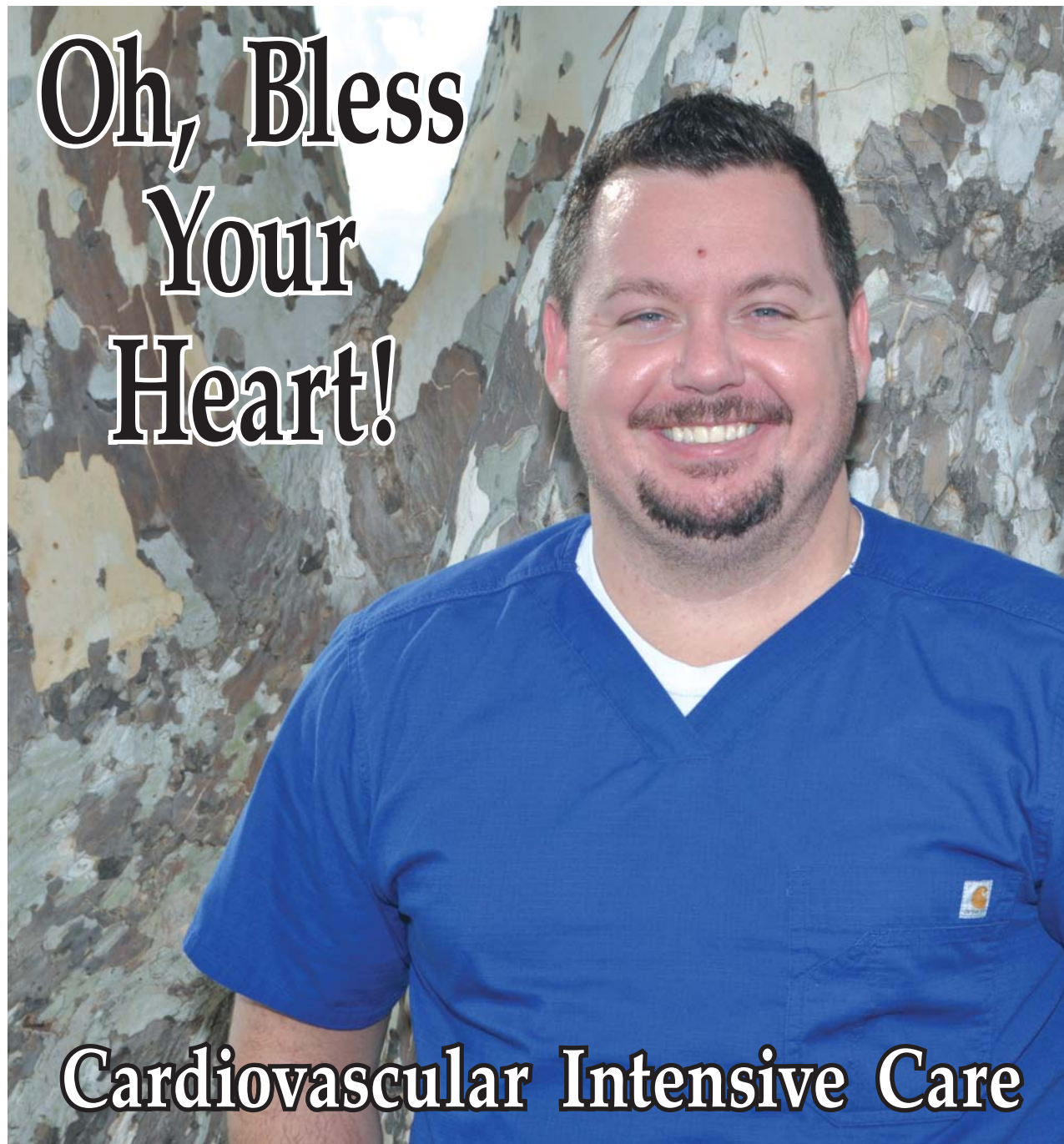




Oh, Bless Your Heart!



Cardiovascular Intensive Care

Working at Norman Regional Health System Healthplex is Denny Hinkle, MSN, BSN, RN, Nurse Manager of the Cardiovascular Intensive Care unit and Cardiac Decision Unit.

by Vickie Jenkins, Staff Writer

If you find yourself going to Norman Regional Health System Healthplex, you will find Denny Hinkle, MSN, BSN, RN, Nurse Manager of the Cardiovascular Intensive Care Unit and Cardiac Decision Unit. With many responsibilities each day, Denny is outstanding in the medical field and is dedicated in his work.

Denny is a nurse because he always wanted to help people. "As a nurse, I have the ability to be

directly responsible in the care for others. I grew up playing team sports and working together as a group to accomplish goals that were big for me. When I came into nursing, the mentality was similar. As nurses, we have several different disciplines all working towards the same goal. We may not always be successful but we all want the best outcomes for our patients," Denny said.

