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Oklahoma City and Tulsa nursing students manning testing stations to do thier part in the fight against the virus.

by Bobby Anderson, RN - staff writer/photographer

With Covid-19 putting a halt to clinical education in nursing schools across the country, the University of Oklahoma Fran and Earl Ziegler College of Nursing is finding innovative ways to bring students back to the health care setting.

In Oklahoma City and in Tulsa, OU nursing students are manning Covid testing stations, doing their part to fight the virus and advance their knowledge of nursing practice at the same time.

Teri Murphy, MSN, MPH, RN-BC, PHCNS-BC

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Cancer During COVID-19: The Ticking Time Bomb

By Pat Basu, MD, President, Cancer Treatment Centers of America

COVID-19's impact goes far beyond the illness itself. Our lives have changed drastically in an effort to get the virus under control and ultimately "flatten the curve". However, there is yet another curve that needs our urgent attention - a ticking time bomb that is currently flying under the radar: the cancer "Shadow Curve."

The pandemic has caused far too many people to skip treatments and miss routine cancer screenings. And while delaying scans or treatments may have felt like the most prudent action three months ago, evidence predicts that a few years from now, we may look back and wish we had taken a different approach.

The National Cancer Institute states that annual cancer screening is one of the most effective ways to detect and beat this dreaded disease and "when abnormal tissue or cancer is found early, it may be easier to treat or cure." If our society continues to delay cancer screenings and treatments, the result will be disastrous for both the individual patients and the health system as a whole.

In fact, an April IQVIA Institute for Human Data Science report estimated that the delay in 22 million cancer screening tests will result in increased risk of delayed or missed diagnoses for 80,000 patients. More recently, Anthony S. Fauci, MD, director of the National Institute of Allergy and Infectious Diseases, reported that COVID-19-related reductions in cancer screening and treatment over the next decade could potentially result in 10,000 excess deaths from breast and colorectal cancer alone.

To put it another way, since March, the US has witnessed a 37 percent drop in cancer care



Pat Basu, MD, President, Cancer Treatment Centers of America.

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TESTING

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is a clinical instructor at the college with a focus on community health.

The clinics were initially run by staff from OU Physicians and Murphy said they streamlined and adapted the process integrating College of Nursing students.

"We realized we've got a great opportunity for students to be in contact with patients, families and the community again," Murphy said. "We had such a long period of time last semester where things were changing daily and we had to ensure the safety of the students, clinical education was limited."

Murphy said traditional undergraduate and graduate students worked the stations in collaboration with faculty and OU nursing alumni.

"It's kind of a group effort," Murphy said. "When we have two or three students together they're learning teamwork principles."

Murphy said these clinics support the need to increase the daily number of individuals getting tested in Oklahoma.

The test - and the corresponding education provided by students - may be the only opportunity these



individuals have to information about Covid-19.

The clinics are offered at both OU campuses in Oklahoma City and

Tulsa.

"The students are so excited by the opportunity to contribute during the pandemic," Murphy said. "They really missed not having access to clinical towards the end of the last semester. I'm sure - just like a lot of nurses that work in clinics that were shut down for a while - you miss working. You miss your patients. You want to have those interactions."

"They've just been really thankful and grateful."

Murphy believes students are learning more in the therapeutic communication realm than anything else. The brief encounters give students opportunities to listen and teach.

They also allow them to impart knowledge and help an already-scared patient calm down by allowing them to ask questions and just let the students know what they're feeling.

"When this opportunity came up, we thought it would be a way to allow students to interact with and talk to patients, dealing with real-life scenarios, and prepare them to be Covid-ready nurses," Murphy said. "It's been great so far. It's just a nasal swab, but they've really enjoyed the opportunity to contribute during a pandemic."

Murphy has dual master's degrees in nursing and in public health. The entire world has become one big classroom for her students.

"This is my jam," Murphy said.

"We're talking about contact tracing, vaccines, the importance of science, and policy and law changes."

"I think there are going to be a lot of people that maybe change their opinion about public health and that maybe it's a cool thing to do."

