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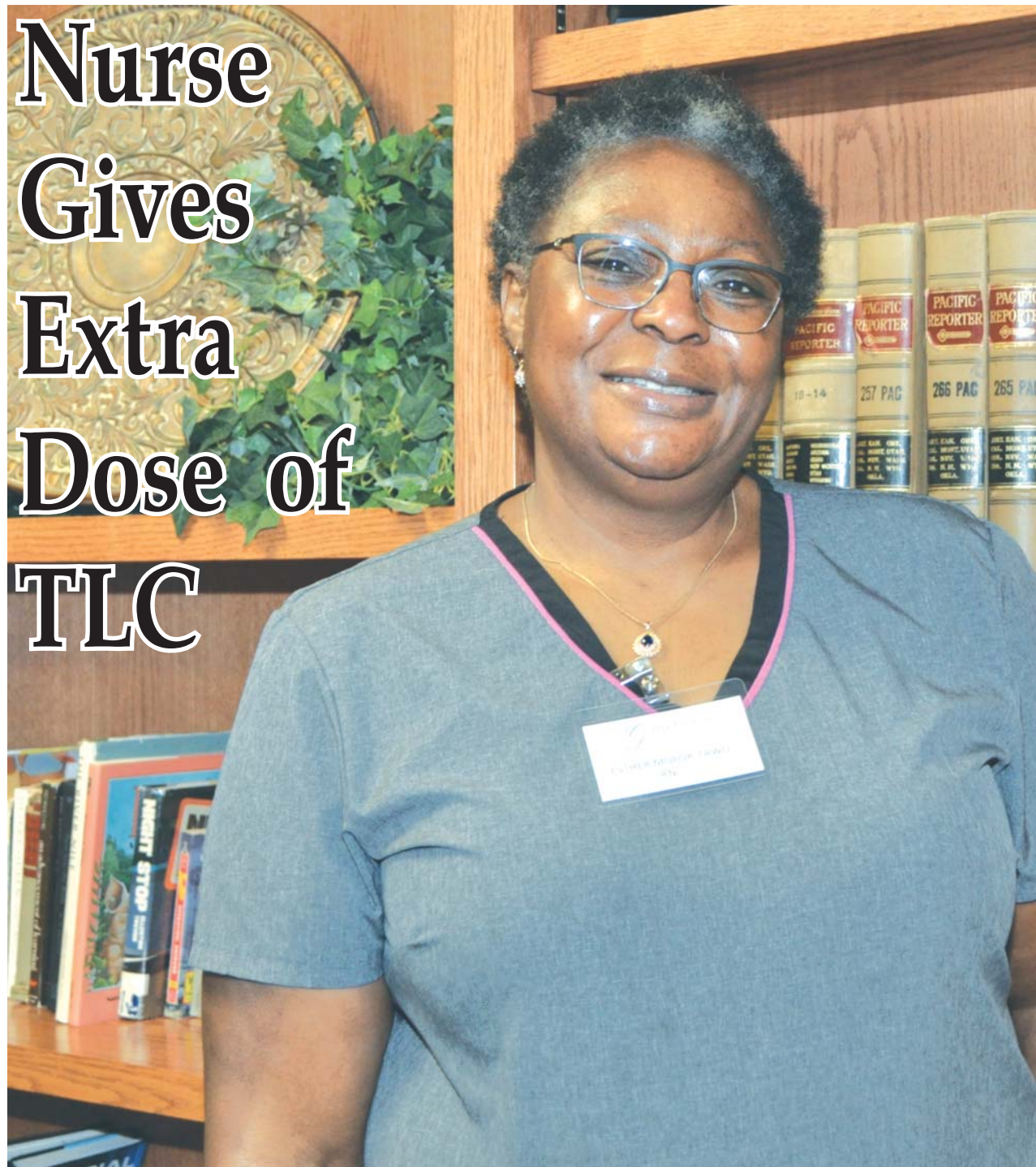
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Nurse Gives Extra Dose of TLC



