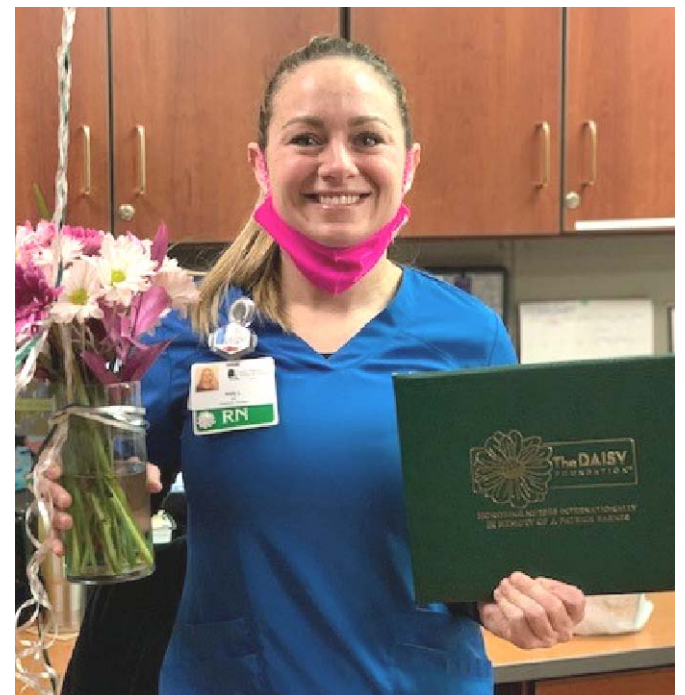


Responding to human need



CTCA Daisy Award Winner - Kelly Lagers



Radiation Oncology nurse Kelly Lagers was recently recognized at Cancer Treatment Centers of America® (CTCA) Tulsa.

Radiation Oncology nurse Kelly Lagers was recently recognized at Cancer Treatment Centers of America® (CTCA) Tulsa as winner of this quarter's DAISY Award. The DAISY Award is an international program that rewards and celebrates the extraordinary, compassionate, and skillful care given by nurses every day. CTCA Tulsa® is proud to be a DAISY Award Partner and have the chance to regularly recognize one of its nurses with this special honor.

Prior to CTCA, Kelly worked as a nurse in the neuro/trauma ICU at St. John / Ascension. She came to CTCA just over four years ago and loves caring for her patients and their loved ones: "I became a nurse to help people in what is often their greatest time of need and one of the hardest moments in their lives. My hope is to have a positive impact!" said Kelly.

"The Mother Standard® of care at CTCA is

Kramer School of Nursing at Oklahoma City University offers the state's first Psychiatric Mental Health Nurse Practitioner in the state, says Cene' Livingston, associate professor of nursing.

by James Coburn, Staff Writer

Oklahoma City Kramer School of Nursing enrolled students in its inaugural class of Psychiatric Mental Health Nurse Practitioner in the fall of 2020.

"We are the first program in Oklahoma to offer this track and are very excited. We provide high quality, brick and mortar education to students in Oklahoma and have excellent first-time pass rates for national certification," said Cene' Livingston, associate

professor of nursing, who leads the psychiatric nurse practitioner track at OCU.

She is dual certified as a family nurse practitioner, and a psychiatric mental health nurse practitioner. Livingston is also certified nurse educator.

Oklahomans will benefit from the Psychiatric

See OCU Page 2

See LAGERS Page 3

OCU

Continued from Page 1

Mental Health Nurse Practitioner as the COVID-19 pandemic inflicts the nation and challenges the nursing industry.

"As much as we can — we will help fill a need to take care of people," Livingston explained.

OCU Kramer School of Nursing began formulating the program two years ago. The psychiatric mental health nurse practitioner track admitted a cohort of six students in the fall of 2020. Eight post-masters students will be admitted in the summer of this year. Students have welcomed the psychiatric track, Livingston said.

Five OCU Kramer School of Nursing students have switched from the family nurse practitioner track to the psychiatric mental health nurse practitioner track.

"They understand there is a niche for psychiatric mental health nurse practitioners," she said.

Livingston has always been interested in mental health issues and psychiatric nursing. The university has been supportive of her accomplishments.

Coronavirus is taking a toll on the mental health of Oklahomans. Many

people have lost incomes, and have adjusted to social distancing, sometimes at the cost of participating in their usual family and friend gatherings. And political turmoil is stirring uncertainty within the United States.

