

Flight Nurse Flying High



Mediflight 5

Michelle Humphrey, RN, CFRN, has been a nurse for a total of ten years and a flight nurse for Mediflight 5 for seven of those years.

by Vickie Jenkins, Staff Writer

If you are looking for Michelle Humphrey, RN, CFRN, you might find her in a helicopter above the city, working full time as a flight nurse for Mediflight 5, or you might find her at her part-time job, at Stillwater Medical Center, caring for patients in the ER. "While I like working in the ER, I absolutely love being a flight nurse," Michelle said. "There is so much independence and autonomy outside of the hospital setting, and I would say that is what I like the most

about flight nursing. Also, I work with people that have truly become family to me. They are some of the best clinicians that I have ever met and would trust them with the lives of my children without hesitation. I will continue to be a flight nurse until I have to be pushed to the helicopter in a wheelchair," she said with a laugh.

Growing up in a small town in Southeast Missouri, when Michelle was a little girl, she

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Safety Protocols at OU Medicine Emergency Departments Continue

Emergency medical care should never be delayed, and OU Medicine has implemented



extensive protocols to ensure patients are kept safe in the Emergency Department as COVID-19 infections continue in Oklahoma.

OU Medicine's three Emergency Departments – at OU Medical Center, OU Medical Center Edmond, and The Children's Hospital – have each created a safe environment so that patients can feel comfortable accessing the care they need. That includes universal masking, modified check-in to maintain physical distancing, personal protective equipment worn by all healthcare providers, and continuous disinfection of surfaces. In addition, OU Medicine has instituted employee screening, testing and isolation policies to ensure patients are cared for by a provider who is negative for COVID-19.

Many health conditions and injuries can prompt the need for someone to seek emergency care, and patients should feel confident that OU Medicine's Emergency Departments are among the safest places to be, said Kris Gose, president of OU Medical Center.

"People should always feel like they can access emergency care safely and at the same high quality that we strive to provide each and every day," Gose said. "We have taken every step possible so that our patients can safely seek care for urgent needs at any time of the day or night."

As home to the state's only Level 1 Trauma Center, the Emergency Department at OU Medical Center can handle any illness and injury, from strokes to cardiac pain to acute pain. Because OU Medicine is the state's comprehensive medical center, patients have access to more specialists and subspecialists than

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FLIGHT

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thought she would be a veterinarian. "My mom was an LPN and I remember her telling me, You know, you should be a nurse and go to nursing school! At the time, I was no where ready and actually told her, you couldn't pay me enough to do what you do."

Times change. Michelle received her bachelors degree in animal science and agriculture economics from the University of Missouri and attended nursing school at Northern Oklahoma College in Stillwater.

Asking Michelle how she got interested in being a flight nurse, she replied, "It truly was my calling. I was working as a phlebotomist at St. Francis shortly after moving to Oklahoma. One day, while walking to my car, I saw a Tulsa life Flight helicopter land, and suddenly, I was hooked! I knew at that instant that being a flight nurse was what I was supposed to be doing with my life. I guess you could say that I was in the right place at the right time."

"There are three people on the flight; one pilot, one nurse and one paramedic. We take care of critically ill and injured patients that we pick

up at scenes such as motor vehicle and motorcycle crashes, industrial accidents, etc. and anything outside of the hospital you can image. We also transfer patients from smaller hospitals with few capabilities to definitive care. During these transports, we do certain procedures as needed; intubation, chest compressions, surgical and needle cricothyrotomy, chest tubes, etc. We can initiate and manage drips as needed, as well as provide pain management and sedation. We also do a lot of ventilator management and can give blood products if the patients condition requires us to do so," Michelle explained.

"Being a flight nurse requires some extra training. Prior to flying, there are a LOT of classes and certifications that are required. ACLS, PALS, BLS, TNCC, NRP just to name a few. We also have to have a specialty certification within two years of hire, and that can be CEN, CCRN or CFRN. Once hired, we are constantly doing training and education on trauma care, airway and ventilator management, pharmacology and flight operations," Michelle commented.

Mediflight 5 travels as far north as Wichita and as far south as Dallas and everywhere in-between. Michelle says that her biggest reward that she gets from her job is knowing without a

doubt that there are people alive today because of what she and her partner did for them. "Also, when I am able to make someone smile or laugh on what might very well be the worse day of their life, that just makes my day," Michelle said.

