

## Kramer faculty member to share stories of caring nurses



Working at OCOM at the South Walker location is Sonia Barbour, RN. Sonia is one of the nurses that spends her time working with the patients when a joint replacement or other procedure is needed.

by Vickie Jenkins, Staff Writer

When you go to Oklahoma Center for Orthopaedic & Multi-Specialty Surgery (OCOM) you will find a staff of professionals doing what they love to do, caring for their patients. One extraordinary nurse, Sonia Barbour, RN, can be found working in the joint replacement area. Advances in technology, medicine, and pain control have created a world where joint replacement procedures can be done better, safer, and more

efficiently than ever before.

Sonia always had a desire to care for others. When she was a little girl, she was amazed at how things worked and she was fascinated with science! "When I was little, I always thought it would be fun to work with animals. I wanted to be a taxidermist! Apparently, I changed my mind when I was a little older. I remember being at school, in the fifth grade. The teacher gave us an

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Baby Snookum's (Snookie) assists students stay steady and on course during the journey through nursing school.

A nursing professor in Oklahoma City University's Kramer School of Nursing was named the lead principle investigator of an international research project through Watson Caring Science Institute (WCSI) and The DAISY Foundation.

Vanessa Wright, associate professor and master's

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## BARBOUR

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assignment; What I wanted to be when I grow up? Since I had always enjoyed caring for others, including all of the animals I could gather, I shared the wish that I want to be a nurse. Sure enough, I never grew out of that one," she said with a laugh. "My mom still has my school paper of me wanting to be a nurse, after thirty years," she added.

Growing up in Oklahoma, Sonia went to OSU-OKC for her nursing degree. Some of my favorite classes were Biology and Science. Sonia has been a nurse for seven years. She previously worked at Mercy and McBride. "My favorite part of my job here at OCOM is the closeness that I feel with my co-workers. We are like a big happy family. We all get along well and we even have dinner together every Wednesday evening. This is a nice place to work," she stated.

Asking Sonia what qualities she thought made a good nurse, she replied, "I think one important quality a nurse should have is compassion. A nurse needs to think quick and

handle emergency situations, be able to listen to their patient, really listen and be able to talk to the patient, making them feel comfortable. I really like to get to know the patients, from their first visit. The patients like to get to know their nurse too. Nurse and patient, we are good for each other," she said with a smile.

"My biggest reward of being a nurse is the friendships that I have formed with my patients and my co-workers. Everyone here is so nice and friendly. If someone needs help with anything, there is always someone available. My absolute biggest reward is when the patients tell me thank you for taking care of them. Sometimes, the patients bring us little gifts or homemade cookies."

Do you have any challenges here at work? "It's not really a challenge but sometimes, I feel like I am the BIG SIS. I'm older than some of the nurses because I started my nursing career at a later time. I feel like a lot of the nurses come to me with questions. If a new nurse comes in, I am the one that usually trains them. It actually makes me feel good to be the one they ask for advice or to help them along the way," Sonia

commented.

Sonia stays busy as she works full-time nightshift. When not working, Sonia likes to spend time with her husband, Steve, of twenty-five years. "We have three sons, twenty-four, twenty-two and twenty," she said. When it comes to hobbies, Sonia loves to ride her bike. "I usually go ride fifteen to twenty miles. It gives me a chance to get out and get some fresh air. It is great way to unwind and get rid of all that stress. Plus, it is great exercise! I also like to garden and I love caring for the

many foster animals that seem to come my way," Sonia added.

How has the coronavirus changed your life since the pandemic began? "I know it is hard on everyone but hopefully, it will be coming to an end soon. I know that I have missed spending time with my friends and family. I miss socializing and going places. I know it makes me appreciate all of the simple things that I took advantage of. Sometimes, it seems very hard to handle, yet, I know that I have to stay positive for the patients, my family and for myself."

## Oklahoma City Hospital Named Best Physical Rehabilitation Center

Mercy Rehabilitation Hospital Oklahoma City has been named the best physical rehabilitation center in Oklahoma and one of the best in the country by Newsweek magazine. The award is based on quality metrics for inpatient care, service and follow-up care as well as accommodations and amenities. Rankings are based on a rigorous methodology that includes data from a survey of thousands of medical experts along with quality measures from the Centers for Medicare and Medicaid Services.

