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Message From the Heart



Post Coronary Care Unit

Kayla Hinkle works at Norman Regional Healthplex in the Post Coronary Care Unit and she feels extremely blessed to work in such an outstanding field.

by Vickie Jenkins, Staff Writer

Kayla Hinkle, BSN and RN works at Norman Regional Healthplex in Post Coronary Care Unit. Kayla explained why she is a nurse and give a perfect example of the meaning of being a nurse. Kayla says the real reason that she became a nurse was not just

to help others but goes a little deeper with her reasoning. "I think the true beauty of nursing is in the details. It is investigating the specific details of each patient's case and connecting the dots to lead to better treatment and outcomes. It is taking the time to review the chart, think

See HINKLE Page 2

Broome Named Vice President



Cathy Broome, Vice President of Patient Care Services/ Chief Nursing Officer for St. Anthony Hospital - Shawnee.

Cathy Broome has been named Vice President of Patient Care Services/ Chief Nursing Officer for St. Anthony Hospital - Shawnee. In her new leadership position, Broome will oversee the professional practice of all nursing units to ensure the delivery of quality, patient-centered care to meet the current and future health care needs of the community.

"Cathy has been a significant part of our leadership team for several years. She understands the importance of nursing's impact on meeting our Mission to provide exceptional health care services while revealing the healing presence of God," says Angi Mohr, President, SSM Health St. Anthony Hospital - Shawnee. "I am confident that Cathy's leadership will be a significant asset for our outstanding nursing team."

Broome began her career with St. Anthony Hospital - Shawnee 20 years ago as an acute care nurse. Through her tenure, she has served in many leadership roles including Director of Intensive Care Unit (ICU) and Acute Care, and most recently as the

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HINKLE

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critically, stay up to date on research and then, take the information an advocate for your patient, if necessary. It is talking with the patient and finding out what makes the patient unique and then creating an environment that feels a little safer and calmer. It is switching places with the patient, metaphorically and thinking, 'If I was in bed, what would be driving me crazy right now or what would make my day better?' It is simply talking to the patient about her grandchildren, dogs, flowers and of course, helping people. For me, the best way I have found to achieve that is by doing the small things and doing them right," Kayla explained.

Growing up in Newcastle, OK, Kayla graduated in 2008. "Half-way through my senior year, I moved to Washington, DC so I didn't attend the second half of my senior year but had enough college credits to graduate early and got to walk in the spring with my class. I graduated from UCO with my BSN in December 2014," Kayla said. I have been a nurse for five and half years I have worked all of my nursing life in step-down cardiac."

When Kayla was little, she thought she wanted to be a doctor all the way up until she applied for nursing school. "I completed all the Pre-Med requirements, took the MCAT, and filled out my medical school applications, but when I started to send them off, I couldn't do it. It was then, I decided that I wanted to go to nursing school."

"My first job as a nurse was at Integris Southwest Medical Center on the IMC floor. I was a staffing clerk at ISMC during nursing school and had my heart set on IMC from the beginning. IMC was deemed, by most, as the hardest unit to work on, which is why I wanted to stay there. I did my externship and then got hired as a nurse resident and worked there for almost three years, eventually progressing to Team Manager. That made me the nurse I am today. It was tough but it ingrained in me time management, critical thinking, balance of different acuity of patients and most importantly teamwork.

Asking Kayla to describe herself, she said, "I am a red-head which means I can be a little sarcastic and feisty sometimes, but am loyal as they come. I am built on God, family and friends. My husband is my best friend and the love of my life. He and I are

a two-person gang," she said with a laugh.

Did anyone influence you to be a nurse? "Yes, my sister, Tara Vogt. While going to UCO and completing my Pre-Med requirements, I was working on the Oncology floor as a Health Unit Coordinator and my sister was a nurse on the floor at that time. At that time, I saw the flexibility and freedom nursing offered, even thinking the lifestyle looked better than the lifestyle of the doctors. I was also able to see my sister become almost like a superhero version of herself. When she was into nursing, it is like she has an alter ego. I wanted that!"

Kayla considers herself more of a leader, than a follower but says it depends on the team. "I am usually comfortable when leading but not such a follower, unless I am following someone that I highly respect, then, I am a dutiful follower," Kayla replied.

Asking Kayla to sum up her life in one word, she was quick to reply. "Grace. Grace has always been there for me. It is through Grace that I am saved. It is by Grace that I have faith, making it through this. It is by Grace that I am able to be a nurse."

