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Coping with Stress In a Global Pandemic

by Vickie Jenkins, Staff Writer

Sacrifices have become a parcel of life for those in the fight against the highly contagious Coronavirus. The front-line workers; Doctors, nurses, medical professionals, grocery clerks, delivery drivers, many Americans are still on the job, tending to basic needs and risking their health as COVID-19 continues to spread, the feeling of stress and anxiety are a big concern. We all recognize we are all facing many challenges at this time.

Lanette Long, M. Ed. LPC is a Licensed Professional Counselor and Strategy and Development Director at SSM Health Behavioral Health, St. Anthony Hospital and offers some tips on how you can handle your stress in this life-changing situation today.

There are many things that you can do to help reduce stress in times of a crisis. Meditation, yoga, physical exercise, starting a gratitude journal, positive thinking, deep breathing, visualization, getting out in nature and generally doing things that nurture yourself can promote an increase in your



Lanette Long, M. Ed. LPC is a Licensed Professional Counselor and the Strategy and Development Director at SSM Health Behavioral Health, St. Anthony Hospital. Lanette attended the University of Central Oklahoma and has worked in a hospital setting for twenty-six years.

well-being.

Everyone deals with stress differently so it's important to know what type of personality that you and your friends and family have. Introverts tend to enjoy alone time and their personal space, and they have had more of an adaptation to social distancing all along. Extroverts are a different story. Just informing them they need to work remotely can give them a sinking feeling in their stomach and start a cascade of stress hormones to be released in

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StacyCares Oklahoma, LLC – Advocacy,



Stacy Hansen, BCPA started StacyCares Oklahoma, a healthcare consulting company offering advocacy, appointment accompaniment and visitation services, helping clients communicate with their healthcare providers.

by Vickie Jenkins, Staff Writer

What is StacyCares Oklahoma? StacyCares Oklahoma is a healthcare consulting company offering healthcare advocacy, appointment accompaniment, and visitation services. They provide support and information to clients, caregivers and families to help them navigate care and make informed healthcare decisions.

StacyCares Oklahoma was started by Stacy

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STACY

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Hansen, a Board-Certified Patient Advocate with more than ten years of advocacy experience, an MBA in healthcare administration, a Master's degree in professional writing and communication, and a Bachelor's degree in biology.

What is a Board Certified Patient Advocate (BCPA)? An advocate is someone who supports or helps the cause of another. The BCPA designation acknowledges Board Certified Patient Advocate professionals who have demonstrated their experience and proficiency in the field of patient advocacy by passing a formal examination. The BCPA credential is built on ethical standards, professional competencies and best practices for professionals who work in patient advocacy and have taken the steps necessary to become certified.

"The most important quality in my business is respecting patient autonomy," Stacy said. "What I want to emphasize is to let our clients know that they have a voice in their healthcare, and I can help them use it. They also don't have

to be alone. They don't have to go to their doctor's appointments, procedures or be in the hospital alone. If they are in a facility, we can visit and check on them. I want seniors in facilities to have the best quality of life they can," she added.

"The business's set of personalized services and operating as a private advocate makes StacyCares Oklahoma unusual and unique in Oklahoma. This is what sets us apart from hospital advocates. I work for my clients, representing them and their needs and their interests. As part of our ethic, we honor our clients' personal values, their right to be involved in their healthcare, and to engage in two-way communication with their providers. We are seeking to empower people to feel in control of their healthcare, to have the best quality of life, and to take some stress out of their healthcare experience she commented.

Stacy explained that some clients struggle with managing their healthcare, or the healthcare of a loved one. "Some clients get stressed by appointments or have trouble talking to or understanding their

healthcare providers, or they just want someone to help coordinate their care," Stacy said. "Effective communication is vital in healthcare. This is why we join clients at medical appointments and procedures—to be supportive, to assist discussions with healthcare providers, and to help them understand diagnoses, treatment plans and instructions. If the client doesn't have family or friends available to go with them, we go to be by their side. Sometimes, patients aren't up to advocating for themselves when they are not feeling well. StacyCares Oklahoma can help the client by asking questions to their doctor relaying their concerns, and helping them understand treatment recommendations and plans. We can make those follow up calls for them to ask questions. We can also help coordinate their care to help them understand what each provider is doing. This helps them feel more at ease and in control of their healthcare."

"There are some families that live far away from their loved ones in Oklahoma. We offer personalized social and well-being visits to residents in long-term care facilities

to help alleviate loneliness and put distant families at ease. We offer another set of eyes, devoted to checking on their loved ones well-being. Our social and wellness visits are tailored to our client's needs and include assisting communication with friends and family. We want to help maximize the quality of life," Stacy said.

Sometimes, potential clients ask the question, why do I need a private advocate? The healthcare system can be challenging and overwhelming, and sometimes scary and confusing. It can help to have an experienced advocate focused on their needs, providing additional information about what their healthcare provider or insurance company says, and helping them and communicate questions and decisions.

