

## RSU Program Provides Path to Success



Nursing and health care are among Rogers State University's hallmark academic programs, which includes bachelor's degrees on its Claremore and Bartlesville campuses.

RSU is a dynamic regional university providing its students with the complete college experience where students can live on campus (both traditional and family

housing options) and participate in a myriad of student activities, including student organizations dedicated to health sciences.

The university supports a rigorous academic program that attracts many students who plan to attend medical school

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



## OBU Honors 49 Nursing Graduates During Pinning Ceremony May 14



Dean Henson pins nursing graduate Bryce Birt.

OBU honored 49 graduating nurses during the College of Nursing's Pinning and Lamp Lighting Ceremony held Friday, May 14. The ceremony took place in Raley Chapel's Potter Auditorium on OBU's campus in Shawnee.

Dr. Robbie Henson, dean of the OBU College of Nursing, introduced the faculty and staff. Joan Klerekoper, assistant professor of nursing, led the invocation.

OBU President Dr. Heath A. Thomas welcomed the graduates and their guests.

See PINNING Page 10



## ROGERS

Continued from Page 1

complete their undergraduate studies through RSU's program in medical/molecular biology. RSU's nursing program produces students who consistently score better than the state and national averages on the RN licensure exam.

Rogers State's health sciences programs are some of the most rigorous in the region, producing graduates that are in high demand. RSU nursing graduates maintain a nearly 100% placement rate, securing excellent jobs throughout the region.

RSU's nursing faculty with a collective total of more than 130 years of experience in both academic teaching and practical experience. The university offers several lab environments to give students skillful training for residential environments, hospital beds, isolated acute care, and

high fidelity simulation.

For those who want or need to work while attending school, almost 8 in 10 RSU students work while attending school allowing them to achieve their educational goals while balancing financial and family obligations. While RSU is the only public university with on-campus housing in the Tulsa metro area, the university has a large number of commuter students who live at home while attending RSU.

RSU consistently earns national recognition for affordability, both for traditional classes and its RSU Online program. U.S. News and World Report has noted RSU has one of the nation's top 10 lowest, in-state tuition rates, and also highlighted that RSU Online was among the nation's 10 least expensive public online programs. The university also has been consistently recognized for having one of the region's lowest student debt load for graduating

students with nearly half of last year's graduating class earning a diploma without taking a student loan.

The main campus in Claremore features the Stratton Taylor Library, new student residences with bed space for more than 800, the Chapman Dining Hall complete with inclement storm shelter, renovated historic buildings and the 50,000 square-

foot Dr. Carolyn Taylor Center, which features ballroom space for community events. Rogers State also is home to RSU Public Television and RSU Radio FM 91.3.

Find your own path to educational success by visiting [www.rsu.edu/nursing](http://www.rsu.edu/nursing) or call 918-343-7631 to learn more or to schedule a campus tour.

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Nursing degrees available from either our main Claremore campus or branch campus in Bartlesville.

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# CAREERS IN NURSING

## CHANGING LIVES: SPECIALTY SURGERY/PLASTICS, RECONSTRUCTIVE SURGERY

Vickie Jenkins, Staff Writer

Located in NW OKC is the Coletta Building. In 2016, it was the first facility in the Oklahoma City metro area to combine all cancer and breast services under one roof. Separate from the rest of the hospital, the Center is a private environment for treatment sessions, genetic counseling and cancer risk assessments.

Mercy Clinic Plastic and Reconstructive Surgery in Oklahoma City specializes in a broad range of plastic, reconstructive and cosmetic surgeries and treatments.

Claudia Trejo is a Registered Certified Medical Assistant, working at Mercy Clinic Specialty Surgery/Plastics and Reconstructive Surgery and has worked here for six years. She has been a Medical Assistant for fifteen years. "I love my job and wouldn't want to do anything else," Claudia commented. "I like working here for several reasons; I wanted

to do something in my career that is challenging, interesting and makes a difference in peoples lives daily. In the nursing profession, I deal with many aspects of patient care and I enjoy the variety in the routine. I love the person connection that I make with the patients. Most people may not always remember a nurses' name but they will always remember the way they were treated. If they were kind and compassionate to the patients and their families and helping them through what is often a difficult time for them is extremely satisfying for me," she added.

