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November 9, 2020

Information for the Oklahoma Nursing & Health Care Professional

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Close to Home

TU ready to fill CRNA void

Lisa Riedel DNP, MS, CRNA leads the state's first Nurse Anesthetist program at The University of Tulsa. (top)

by Bobby Anderson, RN - staff writer/photographer

When it came to nurses looking to pursue an advanced degree as a nurse anesthetist, going out of state was the only route.

Now, thanks to the University of Tulsa and the Oxley College of Health Sciences, nurses can stay close to home while taking their career farther.

TU's School of Nursing has a long history of educating students in a pre-licensure nursing program. Since its first graduating class in 1973, The University of Tulsa has graduated more than 1,400 nurses with a bachelor of



science in nursing degree.

Graduates are prepared for employment in hospital and community health agencies. Job opportunities abound for TU nursing graduates. The high demand for nurses is expected to continue for the next 20 years.

See CRNA Page 2

Local Schools donate \$50,000 to cancer research at OMRF



Oklahoma Medical Research Foundation scientist Linda Thompson, Ph.D., who holds the Putnam City Schools Distinguished Chair in Cancer Research.

Putnam City Schools officials recently presented the Oklahoma Medical Research Foundation with a check for \$50,000 to support cancer research.

Now in its 45th year, Putnam City's annual Cancer Drive has grown from grassroots efforts to include a 5K, carnivals and even the chance to dump slime on teachers in exchange for donations. But traditional events came to a halt in March due to Covid-19.

See DONATION Page 3

CRNA

Continued from Page 1

In addition, the school also offers a DNP program to meet the health care needs of the community.

In August, the School of Nursing welcomed its first cohort of students in the inaugural anesthesia graduate program - the first in Oklahoma.

The Nurse Anesthesia program is designed to prepare nurses for advanced practice in administering anesthetics to patients across the life span wherever anesthesia is delivered, including in-hospital surgical suites, ambulatory surgical centers, the offices of dentists and plastic surgeons, rural settings and the military.

The NA curriculum is an integration of doctor of nursing practice (DNP) core courses and nurse anesthesia specialty courses. This intensive educational program employs didactic learning, laboratory skills, human patient simulation and extensive clinical experiences.

The NA program culminates with the completion of a scholarly final project.

Lisa Riedel, DNP, MS, CRNA was named the inaugural director.

Prior to her new role she was an assistant professor in one of Michigan's five nurse anesthesia programs.

Riedel's assistant director is Andy Tracy, PhD, MSN, CRNA who moved over from the VA at the Lovell Federal Health Care Center where he served as the chief CRNA and clinical coordinator for nurse anesthesia residents.

The program is filled with ICU RN's and the selection program was robust.

"It's an interesting process," Riedel said. "And those are set by really how we know people in the past have succeeded. That's why we require previous ICU experience. We ask people to shadow CRNAs so they know the job role and we recommend they take the PCRN but we don't require it. It does just show how



View more photos at www.oknursingtimes.com

well they do on a standardized test and with that material."

"We had so many people that met all those qualifications that we actually asked 55 people to the interview process even though we only have 15 spots."

The first class was selected earlier this year and began early in August.

"It's been overwhelming and not just from ICU nurses in Oklahoma but also surrounding states, too," she said. "It's highly competitive to get in and so we find that with all schools that people from surrounding states and actually all across the United States will apply to a program because they will go anywhere to get in."

Riedel said the program has been in the works since 2015 and the vision of the former university president.

She was contacted by a recruiter more than a year ago about the director position and passed on the opportunity at the time.

A year later, the position was still available and she spoke with the past-president of the Oklahoma Association of Nurse Anesthetists.

"I had talked to her at national conferences and heard

her on a podcast talking about the state of health care in Oklahoma and the need for this program to be up and running," she said. "I saw the position was still open and I consulted with my family and they told me to go for it and I did."

"I like to joke the first time I was ever in Oklahoma was for my job interview and the second time was to take possession of our house."

Riedel has such high hopes for this inaugural class. One way or another it will be a benchmark for future classes.

"I hope for great, eager young minds and maybe not so young because we've been waiting for this program for awhile and a diversity of experience," she said. "We want people committed to the profession and we've asked about whether they will stay in Oklahoma and serve the needs of Oklahoma residents."

"Oklahoma has a large swath of rural area that really need that advanced practice role to come in there and provide access."

Riedel said 15 spots will open yearly for admission with selection taking place around March.

To learn more about applying to the three-year program you can visit the school's web site.