Emma Kientz, DNP, APRN-CNS, CNE is an assistant dean for the College of Nursing programs in Tulsa and works with the Tulsa clinic.

"The biggest thing is, it's an opportunity for all our students to learn what goes on in a situation like this. It's not something that happens every day," Dr. Kientz said. "For me it's nice to be involved, however much we can, and do whatever we can do safely rather than just sit on the sidelines."

"And I think that's pretty cool."

Dr. Kientz works with the Tulsa clinic which is located in a three-story parking garage.

Patients drive in, drive through and drive out.

Four days a week, students staff the clinic at the OU Schusterman campus and rotate to the Wayman Tisdale Specialty Health Clinic for another day.

A once in a lifetime pandemic creates a once-in-a-lifetime learning opportunity.

"You think about what you'll tell your grandkids years from now," Dr. Kientz remarked.

Kientz agrees the fall semester will likely be highly fluid.

"You don't know what's going to happen," she said. "We're trying to make modifications as we can to keep the students safe yet provide them the best learning opportunities."

"I think across all three of our sites - Lawton, Oklahoma City and Tulsa - we have excellent clinical partners that we work with and they understand the plight of trying to educate students because they want nurses and they need nurses."

Classes will continue this fall. Students will be involved in active learning activities, online and virtual clinical simulation, and will attend clinical. Murphy noted when students come to campus they will do so in small groups and be spaced six feet apart in the classroom.

"We are doing everything we can to keep students healthy so they can participate in clinical," Murphy said. "We are being intentional, collaborating across sites, and have multiple what-if plans. We're trying to get everything in line as we possibly can to ensure the continued academic success of our students."

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BOMB

Continued from Page 1

diagnosis compared to this same time period last year, and massive drops in cancer screening including mammography (down 87 percent), colonoscopy (down 90 percent) and Pap Smear (down 83 percent). As COVID-19 hot spots continue to rise across the country and the fear of second waves emerges, the problem is only exacerbated with COVID-19 cases monopolizing hospital resources and patients continuing to delay necessary screenings and treatments. Now is the time to course correct.

A Three-Part Solution to Bending the Cancer Shadow Curve

There are three key actions we must do, and encourage our loved ones to do, to regain control of cancer care in our own communities and ultimately bend the Shadow Curve:

1. Schedule your treatment or screening immediately. Most health care facilities have rigorous protocols in place to minimize COVID-19 exposure. The best way to eliminate cancer's exposure is to detect and treat it as soon as possible, especially if there is a family history or if you have recently turned 50.

2. If the first treatment center you call says no, don't give up. With current

spikes of COVID-19, some facilities are overwhelmed with cases. However, there are other facilities, such as specialty cancer centers, that can see patients within a normal timeframe. Make that second or third phone call to schedule the screening or treatment you need.

3. Know your insurance benefits. In some cases, treatment centers may not be available in your network and this could qualify you to go "out of network" due to a network deficiency within your insurance plan. That means another center could be recognized as temporarily in-network, allowing you to get the care you need. Check with your insurance provider to see if this is the case. Many providers – including our cancer centers – will help patients navigate insurance complexities.

Together, we can stop the cancer Shadow Curve and save lives. By taking immediate, proactive steps in disease detection and treatment, we can reduce the possibility that illness and deaths from undiagnosed conditions such as cancer become more pervasive than those from COVID-19 itself.

Pat A. Basu, MD, is the president and CEO of Cancer Treatment Centers of America Global Inc. Prior to joining CTCA, Basu served as a White House fellow and senior adviser and played a key role in helping execute portions of then-President Barack Obama's economic and health agenda.



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SPECIAL TO OKNT

by Brandon Frye - Chickasaw Nation

Jerry Turner draws from family history to voice Oklahoma Territory-era constable

A Chickasaw constable from the days of Indian Territory is the newest addition to a roster of walking partners available within the AYA walking app – an interactive step-counting experience which gives users a way to explore Chickasaw history and culture while pursuing better health.

