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Information for the Oklahoma Nursing & Health Care Professional

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RN's First Love to Last Love

Barbara McDougal and Bobby Aldridge have a real love story. Dating each other in 1969, their love was alive yet life's path led them apart. In 2007, they found their way back to each other and are now happily married.

by Vickie Jenkins, Staff Writer

Growing up in Holdenville, OK in the late sixties, people considered this as golden town living; a safe place to live, small in size and friendly folks. At the tender age of twelve, Barbara McDougal was like most girls, beginning to notice those once dreaded species called boys. She began to push her childish ways to the side, knowing that she would soon be a teenager. Barbara took notice of a certain boy that had just moved to the neighborhood, only one block away from

her. She peeked out the window each time he walked by her house as he adventured out, exploring the mighty streets in the neighborhood.

As Barbara and her girlfriends gathered, Barbara found herself secretly pointing this boy out, telling them how cute he was, along with a firm statement of, "Someday, that boy is going to be mine."

It wasn't long before Barbara became more interested in this new boy in town.

See LOVE Page 3

Trial by Fire: A First Year ER Nurse Describes COVID-19



Hailee Stull, RN works in the Emergency Department at INTEGRIS Southwest Medical Center.

Talk about on the job training, Hailee Stull became a registered nurse less than a year ago. Now, she finds herself working on the frontlines of a worldwide pandemic.

"I never imagined something like this would happen in my lifetime, much less my first year on the job."

Stull works in the Emergency Department at INTEGRIS Southwest Medical Center. She says it has been amazing to watch her team rise to the challenge. "Policies and procedures for the COVID-19 situation have been frequently changing since the beginning of the outbreak. We're dealing with changes sometimes from shift to shift and doing our best to keep up and stay informed."

See FIRE Page 2

ANA RESPONDS TO THE PAYCHECK PROTECTION PROGRAM AND HEALTH CARE ENHANCEMENT ACT

President Donald Trump today signed the Paycheck Protection Program and Health Care Enhancement Act - an "interim" step ahead of the fourth stimulus package that will provide \$484 billion to aid coronavirus (COVID-19) response efforts.

"We need this steady stream of aid from the administration to prevent further infections and deaths, support strained health care facilities and teams, and stabilize public health infrastructures and efforts," said American Nurses Association (ANA) President Ernest J. Grant, PhD, RN, FAAN.

In addition to replenishing the small business program, this measure will direct \$310 billion to additional lending authority for personal protective equipment, \$75 billion to hospitals and \$25 billion to testing resources at the state-level.

"Screening and testing are a top priority for nurses, and the approach outlined in this measure can enable greater testing capacity and help tackle alarming disparities in COVID-19 cases among African Americans and American Indian tribes," said Grant. "Wider availability of testing will undoubtedly increase the number of COVID-19 cases in the U.S. However, the catch-22 is that our state-level public health entities will be able to better trace and identify those infected sooner. This is key to preventing further spread of COVID-19.

"I'm glad that Congress and the administration have passed this interim measure. I sincerely hope that it provides much-needed relief for our economy and health care systems and critical aid for health care professionals," said Grant.

FIRE

Continued from Page 1

She adds, "I've watched my coworkers adapt and thrive with every change thrown our way. It has been fascinating to watch and experience the creativity, teamwork and generosity on full display."

Stull says patients and visitors have been impacted by the ever-changing environment as well. "They've had to deal with visitor restrictions, symptom screenings at every entrance and waiting in their cars to be seen. This crisis has proven to me just how resilient we all can be."

But she admits caring for coronavirus patients on top of other emergencies can be a juggling act. "My role as an ER nurse is to not only care for COVID-19 patients, but to also care for other emergent

patients. People are still breaking bones and having strokes. Those things don't stop just because of a virus."

Stull's sense of duty helps her push past the fear. "Dealing with the unknown is always scary. I have seen what this virus has the capability to do to people. It is frightening to put myself in direct contact with this virus," she reveals.

"However, as a nurse this isn't the only frightening disease I am in contact with. I do the best I can to protect myself while caring for my patients."

