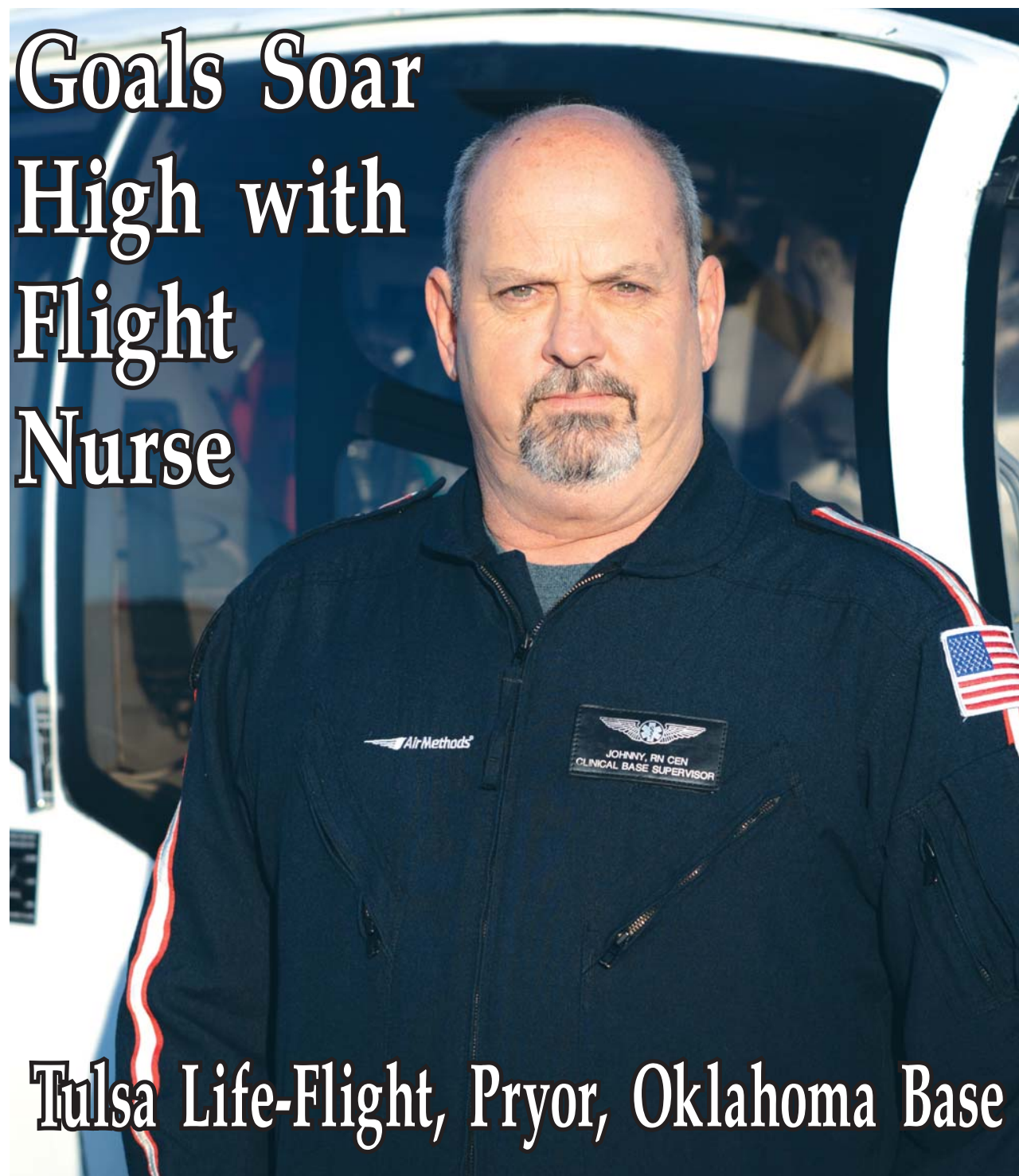


Goals Soar High with Flight Nurse



Tulsa Life-Flight, Pryor, Oklahoma Base

Johnny Dobson, RN, CEN is the Clinical Base Lead for Tulsa Life Flight, Pryor, Oklahoma Base. Johnny sets his goals high and continues to do better, push harder, striving to soar as a flight nurse.

by Vickie Jenkins, Staff Writer

Time is of the essence when it comes to saving lives. This is one reason that Johnny Dobson, RN, CEN became a nurse. Johnny is the Clinical Base Lead for Tulsa Life Flight, Pryor, Oklahoma Base. They cover areas

of Northeastern Oklahoma, Southwest Kansas and Northwest Arkansas.