Denny grew up in Yukon, OK and

See HINKLE Page 2

Walking the walk

*Sepsis survivor
overcomes illness,
amputation*



Rayna DuBose - Sepsis survivor

Only a month after she'd finished her freshman season on Virginia Tech University's women's basketball team, Rayna DuBose lay in a coma. Struck first by bacterial meningitis and then with the blood infection sepsis, her organs were shutting down. Gangrene then set in, turning her hands and feet black.

When all else failed, doctors ordered Xigris, a medication based on discoveries made at the Oklahoma Medical Research Foundation. The drug saved DuBose's life. But it couldn't save her limbs.

Prolonged loss of circulation to her extremities — due to sepsis — had caused the flesh in DuBose's

See DUBOSE Page 3

HINKLE

Continued from Page 1

graduated from Yukon high school. He graduated from OUHSC for his BSN and MSN in 2009 and has been an RN for eleven years. “I grew up with the ambition of being a teacher so that I could coach. My mother was a teacher and it meant a lot to me for her to attend my summer activities. I wanted the flexibility of being able to have family time and be a mentor to my players as my coaches were to me. As I got older, I realized that there are many sacrifices teachers have to make in this state and decided that I would look into healthcare. I originally planned on going to Pharmacy school but when I took Organic Chemistry I soon realized that was not my path. I found nursing and when I took the anatomy/physiology and it clicked for me,” Denny explained.

As far as it goes, Denny is a leader and a follower. “I took a class for my Master’s program called Followership. It taught me that in order to be good leaders, we must be willing to follow. I want to be a great leader, therefore, I must be willing

to follow those that are leading me. At Norman Regional Health System, I am able to do that with ease,” Denny said. “They [Norman Regional Health System] dedicate themselves to the organization and the community and it is a privilege to work for them,” he added.

Denny’s day begins early. “Usually, I get to work and check on staffing for my two departments. I will round on the floor to check with my nurses to see if they need anything. On any day, I could have anywhere from two to five meetings that I will need to attend. Those could be quality , PI, management, departmental or system based meetings. I try to round at least four times a day on the floors. I still feel more comfortable on the floor than in the office,” he said with a smile.

Asking Denny if he had any mentors in nursing school, he replied, “Not during my time in nursing school. When I graduated, Leigh and Todd Parker took me under their wing and showed me how to survive. They both had different approaches to how they would mentor me and I cannot repay them for their guidance. Now, that Leigh is

actually one of my employees, our nursing life has come back full circle. Marci Winningham was influential in pushing me towards leadership. She would encourage me to grow and often show me things in healthcare that I had never considered. I would not be where I am today without any of these people in my life.”

Describing himself, Denny said that he is a trusting person who tries to see the good in people every day. “Once I am able to trust a person, there is nothing that I won’t do for them. I strive to work as hard as my father did to provide for his family. I want to be the

best husband possible to my wife and make sure there is always time just for us.”

On a personal note, Denny is an avid sports fan. “I love the Chicago Cubs, OKC Thunder and Oklahoma Sooners. Before this pandemic, my wife, Kayla, and I loved to travel. We made plans to visit all seven continents before we left this world. Since the pandemic, I have enjoyed playing video games with my friends online.”

Summing up his life in one word, Denny said, “Loyalty. I am loyal to those that I love and care for.”

INTEGRIS Receives
2020 Press Ganey
Excellence Awards

Press Ganey recently announced the recipients of its annual performance achievement awards, honoring top-performing health care organizations who continue to excel despite immense challenges and demands presented by the COVID-19 pandemic. The company’s 2020 Pinnacle of Excellence®, Guardian of Excellence®, NDNQI® and Success Story® awards recognize more than 400 organizations that met stringent requirements for superior performance to improve the delivery of patient-centered care and foster exceptional workforce engagement.

Lakeside Women’s Hospital and INTEGRIS Meadowlake at Bass Baptist Health Center both received the Guardian of Excellence Award for Patient Experience. This award honors organizations that have achieved the 95th percentile for each reporting period of the award year for patient experience, engagement or clinical quality performance. More than 350 organizations received this prestigious recognition.

INTEGRIS Family Care Baptist received the Pinnacle of Excellence Award also for Patient Experience. This honor recognizes top-performing health care organizations for achieving and maintaining consistently high levels of excellence over three years in patient experience, employee engagement, physician engagement or clinical quality performance. This award is given to only four client partners in each category. These organizations represent the leading edge of patient-centered care.