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DONATION

Continued from Page 1

"We are so grateful to Putnam City Schools for their long-standing support of cancer research at OMRF. Even with a shortened school year and disrupted fundraising plans, they made a substantial gift to our ongoing efforts," said OMRF scientist Linda Thompson, Ph.D., who holds the Putnam City Schools Distinguished Chair in Cancer Research. "It's a testament to the strength of this partnership and a reminder that despite the world's critical focus on Covid-19, medical research in other areas must continue."

Putnam City High School teacher Lois Thomas started the drive in 1976 to support numerous coworkers who were diagnosed with cancer in a short window of time. She and a small group went door-to-door collecting money to help fight the disease.

Since then, her efforts have raised more than \$3.7 million for OMRF. The funds have paid for research, supplies and established OMRF's Putnam City Schools Distinguished

Chair in Cancer Research.

Work at OMRF has led an experimental drug now undergoing clinical trials at the OU Health Stephenson Cancer Center to treat patients suffering from glioblastoma, a deadly brain cancer. The drug has also shown promise in diffuse intrinsic pontine glioma (DIPG), a fast-growing pediatric cancer that starts in the brain stem.

"Putnam City Schools students and employees work hard to raise money for OMRF throughout the school year. That commitment allowed us to raise significant funds for OMRF prior to schools being closed during the pandemic," said Dr. Fred Rhodes, superintendent of Putnam City Schools. "Schools host individual fundraisers at school sites, and all of those combined with Putnam City's annual Cancer Classic 5K raised an impressive amount during an abbreviated school year. We are proud of this partnership and how that relationship contributes to the progress made in cancer research in Oklahoma."

OMRF



Hefner Middle School staffers Holly McNutt (left) and Jana Johnston (right) smile after getting "slimed" to raise money for the Oklahoma Medical Research Foundation on Feb. 17, 2020. The district's annual Cancer Drive fundraisers have raised more than \$3.7 million for cancer research at OMRF. Photo courtesy Putnam City Schools.

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CAREERS IN NURSING

TENDENCY TO NURTURE AND PROTECT: INTEGRIS COMMUNITY OKC

Vickie Jenkins, Staff Writer

Integris Community Hospital OKC West is where you will find Hiedi Huntley, RN. Hiedi had the privilege of opening ICH from opening day. "It's pretty amazing to open a new hospital and watch it grow and see its effect on the local community. The change from a very large, busy ER to a small Community ER has been an adjustment but one I am loving. It has given me the chance to slow down and spend quality time with my patients again, something that I could not always do at the busiest ER. We see a wide range of patients in the Community ER. Working here at Integris Community Hospital has given me the opportunity to fine tune skills that I did not necessarily use while working at OU, for

example, taking care of the pediatric population. I love that I am still learning and growing," Hiedi commented.

Hiedi graduated from Rose State College in 2013. She is currently in a BSN program through Western Governors University. "My goal is to earn my Master's Degree in Healthcare Management and Leadership," Hiedi said.

"I have worked in the medical field in some capacity since 1997. After graduating high school, my plan was to major in Special Education and I took the first medical job as a CNA at The Children's Center. It was there that I fell in love with the nursing world. I've had many jobs from CNA, AUA, CMA, Cardiac Monitor Tech to my

current career as an RN. I think working under several titles gives me a unique outlook on the importance of teamwork within a department or system," Hiedi said.

"My first job as a Registered Nurse was at OU Medical Center in their Level I Trauma Emergency Department. I knew my first day of nursing school that I wanted to work in the ER. I love the hustle and bustle, the organized chaos, the puzzle of it all. Working at OU provided me with a vastness of knowledge and experience beyond what I could have imagined. My second year working at OU, I accepted the Supervisor/Charge Nurse position in the ER. This position is one that I will forever cherish. It molded and challenged

me as a nurse and a leader and helped me to grow tremendously and to recognize my career path in Healthcare Leadership," Hiedi added.

"I also consider myself very lucky to have had an incredible mentor, Laurie Gummerson. She has been with me since day one of my RN career. She has supported me and fostered my growth into leadership. I have tried to mirror her example to be a mentor to new nurses as well. I hope that I have inspired others, the way that she continues to inspire me."

Hiedi explained how being a nurse can be bittersweet. "Being a nurse can be a most rewarding experience. Yet, it can be stressful, regardless of the field.

See HUNTLEY Page 5



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Hiedi Huntley RN can be found working at Integris Community Hospital OKC West in multiple emergency situations. With a caring and loving nature, it's easy to see why nursing is Hiedi's calling.

HUNTLEY

Continued from Page 4

Personally, it is the support of my two families that get me through it all. My family that is at home sacrificing because I am not there and the family that is working by my side through the trenches. I have been truly blessed to have worked with some of the most amazing physicians, nurse, techs, and paramedics. They have all taught me so much. I am a better nurse because of them."