"There are countless reasons why I chose a career in nursing. I wanted something that was a challenge, interesting and made a difference in

See SOAR Page 2

ANA Collaborates with CDC to Launch Project Firstline



The American Nurses Association (ANA), representing the interests of the nation's 4.2 million registered nurses, is pleased to announce the launch of Project Firstline, a new collaboration with the Centers for Disease Control and Prevention (CDC) focused on infection prevention and control (IPC) training for the national health care workforce.

The COVID-19 pandemic has revealed the need for a unified and standardized approach to infection control measures. Project Firstline provides core web-based training with COVID-19 specific knowledge about germ transmission and infection prevention and control.

"Nurses' role in infection prevention is essential," said ANA President Ernest J. Grant, PhD, RN, FAAN. "This program is designed to provide nurses with actionable education and resources in flexible, accessible formats. ANA is deeply committed to reaching every nurse through this collaborative effort."

ANA, along with a diverse collaborative of partner organizations at the national, state, and local levels, will provide access to

See FIRSTLINE Page 3

SOAR

Continued from Page 1

people's lives daily. One of the reasons that I enjoy being a flight nurse is because I can be the one to help save lives in a times span of seconds. Most of the clinicians that I work with, I have known over twenty years and they are my second family. We have four pilots, four flight paramedics and one air craft mechanic per base," Johnny commented.

Johnny was a flight paramedic for ten years with Life Flight. "I had to get three years critical care nursing experience, and then, I came back as a Flight Nurse in 2010. I have been a nurse for thirteen years and a flight nurse for ten years so a total of twenty years in the medical field," Johnny said.

Shifts for Johnny are twenty-four hours, working forty-eight hours per week. "We usually fly thirty-five to forty-five patients a month. I usually see eight to ten patients per month," Johnny

said. "Of course, there is no typical day for any of us. Every day is different and we know when the phone rings, we have ten minutes to lift off. A normal transport takes about two hours from start to finish, then about two hours to complete a patient's care charge when we return to base. When I am not flying, I perform chart audits, and I am also responsible for quarterly intubation and other education for the Pryor base," he added.

Growing up in Tulsa, OK, even at a young age, Johnny wanted to be a fireman or a paramedic. He attended Connors State College and after graduation, he started in the Trauma ICU. He then joined the float pool and floated to Neuro ICU, Medical ICU, Cardiacs ICU and then the Emergency Department.

Johnny is definitely a leader. "Setting the standard is challenging around my co-workers. Everyone works at such a high standard," Johnny said. "My biggest reward as a nurse is saving lives. When

patients are air lifted to a hospital, many times we are the first ones to make decisions that could decide their fate. That's a lot of pressure, but it's also very rewarding when critically ill patients survive an accident. Thanks to our team's quick thinking and medical knowledge."

"On the other hand, the biggest challenge, we have to be independent and ready to act on a moment's notice. We have to be able to lead an emergency medical crew into consistently changing and unpredictable situations, and assuming charge of critically ill patients at any time," Johnny said. "The care range of flight nursing is from neonatal to geriatrics. It might be trauma or medical. Some of our advanced procedures include Advance airway managements with video laryngoscopy, ventilator management, and Chest Tube Thoracotomy."

Asking Johnny to describe himself overall, he replied, "I am organized and I like working with a wide variety of people to achieve a common goal. I am

ambitious and driven. I thrive on a challenge and set my standards high. I adjust to the situation and I don't get flustered when faced with unexpected challenges. I am experience and detail oriented. I've spent the last twenty years in this industry and know exactly what I need to do to provide the highest quality or patient care."

Johnny is married to his beautiful wife, Conni, who also happens to be an RN. They have three daughters, Ashley, Elizabeth and Mariah. When Johnny is not working, he likes spending time with his family, along with his Chinese Crested dog, Floozy. Johnny's hobbies include perfecting his lawn each year, outdoor grilling and reading.

Asking Johnny to sum up his life overall, he replied. "I have the best job in the world. It's challenging and exciting! I work with the best group of guys around. We are contently challenging each other to do better, learn more, push harder and just be a better person. If I were to describe my life in three words, it would be, happy grateful, and blessed."