"We are so grateful to Newsweek for this recognition. Our incredible team is dedicated to providing outstanding, compassionate care for our patients," said Thomas S. Elliott, chief executive officer of Mercy Rehabilitation Hospital Oklahoma City. "Our care team is intentional about creating a great experience for every one of our patients. Patient care is a partnership between each patient, their family and friends, and our care team members to improve their lives and get them back to doing what they love most."

Mercy Rehabilitation Hospital Oklahoma City, a partnership between Kindred Healthcare and Mercy, provides inpatient rehabilitation services for patients recovering from strokes and other long-term illnesses or injuries. The hospital features specialized clinical programs including a dedicated brain injury unit for patients suffering from trauma-related neurological conditions.

"Our care model is collaborative and facilitated by a clinical team approach with experts in physical therapy, occupational therapy, speech therapy and rehabilitation nursing," said Dr. AJ Bisson, medical director of Mercy Rehabilitation Hospital Oklahoma City. "All of the health care providers work together toward one common goal: enhancing the functional capabilities of the patients whom we serve."

Designed to promote recuperation outside the traditional hospital setting, Mercy Rehabilitation Hospital incorporates many unique features, including specialized beds, dedicated dining area, a therapy gym that features the latest high-tech devices, an in-house apartment where patients practice daily living tasks, outdoor walking trails and healing gardens.

"It is so important to be able to offer a complete continuum of care for our patients who need rehabilitation services to aid in their recovery," said Zack Dawson, vice president of operations and post acute services at Mercy Hospital Oklahoma City. "We know our co-workers at Mercy Rehabilitation Hospital are dedicated to providing high quality care every single day and we're thrilled they've been recognized by Newsweek as the best in the state."

National rankings are published on Newsweek.com and in the Aug. 21 - 28 print edition.



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## STORIES

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degree program coordinator for the Kramer School of Nursing, was selected based on her dedication to excellence in the field of nursing. The goal of the project is to use a qualitative method of theory-guided inquiry of DAISY Award nomination stories that express gratitude and describe extraordinary compassionate nursing care.

Wright will team up with co-investigators Jean Watson, founder of WCSI and author of "Theory of Human Caring and Caring Science"; Cynthia D. Sweeney, vice president for nursing and researcher for The DAISY Foundation; and Marian Turkel, a WCSI faculty member and postgraduate scholar.

The DAISY Foundation was established to honor the founder's son for the extraordinary compassionate care he received from nurses. The DAISY Award is a recognition program for nurses in more than 4,500 health care systems in all 50 U.S. states and 24 countries.

Given the current situation with the COVID-19 pandemic, many

nurses report feeling increasing physical and emotional stress while providing direct patient care. Registered nurses will benefit from reading the stories of their colleagues and identifying behaviors that underscore human caring to improve their nursing practice.

Wright holds a Ph.D. in nursing from OCU and has been a nursing educator since 2012, teaching students in both the undergraduate and graduate programs. She is passionate about continuing to produce nursing research grounded in Watson's Theory of Human Caring and Unitary Caring Science.

Both the OCU Kramer School of Nursing and WCSI are dedicated to helping the current health care system retain its most precious resource - competent, caring professional nurses - while preparing a new generation of health professionals in a broader model of caring science.

To learn more about the award and submit stories of exceptional, compassionate nursing care to DAISY, visit [daisyfoundation.org/daisy-award](https://daisyfoundation.org/daisy-award).

## American Nurses Association Releases New PPE Data from 21K Nurses

Today, the American Nurses Association (ANA) released new findings from a nationwide COVID-19 survey that indicate personal protective equipment (PPE) shortages persist and re-use practices for single-use PPE are on the rise, despite a lack of standard practices and evidence of safety.