Esther Mofor-Tawo, RN, BSN enjoys working at Grace Living Center, The Grand, located in Bethany, OK. She spreads a little happiness to all those around her.

by Vickie Jenkins, Staff Writer

At Grace Living Centers, we recognize that all people are endowed with the great dignity of having been made in the image and likeness of our Creator. Regardless of our age or abilities, we are each special. -Grace Living Center-

Grace Living Center, The Grand, is

located in Bethany where, the residents are given plenty of tender, loving care. One particular nurse that gives an extra dose of TLC to all to those around her is Esther Mofor-Tawo, RN, BSN. Esther lives up to her nickname of Mama or Mother, because she is so nurturing and seems to care

See GRAND Page 2

History, future on OBU's side



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.

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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

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GRAND

Continued from Page 1

for others just like their own mother.

"The reason everyone calls me those nicknames is because I want to help people so much. I'm that nurse! I simply love to work and it makes me feel good to work here. I am thankful for this job and the many people that I have met along the way," Esther commented.

"It wasn't easy to get a job back in 2004. I was born and raised in Africa. I was a high school teacher while I lived there. I knew that when I came to the United States, I wanted to be a nurse. I went to Platt College for my RN and BSN. My first job was as an aide and I just kept going from there," she said with a laugh. "I am thankful to have this job as a nurse. Everyone here is so nice."

Asking Esther what advice she would give to someone going into the medical field, she replied: "I would tell them to study and not give up. When I came here from Africa, I knew that I wanted to be a nurse but, I had been a high school teacher. I was stressed to take my test but I did get through it and I was so happy. I continued to learn, going to school to be an RN. Now, I have been here longer than a lot of the other nurses; I am the one they come to for advice. I always tell them to do the job the right way and if they have any questions at all, it is not a problem for them to ask me. If they don't get it right, I feel like it is my fault for not teaching them the right way. I strive to do the best job that I can."

"My favorite part of the job is caring for others. I want to treat others with respect, letting

them know that I care. But, most of all, I just love working," Esther said with a laugh. "It's that simple," she added.

Did anyone influence you to be a nurse? "When I came here, I worked with a nurse, Brenda. She was always helping me when I needed help. I could tell that God was in her life and I think the Lord gave me an opportunity to be a nurse too," Esther commented. "Brenda had a lot of respect for others and I knew that I wanted to be like that too. If I respect others, they will respect me."

Esther feels very special to have the job that she has. "I am the one that trains the new nurses or I am asked to show the new nurses what to do on the floor. I don't mind if anyone has questions. I am just glad that I can help. When I go down the hallways, someone is always calling, Mama, Mama. I know that someone is looking for me," she said with laugh.

Asking Esther what qualities make a good nurse, she replied, "A nurse needs to be very reliable, dependable, know their work and enjoy working with others. I believe in the Bible verse, 'Do unto others as you would have them do unto you.' and I live by the fear of the Lord."

As far as Esther's personal life, she is happily married to her husband, Thompson. They have six grown children and eight grandchildren. Esther's weekends are spent at a different Grace Living Center as supervisor. She considers working as one of her hobbies because she loves working so much. That is what you called dedication.

Summing up her life in one word, Esther said, "that word would be, blessed."



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OBU

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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, psychiatric-mental health, and maternal-newborn 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

The school's baccalaureate 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 graduate-level 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 can be completed in as little as 12 months.

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

"The OBU College of Nursing 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 in their nursing career."



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CAREERS IN NURSING

NURSE NAVIGATOR - ADVOCATE FOR PATIENTS

by Vickie Jenkins - Writer/Photographer

Stephenson Cancer Center houses the state's largest and most comprehensive oncology practice, providing a unique resource for patients seeking advanced, research-driven multidisciplinary treatment. Stephenson houses more than 100 cancer experts who specialize in the diagnosis and treatment of all types of cancer. -Stephenson Cancer Center, MDC-

At Stephenson Cancer Center, you will find a multitude of professionals in all different areas. With friendly smiles all around, the atmosphere is comforting. One extraordinary individual is Daphne Burnett, APRN-CNS, Nurse Navigator, GI Surgical Oncology at Stephenson Cancer Center, MDC.

