NURSING OKLAHOMA'S EDUCATION GUIDE

2020

A GUIDE FOR FUTURE NURSING STUDENTS AND CONTINUING EDUCATION

Oklahoma's Nursing Times www.oknursingtimes.com

University of Tulsa Family Nurse Practitioner service-learning project brings care into the community

At The University of Tulsa, students in the Family Nurse Practitioner (FNP) program receive individual attention and the tools necessary to help them elevate nursing core values to the advanced practice, primary care level. These students are challenged to pay forward their advanced practice knowledge and skills in assessment, diagnosis and prescribing through ongoing opportunities to make their communities a better place for all. One recent example of FNP service learning involved students providing sports physicals free of charge to students at Will Rogers College High School, a Title 1 institution.

This initiative began two years ago, when the FNP program's director, Sheryl Stansifer, learned that many students at Will Rogers were returning to school in August without a completed sports physical. The lack of such a physical, which typically costs \$20 or more, means a young person cannot participate in school sports.

The first year Stansifer and her FNP students went to Will Rogers, they completed 160 physicals. The next year, that figure climbed to 200. The school's athletic director, Krystel Markwardt, enthused about the impact of "this wonderful program," noting that "our students come from diverse economic backgrounds, and their families couldn't afford to pay for physicals. The FNP students work quickly and efficiently, and their efforts mean our athletes are able to compete in the summer and be prepared for early fall sports." As Stansifer pointed out, the issue is "bigger than playing basketball or joining the swim team. For many kids, getting involved in sports means they will stay in school and graduate."

The benefits of this service-learning project are tangible for both the young athletes and the FNP students. Sports physicals are a common component of primary care, and all of TU's FNP students must complete pediatric assessments and be checked off on sports physicals. Providing sports physicals to the Will Rogers students enables the future FNPs to satisfy that requirement. In addition, Stansifer commented, delivering these physicals "enables faculty members to assess FNP students' interactions with the patients/athletes and their ability to complete the forms accurately. Because so many health care teams comprise a variety of professionals, having an opportunity to collaborate with the school's athletic trainer adds a critical interdisciplinary component to their development."

Two of the FNP students who participated in service learning are Alejandra Paredes and Vicky Cha. Originally from Peru (she moved to the United States when she was 13), Paredes



Family nurse practitioner students Alejandra Paredes and Vicky Cha demonstrate skill and compassion during a pediatric exam.

has been a registered nurse (RN) since 2014. Cha is a first-generation Hmong-American who grew up in California. She has been an RN since 2015.

"I always knew my career end-goal was to become a nurse practitioner (NP)," Paredes said. "But I wanted to gain experience as an RN so I could become a better NP. I am looking forward to having more autonomy in the care that I deliver to my patients, and it's important to me to be able to help them focus on health maintenance and disease prevention, while being mindful of individuals' emotional, physical and spiritual health." Cha has her gaze set on working as an FNP in urgent care. "Seeing NPs' selflessness, commitment and integral role in patient care both inspired me and solidified my determination to pursue an advanced practice degree."

For Paredes, one of the benefits of TU's FNP program is the "huge relief" of not having to find a preceptor. She also cited the diverse network of clinical sites, which "serve as a great way for students to learn and implement their knowledge." Paredes recently spent a semester at a clinic caring for a largely underserved population where most of the patients spoke Spanish, which is her native language. Cha has a similar interest in bringing health care to people who are often on the margins. "I admire the TU School of Nursing's mission to not only cultivate students to become leaders in health care, but also to give back to their communities."

This is something Cha experienced first hand with the Will Rogers service-learning initiative, and which resonated on a personal level. "My parents were Hmong refugees and I grew up with minimal resources. One of the biggest struggles was not being able to take part in sports because my parents couldn't afford the fees and transportation. Providing free sports physicals for Will Rogers students, many of whom have a background similar to mine, exemplifies one of the most rewarding aspects of nursing: making a positive impact on another person's life." Reflecting on her experience providing physicals for these youth, Paredes arrived at a similar conclusion: "I believe that caring for others, regardless of social, racial or economic background, is a core value of nursing."





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"The nursing faculty truly want to see students succeed and they make themselves readily available to help. This makes the whole experience." — Lacy Smith, Class of 2019

nursing.okstate.edu



Kobey Trower considers himself a lifelong learner who always held a goal of earning a bachelor's degree. For him, choosing to complete his Bachelor of Science in Nursing (BSN) at Oklahoma State University was an easy decision.

The online program, which launched in Fall 2017 and accredited by the is Commission on Collegiate Nursing Education (CCNE), provides students with a convenient and flexible option to complete their bachelor's degree in as little as one year. With this degree, graduates are qualified for leadership roles in a variety of healthcare environments.

Trower works as а registered nurse (RN) at the Oklahoma Heart Hospital in Oklahoma City. While he initially enrolled in the BSN program to achieve his goal of earning a bachelor's degree, Trower now plans to earn his master's degree and become a nurse educator.

"Now that I have my bachelor's, l've become more interested in nurse education," Trower said. "I want to make sure each new graduate has all of the tools and resources to work accurately and efficiently."

When Trower decided to complete his nursing degree to achieve his professional goals, it was important to find an accommodating program for his busy schedule. The fulltime or part-time curriculum option offered at OSU was a huge selling point. Trower, who took one course at a time and completed the program in two years, said the deciding factor was the 100 percent online coursework.

"The curriculum and accessibility of the classes made it very easy to work around my work schedule and get all of my assignments done in a timely fashion, without having to stress," Trower said.

While many courses involved a group project and discussion posts, Trower said he found collaborating with other professionals in an



COLLEGE OF Education, Health & Aviation

online setting without being distracting.

working full-time jobs," Trower said. "We had some people who worked in ICU, some in labor and delivery, others in clinic and research settings. accessibility The of the coursework helped us keep on the same page for group projects. lt was super convenient for me to work full time and still have a life without being tied down. That aspect of it helped keep my attention and keep me moving

enriching through the program."