More than 21,000 U.S. nurses working across many health care settings responded to ANA's latest survey. According to the new findings, 42% of nurses say they are still experiencing widespread or intermittent PPE shortages. Findings on PPE re-use and decontamination showed little improvement. Over half of nurses (+15% from May) report that they are re-using single-use PPE, like N95 masks, for five or more days and 68% say reuse is required by their facility's policy. The decontamination of N95 masks is a practice that 38% of nurses say continues. In accordance with the CDC, ANA does not support the use of decontamination methods as a standard practice.

"Re-use and decontamination of single-use PPE as the "new normal" is unacceptable," explained ANA President Ernest Grant, PhD, RN, FAAN, "given the lack of standards and evidence of safety."

Over half of nurses (53%) say that re-using and decontaminating masks makes them feel unsafe.

"These practices contribute to nurses' burden of mental and emotional stress," said Dr. Grant. "I am deeply distressed that nurses feel unsafe when they are working around the clock to care for patients, educate the public, and protect themselves and their families. We must and we can do better."

ANA remains committed to supporting and advocating for nurses during this unprecedented global pandemic. ANA's immediate calls-to-action for the administration and Congress to address the insufficient supply of PPE for nurses in many areas of the country include:

- Full use of the Defense Production Act to increase the domestic production of PPE
- Passage of the Medical Supply Chain Emergency Act of 2020 (or other legislation that reflects its goals)
- Expanded investment in testing and public health infrastructure

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# CAREERS IN NURSING

## LEADING BY EXAMPLE: TULSA LIFE FLIGHT

Vickie Jenkins, Staff Writer

There is something very interesting about Tulsa Life Flight/Air Methods Corp. that stands out from the rest of the flight services. Tulsa Life Flight was the first Air Ambulance in the state of Oklahoma, originating in 1979. They have been serving Oklahoman's safely for over forty years.

Tulsa Life Flight is somewhat a trend setter. They were the first to be able to administer blood products pre-hospital, which is probably thirty plus years ago. This is just now becoming a popular standard for air ambulances and has participated in many research studies to improve pre-hospital care.

One particular nurse that is truly a remarkable woman is Teresa Snell. Her titles include Masters in Business Admin-Healthcare focus, Bachelor Degree in Nursing Science, Certified Flight Registered Nurse, and Nationally Registered Paramedic. She is the area manager for the flight team and she oversees about thirty employees; Pilots, Aviation Mechanics,

Nurses and medics. Teresa has been a nurse for thirty-four years, and a flight nurse since 1999.

"I am a nurse because I love helping people. Caring for someone in the worst moments in their life becomes a skill in itself," Teresa commented. "It was in 1987 that my sister was a patient that was flown in. She was thrown from a horse onto a fence post and had a grade 4 liver laceration and because of the team at Tulsa Life Flight, she is still here today. Seeing the skill and compassion of the team, I was awestruck with the way they operated, yet remained composed and compassionate in the worst situations," she explained. "From that moment on, I did a ride along and I was hooked! I knew that was what I wanted to do."

Growing up in Tulsa, Oklahoma, Teresa knew from an early age that she wanted to be a nurse. "I was fourteen years old when my Father had a debilitating car accident and I

saw how much he suffered and how much the nurses cared for him. I was certain that I would be a nurse," Teresa said.

Teresa attended Northeastern Oklahoma A&M for her ADN and OKWU for her BSN and MBA. She went to paramedic training with Houston Fire Rescue to be a better flight nurse. "It is hard to pluck an RN out of a box of a hospital, ER or ICU with all the resources available and put them in the field, on the side of the highway or in a ditch with an upside down care and expect them to be able to operate with one partner, without some idea of the pre-hospital care environment," Teresa commented.

Teresa believes that the qualities of a nurse should include compassion and empathy for patients, and high skill levels. "Never stop learning," is Teresa's advice. "I cannot just say, do what I do. We need to lead by example."

What is your biggest reward as


a nurse? Seeing someone recover from what could have been a life threatening situation and return to a normal full life, Teresa replied. "My favorite part of my job is supporting my team to make safe, critical decisions that are life saving for those that entrusted us with their care," she added.

