



Leadership and momentum



Devotion to care reaps rewards

Teresa Teply, RN, says every patient responds to surgery at a different pace at SSM Health Bone & Joint Hospital at St. Anthony.

by James Coburn, Staff Writer

Specialties offered in patient care and best practices is what attracted Teresa Teply, RN, to work at SSM Health Bone & Joint Hospital at St. Anthony. She has served as nurse manager at the midtown Oklahoma City hospital for about eight months.

Teply became a registered nurse in 2001 after graduating from OSU/OKC. She proceeded to

earn her nursing degree while working in the ER where she was the relief charge nurse.

Her career path began as a transporter at another hospital in Oklahoma City. Prior to coming to Bone & Joint, she worked in urgent care, skilled nursing, wound

See TEPLY Page 2

SSM Health Medical Group welcomes Lacey McCrary



Lacey McCrary, ARNP, SSM Health Medical Group.

SSM Health Medical Group is pleased to welcome Lacey McCrary, ARNP. McCrary will be providing aesthetic services and procedures.

McCrary received her Bachelor of Nursing and her Master of Science in nursing from the University of Oklahoma, Norman, OK.

McCrary is accepting new patients at her practice located at SSM Health Medical Group, 1501 N Airport Rd, Shawnee, OK. To schedule an appointment, call 405-878-9490.



SSMHealth

TEPLY

Continued from Page 1

care and management. She earned her phlebotomy certification and became a lab supervisor at another hospital.

"With the career that I had in wound care, the ER, and the skilled unit, I knew that it was a field that I had knowledge in, and wanted to continue on my career in leadership," Teply said. "At this point in time I love being in a management role."

She works with the director of nursing who runs the business side of the hospital while she runs the clinical side of two floors. She is growing further by helping her charge nurses and supervisors grow in their field.

"A couple of them are wanting to go further in the medical field, teaching them to grow while I'm sitting back and not pursuing any other field right now," she said. "This is where I want to be."

Bone & Joint nurses continue to help St. Anthony care for medical patients during the COVID-19

pandemic as Bone & Joint also continues caring for orthopedic surgical patients, Teply said.

"They're still needing help with that, so we are helping them to manage that piece of it. It seems to be going well," she said.

She welcomes the overall devotion that nurses have for patient care. When coming to Bone & Joint she found a nursing staff with many years of experience there.

"They are committed, and they care about the patients, and you can see that within their work," Teply said. "They don't do things halfway. They do it all the way, and they're concerned about patients are well taken care of," she said. "Their care plan follows through. The charge nurses and house supervisors — the same thing with them. They are completely devoted. Some have been here well over 10 years. They love what they're doing, and they get in and they get it done."

Bone & Joint nurses are a compassionate group dedicated to patient care. That's something every manager looks for, and Teply said

she feels fortunate to have that quality among her staff.

Teply's drive toward a nursing career started several years ago. One day, she and her husband were traveling in western Oklahoma when they came across a major road accident involving a semi-truck and a motorcycle.

"We just happened to be there. We had to be there to help that young couple that was on the motorcycle," she said. "It was a pretty horrific wreck and helped them with the ambulance. Things just turned around in my head and it just made me ready to be a caring person to take care of people." Years later she is grateful for her experiences at Bone & Joint. Whenever she sees a patient who has endured joint pain for long durations of time, she empathizes. Many of them have had prior surgeries but are in need of joint replacements. They have done the best they can without having to have surgeries, she said.

"I get to hear how well they are doing and how we have effected their bones, and they don't

have the pain they did, and they can get up and out of a chair — to me at Bone & Joint it's looking at the life we are giving back to patients," she explained.