Ultimately, the mission of "All of the students were the RN to BSN program is to prepare nurses to practice professional nursing that meets the dynamic health care needs of individuals, families, groups, communities and global populations. Faculty facilitate the education of students in the art and science of nursing to provide leadership with an emphasis on ethics, wellness, cultural competency and populationbased and professional intercollaborative practice.





When Shelly Wells PhD, MBA, APRN-CNS, ANEF began developing Northwestern Oklahoma State University's DNP program, she would talk extensively about it with her BSN students.

The division chair and professor would be bringing something new to the school and the surrounding communities.

And for student Christina Erford, BSN, RN, NPD-BC, she wanted to be part of that first class.

Already sold on the program, she carried out her due diligence.

"When I started looking into programs and comparing it you couldn't beat the cost point for a doctorate and you can't beat the staff," Erford said. "The faculty is amazing."

Her ninth and final semester will end this spring. Outside of 192 clinical hours per semester, Erford will have completed the majority of the program online.

She also completed a week-long session in the summer where students check in on a Sunday and spend the week in immersive learning until Friday afternoon.

When Erford graduates this May she wants to find either a clinic or urgent

care to begin her career.

A Nightingale Award of Nursing Excellence recipient from the Oklahoma Nurses Association, Wells takes pride in her low faculty-to-student ratio and the relationships her faculty has forged at healthcare facilities across northwestern Oklahoma.

Allowing students to learn in their communities creates a natural draw for students. The NWOSU Charles Morton Share Trust Nursing program is among the top in the state in national RN licensing examination (NCLEX) pass rates.

This year will mark the inaugural graduating class for the BSN-DNP program.

"They're all educated as family nurse practitioners with an emphasis on the needs of a rural healthcare community," Wells said. "It will be a fairly good sized class - more than we ever anticipated when we first put this together."

Planning for the program incorporated a focus on creating health

care for surrounding communities.

"Our focus was to increase primary care access to rural Oklahoma because rural Oklahoma is in such dire straits when it comes to health care providers," Wells said.

There's little doubt the Alva university is educating nurses to provide healthcare to rural Oklahomans for generations to come.

"They are going to be prepared to walk into a primary care clinic or office and care for patients across the life span," Wells said. "They will have leadership skills that excel many peers -I've been told that by preceptors."

With more than 30 years of teaching experience in nursing, Wells has closely followed the national trend calling for more BSNprepared nurses.

The attraction of Northwestern has always been a quality, affordable program with the flexibility of offerings. The RN to BSN completion program is offered online with no campus requirement. With no traditional clinical hours the program can be completed in 12 months.

"It works well for the working nurse," Wells said.

The traditional BSN program is delivered at four different sites in Northwestern Oklahoma with full-time faculty at each site.

Small class sizes and a low facultyto-student ratio is also a draw. Eighty percent of faculty are doctorallyprepared, a rarity in a rural state.

"We're a busy, dynamic little place up in northwestern Oklahoma," Wells laughed.

For the next step, Wells is helping Northwestern work towards an acute care practitioner certificate.

"That will help round out the health care provider needs for rural Oklahoma," she said.

NorthWestern OKLAHOMA STATE UNIVERSITY



Northwestern Nursing is recognized by <u>NursingSchoolsAlmanac.com</u> and <u>GreatValuesColleges.net</u> as one of the best all-around nursing schools in the central United States for quality, convenience, satisfaction, and value.

www.nwosu.edu/ school-of-professional-studies/nursing

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With four sites available in Alva, Enid, Woodward, and Ponca City, plus online courses, learning close to home is easy.

The online RN-to-BSN is a 12-month online program with no traditional clinical hours requirement and no campus visit requirements.

The BSN-to-DNP Family Nurse Practitioner program is a hybrid model offering online classes, limited campus visits, and local clinical practicums.

SWOSU is One of Oklahoma's Best Universities

By any measure, Southwestern Oklahoma State University with campus locations in Weatherford and Sayre is considered by many to be the home of one of Oklahoma's best universities. SWOSU is known for its quality programs having 14 nationally accredited academic programs—most among the senior regional universities in Oklahoma.



Southwestern Oklahoma State University

The SWOSU School of Nursing offers five programs: the traditional BSN program taught on campus and three online degrees for students who are already RNs: RN to BSN, MSN in Nursing Education (graduate) and MSN Nursing Administration (graduate).

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.

Six of SWOSU's nationally accredited programs are in Health Information Management, Nursing, Occupational Therapy Assistant, Physical Therapist Assistant, Radiologic Technology and Medical Laboratory Technician.

The university boasts professionally and academically qualified faculty who mentor students towards accomplishment of their goals.

SWOSU boasts one of the most diverse selections of academic college course options and the university is top rated in affordability. As always, SWOSU is dedicated to providing its students with a quality education while preparing them for the career of their dreams.

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- Faculty-led practice and research mentoring across Bachelor's, Master's and Doctoral programs
- The College of Nursing is one of seven OU Health Sciences Center colleges
- One college, three locations: Oklahoma City, Tulsa and Lawton

To learn more visit www.nursing.ouhsc.edu

OU College of Nursing launches BSN-DNP program

Long known for its history of innovation and producing some of the state's best in nursing, the OU Fran and Earl Ziegler College of Nursing took the next step last fall, announcing a new BSN-DNP program.

"Really it's limitless what these graduates can do and we're so excited to be preparing them at the doctoral level," said Program Director Amy Costner-Lark, DNP, APRN. "We're very excited to get this first group in."

The BSN-DNP program allows nursing students to earn their doctorate of nursing practice after earning a bachelor of science degree in nursing. Students in the BSN-DNP program will focus on advanced nursing competencies.

"The most important thing to remember is our healthcare system is increasing in complexity and patients are sicker and going home sooner than they ever have before," Costner-Lark said. "The program prepares nurses to practice at the highest level to ensure quality outcomes, to provide costeffective care and use evidencebased practice. We're creating high-quality clinicians and highquality nurse specialists and high-quality nurse executives to transform the health of Oklahoma and the nation."