Stull says she has always wanted to be a nurse and nothing, not even a pandemic, can change that. "I have always been a caregiver at heart and always will be -

long after this pandemic is a thing of the past."

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LOVE

Continued from Page 1

She would casually be sitting on the front porch at the most convenient planned out times. It wasn't long before this boy walked by her house, stopping to introduce himself. It was just like one of those love stories on the big screen; the two of them stood there, gazing into each other's eyes, as though a light suddenly came on, they knew the love bug had gotten to both of them. They had been love-struck!

His name was Bobby Aldridge and he was sixteen-year-old. He drove around town in his blue '57 Chevy and Barbara remembers the car being far out! After a few visits between the families and getting to know each other a little better, Barbara was allowed to meet Bobby for lunch at the local Dairy Queen. They spent their time holding hands as they listened to the juke box play some of their favorite music; Donovan's Hurdy Gurdy Man and Tommy James and the Shondells. Soon, the relationship between the two of them progressed and they were inseparable!

In this time and age, when a boy liked a girl, he gave her a token of his love by giving her a drop, a necklace with the boy's initials on it; Bobby's initials being RLA. Now, they were going steady! The relationship between Barbara and Bobby was going perfect!

It was in 1970, that Barbara got the news that Bobby and his family were moving from Holdenville, to Oklahoma City, OK. No, this couldn't happen! Both families hated to see the sweet couple separate but it had to be. Bobby's dad had taken on a new job in Oklahoma City, OK. After the move, frequent visits were made by Barbara as her parents would drive to OKC, allowing Barbara to spend as much time as possible with Bobby. Little did they know that their relationship would be coming to an end in the near future.

Life brings changes when we least expect it and our paths take off in different directions.

Barbara graduated in 1974 and attended Oklahoma State University. This was a whole new world for her; college, new friends and discoveries of being an adult. Barbara became an LPN in 1978,

working in Stillwater, OKC and even moved to Dallas, Texas for a while. Barbara realized that she needed to go back to school for her RN. She moved back to OKC in 2007 to begin RN school at OSU/OKC.

Time moves on. Barbara had just finished one of her classes and decided to go a near-by restaurant for lunch. As she sat at a booth, she noticed a gentleman sitting at a booth, across the room, not far from her. Taking a second look, he looked very familiar. Was it Bobby? With a feeling of nervousness and a little flushed, she got up and walked over to him. Yes, it was Bobby! They enjoyed talking to each other and reminisced about old times. Their love story picked up where they left off.

Barbara and Bobby were married on October 7, 2017. Barbara wore his initials, RLA as a charm on her charm bracelet in their wedding. This was the something old for her wedding.

Now, it's the year 2020. Bobby is a homebuilder in OKC and Barbara is an RN at Mercy Rehab Hospital. Today, they still hold hands as they listen to some of their favorite music; Donovan's Hurdy Gurdy Man and Tommy James and the Shondells.

From first love to last love, fifty-one years later and the love is still growing.



Barbara, 12, is attending Bobby's 16th birthday, where their love story begins.



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OU College of Medicine Ophthalmology Professor Presented Stanton L. Young Master Teacher Award

Annie Moreau, M.D., an associate professor of ophthalmology in the University of Oklahoma College of Medicine and an oculoplastic and reconstructive surgeon at the Dean McGee Eye Institute, has been honored with the 2020 Stanton L. Young Master Teacher Award.

The award, now in its 37th year, recognizes OU College of Medicine faculty members for excellence in teaching. It was established through an endowment made by the late Oklahoma City businessman Stanton L. Young. The award comes with a \$15,000 cash prize, one of the largest in the nation for medical teaching excellence.

Moreau is known as a dedicated educator and mentor for students at various levels of their training. In addition to leading courses for medical and physician assistant students, she is the director of the oculoplastic fellowship, giving fellows the specialty expertise they need before they embark on their own careers. Students, residents and fellows routinely cite her as engaging and inspiring.

"We are grateful to have a faculty member like Dr. Moreau who embodies excellence in the mission of academic medicine: patient care, education and research," said John P. Zubialde, M.D., executive dean of the OU College of Medicine. "One of her students' letters of nomination captures her dedication to education: 'A professor is regarded as someone who not only is a teacher, but affirms a faith in something. Dr. Moreau has affirmed all of our faith in the field and calling of medicine through her excellence and service.'"