“The caregivers and staff of INTEGRIS Health touch the lives of patients and their families in profound ways,” said Patrick T. Ryan, Chairman and Chief Executive Officer, Press Ganey. “This award reflects their deep commitment to listening to the voices of their patients and our shared mission to reduce suffering and improve the safety, quality, and experience of patient-centered care. I continue to be humbled and inspired by their heroic efforts to care for patients in the face of the uncertainty, stress, and fear brought on by the COVID-19 pandemic. Press Ganey is proud to partner with them in this noble work and we congratulate them on this tremendous achievement.”

Visit the Press Ganey website for more information about the awards criteria and a full list of winning organizations.



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DUBOSE

Continued from Page 1

hands and feet to die. Her tissues, doctors said, had mummified. They'd have to amputate parts of all four of her limbs. "I cried for five minutes," said DuBose, "then I sucked it up and said, 'Let's do this.'" Sept. 13 is World Sepsis Day, established to raise awareness of the deadly condition. Sepsis occurs when the body's immune system over-compensates in an effort to turn back an infection like meningitis, influenza or even Covid-19. Blood clots and leaky blood vessels reduce circulation to tissues and organs, often leading to multiple organ failures.

For nearly 270,000 Americans each year, the Centers for Disease Control and Prevention says, death is the result.

"The most frightening thing is the swiftness with which sepsis can move," said OMRF President Stephen Prescott, M.D., a vascular biologist. "In hours or a few days, the illness can kill. Doctors even have a saying for it: 'Fine in the morning, dead in the evening.'"

OMRF scientist Florea Lupu, Ph.D., is an expert in sepsis and blood clotting and holds the H. Allen & Mary K. Chapman Chair in Medical Research at the foundation.

Lupu and his colleagues at OMRF study the steps involved in the progression of sepsis and how they can lead to organ damage and death. By learning more about the ways sepsis develops and spreads, they hope to find ways to diagnose the condition earlier and more effectively treat it.

"Doctors rarely know exactly 'time zero' when sepsis starts," Lupu said. "But the chance of survival decreases by 8 percent each hour, so doctors must race to treat it quickly before it overtakes a patient's organ systems. We're working hard to identify ways to provide early detection of sepsis so more lives can be saved."

For the more than 1.4 million Americans like DuBose who survive sepsis each year, the battle isn't always over. Up to half experience post-sepsis syndrome, according to the Sepsis Alliance. Effects range from cognitive impairment and depression to debilitating muscle and joint pain. For DuBose, there was no bigger sepsis scar than the loss of her limbs.

Intensive physical therapy taught DuBose how to use prosthetics to walk and to grip and manipulate objects. Today, she lives outside Baltimore, where she's a substitute teacher and coaches basketball and football at her old high school. A few summers

ago, she even took to running 10 miles a day. "After what happened to Rayna, she had every excuse to throw in the towel," said Marcus Lewis, DuBose's former basketball coach. "But she refused to accept that."

DuBose does all she can to share her story, keeping a busy schedule as a motivational speaker. And she's grateful for OMRF's continued work on sepsis. "The scientists at OMRF are the reason I'm alive," DuBose said. "I'm forever thankful."

Sepsis: Spot the Signs

Sepsis is the body's extreme response to an infection. It's a life-

threatening medical emergency, and without timely treatment, sepsis can rapidly lead to tissue damage, organ failure and death. Like Covid-19, it's especially dangerous for those 65 and older, with weakened immune systems or chronic medical conditions like diabetes, lung disease, cancer and kidney disease.

Symptoms may include:

- High heart rate
- Fever
- Confusion or disorientation
- Extreme pain or discomfort
- Shortness of breath
- Clammy or sweaty skin

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CAREERS IN NURSING

CORE PURPOSE TO SAVE LIVES: LIFESHARE

Vickie Jenkins, Staff Writer

The waiting list continues to grow, every 10 minutes another name is added to the list. Every day 22 Americans die waiting for an organ transplant. With the critical need for transplants, it is crucial that the Foundation be able to continuously support LifeShare's efforts.

With funds received from our development programs, the LifeShare Foundation supports the activities and initiatives of LifeShare to help save more lives through donation.

The focus of the Foundation's programs center around; awareness of organ, eye and tissue donation, support of transplant recipients, including those waiting, and donor families, and research in donation.

-LifeShare-

Working at LifeShare means that teamwork is very important; everyone working together. Everyone has to pull their weight in each crucial moment, a genuine caring from the heart, doing the best way they know

how. One extraordinary nurse is Teresa Zachary, RN, Lead Internal Quality Auditor. Teresa has been a nurse for thirteen years.

Growing up in Midwest City, OK, Teresa was surrounded by several relatives in the medical field; her mother and her sister, along with her grandmother and grandfather. Teresa always thought she would grow up and be a nurse.

