

## Behind the Mask: A nurse's view



Becky Lewis RN, MSN, CIC, is the system director of infection prevention for INTEGRIS, Oklahoma's largest health system. - Bobby Anderson, RN (right)

by Bobby Anderson, RN, Staff Writer

At the time, none of us knew.

The patient we received from the emergency room was breathing 40-50 times a minute and maxed out on oxygen.

The bipap - the last line of oxygenation before a ventilator - wasn't keeping up and the patient was struggling.

See MASK Page 3

**Editor's Note:** Bobby is a critical care registered nurse at a metro hospital. He's currently on a 14-day quarantine at home after direct exposure with a Covid-19 patient who became one of Oklahoma's first deaths.

## To MY Nursing Students at NWOSU Division of Nursing...

## How Do I Measure Student Success?



Jennifer Mahieu is a nurse educator at Northwestern Oklahoma State University.

by Dr. Jennifer Mahieu

Measuring the success of a nursing student can be academic driven and based on the fact that students must be strong academically in the nursing curriculum to become a nurse. However, I see a variety of students graduate, pass the NCLEX, and practice in this great profession of nursing like a BOSS!

My measurement of your success includes:

- Dedication ~ to you goal! Everyone "wants" to be a nurse, but you demonstrate daily how much you want it.

See MAHIEU Page 2



## MAHIEU

Continued from Page 1

• Compassion ~ to not only your peers, patients, faculty, but yourself. Self-compassion can give you the fuzzy feel good feeling which will help you be a better person for EVERYONE.

• Growth ~ tells me if you are learning, not only academically, but holistically. You are exhibiting a love of learning and resilience and it shows daily.

• Respect ~ is when I see students treating others the way they want to be treated.

• Courage ~ is shown initially when you applied to nursing school, but must continue. You are facing

extreme battles during the nursing curriculum and your bravery shows.

During these difficult times I see you being successful! You continue to strive to meet your goal by attending many zoom meetings, emailing me questions, taking an exam, remediating an exam, completing assignments, or presenting a health teaching topic.

During these difficult and challenging times "I MEASURE YOUR SUCCESS DAILY AND I SEE YOUR SUCCESS, YOUR DAILY BATTLES, YOUR HOURLY TROUBLES, And YOUR MINUTE BY MINUTE SURVIVAL".

I challenge you to prove just how successful you can be by persevering through this moment of time!

*Your Nurse Educator who loves what she does, Dr. Mahieu.*

Jennifer Mahieu has been a nurse for 24 years and a nurse educator at Northwestern Oklahoma State University for 22 years. Northwestern is Dr. Mahieu's Alma Mater and she is an Associate Professor of Nursing there.

Dr. Mahieu graduated with a Master of Science in Nursing from the University of Phoenix in 2004 and a Doctor of Nursing Practice from Duquesne University in 2015 and enjoys pediatric nursing and being the student success advisor for our division of nursing more than any other area. Dr. Mahieu lives on a farm in northwest Oklahoma with my husband Mitch, my 2 boys Logan & Grady, along with 3 black labs Wyatt, Morgan, & Virgil and our indoor kitty who rules us all "Blaze". "I continue to love what I do even during the difficult times and I learn something new from my students daily."

## ANA DISTURBED BY REPORTS OF RETALIATION

The American Nurses Association (ANA) is disturbed about reports of employers retaliating against nurses and other health care workers for raising legitimate concerns about their personal safety while caring for patients with COVID-19. Reports of intimidation, firing, ostracizing and more are unacceptable.

Institutional support for nurses is a non-negotiable necessity in the workplace. Ongoing, transparent and effective communication between nurses and employers about nurses' ability to provide care safely to patients is essential. Nurses' voices must be heard and valued at all levels of a health care organization.

ANA expressed concerns to the U.S. Department of Labor and Occupational Safety and Health Administration (OSHA). We appreciate OSHA's efforts to remind employers that retaliation against health care workers is illegal. Nurses who are experiencing acts of retaliation from their employer are urged to file a whistleblower complaint online with OSHA or call 1-800-321-OSHA. We urge OSHA to act quickly to address whistleblower complaints related to the COVID-19 pandemic.

Nurses must not be retaliated against for raising their concerns and speaking out. ANA condemns employers that retaliate against nurses for advocating on behalf of themselves and their patients.

The American Nurses Association (ANA) is the premier organization representing the interests of the nation's 4 million registered nurses. ANA advances the nursing profession by fostering high standards of nursing practice, promoting a safe and ethical work environment, bolstering the health and wellness of nurses, and advocating on health care issues that affect nurses and the public. ANA is at the forefront of improving the quality of health care for all. For more information, visit [www.nursingworld.org](http://www.nursingworld.org).