“Chokma, I’m Silas. I live in Tishomingo, the capital city of the Chickasaw Nation, deep in the heart of Indian Territory. I’m a constable. Friends call me Si, but outlaws call me trouble. I was not born in Tishomingo, but in our original Homeland near Tockshish, Mississippi, in 1827,” the character greets users. “I’m not much on books, but if you’ll take a walk with me, I bet you can learn something. I have plenty to say on the cattle industry, life on the wild frontier and all the adventures of a country boy turned constable.”

Jerry Turner, a Chickasaw health care worker born in Pauls Valley, reared in Edmond and now serving as a registered nurse in Oklahoma City, lends his voice to the character. His voice work for AYA is complete, but he has more to say.

“I voiced Silas with the memory of how my grandpa Ira Kilcrease spoke, with a steady structured even note placing inflection on certain syllables or when important words were stated,” Turner explained. “In my mind I became a Silas from the late 1800s who had learned English as a second language.”

He imagined what it was like in the time period being a Chickasaw constable and found he could identify with Silas on multiple levels. They are both multilingual, they shared morals and values, and both had a drive to help others.

He said while voicing Silas he

mimicked his grandfather Ira’s voice structure, paying attention to syllable pronunciation with an emphasis on vowels. He sounded like his grandfather, and having learned four languages, had an ear for it. When stepping into the recording booth for the first time, he was told he was a natural.

In particular, Turner said he loved speaking the Chickasaw words. When they popped up in the script they brought a smile to his face. “Our ancestors live in those words and each time we speak the words we are bringing them to life and bringing honor,” Turner said.

“Listening to my relatives speak Chickasaw as well as listening to my grandpa Kilcrease speak and tell stories in Chickasaw made me proud to be American Indian,” he said. “Being a Chickasaw has instilled a pride and belonging in me.”

His heritage and family (which includes Chickasaw, Choctaw and Creek ancestry) also instilled in him a desire to help others, he said. His mother Jo Ann Kilcrease, Chickasaw, always taught her five children how to love and care. He credits her as being the main inspiration for his professional path.

“I believe almost all Chickasaw people are caring individuals and would help anyone in any way they could. I take this attitude to work in the emergency room with me each day,” Turner said.

He has 20 years of experience working in emergency and critical care. He is currently stationed at the Sisters of Saint Mary (SSM) Saint Anthony Hospital emergency department in Oklahoma City. His previous posts have included flight nurse, trauma surgery nurse and robotic surgery nurse. He was recently named a top finalist for Oklahoma’s nurse of the year.

In addition to bringing Chickasaw history to life with the character Silas, Turner’s voice also plays an important role in his efforts to care for patients.

“Being a registered nurse in the emergency department, I saw a need to be able to communicate with the



Ira Kilcrease, Jerry Turner’s maternal grandfather, shared stories, which created a sense of pride and appreciation in Turner for the Chickasaw language. He mimicked his grandfather’s voice structure when stepping into the recording booth for work on the AYA walking app.


many Spanish speaking patients I encountered,” he said. “I enlisted Spanish speaking co-workers to teach me Spanish.”

Now English, Chickasaw, German and Spanish make up his linguistic repertoire. Clearly, Turner does not shy away from a learning opportunity.

He said he is a firm believer in education, and his past studies prove it. After graduating from Edmond Memorial High School, he went on to earn a biology degree and a nursing degree from the University of Central Oklahoma. With a few classes left, Turner is about to complete his master’s degree in science with distinction.

He said he appreciates how the AYA app serves several wonderful purposes.

“Aside from being full of great information about our people, teaching Chickasaw words and prayers, the app urges the individuals to stay active in order to learn more,” Turner said.



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TURNER

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Wade Kilcrease, Jerry Turner's great-grandfather, was one of the inspirations for Turner's work bringing the fictional constable named Silas to life.

From his secluded home outside of Norman, close to nature by a lake often visited by coyotes, foxes and deer, Turner finds ways to stay active.

Hunting and fishing, as Turner has been doing since age 10, are guaranteed to keep you active. They are also ways to spend time with family and connect with ancestors, he said.

