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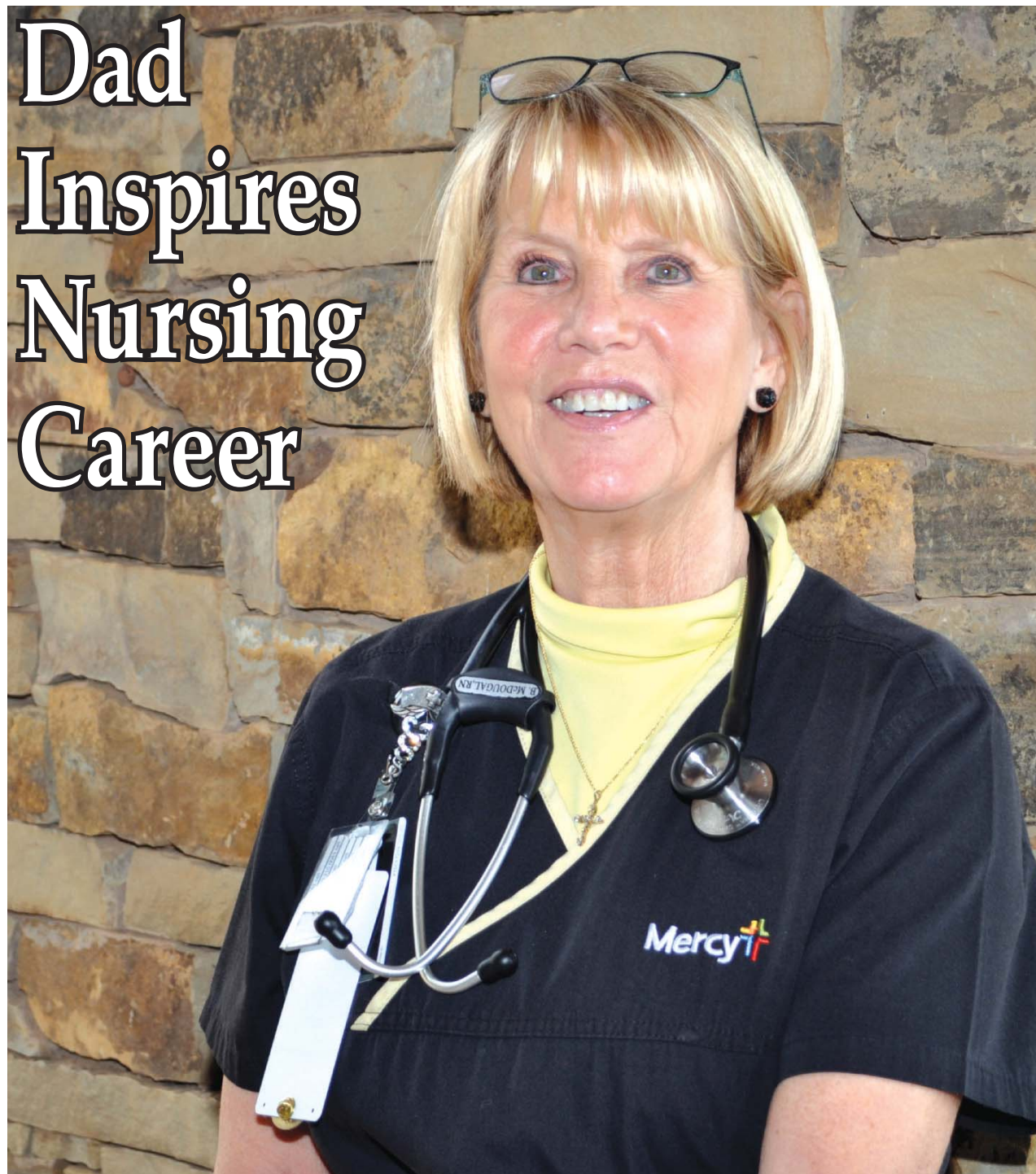
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## Dad Inspires Nursing Career



Barbara Aldridge, RN works at Mercy Rehabilitation Hospital. She has dedicated her life to caring for others, as she has been a nurse for forty-three years.

by Vickie Jenkins, Staff Writer

It takes a special kind of person to be a nurse. It also takes a special kind of person to be a nurse for forty-three years and that is the case for Barbara Aldridge, RN who works at Mercy Rehabilitation Hospital.