Teresa attended the University of Oklahoma School of Nursing. She had two mentors at that time; her mother and one of her professors, Barb Schrage. "My mother was always my biggest supporter. I learned a lot from my mother and my professor and they were always there for me when needed. Nurses are so caring. To me, nursing is a passion and a calling to improve the quality of life for patients. LifeShare is an exceptional organization whose mission and strategic anchors resonate with every employee. I truly have

a job that is beyond rewards," she explained.

Since you are an RN Lead Internal Quality Auditor, what are your responsibilities? "I facilitate and conduct audits to ensure compliance with policies, governments, regulations, and federal and state law," Teresa stated. "My first job was a nurse in ICU. I've been at LifeShare for three years now."

Asking Teresa what advice she would give to someone entering nursing school, she replied, "There will be very difficult situations you will encounter during clinicals and throughout your nursing career. Never be afraid to ask questions, you will never know everything! When I was in nursing school, I was overwhelmed with the amount of information and workload. I learned how to prioritize and set boundaries for my time. Time became such a precious commodity during nursing school. Just always remember that

healthcare can be a very demanding stressful atmosphere. Remember to take time to care for yourself," she added.

What qualities make a good nurse? "A nurse needs to be compassionate, caring, paying close attention to detail, willingness to learn, be a team player and have a great sense of humor," she answered. "All of the nurses at LifeShare seem to possess all of these qualities," she said.

What makes a good leader, especially working at LifeShare? "I think a good leader is a person that is accountable to their peers and someone is an active listener," Teresa replied.

What is the favorite part of your job? "Being part of an amazing organization, whose core purpose is to save lives," Teresa said. "There has been 137 donors since the beginning of the year," she added.

When asking Teresa if she had

See ZACHARY Page 5



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Teresa Zachary, RN is Lead Internal Quality Auditor at LifeShare, Transplant Donor Services of Oklahoma where time is of the essence.

ZACHARY
Continued from Page 4

received any awards or recognitions over the years, she replied, “I’m sure I have over the years but that is not important to me. I measure my awards by knowing that I am doing my best to take care of my patients and their families. Each kind gesture that is returned to me is an award in itself. I wouldn’t want it any other way. As far as where I see myself in five years? I plan on being here. LifeShare is truly an amazing company.”

A little information about Teresa she says that the life of a nurse never has a typical day. At work, each day has its share of surprises. Teresa likes spoiling her three dogs; Winston, a great Pyrenees, Olivia, a lab, and Finley, a shepherd mix. Teresa’s hobbies include quilting, baking and running because she likes to bake!

How has the pandemic affected you life at work and at home? “With all of the uncertainty in the world, the pandemic has taught me to count my blessings each day. I am truly blessed,” Teresa said with a smile.

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SITUATION UPDATE:

- This week, nine counties moved from the “orange” risk phase to “yellow” and 13 counties moved from “yellow” to “orange”. OSDH continues to monitor closely the statewide hospitalization trends for COVID-19.
- Due to improvements in testing availability and reporting of lab results, OSDH will now calculate the alert system by date the result was reported (rather than date of symptom onset, as previously done). This improves transparency, as the calculations can be performed with publicly available data.
- The COVID-19 Alert map will be updated every Friday in the Situation Update at 11:00 a.m. This week’s map can be seen in this update below the test results chart.
- As OSDH continues to meet with stakeholders across the state, the COVID-19 Alert Map is subject to further revisions as science and public health guidance advances with the ongoing pandemic.
- As of this advisory, there are 82,520 cases of COVID-19 in Oklahoma.
- There are 12 additional deaths identified to report. One death was identified in the past 24 hours.

- * One in Garfield County, one male in the 65 or older age group.
- * One in Garvin County, one female in the 65 or older age group.
- * One in Marshall County, one male in the 65 or older age group.
- * One in Muskogee County, one female in the 65 or older age group.
- * Two in Oklahoma County, one female and one male in the 65 or older age group.
- * Two in Ottawa County, one female and one male in the 65 or older age group.
- * One in Pushmataha County, one female in the 65 or older age group.
- Three in Tulsa County, two females and one male in the 65 or older age group.

There are 993 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 2020-09-18 at 7:00 a.m.*

COVID-19 Oklahoma Test Results

| | |
|---|-----------|
| Cases | 82,520 |
| *Total Cumulative Negative Specimens to Date | 1,058,144 |
| *Total Cumulative Number of Specimens to Date | 1,153,358 |
| **Currently Hospitalized | 590 |
| Total Cumulative Hospitalizations | 6,192 |
| Identified Deaths in the Past 24 hours | 1 |
| Total Cumulative Deaths | 993 |

Oklahoma's Nursing Times

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at North County Nursing & Rehabilitation located at 523 N 22nd St, Collinsville, OK 74021. Apply now! Competitive Pay, Benefits, Bonuses, Supportive Leadership. Qualifications: Must be 18 years old, with a clean background, reliable transportation, active driver's license, auto insurance, and the ability to lift at least 50lbs. Ability to work flexible schedules and weekends is highly preferred. Required license or certification: Certified Nursing Assistant Required education: High school or equivalent.

