



## Emergency Care in your Community

Gretchen Chafey, RN, BSN can be found at Integris Community Hospital. With four locations, Del City, I-40 and Rockwell, Moore, and Council and NW Expressway, Gretchen is a float nurse and

by Vickie Jenkins, Staff Writer

Emergency- an unforeseen combination of circumstances or the resulting state that calls for immediate action.

I am sure we can all relate to an unexpected events happening to us and we find ourselves taking someone to the emergency room. Remember when your son climbed that tree, falling to the ground, breaking his arm? Oh no, I stepped on an old rusty nail while

barefooted! When was my last tetanus shot? What about that sprained ankle?

It is a natural reaction to go to the ER room, right? Integris Community Hospital is the place where you will be taken care of with the utmost care as you see the doctor and nurses. They offer the dedicated emergency medical care that every patient deserves, and the convenience of being right in your neighborhood.

See CHAFEY Page 2

## Globetrotter Visits The Children's Center in Bethany



Lakeisha "Swish" Sutton, Harlem Globetrotter, recently visited The Children's Center Rehabilitation Hospital.

Lakeisha "Swish" Sutton, Harlem Globetrotter, recently visited The Children's Center Rehabilitation Hospital. The team will be in town for their show at the Chesapeake Arena scheduled in March.

Sutton played at the University of South Carolina leading the team to an appearance in the 2012 NCAA women's tournament where the team advanced to the Sweet 16. At South Carolina, Sutton accumulated nearly 1,300 career points and 350-plus assists. The 5-7 guard scored double figures in more than half of her appearances, earned All-SEC honors and was named to the SEC All-Defensive Team.

See GLOBETROTTER Page 3



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## CHAFEY

Continued from Page 1

Integris Community Hospital, located at NW Expressway and Council has been opened for about a year. They are considered an emergency room with inpatient beds. Any patient that requires surgery will be sent to a regular hospital; there is no surgery done here. There are eight medical beds if a patient needs to stay overnight and cared for.

One particular nurse that you will meet is Gretchen Chafey, RN, BSN. Gretchen has been a nurse for fifteen years now, spending the last nine months here at Integris Community Hospital. "When I first became a nurse, I worked in the Midwest City area. Personally, I prefer a smaller place like this over a big hospital. Integris Community Hospital has four locations; here at NW Expressway and Council, Del City, Moore, and I-40 and Rockwell. I am a float nurse and I travel to each location, working where ever I am needed," Gretchen explained.

Gretchen grew up in Bethany, Oklahoma, attending Rose State College for her RN and Oklahoma City University for her BSN. "I like being a nurse for several reasons. I enjoy caring for those that need help and I like being a positive light in their time of sickness. I have a real desire to help others," she said. I also chose nursing as my career due to nursing allows many opportunities to reach out to. It also opens the door if I ever need to travel or move to another state. We have such a good team here and it feels like I work with family. Good teamwork is important in everything running smoothly," Gretchen explained.

"My favorite part of my job is assisting the individual patients that come in. We are the first people they see in their time of sickness and we always treat them with respect. Being in a small

ER does have a few disadvantages also. Since there is no surgery done here, we can't always take care of all of the injuries that occur due to the patient needing surgery," Gretchen stated. "We are open 24/7 and even though the number of patients varies at each location, we see about forty to forty-five patients a day on an average," she added. "That is quite a few accidents."

Gretchen seems to possess the qualities of; compassion, awareness, quickness and patience all rolled into one equaling the qualities of a good ER nurse. "I like the fact that we all get support from each other here; working together, no matter what," she commented. "We are big on teamwork. When everyone works together, things just fall into place," Gretchen added.

When I asked Gretchen to describe herself, she said, "I am very aware of my surroundings, she emphasized. I am very laid back and can stay calm in an emergency situation; that is really good if you work in an ER," she said with a smile.

Gretchen's advice for someone going into the medical field is to keep on going. I always try to put myself in the patient's place, knowing how they must be feeling.