"My cousin and I had elder uncles and cousins teach us the ways. We hunted to provide meat or fished for it. I was taught to respect nature and only killed what I was going to eat. My cousin and I became expert marksmen and routinely practice hitting targets out to 600 yards with rifles and can consistently place arrows in a bull's-eye at 30 yards. We jokingly but proudly state it is the Chickasaw blood that makes us great hunters," Turner said.

AYA's Cattlemen Series

With its latest update designed to keep users moving while learning about Chickasaw history and culture, the AYA walking app kicked off a whole new series now available to download on iPhone and Android smartphones. Turner's Silas is the first

new character from AYA's "Cattlemen" series, which will set users down new paths full of fresh points of interest.

"Silas introduces the walker to what life was like during our pre-statehood days when Oklahoma was Indian Territory, what it was like for Chickasaws during this part of our journey. Though this time period was just a little more than 100 years ago, life has changed drastically," said Dr. Judy Goforth Parker, commissioner of health policy for all of the Chickasaw Nation.

Dr. Parker is one of the original minds behind the app and still works with a team guiding its development. She said one of the goals for AYA is to encourage Chickasaws to improve their health. Over time, it also became apparent how effective the app is at introducing people to Chickasaw culture, language and history.

The Chickasaw word "AYA" means "to go" or "to journey." Using step-tracking technology, the interactive mobile walking app rewards users as they move throughout their day.

Voice actors tell a historical story through walking partners, fictional Chickasaw characters living during important periods in Chickasaw history. Their stories unfold as users unlock new chapters with their steps.

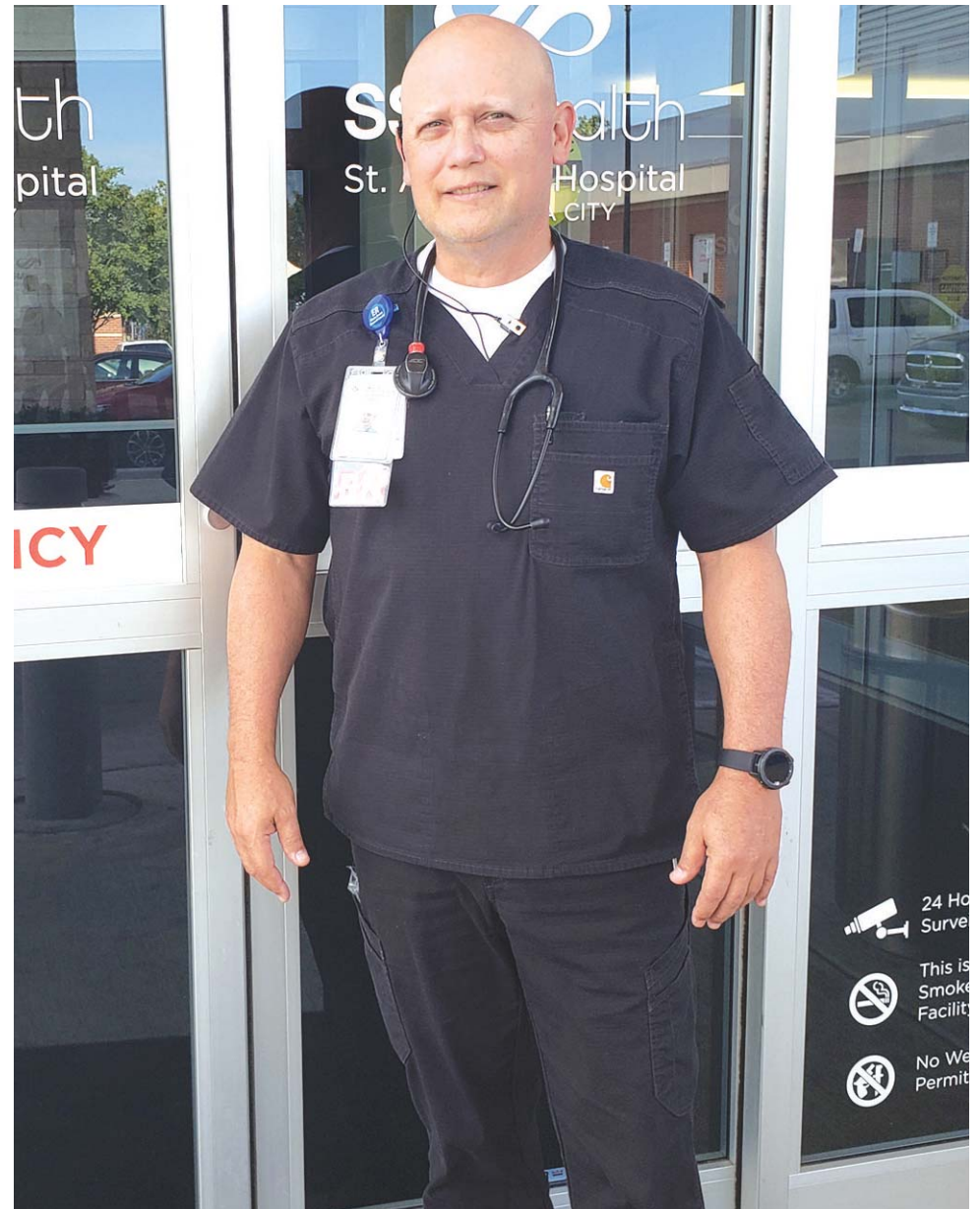
"AYA uses prompts such as language, prayers, history and the Chickasaw story to encourage the reader to continue walking," Dr. Parker said, signaling how important both learning and moving are for the app.