Michelle's advice for someone going into the medical field, would be, "Make sure you are doing it for the right reasons. Learn everything you can and be a sponge at every given opportunity. Study to be good at what you do, not to pass a test. I guarantee

that someone's life will depend on it someday. Also, be humble. Your job is important but is no more important than anyone else in healthcare."

When Michelle is not working, on the ground or in the air, she likes to spend time with her two kids, Conner, sixteen and Chelsea who is fourteen. Michelle's hobbies include reading, trying new recipes and keeping busy with her rescued Treeing Walker Coonhound.

Summing up her life in one word Michelle said, "Non-stop."

OU

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anywhere else in the state, Gose said, and advanced technology is always available, including a cardiac catheterization/electrophysiology lab for patients needing heart and vascular care when minutes count.

People should especially be aware of the signs of stroke and heart attack and call 911 for immediate help. Signs of stroke include sudden numbness or weakness in the face, arm or leg; sudden confusion, trouble speaking or difficulty understanding speech; sudden trouble seeing; sudden trouble walking, dizziness, loss of balance or lack of coordination; and sudden headache with no known cause.

Signs of heart attack include pressure, tightness, pain or a squeezing or aching sensation in the chest or arms that may spread to the neck, jaw and back; nausea, indigestion, heartburn or abdominal pain; and shortness of breath, cold sweat, fatigue or lightheadedness with dizziness.

OU Medical Center Edmond is positioned to offer convenient care close to home, and as part of the OU Medicine system, it provides a seamless transition of care to OU Medical Center and The Children's Hospital, both in downtown Oklahoma City, if necessary. The Edmond Emergency Department can treat a wide range of illnesses and injuries among all ages, and it provides specialized services to seniors, including hearing amplifiers, easy-to-manuever rooms and hallways, aids for reading, and specially trained staff.

In addition, OU Medical Center Edmond has been designated as a non-COVID hospital. Patients who arrive with symptoms of COVID-19 are further screened and directed or transported to OU Medical Center downtown if they test positive for the virus.

"Emergency medical care never

stops, and we want to assure people that our hospital is safe and operating at full capacity during this time of ongoing COVID-19 infections," said Lisa Wilson, president of OU Medical Center Edmond. "We treat patients who have a wide range of needs, and we are supported by the expertise and tools of the entire health system."

Parents and families can expect the same safety and level of care at The Children's Hospital at OU Medicine. The Emergency Department at Children's is Oklahoma's only dedicated 24/7 pediatric emergency facility, and its physicians and medical staff are trained specifically in the healing of children. Children receive Level 1 Trauma Center care, and an additional Emergency Department specifically for women's obstetrics is on the fourth floor of The Children's Hospital.

Parents and caregivers should call 911 in the case of a life-threatening emergency, including if the child is unresponsive; has serious trouble breathing; has ingested something dangerous; has experienced a head injury and continues to vomit or has varying levels of alertness; is having seizures that won't stop; and many other types of illness and injury.

The Children's Hospital also has full-time Child Life Specialists who support children and families by explaining medical procedures, helping children with relaxation and coping skills, and providing opportunities for play, among other services.

"We know that in times of emergency, parents and caregivers want quick and high-quality care for their children," said Jon Hayes, president of The Children's Hospital. "As we all adjust to life with ongoing COVID-19 concerns, we know that other types of needs still arise, and we are committed to providing a safe atmosphere and peace of mind for both children and families."

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CAREERS IN NURSING

SERVING THE FRONT LINE: ST. ANTHONY SHAWNEE

by Vickie Jenkins - Writer/Photographer

When you visit SSM St. Anthony's Shawnee Hospital, you will be treated with the utmost care and respect. Among the highly qualified professionals, you will find Desirae Spoon, BSN, RN. "I chose nursing because I knew it would challenge me in every aspect of life; mentally, physically, emotionally, intellectually and spiritually. I am able to make a positive impact in the lives that I interact with. I chose the emergency department because with every shift, I am learning something new and I get to interact with people of all ages and backgrounds. Every day, there is a new challenge in the E.R. that allows me to grow as a nurse. I consider it a real privilege to be a nurse, caring for others," Desirae explained.