Teresa tells me that Marie Boyer, her Health Careers instructor in Vo-tech her junior and senior year of high school had a big influence on her life. "She was strict, harsh and demanding and now, I know why! To make us better caregivers, and make us follow rules and regulations," she said with a smile.

Teresa's typical day at work includes evaluation the previous days performance, reviewing the staffing situation and working to improve and support the team so they can care for others.

Teresa is married and has been

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Teresa Snell, MBA, BSN, CFRN, CCRN-K, NRP is a Flight Nurse and area manager for Tulsa Life Flight, Air Methods Corp. and has believes in leading by example.

**SNELL**  
Continued from Page 4

with her husband for twenty-two years. “We have twin boys that just turned sixteen and I give the advice, stay off roads!” Teresa said with a laugh. “When the boys ask about getting a motorcycle or wanting to do this or that, I have an immediate response for them, NO! Do you know how many people are killed doing

that? “That usually suffices until the next question,” she added. “My hobbies include being outdoors and camping and no matter what others think about flight nurses, in my case, I do not like flying other than on the job.”

“It is my pleasure and privilege to work with such a strong team and care for Oklahomans when they need us most.” -Teresa Snell-

**SITUATION UPDATE:**

• On August 13, Commissioner Frye issued a Public Health Advisory with the support of Governor Kevin Stitt asking Oklahomans to participate in the following recommendations for the next four weeks to continue to drive down positive cases and help schools open safely: \* Orange and Red counties: Individuals age 11 and older wear face coverings in public settings, with exemptions including while eating at a restaurant, in a private office space, or at a religious ceremony where physical distancing can be achieved. \* Orange and Red counties: Restaurant staff wear face coverings and tables should maintain six feet of distance or more. \* Statewide: Individuals age 11 and older wear face coverings when visiting nursing homes, long-term care facilities, retirement homes, medical facilities, prisons, or other communal living facilities. \* Statewide: With the “Safer in Oklahoma” policy, individuals entering the State of Oklahoma from an area with substantial community spread, will wear a face covering in all public spaces and limit participating indoor gatherings for 10-14 days in accordance with CDC guidelines.

• This week, there are 7 additional counties in the “orange” risk phase. OSDH continues to monitor closely the statewide hospitalization trends for COVID-19. • There are 13 additional deaths identified to report. One death was identified in the past 24 hours.

• Please Note: There was one death removed from yesterday’s counts from Garfield County. It was determined the individual was actually a Kansas resident, and therefore, one death has been removed from total death counts. •For more information, visit [coronavirus.health.ok.gov](https://coronavirus.health.ok.gov).

**COVID-19  
Oklahoma Test  
Results**

Confirmed Positive Cases	67,642
*Total Cumulative Negative Specimens to Date	907,109
*Total Cumulative Number of Specimens to Date	987,322
**Currently Hospitalized	509
Total Cumulative Hospitalizations	5,369
Identified Deaths in the Past 24 hours	1
Total Cumulative Deaths	888

\*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 2020-09-11 at 7:00 a.m.

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161 LICENSED PRACTICAL NURSING

We are seeking Licensed Practical Nurse

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We Are Seeking Licensed Practical Nurses!

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Registered Nurse at CoreCivic located in 3200 S Kings Hwy, Cushing, OK 74023. At CoreCivic, we do more than manage inmates, we care for people. CoreCivic is currently seeking Registered Nurses who have a passion for providing the highest quality care in an institutional setting. The Registered Nurse plans & provides comprehensive nursing care including, but not limited to, executing Licensed Independent Provider's orders, dispensing & administering medications, and assisting Licensed Independent Provider in examinations and treatment of patients. Applies nursing and supervisory techniques required in the care, treatment, and referrals of inmates/residents. Performs all technical/clinical procedures within the scope of his/her education and licensure.

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# Dream team: OMRF, OU join forces to battle the virus

When Covid-19 hit Oklahoma, the state had only minimal testing options available. In most labs with standard equipment on hand, technicians could only complete a few dozen tests per day.

"This was a major unmet need," said Oklahoma Medical Research Foundation scientist Joel Guthridge, Ph.D. "Everyone recognized we had to have more testing."