We anticipate by 2025, a DNP will be the required educational standard to enter practice for advanced practice nurses. The addition of the program helps move the OU College of Nursing in line with other medical specialties requiring doctorates for advanced practice, such as pharmacy, physical therapy and audiology.

The BSN-DNP program will offer three specialty pathways: Family Nurse Practitioner; Adult/ Gerontology Clinical Nurse Specialist; and Executive Leadership.

Given the increasing complexity of patients in a rapidly transforming healthcare system, preparing nurses to practice at the highest level is critical to ensure quality outcomes," Costner-Lark said. "Offering a BSN-DNP program is aligned with the

American Association of Colleges of Nursing position statement on the DNP as entry-level for advanced practice nurses. The University of Oklahoma has a rich history of preparing exceptional nurses, and this program will continue to provide high-quality clinicians who focus on evidence-based practice and quality improvement for the citizens of Oklahoma and beyond."

Julie A. Hoff, PhD, MPH, RN serves as the dean of the college of nursing and notes the DNP is uniquely positioned to support innovation and entrepreneurship within the profession and will help guide healthcare delivery into the future.

Given the current health status of Oklahoma the DNP program will really provide us with the ability to advance health sooner in the state of Oklahoma," Hoff said. "This will really answer that call as well as advance the care that is delivered.

OU College Nursing Dean Julie Huff says the new BSN-DNP program is one of the most robust in the state.

"It's not just care at the level of individuals it's care across families, communities and populations."

Costner-Lark said OU students have a wealth of resources at their disposal throughout their journey.

"We're certainly a leader in education in the state of Oklahoma and also a leader in healthcare," Costner-Lark said. "Our partnership with OU Medical, Inc. not only gives us access to high quality research that's being performed but also opportunities for our students to train in a cutting-edge hospital and clinics across the state.

"It's been a very exciting process to develop this program."

One of the nation's few academic health centers with seven professional colleges -Allied Health, Dentistry, Medicine, Nursing, Pharmacy, Public Health and Graduate Studies - the University of Oklahoma Health Sciences Center serves approximately 4,000 students in more than 70 undergraduate and graduate degree programs on campuses in Oklahoma City and Tulsa.

OU Medicine - along with its academic partner, the University of Oklahoma Health Sciences Center — is the state's only comprehensive academic health system of hospitals, clinics and centers of excellence. With 11,000 employees and more than 1,300 physicians and advanced practice providers, OU Medicine is home to Oklahoma's largest physician network with a complete range of specialty care.



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Opportunity abounds at Hillcrest

Opportunity. It's something nurses crave but not all have access without changing employers.

The opportunity to provide exceptional patient care in a progressive environment. The opportunity to advance both their education and their career.

Melissa Trujillo, director of talent acquisition, says nurses can find it all with Hillcrest Healthcare System.

Serving communities throughout eastern Oklahoma, Hillcrest HealthCare System (HHS) includes Hillcrest Medical Center, Hillcrest Hospital South, Oklahoma Heart Institute, Bailey Medical Center, Hillcrest Hospital Claremore, Hillcrest Hospital Cushing, Hillcrest Hospital Henryetta, Hillcrest Hospital Pryor, Tulsa Spine & Specialty Hospital and Utica Park Clinic.

Across its hospitals and health care facilities, HHS offers 1,249 beds and employs a team of more than 6,500.

Eight facilities and two physician practice groups offer a multitude of opportunities for nurses.

"I feel like mobility is a big thing to offer," Trujillo said. "Sixty percent of our hires in the system are transfers. We constantly have nurses transferring from one facility to another. I think as an HR group we offer a tailor to your skillset and a tailor to your liking. We are a place that promotes transferring from within."

Not only are nurses able to transfer within facilities but being owned by Ardent Health Services allows nurses to transfer to other states.

Whether it be facilities in Texas or New Mexico or along the East coast the options are there.

"We really offer internal mobility," Trujillo said. "If they were to transfer here to New Mexico they would keep their PTO and their years of service. I would say we pride ourselves on internal mobility because we would rather that RN stays in our system." "We have lots of opportunities within the system for movement and exposure."

Hillcrest Medical Center, 1120 S Utica Ave., employs nearly 2,500 in multiple units. Hillcrest Hospital South, 8801 S 101st E Ave, staffs nearly 1,000.

New this year at Hillcrest South is a nursing residency program for those graduating in the spring.

"You enter the program, get exposure to multiple units and once you're out of the program then you're well-equipped to go into whatever unit you desire," Trujillo said. "What we're really hoping is they get exposure to units they may think they would not be interested in."

Trujillo points to HIllcrest's medical/ surgical units that have an added specialty such as trauma or ortho.

"To me you don't know what you don't know," Trujillo said. "And since it's temporary and a residency program you're getting that exposure and moving on to the next one. You might have an experience that resonates with you and persuades you to go to the less popular unit just because you're finding out what your niche is."

Hillcrest also offers up to \$2,500 per semester in tuition reimbursement for career advancement. Relocation and sign-on bonuses are also available for new grads.

"Not a lot of facilities in the area offer both of those things for a new grad," Trujillo said.

The system is a large one but time and attention is spent on onboarding new hires and making sure they feel comfortable.

"We've put a lot of time and effort into it to make sure the new grad feels safe. It's a lot of detail-oriented training," Trujillo said. "I think we've narrowed down the reasons why nurses quit, leave or leave the profession all together is because they don't feel adequately trained enough to do their job or they feel unsafe.

"I think a lot of our programs are focused around making that new grad feel safe but yet giving them the exposure and skills that they need to be successful on down the road as an RN."

Last September Modern Healthcare announced rankings for health care organizations recognized as Best Places to Work in Healthcare, with 12 Ardent Health Services hospitals, clinics and other entities among the top in the country.

Six of those facilities were in Oklahoma.

Tulsa Spine and Specialty ranked No. 6 on the overall list. and practice "Providing excellent patient care and service is driven and culture.

by highly engaged employees," noted Ardent President and CEO David T. Vandewater. "Creating a supportive work environment is critical to the success of our company, and having so many Ardent facilities named to the 'Best Place to Work in Healthcare' affirms that our employees are focused on our purpose of caring for others: our patients, their families and one another."

