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November 2, 2020 Vol. 21 Issue 45

Information for the Oklahoma Nursing & Health Care Professional Published Weekly. Locally Owned and Operated by Metro Publishing L.L.C.

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# Examp The Fountains at Canterbur

Angela Reupert, MSN, RN, RAC-CT is the Director of Nursing at The Fountains at Canterbury, continuing to lead others by being an example in the medical field.

by Vickie Jenkins, Staff Writer

The Fountains at Canterbury, located in Oklahoma City, Oklahoma, is a retirement community offering Independent Living, Assisted Living, Memory Care, Rehabilitation and Skilled Nursing on an idyllic 39-acre campus featuring lakeside trails and a fishing dock. You'll find us conveniently located near shopping, dining, entertainment, parks and

healthcare.

Named a Five-Star Quality community according to Medicare.gov in their most recent Skilled Nursing survey, putting The Fountains at Canterbury in the top 10 percent of skilled nursing centers in the area.

When rehabilitation is what the doctor ordered, The Fountains at Canterbury

See EXAMPLE Page 2

## DU Health Sciences Center to Train **Providers**



Dr. Lee Jennings.

Geriatrics, infectious disease, nursing and public health experts at the University of Oklahoma Health Sciences Center are offering training to nursing home providers across Oklahoma on how to best keep their residents safe and engaged as the COVID-19 pandemic continues.

In Oklahoma, 40% of all deaths due to COVID-19 are among nursing home residents, yet they account for less than 1% of the state's population. At the same time, there is a rise in infections among people ages 18 to 35, which tends to be the age of nursing home staff, who may unknowingly bring the virus into the facility. Those factors underscore the necessity

See TRAINING Page 3

#### EXAMPLE **Continued from Page 1**

welcomes everyone, not just current residents. We've designed our rehabilitation program with our own residents in mind, that's why we offer amenities and services you never thought existed in a rehabilitation setting. -The Fountains at Canterbury-

Located in NW Oklahoma City, as if tucked away off of NW 122 street, The Fountains at Canterbury is a quiet and peaceful setting. With a staff full of expertise, there is an outstanding nurse to be recognized; Angela Reupert, MSN, RN, RAC-CT, who was the MDS Coordinator from September 2012 until November 2019 when she took over the Director of Nursing position at The Fountains at Canterbury. Angela has been working here for a total of eight years. "I enjoy working here and we all become very close to the residents. It is good for the residents and the nurses to have that kind of bonding," Angela said.

Ever since I was little, I wanted to be a nurse. I attended Langston University, graduating in 2007. I want to give credit to a few of my mentors while I was in school; one of them was Dr. Teresa Hunter and Dr. Lynnie Skeen, both at Langston University. They were the Also, my husband and my daughter were always very supportive and encouraging with my nursing education."

My very first job as a nurse getting out of college, I worked in Med Surge at OU Medical Center. That was when I practiced some of the most important qualities of a nurse; be someone that cares, have empathy for others and last, but not least, be that nurse that is selfless," Angela commented.

When I asked Angela to describe herself, she replied, "After graduation, I started out at OU Medical Center as a Nurse intern and then transitioned to a floor nurse after graduation. At the time,, I did some work in Radiation Oncology at OU. I

"I grew up in Guthrie, OK. was recruited to a charge nurse position at Golden Age nursing Home in Guthrie, Oklahoma where I attained a great ideal of my knowledge and training. They really opened many doors for me. I went to their sister facility to work in MDS and did this for many years becoming an MDS guru. I then had the opportunity to attain employment closer to home leading me to the Fountains at Canterbury in 2012. I was their MDS Coordinator for a bit over seven years and transitioned to the Director of Nursing Position.

> This place really has become my second home and I am proud to work for such a great team. Also during this time frame, I attained a Masters in nursing with an emphasis on executive leadership. I would describe myself as a self starter, down to earth and a kind person," she said with a smile. "I consider myself both a leader and a follower. Sometimes, there is a time to do both."