Asking Hiedi to describe herself, she replied, "I think if you would ask my fellow coworkers to describe me, many would say that they call me, 'Yo Mama!' I have a tendency to nurture and protect. Nursing is truly a calling. I feel honored that it is mine."

"COVID-19 has presented us

all with new obstacles and emotions that we as a generation have not faced. Here at OCH, we count on our teamwork and collaboration to take the utmost precautions for not only the patients but the staff and all of our families. Together, we will see it through."

On a personal note, Hiedi has been married to her wonderful husband, Brandon for nineteen years. They have two teenage daughters Kelsie, sixteen and Aubrey, fifteen.

"We love animals and right now we have four dogs, two bunnies and two guinea pigs," Hiedi said with a smile.

A treasured memory for Hiedi "My grandmother was a nurse and she and I shared a bond of a love for medicine. My mother actually pinned me with my Grandmother's nursing pin at my nursing graduation."

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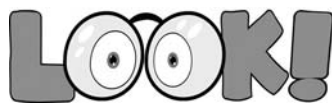
Education: Registered Nurse - Must possess, as a minimum, a Nursing Degree from an accredited college or university. Experience: Must have, as a minimum, 3 years of experience as a supervisor in a hospital, nursing care facility, or other related health care facility. Must have, as a minimum six (6)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

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161 LICENSED PRACTICAL NURSING

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We are currently seeking Registered Nurses who have a passion for providing the highest quality care in an institutional setting. 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 Provider's orders, dispensing & administering medications, and assisting Licensed Independent Provider in examinations and treatment of patients. Applies nursing and supervisory techniques required in the care, treatment, and referrals of inmates/residents. Performs all technical/clinical procedures within the scope of his/her education and licensure.

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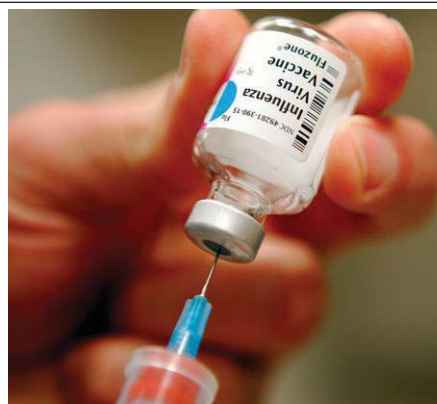
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INTEGRIS Health Urges Everyone to Get a Flu Shot

This Season a Flu Vaccine is More Important than Ever!



Flu season is here and if you haven't already done so, INTEGRIS Health is urging everyone to get their flu shot soon.

Flu season typically begins before the end of October and usually plateaus by late February or early March. Officials from the Centers for Disease Control (CDC) believe this could be a particularly difficult season with both the Flu and COVID-19 spreading at the same time.

Prevention is the best medicine for both illnesses and the best way to protect yourself

and your loved ones is to wear a mask, social distance and wash your hands frequently.

While there is currently no vaccine for COVID-19, there is a flu vaccine. Health professionals with INTEGRIS Health and the CDC say getting a flu vaccine this year is more important than ever. They recommend everyone 6 months of age and older should get one. The more people vaccinated, the more people protected.

Where to Get a Flu Shot

Call your primary care physician. If you do not have

one, we can help you find one here. Many area pharmacies are also offering flu vaccinations to the public.

Getting the flu vaccine doesn't guarantee you won't get the flu, but it can reduce the symptoms and lower the risk of complications if you do become ill.

This season, the flu vaccine has the added benefit of reducing the overall burden on the health care system by saving medical resources to care for COVID-19 patients. Click here for more flu-related information.

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Family Nurse Practitioner service-learning project brings care into the community

At The University of Tulsa, students in the Family Nurse Practitioner (FNP) program receive individual attention and the tools necessary to help them elevate nursing core values to the advanced practice, primary care level. These students are challenged to pay forward their advanced practice knowledge and skills in assessment, diagnosis and prescribing through ongoing opportunities to make their communities a better place for all. One recent example of FNP service learning involved students providing sports physicals free of charge to students at Will Rogers College High School, a Title 1 institution.

This initiative began two years ago, when the FNP program's director, Sheryl Stansifer, learned that many students at Will Rogers were returning to school in August without a completed sports physical. The lack of such a physical, which typically costs \$20 or more, means a young person cannot participate in school sports.