These effects of traumatic events over the last year have caused a plethora of issues, some long-term challenges needing to be addressed.

Nurse practitioners take a holistic approach in responding to mind, body, and spirit.

"The advanced practice faculty at OCU Kramer School of Nursing are excellent to work with and truly care about our students," Livingston said. "Our mantra is that we are invested in our students' success. Our team works very hard to ensure we are helping students learn to be the best advanced practice nurses they can be. We are teaching in the classroom — masked and socially distanced — with increased disinfecting measures."

Livingston said COVID has increased the difficulty of obtaining preceptorships for students. However, some great community partners who have come through for the majority of students.

The advanced practice nursing programs (BSN-DNP: Bachelor of Science in Nursing to Doctor of

Nursing Practice) began in 2011 with a family nurse practitioner track, Livingston said.

OCU Kramer School of Nursing has since expanded to include the adult gerontology acute care nurse practitioner (AGACNP) and psychiatric mental health nurse practitioner tracks (PMHNP). Kramer also offers post-master certificates for each specialty track for nurses already certified in another specialty.

OCU Kramer School of Nursing offers DNP completion for nurses with master of science in nursing degrees who would like to earn a terminal degree.

Livingston admires students who pursue any type of continuing education, particularly a four-year BSN to DNP program, she said.

The PMHNP serves patients across their life span. The PMHNP is prepared in pediatrics, adolescent, and adult psychiatric health. They can work with elders and be part of a health care teams within in-patient settings, Livingston said. The PMHNP can also do out-patient mental health and are educated to provide different types of psychotherapy. Some PMHNPs provide therapy in their own independent practice. Although society is gaining an understanding of the nurse practitioner's

role in health care, there remains some misconceptions about their role.

"We're here to help out," Livingston said.

The nurse practitioner is a concentrated effort needing relaxation and invigorating experiences to feed a flourishing outcome.

Livingston not only reads career-oriented books, but also reads books for fun and enjoyment.

That's my favorite past time and spending time with my dogs. She has a blue nose pit bull and another one that is a tricolored pit bully.

"They're precious — I love them — they are big babies, and they are definitely momma's dogs," she said.

She wakes up in the morning appreciating how much educators at OCU Kramer School of Nursing appreciate their profession and their interdisciplinary camaraderie.

"It has been a pleasure to be part of the OCU Kramer School of Nursing and play a role in developing and expanding advanced practice education to the nurses of Oklahoma," Livingston said.

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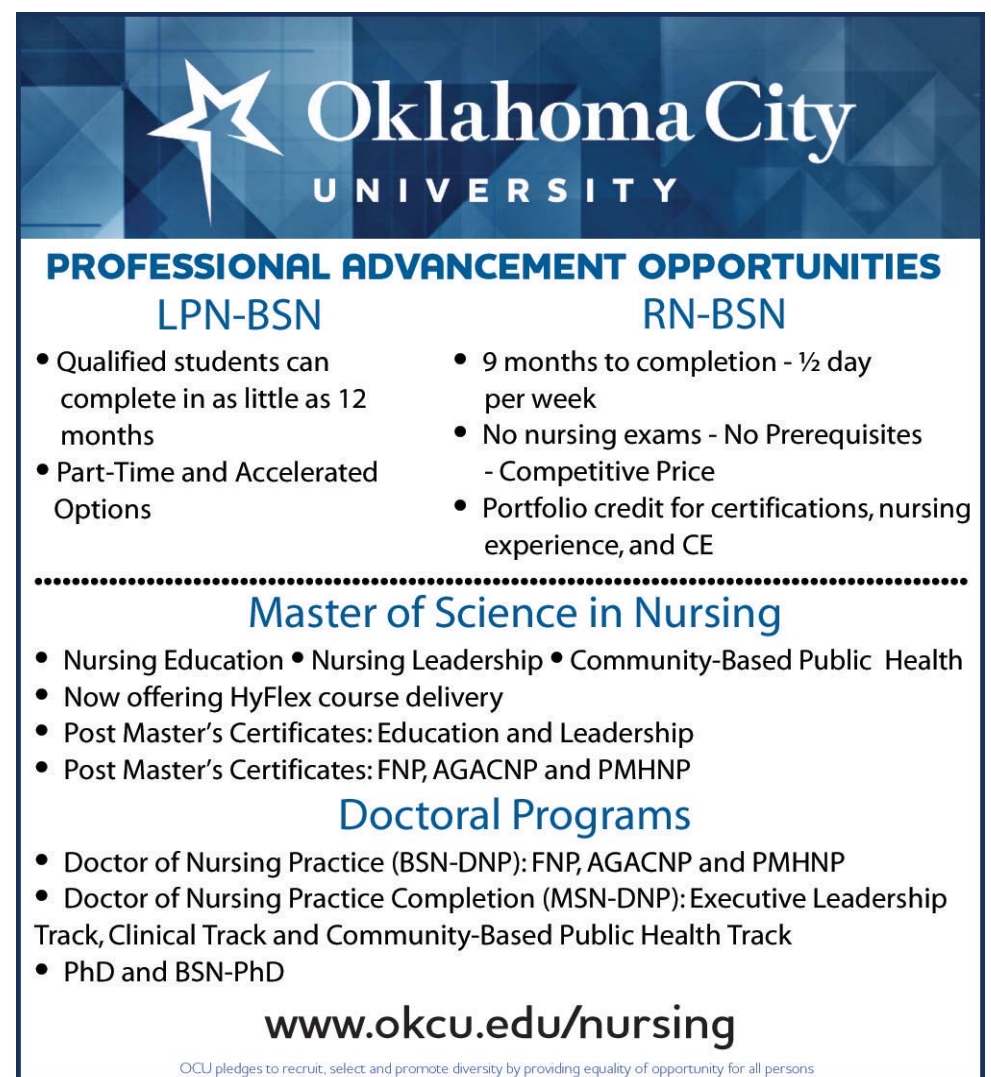
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OCU pledges to recruit, select and promote diversity by providing equality of opportunity for all persons