Modern Healthcare's rankings are based on interviews with leadership and physicians, and a confidential employee survey that assesses satisfaction, work-life balance, communication, policies and practices, work environment and culture.



COUGO HISI

...and it's not too early to start thinking about what you'll do after you graduate.



"When I was a new RN, everyone welcomed me to the Hillcrest family. I felt at home right away. Hillcrest respects and acknowledges their employees from the housekeepers to the managers. Our voices are heard when we need change and administration respects that."

- Alexis, RN

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graduate Our programs develop nurse leaders for roles in advanced practice careers. Our full or part-time master of science in nursing (MSN) program offers two concentrations: Nursing Education (fully online) or Nursing Leadership and Administration (hybrid). We also offer a doctor of nursing practice degree (DNP) with two program entry points; post-baccalaureate or post-master. The post-baccalaureate program has Nurse Practitioner specializations in the areas of Adult Gerontology Acute Care, Family and Psychiatric/Mental Health, as well as the DNP advanced curriculum. The online post-master program provides students already nationally certified in a specialization opportunities to advance their knowledge in multiple areas, including healthcare systems,

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CŃE

Saint Francis Health System provides learning opportunities for nurses at every level

State's largest healthcare provider encourages its nurses to grow professionally

Saint Francis Health System, Oklahoma's largest healthcare provider, has more than 10,000 employees at more than 100 locations throughout eastern Oklahoma. Nurses in the Saint Francis Health System networkwhich includes Warren Clinic, the state's largest physician group—can pursue careers in large communities (Tulsa, Broken Arrow, McAlester, Muskogee) and small (Vinita, Glenpool, Coweta, Owasso, Sand Springs).

Wherever they choose to work, nurses can enjoy the benefits of a locally owned, locally led and locally focused not-for-profit health system dedicated to highquality, patient-centered care. To this end, Saint Francis Health System offers a wide range of programs and services to help its nurses grow professionally, which ultimately serves to help maintain the health system's high standards of clinical excellence.

The Pursuit of Excellence

Nurses can take advantage of Saint Francis Health System opportunities even while they're still pursuing a degree.

The health system offers a registered nurse scholarship that funds up to \$8,000 in tuition at an accredited school of nursing. There is also the Saint Francis Extern Program, a nine-week shadow program designed for students in their final year of an accredited RN program. Both the RN scholarship and the extern program are great ways for aspiring nurses to get their foot inside the door.

Making the Transition from RNs include specialty classes School to Vocation

Once accepted into the Saint Francis Health System nursing program, new nurses embark on a yearlong nurse residency program (NRP), designed to help in the transition from the classroom to clinical bedside experiences and real-world professional nursing practice. The NRP includes professional nursing orientation, unit-specific orientation with a preceptor, specialty classes and a variety of nurse residency seminars.

The NRP is tailored to the education needs of newly licensed nurses, and is based upon Quality and Safety Education for Nurses (QSEN) competencies. During orientation, new nurses become familiar with the health system's policies, procedures and equipment, and participate in specialty classes specific to the patient population they will be caring for.

Help Along the Way

Saint Francis Health System provides reimbursement for the RN NCLEX (National Council Licensure Exam). Each year, there are three KAPLAN (RN NCLEX) review courses held at the Saint Francis Education Center: in January (for December graduates), May (May grads) and August (July grads). These courses are free for those who have accepted a position; full registration fee is required for all others. For new hires who cannot attend the courses, they can receive reimbursement of up to \$350 for specific courses, such as HESI, ATI and KAPLAN.

Other educational benefits for offering patient-focused content



Education Opportunities in Action

Kaytie Hull, RN, BSN, is currently a charge nurse at Saint Francis Hospital's patient tower and trauma center. She started working for Saint Francis Health System in 2011 as a nurse technician and has since worked her way up to Clinical Ladder III. Along the way, she has made the most of the nursing opportunities, flexible scheduling and incentives offered by the health system, including the nursing school scholarship, the extern program and tuition reimbursement for her BSN. Last year she began working on her MSN, which she is scheduled to complete in 2020. "Saint Francis provides a great work/life balance and many opportunities for employees to grow and achieve their goals," she says. "I wouldn't work anywhere else."

(e.g., pediatric, ICU and cardiac certification programs that include classes); nurse residency seminars that focus on communication and teamwork, critical thinking, invests heavily in its nurses patient/family-centered care, case and encourages them to grow management, discharge planning and more; baccalaureate- and graduate-level continuing education classes; and national

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Southern Nazarene School of Nursing: Traditional Undergraduate Program with a New Shine

The Nazarene Southern University (SNU) School of Nursing (SON) has been graduating nurses since 1982. SNU graduates have established a reputation for not only being well educated but having those most important qualities of caring, empathy, and sympathy towards their clients. SNU graduates embody the philosophy of the school of nursing, which can be summarized in the words THINK, DO, LOVE!

wonderful Many and outstanding individuals have worked as faculty members at the SNU School of Nursing over the years, each making a unique contribution to the profession through their teaching arts. The current faculty have recently completed a major revision to the traditional undergraduate curriculum to ensure the courses meet the current required standards of education expected from the regional employers. In addition, visit at snu.edu/campus-visit.

the importance of recognizing the global health environment has been brought to the forefront. Nursing students at SNU have a number of outreach opportunities, both local and international. These opportunities are expanding with each year!

As far as the SNU campus, two well-known "faculty" may be seen at the SON. Tillie Mae and Baby Snookums, both Mini Australian Shepherds, are certified by the Human Animal Link of Oklahoma as Therapy Dogs. Students enjoy the dogs and often find a non-judgemental listening ear when nursing school becomes too stressful. The dogs often "work" the lobby, going from student to student to provide a happy greeting or visiting a classroom prior to an exams to bring a sense of calm.

SNU welcomes all inquiries about the program!

Learn more schedule a campus





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Those are just two of the selling points at the Oklahoma Christian University's School of Nursing, according to Jennifer Gray, PhD, RN, FAAN associate dean.

