bariatric surgery greatly reduces the chance a woman will die of diabetes and heart disease. We are pleased that our efforts in these areas have been recognized with a Women's Choice Award."

Norman Regional Health System achieved the America's Best distinction for Bariatric Surgery by meeting the following criteria:

- Accreditation by the American College of Surgeons and the American Society for Metabolic and Bariatric Surgery joint-sponsored Metabolic and Bariatric Surgery Accreditation and

See AWARDS Page 3



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PODANY

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Surgery Center. "I feel like we all have our strengths and weaknesses and callings that God has given us. I chose nursing because of so many aspects, no matter which road it entails. It all adds up to being compassion and wanting to serve others and being supportive," she explained.

"I was always drawn to the OR and that was where I started; at a surgical hospital in Oklahoma City twenty years ago. I worked there for ten years. This whole time, I was growing and finding new avenues. My next job was at McBride Orthopedic Hospital. I also worked part time with some doctors working with aesthetics. After a few years, I started my own business, doing micro pigmentations, fillers and Botox injections. Eight years later, I came here and just recently, I ventured out, doing the permanent make-up and Botox injections here. I feel like I have the best of both worlds; Surgeries in the OR and aesthetics. I feel like aesthetics is more of an art sculpting," Lori said.

Lori grew up in Oklahoma City, OK. When she was little, her desire was to be a teacher. "I remember how my best friend and I would set up classrooms, complete with chalkboards and school books. We just knew the two of us would be teachers," she said with a laugh. "I guess that changed when I graduated," she added.

Lori possesses all of the qualities that make up an excellent nurse. She has love, compassion, patience and is very supportive of others. "I have to be supportive when I work in this area," she said. "Coming in for surgery is such a big step for some people. They are uneasy and wondering if they are doing the right thing. That is when I am the counselor, giving them reassurance. Sometimes, they just need a boost in their confidence. This field is full of mixed emotions from the patient. I want to be that nurse that is helping them move along. I am

also a people-pleaser and I want to make sure everything is done the right way. If the patient is happy, I am happy."

Lori's life stays busy. "We have two surgery days and two clinic days and on Fridays, I do aesthetic procedures. There are about ten to fifteen patients for surgeries and about one hundred patients per week on clinic days. I educate and prepare the patients for surgery and care for them before and after their surgery. Even though the office is not open on weekends, I am on call 24-7. I have been with Dr. Jones for about a year and half now and I love working here," she said.

When asking Lori to describe herself, she said, "I am definitely determined in everything I set out to do. I set goals and reach them. I am very much a nurturer and always do the best job to the best of my ability. I do have a downfall of OCD which means I want everything done precisely and done right the first time. Although, I think that just makes me work a little harder at being a hard worker," she said with a smile.

Lori is married to her husband, Jeremy, who is the director/nurse of the OR at McBride Orthopedic Hospital. She enjoys spending time with her two daughters; Madilyn, fifteen years old and Gabrielle, twelve. "Most of my hobby time is spent with my girls," she said. "Oh, and not to forget Cooper, our miniature golden doodle," she added. "I do like to build things; working on projects and getting them done. I guess that is why I am so into getting into the aesthetics again. To me, it's like a form of art. My new Instagram site is refine+renew_aesthetics".

Asking Lori to sum up her life in one word, she said, "Passionate."

*JONES PLASTIC
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AWARDS

Continued from Page 1

Quality Improvement Program (MBSAQIP)

- At least 72% of patients reporting on the HCAHPS survey that they would definitely recommend the hospital

- A high patient safety ranking based on 11 Centers for Medicare and Medicaid Services' measures of infection and complication rates

The methodology used to select Norman Regional Health System as one of America's Best Hospitals for Heart Care is unique in that it evaluates:

- The number of cardiac/vascular services offered. Recognized hospitals must offer at least six of the following services: Cardiac Catheter Lab, Cardiac Rehabilitation, Cardiac Surgery, Carotid Stenting, Coronary Interventions, Electrophysiology, Vascular Interventions, Vascular Surgery and Coronary Intensive Care (CCU).

- 30-Day mortality and readmission rates for heart attack

and failure

- Patient recommendation ratings on the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) Survey

- Primary research about women's healthcare preferences

The methodology used for Orthopedics evaluates Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) survey results along with primary research about women's healthcare preferences. Award recipients are also measured on their incidence of surgical complications and infections. A hospital must have arthroscopy, joint replacement and spine surgery orthopedic services available to patients, onsite physical therapy, and an MRI in order to qualify for the award.