LAGERS

Continued from Page 1

engrained into the culture of every employee, and it allows - and even encourages - us to have personal relationships with our patients. I am very fortunate to have the opportunity to talk to and educate our patients on cancer and their treatment plan, as well as get to know them as individuals," said Angela.

One of Kelly's patients shared her experience and appreciation of Kelly:

"She continually was upbeat and positive, and she was enthusiastic and excited about her job. When I came back to the hospital for a return appointment for treatment, Kelly remembered my family and me from several months prior. She is a perfect example of a caring, supportive, and knowledgeable nurse!"

Kelly has two children and enjoys living an active lifestyle that includes going to the gym, outdoor activities, and traveling.

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OCU nursing dean appointed dean emeritus

Oklahoma City University announced today that it will honor Dr. Lois Salmeron with appointment as dean emeritus of the Kramer School of Nursing, effective July 1. She has served since 2014 as dean of the school after joining the faculty in 2005. As dean emeritus and professor of nursing, Salmeron will continue to serve as a member of the faculty and will represent both the university and the Kramer School of Nursing.

"More than any person I've met, Dr. Salmeron embodies the Kramer Way – the core values of caring, kindness, and respect," said OCU President Martha Burger. "Her impact on our nursing program is immense, and equally strong is the impact she's had in nursing education in our community and state. Her leadership has increased access to quality nursing programs across Oklahoma."

Salmeron was part of the OCU faculty group that designed and developed the university's original doctoral nursing programs. The PhD in nursing was the first doctoral program on the OCU campus. The Doctor of Nursing Practice program at OCU was the first of its kind in Oklahoma.

Salmeron was instrumental in pioneering a partnership between OCU and Duncan Regional Hospital. With this partnership, OCU implemented an additional location to offer traditional BSN courses in a rural community. More recently, she has supported the development of Community Based Public Health education tracks in the MSN and DNP programs.

During her 58-year nursing career, Salmeron has received numerous awards and honors, including being inducted into the Oklahoma Higher Education Hall of Fame – one of only two

nurses to receive this high honor. The Hall of Fame recognized her achievement of creating the first distance education nursing program in Oklahoma, which was instrumental in supplying registered nurses to the state's rural population. Additionally, she was named Nurse of the Year by the Oklahoma State Nurses Association as well as the Nurses' Association of the American College of Obstetricians and Gynecologists (NAACOG). She received the Distinguished Professional Service Award from the Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN). Salmeron was also named a National League of Nursing Fellow of the Academy of Nursing Education.