With the "Cattlemen" series, paths are plotted out in Indian Territory, before Oklahoma statehood. It was a more rugged time filled with settlers, cowboys, bandits and fur traders. The "Cattlemen" series lets users take a step back in time and explore.

With the original roster of walking companions, users and characters walked along the same route Chickasaw ancestors walked during Removal to Indian Territory, a path that is now reversed on the app from Oklahoma to Mississippi. Along the way, users continue to get acquainted with historical sites and landmarks. The original experiences are still available in the app.

Motivation to maintain momentum appears as unlockable educational content, such as traditional prayers, hymns, locations and Chickasaw words. Silas bolsters what users can find in the app and comes with his own path, story and unlockable items.

Other new features include a healthy tips section, updated and improved group challenges, deeper notification settings, new items to



Jerry Turner, Chickasaw - the voice behind AYA walking app's new walking partner, Silas - works as a health care professional from Edmond serving as a registered nurse in Oklahoma City.

discover, as well as performance and stability improvements.

The app is available for download in the Apple App Store and Google Play, with more than 38,000 app downloads made so far. Thousands of users are currently unlocking cultural and historical insight in the app. AYA syncs to step counters in Fitbit devices or directly to phones with Apple Health kit.

AYA also syncs to an Apple Watch or other step-tracking devices connected to Apple Health or Google Fit.

For more information and updates, visit: AYAWalk.com, [Facebook.com/AYAWalkApp](https://www.facebook.com/AYAWalkApp), [Twitter.com/AYAWalkApp](https://twitter.com/AYAWalkApp) or [Instagram.com/AYAWalkApp](https://www.instagram.com/AYAWalkApp).

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Opportunity abounds at Hillcrest

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Melissa Trujillo, director of talent acquisition, says nurses can find it all with Hillcrest Healthcare System.

Serving communities throughout eastern Oklahoma, Hillcrest HealthCare System (HHS) includes *Hillcrest Medical Center, Hillcrest Hospital South, Oklahoma Heart Institute, Bailey Medical Center, Hillcrest Hospital Claremore, Hillcrest Hospital Cushing, Hillcrest Hospital Henryetta, Hillcrest Hospital Pryor, Tulsa Spine & Specialty Hospital and Utica Park Clinic.*

Across its hospitals and health care facilities, HHS offers 1,249 beds and employs a team of more than 6,500.

Eight facilities and two physician practice groups offer a multitude of opportunities for nurses.