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# MASK

Continued from Page 1

We knew the Coronavirus - or more technically, Covid-19 - was a thing.

Like all hospitals around us, there were whispers of a handful of patients on our campus being tested for it.

But they were in the ICU or on a separate floor, being taken care of by nurses with special personal protective equipment, wearing helmets and facemasks with powered air-purifying respirators.

Meanwhile, our patient was in respiratory distress.

Lab tests, chest x-rays and CT scans were reviewed along with a late call about the patient's history.

The situation called for an ICU level of care.

The call from the patient's doctor revealed COVID 19 was highly suspected.

That's when COVID-19 became real for all of us in the room.

Outside the room, five respiratory therapists, the house

supervisor and my charge nurse huddled together.

Eyebrows and voices raised.

The people I looked to most in the hospital for answers were without them.

Not only that, they were scared.

The bipap ventilation system was effectively aerosolizing the already contagious virus.

In layman's terms, the high pressure flow made the viral particles even smaller and easier to transmit.

The surgical masks we were all wearing aren't designed to be effective against the virus.

Two days later we learned the patient died while on a ventilator.

The day after that we learned results were positive for COVID-19.

Direct exposure was declared and all of us barred from returning to work for 14 days.

Nearly two weeks later we're still learning.

Now I take my temperature twice a day and monitor for symptoms while logging everything online.

A fever over 100 degrees. A cough. Vomiting and diarrhea. Body aches.

All are symptoms of infection.

I haven't been tested nor will I be tested unless I develop symptoms.

But my goal throughout this pandemic isn't to complain or blame others. My goal, when I'm not at the bedside after my quarantine ends, is to highlight individuals who are helping turn the tide.

One of those individuals making a difference is Becky Lewis.

Lewis RN, MSN, CIC, is the system director of infection prevention for INTEGRIS, Oklahoma's largest health system.

This virus has affected us all in different ways: personally, professionally and emotionally.

In Becky's own words:

I see my family less and work more.

It is necessary but it is hard.

My five-year-old asks me when the sickness will be gone and my almost two-year-old cries when I come home because he knows that means it's time to go to bed.

I come home and immediately start looking at any new common guidance documents from the CDC and the like to see if there were any revisions or updates overnight.

Every day I identify three to five items to focus on and work toward providing recommendations or guidance for each and relay that information to the system. The amount of updated or new information to digest is astounding.

I am currently on day 49 of non-stop COVID work. I am tired to my bones but know what I am doing is necessary and important work. I am working to keep our patients and caregivers safe.

I worry about the fear factor for our teams on the front line and the misinformation that can feel stronger than science.

My first week on the job as an infection preventionist was during H1N1 and it was wild, but we didn't have the same social media presence that we do now and it is a strong element to work with and around.



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# INTEGRIS ER Nurse Stands Ready for COVID-19 Surge

Krystian Richardson is the Clinical Nurse Manager of the INTEGRIS Baptist Medical Center Emergency Department. She says contrary to what people may think, their emergency room is no longer flooded with patients worried about COVID-19. She says thankfully the public heeded the warning to stay away and says now - is the quiet before the storm. "Like many other hospitals, our overall volume has decreased for the moment, so we are taking this time to plan and prepare for the predicted surge."

No matter which model you look at, they all seem to indicate that Oklahoma will start seeing an influx of coronavirus cases in mid to late April. But as we've witnessed in other parts of the

world and country, this virus has a mind of its own.

"I'm not scared," states Richardson. "We all know what we are doing, we are more than competent. But I am anxiously awaiting what is to come. There are a lot of studies and research with predictions of numbers and when things will really start for us. So, waiting to see what happens and knowing it is out of our control causes some anxiety."

But she knows her purpose and says that gives her confidence and resolve. "What keeps me going is that to really help stop the spread of this virus and to save people's lives, we have to be here." She adds, "We can't just throw in the towel and walk away, just think

what would happen. It would be no different than if all teachers threw in the towel, or police officers threw in the towel, or cashiers. Everybody plays an important role and if one role quits, then we all lose. Health care is our passion. We are here to help. We were made for these moments."

Still, Richardson isn't comfortable being called a hero. "We don't go into nursing or health care in general, to only be there for the good times. We are here when it's fun, when it's challenging, when it's scary and when it's hard. The REAL heroes are the people who have been forced to quit their jobs, or they've been laid off, and then despite all that, they've chosen

to donate their supplies to us. Those are the real heroes."

Richardson admits this type of community support gives health care workers the strength they need to weather this storm. "It's overwhelming the amount of generosity and kindness we have seen throughout all of this." She continues, "Our community really is incredible. That's the kind of thing that keeps us going. We are working hard and people not only see it, they are thanking us for it. Food, donations, letters. It's all been incredible. I know we can't always thank each individual person, although we try, I hope everyone knows how incredibly grateful we are for them."

