



2020 Graduates

Kramer School of Nursing

Highlighting a 2020 graduate, Keely McGough, BSN, DNP is just one of the 135 graduates from Oklahoma City University, Kramer School of Nursing.

by Vickie Jenkins, Staff Writer

So far, the year 2020 has been quite different for all of us. With COVID-19 causing a pandemic, plans have been changed dramatically. Oklahoma City University, Kramer School of Nursing is fully accredited by the Accreditation Commission for Education in nursing. They are proud to

announce their 135 graduates; BSN, RN-BSN, MSN, DNP, DNP Completion and PhD programs.

One of the outstanding graduates is Keely McGough, BSN, and Doctor of Nursing Practice. "There are numerous reasons that made me decide to become a nurse, but the

See GRADUATES Page 3

CTCA Daisy Award Winner Named



Crystal Mize was recently recognized at Cancer Treatment Centers of America ® (CTCA) Tulsa as winner of this quarter's DAISY Award.

Crystal Mize was recently recognized at Cancer Treatment Centers of America ® (CTCA) Tulsa as winner of this quarter's DAISY Award. The DAISY Award is an international program that rewards and celebrates the extraordinary, compassionate, and skillful care given by nurses every day. CTCA Tulsa® is proud to be a

See AWARD Page 2

AWARD

Continued from Page 1

DAISY Award Partner and have the chance to regularly recognize one of its nurses with this special honor.

Nurses have the unique ability to sit alongside us during some of our most difficult moments and offer care, kindness, and support. It was because of a moment like this that Crystal was inspired to become a nurse. Crystal's daughter was born with a birth injury and required multiple surgeries. During this time, Crystal saw and felt the impact of the nurses who cared for her daughter and her family. She wanted to be able to give to others what had made such a difference for her and her family.

Prior to CTCA, Crystal worked in the intensive care unit for another local hospital in Tulsa. She came to CTCA eight years ago and loves caring for her oncology patients and their loved ones.

"I work hard to make my patients feel comfortable in my

care, as well as make their experience with the healthcare system feel a little less scary. I can't always control a patient's healthcare outcome, but I can ease their anxiety and help them find answers to their questions," said Crystal.

One of Crystal's patients shared her experience and appreciation of Crystal:

"Crystal did everything possible to help get my pain in control. She was always pleasant, going above and beyond to make me as comfortable as she could. She took the time to answer all our questions and treated me like I was her only patient. I am grateful she made a scary situation more comfortable."

Crystal and her husband were high school sweethearts who reconnected twenty-three years later and were recently married during the COVID-19 pandemic! Together, they have three daughters and two dogs. Crystal loves to garden, go hiking, camping, kayaking, and enjoy family outings.



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GRADUATES

Continued from Page 1

overarching motivation was to be able to share the message through my daily work. A person doesn't have to have a history, genetic relation, or common background with someone to show them human kindness," Keely commented.

Keely explained what lies ahead for her. "I plan to work as a Family Nurse Practitioner at a Federally Qualified Health Center for refugees and asylum-seekers. I am bilingual and look forward to using my additional skills in clinics needing Spanish-speaking providers."

Growing up in a rural community is Southeast Oklahoma, the town of Union Grove, Keely set her goals high. "At different stages during my childhood and teen years, I wanted to be a Spanish interpreter, a family doctor, and a musician, without even realizing I could be all three simultaneously. Now, I can say that I will be doing all of my dream jobs," Keely commented.

As a recent graduate, what advice would you give to someone if they were going into the medical field? "I would give them the same advice that I always received, completing nursing school is one of the most challenging experiences, but you will survive. Never hesitate to communicate with your instructors when you have a problem whether it is personal or academic," Keely said. "I have found from my experiences at the University of Central Oklahoma BSN program and OKCU's BSN-DNP program that nurse educators genuinely care about the well-being of their students and will go above and beyond to ensure their success," she added.

Did you have any mentors in school? Keely replied, "I had too many to count. Every instructor, preceptor, peer, coworker and employer provided unique encouragement or advice for which I will always be grateful. My greatest mentor who helped form me into the nurse I am today is my father, Patrick McGough, who is also a doctorally prepared nurse. I was a very young child when

he taught about proper hygiene, eating a balanced diet, getting nine hours of sleep each night, spending time outside, wearing sunscreen and remembering to take multivitamins. I have extremely early memories of him holding me over the sink and singing with me as I washed my hands for plenty more than twenty seconds," she said with a smile. "Throughout my life, he has demonstrated the importance of being a life-long learner, by going back to gain more education and degrees, and finally finishing his DNP at the age of fifty. With time he became the person who was always there to listen to my frustrations with nursing school, celebrate my growth as a provide and guide me to keep an open mind about technical aspects and to remember the important of validating and supporting the emotional, psychological and spiritual needs of all patients through the best nursing care I can provide."