"Dr. Salmeron's career encompasses a stellar sequence of nursing positions, boards, committees, workgroups, and partnerships, which have created



Kramer School of Nursing Dean Dr. Lois Salmeron.

enormous opportunities for her to make an extraordinary and lasting impact on nursing education, nursing practice, community

See DEAN Page 5



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DEAN

Continued from Page 4

service, public health, and philanthropy," said Dr. Patrick McGough, executive director of the Oklahoma City-County Health Department. "She epitomizes service, leadership, professionalism, and kindness in all spheres of her influence, from family and friends, to state and national advocacy efforts. Due to her leadership, we will have an advanced and stronger workforce, well-equipped to serve the community and improve overall state and national health rankings."

Salmeron is a charter member of NAACOG and a lifetime member of AWHONN. Additionally, she holds memberships in the American Nurses Association, National League for Nursing, and Sigma Theta Tau International Honor Society of Nursing. She has also served as an officer in these organizations at the state and national levels.

Oklahoma City University - Kramer Nursing School, 2501 N Blackwelder Ave, Oklahoma City, OK 73106 www.okcu.edu/



Kramer School of Nursing Dean Dr. Lois Salmeron talks about the Meinders Simulation Center during a 2017 announcement event.

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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 10a-4p. No holidays. Openings are for evening shifts and weekend days. The Clinic Nurse/LPN must perform the functions of a licensed practical nurse or registered nurse in assessing, planning, implementing, and evaluating all assigned patient care in collaboration with Physicians and Physician Assistant(s). They are responsible for adhering to all Standards of Nursing Practice, for managing supplies and equipment with the direction of the Clinic Physician Assistant and/or Physicians. Must have current Oklahoma LPN license and prior work experience in clinic setting.



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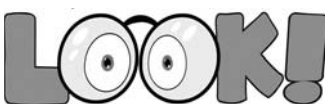


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Kobey Trower considers himself a lifelong learner who always held a goal of earning a bachelor's degree. For him, choosing to complete his Bachelor of Science in Nursing (BSN) at Oklahoma State University was an easy decision.

The online program, which launched in Fall 2017 and is accredited by the Commission on Collegiate Nursing Education (CCNE), 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 to work accurately and 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 working full-time jobs," Trower

said. "We had some people who worked in ICU, some in labor and delivery, others in clinic and research settings. The accessibility of the coursework 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 without being tied down. That 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 professional nursing that meets the dynamic health care needs of individuals, families, groups, communities and global populations. Faculty facilitate the education of students in 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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OMRF seeks volunteers for anti-aging study

The Oklahoma Medical Research Foundation is recruiting healthy volunteers to study whether a diabetes drug can slow aging.

OMRF scientist Benjamin Miller, Ph.D., is investigating how metformin impacts insulin sensitivity and its link to the biological processes of aging. The 12-week study will take place at the Harold Hamm Diabetes Center in Oklahoma City and is open to adults between the ages of 40-75 without chronic disease.