Growing up in Shawnee/Tecumseh, Desirae attended East Central University in Ada, OK. Desirae's first official job as an RN

was as a public health nurse at the Absentee Shawnee Tribe Little Ax Health Center. "I first started working there in 2013 as a Patient Registration Clerk. I was so happy to get my foot in the door in the medical field. I applied for nursing school and was accepted that fall 2013 and began nursing classes that spring 2014. I was so grateful that my job was willing to work with me and my school schedule to allow me to still have an income and go to classes. That was a long drive from Shawnee/Tecumseh to Ada. I was thankful to be able to still have some income plus I was able to interact with experienced nurses and providers for any questions I had. From my last year of nursing school, I was moved from patient registration clerk to nurse intern with my dear friend Kristie McGuire in Public Health. Working with her and seeing what the job entailed made

me want to become a public health nurse. After finishing school and getting my license in 2016, I stayed as a public health nurse but realized I was missing out on bedside nursing with more hands on skills that I hadn't been able to experience. That is when I took the chance and applied at the ED dept. and got hired. I had been interested in the ER since during my last semester in my senior year."

"While I was in nursing school, there were several mentors that encouraged me along the way; Kristie McGuire and Joyce Gelino gave me tips and advice that helped me in big ways. In fact, I still go to them for advice every now and then," Desirae said with a smile.

Recently, Desirae was recognized on KFOR-TV news as one of the outstanding nurses that is serving on the frontline at SSM Health St. Anthony's Shawnee Hospital. Asking

Desirae how she would describe herself, she replied, "I am a person who is passionate, a great listener and I am always willing to learn. I put my family first in all my decisions in life and I think of others before myself. I thrive on communication and teamwork," she commented. "Without a team and encouragement, whether it's at work or my family, I wouldn't be where I am today without them," she added. "I like to stay positive about everything."

How has the Coronavirus changed your life? "Oh, it has changed my life in many ways," Desirae replied. "Mostly, I see changes with my husband, Deric and my three children. With staying home, the family is closer than ever before. I have a big family and we are used to seeing each other during holidays and birthdays. We have

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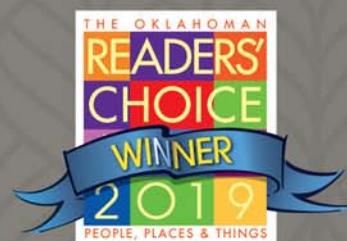


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Desirae Spoon, BSN, RN continues to serve on the frontline at SSM Healthy St. Anthony's Shawnee Hospital. With Spoon full of love and compassion, the patients' safety is her main concern.

SPOON

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been keeping our distance but I can tell my kids are missing their friends and cousins. There has been an increase on FaceTime. I also noticed that my kids aren't arguing with each other as much as before," she said.

"With COVID-19, I take precautions at work. I bring extra clothes and an extra pair of shoes, in a sealed bag.

I shower at the hospital before I leave work. I leave my badge, markers, and stethoscope at work, in a sealed bag. I don't take anything home. I keep my work shoes in a bag to keep from contaminating anything in my car and a can of Lysol to spray my clothes, etc. Then, when I get home, I remove my clothes in the garage and head to the shower-again."

As a nurse, what word best describes your life. "That would be perseverance."

SITUATION UPDATE: COVID-19

COVID-19 Oklahoma Test Results

Confirmed Positive Cases	16,362
*Total Cumulative Negative Specimens to Date (As of 7/2/20)	338,511
*Total Cumulative Number of Specimens to Date (As of 7/2/20)	355,200
**Currently Hospitalized (As of 7/2/20)	368
Total Cumulative Hospitalizations	1,689
Deaths in the Past 24 hours	0
Total Cumulative Deaths	399

- As of this advisory, there are 16,362 confirmed positive cases of COVID-19 in Oklahoma.

- From July 3 - July 5, there were four new deaths; none occurred in the past 24 hours.

- * One in Noble County, a female in the 65 and older age group.

- * One in McCurtain County, a female in the 65 and older age group.

- * Two in Tulsa County, two males in the 65 and older age group.

- There are 399 total deaths in the state.

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

*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 2020-07-06 at 7:00 a.m.