Keely considers all nurses leaders. "I believe all professional nurses are inherently leaders. It starts with being a patient advocate and then

suddenly the nurse realizes, after he or she has created quite a ruckus from the relentless fight for patient rights, that committees needs to be formed, research needs to be conducted, policies need to be changed and the public needs to be informed," Keely commented.

How has the coronavirus changed your life? "I will not be able to fully comprehend how the pandemic has changed my life until it is over and there is time for reflection. Short-term consequences for my academic life have been the pinning and graduation ceremonies are online; I can't gather and celebrate with my closest friends and relatives. The date that I will take the national board examination is uncertain and my doctoral defense will be presented through Zoom. It's not the send-off that I expected after working so diligently for four years, but as nurses we adapt, and I am grateful to Kramer's faculty and staff members for being flexible during such a difficult and uncertain process and helping me finish my degree on time.

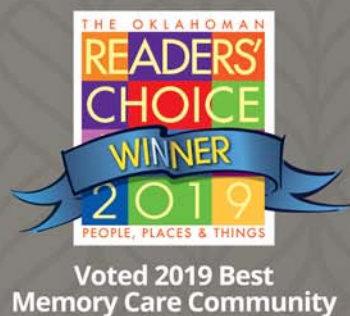


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CAREERS IN NURSING

SOWING SEEDS FOR THE YOUNGER GENERATION

by Vickie Jenkins - Writer/Photographer

Located at Memorial Road and MacArthur Boulevard in Northwest Oklahoma City you will find Mercy Rehabilitation Hospital, where we provide inpatient rehabilitation services for patients recovering from strokes, brain or spinal-cord injuries, amputations, complex orthopedic injuries and other conditions. -Mercy Rehabilitation Hospital-

With a staff full of compassion, there is one particular nurse that stands out from the rest. Clara N. Omeke, RN, BSN is the charge nurse and has been a nurse for a total of twenty years, spending the last fourteen years serving at this facility.

Growing up in Rivers State, Nigeria, Clara's life was different than most. With drive and determination, she knew she would be a nurse one day.

"When I was a little girl, I

wanted to be a nurse or a teacher but since there was no one to train me, I didn't really think it would be possible. In Nigeria, the amount of education you can receive depends on how well off your family is. My parents died early; my father died when I was four years old, my mother when I was eight years old, and I was the youngest of seven children. I had to go from one sister's house to another, basically rotating around several different foster homes. After finishing high school, I had no idea how I would continue with my education but I trusted God to make a way. When I was nineteen, I got engaged to my husband who was living in the United States at the time. Then I lived in Nigeria with my mother-in-law for three years while waiting to get my visa so I

could join my husband. I came to the United States in July 1991 and started school Oklahoma Christian College the very next fall semester. It was quite an experience adjusting due to the language barrier as I had to change from the British English I learned in school, to learning in American English. I attended Langston University, Oklahoma for my Bachelor of Science and got accepted into their Nursing program," Clara explained.

"I enjoy my job; my first job as a nurse was working as a Licensed Practical Nurse at a Long-Term," Clara said. "I dedicated my life to working as a nurse because I believe that nursing is my calling. I enjoy seeing the miracles that come with it. The reason that I enjoy working at Mercy Rehab Center is the transformation observed in

patients going through or being unable to perform activities of daily living to have the ability to perform them," she added.

Asking Clara how she would describe herself, she replied, "I am a mother and a mentor to the younger generation. I always try to look out for others. I love sowing into people's lives and seeing the seed grow and when it blooms it brings jobs and a sense of accomplishment that tells me I was a part of their journey. I enjoy fellowshiping with people that God brings into my life. I am also a prayer warrior."

"My biggest reward as a nurse is the satisfaction that I know that I played a part in the healing process of the patients whose care I manage. It is extremely rewarding to see a

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Coming from Rivers State, Nigeria, Clara N. Omeke RN, BSN has been a nurse for twenty years. She is a great mentor to the younger generation.

OMEKE

Continued from Page 4

person come in sick and hurting and walk out the door in a better state. Another reward is being able to minister to patients, not just physically but emotionally and spiritually it is so great, it is unimaginable,” Clara commented.

What advice would you give to someone going into the medical field? “I think that nursing must be a calling. Someone must have the mindset,” Clara replied.

Are you a leader or a follower? Clara replied, “I believe God has given me the ability to lead because as a leader you must learn to sacrifice so it is my calling leading and shaping the

next generation.”