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FIRSTLINE

Continued from Page 1

ongoing foundational and practical IPC knowledge for frontline health care and public health professionals through engaging web-based training, easy to access toolkits, and on-going tele-mentorship. Nurses will be able to access training toolkits that include printable training guides, factsheets, and communication tools that cover strategies for communication of IPC policies, and IPC actions to talk with co-workers, patients, and families. Podcasts, blogs, newsletters, and social media will feature the stories of IPC champions and real-life examples of IPC problem solving for applicability to daily practice.

Using resources allocated to CDC by Congress, Project Firstline will invest \$180 million over 2 years to reach all health care workers, communities, and settings by engaging numerous national organizations and associations.

CDC and the American Medical Association (AMA) will host a

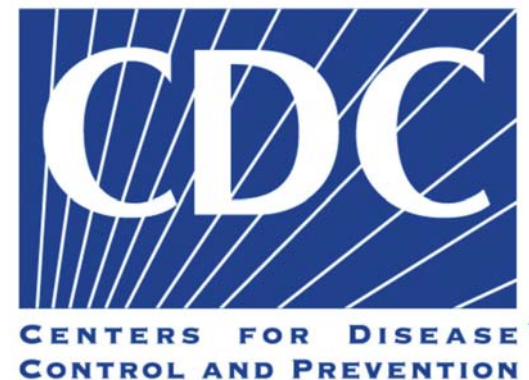
kickoff event for Project Firstline on Thursday, October 29th at 1:00 p.m. ET/ Noon CT. During this virtual Q&A event, AMA President Dr. Susan R. Bailey and CDC Deputy Director of the Division of Healthcare Quality Promotion Dr. Mike Bell will discuss infection control principles and protocols and share information about innovative training opportunities. All health care professionals can register and send questions prior to the kickoff event.

Use #WEAREFIRSTLINE and follow Project Firstline on Facebook and Twitter for information about upcoming live events.

Project Firstline allows nurses to connect with experts via a tele-mentorship program created to build communities of nurses at the local level to help with incorporation of IPC work into daily practice. This series of educational sessions, collaborations, and platforms will allow health care professionals to work together to identify challenges and solutions to common IPC issues. To participate and learn more, contact

practice@ana.org.

The American Nurses Association (ANA) is the premier organization representing the interests of the nation's 4.2 million registered nurses. ANA advances the profession by fostering high standards of nursing practice, promoting a safe and ethical work environment, bolstering the health and wellness of nurses, and advocating on health care issues that affect nurses and the public. ANA is at the forefront



of improving the quality of health care for all. For more information, visit www.nursingworld.org.

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CAREERS IN NURSING

DESIRE TO CARE FOR ELDERLY: THE GRAND

Vickie Jenkins, Staff Writer

Grace Living Center, The Grand is a skilled nursing facility that be critical for a speedy recovery. Located in Bethany, OK, they offer a variety of therapies and care services to help you regain your independence. Skilled nurses, therapists and licensed care professionals are available to guide you through your personalized therapy. -Grace Living Center-

To be a good nurse it takes special qualities like honesty, compassion and good moral standards. That is what you will find when you meet Amy Sullivan, LPN. Working at Grace Living Center in Bethany, OK, Amy has been a nurse for eleven years. "I work on the skilled hall and split the thirty bed hallway with one other nurse.

I have been here at The Grand for only a few short months but I was able to bring my years of gathered experience with me. When I started here, I was welcomed as part of a team and it was evident that each person was recognized for their talents and knowledge. We are all working for the same goal; to take care of the patients in the best way that we can," Amy said.

Amy attended Canadian Valley Technology Center. "My first job as a nurse was with a long term acute care where I quickly learned that I have a special place in my heart for the elderly. I love my job and there is something special about caring for the residents. I seem to have a special bond with them

and I feel like that is good for the both of us. Sometimes, just greeting them with a smile or asking them how they are doing is a great comfort to them," Amy commented.

"I have always wanted to go into the medical field. My mom, dad, brother and cousins are all nurses. I guess that is where it seems to come natural to me," Amy said with a smile. "I have always had a natural desire to help others and this is where I feel most comfortable. My biggest reward as a nurse is the feeling of knowing that I have helped someone by caring for them or just brightening their day. On the other hand, the biggest challenge is balancing work and home. My job and my family life are both important to

me but like any job, we have to adjust our time so that it all works out in the long run."