Moreau, a native of Montreal, Quebec, Canada, was introduced to the piano at a young age and began her higher education in music by earning a bachelor of arts degree in piano interpretation and theory from the Music College Vincent D'Indy in Montreal, Quebec, where she also served as a piano instructor. Concurrently, she earned an undergraduate degree in health sciences, with high distinction, from College Lafleche, Trois-Rivieres, Quebec. She then continued her education by earning a Doctor of Optometry degree, with high distinction, from the University of Montreal, College of Optometry, Montreal, Quebec.

In 1995, Moreau arrived in Oklahoma to work with the Chickasaw Nation in Ada as an optometrist and adjunct professor of optometry at the Carl Albert Indian Hospital. She provided eye care for tribal members, many of whom suffer the burden of diabetic retinopathy. She also taught optometry students to conduct comprehensive eye exams and to recognize diabetic retinopathy.

After working four years in Ada, Moreau secured a position as a clinical instructor and optometrist at the VA Medical Center in Oklahoma City and began her affiliation with the Department of Ophthalmology in the OU College of Medicine. She worked closely with ophthalmology residents during their VA rotations and realized that she wanted to pursue her own medical degree. In 2006, she earned this degree from the OU College of Medicine, followed by an internship in general surgery at OU and her residency in ophthalmology at the Dean McGee Eye Institute. She then completed a fellowship in neuro-ophthalmology and ophthalmic plastic and reconstructive surgery at the Dean McGee Eye Institute.

Following a year as an assistant professor of ophthalmology at Boston University Medical Center and Boston Veterans Affairs Health System, she returned to Oklahoma and joined the OU College of Medicine as an assistant professor of ophthalmology.

Moreau's academic activities are numerous. In addition to directing the oculoplastic fellowship, she is a member of the Resident Education Committee, in which she reviews residents' milestones and progress, and she teaches in the Resident Surgical Course, providing one-on-one guidance in macrosurgical skills. She mentors medical students who are interested in ophthalmology, as well as premedical

See AWARD Page 5



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Annie Moreau, M.D. has been honored with the 2020 Stanton L. Young Master Teacher Award.

AWARD
Continued from Page 4

students who want to go to medical school. She is the college’s councilor for the Alpha Omega Alpha Honor Medical Society, and she serves on the Admissions Board for the college.

Moreau has published research articles in several journals and has lectured nationally and internationally. She has received numerous honors, including being named a fellow in the American College of Surgeons and receiving an OU Regents’ Award for Superior Teaching. The Dean McGee Eye Institute named an award after her – The Annie Moreau Resident Education Award – given to fellows for their exceptional service and commitment to resident education.

Teaching is the most rewarding part of her career, Moreau said in a letter to her students in appreciation for their support of the award. “Being in a position to share the little knowledge I have has made me a better doctor

and a better surgeon,” she said. “I have to thank all of you for that. Spending time with the next generation of physicians is a privilege I will never take for granted. Your decision to dedicate your life to others warms my heart and assures me that there is still good in this world.”

Moreau’s patients know her as a skilled and compassionate physician and surgeon, and she models that dedication for each student she teaches.

“We are incredibly proud of Dr. Moreau as the first ophthalmologist to receive the prestigious Stanton L. Young Master Teacher Award,” said Gregory L. Skuta, M.D., president and chief executive officer of the Dean McGee Eye Institute and chair of the OU Department of Ophthalmology. “Since her arrival at the Eye Institute as a resident and now as a beloved and revered member of the faculty, Annie Moreau has embodied humanistic qualities and an absolute devotion to education that inspires all of us to be better doctors and teachers.”