> > What is your biggest reward

as a nurse? "I think the biggest reward that I get from my job is the fact that I am able to be present for the patients and be able to take care of them in whatever they need," Angela replied.

"If I were to give advice to someone going into the medical field, I would tell them to make sure that they know they are getting into the right field, making sure they really are full of compassion, wanting to make a difference in someone's life."

Angela enjoys spending time with her family and playing Pokemon. She is married to a wonderful man and they have one daughter. Their pets include two cats and two dogs.

Asking Angela how the Coronavirus changed her life, she "I don't feel like it changed my life much, but I have adapted. I always wear a mask everywhere I go, use sanitizer and clean surfaces often and of course, practice frequent hand washing.





## TRAINING Continued from Page 1

of training and creating best practices concerning COVID-19, said geriatrician Lee Jennings, M.D., faculty member in the OU College of Medicine.

"Older adults who live in nursing homes tend to be frail and in poor health, which puts them at much higher risk for bad outcomes or death if they contract COVID-19," Jennings said. "We want to train and support nursing home providers so they can prevent COVID-19 infections and be prepared for how to care for residents who do become infected. Nursing homes also need to be prepared to respond to changing regulations and have best practices around personal protective equipment, and screening and testing staff members, among other considerations."

The OU Health Sciences Center is uniquely positioned to offer this training because it has existing relationships with nursing homes through the Oklahoma Dementia Care Network. The value of these partnerships is evident as the COVID-19 training launches, Jennings said.

The training is being funded by the federal Agency for Healthcare Research and Quality through a program

called Project ECHO (Extension for Community Healthcare Outcomes). Based at the University of New Mexico, Project ECHO is a national model that allows partners like the OU Health Sciences Center to access the most current medical information and best practices for nursing home providers during COVID-19. Project ECHO addresses many other health issues by partnering with academic medical centers to train primary care physicians in underserved and remote areas to become experts in subspecialty care.

The training, which is being offered to all Oklahoma nursing homes, consists of a 16-week boot camp for managing COVID-19 and related quality improvement steps, plus weekly "office hours" for a year. All sessions will be conducted virtually on Zoom. Each participating nursing home receives up to \$6,000 to use as they need, Jennings said. In addition to specialists from the OU Health Sciences Center, national quality improvement experts from the Institute for Healthcare Improvement will take part in each session. Other collaborators include the Oklahoma State Department of Health, the Oklahoma Foundation for Medical Quality, and Telligen, the quality improvement organization designated for Oklahoma by the U.S. Centers for Medicare & Medicaid Services.

In addition to training and mentoring nursing home providers on issues specific to the virus, the sessions will address social isolation and continuing mobility for residents during the pandemic, Jennings said.

"While it has been necessary for nursing homes to limit visitation, that has been really hard on residents and families. There are spouses who have spent every day of their adult lives together and now can't see one another. The toll it is taking is heartbreaking. There are similar situations with their children, grandchildren and other family members," she said. "We want to promote guidelines for visitation when that becomes possible, perhaps visiting outside with family members wearing personal protective equipment. For now, we can use technology for virtual visits, and we need to make sure everyone involved knows how to best do that."

Nursing home staff should also help residents and families talk about their loved one's wishes should they become infected and very sick with COVID-19, Jennings said. "Best practices for advance care planning are important," she said. "It's vital

that nursing home staff know what your loved one would want in that situation – do they want to go to the hospital, and what are their wishes for treatment if they do go the hospital? The impact of COVID-19 has pushed those conversations to the forefront in nursing homes, and we can help."

After COVID-19 training is finished, the same network will be helpful for nursing homes going forward as other issues develop, such as making COVID-19 vaccines available, or additional topics that are especially relevant to nursing homes, Jennings said.