"I feel like mobility is a big thing to offer," Trujillo said. "Sixty percent of our hires in the system are transfers. We constantly have nurses transferring from one facility to another. I think as an HR group we offer a tailor to your skillset and a tailor to your liking. We are a place that promotes transferring from within."

Not only are nurses able to transfer within facilities but being owned by Ardent Health Services allows nurses to transfer to other states.

Whether it be facilities in Texas or New Mexico or along the East coast the options are there.

"We really offer internal

mobility," Trujillo said. "If they were to transfer here to New Mexico they would keep their PTO and their years of service. I would say we pride ourselves on internal mobility because we would rather that RN stays in our system."

"We have lots of opportunities within the system for movement and exposure."

Hillcrest Medical Center, 1120 S Utica Ave., employs nearly 2,500 in multiple units. Hillcrest Hospital South, 8801 S 101st E Ave, staffs nearly 1,000.

New this year at Hillcrest South is a nursing residency program for those graduating in the spring.

"You enter the program, get exposure to multiple units and once you're out of the program then you're well-equipped to go into whatever unit you desire," Trujillo said. "What we're really hoping is they get exposure to units they may think they would not be interested in."

Trujillo points to Hillcrest's medical/surgical units that have an added specialty such as trauma or ortho.

"To me you don't know what you don't know," Trujillo said. "And since it's temporary and a residency program you're getting that exposure and moving on to the next one. You might have an experience that resonates with you and persuades you to go to the less popular unit just because you're finding out what your niche is."

Hillcrest also offers up to \$2,500 per semester in tuition reimbursement for career advancement. Relocation and sign-on bonuses are also available for new grads.

"Not a lot of facilities in the area offer both of those things for a new grad," Trujillo said.

The system is a large one but time and attention is spent on onboarding new hires and making sure they feel comfortable.

"We've put a lot of time and effort into it to make sure the new grad feels safe. It's a lot of detail-oriented training," Trujillo said. "I think we've narrowed down the reasons why nurses quit, leave or leave the profession all together is because they don't feel adequately trained enough to do their job or they feel unsafe."

"I think a lot of our programs are focused around making that new grad feel safe but yet giving them the exposure and skills that they need to be successful on down the road as an RN."

Last September Modern Healthcare announced rankings for health care organizations recognized as Best Places to Work



in Healthcare, with 12 Ardent Health Services hospitals, clinics and other entities among the top in the country.

Six of those facilities were in Oklahoma.

Tulsa Spine and Specialty ranked No. 6 on the overall list.

"Providing excellent patient care and service is driven by highly engaged employees," noted Ardent President and CEO David T. Vandewater. "Creating a supportive work environment is critical to the success of our company, and having so many Ardent facilities named to the 'Best Place to Work in Healthcare' affirms that our employees are focused on our purpose of caring for others: our patients, their families and one another."

Modern Healthcare's rankings are based on interviews with leadership and physicians, and a confidential employee survey that assesses satisfaction, work-life balance, communication, policies and practices, work environment and culture.



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thinking about what you'll do
after you graduate.**



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- Alexis, RN

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NURSE TALK



My favorite vacation was my trip to Yellowstone.



Brooke Wix, RN

My favorite was when I went to Montego Bay, Jamaica.



Telina Everett, RN

What has been your favorite vacation?

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Center for
Orthopedic &
Multi-Specialty
Surgery, LLC

Negril, Jamaica was my favorite trip!



Amy Taylor, RN

My favorite was my trip to Hawaii.



Ella Lynette Lord, RN

AHA, AMA AND ANA Urge the Public to Wear a Mask to Help Stop the Spread of COVID-19

Together, the American Hospital Association (AHA), the American Medical Association (AMA), and American Nurses Association (ANA) released a public service announcement (PSA) today urging the American public to take three simple steps to help stop the spread of COVID-19: wear a mask, practice physical distancing and wash hands frequently. The PSA is the first element of a comprehensive campaign to increase public acceptance of these essential actions and builds on the groups' open letter to the public released last month.

Physicians, nurses and hospital and health systems leaders have been joined by researchers and public health experts in this important call to action. The science and evidence is clear, following these guidelines is essential to helping to stop the spread of the

virus.