"I grew up in Holdenville, OK; a very small town where everyone knows everyone.

As a little girl, I didn't realize that my dad, Royce C. McDougal was one of the few doctors in town. He carried a big black doctor's bag as he made house calls; from delivering babies to removing gallbladders to whatever was ailing the patient, he took care of them. He was known as Dr. Mac."

See INSPIRES Page 2

## INTEGRIS WOUND CARE EDMOND NOW OPEN

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INTEGRIS Wound Care Edmond at 4509 INTEGRIS Parkway, Suite 145 in Edmond recently opened and will offer advanced wound care for people living with chronic, non-healing wounds. INTEGRIS Health Edmond has partnered with Healogics, the nation's leading provider of advanced, chronic wound care services. Healogics is headquartered in Jacksonville, Florida, and has a nationwide network of nearly 700 Wound Care Centers®.

It is estimated that chronic wounds affect 6.7 million people in the U.S. and that number is rising, fueled by an aging population and increasing rates of conditions such as diabetes, obesity and the late effects of radiation therapy. If

See WOUND Page 3





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## INSPIRES

Continued from Page 1

"The strange thing is that I was oblivious to what my dad actually did when he left the house. In the seventies, I attended OSU. I went home one weekend and he was the doc-on-call. I asked if I could go with him. I ended up spending the next thirteen hours actually seeing what this man did for a living! I was in AWE! I went right back to OSU, changed my major from math to pre-nursing. There were four hundred applicants and I just happened to be one of the twenty-five that got accepted. The rest is history and I have never regretted it," Barbara explained. "I was definitely influenced to be a nurse by my dad."

Barbara loves her job as a nurse. "I attended OSU for my LPN and thirty years later, went to OSU/OKC for RN school. I graduated in December, 2008 and passed my boards in January 2009. "All of my instructors were wonderful," Barbara said. "I can't thank them enough for being there for me," she added.

"I worked in many hospitals and I enjoyed working in each one but I have to say, here at Mercy Rehab is where I am meant to be," Barbara said. "There are patients that come in here from having a stroke and some of them can't eat or talk or walk and they can't do anything on their own. When they are here and they go through therapy, it is such a wonderful feeling knowing that we have helped them to a point of they can do things on their own again. This is the most rewarding job anyone can ever find," Barbara commented. "The time a patient stays here varies but on the average, I would say that someone might be here for two to three weeks."

"My favorite part of working

here is getting to care for the patients. Not only do we get to know the patients, but we get to know their families. It's like one big family. I don't have any children of my own so I feel like my patients are my children," Barbara stated.

Asking Barbara what qualities she thought make a good nurse, she replied, "I think a nurse needs to be punctual, organized, caring and honest. That pretty much describes the nurses around here. This is a wonderful place to work and teamwork is very important here. Like I said before, it's like we are one big family."

When asking Barbara if she was married, she had a very interesting story. "I am married to my first boyfriend, (I was twelve and he was sixteen) we just happened to run into each other at a restaurant fifty years later. It was definitely a God thing," she said. "I saw him sitting across the room and I went over and said hi and things took off after that. We were both single at the time and we dated for a few years and then got married in 2017. I still have the drop that he gave me over fifty years ago," she explained, as she showed me a picture of the two of them; fifty years ago and a current picture. "I always carry the picture with me and when I share my story with the patients, it makes them smile."

Barbara's hobbies include working out at least three times a week. "I usually work out early in the morning," she said. "It keeps me feeling good."

"A big thank you to my dad, Royce C. McDougal, MD. He retired at age seventy-five and has passed on since, but I know he loved being a doctor and likewise, I love being a nurse," Barbara said.