When not working, Gretchen stays busy with her husband, Brady and their three sons, Paytyn, twenty years old, Trapper, seven years old and Cub, five years old. They have three dogs, an English setter, a lab and a blue heeler, all of which are twelve years old. Gretchen likes spending time with her family. "In the winter, I like to play card games with the boys, while sitting by the fire and just hanging out. In the summertime, I like swimming and anything outdoors," she said.

Asking Gretchen what one word sums up her life, she said, "That would be blessed."



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# GLOBETROTTER

Continued from Page 1

Prior to joining the Globetrotters, Sutton played professionally overseas in Taiwan, Finland, Ecuador, Germany, and Bulgaria from 2013-2016.

Sutton put on a great show at the hospital, entertaining patients and staff members with her incredible ball-handling skills. It was a memorable time for all who attended, and a visit the patients look forward to every year.

"It's a privilege and honor to be here, I can't really put it into words. This means more than basketball.

Basketball is 40 minutes of the game and you go home. But to be able to put the ball away and not worry about making shots or losing the ball, to just talk to kids, interact with them, share stories and make them smile, that means more than basketball," said Sutton.

The Harlem Globetrotters Smile Patrol is a hospital community outreach program. Smile Patrol visits over 100 children's hospitals annually.

To learn more about the medical staff and services provided at The Children's Center Rehabilitation Hospital, please visit our website at [www.miracleshappenhere.org](http://www.miracleshappenhere.org).




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# CAREERS IN NURSING

## TEAMWORK - IMPECCABLE COMMUNICATION

by Vickie Jenkins - Writer/Photographer

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

One of the highly qualified nurses at Naadi Vascular and Interventional Center is Ali Shellhorse. With a caring heart, she is there for the patient from the beginning to the end. "I truly enjoy working here, seeing the results and watching the patients progress," Ali commented.

Growing up in Miami, Florida and moving to Oklahoma City was a big change for Ali. "I moved to Oklahoma City in 2001. Yes, Oklahoma was quite different than Florida. "I know that Oklahoma City, OK has made some great changes since then and I am glad that I live here," she added.

"My favorite part of my job is caring for the patients and watching their progress. When the patients come in for the first time, they are not sure what to expect. We

are all about teamwork here! It is so rewarding to watch a patient's progress. When they come to see us, they are usually having some problems with some wounds or with the blood flow in their feet and legs. I like to see the healing process; making sure the patient is having better mobility and getting back to their daily activities, without pain and increasing their mobility. The patients are always surprised how they feel so much better after they come here," she said. "We have to have excellent and impeccable communication," Ali added.

What qualities make a good nurse? "First of all, a nurse needs to have compassion. They need to be able to put their self in the patient's shoes. A nurse needs to make a patient feel comfortable, wanting them to have a good experience," Ali said. What is your strongest quality? Ali replied, "I think I am a very good caregiver. I always try to make

the patient feel comfortable and I think I provide very good quality care."

Asking Ali what she wanted to do when she was a little girl, she smiled and answered, "Well, I always wanted to do something in management, like managing a resort on a tropical island," she said with a laugh. "I guess I could always be a nurse on a tropical island, but I really don't think that is going to work out right now," she added.

Why do you feel like this job is so special to you? "When the patients come in, they are struggling with blood flow in their feet and legs. They feel like this is their last chance and they can't imagine that anything can be done for them. When they see Dr. Ramana, he has a plan for them and they get excited when he tells them that there is a way they can be healed. Just knowing that I helped in a small way in the healing process makes this job

so rewarding and worthwhile," Ali replied.

Ali mentioned one of her favorite nurses, teacher and mentor. That person is Lisa Halman. "She was a nurse when I was in the LPN program at Western Technology Center in Burns Flat, Oklahoma. She never degraded anyone for asking questions, and had a way of making us eager to learn. I will never forget her and the influence she had in my life," Ali commented. "She was full of encouraging words along the way and I will always be grateful to her."