For help, he reached out to Michael Talbert, M.D., Lloyd E. Rader Professor and Chair of the Department of Pathology at the University of Oklahoma College of Medicine. Together, they pioneered a new approach to test for the SARS-CoV-2 virus.

Utilizing a Fluidigm Biomark, a \$300,000 piece of scientific equipment that uses microfluidics and a technique called reverse transcription polymerase chain reaction (or

RT-PCR), they could gather vast amounts of data from limited quantities of sample materials and detect small amounts of virus.

"It was a completely novel idea to use the equipment this way," said Talbert, who oversees laboratory testing operations at OU that generate a total of approximately 5 million results each year. "No one had done this."

Under Talbert's guidance, an OU Medicine facilities crew renovated an empty lab to accommodate the personnel and specialized equipment the effort would require. "We made fast changes," he said. "We even put up a wall in one day."

The Biomark system employs a technology known as "microfluidics," minimizing the amounts of precious reagents required to run tests. It also possesses the ability to process multiple samples at once, meaning



A team of OMRF and OU researchers joined forces to build a novel Covid-19 testing lab: (left to right): Graham Wiley, Rufe Liu, Sean Turner, Miles Smith, Joel Guthridge, Greg Blakey, Carla Guthridge, Michael Talbert and Valerie Lewis (not pictured Tyler Shadid, Cindy McCloskey).

that it holds the potential to deliver many times more results on a daily basis than a standard testing system.

For months, a joint team of OU and OMRF scientists lived

See FORCES page 10

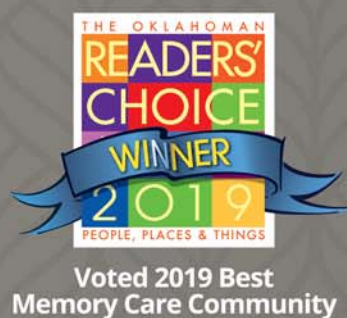


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(AS PUBLISHED IN THE 2020 EDUCATION GUIDE TO NURSING)

# Redlands tradition continues

No matter where nursing students come to Redlands Community College from, they find a home.

Maybe it's the friendly El Reno campus setting or maybe it's the streamlined program offerings.

Redlands Nursing Director Jalelah Abdul-Raheem, Ph.D., RN, likes to think it's the people.

"The thing I really think that makes Redlands stick out, particularly the nursing program, is it's such a community feel in the college as a whole," she said. "Everyone is willing to help each other. They're really friendly, even across disciplines."

"We get a mix of traditional and non-traditional students. We get a good amount of first-generation students, second-career students and those who definitely have to work so they can provide for their families."

Redlands Nursing Program graduated its first class in 1981. The program is a two-year nursing program

with new classes beginning in the fall of every year.

Students graduate with an Associate in Applied Science Degree and, upon graduation, are eligible to take the NCLEX exam to become a Registered Nurse.

Redlands also offers options for LPNs attending the nursing program. Students who are admitted for the LPN-RN course track are given credit for the first semester course, Nursing I.

"In the nursing department our faculty-student ratio is so small that we actually get to know our students and their situations and backgrounds," Abdul-Raheem said. "We help work with them where they can be successful despite some of the things typically that may seem as a barrier such as a first-generation college student and not really knowing how to study or being that single mom that's trying to juggle work around school."

Redlands is very intimate setting.

Redlands admits students one time each year to the traditional day program. LPN to RN admission occurs for a handful of individuals in the spring.

The program threads theory and simulation together to help build understanding of the specific content being taught.

Simulations enhance student understanding, build confidence prior to clinical rotations as to what to do, say, and provide appropriate interventions for patients.

"To be honest all of the students end up getting a job," Abdul-Raheem said. "The things we hear from employers are that Redlands graduates do display a lot of compassionate caring and drive to learn as much as they can to be successful in the field. They're willing to do whatever is necessary to make sure

their patient is taken care of.

"I've had a couple agencies reach out to me - and we just started clinicals - about how much they enjoy Redlands students and graduates because they come in with that knowledge base and that drive to really change nursing for the better."