If you could sum up your life in one word, what would it be? "Happiness."



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## WOUND

Continued from Page 1

left untreated chronic wounds can lead to diminished quality of life and possibly amputation of the affected limb.

Hospital President Avilla Williams stated, "We are excited to bring this valuable clinical treatment model to our community and state. People suffering with chronic wounds often suffer in silence. Our goal is to heal their wound and allow them resume a quality of life they deserve."

INTEGRIS Wound Care Edmond offers an evidence-based, systematic approach to advanced wound care. A patient's individualized treatment plan may include specialized wound dressings, debridement, compression therapy, advanced cellular products and topical growth factors, edema management and/or non-invasive vascular assessment. These treatments are the result of a team approach between the Center's physicians, nurses and the referring physician. A treatment plan is developed and scheduled based on the patient's needs. Once treatment is complete, the patient will return to their

primary physician to continue routine care.

Additionally, INTEGRIS Wound Care Edmond will be equipped with Healogics newest technologies: Clinical OptimizationSM and Decision SupportSM. These applications on Healogics' WoundSuiteSM platform, enable the critical connection between people living with chronic wounds and their multi-disciplinary health care team for collaborative, evidence-based, patient-centered care.

Program Director Randy Kerr stated, "We have been hearing from patients and physicians from the Edmond area that there is a need for wound care services. We are thrilled to be able to keep patients who will benefit from our services close to their homes."

Likely candidates for treatment at the center are those suffering from diabetic ulcers, pressure ulcers, infections, compromised skin grafts and flaps, and wounds that haven't healed within a reasonable time frame. People with wounds that have not improved with traditional methods of treatment may benefit from a visit to INTEGRIS Wound Care Edmond.

## Skydance Bridge Goes Blue March 5; Oklahomans urged to "Go Blue" for CRC Awareness

The Skydance Bridge in Oklahoma City will be illuminated blue on Thursday, March 5 as the American Cancer Society urges all Oklahomans to "go blue" in observance of individuals with colorectal cancer.

"March is traditionally National Colorectal Cancer Awareness Month," said ACSOK Executive Director Lesa Foster. "We recommend those at average risk for colorectal cancer be screened at age 45. Colorectal cancer is the third-leading cause of cancer-related deaths in men and in women, and the second most common cause of cancer deaths when men and women are combined. But with regular screening, doctors can find and remove polyps before they have the chance to turn to cancer."

According to the American Cancer Society, an estimated 20,530 new cases of colorectal cancer will be diagnosed in Oklahoma this year, with an estimated 8,430 new deaths.

"That is why we are 'Going Blue,' this month," Foster added. "We urge all Oklahomans to wear blue on March 5 to help draw attention to Colorectal Cancer Awareness Month. Post a selfie to your social media channels and tag us, @ACSOK, and encourage family and friends to get screened. And of course, if you are in Oklahoma City, take a look at the beautiful Skydance Bridge as it goes blue. Together, we have an opportunity to save lives from colorectal cancer."

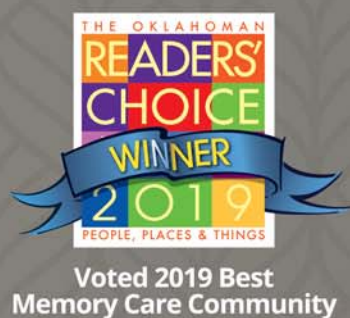


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# CAREERS IN NURSING

## CARRYING ON A TRADITION - FAMILY MEDICINE SPECIALIST

by Vickie Jenkins - Writer/Photographer

Dr. Holly Goracke is a family medicine specialist in Oklahoma City, Oklahoma. She graduated with honors from University Of Oklahoma College Of Medicine in 2010. Holly Goracke, M.D. has worked in Duncan, OK and is currently at Gilbert Medical Center in Bethany, OK.