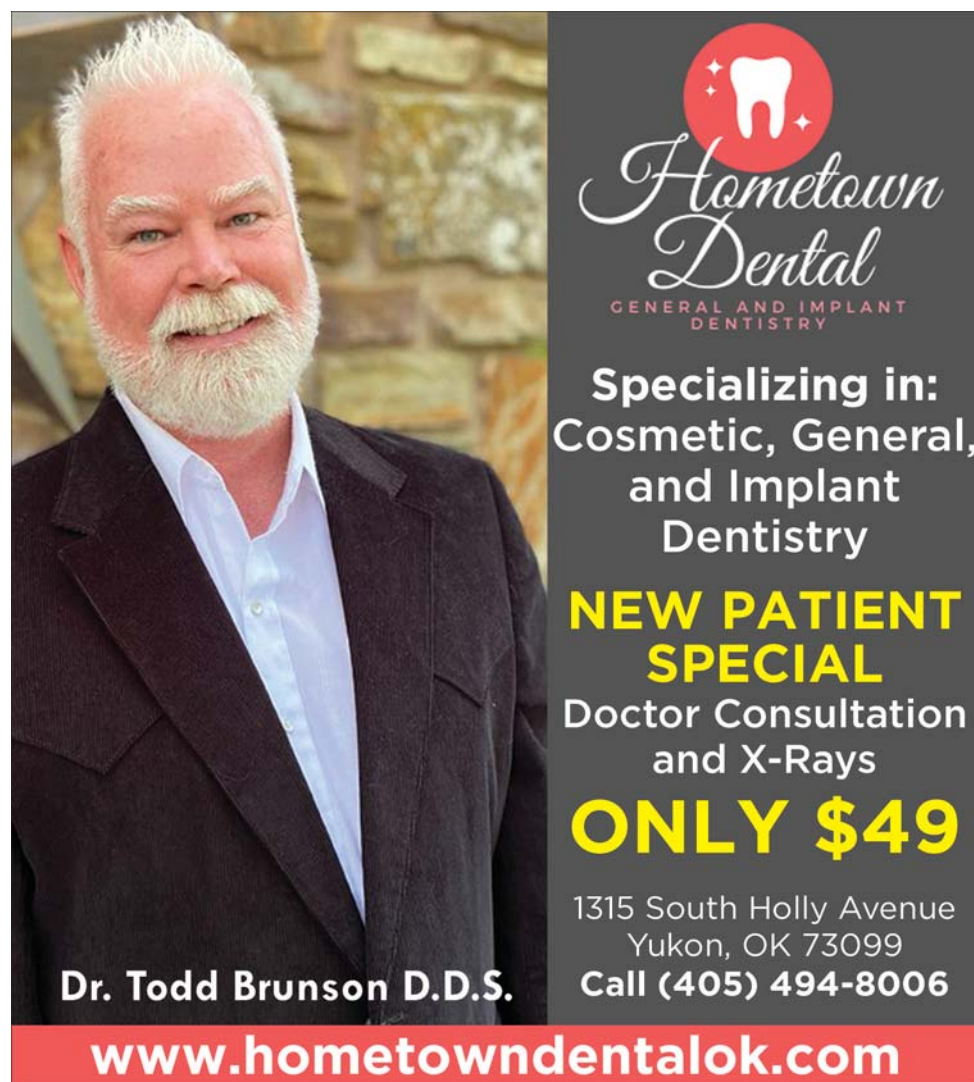
Teply said the biggest thing Bone & Joint teaches its staff is that every patient is different, and they will heal differently.

Patients need to understand not everybody is on the same playing field when they see other patients ready to get out of bed to move about, she said.

"So, you have to give them a lot of encouragement that it's normal. It's okay. Don't push it but take your time."

A lot of encouragement is given by the staff so patients will expect pain. But eventually that pain will diminish. Their joints will become more flexible for their personal best to be achieved.

"Some of them are wanting to get up every day and run a marathon. Others are wanting to get up and walk and get through their day. You really have to be open and listen to the patient," Teply said.



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ONA Statement on COVID-19 Vaccination

Nurses have worked selflessly to care for others during the COVID-19 Pandemic. Now they have the opportunity to protect themselves and others by getting immunized against this new virus. Nurses and other healthcare workers have been selected to be among the first to be vaccinated because of their contact with patients and their potential for infection.