Overall, Claudia has a busy day, every day. "I see about three hundred to four hundred patients a month. I admit that sometimes, the days can be hectic and crazy at times. No matter what, everything works out. I love my work family here at Mercy Clinic Specialty Surgery. We support each other in the good and

the bad times, which can be expected working in the medical field."

"Born and raised in San Juan Texas, my family moved the Gainesville, Georgia. When I relocated to Oklahoma as a teenager, I went to nursing school at Platt College for Medical Assisted training. I have lived in Oklahoma for the past twenty-six years. When I was little, I didn't really have a set plan of what kind of career I wanted. I did make frequent visits to the hospital where my mother worked as a CNA and I witnessed my mother always caring for children that had mentally delayed conditions or major disabilities. I enjoyed visiting with children that were close to my age and I remember wondering how I could help them. I suppose there was a hidden meaning behind the sad eyes of those children I met; that message was to gain knowledge to care for others. It brings a sense of

humbleness to me and I am forever proud to continue my lifetime of care," Claudia explained.

"My first job as a nurse was at an extremely busy family practice clinic. After that, I worked in Endocrinology and currently Breast Surgical Oncology and Plastics, Reconstruction."

Asking Claudia what qualities make a good nurse, she replied, "First and foremost the genuine compassion and empathy for those that are ill. Secondly, always making sure to start the day with a grateful and happy heart so I can make my day more worthwhile."

What is your biggest reward with your job? "I feel like I get the biggest reward out of my work," Claudia said. "Seeing the smiles I get from my patients is very rewarding. They tell me they are thankful for the

See TREJO Page 5



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## TREJO

Continued from Page 4

help that I have provided, I become more thankful and know that it is a God given profession designed just for me."

What is your biggest challenge? "Having anyone struggle with cancer and the many roadblocks they face. Those challenges are life changing for each patient and how they decide to handle it whether positively or negatively impacts me on a personal level. I want all of my patients to feel unstoppable and have the notion they can conquer and overcome."

Claudia considers herself a leader. "I try to think positive, setting a good example for those around me. I simply wake up with a grateful heart, banking on the many times during the day that I will make a difference. Honestly, we can all stand to be challenged every now and then so we can strive for a better God driven life. I try to remain upbeat and I am always eager to learn," Claudia said.

Asking Claudia to sum up her life in two words, she said, "Inspire and electrify."



Working at Mercy Clinic Surgery/Plastics and Reconstructive Surgery, Claudia Trejo helps patients get through their challenges

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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

### 140 GENERAL NURSING

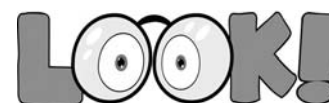
#### We Are Seeking Minimum Data Set Nurse (Licensed Practical Nurse and Registered Nurse) Needed.

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### 140 GENERAL NURSING



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**161 LICENSED PRACTICAL NURSING**

**We are looking for an Licensed Practical Nurse**  
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**161 LICENSED PRACTICAL NURSING****WE ARE SEEKING Licensed Practical Nurse**

Home Health - Weekends PRN at Encompass Health - Home Health and Hospice in Stillwater, Oklahoma. At Encompass Health - Home Health, the LPN administers skilled nursing services to clients requiring intermittent professional services. These services are performed in the clients' home in accordance with the physician's orders and the established plan of care, under the direction and supervision of the Branch Director and Supervising RN, and teaches the client, family and other members of the health care team.

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**204 REGISTERED NURSE****We are looking for Registered Nurse.**

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**204 REGISTERED NURSE****WE ARE LOOKING FOR Registered Nurses - Adult Unit - Full-time Evenings**

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**We are seeking Registered Nurse - Full-time Days (LTACH)**  
at Post Acute Medical, LLC located at 3219 S 79th E Ave, Tulsa, OK 74145. In order to work at our facility, our RN's need: To hold a current license as a RN by the Board of Nurse Examiners of the State in which the facility is located. To have and maintain a current CPR and ACLS certification. \*New team members will have 6 months from date of hire to obtain an ACLS certification if they do not currently have one.

**We are seeking Registered Nurse - Full-time Days (LTACH)**

at Post Acute Medical, LLC located at 3219 S 79th E Ave, Tulsa, OK 74145.