A new simulation program has helped expand the student's experiences in a community setting.

Redlands perennially has a high job employment placement rate.

"I feel like the faculty works great together," she said. "It's a culture of teamwork and showing others - faculty and students - that we care. They're willing to go that extra mile and it really translates to our students. Our students learn how to be professional by being accountable, responsible and understanding expectations."

Visit Redlands online for more information at [www.redlandscs.edu](http://www.redlandscs.edu)



## Put yourself on the map

### Redlands Nursing Program

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- Simulation lab and live NCLEX review
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Our daughter, Ellie, was born in November 2008. When she was 3 months old, we found out she had a liver problem. We went to Children's Hospital in OKC, but were soon sent to a transplant center in Nebraska for evaluation. On March 18th, Ellie was put on the list for transplant. We came back home to wait. Ellie was treated at Children's twice a week, until she began to lose weight in May. We went back to Nebraska the day after Mother's Day, and she was admitted to the hospital. While there, I was evaluated as a living donor for Ellie, and we soon learned I could give her part of my liver. Ellie's transplant was on May 22, 2009. It was the hardest thing that I've ever done, but the

easiest decision of my life. We came home Father's Day weekend.

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## FORCES

Continued from Page 8

a Groundhog Day-like existence, routinely pulling shifts of 12 hours or more as they refined their testing protocols. "They worked night and day, seven days a week, and often didn't even know what day it was," Guthridge said.

As cases in Oklahoma kept mushrooming, the group felt increasing pressure to get the lab up and running. Still, even a single false negative could send an infectious person back out into the world, triggering a cluster of new cases. "We had to get it right," Guthridge said.

In June, the OU-OMRF team filed its final application with the FDA to launch the new test. Although Talbert described the early days as "training mode," the operation continues to ramp up. Each day, couriers deliver samples collected at OU Medicine facilities and at "swab pods" in Oklahoma City, Tulsa and Norman. Technicians then prepare and load batches of samples, up to 186 at a time, into the Biomark, where each run takes about six hours.

During that time, said Guthridge,

the machine tests each sample five times, which ensures accuracy. And because of the Biomark's "sensitivity," it can detect infections other commercially available tests – especially the ones that deliver rapid results – can miss.

Most samples arrive in the afternoon. In a time when testing backlogs often force patients to wait a week or more to learn whether they have Covid-19, the lab typically reports results the following day. Sometimes, they're able to deliver results that same day.

Still, the team is not resting on its laurels. Guthridge and Talbert are working on a concept called pooling that could quadruple the lab's daily testing capacity without using any additional reagents. They're also investigating the use of saliva samples, which would do away with the uncomfortable nasopharyngeal swab in favor of a simple and painless spit-in-a-cup.

Even though the collaboration arose in response to an unparalleled health crisis, Talbert described the process of working with his OMRF neighbors as "amazing" and "fun." "We shared a single goal: to help Oklahomans in an unprecedented time of medical need," he said.

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# NURSE TALK



*I would be Belle because she sees the best in others; as in the prince. She sees what is on the inside, not the outside.*



Chelsey Vail, RN

*I would be Mary Poppins because she sees the best in everything!*



Jana Brauer, RN

*If you were a Disney character, who would you be and why?*



Mercy Oklahoma  
City South

*I would be Rapunzel because like her, I'm a little on the wild side!*



Ann Lushbough, RN

*I would definitely be Ariel because I like mermaids and she is the only mermaid that is a Disney character.*



Amanda Greer, RN



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# OU College of Nursing Launches Initiative for Holistic Care of Nursing Home Residents

Traditionally, nursing homes have followed a model of care emphasizing the medical needs of residents. Too often, this approach fails to encompass other factors that contribute to a person's well-being, including emotional, psycho-social and spiritual needs.

The University of Oklahoma Fran and Earl Ziegler College of Nursing has launched an initiative to meet nursing home residents' needs in a more holistic way. It starts by asking a simple question: What matters?

