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Information for the Oklahoma Nursing & Health Care Professional

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Connecting to community

*Nursing
students
thrive at
Oklahoma
Wesleyan
University*



Dr. Rosa Ketchum prepares students to achieve their calling as a nurse at Oklahoma Wesleyan University, located in Bartlesville.

by James Coburn, Staff Writer

Students are meaningful at the School of Nursing at Oklahoma Wesleyan University.

"They are more than a number. They have a name and story that matters," said Dr. Rosa Ketchum, RN, a director in the School of Nursing

at Oklahoma Wesleyan University.

"They have a name, a story, and because of the size of all of our programs — that name and

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*As featured in
Oklahoma's
Education Guide for
Nursing 2021 edition*



OCU Forms College of Health Professions



Dr. Mark L. Britton will lead The College of Health Professions.

Oklahoma City University officials have announced the formation of a new college within the university aimed at strengthening relationships with health care partners in the community and demonstrating OCU's commitment to addressing the increasing demand for health care professionals.

The College of Health Professions will include the university's Kramer School of Nursing, Physician Assistant Program, and Physical Therapy Program, and any additional health care programs established in the future.

OCU President Martha Burger said the college will help leverage the strengths of the university's

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WESLEYAN

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student matters to the faculty."

Located in Bartlesville, Oklahoma Wesleyan University offers students three programs.

- OKWU had a total of 954 total degree seekers this past fall. 545 traditional on campus students and 409 in the graduate & professionals studies.

- OKWU has 42 students in the traditional pre-licensure BSN program (this includes traditional BSN admission and LPN-BSN students).

- There are 70 students in the Graduate and professional online program (this includes the RN-BSN and MSN).

The School of Nursing is always starting new cohorts in both their Masters and Bachelor programs.

"We do have an LPN to RN program," she added. "We also, with that have a night to weekend program."

Flexibility is key in fitting active lifestyles and schedules, she said.

"Especially considering the working adult or realizing that some people have to work and go to the school at the same time."

The Bachelor of Science in Nursing program is based on pediatrics, community health, medical surgical, critical care, and all learning experiences to prepare an RN for a nursing career. The university also offers an RN to BSN program which is for the already practicing RN focusing on community health, leadership and ethics, that are not part of an associate degree program.

"We have a graduate program that has two tracks. There's a nursing education track to help hospital nursing educators or academic nurse educators. And then the other track is administration, which is focused on nursing management. Hospital administration is what we're preparing those nurse leaders to do," Ketchum said.

Smaller cohorts cover all of the programs. The students are more than a number at the School of Nursing at Wesleyan University.

"I feel like because of the size of our school, and the mission of our school, and that being faith based — the faculty is in a place where they can really care for the students," Ketchum said. "They see them not just as a nursing student but as a person who is going to be a nursing professional, but also a person who has interest and value. I think because of our class size and the mission of the school, that's really important."

Oklahoma Wesleyan University has maintained hands-on clinical experiences among the nursing students during the COVID-19 pandemic, Ketchum continued.

Students have adapted to wearing masks and social distancing as a precaution. But virtual simulation experiences have increased to help the students meet their clinical learning objectives. Nursing care related to the pandemic has been a prominent theme of graduate students. Many of them have investigated ways to prevent burnout and fatigue due to the pandemic.

"I feel like nursing is a calling," Ketchum said. "It's not just a profession, it's not just a job, but it truly is a vocation. And so, whenever you get to meet students who feel that calling to serve nursing, to serve others in ways that are not easy, you get to meet really special people."

Ketchum began her nursing career as an associate degree nurse. She earned her Bachelor in the Science in Nursing degree at Oklahoma Wesleyan University in the RN to BSN program. Her Master of Science in Nursing degree was earned at Indiana Wesleyan University before receiving her doctorate at Grand Canyon University.

Being called to nursing is a special passion that not everybody has embedded in their careers. There is a selflessness by placing others first, she said.

"We serve them wherever they are, and I think that is really beautiful," she said. "People who are called to nursing are beautiful to me — they make you better."

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OCU

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existing health care programs.