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Purcell Municipal Hospital located at 1500 N Green Ave, Purcell, OK 73080 is in need of a PRN, or as needed, Clinic Nurse/LPN for the after hours / urgent care clinic. Monday-Friday 8a-7p, varied weekends: Saturday 10a-6p, Sunday 10a-4p. No holidays. Openings are for evening shifts and weekend days. The Clinic Nurse/LPN must perform the functions of a licensed practical nurse or registered nurse in assessing, planning, implementing, and evaluating all assigned patient care in collaboration with Physicians and Physician Assistant(s). They are responsible for adhering to all Standards of Nursing Practice, for managing supplies and equipment with the direction of the Clinic Physician Assistant and/or Physicians. Must have current Oklahoma LPN license and prior work experience in clinic setting.

140 GENERAL NURSING



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

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

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

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

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Oklahoma's Nursing Times

(AS PUBLISHED IN THE 2020 EDUCATION GUIDE TO NURSING)

RSU Program Provides Path to Success

Nursing and health care are among Rogers State University's hallmark academic programs, which includes bachelor's degrees on its Claremore and Bartlesville campuses.

RSU is a dynamic regional university providing its students with the complete college experience where students can live on campus (both traditional and family housing options) and participate in a myriad of student activities, including student organizations dedicated to health sciences.

The university supports a rigorous academic program that attracts many students who plan to attend medical school complete their undergraduate studies through RSU's program in medical/molecular biology. RSU's nursing program produces students who consistently

score better than the state and national averages on the RN licensure exam.

Rogers State's health sciences programs are some of the most rigorous in the region, producing graduates that are in high demand. RSU nursing graduates maintain a nearly 100% placement rate, securing excellent jobs throughout the region.

RSU's nursing faculty with a collective total of more than 130 years of experience in both academic teaching and practical experience. The university offers several lab environments to give students skillful training for residential environments, hospital beds, isolated acute care, and high fidelity simulation.

For those who want or need to work while attending school,

almost 8 in 10 RSU students work while attending school allowing them to achieve their educational goals while balancing financial and family obligations. While RSU is the only public university with on-campus housing in the Tulsa metro area, the university has a large number of commuter students who live at home while attending RSU.

RSU consistently earns national recognition for affordability, both for traditional classes and its RSU Online program. U.S. News and World Report has noted RSU has one of the nation's top 10 lowest, in-state tuition rates, and also highlighted that RSU Online was among the nation's 10 least expensive public online programs. The university also has been consistently recognized for having

one of the region's lowest student debt load for graduating students with nearly half of last year's graduating class earning a diploma without taking a student loan.

The main campus in Claremore features the Stratton Taylor Library, new student residences with bed space for more than 800, the Chapman Dining Hall complete with inclement storm shelter, renovated historic buildings and the 50,000 square-foot Dr. Carolyn Taylor Center, which features ballroom space for community events. Rogers State also is home to RSU Public Television and RSU Radio FM 91.3.

Find your own path to educational success by visiting www.rsu.edu/nursing or call 918-343-7631 to learn more or to schedule a campus tour.



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New findings could improve clinical care for a rare disease

Scientists at the Oklahoma Medical Research Foundation have broken new ground in developing biomarkers for a rare autoimmune disease.

Performed in collaboration with scientists in Germany and a trio of American universities, the new research could dramatically improve treatment strategies for patients suffering from neuromyelitis optica, or NMO.

"For the first time, we've been able to discern NMO prognosis using molecular markers," said OMRF scientist Bob Axtell, Ph.D., who led the study. "This could help doctors tailor more effective courses of therapy to individual patients."

NMO occurs when the immune system attacks its own optic nerves and spinal cord, resulting in inflammation that can cause severe pain and vision loss. In some instances, NMO can invade regions of the brain or the brain stem.

The illness affects about 4,000

Americans, 80 percent of whom are women. Over time, patients typically develop blindness, muscle weakness and paralysis.

Until recently, physicians have been hamstrung by a lack of treatment options. But according to Axtell, "The FDA approved a drug for NMO and others drugs should be available soon."

In the new research, published in the journal *Nature Communications*, scientists examined new biomarkers for the disease, hoping that they could help instruct physicians on patient prognosis and response to therapy.

Namely, they looked at interferon, which is a naturally occurring protein made by the body during inflammation. Interferon appears at elevated levels in patients suffering from NMO. Meanwhile, patients with multiple sclerosis (MS), which shares many symptoms with NMO, have low levels of this protein and MS



Oklahoma Medical Research Foundation scientist Bob Axtell, Ph.D.

patients require supplemental interferon treatment to bring levels back to normal.