Ali is motivated by her patients. "I love the patients and we have a fun time together. There is lots of laughing and it is easy to come to work since this is such a positive environment," Ali replied. When everything is over and done with, the patients have better mobility, they are healthier and we know we did a

See SHELLHORSE Page 5

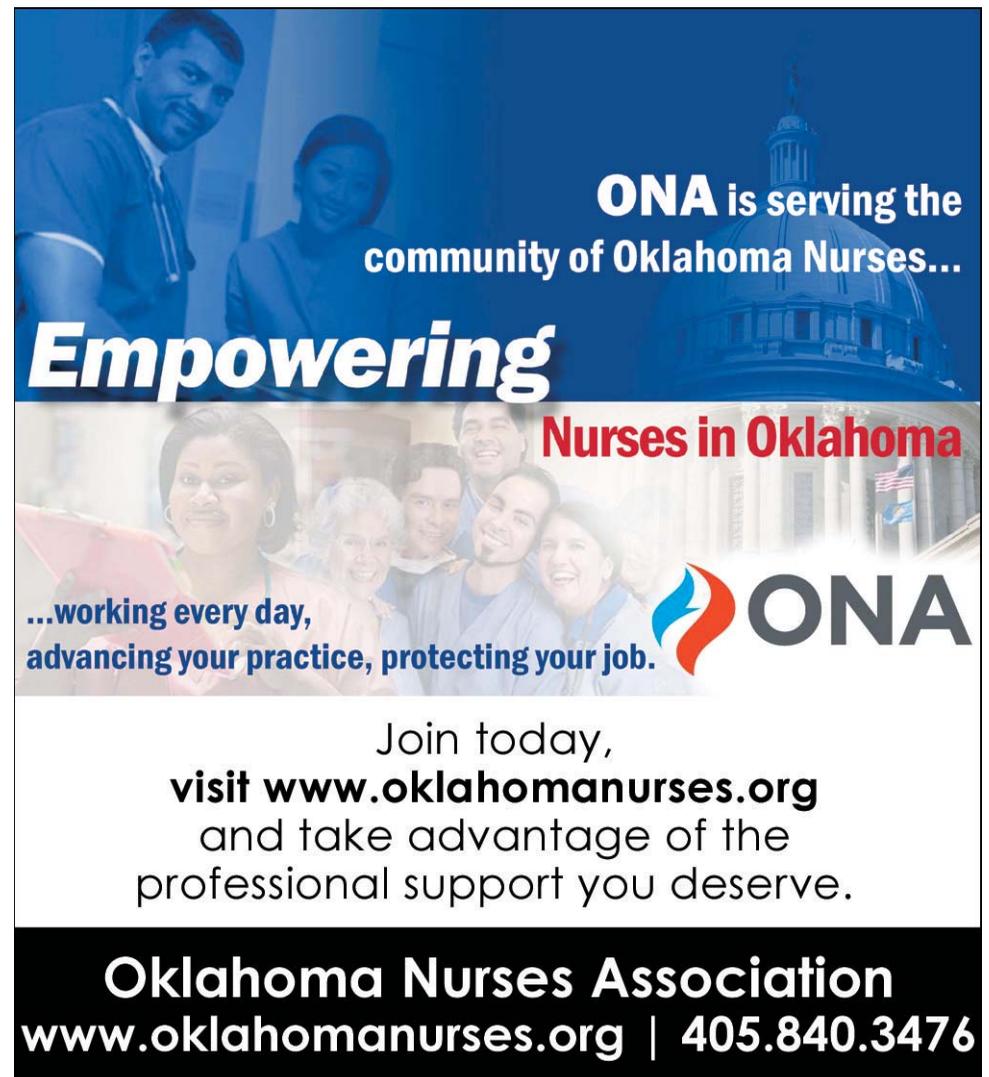


I was 21 and healthy, I thought, until I suddenly found myself in complete liver failure. Within hours of the diagnosis, I slipped into a coma and my family was told I would die in a couple of days if a liver wasn't found. Thanks to the family of a sweet lady, who had my rare blood type, I'm alive and have a future again. I will never know how to thank them enough for giving me my life back.