"As the demand for skilled health practitioners grows, the College of Health Professions will position OCU to contribute to the human capital needs of the health care industry while offering our students an excellent education and a bright pathway toward a fulfilling career of service," Burger said. "We look forward to a collaborative environment within the college that will benefit our students and the health of the communities they will serve."

The college will be led by Dr. Mark L. Britton, who currently serves OCU as clinical professor in the Physician Assistant Program and as assistant to the provost for Health Professions Programs. Britton's appointment as dean will begin July 1.

Britton, an ambulatory care clinical pharmacist by training, has been a member of the OCU faculty since 2016. His career has included numerous academic and leadership roles dating back to 1982, including

almost 30 years as a professor, director, associate dean, and senior associate dean at the University of Oklahoma Health Sciences Center College of Pharmacy.

"I am honored to facilitate the creation of this new college for Oklahoma City University and look forward to developing collaborative, synergistic relationships among the health professions in education, practice, and discovery," Britton said.

The move to create the new college will allow OCU's health programs to share educational resources and enhance interprofessional development for undergraduate and advanced practice nurses, physician assistants, and physical therapists. This will include exploring shared learning experiences in the anatomy lab and simulation laboratories.

Britton said the college will develop an interprofessional core curriculum so students from the different programs will learn to work cohesively with others who have different skills and responsibilities – similar to what they will experience once they move to a professional

patient care setting.

"We intend to develop interprofessional learning experiences for teams of student providers, and they will have to work together to assess health care problems and develop plans of care that are collaborative and use the strengths of each profession to help the patient," Britton said.

In addition to these learning opportunities, the creation of the college will allow the school to build on efficiencies created

through common leadership and administration, Britton said.

The formation of the College of Health Professions will become official on July 1. For more information on educational programs at Oklahoma City University, go to www.okcu.edu.



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CAREERS IN NURSING

NURSING, A FIELD OF SERVANTHOOD: LEGEND SENIOR LIVING

Vickie Jenkins, Staff Writer

Legend Senior Living Council Road offers both Assisted Living and Memory Care residences. They are dedicated to providing the highest levels of personal service and a warm, comfortable and actively social environment that will enrich your life.

Whitney Craig, LPN is the Assistant Health Care Director of Legend Senior Living. Whitney became a nurse because she wanted to make a difference in the lives of the elderly. "It is so rewarding to be able to bring joy to my residents and walk through their last chapter of life with them. For a lot of people coming here, it is their stop in their life and I am blessed to be able to make each day matter and count," Whitney said. "I love working for Legend Senior Living because it is truly centered about the needs of the individual resident.

Each plan is specific in making sure that the routine they lived at home can be mirrored and mimicked in their care here," Whitney commented.

Whitney has been a nurse for six years. "When I was little, I wanted to be a nurse, just like my mom," she said with a smile. "Actually, my mom was a great mentor to me when during nursing school, plus my clinical instructor, Tammy McKeen, who is an RN. They gave me encouraging words along the way. My very first job was at Baptist Village of OKC, when I started working there at the age of seventeen as an activities assistant and worked my way up."

Being the Assisted Health Care Director gives Whitney many responsibilities. "We usually see about fifty residents daily. Together, my staff and I meet the needs of

the residents. As a team player, we make each day meaningful for our residents. We also have excellent communication with doctors and families to make certain that everyone is on the same page."

Asking Whitney what her biggest reward of being a nurse is, she replied, "I actually get to leave all of my personal life and stress at the front door, focusing on caring and meeting the needs of my patients and residents. When I go home, I realize how little my problems are compared to some of the problems my patients/residents are facing, especially during this Covid pandemic."

The advice that Whitney would give to someone interested in going into the medical field? "Make sure your heart is in it for the right reason. This is the field of servanthood and the willingness to

put your residents and their families in front of your own needs."

Whitney is a faith-filled person focused on the mission of caring for others, not just at work, but in the community of OKC. "My family, nephews and nieces gave me the nickname of Wing It. I have mastered the art of going with the flow, doing whatever needs to be done at that moment. I truly love being able to help out in any way that I can. I am focused on taking one day at a time and choosing to make each day better than the day before. I want to make sure every day counts with every word I speak and every action I do, seen or unseen, that it is done with purpose and glorifying God." Whitney is proud of the fact that she was employee of the year in 2019 for Senior Living at Rivendell

See CRAIG Page 5



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CRAIG

Continued from Page 4

Memory Care. Whitney is dedicated to caring for others.