Asking Amy what advice she would give to someone going into the medical field, she replied, "I would tell them to be sure to know just what they are getting into. With the medical field, there are many options that they can take. Choose something that you are interested in and follow through with that dream. Once you get where you want to be, continue to learn and absorb all of the knowledge you can. Know that you are going to be responsible for people's lives. You are responsible for someone's life. This is not a job, it is a career. Being a nurse gives you many responsibilities. You have

See SULLIVAN Page 5



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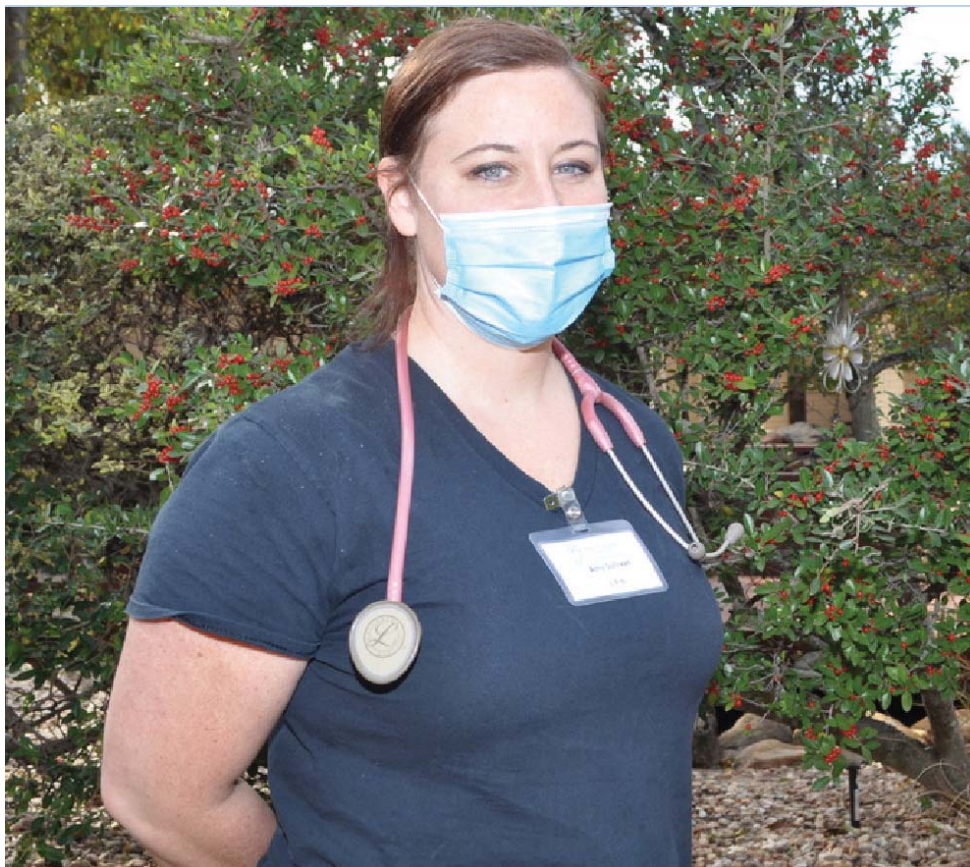
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Amy Sullivan, LPN, enjoys caring for the residents at Grace Living Center, The Grand in Bethany, OK. Amy considers nursing as a career, not a job.

to learn your strong points and are putting their trust into your hands. Being a nurse can have that there are many people that its good times and its bad times,

SULLIVAN

Continued from Page 4

but overall, the good time always seem to win."

Amy considers herself a leader. "I try to be a good example for others. Being a nurse takes a lot of teamwork and that is what we have here. Each nurse is always willing to help each other out and that is what is important. There is no such thing as a typical day for a nurse. Each day is full of unexpected or last minute changes. We just have to be ready for the unexpected."

Growing up in Texas, Amy

relocated to Oklahoma as a young adult. "Now, with my husband of sixteen years, we have a thirteen year old daughter and a ten year old son. We live in Mustang, OK where we are surrounded by family and friends," she said. "My hobbies include reading and exercise. My favorite thing is caring for all of our animals on our farm. We have dogs, cats, pigs and chickens. I love animals," she explained.