The OU College of Nursing -Distinguished Alumni Award-Nominations Open Until September 1st



Dr. Lorraine Frazier PhD, RN, FAAN, FAHA
2018 Distinguished Alumni



Dr. Cole Edmonson DNP, RN, FACHE, NEA-BC, FAAN
Dr. Janie Heath PhD, APRN-BC, FAAN
2017 Distinguished Alumni

The OU College of Nursing's Distinguished Alumni Award was established in 2017 by the College and the Alumni Association Board of Directors to recognize graduates who demonstrate "outstanding leadership related to the field of nursing or health care" and who have made "significant clinical, academic, research, or other contributions to nursing or health care on a local, state, national, or international level. Pictured below are the college's past award recipients.

Visit:
<https://nursing.ouhsc.edu/Alumni-and-Friends/Distinguished-Alumni-Award> to nominate colleagues, classmates, or yourself for this annual award. Deadline is September 1, 2020.



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BROOME

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Administrative Director of Nursing.

Broome is active in the community, serving as a member of the Board of Directors for Community Market

of Pottawatomie County, and she is a 2020 graduate of Leadership Shawnee.

Broome has a Bachelor of Science in Nursing from East Central University. She graduated from the University of Oklahoma with a Masters in Nursing Administration in May 2017.

Hospital Names Linck Director

SSM Health St. Anthony Hospital recently welcomed Cindy Linck as Director of Case Management, Social Work and Clinical Documentation. In her role, she will oversee case management, social services, clinical documentation, patient access and other services that help connect St. Anthony patients with resources and care they need.

A nurse by trade, Linck started out professionally caring for patients in critical care before transitioning to more administrative roles. Throughout her career, Linck has served in various health care settings across Oklahoma, Texas, New Mexico and Nevada as Chief Nursing Officer, Chief Clinical Officer, Director of Nursing, Director of Survey Readiness and Director of Medical Staff Services, among other positions. Linck has bachelor's and master's degrees in nursing, as well as a Master of Business Administration in Health Care Administration. She is a Nurse Executive-Board Certified, Certified Professional in Healthcare Quality and member of the Sigma Theta Tau International Honorary Nursing Society.



Cindy Linck named Director of Case Management, Social Work and Clinical Documentation.



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CAREERS IN NURSING

COVID 19 CHANGING NURSING EDUCATION

by Bobby Anderson, RN - staff writer/photographer

Maria Grandinetti, Ph.D., RN, BSBA, CNE is closing in on 28 years in nursing.

Her career has coincided with an ongoing nursing shortage and now the worst pandemic in several generations.

Now, as an associate professor at Wilkes University Passan School of Nursing in Pennsylvania, there's a waitlist of students hoping to get into the school's accelerated nursing program.

And Grandinetti sees how the two forces are coming together to hopefully form a positive for the future of nursing.

"My passion is definitely in the classroom whether it be face to face in the classroom or in the clinical setting," Grandinetti said. "I also love teaching online in the graduate program, too. I feel like I relate to the students to those students. They come with diverse backgrounds and life experiences."

"They are putting their life on

hold and making great sacrifices and they really, truly will do what is needed to be successful."

Grandinetti is a second-career nurse herself, originally earning a degree in business finance.

"I love it," she said. "I felt so comfortable, even from day one, and I continued educationally with nursing all the way up to my Ph.D in nursing education."

As a tenured professor, she has taught at Wilkes for the past 12 years. But nothing could have prepared her or her students for what they encountered this year.

Covid 19 ended in-person classes as well as clinicals.

As traditional nursing education collided head-on with a global pandemic, Grandinetti thinks an opportunity was forged.

"The virus is here and with this challenge I see we have opportunities as well," Grandinetti said. "We need

to overcome these challenges and continue. We can't stay stagnant. We have to keep moving - faculty, staff and students."

What Covid 19 did was force nursing education to evolve with the times and circumstances. An institution often accused of being dated in its delivery method has had to evolve to keep students from being left behind.

If necessity is the mother of invention then Grandinetti says educators have had to evolve these last few months like never before.

In-person classes have been replaced by Zoom meetings. Clinicals have moved away from patient care contact to simulations.

Continued delivery systems have been utilized like never before with professors putting an added emphasis on availability to students feeling their educational world crashing down around them.