124 CERTIFIED NURSE ASSISTANT

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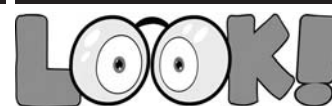
Apply at Heartsworth Assisted Living located at 821 N Foreman St, Vinita, OK 74301

140 GENERAL NURSING

We are seeking Director of Clinical Services/Director of Nursing

Education: Registered Nurse - Must possess, as a minimum, a Nursing Degree from an accredited college or university. Experience: Must have, as a minimum, 3 years of experience as a supervisor in a hospital, nursing care facility, or other related health care facility. Must have, as a minimum six (6) months experience in rehabilitative & restorative nursing practices. North County Nursing and Rehabilitation. 2300 W Broadway St, Collinsville, OK 74021

140 GENERAL NURSING



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140 GENERAL NURSING

We are in need of a PRN, or as needed, Clinic Nurse/Licensed Practical Nurse for the after hours/ urgent care clinic. 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.

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161 LICENSED PRACTICAL NURSING**We Are Seeking Licensed Practical Nurses!**

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 Licensed Practical Nurses who have a passion for providing the highest quality care in an institutional setting. The Licensed Vocational Nurse is responsible for the performances of basic nursing duties to include execution of physician orders, operation of pill call, operation of sick call, and assisting the physician in examinations and treatments and performs technical/clinical procedures within the scope of his/her license. Assists in the professional management of the facility medical department. Qualifications: Graduate from an approved school of nursing with a certificate as a LPN. Must be licensed in the state of employment. A valid driver's license is required. Minimum age requirement: Must be at least 20 years of age.

161 LICENSED PRACTICAL NURSING**We are seeking Licensed Practical Nurse**

Home Health - Weekends PRN at Encompass Health - Home Health and Hospice in Stillwater, Oklahoma. At Encompass Health - Home Health, the LPN administers skilled nursing services to clients requiring intermittent professional services. These services are performed in the clients' home in accordance with the physician's orders and the established plan of care, under the direction and supervision of the Branch Director and Supervising RN, and teaches the client, family and other members of the health care team. 2318 West 7th Street, Stillwater, OK 74074.

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204 REGISTERED NURSE

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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.

204 REGISTERED NURSE**We are seeking Registered Nurse Admission Nurse**

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204 REGISTERED NURSE

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TSET'S New Campaign, Partnerships Promote Healthy Habits Statewide

Shape Your Future unveils a new media campaign and partners with Healthy Schools Oklahoma to make forming new healthy habits easier

Shape Your Future, a program of the Oklahoma Tobacco Settlement Trust (TSET), is debuting new educational messaging with the "The Power of One," a campaign highlighting how incorporating small, healthy habits into your daily routine adds up to a healthier lifestyle over time. "The Power of One" provides information on making better decisions on the foods you eat, choosing water over sugar-sweetened beverages, adding more physical activity into your daily routine and the importance of getting enough sleep to keep you and your family powered up to tackle the day.

The launch of "The Power of One" educational campaign syncs up with the observance of National Childhood Obesity Awareness Month in September. Oklahoma's youth obesity rate is

8th-highest among states participating in the 2019 Youth Risk Behavior Survey, with 17.6% of Oklahoma high school students (approximately 30,000 students) considered obese. According to the National Survey of Children's Health, 1 in 3 children ages 10-17 are overweight or obese in Oklahoma. Poor nutrition, lack of proper sleep, sedentary lifestyles and the overconsumption of sugary drinks are the main contributors to obesity.

"It's not always easy to be healthy when juggling our lives, and during this COVID-19 pandemic it has proven to be even more challenging," said Julie Bisbee, TSET executive director. "Shape Your Future's goal is to help make healthy choices easy. That helps make healthy habits routine. 'The Power of One' series focuses on encouraging

Oklahomans to adopt – and build upon – one new healthy habit to feel better and live healthier lives."

This month, Shape Your Future is also partnering with Healthy Schools Oklahoma (HSOK) to showcase easy ways you can be physically active as a family. Log on to our website to follow along with Oklahoma physical education teachers as they guide you through free workouts you can do at home.

"HSOK is excited to partner with TSET to reach more families and students across the state of Oklahoma. The videos provide easy and fun ideas to stay active and healthy while at home," said Lindsy Lemons, HSOK, executive director.

The TSET Healthy Youth Initiative was introduced in August. It expands

TSET's educational messaging aimed at reducing obesity to include Oklahoma youth. This new statewide educational campaign will address obesity as well as the high rates of vape and tobacco use among Oklahoma youth ages 13-18.