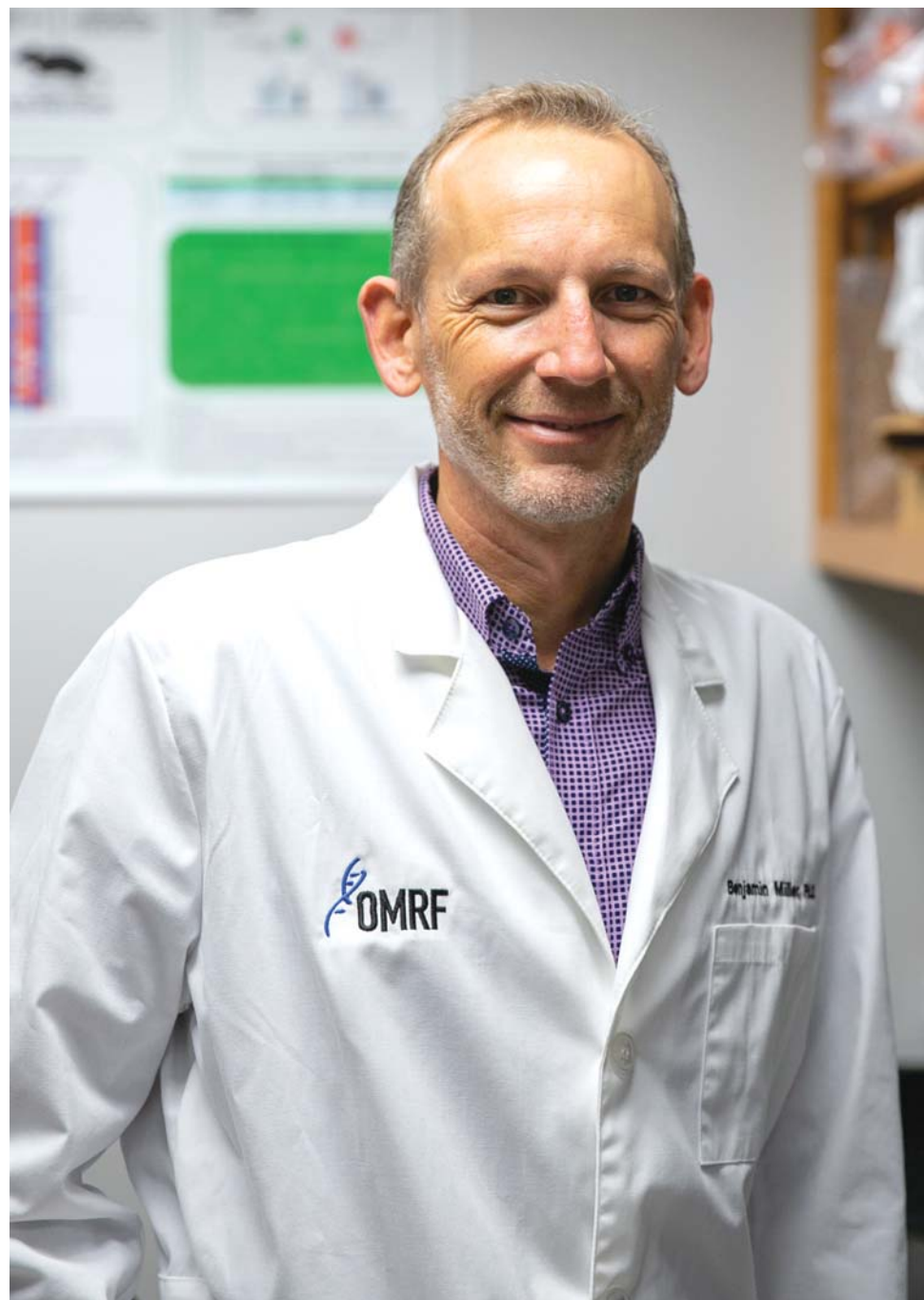
"Aging is the leading risk factor for all chronic diseases. If we can slow the process, we may simultaneously slow or prevent the onset of conditions like cancer, cardiovascular disease, Alzheimer's and dementia," said Miller, a physiologist in OMRF's Aging and Metabolism Research Program.

Metformin is the world's most prescribed diabetes drug and is

believed to be effective at slowing aging. In a 2019 study, Miller found the drug to be less impactful for this purpose when combined with exercise in sedentary adults. By understanding how metformin impacts the cellular function of healthy volunteers in the absence of exercise, Miller hopes to further show who it can — and cannot — benefit.

Volunteers will undergo a health screening prior to enrollment. Those with known heart disease, diabetes, bleeding disorders, cancer or other major illnesses do not qualify for the study. Strict Covid-19 protocols will be followed to ensure participant safety.

Once admitted, visits may range from 10 minutes to five hours and will include blood draws, muscle biopsy, a bone density scan and an insulin sensitivity test. Participants will be compensated for time and



OMRF scientist Benjamin Miller, Ph.D., is recruiting healthy volunteers to study whether a diabetes drug can slow aging.

travel, and metformin or placebo will be provided at no cost. osctr@ouhsc.edu.

To participate or for more information, contact Oklahoma Shared Clinical and Translational Resources at 405-271-3480 or Funding for the research is provided by National Institute on Aging grant No. R01AG064951, a part of the National Institutes of Health.

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Michelle Mummert, LPN

I would invent a cure for Lupus.



Tiffanie Bryant, LPN

If you could be famous for anything, what would you be famous for?

Quail Ridge Senior Living

I would get rid of COVID and become famous.



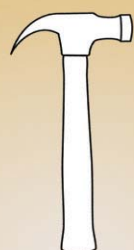
Ieshia Maxwell, LPN

I've never wanted to be famous, just helpful. The world is filled with hate so I would give love!



Jazzlin Waterford, ACMA

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SITUATION UPDATE: COVID-19

Cases	399,727
*Total Cumulative Negative Specimens to Date	2,866,417
*Total Cumulative Number of Specimens to Date	3,243,791
Acute Care OSDH Licensed Facility Hospitalizations	951
Other Types of Facilities Hospitalizations	100
Total Cumulative Hospitalizations	22,453
Total Cumulative Deaths	3,710

- This week, 76 Oklahoma counties are in the “orange” risk level and one is in the “yellow” 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 399,727 cases of COVID-19 in Oklahoma.