"It allows students to work at their own pace," Gray said.

Regular shifts, family - a life outside of work - all come into play for today's nurses seeking to advance their degrees.

That's why OC Nursing tailors coursework to the individual's timeframe.

"It's all online," Gray said. "I love the flexibility of it. My experience has been that nurses in practice have a lot of expertise that we don't give them credit for in the education setting. One of the things I like about this program is it's designed to let nurses build on their expertise and move through quickly."

CREDIT FOR KNOWLEDGE

Pre-assessments allow students with the proper knowledge base to test out of certain classes.

Nine competencies are targeted, some allowing pre assessments to evaluate knowledge.

"They can take the pre-assessment and if they score 85 percent or higher they don't have to do anything related to that competency," Gray said. "They get credit and their transcript will have (the corresponding) courses and grades.

Competency-based education (CBE) means a registered nurse's training, education and work experience allow them to earn college credits for what they already know. Skip class for skills mastered on the job by testing out of that segment and earning college credit.

You can start an online, four-month subscription to the course material and test out of as many classes as possible for around \$4,000.

Gray said the next cohort is forming now with an expected March 2 kickoff. After that another will begin in May with no caps on enrollment.

"We adjust the number of faculty members based on the number of students," Gray said. "A faculty mentor is assigned to each individual student and stays with them throughout the program monitoring progress, evaluating and really just being a coach right there with them all the way through the program.

Students are allowed to work at their own pace and pay a flat rate for each term. Gray said students range from taking the full three terms to finishing in just one.

"I think most nurses if they have family or any other responsibility it's probably going to be three terms," she said.

Oklahoma Christian's RN-to-BSN perfectly prepares students for graduate school. Courses will require writing scholarly papers and preparing professional presentations to fully equip you to pursue a master's degree.

Many schools offer BSNs using a pass/fail grading system, OC students earn grades and graduate with a cumulative grade point average (GPA) and a full transcript. Graduate schools require a GPA for admittance and Oklahoma Christian makes sure students graduate with all they need to advance their careers even further.

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RSU Program Provides Path to Success

Nursing and health care are among Rogers State University's hallmark academic programs, which includes bachelor's degrees on its Claremore and Bartlesville campuses.

RSU is a dynamic regional university providing its students with the complete college experience where students can live on campus (both traditional and family housing options) and participate in a myriad of student activities, including student organizations dedicated to health sciences.

The university supports a rigorous academic program that attracts many students who plan to attend medical school complete their undergraduate studies through RSU's program in medical/molecular biology. RSU's nursing program produces students who consistently score better than the state and national averages on the RN licensure exam.

Rogers State's health sciences programs are some of the most rigorous in the region, producing graduates that are in high demand. RSU nursing graduates maintain a nearly 100% placement rate, securing excellent jobs throughout the region.

RSU's nursing faculty with a collective total of more than 130

years of experience in both academic teaching and practical experience. The university offers several lab environments to give students skillful training for residential environments, hospital beds, isolated acute care, and high fidelity simulation.

For those who want or need to work while attending school, almost 8 in 10 RSU students work while attending school allowing them to achieve their educational goals while balancing financial and family obligations. While RSU is the only public university with on-campus housing in the Tulsa metro area, the university has a large number of commuter students who live at home while attending RSU.

RSU consistently earns national recognition for affordability, both for traditional classes and its RSU Online program. U.S. News and World Report has noted RSU has one of the nation's top 10 lowest, in-state tuition rates, and also highlighted that RSU Online was among the nation's 10 least expensive public online programs. The university also has been consistently recognized for having one of the region's lowest student debt load for graduating students with nearly half of last year's graduating class earning



a diploma without taking a student loan.

The main campus in Claremore features the Stratton Taylor Library, new student residences with bed space for more than 800, the Chapman Dining Hall complete with inclement storm shelter, renovated historic buildings and the 50,000 square-foot Dr. Carolyn Taylor Center, which features ballroom space for community events. Rogers State also is home to RSU Public Television and RSU Radio FM 91.3.

Find your own path to educational success by visiting www.rsu.edu/ nursing or call 918-343-7631 to learn more or to schedule a campus tour.



PREPARED FOR YOUR SUCCESS

The Rogers State University Nursing Program gives students the tools they need to be successful healthcare providers.

The program's academic rigor and reputation gives RSU graduates an edge in the competitive job market. Most students are recruited for top jobs at hospitals and medical facilities in Oklahoma and beyond.

Nursing degrees available from either our main Claremore campus or branch campus in Bartlesville.

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Redlands tradition continues

come to Redlands Community College from, they find a home.

Maybe it's the friendly El Reno campus setting or maybe it's the streamlined program offerings.

Redlands Nursing Director Jalelah Abdul-Raheem, Ph.D., RN, likes to think it's the people.

"The thing I really think that makes Redlands stick out, particularly the nursing program, is it's such a community feel in the college as a whole," she said. "Everyone is willing to help each other. They're really friendly, even across disciplines.

"We get a mix of traditional and non-traditional students. We get a good amount of first-generation students, second-career students and those who definitely have to work so they can provide for their families."

Nursing Redlands Program graduated its first class in 1981. The program is a two-year nursing program with new classes beginning in the fall of every year.

Students graduate with an Associate in Applied Science Degree and, upon graduation, are eligible to take the NCLEX exam to become a Registered Nurse.

Redlands also offers options for

No matter where nursing students LPNs attending the nursing program. Students who are admitted for the LPN-RN course track are given credit for the first semester course, Nursing I.

"In the nursing department our faculty-student ratio is so small that we actually get to know our students and their situations and backgrounds," Abdul-Raheem said. "We help work with them where they can be successful despite some of the things typically that may seen as a barrier such as a first-generation college student and not really knowing how to study or being that single mom that's trying to juggle work around school."

Redlands is very intimate setting.

Redlands admits students one time each year to the traditional day program. LPN to RN admission occurs for a handful of individuals in the spring.

The program threads theory and simulation together to help build understanding of the specific content being taught.