The Stroke award is based on an evaluation of 30-day stroke mortality and readmission rates, HCAHPS survey results and primary research about women's healthcare preferences. Hospitals



must also score in the top 80% of all hospitals in the following areas:

- Percent of patients receiving Head CT scan results within 45 minutes

- Percent of patients receiving Fibrinolytic Therapy

For more information about any of Norman Regional's award winning programs, please visit NormanRegional.com.

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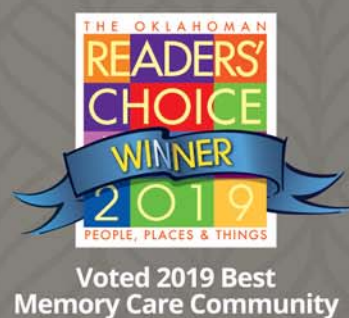


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CAREERS IN NURSING DRIVEN TO EXCEL - CEDAR RIDGE BEHAVIORAL HOSPITAL

by Vickie Jenkins - Writer/Photographer

Cedar Ridge Behavioral Hospital at Bethany is specialized care for older adults. If an older adult in your life is struggling with a mental health crisis, Cedar Ridge Behavioral Hospital at Bethany can help. They accept adults ages 18 and above and geriatric patients 55 and above.

Cedar Ridge Behavioral is one hospital with two campuses. These two locations provide services for most of the metro. Adults and geriatric patients are seen in Bethany on NW 23rd between Rockwell and Council. The other campus located at NE 50th and Sooner Rd is where children and adolescents receive services.

The staff includes, psychiatrist, psychologists, registered nurses and master's-level health professionals dedicated to helping patients recover. They offer individual,

group and family therapy to help patients effectively deal with issues that may come with aging.

Among the staff is an individual whose titles are Mobile Assessments and Provider Relations Coordinator. Just a few qualities pertaining to the titles of Mobile Assessments and Provider Relations Coordinator include: excellent communication with patients and residents, detail oriented, flexibility, patience, and having a good understanding of the patient's needs, along with being a self starter. When you put all of these traits together, you get a person who excels in his work - that person is Bradley Horn, LPC. Driven to go the extra mile, Bradley has many responsibilities and gives 100% in everything he does, while making certain the focus is on the patient.

Bradley has always set his

goal high, not wanting to settle for just anything. With a major in Biology, he began to work closely with physicians and nurses developing his own set of unique skills through his experiences, continuing on as Mental Health Therapist.

"I had one particular mentor in school," he said. "That was Dr. Trisha Yarbrough. She was great giving me advice, helping to point me in the right direction in following my career path," Bradley commented. "I always wanted to gain experience wherever I went. I sought a field of counseling and I'm glad that I did."

"One of my roles is Mobile Assessor in the state of Oklahoma for the extended Oklahoma City Metropolitan area. I do mental health assessments for adults and older adults," Bradley said.

Assessments take place in doctor's offices, counselor's offices, as well as the nursing facilities such as; assisted living and independent living facilities.

Bradley likes doing assessments for counseling in patients/residents' facilities. "That way, it is a one-on-one connection. The results are amazing. I like to see how people grow and flourish," he stated. Bradley conducts assessment in nursing homes and assisted living facilities with patients who are struggling with mental health crisis to determine whether the program would be a good fit for them and their current needs.

"I am also known as Provider Relations Coordinator, which makes me the connecting piece, along with giving me hands on experience. It helps the patients and their


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Our 'Brocko' was a true gift to all that knew him and all that were impacted by his shining light. He absolutely loved life and felt the mission to positively impact others. He was a fierce competitor, loyal teammate, driven athlete, while being selfless and encouraging to others. He adored his family, his hero and best friend was his older brother, Riley. As a Christian, he was very bold in ministering to others and had the ability to engage anyone with a conversation about our Lord.

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

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

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 **Brock** 



Bradley Horn, LPC holds the title of Mobile Assessments/Provider Relations Coordinator for Cedar Ridge Behavioral Hospital at Bethany. Their focus is compassionate Behavioral Health Services.

HORN

Continued from Page 4

families, handling any questions that they might have through the process from referral to discharge."

"I was born in Durant, Oklahoma and raised in rural Atoka County. When I was growing up, I lived next door

do to my granddad in a rural community. My great granddad was just down the road. We were very close and it was natural to spend time with the older crowd. That is why I seem to relate, connect and engage with older people so well. It seems so natural for me to take care of these adults. I guess I owe a lot of that to my upbringing," Bradley stated.

Trauma Center at The Children's Hospital Re-verified by American College of Surgeons

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

In 2001, the Trauma One Center 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.