"We've always been interested in the effect of interferon and why it improves MS symptoms and makes NMO symptoms worse," said Axtell.

The researchers assessed gene-expression and protein markers in the blood of NMO patients with severe symptoms compared to NMO patients with more mild symptoms. "We found that interferon genes and proteins are elevated in subsets of NMO patients who experience a severe form of this disease," said Axtell.

"The ability to use molecular signatures to stratify NMO patients into different groups may allow doctors to predict the prognosis of individual patients and help develop personalized approaches to treat this devastating disease," said Axtell.

Co-lead investigator Friedemann Paul, M.D., from the Max Delbrück Center for Molecular Medicine in Berlin, Germany, said identifying a link between interferon levels and disease disability might pave the way for new clinical tests for prognosis

and treatment of NMO.

"NMO is a rare and often devastating disease, and there is considerable anxiety in patients with regard to disease course and future disability," said Paul. "To date, there is a lack of biomarkers that can help neurologists to predict disease course and treatment response. The findings of this study suggest that interferon signatures could be used to devise clinical tests for prognosis and treatment response in NMO."

The collaboration also included scientists at the University of California-Irvine, University of Michigan, and University of Oklahoma Health Sciences Center.

In addition to Axtell, other OMRF scientists who contributed to the findings were Agnieszka Agasing, Ph.D., Bhuwan Khatri, Ph.D., Saurabh Gawde, Gaurav Kumar, Ph.D., James Quinn, Ph.D., Rose Ko, Ph.D., and Christopher Lessard, Ph.D.

The National Institutes of Health (R01AI137047 and R01EY027346) and the National Multiple Sclerosis Society (RG-1602-07722) provided funding for Axtell's work.

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NURSE TALK



My favorite movie is Pretty Woman and I've seen it many times.



Toni Frazier, Service Scheduler

I like watching the movie, Troy. I've seen it over one hundred times!



Codie Boyce, Lead Medical Assistant

What is your all time favorite movie and how many times have you watched it?



I have watched, Remember the Titans, over thirty times.