Simulations enhance student understanding, build confidence prior to clinical rotations as to what to do, say, and provide appropriate interventions for patients.

'To be honest all of the students end up getting a job," Abdul-Raheem said. "The things we hear from employers are that Redlands graduates do display a lot of compassionate caring and drive to learn as much as they can to be successful in the field. They're willing to do whatever is necessary to make sure their patient is taken care of.

"I've had a couple agencies reach out to me - and we just started clinicals - about how much they enjoy Redlands students and graduates because they come in with that knowledge base and that drive to really change nursing for the better."

A new simulation program has helped expand the student's experiences in a community setting.

Redlands perennially has a high job employment placement rate.



"I feel like the faculty works great together," she said. "It's a culture of teamwork and showing others - faculty and students - that we care. They're willing to go that extra mile and it really translates to our students. Our students learn how to be professional by being accountable, responsible and understanding expectations."

Visit Redlands online for more information at www.redlandscc.edu



Put yourself on the map

Redlands Nursing Program

- Small ratio of students per instructor
- Simulation lab and live NCLEX review
- LPN-to-RN course track
- Approved by the Accreditation Commission for Education in Nursing and Oklahoma Board of Nursing
- Great employment opportunities after graduation

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Preparing For Nursing School

Graduating High School? Thinking about college? There's so much to consider when it comes to getting ready for college: where to go, what to study, how to apply, how to pay for it all and more. Use all resources available to explore your options including this guide.

Prepare before you walk through the classroom door. Visit websites for colleges included in this guide. Don't limit yourself to local colleges, visit state and regional colleges to get an idea about what is best for your specific needs. Here are s few effective tips to help you get ready to enter nursing school with confidence.

Talk With Nurses - Talk with nurses you know. Use social media to connect with new and experienced nurses, Have your questions ready and be brief and to the point about your interests.

Volunteer - Volunteering in a healthcare position with a nursing center, hospital or other healthcare facility will help you decide if nursing is for you.

Read Up - Read about, and pay attention to nursing in the news. Subsctibe to online publications like : Oklahoma's Nursing Times **www.oknursingtimes.com** and The Oklahoma Nurse - The Oklahoma Nurses Association newsletter www.ona.nursingnetwork.com.

Be Ready to Invest - Be ready to invest in your future. Know your financial position and avoid credit card and major expenses that can cause stress and distract from your studies.

Research

Search for and complete Scholership opportunities/apllications. Some colleges offer scholerships and financial aid for nursing. Review your colleges' acceptances and compare financial aid offers. Talks with your school counselors. School counselors are experienced in the college preparation process and can give further advice on your next move.

FAFSA

Complete and submit your Free Application for Federal Student Aid (FAFSA®), at fafsa.gov, along with any other financial aid applications your chosen school may require.

Testing

Register for all tests in advance and take time to prepare. Ask your school counselor to waive any fees that may apply.

Trade School vs College – What's the Difference?

College

Those who go to college obtain a general academic education that can prepare them for a variety of careers. This education typically takes four years. It also requires students to select a "major" or concentration. Your major or concentration is the field of study that you plan to focus on in your time at college. Aside from a few majors that are career-specific such as engineering or accounting, colleges don't specifically prepare you for a trade. Instead, they provide you with a solid base of academic knowledge that you can apply to a number of different career paths.

Technical School

Tech school, aka vocational school, is almost the complete opposite of college. Rather than receiving a broad education, you enroll in a course of study and take very specific classes to prepare you for a particular job. A few examples include nursing, culinary arts, massage therapy, office management, cosmetology, fashion design, information technology, etc. Although vocational classes are typically found in community colleges, there are also a large number of technical institutes that provide this kind of training.

For more information visit: PowerScore Test Preparations www.powerscore.com



Health Care Training is a Core Area of Francis Tuttle

Among the most highly regarded of the many career training programs offered at Francis Tuttle Technology Center are those in the health sciences. From programs for adults looking for a new career, to those designed to prepare high school students to earn a living while exploring other health career options, there are many available to choose from to help people who are considering pursuing a career in the helping professions of health care. Francis Tuttle has experienced faculty who have worked extensively in the industry, with state of the art equipment used in health and medical facilities throughout the metro area and around the country, and a dedicated focus to help fill a looming skills gap. Below is a brief description of each of Francis Tuttle's program offerings.

The **Pre-Nursing** program for adult and high school students is an exciting opportunity to begin exploring a health care pathway and see what careers are available with additional training. Students gain knowledge about the broad spectrum of health professions. Through the program, students can obtain certification as a Nurse Aide (CNA) and an Advanced Unlicensed Assistant (AUA).

The unique Respiratory Care program for adult students works cooperatively with Oklahoma City Community College, whereupon completion, students receive a Certificate of Completion from Francis Tuttle and an Associate of Applied Science degree from OCCC. Students are trained to assist with the treatment of individuals with pulmonary and cardiac disorders, and obtain eligibility to take the national examinations to earn a Registered Respiratory Therapist (RRT) credential and apply for an Oklahoma Respiratory Care Practitioners License.

The **Practical Nursing** program prepares adult students to provide quality health care in a variety of settings. Three enrollment options are available to best fit student needs: full-time, blended online, and the 1+1 program. Upon completion, students are eligible to take the National Council Licensure Exam (NCLEX) to become a Licensed Practical Nurse (LPN).

The unique Orthotic & Prosthetic Technician program, along with certification in Pedorthics, each for adult students, is a hands on program to prepare students to assist the disabled by fabricating the orthopedic braces (orthoses) and artificial limbs (prostheses) necessary for their rehabilitation. Pedorthics offers specialized training to manage comprehensive pedorthic patient care for all injures and pathologies involving patient feet. Upon completion of the program, students are eligible to take the American Board of Certification (ABC) national certification exam to be recognized as a Certified Technician in Prosthetics and Orthotics (CTPO). After training and one thousand hours of work experience, students may take the Pedorthic Certification Exam (ABC or BOC) to be a Certified Pedorthist (C.ped).