Grandinetti has long helped her

students finish their licensure exam prep with UWORLD.

More than 700,000 nursing students have trusted UWORLD for their exam-prep needs since launching in 2015, and now colleges and universities are utilizing the technology for a next-generation standard in nursing education.

UWORLD boasts a 95% NCLEX pass rate by students who actively use the platform.

"You have to be really proactive with a lot of planning and a lot of collaboration and using resources," Grandinetti said.

She said UWORLD has been helpful in helping with licensure.

"We've had great success using UWORLD," she said. "UWORLD has been helpful in helping with licensure, promoting critical thinking and adaptive testing."

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Maria Grandinetti, Ph.D., RN, BSBA, CNE, associate professor at Wilkes University's Passan School of Nursing in Pennsylvania, says Covid 19 will forever change nursing education.

COVID

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Grandinetti and her fellow instructors began noticing something as they reviewed the course feedback from the previous semester.

Many of the students felt the online format of instruction and additional resources offered helped promote a greater clarity and understanding of concepts.

"Which is really nice to hear," she said. "We really need to use technology tools to help with these asynchronous-synchronous learning environments."

Seeing her accelerated program with a waiting list also reaffirms that many Americans are taking pause when determining if their current career is sustainable for the future.

With the U.S. unemployment rate currently above 11 percent, Grandinetti believes Americans are seeing that healthcare holds the type of job security many are seeking.

"We are seeing more and more people gravitating towards the nursing profession," Grandinetti said. "We've talked about this. Health care seems to be something people are more aware

of. It's a position that's respected and a position that most likely - even during this difficult time - will be there with a job and salary that is something an individual family can live on."

"I think people are gravitating toward (job) security."

For the first time this fall, Grandinetti said her college has had to cap enrollment in the graduate program.

Instructors are supplying students - most of whom are stuck at home - with more resources to dive deeper into topics and gain a greater understanding of content like never before.

And all it took was a pandemic for it to happen.

"There's a lot of positives to it," Grandinetti said. "It allows our programs to be more fruitful with enrollment. It has shown we can use technology such as UWorld as our primary to assist students during this challenge."

"It's allowing (students) to continue to develop and to continue regardless of this pandemic."

"I think in a way this opportunity ... is allowing us to change our direction in how we deliver content."

SITUATION UPDATE:

- As of this advisory, there are 41,401 confirmed positive cases of COVID-19 in Oklahoma.
- There are 10 additional deaths identified to report. One death was identified in the past 24 hours.
 - * One in Canadian County, one female in the 65 or older age group.
 - * One in Cleveland County, one female in the 65 or older age group.
 - * One in Garfield County, one male in the 65 or older age group.
 - * One in Marshall County, one male in the 65 or older age group.
 - * One in Oklahoma County, one female in the 50 - 64 age group.
 - * One in Ottawa County, one male in the 50 - 64 age group.
 - * One in Pottawatomie County, one female in the 50 - 64 age group.
 - * Two in Tulsa County, one female and one male in the 65 or older age group.
 - * One in Wagoner County, one male in the 65 or older age group.
- There are 593 total deaths in the state.
- For more information, visit coronavirus.health.ok.gov.

COVID-19 Oklahoma Test Results

Confirmed Positive Cases	41,401
*Total Cumulative Negative Specimens to Date	633,252
*Total Cumulative Number of Specimens to Date	681,848
**Currently Hospitalized	643
Total Cumulative Hospitalizations	3,497
Identified Deaths in the Past 24 hours	1
Total Cumulative Deaths	593

***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 2020-08-06 at 7:00 a.m.



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140 GENERAL NURSING

Providers needed immediately for assistance to elderly and disabled persons in their homes in the Shawnee and Seminole areas.

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Oklahoma's Nursing Times

Oklahoma Contact Tracing now Includes Text Messages

The Oklahoma State Department of Health (OSDH) announces the expansion of its contact tracing outreach efforts to include text messaging. This functionality will help streamline the process for contact tracers as they reach out to individuals who have been in close contact with infected individuals.

"Contact tracing is an integral component of fighting COVID-19 by breaking the chain of transmission, and we are pleased to find ways to increase efficiency as we continuously develop robust contact tracing efforts across Oklahoma," said Deputy Commissioner of Community Health Services Keith Reed.