See COVID-19 Page 5



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Krystian Richardson is the Clinical Nurse Manager of the INTEGRIS Baptist Medical Center Emergency Department.

# SITUATION UPDATE: COVID-19

As of this advisory, there are 1,794 confirmed positive cases of COVID-19 in Oklahoma.

There are an additional eight deaths:

- Two in Oklahoma County, a female in the 50-64 age group and a male over the age of 65.
- Two in Osage County, both males older than 65.
- One in Creek County, a male older than 65.
- One in Garfield County, a female older than 65.
- One in Pawnee County, a male older than 65.
- One in Pottawatomie County, a female older than 65.
- There are 88 total deaths in the state.
- The Oklahoma State Department of Health (OSDH) is working closely with partners at long term care facilities to ensure proper infection control measures are in place in order to minimize the impact of COVID-19 to residents and staff within the facilities.
- In the agency's daily COVID-19 Executive Order Report, dated April 9, OSDH began releasing race and ethnicity data on COVID-19 positive cases and deaths. The data will be updated daily moving forward here .

Families are encouraged to celebrate the upcoming religious holidays and spring festivities virtually, avoiding large gatherings, in order to comply with social distancing guidelines and avoid the spread of COVID-19.

In an effort to reduce the burden on first responders and decrease their risk of exposure to COVID-19, the public is reminded to only call 911 for true medical emergencies such as trouble breathing, persistent pain or pressure

in the chest, new confusion or being incoherent or having bluish lips or face. Those with other concerns should contact a medical provider.

For more information, visit [coronavirus.health.ok.gov](https://coronavirus.health.ok.gov).

## COVID-19 Oklahoma Test Results

Positive (In-State)	1,794
Positive (Out-of-State)	2
*Total Cumulative Negative Specimens	20,370
*Total Cumulative Number of Specimens to Date	22,246
Total Cumulative	428
Total Cumulative Hospitalizations	428
Deaths	88

\*The total includes laboratory information provided to OSDH at the time of the report. Total counts may not reflect unique individuals.

Data Source: Acute Disease Service, Oklahoma State Department of Health. \*As of 2020-04-10 at 7:00 a.m.

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# ER Expansion at INTEGRIS Baptist Medical Center



As part of ongoing preparations for the COVID-19 pandemic, we have expanded our emergency room and triage areas at INTEGRIS Baptist Medical Center.

This 20 X 60 foot tent structure was constructed today just outside of the INTEGRIS Baptist ER. It is designed to be an overflow clinical area should we have an influx of patients in the near future. It will serve as a 30 bed extension of the ER.

In addition, this new semi-permanent structure was erected earlier this week just outside of the hospital's emergency department. Thanks to an already existing covered circle-drive, we were able to construct a large secure area that is better equipped to withstand Oklahoma high winds and spring storms.

This new exterior space allows us the opportunity to keep the majority of those with the virus outside of our hospital, since most of those who have COVID-19 can be successfully treated at home.

Patients requiring hospitalization will be moved from the exterior space to the appropriate care setting. Special dividers are in place to separate our COVID-19 patients from our other patient populations.

The expanded triage unit is now open from 11 a.m. to 11 p.m. at INTEGRIS Baptist Medical Center, seven days a week. Plans are in place to duplicate this structure at INTEGRIS Southwest Medical Center as the need arises.



(AS PUBLISHED IN THE 2020 EDUCATION GUIDE TO NURSING)

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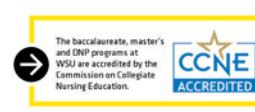
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# Can we give coronavirus to our pets?

When a tiger at the Bronx Zoo tested positive for covid-19, a zookeeper was pegged as the likely source of infection. So, if we can transmit the virus to tigers, do we also pose a risk to our pets?

According to Oklahoma Medical Research Foundation attending veterinarian Jennie Criley, D.V.M., it's highly unlikely.

"We've seen no evidence in the U.S. of companion animals being important players in this outbreak," Criley said. "The Bronx Zoo tiger was the first case of human-to-animal transmission reported in the U.S."

Tigers share more than 95 percent of their genomes with domestic cats, and there have been very isolated reports of the detection of low levels of the virus in household pets in other countries their owners fell ill with covid-19. One cat is reported to have tested positive in Belgium, Criley said, along with one cat and two dogs in Hong Kong.

"And those animals are reported to have gotten only low levels of viral RNA," said Criley, who also serves as director of comparative medicine at OMRF.

"In the U.S., an estimated 150 million animals live in close proximity to us, and there have been no reported cases," she said. "The CDC and the American Veterinary Medical Association agree at this time that chances of transmission appear really small."

Preliminary data from one study demonstrated that the virus may replicate and be transmitted between experimentally infected ferrets and cats, but not in dogs. The ferrets developed respiratory disease, while the cats did not.