The Dental Assisting program more information.



prepares adult students to become members of the dental health care team. Dental assistants have the opportunity to enhance the efficiency of the dentist in the delivery of oral health care. Upon completion of the program, students can obtain certification as a Dental Assistant (CDA).

Each program offers the potential for a high paying career and Francis Tuttle is dedicated to serving the growing demand for a highly qualified workforce in the health care industry. If you're interested, or know someone who is looking to expand their horizons through the expanding field of medical care, check out these and other programs at www.FrancisTuttle.edu and get started on your future today!

Visit **www.FrancisTuttle.edu** for more information.



History, future on OBU's side

History. Tradition. And an eye to the future.

All combine at Oklahoma Baptist University.

For 64 consecutive years, OBU nurses have gone on to deliver quality, compassionate care with an education grounded in faith and ethics.

Dr. Robbie Henson was recently appointed as dean of the OBU College of Nursing, having served on its faculty for 29 years. She had served as interim dean since August 2019 and is the Lawrence C. and Marion V. Harris Chair of Nursing. She also teaches in both the undergraduate and graduate programs in the College of Nursing. She has clinical experience in a wide range of specialties including adult medical-surgical, intensive care, home health, psychiatricmental health, and maternalnewborn nursing. She earned her BSN at OBU and knows firsthand the tremendous education offered in the OBU College of Nursing.

"Our graduates are very much in demand in Oklahoma and all the way down to the Dallas-Ft. Worth metroplex," Henson said. **RICH HISTORY**

baccalaureate The school's program was the first approved in the state, graduating its first class in 1956. For decades, OBU nursing graduates have been in high demand, and that tradition of excellence entered a new era four years ago with the state-of-the-art Stavros Hall, the new home for the College. The 32,000-square-foot facility was designed to provide cutting-edge nursing education for both undergraduate and graduatelevel students.

Opened in 2016, it is located on the northeast corner of the OBU campus in Shawnee. The facility features six high-fidelity skills simulation labs, a mid-fidelity skills lab, a health assessment lab, and a home health and bathing training room, totaling 24 beds. The high-tech simulation labs are equipped with the industry's most advanced medical simulation solutions, providing students with realistic training scenarios for their future nursing careers.

"It's a beautiful building with state-of-the-art simulations and skills labs," Henson said of Stavros Hall. It has been featured on news programs in the Oklahoma City area, as well as statewide.

The acute care setting gives students a hands-on feel of a true hospital unit. With full control of the state-of-the-art human simulators, instructors train future nurses to expect the unexpected and react with life-saving speed to evolving situations in real-time. The building's video technology allows instructors to offer the best possible feedback to students, as they review the scenario together following each simulation.

"We have really wonderful facilities and amazing faculty for both teaching and learning," Henson said.

Class sizes in OBU's College of Nursing tend to be small with only 35 to 45 students in each of the junior and senior classes allowing for hands-on instruction.

"That really says you're going to get to know your faculty and have access to the resources that you need for assistance. You are going to make lifelong friends and mentors too," Henson said. "We know our students well and very intentionally pour into their lives."

OBU is coming off another 100-percent NCLEX pass rate with its most recent graduating class. The University's nursing graduates typically post pass rate percentiles in the upper 90s.

"We have a very strong trend in our pass rates," Henson said.

Another unique feature is the school's ethical focus.

"Has there ever been a more critical time in history when students needed to develop a worldview with faith and justice?" Henson said. "That, I think, is one of the most important things we offer. Having a focus on society's needs, ethics, and faith in today's world is huge."

OBU also offers the RN to BSN degree with the same core focus. This fully-online program



Dr. Robbie Henson is the new dean of OBU's College of Nursing. She has served as interim dean since August 2019 and is the Lawrence C. and Marion V. Harris Chair of Nursing. She is an OBU alumna and joined the nursing faculty in 1991. She is pictured in Stavors Hall, home to the College.

months.

OBU's master's degree in nursing education can also be completed in 15 months, completely online.

can be completed in as little as 12 has done an outstanding job with our BSN completion and MSN programs, bringing those same core mission pieces to those who already have their RN and those who are looking for the next step

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Oklahoma Nursing Student Association is an association built by nursing students and for nursing students. Everything we do is to give back to all the nursing students across the state of Oklahoma. This year we are taking a different approach in diving in deep to serving our community and serving them well from the homeless to mental health to everything in between. We are trying to challenge all students to get out there and give back!

We have our annual Oklahoma Nursing Student Association State Convention planned for Fall at the Embassy Suites in Norman, OK. We have been doing our Convention for over 17 years. We have almost 500 students each year that allows everyone to hear wonderful speakers, meet other nursing students and network with potential schools, employers and different organizations that are beneficial to their nursing education.



Check out the ONSA website for more details!

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AGS Student Excelling at Local Hospital

Jennifer Butler has always been committed to making a difference in people's lives through kindness, compassion, and quality care.

She's currently working on completing her BSN degree through Oklahoma Wesleyan's Adult and Graduate Studies program. At the same time, Butler is working at Jane Phillip's Medical Center, in Bartlesville, Oklahoma, and is looking forward to a management position with the nursing staff graduation her after this December. It's one of many achievements in Butler's nursing career, which she says began when she was very young.

Her family, ironically, was not made up of healthcare providers, save for one grandmother who worked as a nursing assistant. Most of Butler's family were bankers, but that profession never held much appeal for Jennifer. For her, it was always nursing.

"I knew that I wanted to do something in ministry and something helping people," she said. "Something just always drew me to nursing."

There was also an aspect of home-town pride in Butler's decision, as she grew up in Bartlesville and felt a strong calling to minister to its people. "I love our community, so I want to make a difference in the people who need healthcare in [it]."

Butler got her CNA certification at 16, and she's never looked back, eventually taking classes at Roger's State University to earn her RN. After some work at St. John's in Tulsa to get some experience at a bigger facility—and spending some time with an agency as a

travel nurse—Butler felt it was time to come home, taking a position with Jane Phillips.