"This new network is a nice opportunity to provide nursing homes with the latest information and quality improvement tools on an ongoing basis," she said. "It's also a valuable tool for nursing home providers to reach out to their peers in other facilities and ask them what does and doesn't work. No one knows better what the challenges are than the people who work in nursing homes. Ultimately, we all want to take the very best care of older adults that we can."

Nursing homes can sign up to participate by emailing **okdcn-echo@ouhsc.edu**, calling (405) 271-8166 or visiting **dcn.ouhsc.edu**.

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# CAREERS IN NURSING PASSION, EMPATHY, DESIRE: SKIN CANCER CENTER

Vickie Jenkins, Staff Writer

Located in Norman, OK, you will find Dr. Benjamin J. Bigbie, MD, Dermatologist working at the Skin Cancer Center; specializing in the removal of all types of skin cancer. This is where you will also find Cindy Wilson, Office manager, Mohs Surgery Histotechnician. Cindy has plenty of experience and has been in the medical field for thirty years.

Mohs micrographic surgery is a specialized, highly effective technique for the removal of skin cancer. Mohs surgery differs from other skin cancer treatments in that it permits the immediate and complete microscopic examination of the removed cancerous. Tissue, so that all roots and extensions of the cancer can be eliminated. Due to the methodical manner in which tissue is removed and examined, Mohs surgery has been recognized as the skin cancer treatment with the highest reported cure rate.

"My husband, Rick and I lived in Tulsa, OK where I worked at Oklahoma Cancer Specialist Research and Institute in Tulsa, OK for seven years. Before that, I worked for a doctor at a private practice. We recently moved to to be near our Bethany, OK son, daughter in-law and our two grandchildren. I was fortunate to connect with Dr. Benjamin Bigbie who is a Mohs surgeon, and we hit it off and the rest is history," Cindy said with a smile. "Dr. Bigbie has been in Norman for about fifteen months."

"Our practice treats skin cancer, basal cell carcinoma, squamous cell carcinoma and malignant melanoma as well as some other tumors of the skin. We treat our patients like we would want our family and friends treated. We have a small team, we work hard and were are like a family unit. I like knowing that at the end of the day, we have done a great job and we leave knowing that our patients have been well cared for," Cindy commented.

"We only see a limited number of patients a day as our surgeries can last one to three hours depending on lab time. With the patients being at the officer for that length of time, we get to know a little about them and their life. It is rewarding to talk to our older patients and learn of their history. It's a way we are able to connect with our patient as they connect with us.

"When I was hired as the office manager, my former employer asked me if I would be interested in the field of Mohs histotechnology. I told her I would. I like to challenge myself and decided to give it a try. Long story, short, I trained at another physician's office and went to a course sponsored by the American Society of Mohs Surgery. I went on to join the faculty of that annual course and was a part of that for fifteen years."

Born and raised in McAlester, Oklahoma, Cindy still has family members there. Asking what Cindy wanted to be when she was little, she replied, "I don't remember what I wanted to be when I grew up but I had no clue that I would be working in

See CREW Page 5



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Working with Benjamin Bigbie, MD, is Cindy Wilson, Office Manager, Mohs Surgery Histotechnician. With thirty years experience, Cindy's desire to help others continues on.

### CREW Continued from Page 4

the medical field," she said with a laugh. "I can't image doing anything else though."

"One thing for sure, I am a firm believer that all things happen for a reason and that is how I ended up doing what I do. I love my job and I feel like I have a real bonding with the patients. I think if someone wanted to work in the area, I think that person would need to have plenty of passion, empathy and a true desire to help others. Of course, that applies to any kind of job in the medical field," Cindy said.

On a personal note, Cindy has been married for forty-one years. "He is my partner, sounding board, and the love of my life. My daughter-in-law is an RN and I have other family members that are in the medical field as well."

Asking Cindy how the Coronavirus has effected her life, she replied, "Ugh, I am so tired of it all and it has changed the whole world. Of course, we continue to take precautions in the office and at home. I can say that I admire the front line workers in this battle that they continue to fight. God bless all of them.