Oklahoma currently has 300 contact tracers and case investigators, with 160 additional staff in training. All contact tracers are trained on the new text messaging system to notify positive cases automatically as soon as their information is entered into the contact tracing system.

Contact tracing outreach efforts will now begin with text messages. This

new method will enable the contacts to conveniently fill out their own contact tracing interview form, receive specific quarantine-related messaging, and acquire a letter of exclusion without ever interacting with a contact tracer. For those who do not have a cell phone or prefer to receive phone calls, there is an easy option to enroll in call monitoring rather than text monitoring.

Initial contact messages start with "Message for [Contact's Initials]." This is to reassure the contact that the source of the message is valid without revealing the contact's name or other private information. Contacts who prefer to receive phone calls will be called by a contact tracer from a phone number that will appear on Caller ID as 405-522-0001.

With the abundance of COVID-19 related scams, the public should be aware that these texts and calls are both trusted forms of communication from OSDH and to respond in a timely manner to help with contact tracing efforts.



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(AS PUBLISHED IN THE 2020 EDUCATION GUIDE TO NURSING)

Health Care Training is a Core Area of Francis Tuttle

Among the most highly regarded of the many career training programs offered at Francis Tuttle Technology Center are those in the health sciences. From programs for adults looking for a new career, to those designed to prepare high school students to earn a living while exploring other health career options, there are many available to choose from to help people who are considering pursuing a career in the helping professions of health care. Francis Tuttle has experienced faculty who have worked extensively in the industry, with state of the art equipment used in health and medical facilities throughout the metro area and around the country, and a dedicated focus to help fill a looming skills gap. Below is a brief description of each of Francis Tuttle's program offerings.

The **Pre-Nursing** program for adult

and high school students is an exciting opportunity to begin exploring a health care pathway and see what careers are available with additional training. Students gain knowledge about the broad spectrum of health professions. Through the program, students can obtain certification as a Nurse Aide (CNA) and an Advanced Unlicensed Assistant (AUA).

The unique **Respiratory Care** program for adult students works cooperatively with Oklahoma City Community College, whereupon completion, students receive a Certificate of Completion from Francis Tuttle and an Associate of Applied Science degree from OCCC. Students are trained to assist with the treatment of individuals with pulmonary and cardiac disorders, and obtain eligibility to take the national examinations

to earn a Registered Respiratory Therapist (RRT) credential and apply for an Oklahoma Respiratory Care Practitioners License.

The **Practical Nursing** program prepares adult students to provide quality health care in a variety of settings. Three enrollment options are available to best fit student needs: full-time, blended online, and the 1+1 program. Upon completion, students are eligible to take the National Council Licensure Exam (NCLEX) to become a Licensed Practical Nurse (LPN).

The unique **Orthotic & Prosthetic Technician** program, along with certification in Pedorthics, each for adult students, is a hands on program to prepare students to assist the disabled by fabricating the orthopedic braces (orthoses) and artificial limbs (prostheses) necessary for their rehabilitation. Pedorthics offers specialized training to manage comprehensive pedorthic patient care for all injuries and pathologies involving patient feet. Upon completion of the program, students are eligible to take the American Board of Certification (ABC) national certification exam to be

recognized as a Certified Technician in Prosthetics and Orthotics (CTPO). After training and one thousand hours of work experience, students may take the Pedorthic Certification Exam (ABC or BOC) to be a Certified Pedorthist (C.ped).

The **Dental Assisting** program prepares adult students to become members of the dental health care team. Dental assistants have the opportunity to enhance the efficiency of the dentist in the delivery of oral health care. Upon completion of the program, students can obtain certification as a Dental Assistant (CDA).

Each program offers the potential for a high paying career and Francis Tuttle is dedicated to serving the growing demand for a highly qualified workforce in the health care industry. If you're interested, or know someone who is looking to expand their horizons through the expanding field of medical care, check out these and other programs at www.FrancisTuttle.edu and get started on your future today!

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Can you get Covid-19 twice?

New accounts of patients who believe they've been reinfected after recovering from Covid-19 are popping up daily, leading to an unnerving question: Can we get coronavirus twice?

Unlikely, say experts at the Oklahoma Medical Research Foundation, at least in the short term.

"It seems more probable that people reexhibiting symptoms are simply still carrying the virus, not getting reinfected — that's a critical distinction," said OMRF President Stephen Prescott, M.D., a physician and medical researcher. "To date, researchers have not been able to document any proven cases of reinfection."