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Ali Shellhorse, RN, is one of the nurses that can be found at Naadi Vascular and Interventional Center. Ali's strong compassion for others keeps the patient's happy.

## SHELLHORSE

Continued from Page 4

good job."

Ali has four children ranging from twenty years old to twenty eight years old. "My youngest daughter, Grace is applying for nursing at OCCC," Ali said. "My hobbies include reading and gardening but most of all, I love planning trips because I

love to travel. I have a little Maltese and his name is Harry."

Advice you would like to give to someone going into the medical field? "When you are in school, make friends and depend on your fellow students to help carry you on through school. Always have a study group but most of all, be thankful for everything," Ali replied.

Summing up Ali's life in one word, she said, 'Blessed.'

# OU College of Medicine Honors First African-American Woman to Earn Medical Degree

The OU College of Medicine honored Dr. Rebecca Lee Crumpler, the first African-American woman in the United States to earn a medical degree, during a ceremony on Feb. 20.

OU medical students who are members of the college's chapter of the American Medical Women's Association initiated the idea to recognize women from diverse backgrounds and their contributions to the field of medicine. To honor Crumpler, the OU College of Medicine will rename a student module after her. Modules are rooms where students spend many hours studying and having group discussions during their first two years of medical school. Upon entering medical school, students learn about the namesakes of their modules, a symbolic step that sets the stage for their education.

"This ceremonial event is reflective of the empowerment that OU College of Medicine students feel as they pay homage and celebrate the pioneering work of women doctors who have come before them," said Robert C. Salinas, M.D., Assistant Dean for Diversity, Inclusion and Community Engagement.

OU medical student Carlie Pearson, president of the college's chapter of the American Medical Women's Association, said she hopes that when potential students tour the halls of the building, they see themselves reflected in the faces around them, including the honorees on the walls.

"As the first black female U.S. Surgeon General Dr. Joycelyn Elders said, 'You can't be what you can't see.' By highlighting a side of history that is often excluded from the mainstream, we can change the narrative and demonstrate the pivotal roles that women of color have played in the field of medicine," Pearson said.

Crumpler was born in 1831 in Delaware and was raised by her aunt, a nurse who cared for neighbors and community members and inspired her niece to do the same for eight years. After that time, Crumpler was accepted as the first African-American student at the New England Female Medical College in Boston, where she earned her medical degree in 1864.

At the end of the Civil War in 1865, Crumpler moved her practice to Virginia and provided medical care for freed slaves for the Freedmen's Bureau, a time when she faced harsh racism and sexism as an African-American female doctor in the postwar South. Crumpler focused her care on women and children, and she kept a journal during that time that was published as a book in 1883 called "A Book of Medical Discourses in Two Parts." It is one of the first medical publications by an African-American.

"We believe that displaying empowering images of women like Dr. Crumpler can instill confidence in the next generation of physicians of color and build a legacy for increasing access to healthcare for minority communities," said Stephanie Schatzman-Bone, president of the OU College of Medicine Class of 2020.

Along with the student chapter of the American Medical Women's Association, the event was hosted by the OU College of Medicine Office of Diversity, Inclusion and Community Engagement, and the OU College of Medicine Office of Student Affairs.

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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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# INTEGRIS Health and EMSA Unveil ECMO Ambulance

EMSA and INTEGRIS Health have partnered to develop a one-of-a-kind specialty care transport ambulance. On Monday, this unit, designated "ECMO 1", will join the EMSA system.

INTEGRIS Health is proud to be the home of a world class ECMO program that offers lifesaving therapies to patients facing imminent death. INTEGRIS is the first in the state to establish a specialized life support program solely devoted to adult patients suffering from heart or lung failure. The program uses extracorporeal membrane oxygenation, commonly abbreviated as ECMO, as an

advanced lifesaving therapy. Since inception of the INTEGRIS ECMO program in 2014, the INTEGRIS team has served over 500 patients with this technology. INTEGRIS' ECMO team is made up of talented doctors, nurses, perfusionists, and respiratory therapists, who are expertly trained in the field of ECMO and advanced critical care. The INTEGRIS ECMO team is available to serve those in need 24 hours a day, 7 days a week, 365 days a year.