"The renewal of our verification from the American College of Surgeons is gratifying because it confirms the commitment and hard work that our team delivers day in and day out," said The Children's Hospital President Jon Hayes. "We are able to provide the highest level of trauma care to children and young adults when an emergency arises."

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

Operating rooms and trauma surgeons are available 365 days a year, and the air ambulance can be dispatched in minutes to airlift patients to Trauma One. Children are diagnosed and treated with age-appropriate technology and by physicians and other healthcare professionals whose specialty is children. Many have advanced certification in pediatric care, including Advanced Cardiac Life Support, Emergency Nursing Pediatric Course, and Pediatric Advanced Life Support Certification. Trauma One is also the only emergency room in the state with a full-time child life specialist to help children and families understand and cope with medical procedures.

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. An injured child'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 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 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.

At The Children's Hospital, pediatric staff blends years of training with education, research and technology to improve the lives of children throughout the region. The obstetric emergency room at The Children's Hospital is a regional referral center for the state, and the neonatal intensive care unit provides the highest level of newborn care in Oklahoma. Children's is also home to the only 24/7 pediatric emergency room in Oklahoma City. With a family-centered approach to healing, Children's offers resources from pet therapy to child life specialists who help families cope with hospitalization and illness. From advanced surgical services to general pediatrics, oncology care and more, The Children's Hospital provides cutting-edge research and treatments through hospital-based and outpatient services. To learn more, visit oumedicine.com/childrens.



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Washburn University names new dean of nursing

Dr. Jane Carpenter has been named dean of Washburn University's School of Nursing. Carpenter has served as interim dean since the retirement of former dean Monica Scheibmeir in July 2019.

"I am thrilled to have a leader of Dr. Carpenter's caliber and capability in the role of dean of the School of Nursing," said Jerry Farley, president of Washburn University. "Her skill and insight will identify new opportunities and help lead the school to even greater prominence."

"Carpenter's work as interim dean confirmed what we knew all along—she is an outstanding individual and educator who brings incredible experience and insight to this critical role," said Dr. JuliAnn Mazachek, vice president for academic affairs. "Carpenter

has a robust vision for the future of the school and I look forward to working alongside her to realize that vision."

A member of the faculty in the Washburn School of Nursing since 1993, Carpenter became the director of the pre-licensure program in August 2015 and served in that role for three years before becoming the associate dean of undergraduate nursing programs. Before joining Washburn, she held a variety of leadership and management positions during a 16 year tenure with St. Francis Health Center of Topeka.

In her previous leadership roles, Carpenter participated in multiple state and federal grant submissions, including oversight of the Kansas Nursing Initiative Grant for the Washburn University School of Nursing. Carpenter worked with

international colleagues on important benchmarking studies involving nursing faculty and has served as co-president of the Kansas Commission for Nursing Education and Practice.

Carpenter graduated from Washburn University with a Bachelor of Science in Nursing. She later earned a Master of Science in Nursing and a doctorate in curriculum and instruction from the University of Kansas.

"This is an incredible opportunity, and I am delighted to serve Washburn in this capacity," Carpenter said. "The students, faculty, staff and alumni of Washburn's School of Nursing make essential contributions to the benefit of society, and I am grateful for the honor of leading them and continuing the outstanding work of this school."

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From fighters to healers

Two military men set sail for nursing

He has spent 22 years training to fight for his country. Now, instead of firing a high-powered rifle at enemy combatants a thousand meters away, Craig Wheeler - a master sergeant in the U.S. Marines and father of four - is about to embark on a career focused on healing the wounded and comforting the sick.

Wheeler isn't the only military man about to graduate from the University of Tulsa's BSN program. After four years serving as boatswain mate second class in the U.S. Coast Guard, Daniel Chavarin is making a similar transition.

Essential skills for soldiering and nursing

For both men, military training provided skills and attitudes that have proven valuable for their nursing studies. "The biggest thing I learned in the Coast Guard was adaptability to change," Chavarin says. "I also learned about leadership and communication. Nurses must be able to lead a team and advocate for a patient's needs. You also have to be there at the bedside, listening to and communicating with your patient, trying

to understand their goals - for life and treatment."

Wheeler echoes his friend's insights, adding that in the Marines "my job required me to learn a lot of complex things very quickly, and use them in challenging and dynamic situations. Both soldiers and nurses require this skill."