Summing up Cindy's life in three words, she said, "Faith, family and friends."

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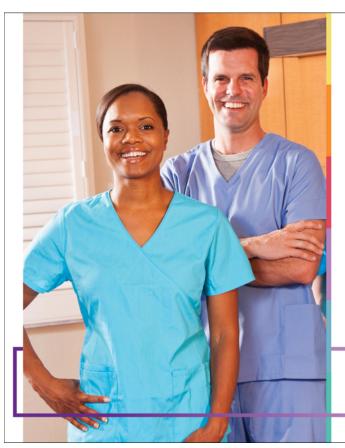


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Purcell Municipal Hospital located at 1500 N Green Ave, Purcell, OK 73080 is in need of a PRN, or as needed, Clinic Nurse/LPN for the after hours / urgent care clinic. Monday-Friday 8a-7p, varied weekends: Saturday 10a-6p, Sunday

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# OU HEALTH COMMUNITY MOURNS PASSING OF CIVIC LEADER AND PHILANTHROPIST, MIKE SAMIS

After a lengthy illness, Mike Samis, 67, entrepreneur, civic leader and philanthropist, passed away Thursday, Oct 22. He is survived by his wife, Karen, their two daughters and five grandchildren.

Governor Kevin Stitt said, "The State of Oklahoma has lost a great advocate and public servant in Mike Samis. The successes he knew in business are a testament to his keen knowledge of the corporate world, his ability to collaborate and to rally diverse interests for a shared

purpose. Mike Samis lived his life to make Oklahoma a better place to live, work, dream and achieve. His absence will be felt deeply across our state."

Samis, a native Oklahoman, was chairman of the board of OU Medicine, Inc., a 501(c)3 Oklahoma non-profit corporation formed in 2017. He was instrumental in negotiation efforts that ultimately resulted in the acquisition of interests held by Hospital Corporation of America (HCA) in the former OU Medical

System.

"Mike was a remarkable figure and leader in our state. His life, lost too soon, leaves a legacy that will benefit generations of Oklahomans," said University of Oklahoma President Joseph Harroz Jr. "Thanks in large part to his leadership and wisdom, the future of healthcare in our state is a bright one. His twentyseven years of volunteer leadership profoundly impacted the University of Oklahoma Health Sciences Center and the many lives it improves. I'm thankful for his life of service, his friendship, and to have had the opportunity to work alongside him."

Built in 2012, Samis Family Education Center, adjacent to Oklahoma Children's Hospital – OU Health, was named to acknowledge the numerous and significant contributions of its namesake throughout a career dedicated to advancing initiatives that improve quality in healthcare and in medical education.

"The Samis Center holds a place of prominence at the heart of the OU Health Center, not only as a structural presence, but for the vital educational functions it serves. That it bears the Samis name is fitting, then



Mike Samis, entrepreneur, civic leader and philanthropist

and now," said G. Rainey Williams Jr., chair, University Hospitals Authority and Trust. He spoke of his personal esteem for Samis, his predecessor and former trust board member. "Mike was driven to see Oklahomans live better lives through improved access to excellent healthcare. His dedication to that goal was evident in his focused interest in healthcare administration,

See SAMIS page 13



(AS PUBLISHED IN THE 2020 EDUCATION GUIDE TO NURSING)

## Powering a better educated, healthier and more accessible world

Kobey Trower considers himself a lifelong learner who always held a goal of earning a bachelor's degree. For him, choosing to complete his Bachelor of Science in Nursing (BSN) at Oklahoma State University was an easy decision.

The online program, which launched in Fall 2017 and is accredited by the Commission Collegiate Nursing Education (ČCNE), provides students with a convenient and flexible option to complete their bachelor's degree in as little as one year. With this degree, graduates are qualified for leadership roles in a variety of healthcare environments.