ECMO provides support to patients whose heart and/or lungs are so severely diseased or damaged that they can no longer serve their function; perhaps



EMSA President and CEO Jim Winham, Board Member and INTEGRIS Health Executive Vice President and General Counsel Allison Peterson, EMSA Deputy Chief - Strategic Development, and EMSA Chief of Staff John Graham debut EMSA's new ECMO unit at INTEGRIS Baptist Medical Center.

after a heart attack, cardiac surgery, pulmonary embolism, near drowning or lung-related issues such as flu or pneumonia. The goal is to allow the heart or lungs to rest and recover while the machine does all the work. When the heart or the lungs have healed and can work on their own, the lifesaving support of the ECMO artificial heart/lung machine is weaned then removed.

INTEGRIS Critical Care ECMO team in conjunction with EMSA provides the highest level of complex care in the state. Outside of ECMO transfers, the INTEGRIS and EMSA teams have the capability of transporting patients who require advanced management of ventilator support, IV medications, and cardiac assist devices including intraaortic balloons pumps, impella devices, and LVAD pumps. The expertise of this team allows for safe inter-hospital transfers, so patients can receive the one of a kind care only INTEGRIS can provide.

Previously only done in a hospital setting, technological advances have allowed ECMO to move into ambulances. Together with EMSA, the INTEGRIS ECMO team stands ready to be there anytime, anywhere, for anyone in

need of this life-saving care.

EMSA's ECMO unit specifications were designed in collaboration with the INTEGRIS Health ECMO Team. Special attention was paid to the layout of the ambulance to make sure the patient could receive the critical clinical care needed, could comfortably and safely transport up to five ECMO Team Members in addition to the patient during long distance transports. Additionally, the larger ambulance also has the capacity to carry more oxygen and other medical gasses that are needed for ECMO patients.

February is Heart Month, and this new collaboration shows that EMSA and INTEGRIS Health are committed to the highest levels of cardiac care for Oklahomans. Initially, 60 ECMO annual transports were projected for this new unit, however new data shows the need for the clinical care provided by the ECMO unit has projections approaching 100 transports per year.

When not assigned to ECMO transports, this unit will serve as one of EMSA's bariatric ambulances for the Oklahoma City area ensuring this unit is able to serve several key roles in the EMSA system.




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(AS PUBLISHED IN THE 2019 EDUCATION GUIDE TO NURSING)

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SWOSU also offers online professional programs in Health Information Management, Healthcare Informatics and Information Management (graduate).

The university also has two contractual agreement programs between SWOSU and Caddo Kiowa Technology Center for the Occupational Therapy Assistant and the Physical Therapist Assistant Programs.

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# SSM Health St. Anthony Hospital celebrates opening of expansion for outpatient cancer care



Tammy Powell, President, SSM Health St. Anthony Hospital; Jenny Love Meyer; Father William Novack; Joe Hodges, Regional President, SSM Health in Oklahoma.

SSM Health St. Anthony Hospital recently announced the opening of a newly expanded area designed to enhance exceptional care for cancer patients. The opening of the newest addition to the Frank C. Love Cancer Institute was commemorated in a blessing ceremony on Friday, February 14.

The expansion of the Institute was necessary to respond to the growing number of patients needing cancer care at St. Anthony Hospital. With the opening of the new clinical space, the Institute more than doubles its size to nearly 16,000 square feet. The cancer program moved from its former location on the ground floor to a spacious third floor space with natural lighting and many amenities conducive to healing and comfort.

"We are pleased to expand the

Frank C. Love Cancer Institute to enhance the exceptional care and comfort for our patients and their families," stated Tammy Powell, President, SSM Health St. Anthony Hospital. "The project was made possible by generous donations to the SSM Health St. Anthony Foundation from The Chickasaw Nation, the J.E. & L.E. Mabee Foundation, the Tom and Judy Love Family, physicians, employees, board members, volunteers, patients, individuals, businesses and Foundations."