But, Criley said, that study involved extremely high levels of viral exposure much greater than pets would typically encounter in a home.

To be safe, Criley recommends using the same hygiene practices with your pets as you do with



Oklahoma Medical Research Foundation veterinarian Jennie Criley, D.V.M.

Oklahoma Medical Research Foundation veterinarian Jennie Criley's dog Noah.

humans. "Wash your hands before and after tending to them. Socially isolate your pets with the rest of your family," she said. "But don't panic."

Nadia, the 4-year-old tiger at the Bronx Zoo who has developed the virus, is reported to have a dry cough and a slight loss of appetite. Paul Calle, D.V.M., the zoo's chief veterinarian, said that she's doing well, as are three other tigers and three lions who show the same symptoms.

"All of the tigers and lions only had mild illness and they're all showing progressive signs of recovery, and we're expecting them to make a full recovery," Calle told The New York Times.

If you're sick with suspected or confirmed covid-19, OMRF's Criley recommends isolating yourself from your pet as you would the rest of your family. Delegate pet care to healthy family members if possible.

While this coronavirus – like its viral cousins SARS and MERS –

appears to have started in animals and jumped to humans, Criley said there's no evidence at this time that a sick pet could pass the illness to people. "Still, there's no reason to take chances, so be vigilant about handwashing after touching your pets," she said.

She urges people not to overreact to the current fears when it comes to their pets. And, in fact, U.S. animal shelters have reported a surge in recent weeks of adoptions, as people seek companionship during a time of social isolation.

During this pandemic, Criley and her husband are enjoying the company of their two dogs, Tony and Noah. Although the humans are staying isolated from one another while living under the same roof, separation rules don't apply to the furry members of the household, said Criley. "The dogs get to choose, and they're spending the majority of their time with me."



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# Chicken Soup for the Soul Makes Its Latest Book for Nurses Free

## *Much-Needed Inspiration for All Healthcare Workers*

No one needs a little Chicken Soup for the Soul more than the healthcare workers who are on the frontlines of the COVID-19 crisis. And now Chicken Soup for the Soul is making one of its famous books for healthcare workers free. The e-book version of Chicken Soup for the Soul: Inspiration for Nurses is available for download at no charge via Amazon Kindle, Barnes & Noble Nook, Google, Apple Books, and other e-book providers.

"My coauthor LeAnn Thieman is a nurse who travels the country speaking to thousands of nurses every year. She and I discussed what we could do to help not only nurses, but everyone involved in this coronavirus battle—from the cleaning crews to the orderlies to the nurses, doctors and other healthcare professionals," says Amy Newmark, publisher and editor-in-chief of Chicken Soup for the Soul. "We want to honor, inspire, and thank them by making the e-book version

of our latest book for nurses available for free until at least May 3, 2020. We know nurses and other healthcare workers may be too busy to read now, but we'd love for them to download the book and read it whenever they can."

"My heart goes out to all my colleagues in health care, and I wish I could do more for them," adds LeAnn Thieman, coauthor of the book and a retired nurse herself. "I hope these selfless men and women will download the book for free. Taking a few minutes of downtime to read a true story or two will help them through this crisis and with their own personal healing. They'll be reminded how much their patients and coworkers appreciate them. Most nurses and healthcare workers didn't choose their careers because of great hours, pay and working conditions! They felt a calling, and this book celebrates them—for the patients they heal, the lives they touch, and the

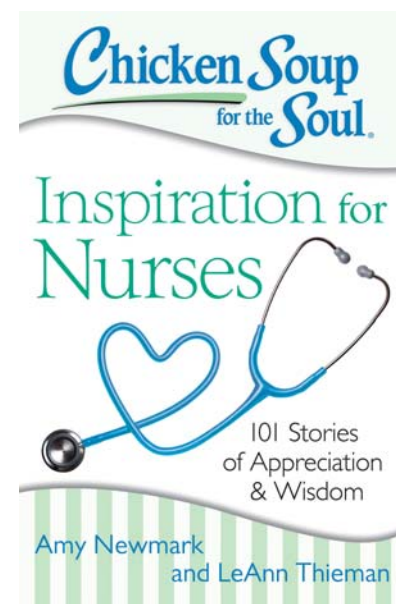
fortitude with which they work long shifts, selflessly nurturing others with their hands and their hearts."

The free e-book version of Chicken Soup for the Soul: Inspiration for Nurses can be downloaded from Amazon, Google, Apple, Barnes & Noble and other e-book providers.

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Chicken Soup for the Soul publishes the famous Chicken Soup for the Soul book series. With well over 100 million books sold to date in the U.S. and Canada, more than 250 titles, and translations into more than 40 languages, the phrase "chicken soup for the soul" is known

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