The first year Stansifer and her FNP students went to Will Rogers, they completed 160 physicals. The next year, that figure climbed to 200. The school's athletic director, Krystal Markwardt, enthused about the impact of "this wonderful program," noting that "our students come from diverse economic backgrounds, and their families couldn't afford to pay for physicals. The FNP students work quickly and efficiently, and their efforts mean our athletes are able to compete in the summer and be prepared for early fall sports." As Stansifer pointed out, the issue is "bigger than playing basketball or joining the swim team. For many kids, getting involved in sports means they will stay in school and graduate."

The benefits of this service-learning project are tangible for both the young athletes and the FNP students. Sports physicals are a common component of primary care, and all of TU's FNP students must complete pediatric assessments and be checked off on sports physicals. Providing sports physicals to the Will Rogers students enables the future FNP's to satisfy that requirement. In addition, Stansifer commented, delivering these physicals "enables faculty members to assess FNP students' interactions with the patients/athletes and their ability to complete the forms accurately. Because so many health care teams comprise a variety of professionals, having an opportunity to collaborate with the school's athletic trainer adds a critical interdisciplinary component to their development."

Two of the FNP students who participated in service learning are Alejandra Paredes and Vicky Cha. Originally from Peru (she moved to the United States when she was 13), Paredes has been a registered nurse (RN) since 2014. Cha is a first-generation Hmong-American who grew up in California. She has been an RN since 2015.

"I always knew my career end-goal was to become a nurse practitioner (NP)," Paredes said. "But I wanted to gain experience as an RN so I could become a better NP. I am looking forward to having more autonomy in the care



Family nurse practitioner students Alejandra Paredes and Vicky Cha demonstrate skill and compassion during a pediatric exam.

that I deliver to my patients, and it's important to me to be able to help them focus on health maintenance and disease prevention, while being mindful of individuals' emotional, physical and spiritual health." Cha has her gaze set on working as an FNP in urgent care. "Seeing NPs' selflessness, commitment and integral role in patient care both inspired me and solidified my determination to pursue an advanced practice degree."

For Paredes, one of the benefits of TU's FNP program is the "huge relief" of not having to find a preceptor. She also cited the diverse network of clinical sites, which "serve as a great way for students to learn and implement their knowledge." Paredes recently spent a semester at a clinic caring for a largely underserved population where most of the patients spoke Spanish, which is her native language. Cha has a similar interest in bringing health care to people who are often on the margins. "I admire the TU School of Nursing's mission to not only cultivate students to become leaders in health care, but also to give back to their communities."

This is something Cha experienced first hand with the Will Rogers service-learning initiative, and which resonated on a personal level. "My parents were Hmong refugees and I grew up with minimal resources. One of the biggest struggles was not being able to take part in sports because my parents couldn't afford the fees and transportation. Providing free sports physicals for Will Rogers students, many of whom have a background similar to mine, exemplifies one of the most rewarding aspects of nursing: making a positive impact on another person's life." Reflecting on her experience providing physicals for these youth, Paredes arrived at a similar conclusion: "I believe that caring for others, regardless of social, racial or economic background, is a core value of nursing."

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



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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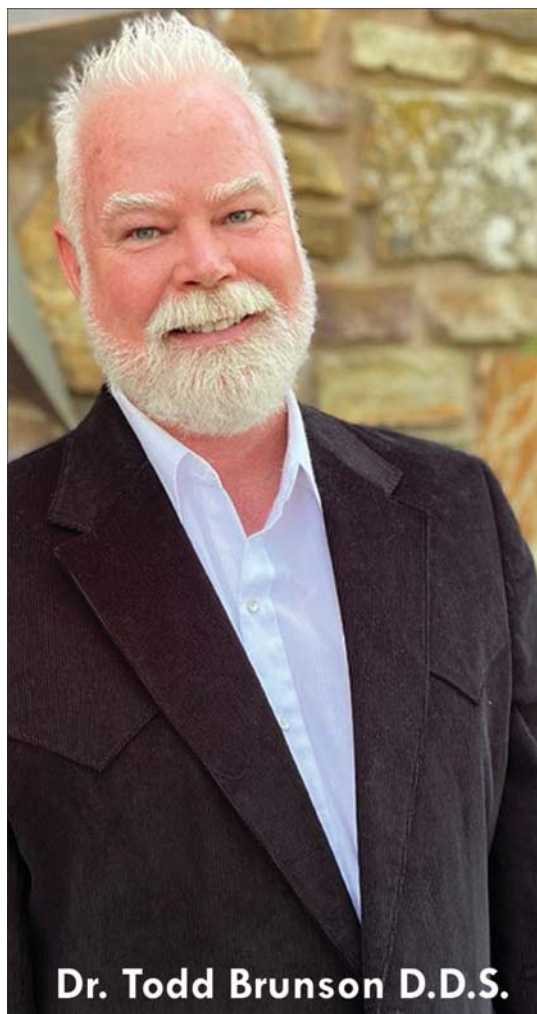
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NURSE TALK

I would be a Chihuahua because they are little and almost everyone would like me!