To sum up my life, "I am a LPN, certified in long term acute care and I love what I do. I am proud to call myself a nurse at Grace Living Center, The Grand in Bethany, OK."

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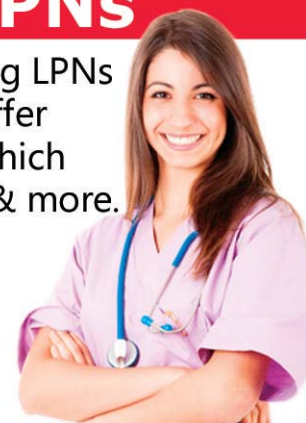
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Arcadia Trails INTEGRIS Center for Addiction Treatment Achieves International Accreditation



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Many wonderful and outstanding individuals have worked as faculty members at the SNU School of Nursing over the years, each making a unique contribution to the profession through their teaching arts. The current faculty have recently completed a major revision to the traditional

undergraduate curriculum to ensure the courses meet the current required standards of education expected from the regional employers. In addition, the importance of recognizing the global health environment has been brought to the forefront. Nursing students at SNU have a number of outreach opportunities, both local and international. These opportunities are expanding with each year!

As far as the SNU campus, two well-known "faculty" may be seen at the SON. Tillie Mae and Baby Snookums, both Mini Australian Shepherds, are certified by the Human Animal Link of Oklahoma as Therapy Dogs. Students enjoy the dogs and often find a non-judgemental listening ear when nursing school becomes too stressful. The dogs often "work" the lobby, going from student to student to provide a happy greeting or visiting a classroom prior to an exams to bring a sense of calm.

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My name is Agnes, but my family calls me "Ike". I was born, raised and graduated from high school in Boley, Oklahoma. I met my husband, Otis, while I was attending business college in Omaha, Nebraska. During our 42 years of marriage we have been blessed with two daughters and two grandchildren. In 2006, I thought I was feeling okay, but noticed I was getting tired more and more. That's when I found out my kidneys were failing. I received a new kidney in May 2012. After writing to my donor family, I learned that a young woman name Holly saved my life. When I see the brightest star in the night sky, I think of my Angel, Holly.

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Agnes

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NURSE TALK

I would be in a scary movie because that is my favorite type.



Rose Armstrong, RN

I would choose a comedy because I like to make people laugh.



M.J. Jeffrey, LPN

If you were going to appear in a movie, would it be a comedy, scary, romantic or action adventure and why?

Mercy
Mercy Rehabilitation Hospital

I like comedy! I like to give people a good time!



Gracie Abraham, RN

I would be in an action adventure. It would be exciting!



Randy Chapman, RN

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FROM OUR FRIENDS ON FACEBOOK

Caregivers bring out the fun for Halloween *INTEGRIS Children's at Baptist*

INTEGRIS Children's at Baptist Medical Center held their yearly Halloween parade for their pediatric patients. Our caregivers brought out the fun!



Communities partner to provide Holiday HOPE to children in foster care



Each year, Oklahoma Human Services (OKDHS) collaborates with multiple community organizations across the state to fulfill the holiday hopes of children and youth in state custody. Like all children, those in foster care anxiously await their visit from Santa or dream of that special gift waiting for them under the tree. COVID-19 has impacted how all Oklahomans work and live, and although things will operate differently this year, it has not impacted the ability for OKDHS and others to bring the magic of the season to children in foster care and their foster families.

"It's incredibly important to me that kids who are in foster care understand that they are seen and valued," said Dr. Deborah Shropshire, OKDHS Child Welfare Director. "Like everything we do now, the holidays are going to be a time where we just have to be willing to get creative and improvise to keep the magic alive. COVID-19 has certainly impacted our work and how our community partners operate. Even though things might look a little different this year, we're deeply thankful to the donors who continue to rally to generously support our children and families to bring joy and a sense of normal during the holiday season."

Families who foster or are in the process of adopting, and are

not receiving support from an organization in their community should complete a resource request form at this website. Some organizations will be fulfilling child(ren)'s gift wish lists while others are requesting gift cards to support contactless donations. Foster families who are already working with an organization should continue to do so.

Oklahomans who are looking to be connected to an organization in order to make a donation should email HolidayHope@okdhs.org or reach out to OKDHS via social media.