Starting off the New Year with Dr. Goracke is Victoria Beville, RMA. Victoria was with Dr. Ferguson, OB/GYN for sixteen years until recently when Dr. Ferguson passed away. Victoria also worked with Russell-Murray Hospice in El Reno, OK. She came highly recommended for this job.

Victoria has a real calling for helping others. "With Dr. Goracke starting here in Bethany, I felt like it could be a new beginning for me too. I've only been here a short time but I am adapting very well," she added.

Victoria attended Platt College,

getting her RMA, and has been deeply involved in the medical field. "I feel like by working here, I am helping to make a difference in the patient's lives. Everyone here at Gilbert Medical Center is so nice and everyone is very supportive," she said with a smile. "The patients are nice and I truly feel like I am a big encouragement to them when we get to talking," she said. "There is one thing for sure; I get to know the patients. It is such a wonderful feeling to wake up every morning, wanting to go to work. How many people can say that?"

"Here at Dr. Goracke's office, we are open Monday through Friday, 8-5 and closed on weekends. Dr. Goracke sees all different ages; young and old alike. This office is so positive and encouraging. I think I am partial to this office for several reasons; my mother and grandmother came here when they were little girls. It makes me feel

good to know that I am actually walking on the same concrete that they walked on. Working here at a doctor's office makes me feel like I am carrying little bits and pieces of my mother and grandmother's traditions on with me. Yes, I am very sentimental like that," Victoria explained. "It means a lot to me to carry on the tradition."

Victoria's advice to someone going into the medical field would be to work hard and do the best job you can possible do, don't be afraid to ask questions and learn something new every day. "There is so much to learn and try to absorb each little thing. It will all come in handy in the long run," Victoria said.

"When I was growing up, I helped take care of my grandmother. In my family, one of my daughters was diagnosed with juvenile diabetes. I also have a granddaughter that spent some time at the Children's

Center. I have taken care of feeding tubes, shots, wounds, dealing with blood sugar levels six to twelve times a day, emotional support and everything else a mother and grandmother feels like needs to be done. I feel like I have done it all and I want to continue to be there for anyone that needs me," Victoria said. "In a way, I was pulled into nursing because of the happenings of the past and as if preparing for the events of things to come. Having medical skills and being an encourager is a real plus. Working with Dr. Ferguson for so long, I feel like he was a great mentor to me and I won't forget that. I can stay calm in emergency situations and keep it all together. I have a caring, nurturing feeling that I can't seem to lose. It was definitely my mother and my grandmother that influenced me to be a nurse and I am thankful for that," she said.

See BEVILLE Page 5



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Working for Holly Goracke, M.D. Family Medicine Specialist is Victoria Beville, RMA. Victoria has a real calling to work in the medical field.

## BEVILLE

Continued from Page 4

On a personal note, Victoria wanted to be a singer when she was a little girl. "I still sing karaoke sometimes," she said with a smile. "My husband, Joe, is in a band, Blind Fate and I sing with him a little too. I love spending time with my four daughters, and my eight

grandchildren who are all under the age of ten. Quite the crew when we all get together," she said. "I like making crafts, all kinds of dancing and cake decorating."

Summing up your life in one word, what would it be? "That is a hard question to answer," Victoria said, "but I guess I would choose the word, family. With family, I have everything."

# THE CHILDREN'S HOSPITAL INITIATES PROGRAM TO HELP STAFF DEAL WITH EMOTIONAL ISSUES

The Children's Hospital at OU Medicine will be the first facility in the Oklahoma City area to incorporate Schwartz Rounds, a program to provide support to staff members who may deal with stressful and emotional situations throughout their work day.

Schwartz Rounds are a multidisciplinary forum where caregivers discuss difficult emotional and social issues that arise in caring for patients. The program's mission is to promote compassionate health care and strengthen the relationship between patients and caregivers.

"The healthcare environment offers both unique challenges and privileges for caregivers," said Deborah Browning, chief nursing officer at The Children's Hospital. "Schwarz Rounds is a comprehensive system of caregiver support that preserves and protects the human connection in healthcare."