To be effective, the COVID-19 vaccine must be received by a large percentage of the adult population, and nurses who serve as frontline caregivers and make informed choices to be vaccinated serve as role models and trusted patient educators. Indeed, nurses' decisions to be vaccinated against COVID-19 can help to shorten the duration of the pandemic while protecting the public from community spread. Ultimately, widespread effective

vaccination will reduce the burden of this disease on acute and critical care units. If a vaccine allows more nurses to stay healthy, then there will be more support for patient care and clinical colleagues.

As of December, 21, 2020, the Oklahoma Nurses Association joins in with the American Nurses Association (ANA) and other nursing organizations such as the American Association of Critical-Care Nurse (AACN) to strongly recommend that nurses be vaccinated against COVID-19. This decision is ultimately up to each individual. We encourage nurses to use trusted knowledge, ethical frameworks, and current science-based resources as the foundation for their decision-

making. ONA and ANA believe that there should be no retaliation against nurses who choose not to take a COVID-19 vaccine.

Nurses, as trusted health care professionals, have a critical role to play in administering COVID Vaccines to Oklahomans. COVID-19 vaccines can be safely administered by nurses and nursing students under the supervision of faculty or other appropriate licensed practitioners.

Our knowledge about COVID-19 and related vaccines is continuously evolving. (See attached COVID-19 Vaccine Facts.) ONA and ANA will share information from reliable sources as we advance our understanding on this topic. Nurses, the most trusted profession, must scrutinize all sources of information, decline to accept misinformation and disseminate only accurate information from credible scientific sources.



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CAREERS IN NURSING

T-SHIRT BENEFITS NURSES: FRONT LINE NURSE

by James Coburn - staff writer

2020 wasn't just any year. The year resulted in the 2020 pandemic that caused upheaval not only in the world but also here in Oklahoma. Nurses faced an accelerated life and death challenge of saving lives while protecting their own.

In 2020 nurses showed up strong.

Florence Nightingale said in 1870 that it would take at least 150 years (2020) for nursing to evolve into what she had envisioned.

As a nurse educator, in March Staci Swim recognized a personal calling in March to help alleviate the strain of the COVID-19 pandemic on her field of nursing beyond merely teaching a new generation of nurses in the classroom at Oklahoma City's Kramer School of Nursing, she said.

Her founding of Front Line Nurses 2020 is independent of OCU where she is a professor of nursing and received also earned her Ph.D.

"I am a nurse, and I knew what the nurses that had graduated that I had taught were going through," Swim said. "And I just felt like I needed to help more. In my mind it was kind of like survivor's guilt. And I struggled with it, but God woke me up in the middle of the night and said, 'I know what you can do. You need to make a t-shirt.'"

So, she thought what if she made a t-shirt to symbolize The Year of the Nurse. Her motive was altruistic in using the profit from selling the t-shirt to benefit her profession. Nurses had told her they were tired and needed relief.

She spoke to nursing faculty at

hospitals and academia and was encouraged to help.

By December 30 there had been 287,030 documented cases of COVID-19 in Oklahoma with 2,453 deaths, according to the Oklahoma Department of Health.

While some other nursing schools across the United States were shutting down, Kramer School of Nursing had stayed open to make career advancement work in a life-saving field. Students would graduate to help nurses succeed in the rat race generated by coronavirus.

"I thought if I could make a t-shirt that symbolizes The Year of the Nurse 2020, and also the pandemic that the nurses are working through right now, I could put profits towards helping nurses that had been effected by COVID," she continued.

Swim created a design that states, "I survived the Year of the Nurse 2020."

A torn and tattered mask is illustrated on the t-shirt because today, nurses continue to wear personal protective equipment over and over again, she explained.

"The mask in my mind symbolized the resilience of nurses at a time we have never, never experienced," Swim said.

Today, nurses are seeing a lot of what Florence Nightingale experienced in 1970 — lack of supplies and sanitation — disease that cannot be controlled, Swim said.

Swim started a Facebook page, a group page and web page called Front Line Nurse to engage nurses experiencing the pandemic close at hand. More than 5,000

See SWIM Page 5



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SWIM

Continued from Page 4

followers were attentive online within three weeks. Nurses were sharing stories.