Trower works as a registered nurse (RN) at the Oklahoma Heart Hospital in Oklahoma City. While he initially enrolled in the BSN program to achieve his goal of earning a bachelor's degree, Trower now plans to earn his master's degree and become a nurse educator.

"Now that I have my bachelor's, I've become more interested in nurse education," Trower said. "I want to make sure each new graduate has all of the tools and resources accurately work efficiently."

When Trower decided to complete his nursing degree to achieve his professional goals, it was important to find an accommodating program for his busy schedule. The full-time or part-time curriculum option offered at OSU was a huge selling point. Trower, who took one course at a time and completed the program in two years, said the deciding factor was the 100 percent online coursework.

"The curriculum and accessibility of the classes made it very easy to work around my work schedule and get all of my assignments done in a timely fashion, without having to stress," Trower said.

While many courses involved a group project and discussion posts, Trower said he found collaborating with other professionals in an online setting enriching without being distracting.

"All of the students were and working full-time jobs," Trower said. "We had some people who worked in ICU, some in labor and delivery, others in clinic



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helped us keep on the same page for group projects. It was super convenient for me to work full time and still have a life aspect of it helped keep my attention and keep me moving through the program."

Ultimately, the mission of the RN to BSN program is to prepare nurses to practice

and research settings. The professional nursing that meets accessibility of the coursework the dynamic health care needs of individuals, families, groups, communities and global populations. Faculty facilitate the education of students in without being tied down. That the art and science of nursing to provide leadership with an emphasis on ethics, wellness, cultural competency and population-based and professional inter-collaborative practice.



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## Research Study on EHR Use and Provider Motivation

#### University of Tulsa

Psychology researchers at the University of Tulsa are studying the link between electronic health record (EHR) use and motivation. Nurses and physicians are invited to participate by completing our 20-minute survey.

Follow the QR Code with your smartphone camera to learn about eligibility requirements and compensation.



Contact: Bret Arnold (bret-arnold@utulsa.edu) | IRB No. 20-43

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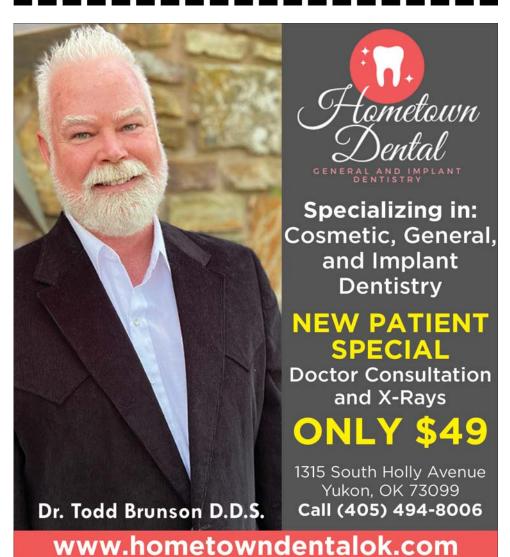
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My name is Agnes, but my family calls me "lke". I was born, raised and graduated from high school in Boley, Oklahoma. I met my husband, Otis, while I was attending business college in Omaha, Nebraska. During our 42 years of marriage we have been blessed 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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nes LifeShare









# NURSE

# TALK

Transcontinental train ride, Canada/ USA



Lisa Long, RN

I would like to visit Iceland and see the Northern lights.



Lacey Brennan, RN

What is one thing on your bucket list?

----HPI----COMMUNITY
HOSPITAL

INTEGRIS Network
Community Hospital
South Campus, Med
Surge West

I want to finish grad school!



Ralph Cornelius, RN

I want to visit Disneyland!



Shelly Lein, RN

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— Lacy Smith, Class of 2019

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#### **SAMIS**

#### **Continued from Page 8**

public health policy and healthcare delivery. It is impossible to overstate all the ways in which his influence continues to elevate improved quality of life for Oklahomans throughout the state."