The Children's Hospital will hold its first bi-monthly Schwartz Rounds forum on February 21. Care team members from all areas of the hospital will be invited to participate, including nurses, dietitians, physicians, housekeepers, chaplains, etc.

Each Schwartz Rounds session will feature a different health topic that care team members encounter through their work in a pediatric environment. A panel of presenters will share their perspectives and experiences, and participants will be encouraged to engage with the panel and share their own similar experiences. The purpose will be for staff to talk about how they feel, rather than something that specifically happened, offered in a safe, comfortable environment where they can learn from and support each other. Schwartz Rounds were created by the Schwartz Center for Compassionate Healthcare based at Massachusetts General Hospital in Boston. The Center was named after Ken Schwartz, a healthcare attorney who died of lung cancer in 1995, at the age of 40. During his illness, he wrote an article for Boston Globe Magazine describing a group of caregivers who attended to his medical and emotional needs, "making the unbearable bearable."

The Association of American Medical Colleges conducted a survey of Schwartz Rounds participants and found that 87 percent of respondents reported Rounds led to new ideas and strategies for challenging patient situations and increased their compassion.

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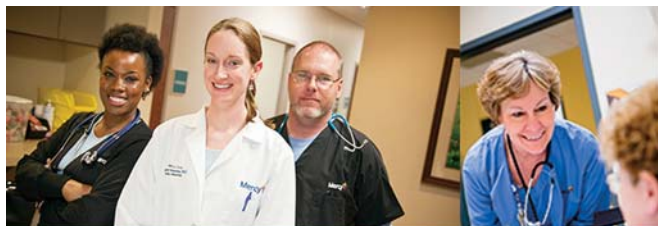
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# Cole receives MS advocacy award

On Thursday, the Oklahoma Medical Research Foundation honored Congressman Tom Cole (R-OK) with its inaugural Multiple Sclerosis Advocate Award.

Cole received the award for his role in championing biomedical research on MS and other diseases. The ceremony took place at the Oklahoma City Golf and Country Club, during a dinner that also raised more than \$270,000 for research and patient care at OMRF's Multiple Sclerosis Center of Excellence.

During his nine terms in the U.S. House of Representatives, Cole has advocated for biomedical research on the national level. Cole is the former Chairman and current Ranking Member of the House Appropriations Subcommittee on Labor, Health and Human Services,

Education, and Related Agencies. Under his leadership, the National Institutes of Health's budget has grown almost \$8 billion since 2014.

"Congressman Cole has used his considerable influence to benefit those suffering from disease," said Chickasaw Nation Governor Bill Anoatubby, who serves on OMRF's board and presented the award to Cole. "Multiple sclerosis is one of many diseases that impacts the lives of Oklahomans, and Tom understands their struggle. It fuels his passion for funding research that ultimately will make a difference for countless Americans."

MS causes vision problems, tremors, paralysis, painful spasms, imbalance and cognitive changes. At OMRF, more than 3,000 MS patients receive treatment from



Chickasaw Nation Governor Bill Anoatubby, right, presents Congressman Tom Cole with the Oklahoma Medical Research Foundation's first Multiple Sclerosis Advocacy Award on Feb. 20.

clinicians, who also team with laboratory researchers in an effort to develop new treatment options.

"Everyone has family members and loved ones who are affected by some form of disease," said Cole. "Regardless of your politics, funding for biomedical and disease research is always a worthy cause. As I serve in Congress, I will continue fighting to sustain and increase the gains that we have made, so centers of research excellence like OMRF can continue to pursue groundbreaking research to find more cures and treatments that benefit all of society."

Those efforts, said OMRF President Stephen Prescott, M.D., have indeed made a difference.

"Congressman Cole prioritized research funding and has been responsible for historic increases," said Prescott. "Because of his leadership, we're now seeing new and meaningful discoveries that will change—and save—lives."