"It was definitely a needed thing for nurses," she said. "It was a platform that they needed to talk to other nurses going through the same thing — to vent, to get encouragement and inspire — to get questions answered, to share what works, what didn't work."

Swim's access to many nurses in other countries at first prompted her to make it a global endeavor. The global dream never took off, she said, but it is coming to fruition nationally.

Swim tried to contact all of the boards of nursing in the US, but ironically none of them would accept any of the money she had raised because Swim had not attained a not-for-profit status with Front Line Nurses 2020.

"I went more towards The American Nurse Foundation, The American Nurse Association because on a national basis that would be the ideal place," Swim said. "They have a COVID relief fund for nurses, so they were interested in talking to me about donating to



Staci Swim hopes for a day when every hospital nurse wears the Front Line Nurses t-shirt stating they showed up strong in 2020.

the COVID Relief Fund for Nurses which would be great for me. I just needed to have a profit first to be able to donate."

They chose the American Nurses Association if they ever

get the profit built up. Until then they are helping individual nurses.

She and her husband, attorney Doug Swim, had paid for all needed expenses up-front but have not totally recovered, she said. As she continues to navigate how she can help, Swim expects some nurses will experience profound PTSD. Mental health will need to be addressed.

Swim has found ways to help individual nurses on a smaller basis. She has been able to send

money for nurses who have been laid-off to use for groceries or gasoline, Swim said.

She was successful in having Front Line Nurses 2020 in place during National Nurses Week. A couple of facilities bought t-shirts for nurses.

The pandemic did not end on December 31. Some facilities told her they had not survived the pandemic yet and were reluctant to commit.

"My answers were always, 'Every day you come home, you've survived.'"

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Gray said the next cohort is forming now with an expected March 2 kickoff. After that another will begin in May with no caps on enrollment.

"We adjust the number of faculty members based on the number of students," Gray said. "A faculty mentor is assigned to each individual student and stays with them throughout the program monitoring progress, evaluating and really just being a coach right there with them all the way through the program.

Students are allowed to work at their own pace and pay a flat rate for each term. Gray said students range from taking the full three terms to finishing in just one.

"I think most nurses if they have family or any other responsibility it's probably going to be three terms," she said.



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OMRF drug 'a blessing' for sickle cell patient

For Danielle Jamison, winter brings pain. The cooling temperatures wreak havoc on the 36-year-old South Carolina mother who was born with sickle cell disease, a life-threatening genetic disorder.

But for Jamison, winter now also signifies a turning of the tide: This month, she's marking three years since a drug born at the Oklahoma Medical Research Foundation first offered her relief from her condition's debilitating pain.

Adakveo, a drug based on the discoveries of OMRF Vice President of Research Rodger McEver, M.D., is relieving that pain for Jamison and others with sickle cell around the world. Since starting monthly IV infusions of the drug as a clinical trial participant in 2018, Jamison has had no hospitalizations for her pain.

Jamison was born with sickle

cell disease, where red blood cells change from their normally pliable and round shapes to become rigid and sticky in the form of a crescent or "sickle," causing ongoing damage to blood vessels and organs that can prove fatal. The disease primarily affects people of African descent.

In sickle cell, the cells clump together, resulting in inflammation and excruciating pain. Known as a crisis, the pain can start anywhere in the body and last for weeks.

For many years, those crises routinely sent Jamison to the hospital, where the agony could stretch for weeks despite doctors' best efforts. "It feels like you're getting hit, over and over and over," said Jamison, who is one of an estimated 100,000 Americans living with the disease. "And it never stops."

As a physician, OMRF's McEver knows firsthand the toll



Danielle Jamison of Islandton, South Carolina, has sickle cell disease. She gets a monthly infusion of Adakveo, a drug based on the discoveries of OMRF's Dr. Rodger McEver that reduces the severity of the debilitating pain crises she experiences with her condition.

sickle cell exacts on the body. "I've treated patients with the disease, and their suffering is extreme," he said.