"I firmly believe the effective communication in healthcare setting is vital to patient safety and optimal care outcomes," Stacy said. "That is why I started this company."

If you have any questions, feel free to call 1-405-802-3730 or email info@StacyCaresOK.com or check out www.StacyCaresOK.com or follow them on Facebook.



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COPING

Continued from Page 1

their bodies. It's important that we ask people how they are doing so we can be supportive and understand that today someone might be fine and tomorrow can be a different story based on new circumstances.

We all have different triggers to stress, so it's important that we learn how to identify what those are and try to mitigate circumstances surrounding them. There are three main areas we look at physical, mental and emotional. Physical symptoms could include things like a faster heart rate, increased respirations, headache, back ache, stiff neck, tight shoulders, sweating and gastrointestinal problems. Mental symptoms could include difficulty concentrating or focusing on tasks, increased worry, imagining negative, worrisome scenes, and thinking about worst case scenarios. You might start making decisions from an emotional place when you usually are logical and

you might start doubting your abilities. Emotionally you might start feeling irritable or jumpy, become intolerant of disruptions, frustrated or exhausted.

People who have chronic health conditions like diabetes and heart disease, those with cancer and mental health conditions like depression and anxiety as well as those who work in essential businesses are feeling an increased amount of stress right now. Healthcare professionals in particular ones working in Emergency Departments and hospitals are being confronted with a multitude of potential stressors; worst of all, a new fear of transmission of an illness that has before our eyes become a global pandemic.

Self-care is really important for everyone, but it's become critical for those in the healthcare industry at this unprecedented time in our history. Here are a few quick stress management techniques that can help.

Visualize-Visualize and think about the things that you do

want, not what you don't want. Think about a fun activity that you'll be able to do after social distancing is over. Thought Stopping and Switching-When you find yourself having negative thoughts, close your eyes and think of a big red stop sign right in front of you and say to yourself the word stop several times over. Then switch to a new positive thought stating it to yourself or aloud. Rhythmic Breathing-Slow your breaths to 6 per minute for 2-3 minutes, slowly inhale a deep breath to the count of six, hold your breath to the count of six, release your breath slowly to the count of six, relax to the count of six before starting the sequence again, Get Heart Centered- Before you walk

into a patient room, hold your hand over your heart and take a couple of deep breaths. Inhale through your nose, push the air down deep into your diaphragm, hold it for a few seconds, and then exhale out of your mouth. Have a moment to get into a state of gratitude. For more information, to review their research and learn their techniques you can go to www.heartmath.org.

Most workplaces have employee assistance programs that offer counseling services. Your insurance carrier will have providers that are contracted to provide counseling services. Contact your human resources department if you need a list of approved counselors and services that are covered.

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ER Nurse on the Frontline: Fighting the COVID-19

by Vickie Jenkins - Writer/Photographer

The Coronavirus that has spread throughout the world has changed our lives in so many ways. My heartfelt prayers go out to all of the frontline workers; the doctors and nurses that risk their lives every day.

This is Addison McDonald, RN. She works at Mercy Hospital, in Ada, OK. This is just one of many frontline workers that are dealing with the chaos that is going on right now.

Addison is a nurse because she loves helping people when they are at their lowest point in their lives. "I feel very fortunate to be able to serve the community in my work every day," she said. "I like working in the ER. I chose this hospital because I love their values and mission statement, which is to bring to

life the healing ministry of Jesus through our compassionate care and exceptional service. I love getting to live out this mission in my daily work."

"When I was a little girl, I wanted to be a nurse, like my mom. I always loved watching medical T.V. shows and listening to my mom share stories about her day at work."

Like so many other nurses, Addison was influenced to be a nurse by her mother, Kristin Sherfield. "My mother was a nurse for twenty-five years and it has always been her favorite thing to do; well, except for being with the grandkids," Addison said with a smile. "My mother was my inspiration since day one. Seeing her dedication to her patients day-in and day-out



See COVID-19 Page 3



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COVID-19
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is amazing. She never stopped caring for them and also caring for her family outside of work. She is definitely a role model! Without her guidance, I would have never made it through nursing school. She encourages me daily to be the best nurse that I can be. It is the most rewarding feeling in the world.” Attending RN school at Seminole State in Seminole, OK, Addison had another person that encouraged her along the way. “My mentor in school was Laurel Gamble. She was an amazing professor who allowed us to contact her anytime; day or night. She was always there for me,” Addison said.

What is your biggest reward as a nurse? “Just hearing a simple thank-you or I appreciate what you are doing is the biggest reward for me. As an ER nurse, people tend to be in pain often and are typically not in the best moods, so those words mean the world to me,” Addison replied.