The Chickasaw Nation served as the lead sponsor of the event, which also received support from Nancy Ellis, Lou and Jim Morris, Susan and Louis Dakil, the Clyde Evans Trust, and the Scaramucci Foundation.




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(AS PUBLISHED IN THE 2020 EDUCATION GUIDE TO NURSING)

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

The Southern Nazarene 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!

Many wonderful 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, 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 visit at [snu.edu/campus-visit](https://snu.edu/campus-visit).



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THINK. DO. LOVE.





## Oklahoma's Nursing Times

### National Nurses Week Special Section

Join us in supporting nurses as we publish our annual National Nurses Week special section designed to highlight how essential nurses are in the health care system. This is a great time to show your appreciation for the nurses that work at your facility or organization.

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# Masonic Charity Foundation of Oklahoma Donates to The Children's Center Rehabilitation Hospital



The Children's Center Rehabilitation Hospital was recently awarded a \$100,000 grant from the Masonic Charity Foundation of Oklahoma.

Funds donated will be used to purchase medical equipment, and to support the 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 are pleased to contribute to the success of The Children's Center Rehabilitation Hospital, and the care they provide to the children of Oklahoma," said John Logan, executive director, Masonic Charity Foundation of Oklahoma.

The Masonic Charity Foundation of Oklahoma has been a longtime supporter of The Children's Center Rehabilitation Hospital. Over the last few years, the foundation has made generous contributions to the Hospital for specialized medical and therapy equipment.

"We are humbled by the generosity of the Masonic Charity Foundation of Oklahoma. This amazing donation is a blessing to patients, families and staff alike, as it will help support medical equipment purchases as well as the Hospital's new Field of Dreams," said Albert Gray, chief executive officer, The Children's Center Rehabilitation Hospital. "Our Field of Dreams will be built for patients and the community. The field will be designed to meet the needs of patients, allowing them to enjoy outdoor activities and games, as well as enhance the Hospital's physical therapy program."

To learn more about The Children's Center Rehabilitation Hospital or how to donate, please visit [www.miracleshappenhere.org](http://www.miracleshappenhere.org).



# NURSE TALK



*Dinner and wine tasting*



Ali Shellhorse, RN

*Dinner and a movie*



Lyla Gurfinkel, RN

*What is your ideal date?*



Naadi  
Healthcare  
Center

*Brunch and a movie*



Emily Barry, RN

*A one-day road trip*



Ashley Cochenour, LPN

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## OHHRF Clinic for the Uninsured

At Oklahoma Heart Hospital, we recognize that lack of insurance can be a barrier to healthcare for many people in our state. That's why we created the Clinic for the Uninsured.

The concept came about through partnership between the Oklahoma Heart Hospital Research Foundation (OHHRF) and Mercy Hospital when they realized the need for specialty care for uninsured patients. While primary care clinics already existed to cover routine needs, they often could not address more specialized needs like cardiac care.

Oklahoma has one of the highest rates of uninsured patients in the country, and clinics like these help care for people in need plus reduce the total cost of treating these patients by being more proactive with their care.

A low-cost option for those who need it

Oklahoma Heart Hospital and OHH Research Foundation partnered with Mercy Hospital and other local donors to create a clinic for the uninsured in Midwest City, Oklahoma.

Specialist physicians volunteer their time to help those in need who can't otherwise afford care. We offer many services and specialties at the clinic, including ultrasounds, treadmill stress testing, cardiology, electrophysiology, pulmonology, and nephrology. With these services we can help fill in the gaps for those who really need it.

To be eligible for care, patients must be uninsured and unable to qualify for Medicare, Medicaid, or benefits through Veterans Affairs.

If you or someone you know is uninsured and needs access to specialized care, reach out to the Clinic for the Uninsured. We can help walk you through the process and connect you to the care you need.



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# Searching for Light in the Darkness

Leah Campbell remembers the day she lost her vision. She was a sixth grader, in her bedroom one morning in Altus, when she heard her mother walk in.

"Will you please turn on the lights?" Leah, then 11, asked.