Oklahoma needs more families to step forward to foster local children in state custody, particularly those in large sibling groups, teens and children with behavioral health needs. Families interested in learning more about foster care or applying to become a certified foster family may visit okfosters.org to be connected to a recruiter in their area, or visit okbenefits.org to make application immediately. Follow the prompts on the website to make application or call 1-800-376-9729 to speak to someone by phone. Interested Oklahomans may also visit ouokdhs.org to raise their hand and join the agency's efforts to better serve the community through innovation and collaborative partnerships.

Cancer Should Not Get the Last Word

Caregiver Sees Three Family Members Diagnosed within a Year

The role of caregiver is one Keith Howard knows well. He is president and CEO of an organization providing help, healing and hope to children and families in crisis. He has also seen up-close the devastating effects caused by cancer.

A few years ago, Howard’s sister was diagnosed with breast cancer, and that same year his father received a prostate cancer diagnosis. A year later, his mother learned she had breast cancer. “My sister fought until the very end,” Howard said. “She passed away in 2017. Losing her really put me under and led me to attend individual therapy for the first time in my life. She was always the more stable and responsible one, and I was the baby brother who flew by the seat of my pants. Then suddenly cancer took her, and it was just me.”

The reality of losing a sibling hit hard, Howard says, and stirred many emotions he had never confronted.

“Knowing someday I’ll say goodbye to my parents alone is something that affected me early on after she passed,” he said. “It was literally something I had never processed. There was never a moment that I didn’t think she would be there. I never imagined life without an older sister.”

Howard assumed the role of caregiver to his parents, helping them on their individual cancer journeys. His mom is doing well, he says, but his father’s prostate cancer returned in 2018. He had surgery and is undergoing treatment, and currently both his health and prognosis are good.

“Mom is 62, and Dad is 65,” Howard said. “But my dad’s cancer coming back stirred up those emotions all over again. I began wondering how I could step up and help more. What if this diagnosis takes a turn for the worse and we lose him? He’s so young and so is my mom. Why are we going through this again? I also wrestle with when will it happen to me? I think Mom and Dad fear that as well. When your three closest family members are all diagnosed within a year of each other, it definitely makes you understand the vulnerability of

life and health.”

This year the American Cancer Society, like so many other organizations and individuals, felt the financial effect of the global COVID-19 pandemic. Maintaining core services and life-saving research has been a struggle, but it’s one Howard says is vital to those who are fighting cancer, and the caregivers who support them.

“I think society has normalized cancer,” he says. “They think ‘Oh, cancer is just something that happens to millions of people.’ But it shouldn’t be normal. The research the American Cancer Society does is critical to providing hope and life-giving techniques, so other families don’t have to go through this heartache. Cancer disrupts life and in the unfortunate cases, it takes life. That isn’t okay. Just because it might be out of sight, out of mind unless someone or a family member is diagnosed doesn’t make the research and awareness any less important.”

As Howard reflects on his caregiver role, he believes its important for those facing cancer to have excellent care and treatment, but they also must have hope. That’s why he says the new ACS Chad Richison Hope Lodge Oklahoma will be a blessing to so many.

“Having a place like Hope Lodge is essential in two ways,” he says. “First, it will alleviate the burden of costs for traveling to Oklahoma City for treatment. And second, having a space where you are around other people who ‘get it’ and know what you are going through is equally encouraging. As a family member to those with cancer, I often find myself relating better to others who are experiencing the same journey or season.”

Cancer affects everyone, Howard says, from the cancer patients themselves to friends and ultimately the entire family.

“Cancer is a gut punch,” he added. “It steals things like years, birthdays, holidays and childhoods. Investing in ACS research, advocacy and support is essential to fighting for those moments back. A few years ago, I would have told you I didn’t have anyone close to

me that had cancer, much less died from it. Since then I lost my sister, my parents were diagnosed, I lost an uncle to cancer and three of my aunts were diagnosed with breast cancer. This is a battle none of us saw coming. Yes, ACS and their support matters, because people matter, and cancer should not get the last word.”

Additional information on the American Cancer Society and its services, as well as advice for caregivers, can be found at www.Cancer.org or by phone at 1-800-227-2345.