Core values

Part of nursing is about skills; part is about core values: "If you're not here to provide compassion and care to a patient, then you're here for the wrong reason," says Wheeler. "Anyone coming into this field needs to provide care and dignity for a patient who may have given all their vulnerabilities to you. You need to be able to take those vulnerabilities and be protective of them. And be vulnerable yourself, as well." Chavarin expresses similar sentiments. Toughened on the exterior from years of chasing down drug smugglers and other criminals on the high seas, on the inside this father of two boys reveals an unexpected tenderness when he speaks of the affective dimension of nursing care: "The biggest thing you have to realize is you



Craig Wheeler and Daniel Chavarin, 3rd-year students in TU's BSN program.

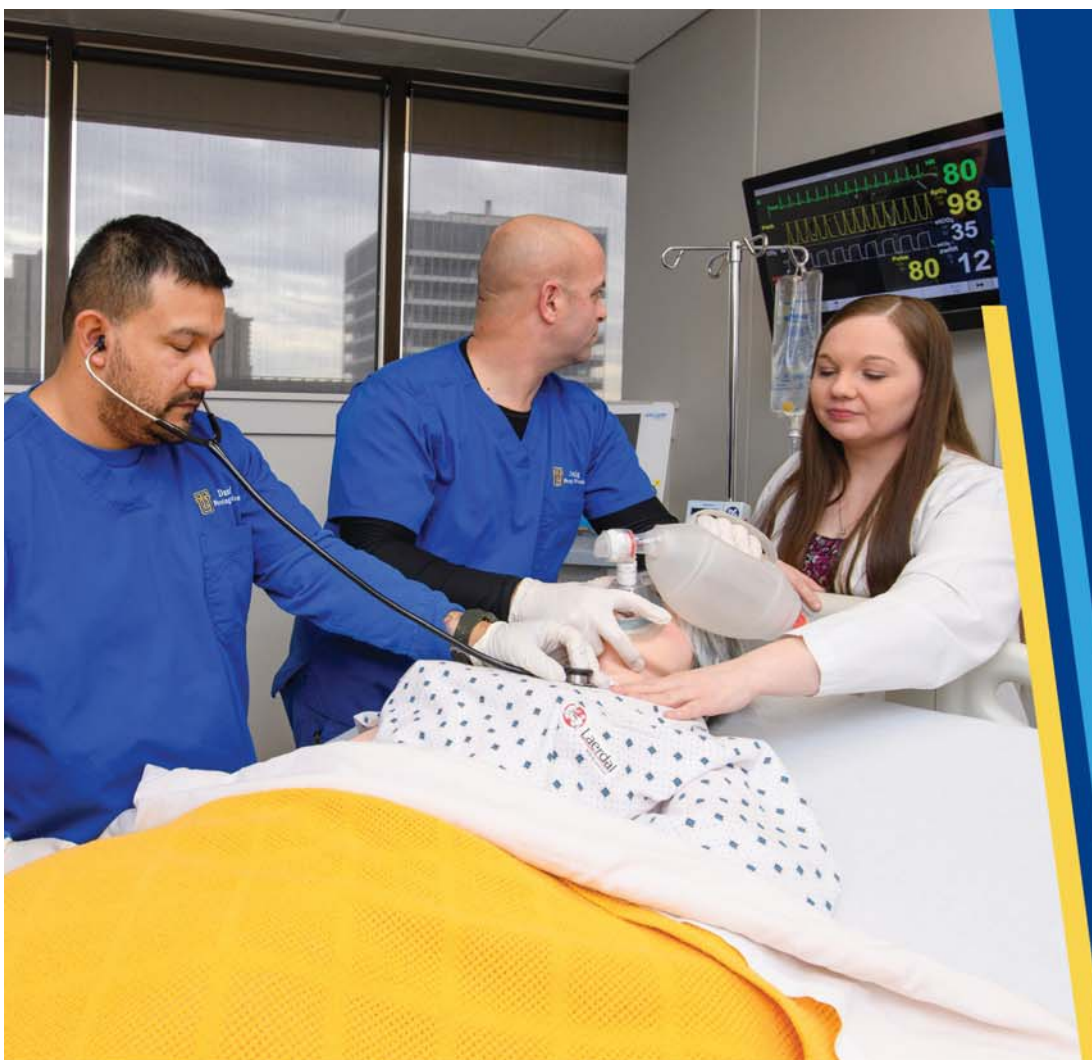
have to give part of yourself up to help take care of people who rely on you to be there for them. If you can't do that, you're going to fail at this job." Chavarin pauses and continues, "we have to give our utmost respect and love to these patients in order to give them the best treatment and outcomes they deserve."

Two nurses, two futures

Despite their similarities and what they both describe as a "brotherhood" discovered during their nursing studies, once they receive their diplomas Wheeler and Chavarin will pursue different paths. For the Marine, a new life as an ensign in the U.S. Navy will open up. After that, Wheeler foresees coming back to

TU to become a nurse practitioner (NP) and then returning with his family to his roots in western Oklahoma to set up a country practice.