Asking Daphne how she decided to become a nurse and her interest in being a nurse navigator, she replied, "I was chronically ill as a child and I was in the hospital over one hundred times by the time I

was in my twenties. My aunt was a nurse and I was around a lot of nurses quite a bit. According to my mother, when I was three years old, I had decided that I would be a nurse; I just knew I wanted to help people just like all the nurses had helped me through the years."

Daphne started out in the medical field early in life. "I was a candy stripper when I was fourteen years old in the hospital where my aunt was the director of nurses and I worked there for two years. When I was sixteen, I was a nursing assistant and started working in the hospital as a nurse's aide. Then, I moved to Weatherford to go to school, where I worked at the hospital there. I finished paramedic school and did both so I would have broad experiences in emergency."

Daphne completed her bachelor degree in nursing at Southwestern Oklahoma State University and her master's program at the University

of Oklahoma Health Sciences Center. Daphne has been a nurse for thirty years and has been a nurse navigator for six years. Her first job as a nurse was in the pediatric ICU at children's hospital. "I was actually a charge nurse there at the time of the Oklahoma City bombing. I left that position and got my Masters, and taught nursing school," Daphne commented.

Several mentors encouraged Daphne along the way. "There was Lou Reichmann, Cindy Faust and Pat Meyer just to name a few. These three ladies were very good mentors," Daphne commented.

"I have always enjoyed every job that I have ever had," Daphne said. "My favorite part of my job is the relationships that I develop with the patients and being able to help them. I work with great co-workers, and we have amazing surgeons and a wonderful staff," she added.


What qualities do you think

make a good nurse? "I think a nurse has to have compassion and empathy. A nurse needs to understand the principles of the job and enjoy what she is doing. I think a nurse needs to be an advocate for the patient, and also have critical thinking skills," Daphne explained.

Asking Daphne what she thought the most rewarding part of her job was, she replied, "The most rewarding part of my job is having a good outcome of the patient. It is such a good feeling when a patient comes in and gives me a hug on a return visit and that makes it all worthwhile; it can be so rewarding and it just makes me happy. I am so grateful that I am able to help others."

How would you describe yourself overall? "I am definitely an advocate with my patients. Sometimes, I may come across pushy but that is because I will do whatever I

See BURNETT Page 5




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As Nurse Navigator, Daphne Burnett, APRN-CNS has many responsibilities at Stephenson Cancer Center. She is an exceptional nurse with thirty years' experience in the medical field.

BURNETT

Continued from Page 4

need to do to get the patient taken care of," Daphne said with a smile. "I'm actually a happy person and I laugh with my patients and with my co-workers, all in a loving way, of course."

One of her hobbies is traveling. "I like to travel and I especially

like going on cruises. My long time best friend and I have been on several cruises together, just traveling and having fun. On the last cruise, I even learned to snorkel," she said.

If you could sum up your life in two words, what would those two words be? "Considering that my life always seems to be changing, I would have to say always changing."

"THE AGING BRAIN" FEATURED TOPIC OF NEURO NIGHT FORUM

"The Aging Brain" is the topic for the March Neuro Night forum, scheduled at 6 p.m., Tuesday, March 17.

Time passes and time affects the human brain's anatomy and functions, from slowed reflexes to risk for dementia. Oklahoma Center for Neuroscience invites the community to spend some quality time learning about the aging brain and what might be done to minimize the effects of aging on the brain.

This month's forum includes the following speakers:

- Ally Wallace, director of communications, Areawide Aging Agency
- Sree Logan, Ph.D., senior research scientist at OU Health Sciences Center
- Heather Price, Ph.D., assistant professor, department of Biochemistry and Molecular Biology, OU Health Sciences Center

During the event, participants will have the opportunity to speak with these specialists on the topic of The Aging Brain.

The forum is part of the Neuro Night series sponsored by the Oklahoma Center for Neuroscience, a consortium of neuroscientists from across the state that serves as a research center and information resource at the University of Oklahoma Health Sciences Center. The series is aimed at improving neurological health through education and the sharing of information about research and access to care.