The TSET Healthy Youth Initiative reaches out to Oklahoma's rural and urban youth through digital and social media and through traditional media where families see information together. The messaging will provide nutritional information, empowering teens across the state to make healthier choices throughout their day.

Find more tips and tools for healthier lifestyle at ShapeYourFutureOK.com.

A Power of One infographic can be

See TSET page 10

11th Annual The Santa Market Craft Show

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Our undergraduate programs prepare students for professional nursing positions in a variety of healthcare settings and provide a foundation for graduate study in nursing. We offer a bachelor's degree in nursing (BSN), including an accelerated 13-month program and fully online registered nurse (RN) to BSN program. We also offer an early admission option for high school students that provides an opportunity to bypass traditional application processes.

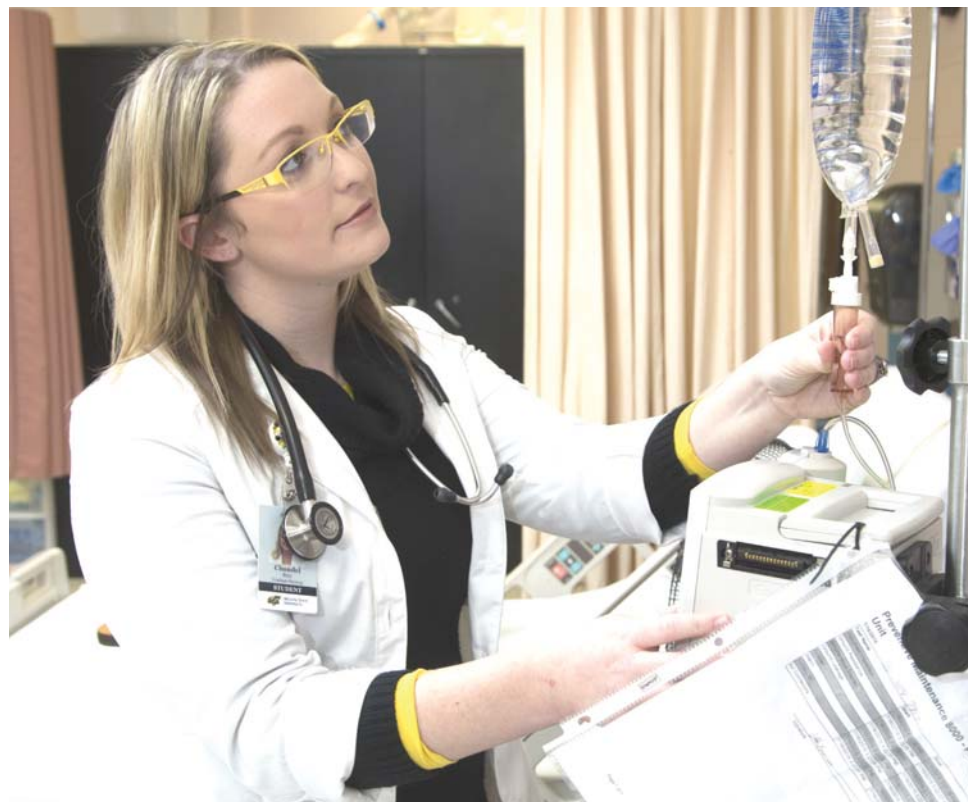
Our graduate programs develop nurse leaders for roles in advanced practice careers. Our full or part-time master of science in nursing (MSN) program offers two concentrations: Nursing Education (fully online) or Nursing Leadership and Administration (hybrid). We also offer a doctor of nursing practice degree (DNP) with two program entry points; post-baccalaureate or post-master. The post-baccalaureate program has Nurse Practitioner specializations in the areas of Adult Gerontology Acute Care, Family and Psychiatric/Mental Health, as well as the DNP advanced curriculum. The online post-master program provides students already nationally certified

in a specialization opportunities to advance their knowledge in multiple areas, including healthcare systems, policy/politics, and evidence-based practice.

Our quality programs exceed national pass rates on the Registered Nurse national exam and Advanced Practice Registered Nurse professional certification exams.

Wichita State provides students with the best applied learning experiences in the state. Our location in Kansas' largest city means students benefit from opportunities to make connections and work beside some of the best professionals in their fields through clinical rotations, interprofessional education and community outreach. Our on-campus applied learning lab has state-of-the-art simulation mannequins that can realistically simulate a variety of symptoms and scenarios, including childbirth, seizures, blood pressure problems and bleeding. The lifelike actions of the mannequins give students a realistic learning experience in a safe environment.

Our programs combine CCNE accreditation, experienced instructors, exclusive scholarships and applied learning in Kansas' health care hub. A nursing degree from Wichita State University will give you the knowledge and practical skills for high-paying, high-demand nursing careers in diverse health care settings such as hospitals, primary care clinics, nursing and residential care facilities, schools and government. Visit wichita.edu/nursing to find a program that's right for you.