Case reports, mostly from China, Prescott said, indicate that some people, particularly older adults, take a long time to clear Covid-19. "That means they can be sick and seem to recover, but they still carry the virus."

Also contributing to the "reinfection" debate is occasional inaccurate viral testing, said OMRF scientist Linda Thompson, Ph.D., who recently received \$1.75 million in federal funding to study Covid-19 antibodies in Oklahomans.

"It's not unusual for a Covid patient to get a follow-up test to see if they've cleared the virus. A false negative — whether because of low viral levels or a faulty test — could lead someone to

think they had recovered," said Thompson. "Then, ultimately, they test positive again, inaccurately appearing as a second infection."

In other viruses, researchers have found that an initial infection triggers at least short-term immunity. But long-term immunity ultimately has to do with the strength of the body's full immune response.

"That response also includes antibodies outside of the blood, like in the nose and throat, as well as the body's B and T cells, which can provide long-term defense against viruses," Thompson said.

To help understand this more definitively, OMRF researchers are investigating the neutralizing power of antibodies that form in response to the virus as well as how long those antibodies remain protective.

"There's a lot we don't know — yet," said Prescott. "Within a year or so, we'll have a lot of these answers, but we aren't there. So, until then, wear a mask, practice physical distancing and continue



Oklahoma Medical Research Foundation President Stephen Prescott, M.D.

to do the things we know for certain are protective and slow the spread."

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I would be a cheetah because I am so boujee!



Jennifer Portillo, LPN

I would be an elephant because they have the best memory. They are usually calm and spend their time relaxing in the water.



Tyra Mayes, LPN

If you were an animal, what animal would you be and why?

The Grand
Bethany, OK

I would be a duck. No matter what the situation is, even when stressed, they just let everything run off their back!



Nedra Jones, RN,
DON

I would be a big, fat cat! I would sleep and eat all day!



Ella Lynette Lord, RN



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The Children's Hospital Mother & Baby Center Offers Class for Growing Families

The Mother & Baby Center at The Children's Hospital seeks to educate families who have begun dreaming of having a baby through a virtual workshop on Wednesday, August 12, at 6:30 p.m.

Attendees will be joined by Karl Hansen, M.D., fertility specialist, Katie Smith, M.D., obstetrics and gynecology specialist, and Stefanie Bryant, M.D., high-risk specialist who will share their expertise and help guide those who have decided it's time to start thinking about planning a family but are unsure of where to start.

Topics will include: Fertility, Prenatal care, High-risk obstetrics, Delivery

The concern of starting a family during a pandemic will also be addressed by these experts who have all safely guided women through fertility treatments, prenatal care and delivery during this time.

Register by email at healthmatters@oumedicine.com. Note "Dreamin' About A Baby" in the subject line. Participants will receive a Zoom link August 12, the morning of the class.



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INTEGRIS Baptist Medical Center Named Best Hospital

INTEGRIS Baptist Medical Center is once again recognized as the #1 hospital in the state and the #1 hospital in the Oklahoma City metro area by U.S. News & World Report. The 2020-21 rankings were just released to the public today.

INTEGRIS was the sole recipient to be named the Best Hospital in Central Oklahoma and the Best Hospital in the Oklahoma City Metro area, but we share the distinction of the Best Hospital in Oklahoma with St. Francis Hospital in Tulsa.

INTEGRIS Baptist Medical Center was recognized as High Performing in five different adult procedures and conditions including colon cancer surgery, heart failure, abdominal aortic aneurysm repair, aortic valve surgery and chronic obstructive pulmonary disease (COPD).

The annual U.S. News rankings are widely reported and are designed to assist patients and their doctors in making informed decisions about where to receive care. We take great pride in the fact that we have earned this honor multiple times and appreciate the continued acknowledgment and support from the communities we serve.



Remembering E.J.

At just 36 years old, E.J., an electrician of Mustang, Oklahoma suffered a fatal aneurism. When he became an organ donor at the time of his untimely death, he was able to save the lives of five others in need.

Organ, eye and tissue donation saves lives. Please make your decision to donate life and tell your family. Register to be an organ, eye and tissue donor on your Oklahoma driver's license or state ID card or register online at www.LifeShareRegistry.org. You may also call 800-826-LIFE (5433) and request a donor registration card.





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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