A light dinner will be served at no cost to participants beginning at 5:30 p.m. The event will be held at 1404 N.W. 122nd St., Oklahoma City. It is held in collaboration with The Fountains at Canterbury.

For more information or to arrange accommodations, call (405) 271-6267 or visit the center's website at www.oumedicine.com/ocns.

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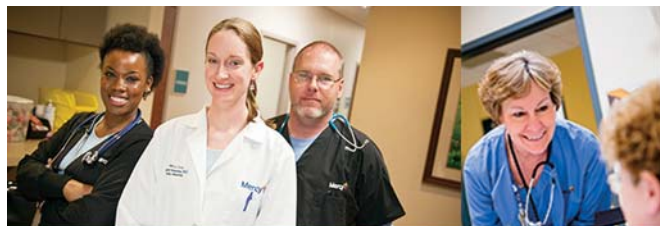
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OMRF uncovers chromosome functions that could prevent, treat diseases

A team of researchers at the Oklahoma Medical Research Foundation has identified the exact origin point of movement within chromosomes for the first time.

This is a critical step in understanding—and potentially treating or preventing—diseases where people inherit an incorrect number of chromosomes, known as aneuploidy. This is a common cause of genetic disorders and birth defects, including Down syndrome, Turner syndrome, Klinefelter syndrome, spontaneous abortion and fertility problems.

OMRF scientist Roberto Pezza, Ph.D., and his team discovered other remaining unknown elements in the process, as well as their functions, down to the most basic level.

"We now know the complete

machinery that directs, energizes and regulates the movement of chromosomes," said Pezza, who joined OMRF's Cell Cycle and Cancer Biology Research Program in 2008 from the National Institutes of Health in Bethesda, Md. "By knowing these aspects, we can move toward better diagnosing, treating or preventing aneuploid diseases and problems with fertility."

Chromosomes are long, thread-like pieces of DNA on which genes are encoded. These carry hereditary information on everything from eye color to hair color to height and contain all the specific genetic instructions that make us unique. We have 23 pairs of chromosomes, so 46 in all.

During reproduction, he said, all of this information needs to



Oklahoma Medical Research Foundation scientist Roberto Pezza, Ph.D.

be halved so the child receives equal genetic information from each parent, resulting in the correct number of chromosomes. During that process, however, many errors can occur.

Every year an estimated 7.9 million children—6 percent of total births worldwide—are born with a serious birth defect of genetic or partially genetic origin. Errors in this process are also the leading cause of spontaneous abortion.

"This process is very complicated and humans are notable among all sexually reproducing organisms for how many problems occur," said Pezza. "We have to know exactly where—and when—to look to understand what is going wrong. And now we have that information."

Pezza said this finding will not only help researchers answer

questions about errors in cell division that can lead to birth defects or diseases, but also potentially lead to the development of therapies or even methods to prevent the errors from occurring altogether.

The findings were published in the journal *Current Biology*. Other OMRF researchers who contributed to the findings were Luciana Previato de Almeida, Ph.D. and Emma Lee, Ph.D.

The research was supported by funding from the National Institute of General Medical Sciences, a part of the NIH, as well as the Fulbright Program.

"What we now understand could fundamentally change the future of these diseases and fertility problems," he said. "The finding itself is very basic, but its importance could be significant for human health."




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(AS PUBLISHED IN THE 2020 EDUCATION GUIDE TO NURSING)

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 cost-effective care and use evidence-based practice. We're creating high-quality clinicians and high-quality 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



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

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.

"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. For more information visit: <https://nursing.ouhsc.edu/>




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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Protecting yourself from coronavirus

With Oklahoma reporting its first coronavirus case on Friday, state health experts are preparing for more infections. But, they emphasize, that's no reason to panic.

"Most of those infected to date have shown only mild symptoms," said Oklahoma Medical Research Foundation President Stephen Prescott, M.D. "In many cases, it appears to be virtually indistinguishable from the seasonal flu."