SITUATION UPDATE: COVID-19

- As of this advisory, there are 3,280 confirmed positive cases of COVID-19 in Oklahoma.
- There are three additional deaths; zero occurred in the past 24 hours and the others died between April 24-April 25.
- *One in Tulsa County, a male in the 65 and older age group.
- *One in Carter County, a female in the 50-64 age group.
- *One in Wagoner County, a female in the 65 and older age group.
- There are 197 total deaths in the state.
- Note: The number of total cumulative negative specimens, total cumulative number of specimens to date, and the number currently hospitalized reported below are compiled through the Executive Order reports submitted to the governor. These reports are not submitted on the weekend, and therefore, those numbers found in this report will be updated Tuesday. All other numbers listed in this report are current.
- The American Association on Health and Disability (AAHD) has created a survey to assess health care and health care access challenges people with disabilities are encountering with the COVID-19 pandemic. The survey is open until May 1 and can be found here.
- A list of COVID-19 testing sites in the state can be found here.

For more information, visit coronavirus.health.ok.gov.

Oklahoma Test Results

Confirmed Positive Cases	3,280
*Total Cumulative Negative Specimens to Date (As of 4/24)	49,891
*Total Cumulative Number of Specimens to Date (As of 4/24)	53,338
**Currently Hospitalized (As of 4/24)	306
Total Cumulative Hospitalizations	656
Deaths in the Past 24 hours	0
Total Cumulative Deaths	197

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

**This number is a combination of hospitalized positive cases and hospitalized persons under investigation, as reported by hospitals at the time of the report. The data reflect a change in calculation and should not be compared to prior data.

Data Source: Acute Disease Service, Oklahoma State Department of Health. *As of 2020-04-27 at 7:00 a.m.

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OMRF honors scientists, board member



Oklahoma Medical Research Foundation scientist Susan Kovats, Ph.D.



Oklahoma Medical Research Foundation scientist Susannah Rankin, Ph.D.

At its annual spring board meeting on Tuesday, the Oklahoma Medical Research Foundation named scientist Courtney Griffin, Ph.D., the Scott Zarrow Chair in Biomedical Research. The Anne and Henry Zarrow Foundation endowed the chair with a major gift to OMRF in memory of Tulsa attorney and philanthropist Scott Zarrow.

Griffin earned her B.A. at Harvard and her Ph.D. in biomedical sciences at the University of California, San Francisco. Following postdoctoral training at the University of North Carolina, she joined OMRF in 2008. Her research focuses on genes that regulate blood and lymphatic vessels, which has implications for heart disease, aneurysms, cancer and toxic drug overdose. She also serves as scientific director of the Oklahoma Center for Adult Stem Cell Research.

Also at the meeting, long-time OMRF board member Malinda Berry Fischer of Stillwater was named a Life Director. Fischer was elected to the OMRF board in 2002. Since that time, she has served on or chaired the foundation's Development, Governance and Executive Committees.

Three other OMRF scientists were also honored at the meeting:

Tim Griffin, Ph.D., received the Merrick Award for Outstanding Medical Research.

Susan Kovats, Ph.D., was presented with the J. Donald & Patricia H. Capra Award for Scientific Achievement.

Susannah Rankin, Ph.D., received the Fred Jones Award for Scientific Achievement.

(AS PUBLISHED IN THE 2020 EDUCATION GUIDE TO NURSING)

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

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

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

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

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

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

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

Gray said the next cohort is forming now with an expected

March 2 kickoff. After that another will begin in May with no caps on enrollment.

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

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

"I think most nurses if they have family or any other

responsibility it's probably going to be three terms," she said.

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

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



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A Story of Selfless Sacrifice on the Frontlines of the COVID-19 Pandemic

Tesha Loven has been a nurse for 26 years. She is currently the Clinical Director of the Emergency Department at INTEGRIS Health Edmond. She says they're prepared to handle an influx of COVID-19 patients, even though she hopes they never see one. "We wait on the edge of our seat wondering if 'today is the day,'" admits Loven.

She understands there's an element of danger to her job, especially when dealing with a novel virus that we don't yet know much about. "I feel it's important to not let fear define me. I must take control of the things I can and accept the things I can't."

In order to protect those she loves, Loven has made the conscious decision to stay away from her children, grand-children and parents until this crisis is over. "It's very difficult, yet it's a sacrifice many in the medical field are willing to make to keep our families safe."



She adds, "Many of our caregivers are making far greater sacrifices than myself, they have small children so they have chosen to stay in hotels, RV's or with other health care workers."