For the former Coast Guard sailor, however, civilian life beckons. Chavarin plans to stay in the city (his wife's hometown), where he recently accepted a position in the emergency department at St. Francis Hospital. "My nursing path is in critical care," says Chavarin. "Maybe someday I will look into becoming an NP. For now, though, I am eager to acquire specialized certifications, such as CFRN (certified flight registered nurse), and to build a career working in medical, surgical or trauma ICUs."



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FROM OUR FRIENDS ON FACEBOOK

SSM Health's CNO retiring SSM Health

After faithfully serving SSM Health for nearly 30 years, Maggie Fowler, SSM Health's Chief Nursing Officer, is retiring.

A key component of her role was to bring nursing leaders together from across our ministry to create a strategic plan and professional practice model to focus, engage and inspire nurses to continue growing in their field.

Under her leadership, SSM Health hospitals achieved National Database of Nursing Quality Indicators certification, introduced its first Universal Service Expectations and developed advanced education programs for nurses to earn their BSN, MSN and DNP degrees.

Congratulations, Maggie, and thank you for demonstrating a clear passion for our Mission - we wish you the very best in your well-deserved retirement!



FROM OUR FRIENDS ON FACEBOOK

Richie Splitt, Ken Hopkins named most admired

Norman Regional Health System



Richie Splitt
President & CEO




Ken Hopkins
Chief Financial Officer

The Journal Record has named Norman Regional Health System President & CEO Richie Splitt one of the most admired CEOs and Norman Regional CFO Ken Hopkins as one of the most admired CFOs! They will be honored at an event in April. Read the full story at <https://bit.ly/2TSKuto>.

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Cold case: How is DNA preserved to solve old crimes?

Day after day, new stories pop up detailing how police are solving “cold cases” all over the country by using DNA evidence collected at crime scenes years—even decades—ago.

Oklahoma even has a recent example, where individuals in Texas and Wyoming were arrested and charged in September for a murder that occurred in a Tulsa motel room 36 years ago.

This has left many wondering exactly how decades-old DNA can still be used to solve crimes. A big key to solving cold cases, is, fittingly, cold storage, said Oklahoma Medical Research Foundation President Stephen Prescott, M.D.

For example, he said, if a body remains exposed to the elements, its DNA will be useful for testing only for a few weeks. On the other hand, if it's buried a few feet below ground, it will last 1,000 years or more. And if it's kept cold and protected, it can last much, much longer: A sample of Neanderthal DNA found in a Belgian cave dates back 100,000 years.

“Like all biological materials, human DNA has a shelf life,” said Prescott. “But that expiration date varies wildly, depending on storage conditions. The keys are protecting it from heat, water, sunlight and oxygen.”

Long before the advent of DNA sequencing technology, law enforcement investigators were collecting biological evidence from crime scenes in ways that would preserve it until technology could catch up.

That means gathering dry samples, such as hair, dried blood or other bodily fluids, cigarette butts with traces of saliva, and so on, and placing them in separate containers. This avoids cross-contamination with other samples and, when stored in cool, dry spaces, prevents spolioation caused by the growth of organisms like mold or mildew.

With certain pieces of wet evidence, forensics experts dry the samples, then store them in a similar way. For tissue or fluids, they're typically collected in vials and stored in refrigerators or freezers.

“Obviously, sample storage procedures vary among police departments and have changed over time,” said Prescott. “Still, so long as those methods keep samples dry, relatively cool, out of the sunlight and uncontaminated by other substances, that evidence should remain ‘good’ for DNA testing longer than anyone reading this will be around.”

And this DNA technology isn't just used to track down perpetrators of crimes, it has also been useful in exonerating individuals who were wrongfully convicted and for identifying missing persons.

These technologies are also benefitting scientists and researchers in the fight against diseases. Cold storage has allowed for the long-term preservation of DNA and other biological samples to unravel the mysteries of disease.

OMRF collects and stores samples from patients suffering from a variety of conditions, including lupus, rheumatoid arthritis, fibromyalgia, sarcoidosis and multiple sclerosis, among others.

“New technologies are being developed every day,” said Prescott. “As new research methods arise, we're that much closer to making discoveries that will benefit patients.”



Oklahoma Medical Research Foundation President Stephen Prescott, M.D.

The advertisement features a blue-tinted background image of several healthcare professionals, including a man in a white lab coat and a woman in a blue scrubs top, smiling. The Oklahoma State Capitol dome is visible in the background. The text is overlaid on this image.

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