In his lab at OMRF, McEver developed an antibody that blocked the effects of a protein he believed played a key role in sickle cell pain crises. Selexys, a company he helped form, then created an experimental drug based on that discovery.

The medication showed success in clinical trials, and pharmaceutical giant Novartis acquired the company and the drug, now known as Adakveo. In 2019, Adakveo became the first new treatment for sickle cell disease approved by the Food and Drug Administration in 25 years.

For Jamison, the drug has been life-changing. "I'm not in and out of the hospital, going through the ups and downs of sickle cell so much," she said.

She continues to receive the drug as part of a long-term trial that monitors the ongoing effectiveness of the drug. "I'm able to be much more active and have less pain. It's such a blessing," she said.

That kind of outcome is one that every medical researcher hopes for while toiling in the lab. "It's such a long process," said McEver. "So, it's enormously satisfying to know you've developed a drug that helps patients."

While Jamison has never met McEver, she's grateful for the work he and others did to make Adakveo a reality. "Life is so much better now," she said.

No longer blinded by pain, she can now focus on the thing that matters most to her. "I want to see my baby grow up," Jamison said. "She's my little angel. She's my reason to fight, my will to live."

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Free Tobacco Cessation Counseling Services Offered in OKC Metro

Oklahomans who want to quit smoking can breathe easier knowing that tobacco cessation counseling treatment is offered at no cost to participants in Oklahoma City through the TSET Health Promotion Research Center (HPRC; formerly the Oklahoma Tobacco Research Center).

The HPRC is a program of the NCI Designated OU Health Stephenson Cancer Center and its mission is to reduce the burden of disease in Oklahoma by addressing tobacco use, sedentary lifestyle, poor diet, and risky alcohol and other substance use.

The HPRC's Tobacco Treatment Research Program (TTRP) offers free tobacco cessation counseling services, nicotine patches, lozenges, and gum; opportunities to participate in paid tobacco cessation research studies involving smartphone apps, prescription medications, and monetary rewards for quitting.

Dr. Darla Kendzor, Co-Director of the HPRC, advises that, "Quitting tobacco is one of the most important things you can do to improve your health and the health of your loved ones. To have the best chance of success, it is important to use effective treatments, like counseling and nicotine replacement therapy."

The year 2020 has been challenging for everyone, but many of us continue to make strides toward improving our physical and mental health. TTRP strives to help Oklahomans start 2021 on a new foot by offering tools to live a healthier lifestyle. To participate in this program, you must be 18 years or older and use tobacco or other nicotine products. The TTRP has ongoing research studies focused on helping those who want to quit smoking and as well as studies for those who are not yet ready to quit.

The Health Promotion Research

Center is supported by the Oklahoma Tobacco Settlement Endowment Trust (TSET) with the purpose of extending the impact of the trust's health promotion initiatives and leveraging investments to bring additional funding to Oklahoma from the National Institutes of Health, the

U.S. Centers for Disease Control and Prevention, and other sources.

For more information about smoking cessation treatment and participating in research, please call: (405) 271-QUIT (7848), email: TTRP@ouhsc.edu, or visit: 271quit.com

The HPRC receives funding from OU Health Stephenson Cancer Center via an NCI Cancer Center Support Grant (P30CA225520) and the Oklahoma Tobacco Settlement Endowment Trust grant R21-02. Tobacco Treatment Research Program | IRB # 6951 Darla Kendzor, PhD, Principal Investigator.

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SITUATION UPDATE: COVID-19

Cases	348,044
*Total Cumulative Negative Specimens to Date	2,589,408
*Total Cumulative Number of Specimens to Date	2,928,413
Acute Care OSDH Licensed Facility Hospitalizations	1,673
Other Types of Facilities Hospitalizations	174
Total Cumulative Hospitalizations	19,616
Total Cumulative Deaths	2,925

- This week, 77 Oklahoma counties are in the "orange" risk level for the COVID-19 Risk Level System. OSDH continues to monitor closely the statewide hospitalization trends for COVID-19.
- The COVID-19 Risk Level System 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 348,044 cases of COVID-19 in Oklahoma. 3,923 is today's 7-day rolling average for the number of new cases reported.
- There are 43 additional deaths identified to report.
- There are 2,925 total deaths in the state.
- Additional hospitalization data can be found in the Hospital Tiers report, published evenings Monday through Friday.
- For more information, visit <https://oklahoma.gov/covid19.html>.