How has the coronavirus changed your life? “It has really and completely turned things upside down. In my life, I had to get use to distance learning and the effect it has as it is extremely hard on the younger children who have never experienced not going to school. As a nurse we believe in touching and feeling and nurturing the patient. Treating the patient is harder and more heartbreaking now that the family cannot visit as that is sometimes what motivates them to continue.

Summing up her life in one word? “It would have to be, minister.”

SITUATION
UPDATE: COVID-19

- As of this advisory, there are 5,849 confirmed positive cases of COVID-19 in Oklahoma.
- There are three additional deaths; one of them occurred in the past 24 hours and the others died between May 17-May 20.
- * One in Oklahoma County, a female in the 65 and older age group.
- * One in Tulsa County, a male in the 65 and older age group.
- * One in Texas County, a male in the 50-64 age group.
- There are 307 total deaths in the state.
- COVID-19 testing sites are open in multiple cities in Oklahoma as a result of a cross-county, city and state health system partnership. Visit this page for updated dates and locations.

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

COVID-19
Oklahoma Test
Results

Confirmed Positive Cases	5,849
*Total Cumulative Negative Specimens to Date	146,022
*Total Cumulative Number of Specimens to Date	152,998
**Currently Hospitalized	190
Total Cumulative Hospitalizations	926
Deaths in the Past 24 hours	1
Total Cumulative Deaths	307

*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 2020-05-22 at 7:00 a.m.

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(AS PUBLISHED IN THE 2020 EDUCATION GUIDE TO NURSING)

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

The Southern Nazarene University (SNU) School of Nursing (SON) has been graduating nurses since 1982. SNU graduates have established a reputation for not only being well educated but having those most important qualities of caring, empathy, and sympathy towards their clients. SNU graduates embody the philosophy of the school of nursing, which can be summarized in the words THINK, DO, LOVE!

Many wonderful and outstanding individuals have worked as faculty members at the SNU School of Nursing over the years, each making a unique contribution to the profession through their teaching arts. The current faculty have recently completed a major revision to the traditional undergraduate curriculum to ensure the courses meet the current required

standards of education expected from the regional employers. In addition, the importance of recognizing the global health environment has been brought to the forefront. Nursing students at SNU have a number of outreach opportunities, both local and international. These opportunities are expanding with each year!

As far as the SNU campus, two well-known "faculty" may be seen at the SON. Tillie Mae and Baby Snookums, both Mini Australian Shepherds, are certified by the Human Animal Link of Oklahoma as Therapy Dogs. Students enjoy the dogs and often find a non-judgemental listening ear when nursing school becomes too stressful. The dogs often "work" the lobby, going from student to student to provide a happy greeting or visiting a classroom prior to an exams to bring



a sense of calm. SNU welcomes all inquiries about the program! Learn more or schedule a campus visit at snu.edu/campus-visit.

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THINK. DO. LOVE.

OU Medical Center Named to Becker's 100 Great Hospitals in America List

By David McCollum, OU Medicine

Becker's Hospital Review, a national publication for healthcare decision-makers, has named OU Medical Center one of the 100 Great Hospitals in America for 2020.

The hospitals included on this list have been recognized nationally for excellence in clinical care, patient outcomes and staff and physician satisfaction. These institutions are industry leaders that have achieved advanced accreditation and certification in several specialties. The list also includes industry innovators that have sparked trends in healthcare technology, hospital management and patient satisfaction.

"We have a great team of physicians, leaders and staff," said Chuck Spicer, FACHE, president

and CEO of OU Medicine. "This isn't just a recognition of what we are doing, but what we have to continue to do to be Oklahoma's healthcare leaders. If you look at the list, you see Johns Hopkins, Cleveland Clinic, OU Medical Center, all on the same list. It is humbling to be included and we are energized to tackle the ongoing important work of improving health for Oklahomans."

"Oklahoma is proud to be home to one of the 100 great hospitals in America for 2020 with OU Medicine," said Gov. Kevin Stitt. "This recognition of excellence is well-deserved and demonstrates the commitment of OU Medicine and Oklahoma's medical community to achieve a

Top Ten healthcare system in the delivery of services, research and innovation."

OU Medical Center serves as the only level 1 trauma center in Oklahoma and features the state's most experienced transplant team, which has a combined 50 years of experience. The medical center is building a new 450,000-square-foot patient tower slated for completion this year, which will add 144 beds and 32 new operating rooms. U.S. News & World Report recognized OU Medical Center as No. 1 in both Oklahoma City and the state for 2019-20.

"This is a tremendous national validation of the years of hard work and exemplary achievement by our team," said Kris Gose, R.N., MBA, president of OU Medical Center. "Patients come here for essential healthcare services that are not offered anywhere else in the state and it is the reason medical students come here to train. This recognition is true validation of our values and our goals."