As the second-largest nursing school in Kansas, Wichita State University offers several undergraduate and graduate degrees to meet students' needs.

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The Baccalaureate degree program and Master of Science in Nursing Program is accredited by the Accreditation Commission for Education in Nursing (ACEN), 3343 Peachtree Road NE, Suite 850, Atlanta, GA 30326, 404-975-5000. The ACEN is a specialized accrediting agency recognized by the U.S. Department of Education.

Call: 844-351-6656 Visit: NSUnurses.com

TSET

Continued from Page 8

found here.

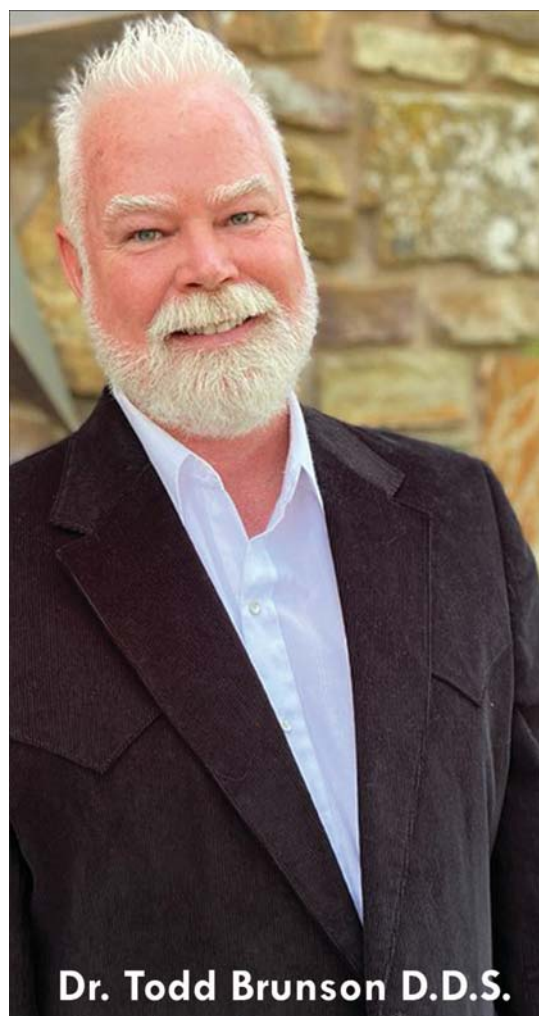
Shape Your Future (SYF) is a community health education intervention that encourages Oklahomans to eat better, move more and be tobacco free. SYF was developed in 2011 by the Tobacco Settlement Endowment Trust (TSET) and the Oklahoma State Department of Health (OSDH). It provides simple messaging for moms and influencers in the lives of children to eat more fruits and vegetables and to be more physically active to improve overall health. SYF strives to educate parents, teachers, caregivers and all Oklahomans on how to make the healthy choice the easy choice.

The TSET Healthy Youth Initiative is a statewide media effort focused on preventing and reducing tobacco use and obesity for Oklahomans ages 13-18. The initiative promotes healthy lifestyle choices for teens and gives parents resources to support their children in maintaining or developing healthy habits for a lifetime. Visit TSET Healthy Youth Initiative to learn more.

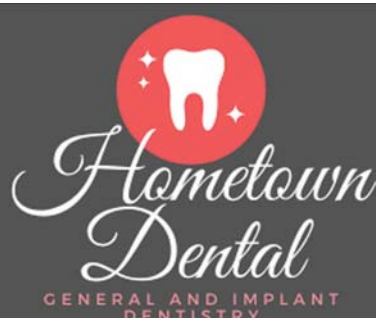
TSET's partner, Healthy Schools Oklahoma (HSOK) promotes and maintains healthy lifestyle choices

in Oklahoma through preventive, community-based, school health education programs for students, their families, and faculty. HSOK provides funding, curricula, training, evaluation tools and support to participating elementary schools focusing on physical activity, nutrition, injury prevention, tobacco use prevention and oral health education. HSOK uses a highly collaborative private-public structure that multiplies and magnifies resources such as volunteers, information, funding and ongoing support services. HSOK is funded in part by a grant from the Oklahoma State Medical Association Foundation.

The Oklahoma Tobacco Settlement Endowment Trust (TSET) serves as a partner and bridge builder for organizations shaping a healthier future for all Oklahomans. TSET provides leadership at the intersections of health by working with local coalitions and initiatives across the state, cultivating innovative and life-changing research, and working across public and private sectors to develop, support, implement and evaluate creative strategies to take advantage of emerging opportunities to improve the public's health. TSET - Better Lives Through Better Health. To learn more, go to: tset.ok.gov.