What is your biggest challenge? “Right now, since I am a new nurse, I feel like I don’t know quite enough. I do know that with more experience comes more knowledge and I am gaining more knowledge day by day.”

Addison describes herself as being a hardworking ER nurse. “I love helping patients and at the end of the day, I love going

home to my husband, Stephen and my four year old daughter, Tynslee. Plus, I have a baby boy on the way, due in August. My hobbies include fishing with the family, shopping, traveling, but most of all, spending time with friends and family; just hanging out.

Recently, Addison was recognized on KFOR-TV for being one of the frontline nurses at Mercy Hospital in Ada, OK. Below, Addison shares a bit of her life and the changes she has made.

“The Coronavirus has changed my life in so many ways. Being an ER nurse, I am on the frontline of fighting this virus every day. We test multiple patients a day for COVID-19 and will continue to do so. I am unable to hug and kiss my family as much as I would like to at this time. I strip my clothes off on the porch before I come in and go straight to the shower before I touch anyone. In a few weeks, as this continues, I imagine I will have to fully quarantine away from my husband and daughter to keep them safe. The thought of that breaks my heart. This is my first three months as a new nurse and it has been scary but I am thankful that God chose me at this time. Being pregnant during the middle of this mess has been the scariest thing since there are no studies on pregnant women who contract the virus. My heart goes out to all of the healthcare workers as we adjust to our ‘new normal’ over the next months.” –Addison McDonald-



Addison McDonald is an RN at Mercy Hospital in Ada, OK. Fighting the Coronavirus puts Addison on the frontline as she continues to care for the patients.

SITUATION
UPDATE: COVID-19

- As of this advisory, there are 1,327 confirmed positive cases of COVID-19 in Oklahoma.
- There are an additional five deaths:
 - * Two in Greer County, a male and a female older than 65.
 - * One in Oklahoma County, a male in the 18-35 age group.
 - * One in Osage County, a female older than 65.
 - * One in Pottawatomie County, a male older than 65
- There are 51 total deaths in the state.
- Over the weekend, the Oklahoma State Department of Health (OSDH) received more than 6,000 negative COVID-19 test results reported by private labs dating back to February. The agency continues to collect negative test results from private labs, and will make the final count known to the public when they are finalized.

This will help provide a full picture of the total testing in Oklahoma.
• For more information, visit coronavirus.health.ok.gov.

COVID-19
Oklahoma Test
Results

Positive (In-State)	1,327
Positive (Out-of-State)	2
Negative*	1,422
Total Cumulative Hospitalizations	340
Deaths	51

*Negative testing results are only from the State Public Health Laboratory and do not include private laboratory negative results.
Data Source: Acute Disease Service, Oklahoma State Department of Health. *As of 2020-04-06 at 7:00 a.m.

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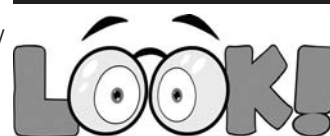
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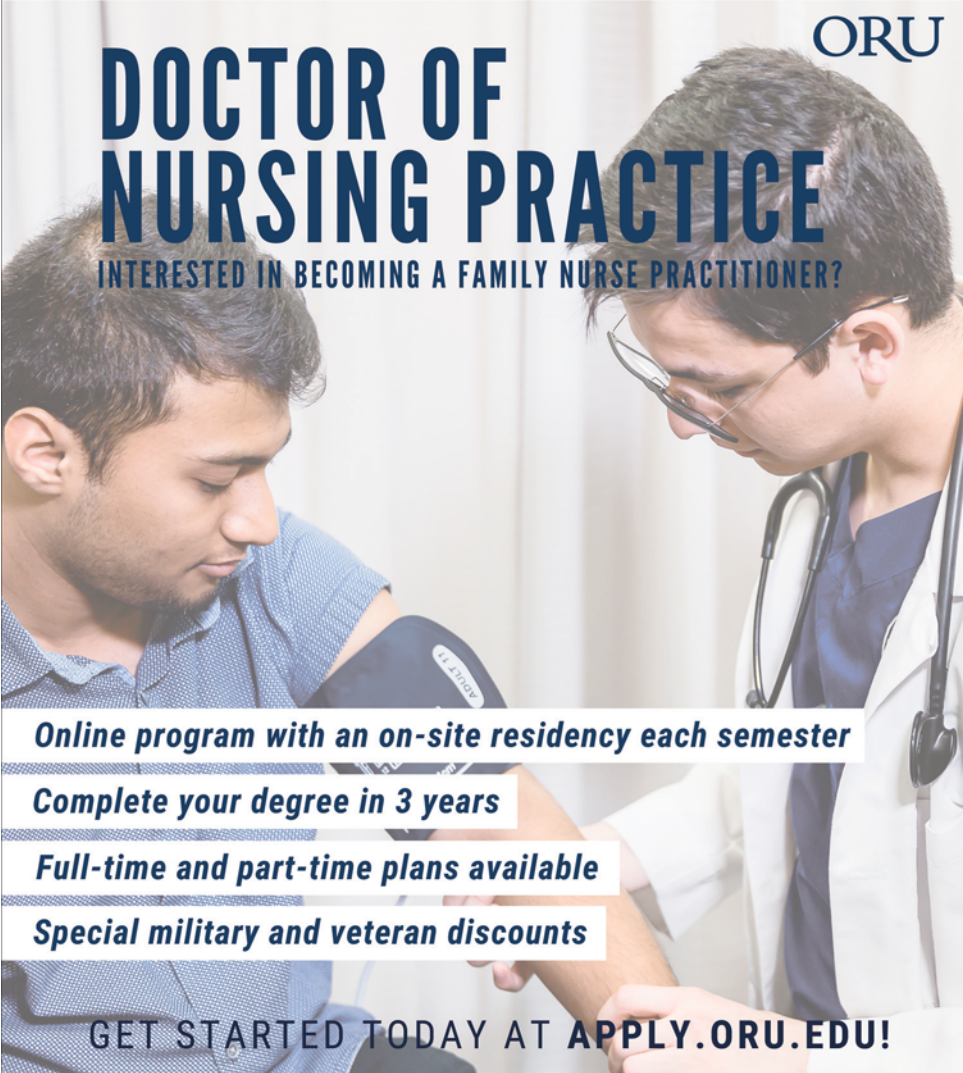
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(AS PUBLISHED IN THE 2020 EDUCATION GUIDE TO NURSING)