Samis earned a bachelor's degree in finance from the University of Oklahoma, Norman, and completed master's degree in business from Southern administration Methodist University, Dallas. As the initial chair of the University Hospitals Authority and Trust, appointed by Governor David Walters in 1993, Samis led the negotiating team that structured the 1993 agreement with HCA to jointly operate the state's academic medical center in Oklahoma City and the HCA facility then known as Presbyterian Hospital. Under that historic OU Medical Systems (OUMS) agreement, medical education remained intact on the Oklahoma City campus, and capacity to provide care to the underserved was preserved and expanded. Further, the agreement helped ensure that ongoing research programs conducted through the OU College of Medicine were sustained. In 2000, Samis was elected chair of OUMS, serving continuously until OU Medicine, Inc. became operational on February 1,

Samis was vice president of Hiawatha Oil Company, a large independent oil and gas exploration and production company in Oklahoma City. He later became president, CEO and chairman of the board of Macklanburg-Duncan Company (M-D), and CEO and chairman of the board of its successor company, M-D Building Products, Inc. Under his leadership, M-D became one of the 25 largest suppliers to the hardware

and home center industry with sales exceeding \$250,000,000.

Among many business and civic leadership roles, Samis served as a director of BancFirst, a publicly traded commercial bank, was a member of the board of the Dean McGee Eye Institute, and chaired the University of Oklahoma Foundation.

Samis received the 2002 Alumni Achievement Award from Casady School and was honored in 2010 as the recipient of the school's Distinguished Graduate Award. The University of Oklahoma presented Samis with its Regents' Alumni Award in 2007 and an honorary doctorate in 2010.

"Mike was a more than a highly regarded and valued colleague. He was also a trusted friend and mentor whose insights and leadership had profound impact," said Chuck Spicer, FACHE, President and CEO of OU Medicine, Inc. "The void created by his death is immeasurable. He was a man who challenged us to be better and helped us find the best within ourselves."

Jason Sanders, M.D., MBA, Senior Vice President and Provost of OU Health Sciences Center and Vice Chair of OU Medicine, Inc. Board of Directors, said, "Mike Samis had tremendous resolve to lead OU Medicine through milestone after milestone. Due to Mike's years of tireless effort, in 2018 OU Medicine became a locally owned and operated health system. Mike's vision centered on the patient, and he fought to expand OU Health's essential clinical programs for all Oklahomans. He likewise championed medical education for tomorrow's caregivers. Among his many legacies is a lifetime of reaching new heights for healthcare in Oklahoma, and challenging each of us to do the

# SITUATION UPDATE:

- •As of this advisory, there are 125,195 cases of COVID-19 in Oklahoma.
- •There are nine additional deaths identified to report. One death was identified in the past 24 hours.
- \* One in Adair County, one male in the 36 49 age group.
- \* One in Canadian County, one male in the 65 or older age group.
- \* One in Cleveland County, one female in the 65 or older age group.
- \* One in Garfield County, one male in the 65 or older age group.
- \* One in Grady County, one male in the 65 or older age group.
- \* Two in Kingfisher County, one male in the 50 64 age group and one male in the 65 or older age group.
- \* One in Mayes County, one male in the 65 or older age group.
- \* One in Oklahoma County, one male in the 65 or older age group.
- There are 1,354 total deaths in the state.
- For more information, visi **coronavirus.health.ok.gov**.

#### COVID-19 Oklahoma Test Results

Cases	125,195
*Total Cumulative Negative Specimens to Date (As of Oct 30)	1,494,632
*Total Cumulative Number of Specimens to Date (As of Oct 30)	1,632,701
**Currently Hospitalized (As of Oct 30)	852
Total Cumulative Hospitalizations	8,934
Identified Deaths in the Past 24 hours	1
Total Cumulative Deaths	1,354

\*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 2020-11-02 at 7:00 a.m.

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