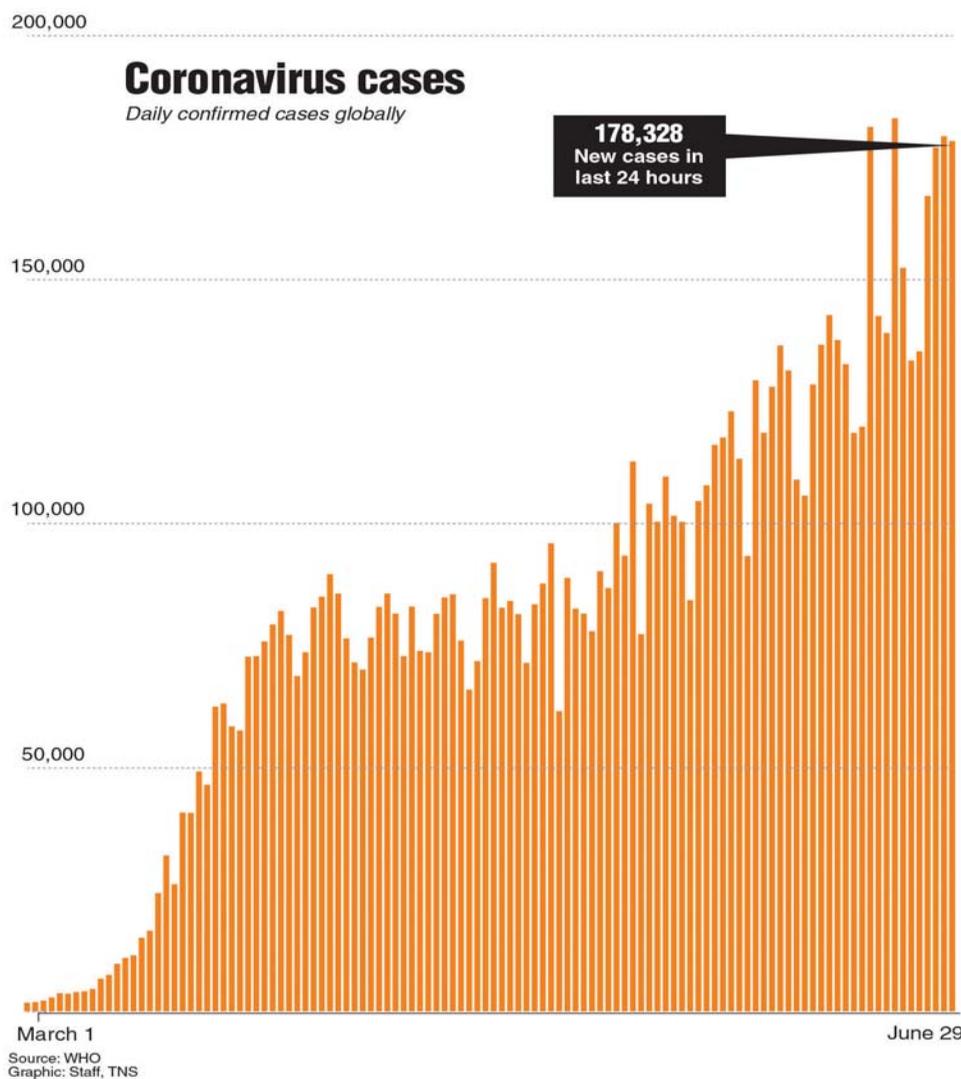


Luis Reyes, Medical Assistant

My favorite movie is the Expendables! I've watched it a lot!



Jesse Hargis, Assistant OME Coor.



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OKDHS announces new online reporting portal for Adult Protective Services

Oklahoma Human Services (OKDHS) will launch a new online portal July 1, 2020 for the general public, community partners and law enforcement to report allegations of abuse, neglect and exploitation of vulnerable adults to Adult Protective Services (APS). The new portal, OKHotline.org, is part of the agency's strategy to provide one point of contact for access to OKDHS services and report allegations of maltreatment. In addition to the new portal, calls will continue to be answered at the statewide abuse hotline at 1-800-522-3511.

"It's important for people to know about this improvement in our online reporting," said

OKDHS Aging Services Director Jeromy Buchanan. "The new portal allows better access for our numerous community partners and the general public to help us provide more help and hope to vulnerable adults who need protection from abuse, neglect and exploitation."

In State Fiscal Year (SFY) 2019, nearly 19,000 allegations of vulnerable adult abuse, neglect and exploitation were received by Adult Protective Services (APS). Numerous community partners work with APS to provide vulnerable adults and their caretakers with access to services to help vulnerable adults who cannot protect themselves because of age or disability.

Mercy OKC Named to 100 Top Hospitals List

For the third consecutive year and fifth time, Mercy Hospital Oklahoma City was named to the Fortune/IBM Watson Health 100 Top Hospitals list, announced today on Fortune.com. The quality care at Mercy Hospital Oklahoma City has been repeatedly recognized in recent years including receiving an A grade for patient safety from the Leapfrog Group for six consecutive reporting periods. The annual independent study by IBM Watson Health reviewed 3,134 hospitals in the U.S. using publicly available clinical, operational and patient satisfaction metrics and data. IBM Watson Health established the list to help identify best practices that may help other health care organizations achieve consistent, balanced and sustainable high performance.

"Mercy's priority has always been and will remain providing the best patient care," said Jim Gebhart, president of Mercy Hospital Oklahoma City and regional strategy officer. "We are honored to be named one of the top 100 hospitals in the nation; this recognition is a testament to the hard work and commitment of our co-workers to providing the highest quality of care."

This recognition demonstrates Mercy's ongoing commitment to prioritize patient-centered care, particularly during this very disruptive and challenging time. According to IBM Watson Health, as compared to similar hospitals, the hospitals included on the Fortune/IBM Watson Health 100 Top Hospitals list had better results on key clinical and operational performance indicators, including: Survival rates, Patient complications, Health care associated infections, 30-day mortality, 30-day hospital-wide readmission rates, Length of stay, Wait time in emergency rooms, Inpatient expense, Profitability and Ratings from patients. "Hospitals, health systems and the dedicated clinicians and staff who work at these organizations have emerged as true heroes of the COVID-19 pandemic and we are grateful to be able to recognize these extraordinary leaders at this time," said Kyu Rhee, M.D., M.P.P., vice president and chief health officer, IBM Watson Health.

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