The virus causes an upper respiratory infection, resulting in symptoms like a dry cough, shortness of breath, fatigue and fever. Patients may also exhibit gastrointestinal distress or diarrhea.

At this time, there is no known effective treatment for the underlying virus. "So, that means treating symptoms by resting, staying hydrated and using over-the-counter medications and pain relievers as needed," said Prescott, a physician and medical researcher.

In mild cases, treatment won't require hospitalization or, for some, even a trip to the doctor.

"Unless they're tested, some people will get infected and won't even realize it," Prescott said. "They'll just come down with what seems like a mild case of the flu, recover, and go on with their lives."

However, in others, the virus can cause pneumonia and acute respiratory distress.

"Those most at risk for severe symptoms appear to be the elderly and people already facing other health challenges," said Judith James, M.D., Ph.D., an immunologist and OMRF's Vice President of Clinical Affairs. "Those with underlying heart or lung disease also seem prone."

These cases often require hospitalization, with oxygen therapy to help breathing. "In the most serious cases, doctors will place patients on ventilators. Experimental therapies as part of clinical trials are also becoming available in the U.S.," James said.

Those who exhibit symptoms should stay at home and avoid contact with other people. If you have reason to believe those symptoms are a product of being exposed to someone else carrying the virus, seek medical care.

"Be sure to call your healthcare provider before you go," said James. "That will help them prepare for your visit and prevent others from being infected."

At the doctor's office, she said, be sure to cover your mouth; you may be given a face mask or isolated in a special room. "The goal is to ensure droplets in saliva or mucus don't infect others."

Although experts don't fully understand the new coronavirus, it appears to spread relatively easily and survive for some time on surfaces. But disinfectant or bleach seems to destroy it with relative ease.

"The best things we can do are very common-sensical," said James. "Wash our hands with soap and water often, and keep surfaces clean and disinfected."



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

NURSE TALK

My super power would be to start an IV with one stick!



Amy Ambrose, RN,
House Supervisor

I would like to be in more than one place at a time.



Megan Lemus, RN,
BSN

If you had a super power at the hospital, what would your super power be?



McBride
Orthopedic
Hospital

I would take all of the pain away from the patients.



Stephanie Stewart, RN

My super power would be the healing power of touch!



Haley Landreth, RN

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FROM OUR FRIENDS ON FACEBOOK

INTEGRIS Southwest Medical Center

**Carrie Arter, RN,
receives Daisy Award**

Congratulations to Carrie Arter, RN, mother baby unit, recipient of the DAISY award. The DAISY Award honors and celebrates the skillful and compassionate care nurses provide every day. We are thankful for Carrie's dedication to providing excellent care.

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MEDICAL DIRECTOR NAMED AT INTEGRIS WOUND CARE EDMOND

INTEGRIS Wound Care Edmond, which offers state-of-the-art treatment practices and protocols to reintroduce the body's innate ability to heal, has appointed Guy Peterson, D.O., as medical director.

Peterson will be responsible for reviewing patient care and results,

evaluating new clinical products and providing oversight and guidance on policies and procedures.

A member of the Healogics network, INTEGRIS Wound Care Edmond employs a rigorous scientific approach to explore, test, find and develop the clinically proven methods

and technologies that help people heal faster and more completely than before.

An Edmond resident himself, Peterson most recently served as Emergency Department Medical Director at INTEGRIS Health Edmond.

Peterson holds a Bachelor of Science in Biochemistry from Oral Roberts University, Doctor of Osteopathic Medicine from Oklahoma State University for Health Sciences and Master of Public Health in Global Health from Liberty University. He is board certified in emergency medicine.

INTEGRIS Wound Care Edmond offers leading-edge treatments including hyperbaric oxygen therapy, negative pressure therapies, bioengineered tissues and biosynthetics.