*The total includes laboratory information provided to OSDH at the time of the report. As a result, counts are subject to change. Total counts may not reflect unique individuals.

***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 2021-1-15 at 7:00 a.m.

Changing Someone's Life

by Vicki Jenkins- Writer/Photographer

Carter Healthcare is a home health and hospice company founded in 1989 by Stan Carter. Their mission is helping people live better lives.

Just one of the many extraordinary nurses you will find at Carter Healthcare is Trinette Jones, LPN. She has been a nurse for a total of four years and has been with Carter Healthcare for almost two years. "I love my job here. The reason I became a nurse in the first place was because I wanted to make a difference in people's lives," Trinette commented.

Growing up in Borger, Texas, a little town north of Texas, Trinette moved to Oklahoma City when her husband took a job here. "I was looking for something a little different and when I saw a posting for Carter Healthcare, looking for an LPN QA Representative, I knew this was the job for me. After being here for two months, I realized not only could I make an impact on patient's lives but nurses' lives as well. I enjoy talking and learning from so many seasoned nurses that we have working for the company on a daily basis. Everyday, I learn something new and exciting!"

When Trinette was a little girl, she wanted to be a teacher. "That was when I was very young. I changed my mind when I realized that being with children on a daily basis was not my thing," she said with a laugh. "I attended Frank Phillips Junior College for nursing and that is when I knew that my true calling was to be a nurse, caring for others."

Trinette possesses all of the qualities that make for a good nurse; strong physically and mentally, detail oriented, compassionate, outspoken when she needs to be, listens before speaking, considerate of others, thinks outside the box and adapts to change easily. All of these qualities rolled into one equals Trinette.

Being a nurse has given Trinette the biggest reward she has ever gotten. "Being a nurse has taught me about compassion, perseverance and learning something new everyday, absorbing information. I am thankful for all of the nurses that I have worked with and have taught me life's lessons even if they didn't realize it," Trinette said.

"I am lucky enough to have chosen a career that allows for the capacity of caring for others. I think of it as an honor to do what I do and that honor is absorbed into the facets of my life and my job, giving me pride and the feeling of achievement. I think that I have a good ability to manage different personalities types and bring them together for a common purpose in my position as the Oklahoma QA team lead. I believe this also shows an open mind. I can see problems and solutions from different perspectives and bring them together for a better, effective result," she added.

"On a personal level, I have a good sense of humor and love to laugh. My social life revolves around my family and a few close friends for the most part. As a mother and a wife, I am fortunate enough to have the support and encouragement of my husband and my children and that gives me a feeling of strength and purpose. My life has not been the easiest, nor the hardest, but it has been rewarding and for that, I am grateful. I have been married to my wonderful husband for eighteen years and have two daughters, Kierrah and Alexis, both teenagers. Those two challenge me on a regular basis. If I can raise two teenage girls, I feel like I can conquer anything," she said. We also have three dogs; Hercules, a boxer, Cinnamon, Collie mix, Chloe, Chihuahua, and last but not least, Timmy, the tortoise.

Asking Trinette how the Coronavirus has changed her life, she replied, "My family and myself always wear a mask when we are in public and we avoid large crowds. Even though I work in an environment where we are spread out, I always take off the attire that I wore for the day once I get home. I think the biggest change has been the school's virtual schedule in our area where the girls go two days a week, then are on virtual learning the rest of the week. I had forgotten how difficult seventh grade algebra is."

Summing up Trinette's life in three words, she replied, "Exciting, adventurous, and comical."



Trinette Jones, LPN enjoys her job at Carter Healthcare where she considers it a real honor to be a nurse.



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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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