Coronavirus changed the direction of my life in 2020 in a major way. “I spent the spring of 2020 in Newark, NJ, one of the hardest hit areas. After returning home from NJ, I was blessed to serve on the frontlines again in a small town in Oklahoma, but this time, I was honored to serve side-by-side with my mom, caring for the elderly population affected by Covid-19,” Whitney explained. “My spring and summer were dedicated to serving the elder away from my home and family, which meant FaceTime was the only way of spending time with my family during those difficult and challenging times. After everything, I learned with all of the experience gained I was able to return to where my heart belongs at Legend Senior Living communities in both Moore and Oklahoma City. I made sacrifices due to Coronavirus but it was all worth it by serving others.”

Summing up her life in three words, Whitney said, “Optimism, determined and changed.”



Legend Senior Living Council Road is where you will find Whitney Craig, Assistant Health Care Director caring for the residents with the utmost care.

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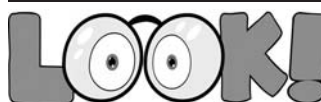
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(AS PUBLISHED IN THE 2021 EDUCATION GUIDE TO NURSING)

Standing in the Gap

Northwestern forging tomorrow's nurses

Nursing has always been a profession that has stood in the gap, taking care of those who need it the most.

So when the Covid pandemic came, leaders at Northwestern Oklahoma State knew their students needed their education now more than ever.

"One of the things we've been able to do since the pandemic is we're continuing to forge ahead and maintain face-to-face classes and clinicals," said Shelly Wells, PhD, MBA, APRN-CNS, ANEF, Division of Nursing Chair & Professor. "That's in all three of our programs."

Tight-knit clinical partner relationships coupled with one of the state's lowest student-to-faculty ratios kept Northwestern students in the classroom and at the bedside during a once-in-a-lifetime event.

Long-known as one the most affordable nursing programs in the state, Northwestern features nationally-award-winning faculty and small class sizes.

It's no wonder there's such high interest in the school's three different options.

The traditional BSN program is offered at four different sites including Alva, Enid, Woodward and University Center in Ponca City.

The online RN to BSN program offers a 12-month cycle with no clinical hours and a liberal course transfer policy. It was rated the #1 RN-to-BSN program in Oklahoma in 2020 by www.intelligent.com.

The hybrid BSN to DNP program has also taken off. "There's been a lot of demand for both online and hybrid," Wells said. "We are one of only two public universities that offer

a family nurse practitioner emphasis and we are the only program in the state that has an emphasis on rural nursing and the needs of rural communities."

The decision to stay in class and the hospital came with much planning and cooperation.

A Nightingale Award of Nursing Excellence recipient from the Oklahoma Nurses Association, Wells takes pride in her low faculty-to-student ratio and the relationships her faculty has forged at healthcare facilities across northwestern Oklahoma.

Allowing students to learn in their communities creates a natural draw.

"Part of it is because we are offered at four different sites so we have limited numbers at each site," Wells explained. "We're able to maintain that social distancing in the classroom. Part of it is the partnerships

we've established with our clinical agencies."

This spring some of those clinical agencies are supporting paid internships for senior nursing students.

"The hospitals are paying these students to do their clinical hours," Wells said.

The BSN programs are accredited by the Accreditation Commission for Education in Nursing, Inc. (ACEN) and is approved by the Oklahoma Board of Nursing (OBN). The BSN-to-DNP program is accredited by the Commission for Collegiate Education in Nursing (CCNE) and approved by the Oklahoma Board of Nursing.

With more than 30 years of teaching experience in nursing, Wells has closely followed the national trend calling for more BSN-prepared nurses.

"All the hospitals we have talked to in Oklahoma prefer to hire BSN-prepared nurses and they are encouraging their staff to go back and complete their BSN," Wells said. "We're seeing those numbers increase."