Chronic wounds affect more than



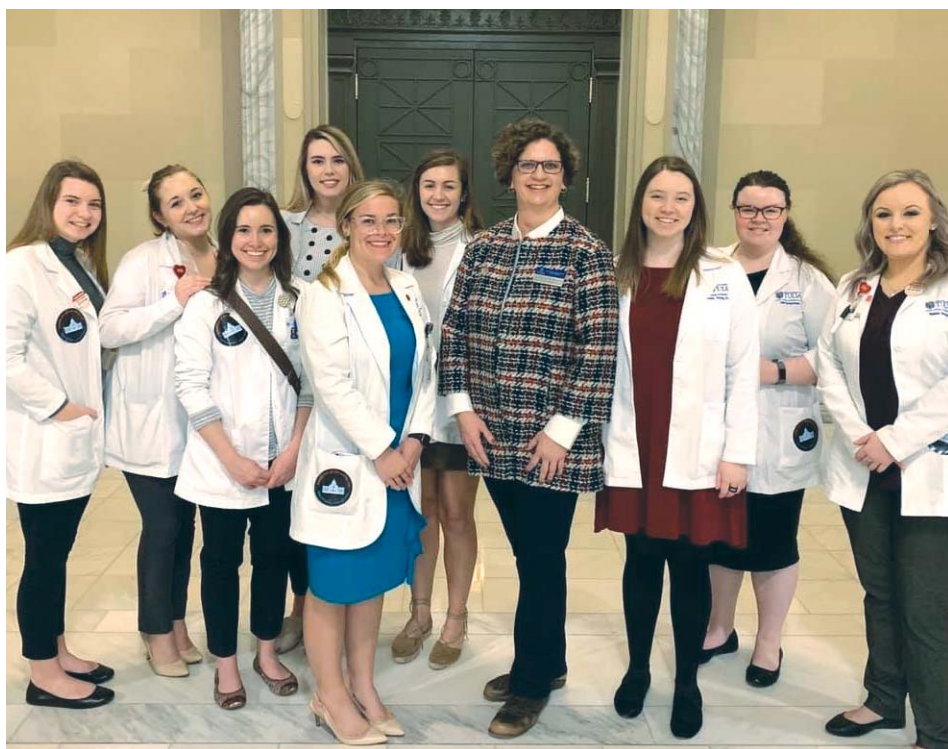
Guy Peterson, D.O., medical director AT INTEGRIS Wound Care Edmond.

8 million people in the U.S. and the incidence is rising fueled by an aging population and increasing rates of diseases and conditions such as diabetes, obesity and the late effects of radiation therapy.

FROM OUR FRIENDS ON FACEBOOK

The University of Tulsa Oxley College of Health Sciences

Small world! Imagine her delight when Lisa Riedel, director of TU's nurse anesthesia program, bumped into 9 of the TU BSN students at the State Capitol in Oklahoma City who were visiting for the Oklahoma Nurses Assoc 2020 Nurses Day. Riedel happened to be there for a meeting of the Oklahoma Association of Nurse Anesthetists.



Pictured left to right: Danielle Wilkinson, Kelsey Williams, Lindsey Ward, Lauren Rovang, Stephanie Riley, Caroline Baylis, Lisa Riedel, Natalie Ames, Kelsi Wilhoite and Madison Jacobson.





I was diagnosed with Juvenile Onset (Type I) Diabetes shortly after my eighth birthday. I did well for many years without too many problems but at the age of 43 my kidneys began to fail. Shortly after this decline, I began dialysis and was placed on the transplant list for a donated kidney and pancreas. This was a difficult decision because I knew someone would have to lose their life before mine could be healthy again.

After being on dialysis for almost four years I received the call that organs were available and I was a match.

It has now been 10 years and I am so thankful for God's grace and a loving, giving donor and her family.

I am an organ donor. My donated organs cannot be re-donated but thanks to my transplant and good health, I am now able to give my other organs. Please join me in becoming an organ donor.

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. If you don't have a license or state ID card and do not have internet access, call 800-826-LIFE (5433) and ask for a donor registration card.

Carter, Recipient




OU Nursing – Advancing Health Sooner

*Samantha Acosta,
future Air Force BSN, RN*



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- Study Abroad opportunities
- Interprofessional experiences across colleges and campuses
- 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



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