Foundation Board members Mike Milligan and Jamie Farha, along with Dr. Thy Nguyen, Section Chair of Oncology, led the philanthropy efforts to fund the expansion. The Institute's team of medical oncologists Dr. Michael Bowen, Dr. Thy Nguyen, Dr. David

See EXPANSION next page



# NURSE TALK



*My favorite vacation was my trip to Yellowstone.*



Brooke Wix, RN

*My favorite was when I went to Montego Bay, Jamaica.*



Telina Everett, RN

*What has been your favorite vacation?*

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*Negril, Jamaica was my favorite trip!*



Amy Taylor, RN

*My favorite was my trip to Hawaii.*



Ella Lynette Lord, RN

## EXPANSION

Continued from Page 10

Lam and Dr. Todd Kliever were actively involved in all aspects of the design of the expanded space, being mindful of the overall experience of both patients and staff. The physician offices will be adjacent to a chemotherapy infusion area for patient comfort and convenience.

The space features updated finishes that extend beyond the clinical space into the four-story atrium. REES Architecture & Design served as the architecture firm for the project, and Waldrop Construction was the general contractor. The atrium acts as a physical connection between the various floors that make up the Institute. A refreshing palette of bright whites and creams is contrasted by rich navy blue. Crisp wood tones and dramatic lighting are evident throughout the space. Beyond the aesthetics, the space was carefully planned to focus on the needs of patients and their families seeking treatment, as well as the staff dedicated to their care.

For more information about the Frank C. Love Cancer Institute or for a physician referral, call 405-231-8866.



Front Row: Dr. David Lam, Dr. Michael Bowen, Dr. Gary Rahe, Dr. Thy Nguyen, Jamie Farha, Tammy Powell, Mike Milligan, Sherry Rhodes - Back Row: Stacy Coleman, Dr. Todd Kliever, Dr. Ralph Ganick, Jenny Love Meyer, Danny Hilliard, Joe Hodges, Brent Stockwell

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# Edmond North High School BALTO Campaign Raises Funds for The Children's Center Rehabilitation Hospital Field of Dreams