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The online RN-to-BSN is a 12-month online program with no traditional clinical hours requirement and no campus visit requirements.

The BSN-to-DNP Family Nurse Practitioner program is a hybrid model offering online classes, limited campus visits, and local clinical practicums.

Arcadia Trails INTEGRIS Health becomes affiliate-level member of Betty Ford Network

Arcadia Trails INTEGRIS Health, a state-of-the-art addiction, mental health and trauma treatment center that is part of Oklahoma's largest health system, INTEGRIS Health, is joining forces with the Hazelden Betty Ford Foundation—the nation's leading resource for individuals and

families affected by substance use disorders—to address the growing need for behavioral health services.

The two organizations have entered into a three-year affiliation agreement under which Arcadia Trails INTEGRIS Health will leverage Hazelden Betty Ford's expertise



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through an agreement to manage the Arcadia Trails 40-bed residential treatment center in Edmond. Under the new agreement, Arcadia Trails INTEGRIS Health becomes the second "affiliate"-level member of the Hazelden Betty Ford Patient Care Network, a collection of health care organizations working together to expand addiction treatment services and improve patient outcomes.

"We are excited about our collaboration with Hazelden Betty Ford," said Timothy Pehrson, president and CEO at INTEGRIS Health. "This partnership will provide more resources for Arcadia Trails INTEGRIS Health and the Oklahomans we serve, and expand our comprehensive, individualized approach to care so that we're engaging people longer to improve their ability to sustain recovery and better health."

According to numerous surveys and studies, the COVID-19 pandemic and related social and economic stresses have worsened the nation's addiction and mental health crises, elevating the need for quality, accessible care and a robust continuum of services.

"Together, our goal is to reach more people, improve recovery rates and save more lives throughout Oklahoma and the region," said Bob Poznanovich, vice president of business development at Hazelden Betty Ford, the nation's largest nonprofit provider of addiction and mental health care, recovery resources and related education, prevention, research and advocacy. "The disease of addiction is a public

health issue so big, so important and so heightened now due to the coronavirus pandemic that it requires long-term collaboration among all who are committed to confronting it, and that's what brings Hazelden Betty Ford and Arcadia Trails together at this critical time."

Javier Ley, a longtime clinical leader, was recently hired to serve as the new executive director of Arcadia Trails INTEGRIS Health. Ley's employment through Hazelden Betty Ford will provide him with access to Hazelden Betty Ford's enterprise-wide resources and support systems.

"We are excited to work more closely with Arcadia Trails and the INTEGRIS Health system, and to build upon our shared goals and commitment to high-quality, evidence-based care to treat addiction," Poznanovich said.

Under the new agreement, Arcadia Trails INTEGRIS Health will have access to new resources that enable treatment to be individualized to meet the needs of specific patients and designed into a comprehensive treatment plan that may span multiple levels of care—from inpatient to partial inpatient to outpatient.

"Access to a continuum of high-quality services is critical to addressing the growing problem of addiction in Oklahoma, and Arcadia Trails INTEGRIS Health is committed to providing comprehensive, evidence-based care to as many Oklahomans as possible," Pehrson said.

NURSE TALK

Would you rather spend time in the mountains or at the beach and why?

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The Grand at
Bethany

The beach, to get some sand in my shoes and lay on the beach. Sun, fun and relaxation!



Sara Joan Pruitt, RN

Definitely the beach! Warm, sunny and relaxing with the waves riding up to the shore!




Blake Quintero, LPN,
ADON

I would rather go to the beach because it is warm and sunny and a perfect time for an umbrella drink!



Jessica Stevens, LPN, IP



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SITUATION UPDATE: COVID-19

Cases	440,022
*Total Cumulative Negative Specimens to Date	3,388,378
*Total Cumulative Number of Specimens to Date	3,798,353
Acute Care OSDH Licensed Facility Hospitalizations	198
Other Types of Facilities Hospitalizations	5
Provisional Death Count (CDC/NCHS)	7,961

- As of this advisory, there are 440,022 (226 new today) cases of COVID-19 in Oklahoma.
- 310 is today's 7-day rolling average for the number of new cases reported.
- Today's Provisional Death Count (CDC/NCHS): 7,961

- Additional hospitalization data can be found in the Hospital Tiers report, published evenings Monday through Friday.
- Register online to receive a notification when you're eligible to schedule a COVID-19 vaccine appointment at [vaccinate.oklahoma.gov](https://vaccinefinder.org), or locate other vaccine opportunities at vaccinefinder.org.
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 2021-04-05 at 7:00 a.m.