Following months of practicing physical distancing and staying home, both COVID-19 infections and deaths began to decline. As states began reopening, people started to abandon the essential steps needed to stop the spread. This led to a significant increase of new cases, worsening the shortage of personal protective equipment (PPE), tests and testing supplies and further stretching hospitals' intensive care unit (ICU) capacity in certain states. It also exacerbated the mental and physical toll on health care teams and clinicians providing patient care. In response, the AHA, AMA and ANA have launched the #WearAMask campaign as a way to continue urging the American public to wear a face mask, maintain physical distancing and wash hands. By taking these three simple steps, everyone can contribute to stopping the spread of

the virus and keeping themselves, their families and their communities safe. "For months hospitals and health systems and caregivers have heroically battled COVID-19. Following the science, evidence and the advice of our clinical partners when it comes to wearing masks, practicing good hand hygiene and social distancing has proven effective in stopping the spread and now is not the time to go backwards," said AHA President and CEO Rick Pollack. "Everyone has a critical role to play and working together we can ease the surge of patients that need to be cared for and to ensure our brave front-line caregivers can win the fight against this virus."

"COVID-19 respects no geographic, demographic or ideological boundaries, and unfortunately it shows no signs of going away any time soon," said AMA President Susan R. Bailey, M.D. "But there are simple steps we can

all take to protect ourselves, our loved ones, and our communities. The AMA is proud to stand with nurses and health system leaders to urge everyone to #WearAMask and #MaskUp. Make masks part of your daily wardrobe and regular routine. By wearing a cloth mask, practicing physical distancing, and regularly washing our hands, we can all prevent the spread of COVID-19." "When we wear a mask and practice physical distancing and diligent hand-washing," explained ANA President Ernest J. Grant, PhD, RN, FAAN, "we are protecting ourselves, our family, our friends, health care workers, and others in our community that we may come into contact with. These steps are critical and effective. If we all do our part, and trust the evidence and science, we can slow the spread of COVID-19 and help our nation recover."

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SITUATION UPDATE:

COVID-19 Oklahoma Test Results

- This week, there are 17 additional counties in the “orange” risk zone. OSDH continues to monitor closely the statewide hospitalization trends for COVID-19.
- The COVID-19 Alert map will be updated every Friday in the Situation Update at 11:00 a.m. This week’s map can be seen in this update below the test results chart.
- As OSDH continues to meet with stakeholders across the state, the COVID-19 Alert Map is subject to further revisions as science and public health guidance advances with the ongoing pandemic.
- As of this advisory, there are 36,487 confirmed positive cases of COVID-19 in Oklahoma.
- There are 5 additional deaths identified to report. 3 deaths were identified in the past 24 hours.

*Two in Cleveland County, two female in the 36 - 65 or older age group.

*One in Creek County, one male in the 65 or older age group.

*One in Oklahoma County, one male in the 50 - 64 age group.

*One in Rogers County, one female in the 65 or older age group.

There are 541 total deaths in the state.

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

Confirmed Positive Cases	36,487
*Total Cumulative Negative Specimens to Date	589,091
*Total Cumulative Number of Specimens to Date	632,535
**Currently Hospitalized	621
Total Cumulative Hospitalizations	3,161
Identified Deaths in the Past 24 hours	3
Total Cumulative Deaths	541

*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.

***The purpose of publishing aggregated statistical COVID-19 data through the OSDH Dashboard, the Executive Order Report, and the Weekly Epidemiology and Surveillance Report is to support the needs of the general public in receiving important and necessary information regarding the state of the health and safety of the citizens of Oklahoma. These resources may be used only for statistical purposes and may not be used in any way that would determine the identity of any reported cases. Data Source: Acute Disease Service, Oklahoma State Department of Health. *As of 2020-07-31 at 7:00 a.m.



PREPARE TO BE SURPRISED.

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.

But here's the big surprise. The Maddoxes not only receive help from United Way agencies, they find room in a budget stretched to its limit and they give to the United Way. **Can you?**

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