"If we don't ask what matters to nursing home residents, then we don't know. To a large extent, we have focused on their medical care and overlooked their emotional well-being," said Diana Sturdevant, Ph.D., R.N., an assistant professor of research in the OU College of Nursing.

Sturdevant and her colleague Teri Round, M.S., R.N., executive director of clinical operations at the college, are introducing Oklahoma nursing homes to the 4Ms Framework. The approach is an outgrowth of the Age-Friendly Health Systems initiative, a designation achieved by OU Medicine last year.

The 4Ms Framework comes from the Institute for Healthcare Improvement, and the OU College of Nursing is among the first in the nation to adapt it to nursing homes from its origin in hospitals. The 4Ms – What Matters, Medications, Mentation and Mobility – are evidence-based elements shown to improve health and well-being by placing nursing home residents at the center of their care.

Asking nursing home residents what matters most to them sets the stage for the other three M's, Round said. What matters to nursing home residents varies – some want to work toward returning home, while others want to make friends and engage in activities. Others want to plan to attend a special event like a wedding, or be able to interact with their grandchildren. The goal is to align their care according to what matters to them.

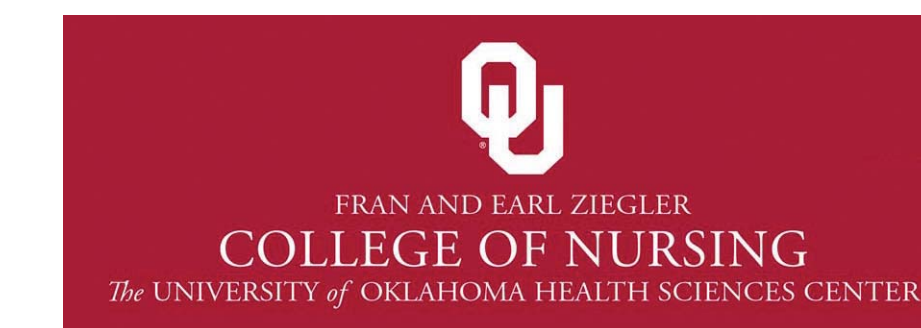
"We want to ask them what matters when they first come into the nursing home because that first interaction with the staff sets the stage for their entire stay," Sturdevant said. "But we also want to integrate that question into their care plan so that we stay in tune with what they want. If we don't meet their emotional needs, they may get upset or feel lonely, then we may view them as having behavior issues, and the next thing you know, they're heavily medicated. It can snowball out of control."

As the second M, medications are important to review for how they affect older adults, especially to ensure that they don't interfere with their goals. If a person has to be hospitalized, they may be put on medications meant for short-term use, but many residents continue taking them for months or years after returning to the nursing home. In other cases, a nursing home resident may be put on an antipsychotic drug or a sedative that robs them of their quality of life, Sturdevant said.

The third M, mentation, focuses on a resident's mental health. Older adults can be susceptible to depression, and they should be checked for dementia, Round said. Assessing for delirium is also important because it often goes unrecognized in nursing home residents and, if untreated, can be life-threatening, she said.

Many nursing homes are also addressing mentation by decreasing how many times a night they wake up residents to check on them, Sturdevant said. For years, nursing home providers have awakened residents every two hours, interrupting their sleep, which can increase problems with mental activity and mobility.

The fourth M, mobility, is important for reducing falls and for overall quality of life. Helping residents move around increases their strength, which reduces the likelihood of falls, Sturdevant said. Mobility is also important for people who've had a fall because if they



don't get up soon after being treated, they may never walk again.

The OU College of Nursing received a grant of nearly \$1 million for the 4Ms initiative. The grant comes from the Civil Money Penalties program, administered by the Oklahoma State Department of Health. When nursing homes are fined, that money goes to the Centers for Medicare and Medicaid Services, and part of it returns to the Oklahoma State Department of Health, where it can only

be used for quality improvement projects that directly help residents of nursing homes.

To introduce the 4Ms Framework to nursing homes, the College of Nursing will use its Long-Term Care Leadership Academy, a training program for people at three levels of nursing home employment: administrator and director and assistant director of nursing; RNs and LPNs; and certified nursing assistants.

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