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.

BACHELOR'S DEGREES

BSN

↳ Traditional

↳ Option: Bridge NREMT/Paramedic/LPN to BSN)

RN to BSN



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NURSE TALK



I would teach a class on fitness!



Chelsey Slattery, RN-BSN

I would teach Women's Health.



Madison Oswald, RN, BSN

If you could teach a class on anything, what would you teach?



The Children's Hospital

I would teach anthropology.



Sara Brown, RN

I would teach either a baking class or flower arranging.



Emily Vann, RN



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Corban

was a loving little boy with an infectious smile and dazzling blue eyes. He never met a stranger and would melt your heart whenever you saw him. Corban was rambunctious and "all boy".

His name means "A Gift from God," now Corban is with God. Three days after his second birthday, he tragically lost his life in a swimming accident.

In life he gave us joy, in death he gave others joy as his organs and tissues were donated, so others could live. Endless smiles, big blue eyes and giant hugs that gave me the best feeling ever – are just a few things I will miss.

While we miss Corban, we will never forget him, knowing his spirit lives on in the lives of others provides us comfort. I wish you could have met our "little man" because you would have loved him.

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. You may also call 800-826-LIFE (5433) and request a donor registration card.





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Oklahoma Medical Reserve Corps Recruiting Volunteers for COVID-19

In an effort to prepare for medical surge and prolonged response to COVID-19 in the state, the Oklahoma Medical Reserve Corps (OKMRC) is recruiting volunteers to serve in medical and non-medical positions.

Lezlie Carter, OKMRC state coordinator, said volunteers are needed to serve in multiple capacities, but there is an increased need for those with medical training. Licensed medical professionals may be needed to assist with triage, supplementing hospital personnel, monitoring critical patients, assisting with transporting patients and providing critical care in the field.

"We are preparing for a surge to our state's medical system," said Carter. "It is important for us to begin processing

new volunteers now so they are properly registered and trained for their role within the OKMRC."

Other functions include specialty services such as the Stress Response Team where licensed mental health professionals provide behavioral and emotional support at hospitals, shelters, phone banks, community outreach teams, first responders and more.

Volunteers without medical training are needed for warehouse support, record keeping and administrative duties. All volunteers must be at least 18 years of age, live or work in Oklahoma, agree to a comprehensive background check and complete the OKMRC training.

Coordinated through the

Oklahoma State Department of Health (OSDH), the OKMRC is the state's only medical and public health volunteer program comprised of specialty teams and county units operating under the authority of local county health departments. The program has an established system to identify, train and organize medical and public health professionals, as well as volunteers from the public to supplement and support ongoing response operations and personnel.

The concept of the Medical Reserve Corps was created in 2002

after many Americans wanted to know how to help with the recovery efforts from Sept. 11, 2001. It has since evolved into a nationwide program.

To volunteer or to learn more about OKMRC functions, visit okmrc.org.





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CORONAVIRUS SAFETY



Follow these easy steps to help prevent the spread of COVID-19.



Disinfect surfaces around
your home and work.



Wash your hands for at
least 20 seconds.



Sneeze or cough?
Cover your mouth.

Thank you American Red Cross for providing the above
safety tips. Thank you to all Our Senior Advocate Industry
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