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Local Man Survives COVID-19

Gives Convalescent Plasma and Remdesivir Partial Credit



Don Wentroth and his wife Susan.

Don Wentroth celebrated Father's Day and his 66th birthday this June, but like everything else in the year 2020, they weren't the celebrations he had hoped for due to COVID-19.

He says it all started about a week before his birthday. He and his wife, Susan, were at their grandson's T-Ball game. "We had our masks on and we were social distancing - until it started raining. That's when everyone packed together like sardines to get out of the rain," describes Wentroth. "That's our best guess as to where it happened."

Being in their sixties, the Wentroths had been vigilant about following the proper protocols in an attempt to avoid the illness. But despite their best efforts, they both became infected.

Susan was lucky. While unpleasant, her symptoms resembled those caused by common allergies. Don on the other hand, suffered something far more severe.

"I was shivering, had crazy aches and pains. I mean even my hair and skin hurt. I lost my sense of taste and I had a high fever for days."

He readily admits that he should have sought medical treatment sooner than he did. "I'm never sick. I exercise every day. So I thought I could tough it out and get over it on my own. You know, typical man stuff," he says.

But when his non-stop cough persisted and when it became more and more difficult to breathe, he finally went to the emergency room at INTEGRIS Baptist Medical Center. He was admitted to the hospital on June 14 with classic COVID pneumonia. Susan wondered if she would ever see her husband again. "I wasn't allowed to be with him in the hospital," she remembers. "I got to Facetime with

him some, but he couldn't talk much because he was on oxygen and talking made his cough worse. I was pretty scared that he might not make it."

Drs. Mark and Nancy Rolfe, a husband and wife team of physicians at INTEGRIS Baptist Medical Center, were two of the physicians who took care of Wentroth. "When Mr. Wentroth came in, he was very sick," says Nancy Rolfe, M.D. "We threw everything we had at him to avoid the need to put him on a ventilator. Thankfully, we were successful at that."

Two of the therapies used on Wentroth were convalescent plasma and Remdesivir.

Convalescent plasma is an old therapy that dates back prior to the availability of antibiotics. In the 1880s, plasma was used to fight bacterial and viral infections in both humans and animals. It was used as therapy or prophylaxis for pertussis and scarlet fever. It was also used in the Great Influenza epidemic of 1917. More recently, convalescent plasma has been used to treat Ebola, Middle East Respiratory Syndrome (another coronavirus infection) and influenzas such as H1N1, Avian Flu and H5N1.

"When COVID-19 emerged with no known therapies, it was the natural first response to turn to this old therapy again," says Mark Rolfe, M.D. "Plasma from previously infected and recovered people has antibodies that will attack and 'neutralize' the virus. This process is known as passive immunity. Convalescent plasma from people who have been documented to have had the infection and recovered is donated by those people to be given

to patients who are sick with the virus and less likely to recover."

Remdesivir is an antiviral developed to fight the virus that caused Ebola. "Because COVID-19 and Ebola both use the same RNA replication process, Remdesivir has proven to be effective in early stages of the infection to prevent further replication of the virus," continues Rolfe.


The combination of convalescent plasma and Remdesivir with steroids and supportive care are currently physicians' best options for treating this virus. To date, INTEGRIS has treated more than 500 patients with convalescent plasma and nearly 350 with Remdesivir.

"At the time Mr. Wentroth received convalescent plasma and Remdesivir, the combination of these two therapies was only recently available at INTEGRIS. Knowing that this virus can rapidly evolve into a life-threatening illness, often in the matters of hours, these two therapies were quickly offered to Mr. Wentroth," says Nancy Rolfe, M.D. Convalescent Plasma is a one-time infusion, where Remdesivir is given over a five-day period. "Mr. Wentroth responded as we had hoped and within a couple days was without a fever. He was off oxygen and back at home within seven days."

Mark Rolfe adds, "To put that into perspective, the average person who contracted this virus before these therapies often spent weeks in the hospital and if they were unfortunate enough to require a ventilator to breathe, they were often hospitalized six to eight weeks or more if they did not succumb to the infection or its many consequences before then."

Wentroth is pretty much back to life as normal and is thankful for the care he received. "I can't pinpoint one thing that saved my life," says Wentroth. "But I do know without a doubt that Remdesivir and convalescent plasma were certainly contributing factors to me getting better. I wish I knew who donated the plasma I received. I would like to thank them for being a big part of my success."

The Oklahoma Blood Institute (OBI) has an immediate need for convalescent plasma from donors who have recovered from COVID-19 to treat seriously ill patients. The need for convalescent plasma in our area has increased over 700-percent in recent weeks, with demand now regularly greater than collections. Available supplies have reached critical levels, and patients will face delays in this lifesaving care if donors cannot be recruited in higher numbers.



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