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Cancer Center Performs First Brachytherapy, Implanting Radioactive 'Seeds' Around Tumor Site

An OU Health Stephenson Cancer Center surgical and medical team has performed its first brachytherapy procedure for brain tumor, a process in which radioactive "seeds" are implanted around the edges of the tumor site after it has been removed.

The surgery, the first known case in Oklahoma, treats the cancer internally, rather than from an outside radiation source. It is an especially good option for patients whose cancer has been treated with multiple courses of radiation therapy. Radiation therapy has a cumulative toxic effect on nearby tissue, making repeated treatments risky.

"The benefit of brachytherapy is that it allows us to be very precise with the radiation dose," said Stephenson Cancer Center neurosurgeon Chad Glenn, M.D., who performed the surgery and implanted the radiation seeds. "Although traditional radiation therapy is accurate and targeted, it can still spread to adjacent brain tissues or the scalp. Brachytherapy allows us to give a therapeutic dose of radiation but minimize the spread."

Both the tumor removal and the implanting of the radioactive seeds are performed during the same procedure. Because the radioactive seeds have a short half-life, meticulous planning was necessary to ensure they were ordered, delivered and implanted at the correct time. Glenn's colleague in Stephenson Cancer Center Radiation Oncology, Tyler Gunter, M.D., helped to plan the surgery, using an estimated model of the tumor cavity to calculate the radiation dose and number of seeds needed, as well as ideal placement.

"Brachytherapy is an ideal technique to deliver a therapeutic dose of radiation to brain tumors that have been heavily treated in the past," Gunter said. "The dose to tumor cells adjacent to the sources is very high, while nearby uninvolved tissue receives a much lower dose, reducing the risk of side effects and complications. Because the dose near the seeds is so high, careful planning and placement is required to ensure a safe and effective treatment. The patient's pre-treatment MRI is used to estimate the size of the area to be implanted with the radioactive seeds,

and a computer program is used to determine the optimal spacing and to calculate the dose to the resection cavity and adjacent normal tissue."

In the operating room, Glenn removed the tumor and sent a portion of it to pathologists to confirm it was malignant. Once that was verified, he began placing the radioactive seeds, which are similar to beads on a string, each about the size of a grain of rice. Glenn lined the edges of the tumor cavity with the seeds, maintaining an even spacing of a centimeter between each. The implanted seeds are considered permanent – they deliver radiation at decreasing doses over about three months, like a time-release capsule, then become inert.

"The patient is actually receiving treatment in the recovery room," Glenn said. "Normally, patients who have a brain tumor removed will receive treatment in three or four weeks once they've healed. This allows us to treat someone immediately."

Stephenson Cancer Center's inaugural patient for brachytherapy was Hobart resident Josh Heard, whose brain tumor recurred after several previous treatments and surgeries. Heard didn't get sick from the treatment, nor did he lose his hair. "There were many benefits to brachytherapy," his mother, Terri Corbin, said. "We hope many more people benefit from it. Dr. Glenn is such a fantastic doctor, and everyone at Stephenson Cancer Center has gone out of their way to help us."

The radioactive seeds, called Cesium-131, or commercially known as Cesium Blu, are produced by the company Isoray. It is the world's only producer of Cesium-131 brachytherapy seeds. "It is very exciting to see the important step forward that Stephenson Cancer Center's Dr. Glenn and Dr. Gunter have made in making this leading-edge targeted internal radiation treatment available to their patients who are battling this difficult cancer," said Isoray CEO Lori Woods. "We continue to strive to bring new brachytherapy treatment opportunities to the forefront to benefit patients and the medical professionals who care for them."



Chad Glenn, M.D., performs the surgery and implants the radiation seeds.

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