"They are on," said her mother.

It would take 17 years before Leah and her family would learn what had caused her blindness.

In that time, the little-known disease that took her eyesight would also rob her of her mobility, leaving her confined to a wheelchair.

Neuromyelitis optica, or NMO, occurs when the body's immune system attacks the spinal cord, optic nerves and, in severe cases, the brain. The illness affects about 4,000 Americans, 80 percent of whom are women. Over time, patients typically develop blindness, muscle weakness and paralysis.

"NMO was initially considered a subset of multiple sclerosis and is so similar to MS that it often gets misdiagnosed," said Bob Axtell, Ph.D., a scientist at the Oklahoma Medical Research Foundation who holds a pair of grants from the National Institutes of Health to study the rare disease. "This can be devastating for patients."

That was the case for Leah. For years, doctors treated her with a common MS medication called interferon beta-1a, or Rebif. But not only does this medication fail to help NMO patients; it actually worsens their conditions.

It wasn't until 2006, years after Leah had become the first blind graduate of Rhodes College in Tennessee, that scientists developed a definitive test for NMO. The test revealed that she suffered from the disease, and her physician, Gabriel Pardo, M.D., immediately took her off the drug. Instead, he began treating her with rituximab, an immune-suppressing monoclonal antibody known to control NMO

disease activity.

While rituximab is not a cure for the underlying condition, in the 13-plus years Leah has been taking the medication, she's been free of the sudden, violent attacks that had plagued her life until that point.

"Her right side was fine, but on the left, she would sort of vibrate," said Leah's mother, Theresa. "Her foot would turn in, her leg would draw up tight, and her hand would clench. Her whole ribcage would spasm uncontrollably."

Before rituximab, Leah would sometimes experience 40 to 50 of these episodes a day. Since going on the drug, said Pardo, "her disease activity has been fully controlled."

Still, the disease had already run wild in Leah's body for the better part of two decades. "She has deficits that date to before she was a teenager," said Pardo, a neuro-ophthalmologist who treats Leah at OMRF's Multiple Sclerosis Center of Excellence, where he serves as director. "The blindness, the paralysis – unfortunately, those are things we can't reverse."

Today, at the age of 41, Leah is confined to a wheelchair and lives with her parents in Mustang. She requires regular care at OMRF, as she is at constant risk for fractures, skin ulcers, and bladder and bowel dysfunction.

Still, each week, with her parents' help, Leah also attends aquatic and equine therapy sessions and a Bible study class. This past summer, she started a new job with a company that provides voice-activated smart controls for operating lights, locks, thermostats and other home systems.

She's particularly excited about her new service dog, a chocolate lab named Seaclaid (Gaelic for chocolate) her parents are training to help her become more independent.

Despite the hurdles she faces, Leah remains optimistic about her



Leah Campbell at her home in Mustang.

future. "I'm just a positive thinker. My cup's always half-full," she said.

For OMRF researcher Axtell, patients like Leah drive his search for

answers. "The more we understand about NMO," he said, "the better the outlook will be for people struggling with this horrible condition."



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.

Organ, eye and tissue donation saves lives. Please make your decision to donate life and tell your family. Register to be an organ, eye and tissue donor on your Oklahoma driver's license or state ID card or register online at [www.LifeShareRegistry.org](http://www.LifeShareRegistry.org). You may also call **800-826-LIFE (5433)** and request a donor registration card.

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# PREPARE TO BE SURPRISED.

Meet the Maddox family. Their thirteen-year-old daughter, SaNiyah, has cerebral palsy and is confined to a wheelchair. SaNiyah's entire life – her happiness, her health, her every need – all depends on her family and help from the team at Special Care. But they also have two adorable young sons, demanding jobs and – on top of everything else – they foster an infant who needed a home, too. It's more than most of us could handle.

But here's the big surprise. The Maddoxes not only receive help from United Way agencies, they find room in a budget stretched to its limit and they give to the United Way. **Can you?**

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