When she was offered a chance to take on a supervisory role, Butler felt a calling in a slightly different direction: administration. She currently works as a clinical supervisor, helping to organize the nursing staff and to provide assistance as needed through the hospital. Butler knew that this was a fit for her skill-set and giftedness, and she wanted to advance further. Not only that, but her bosses had her tapped for a management position. She would need to continue her education.

One Step at a Time

Enter OKWU and its extensive AGS program. Butler received information about the program from Kelli Croucher, AGS Enrollment Services Manager, and enrolled in courses. Between the scholarships she was able to receive from OKWU and the education stipends Butler received from her work, she will graduate this December completely debt-free.

"We came out free and clear. Bachelor's degree for free," Butler said. "It really opened that door for me to climb up the ladder."

And this is well-deserved. "Everything Jennifer puts her hand to is done with excellence,"

Croucher said. "Jennifer has never wavered in her commitment to her family, her career or her education, bringing several fellow nurses along

fellow nurses along with her to complete their BSN as well."

As already mentioned, the best part of nursing for Butler is her ability to make an impact on someone's hospital experience for the better.

"Smiles are contagious. Being kind is contagious. The best thing about being a nurse is spreading kindness and showing compassion."

OKLAHOMA WESLEYAN UNIVERSITY

"The more compassion you show, the more that others show."

Long term, she plans to continue her education, preferably at OKWU. But for now, she plans to continue in that singular mission: to show simple kindness, even as she continues climbing the ladder in administration. "I will always find a way to be on the floor," she said.

Butler doesn't worry about the future, and that's her advice to other students—especially those students in the AGS program who are juggling their career and their education. "Just take it one step at a time," she said. "One step at a time."

For more information visit **www.okwu.edu**.



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*Students who have earned a Bachelor's Degree in Nursing with a current, unencumbered RN license are candidates for the BSN to DNP program. Please note there are additional requirements that must be met if you reside outside OK. Anna Vaughn College of Nursing is located at 7777 South Lewis Ave in Tulsa. For more information visit: www.oru.edu/academics/avcon or call 918-495-6133.

The Anna Vaughn College of Nursing

is at the forefront of nursing science, technology, and patient care. Our innovative undergraduate BSN curriculum uses concept-based and immersive, high-tech instruction. Our online RN to BSN and Master's programs reflect society's most pressing healthcare needs, and our DNP program prepare graduates for leadership roles in academia, government, and industry. A nursing education at ORU is a unique opportunity.

As an ORU nursing student, you'll take classroom learning into high-tech simulation labs and then out into the community. You'll have the opportunity to practice in outstanding medical facilities experiencing some of the most rewarding practice environments locally and across the world. You'll be supported by your peers and faculty advisors and you'll learn how to collaborate with a team of professionals to deliver the highest level of care. ORU DOCTOR OF DO

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Getting ready for nursing college can be easier than you think

Why Nursing?

Nursing is challenging, interesting, and allows you to make a difference in people's lives every day. Nursing is one of the fastest growing careers in the U.S. and offers a variety of medical settings. Nurses are near the top of the list when it comes to employment growth and income. In short, nursing can offer a career that is both personally and financially rewarding.

Graduating High School? Thinking about college? There's so much to consider when it comes to getting ready for college: where to go, what to study, how to apply, how to pay for it all, and more.

It's never too early—or too late—to explore your options for college. Inside this Guide are some key steps in preparing for college and resources that can help you along the way. You'll have to take the time to research and understand your options, but you don't have to do it alone. This Guide Can Help!



Why go to college?

More money, more job options, and more freedom. With less than a high school diploma the average income is just over \$34,000 per year. With an Associates degree your earnings jump to more than \$58,000 per year and \$75,000 with a Bachelor's degree. Earnings soar ever higher with a Master's and/or Doctoral Degree at over \$100,000 per year.

Checklist.

As a student or the parent of a student about to start college, the following checklists will help you get ready.

1. Work hard all the way to graduation—second-semester grades can affect scholarship eligibility.

2. Stay involved in after-school activities, and seek leadership roles if possible.

3. As soon as possible after its Oct. 1 release, complete and submit your Free Application for Federal Student Aid (FAFSA®), at fafsa.gov, along with any other financial aid applications your chosen school(s) may require. You should submit your FAFSA® by the earliest financial aid deadline of the schools to which you are applying, usually by early February.

4. After you submit the FAFSA, you should receive your Student Aid Report (SAR) within three days to three weeks. This document lists your answers to the questions on your FAFSA and gives you some basic information about your aid eligibility. Quickly make any necessary corrections and submit them to the FAFSA processor.

5. If you haven't done so already, register for and take the standardized tests required for college admission. Check with the colleges you are interested in to see what tests they require. pply to the colleges you have chosen. Prepare your applications carefully. Follow the instructions, and PAY CLOSE ATTENTION TO DEADLINES!

6. Well before your college application deadlines, ask your counselor and teachers to submit the required documents (e.g., transcript, letters of recommendation) to the colleges to which you're applying.

7. Complete any last scholarship applications.

8. Visit colleges that have invited you to enroll.

9. Review your college acceptances and compare the colleges' financial aid offers.

10. Contact a school's financial aid office if you have questions about the aid that school has offered you. In fact, getting to know your financial aid staff early is a good idea no matter what—they



can tell you about deadlines, other aid for which you might wish to apply, and important paperwork you might need to submit.

11. When you decide which school you want to attend, notify that school of your commitment and submit any required financial deposit. Many schools require this notification and deposit by May 1st.

Notes: **a.** Understand the FAFSA better by watching the videos in the "FAFSA: Apply for Aid" playlist at www.YouTube.com/FederalStudentAid. **b.** Follow or like the office of Federal Student Aid at www.Twitter.com/FAFSA and www.Facebook.com/ FederalStudentAid to get regular financial aid tips. **c.** Make informed decisions about student loans. The following resources are important at this point: Federal Versus Private Loans and Federal Student Loans: Basics for Students

REMEMBER: Register for all tests in advance and be sure to give yourself time to prepare appropriately! If you have difficulty paying a registration fee, ask your school counselor about getting the fee waived.

For more information go to: https://studentaid.ed.gov



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