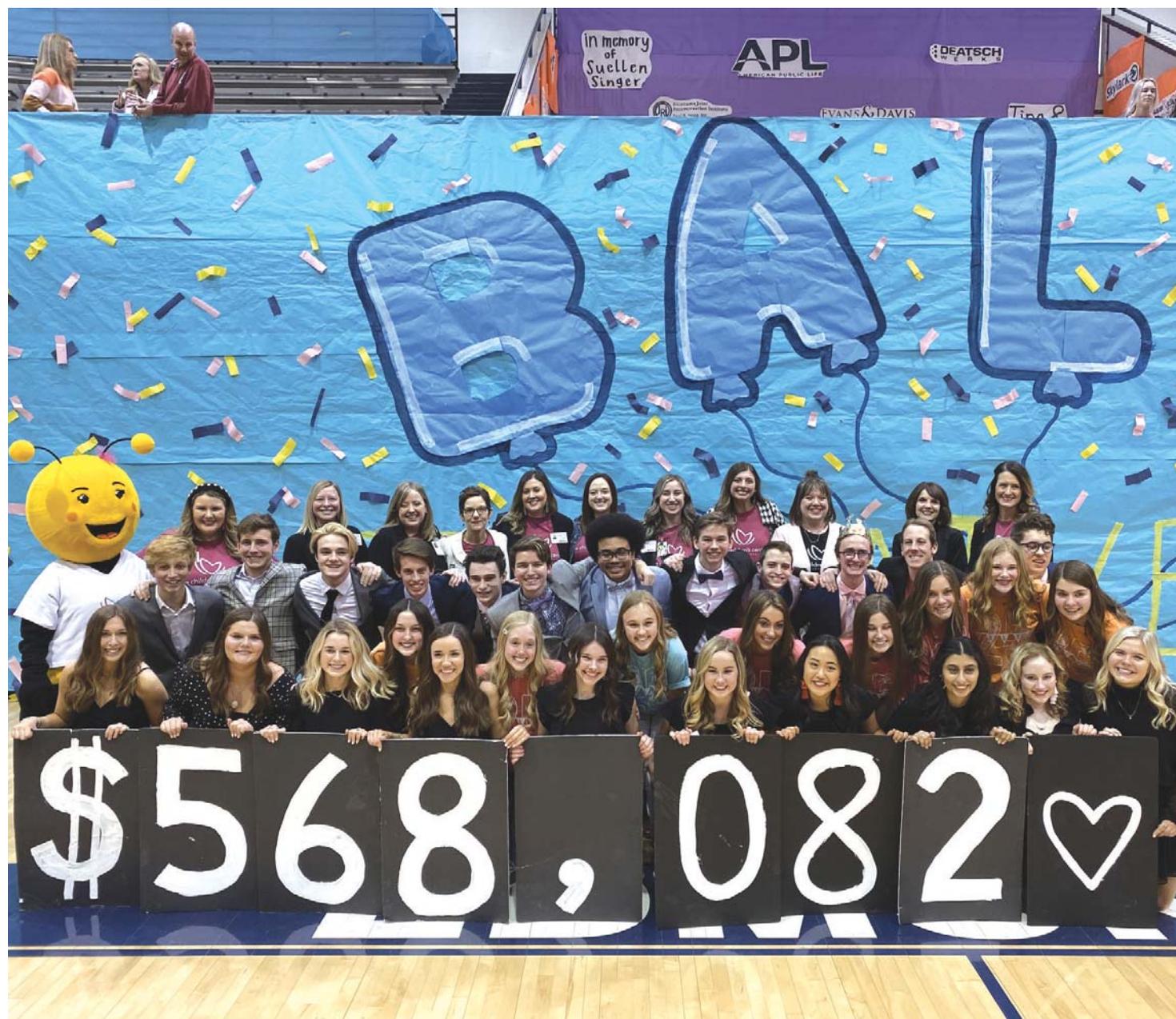
Edmond North High School recently held its 25th annual BALTO (Bring a Light to Others) campaign, raising \$568,082 for The Children's Center Rehabilitation Hospital.

The students at Edmond North started fundraising for the Hospital in Fall 2019, and revealed the total amount raised at the BALTO final assembly where students, faculty, parents and community members were in attendance. Funds raised by the BALTO campaign will help build The Children's Center Rehabilitation Hospital's "Field of Dreams." The field will be an adaptive sports complex for inpatients and outpatients allowing them to participate in recreational sports on campus.

"We held many fundraising events throughout the year. Some of our largest community events included a golf tournament, 5k race and a silent auction. In addition to the community events, we held various fundraising tournaments at the school such as BALTO volleyball, 3 on 3 basketball, dodgeball and more. We worked really hard this year to ensure that BALTO was fun and successful not only for The Children's Center Rehabilitation Hospital but the community as well," said Paige Diamond, BALTO Chair, Edmond North High School.

The BALTO campaign is a student led campaign. From recruiting sponsors and organizing events to interviewing and choosing a BALTO recipient, the students are involved from start to finish.

"The Children's Center Rehabilitation Hospital had the opportunity to come and talk to our student council class. Every student loved talking with them, and we all felt the impact of the 'Field of Dreams.' We knew this project would reach so many people, and we wanted to help in any way we could to make this field a reality,"



said Lauren Minnix, BALTO Chair, Edmond North High School.

"The Children's Center Rehabilitation Hospital is overwhelmed by the generosity of the Edmond North High School community. The students at Edmond North went above and beyond to make our Field of Dreams a reality, and for that we can't thank them enough," said Heidi Russell, vice president of communications and development, The Children's Center Rehabilitation Hospital.



the children's center  
REHABILITATION HOSPITAL



# 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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