- 2,216 is today’s 7-day rolling average for the number of new cases reported.
- There are 29 additional deaths identified to report.
- There are 3,710 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 2021-02-05 at 7:00 a.m.

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Reaching out and touching lives

Resident benefit from pen pal program

by James Coburn, Staff Writer

A tremendous response began last fall when Kellie Prather called for pen pals for the residents of Brookwood Skilled Nursing & Therapy on Facebook. Compassion took the form of an overwhelming bevy of letters and cards that continues being sent to residents.

Everyone has returned to the lost art of writing, Prather said. A whole new door opened both for the residents and the pen pals themselves.

"I didn't realize it was going to go viral," said Prather, the activities director for Brookwood Skilled Nursing & Therapy in Oklahoma City. "It went viral — it went all across the United States. It was crazy. I'm telling you, we heard from people all over Oklahoma from towns I had no idea existed."

Letters came from New York, Illinois, Alabama, Kentucky, Arizona, and Arkansas. At one point 300 letters streamed to the residents all at once. Since the end of September, residents posted cards behind their beds and doors in appreciation. One resident has 50 cards from people writing they want to be a pen pal. The nursing staff is amazed at the difference made in the residents' lives and take part in helping elders decorate their rooms with cards. Staff and residents spend time talking about the pen pals. Nurses and CNAs read the letters and cards to residents who are challenged with their vision.

"I've got a pen pal team that's called the Pen Pal Club," said Prather, who has served at Brookwood since March and has been with the parent company Grace Living Centers for 12 years.

Residents involved in the pen pal program respond to the letters. Prather said she has never seen such a transformation in the residents who had been mulling

over days of depression and routines. Letters come in for the bedridden residents as well. And Prather and her assistants write letter on behalf of those residents who are unable to do so.

"There's just been such a glow," she said of the letters from school children, high schoolers, college students, and others who write. Children are given a chance to learn how to write a letter and hear the experiences from elders.

Another program, this time with Zoom is being initiated.

"It's awesome. They have so much purpose now. My activity room is almost like a mailroom where there's a working station, a station where letters need to be mailed off, letters that need to be answered," Prather said.

It's heard repeatedly that America is divided over politics, but the pen pal program at Brookwood spells unity among people with different backgrounds with the common concern for the welfare of humanity.

"Isn't it beautiful?" Prather said. "It makes me happy to know that we're still together. When we get knocked down, we still help each other get back up. And it also makes me really happy that we're reaching out for our elderly, because they get to be the forgotten society too often."

Housewives and husbands have been sending not only photographs of themselves, but photographs of their dogs and the splendor of nature throughout the year.

"Everything is so beautiful, and it makes me so proud to be an American. It makes me so happy to know with all the muddy waters of political life, that we're able to still pay it forward — our kindness to others."

Residents who have been in lockdown without the ability to see family members or loved ones



Kellie Prather, activities director of Brookwood Skilled Nursing & Therapy, shows some of the hundreds of letters and cards received by the pen pal program there.

during the COVID-19 pandemic have their lives touched by strangers who become pen pal friends with many points of discussion to stimulate the day with positive messages, Prather said.

"It makes them feel alive; it makes them feel they have a purpose and makes them feel like they're loved. And it makes them feel like they can extend themselves out to somebody else as well. So, it's a win, win, win situation."

The backdrop of Brookwood encompasses Bridges Health, a separate wing for skilled nursing and rehabilitation. Residents are able to focus on their rehab in an encouraging setting.

"We've got some excellent nurses in there, case managers and the therapy department is just wonderful," Prather said. "And

everybody works hard around the clock to make sure these residents are getting the skill nursing they need."

The long-term facility is separate so not to interrupt ongoing therapy. Vending machine carts come through the rooms on a regular basis since vendors do not enter the building during the pandemic.

"We provide room activities as well as hall activities, and group activities when we're able to," she said.

Regulated outdoor visits may be scheduled as well as window visits.

"We've been pretty fortunate to keep the wheels rolling."

Brookwood Skilled Nursing & Therapy 940 SW 84th St, Oklahoma City, OK 73139 or visit brookwoodokc.com (405) 636-0626

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Mitch



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