Becker's Hospital Review selected the hospitals for inclusion on its list of 100 Great Hospitals in America based on analysis of ranking and award agencies, including U.S. News & World Report's 2019-20 rankings, CareChex, Healthgrades, CMS star ratings, Leapfrog grades and IBM Watson Health Top Hospitals. Becker's also sought nominations for this list.

"Receiving this type of recognition is even more valued as our physicians and staff have worked so hard on the frontlines during the current pandemic," said David Teague, MD,

OU Physicians Director of Adult Services, Perioperative Surgical Director of OU Medical Center and Department Chair of Orthopedics. "Saving lives and protecting our patients, team and colleagues is what drives us every day. Knowing that a national thought leader like Becker's recognizes our work, leadership and sacrifices energizes us to continue moving forward on our journey of excellence."

OU Medicine is the No. 1 ranked hospital system in Oklahoma, and its oncology program at Stephenson Cancer Center and OU Medical Center ranked in the Top 50 in the nation, in the 2019-2020 rankings released by U.S. News & World Report. OU Medical Center is the only comprehensive academic hospital in the state, offering the widest range of medical and surgical services in the region. Serving as Oklahoma's only Level I trauma center, the hospital is a multi-state resource for every aspect of injury prevention and treatment. OU Medical Center offers the highest level of care for stroke patients, providing unmatched neurology and neurosurgery services, and is home to Oklahoma's most experienced organ transplant team. Working alongside Stephenson Cancer Center, the hospital has the state's only comprehensive bone marrow transplant center and more radiation therapy options than any hospital in Oklahoma. From advanced cardiac care to orthopedic services and more, OU Medical Center patients benefit from healthcare based on the latest research and advances in medicine. For more information, visit oumedicine.com/oumedicalcenter.

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NURSE TALK



I would be Wonder Woman, Lasso of Truth!



Maleah Edmonds, LPN

Definitely Batman, making every day work to his advantage.



Brandi Niccole, LPN

If you were a super hero, who would you be?



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I would have to say, Wonder Woman, for her strength!



Anna Adams, RN,
BSN, Case Manager

I would choose, Captain Marvel, eliminating danger before it happens.



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How does a scientist work from home?

Benjamin Miller, Ph.D., still starts his work days around 7 each morning. But since the pandemic closed his lab at the Oklahoma Medical Research Foundation in mid-March, he now has very different coworkers.

"My three dogs keep me company," said Miller, a physiologist who studies diseases of aging at OMRF. While Koru, Bailey and Bingham, a new rescue dog, gather about his desk in anticipation of their daily walks, Miller works on projects from his home in Mesta Park.

The new working arrangement has its upsides, he said. "I have more time to analyze data in depth, and a lot of good has come of that. I'm also writing grants and papers and communicating with scientific collaborators." Still, Miller said, "It's not the same as being in the laboratory."

One of Miller's research projects at OMRF hinges on a clinical trial he was scheduled to begin just as the coronavirus took hold. For that research, he plans to recruit dozens of volunteers aged 40-75 to study insulin sensitivity and its link to age-related processes in the body. Over a 12-week period, Miller and his team will collect blood samples, conduct physiological testing and perform muscle biopsies on the research participants.

Then, in Miller's lab at OMRF, they'll examine the biological samples and data. "Our goal is to learn how well the mitochondria"—portions of the cell that work as a sort of engine—"work and to look at biomarkers of aging," said Miller.

For now, though, all of that remains on hold.

To Miller, the laboratory is more than a physical space where scientists conduct experiments and analyze data. "It's a gathering of people working toward common goals, where we're always innovating and trying new things," he said.

Zoom meetings can serve as a substitute for that human interaction—but only to a point. "They can't replace the spontaneous discussions and interactions that



Ben Miller's dogs Koru (white), Bailey (front) and new rescue Bingham.

lead to novel ideas and fresh approaches to problems," said OMRF Vice President of Research Rodger McEver, M.D.

The shutdown has been particularly hard on graduate students and postdoctoral fellows. "These are young scientists who are just beginning their careers. They need intensive training and the ability to generate new data," McEver said. "But in this environment, that's simply not possible."

OMRF has now begun reopening its labs in a limited capacity. Like just about every other scientist at the foundation, Miller is excited to restart his projects, but he knows it will take time.

"Much of science is momentum-driven," said Miller. "We've lost some of that in the shutdown, and it will take a lot of energy to get it all back up and going again." Although he'll miss working with his canine companions at his feet, Miller is ready to get back in the lab. "Even in a pandemic, people continue to age, and we want to find ways to make those later years of life as healthy as possible," he said. "Patients deserve that."



Oklahoma Medical Research Foundation scientist Ben Miller, Ph.D., in his laboratory before the Covid-19 pandemic.

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

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