SITUATION UPDATE: COVID-19

- This week, all 77 Oklahoma counties are in the “orange” risk level for the COVID-19 Alert System. OSDH continues to closely monitor statewide and regional hospitalization trends for COVID-19.
- The COVID-19 Alert map will be updated every Friday in the Situation Update at 11:00 a.m. This week’s map can be seen in this update below the test results chart.
- As OSDH continues to meet with stakeholders across the state, the COVID-19 Alert Map is subject to further revisions as science and public health guidance advances with the ongoing pandemic.
- As of this advisory, there are 147,358 cases of COVID-19 in Oklahoma.
- There are 12 additional deaths identified to report. No deaths were identified in the past 24 hours.
- *One in Comanche County, one male in the 50-64 age group.
- *One in Custer County, one male in the 65 or older age group.
- *One in Grant County, one female in the 65 or older age group.
- *One in Kay County, one female in the 65 or older age group.
- *One in Kiowa County, one female in the 65 or older age group.
- *Three in Oklahoma County, two females in the 65 or older age group, and one male in the 65 or older age group.
- *One in Payne County, one female in the 65 or older age group.
- *Two in Tulsa County, one female in the 50-64 age group, and one female 65 or older age group.
- *One in Wagoner County, one male in the 50-64 age group.
- There are 1,493 total deaths in the state.
- For more information, visit coronavirus.health.ok.gov.

COVID-19 Oklahoma Test Results

Cases	147,358
*Total Cumulative Negative Specimens to Date	1,643,665
*Total Cumulative Number of Specimens to Date	1,803,710
**Currently Hospitalized	1,279
Total Cumulative Hospitalizations	10,106
Identified Deaths in the Past 24 hours	0
Total Cumulative Deaths	1,493

***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.**

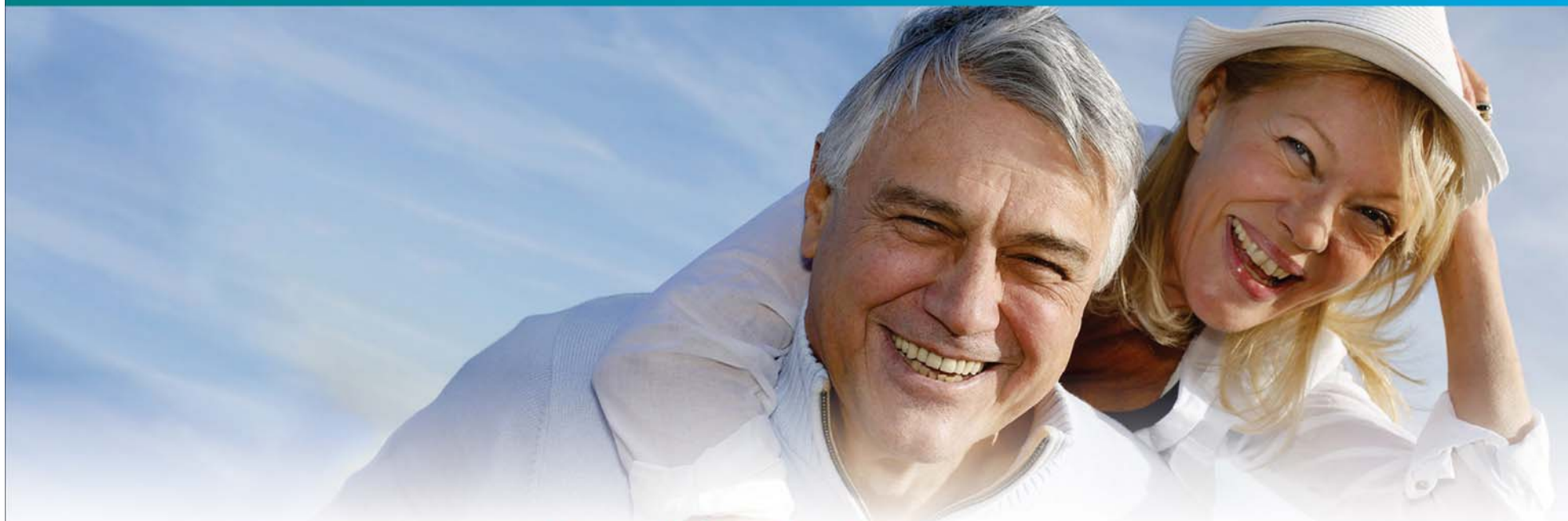
Data Source: Acute Disease Service, Oklahoma State Department of Health. *As of 2020-11-13 at 7:00 a.m.

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