She knows some in the health care profession feel like they didn't

sign up for this, that caring for people during a worldwide pandemic is too much to ask. "I know many nurses who have spouses who have told them that it is not their job to risk their lives for strangers and have requested that they walk away from the situation," Loven says. "But thankfully, my husband supports me. He prays for me and my team and prepares us for battle. For that, I am thankful, and I am at peace in the role I play in this crisis."

Loven says she will continue to come to work as long as there are people in need. "There will always be doctors and nurses who continue on with the mission. Although it will be overwhelming if others retreat, there will always be those who walk into the storm."

That's what she wants the public to realize. "Health care workers are being asked to sacrifice their time with family, their own mental, physical and emotional health. It is very dis-heartening to see members of the public congregating in large groups and proceeding with daily



activities as if nothing is occurring around them."

She concludes, "It is difficult to see the end in sight if the public does not comply with sheltering in place, social distancing, self-monitoring and self-quarantine when appropriate. Their actions have the biggest impact on the overall situation."

Graduating nurses to get drive-thru pinning ceremony

The Kramer School of Nursing at Oklahoma City University will host a pinning ceremony for graduating nursing students from 2 to 4 p.m. May 7 in the school's parking lot at N.W. 26th Street and Florida Avenue.

Normally a ceremony held in an auditorium, this year's version will be a drive-thru experience in order to practice social distancing. Students will remain in their vehicles and line up to receive their pins, programs and any cords they've been awarded from faculty members.

The World Health Organization is recognizing 2020 as the Year of the Nurse and Midwife, boosting the relevance of this year's ceremony as many of the graduating nurses move immediately to the front lines of the pandemic.

Pinning ceremonies are a time-honored nursing school tradition with roots dating back to the Crusades of the 12th century, when the Knights of the Order of the Hospital of St. John the Baptist awarded a Maltese cross to new monks who were training to tend to injured crusaders. Nursing pioneer Florence Nightingale reignited the tradition in the 1860s by presenting medals of excellence to her brightest graduating students.

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I would be a parrot because I like to talk!



Emma Heinen, RN

I would choose a blue jay because I am very protective.



Heather Warfel, RN

If you were a bird, what kind of bird would you be and why?



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I would be a canary because I like to sing!



Victoria Saunders, RN

I would like to be an eagle. I would soar high.



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OU Medicine, OU Health Sciences Center to Use CompSource Mutual Donation to Assist Healthcare Providers

OU Medicine and its academic partner, the University of Oklahoma Health Sciences Center, recently received \$100,000 from CompSource Mutual Insurance Company to assist healthcare providers on the front line of treating patients during the COVID-19 pandemic.

To avoid potentially exposing their families to the virus, many healthcare providers are not going home at the end of a long workday, but are staying away from home for everyone's safety. The donation from CompSource Mutual will be used to provide meals and a place to stay for those physicians, nurses and other healthcare providers.

"We're grateful to CompSource Mutual for their generous support of our healthcare team to combat this pandemic," said Dr. Dale Bratzler, Enterprise Chief Quality Officer of OU Medicine. "This donation will fund temporary housing and food

for OU Medicine and OU Health Sciences Center team members living away from home to protect their families from potential exposure to COVID-19."

CompSource Mutual Insurance Company, an Oklahoma-based business that provides workers' compensation coverage, donated a total of \$250,000 in Oklahoma to assist medical personnel and families coping with lost wages and other hardships because of the pandemic. Other recipients include the Tulsa Area COVID-19 Response Fund formed by the Tulsa Area United Way and the Tulsa Community Foundation, as well as the United Way of Central Oklahoma's COVID-19 Response Fund.

"Our policyholders include many Oklahoma businesses that are currently experiencing the emotional, physical and financial tolls of this pandemic," said CompSource Mutual President and CEO Jason Clark. "We are

committed to being a reliable partner in our communities' responses, which we first demonstrated earlier this month by implementing measures to help CompSource policyholders who are struggling financially to pay their premiums. This donation is the next step and supports our guiding principle to improve the communities in which we live and work. I am grateful to our leadership team for approving this vitally important assistance for three organizations who are working directly in support of first responders, medical professionals and affected families in our state."

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