Danyelle Miller, LPN

I would like to be any kind of a lap dog so I would get pampered all the time.



Amy Sullivan, LPN

If you were a dog, what kind of dog would you be and why?



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I would be a Daniff (Great Dane and English Mastiff). They are big, clumsy and lovers!



Jessica Stevens, LPN, IP

I would be a therapy dog to play and communicate with the patients.



Schol-vera Avan LPN

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Edmond Mobile Meals to Deliver One Millionth Meal

Over the past 46 years Edmond Mobile Meals has fed thousands of homebound elderly and disabled residents in Edmond who are unable to prepare meals for themselves and provide social contact with caring volunteers to combat the social isolation experienced by many seniors. On November 18, Edmond Mobile Meals will proudly deliver their one millionth meal in Edmond.

Founded in 1974 by a caring group of Edmond citizens, the mission of Edmond Mobile Meals has remained the same: to provide nourishing meals and wellness checks to the homebound in Edmond allowing them to remain living independently in their own homes for as long as possible.

Cristi Twenter, Edmond Mobile Meals' Executive Director, states "It is astonishing to think that a small-scale community service that began with a few volunteers who were worried about their elderly neighbors has flourished into the program we have today. It is because of the dedication and diligent work of hundreds of volunteers over the past 4 decades that we remain a crucial lifeline for the homebound elderly and disabled residents of Edmond. We are proud that we have been able to continue our service throughout the COVID-19 outbreak allowing the most vulnerable people in our community to remain safely at home."

The one millionth meal will be delivered by volunteers including

several long-time volunteers, former directors, and the family of Edmond Mobile Meals Co-Founder, Carolyn Vance. John and Brian Vance, sons of co-founder Carolyn Vance, noted the significance of the event to their family. "Our mother would be so thrilled to know that Mobile Meals has hit the millionth-meal mark," said John.

"We hope the entire community will help us celebrate this important milestone", Twenter said. "We are already preparing for the next million meals and beyond. The senior population is the fastest growing demographic in the United States, and currently 10 million seniors are threatened by hunger. With the support of our generous community, we can continue the legacy of making sure Edmond's seniors remain living independently without worrying about where their next meal will come from."

To join Edmond Mobile Meals in making sure no senior in Edmond ever goes hungry, you can donate to the Edmond Mobile Meals Endowment Fund. A gift to the Endowment Fund, held with the Oklahoma City Community Foundation, helps sustain the mission of Edmond Mobile Meals and continue the legacy that will feed vulnerable seniors in Edmond for decades to come. For more information on how to make a donation to the Edmond Mobile Meals Endowment Fund, visit www.continuethelegacy.me, or www.edmondmobilemeals.org.

SITUATION UPDATE:

COVID-19 Oklahoma Test Results

| | |
|---|-----------|
| Cases | 138,455 |
| *Total Cumulative Negative Specimens to Date (As of Nov 6) | 1,571,321 |
| *Total Cumulative Number of Specimens to Date (As of Nov 6) | 1,720,070 |
| **Currently Hospitalized (As of Nov 6) | 1,045 |
| Total Cumulative Hospitalizations | 9,621 |
| Identified Deaths in the Past 24 hours | 0 |
| Total Cumulative Deaths | 1,444 |

- As of this advisory, there are 138,455 cases of COVID-19 in Oklahoma.
- There are six additional deaths identified to report. No deaths were identified in the past 24 hours.
 - * One in Cleveland County, one female in the 65 or older age group.
 - * One in Kay County, one male in the 65 or older age group.
 - * One in Kingfisher County, one male in the 50 - 64 age group.
 - * One in McIntosh County, one female in the 65 or older age group.
 - * One in Oklahoma County, one female in the 65 or older age group.
 - * One in Pontotoc County, one male in the 65 or older age group.
- There are 1,444 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 2020-11-09 at 7:00 a.m.

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Meet the Maddox family. Their thirteen-year-old daughter, SaNiyah, has cerebral palsy and is confined to a wheelchair. SaNiyah's entire life – her happiness, her health, her every need – all depends on her family and help from the team at Special Care. But they also have two adorable young sons, demanding jobs and – on top of everything else – they foster an infant who needed a home, too. It's more than most of us could handle.

But here's the big surprise. The Maddoxes not only receive help from United Way agencies, they find room in a budget stretched to its limit and they give to the United Way. **Can you?**

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