In order to work at our facility, our RN's need: To hold a current license as a RN by the Board of Nurse Examiners of the State in which the facility is located. To have and maintain a current CPR and ACLS certification. \*New team members will have 6 months from date of hire to obtain an ACLS certification if they do not currently have one.

**204 REGISTERED NURSE****We are seeking Registered Nurses (ICU)- Full-time Nights - Sign-on Bonus! (LTACH)**

at Post Acute Medical, LLC. 3219 South 79th E Ave, Tulsa, OK 74145. Qualifications: In order to work at our facility, our RN's need: Current RN license by the Board of Nurse Examiners of the State in which the facility is located. To have and maintain a current CPR and ACLS certification. \*New team members will have 6 mths from date of hire to obtain an ACLS certification if they do not currently have one. Prefer requirements: Having prior experience in LTACH/Acute/Med-Surg/ICU/HOU environments. Wound care and/or critical care experience. A higher comfort level working with vents/trachs/PICC lines, etc. Working knowledge of IV therapies including vasoactive drugs, antibiotics, heparin drips, insulin drips, and blood transfusions.

**We are seeking Registered Nurse Case Manager**

Aspire Home Care and Hospice in Stillwater, OK. (855) 527-7473. A RN administers skilled nursing care to patients on an intermittent basis in their place of residence. This is performed in accordance with physician orders and plan of care under the direction and supervision of the Director of Clinical Services/Branch Manager. Supervises care of Licensed Practical Nurse and Home Health Aide.

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- RN Pre Op Phase II Recovery - FT \$3,000 SIGNING BONUS
- RN Case Manager - FT
- RN Med-Surg Days - FT \$7,500 SIGNING BONUS
- RN Med-Surg Nights - FT \$10,000 SIGNING BONUS
- RN Med-Surg Weekend Day - FT \$7,500 SIGNING BONUS
- RN Med-Surg Nights - PRN
- RN PACU - PRN

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## PINNING

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He encouraged graduates to love their neighbors.

"Continue to love our God and love our neighbor. It's going to stretch you, it's going to challenge you, but the closer you stick to our Lord Jesus, the greater your love for your neighbor will be. Don't give up, don't give in. Stay close to Christ and pour out the love that He has given you."

Dr. Nichole Jackson, simulation director and assistant professor of nursing, delivered the address to graduates focusing on certainty versus uncertainty.

"It seems in times of change, our instinct is to shift our focus from what we know, what we are confident in, to what we don't know," she said. "In doing this, all the things we are uncertain of become magnified while all of the things that we know to be true seem to be almost invisible. Whether you're in a patient's room trying to figure out what's wrong, that you can't quite put your finger on, or you are

facing the unknown in life's current circumstances, we have to intentionally shift our focus back to where it belongs, which is back to things we can be certain of even in times of uncertainty."

Jackson encouraged the students to make an impact as they enter their nursing careers.

"I don't know what comes next, or all the details of your lives from this point forward, but I do know that you are the change that I want to see in the world," she said.

Next, Megan Smith, assistant professor of nursing, discussed the significance of the ceremony, how it is a celebration of the transition from the student role to the professional role.

Graduating nurses then received their pins from Henson, including Aubrie-Annah Lee Arganda, Anaheim Hills, California; Rebecca Ann Beshears, Shawnee, Oklahoma; Bryce Dennis Birt, Lawton, Oklahoma; Kiersten Danae Brakhage, Enid, Oklahoma; Mallory Lavon Branham, Istanbul, Turkey; Cherie Nichole Brewer, Seminole, Oklahoma; Aubrey Nicole Cotham, Norman,



Dr. Robbie Henson, dean of the College of Nursing, speaks to the graduates during the nursing pinning ceremony May 14.



Dean Henson pins nursing graduate Sameera Freed.

Oklahoma; Katelyn Elizabeth Bryce Feltman, Prague, Oklahoma; Cruz, Rockwall, Texas; Hannah Katy Michelle Fischer, Owasso, Oklahoma; Sameera Elizabeth Freed, Fort Worth, Texas; Jessica Christin Fritchie, Prosper, Texas; Richardson, Texas; Ashley Colleen Ellis, Royse City, Texas; Colin

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Julia Renee Gaylor, Tulsa, Oklahoma; Natalie Elyssa Gorzovallitis, Olathe, Kansas; Nancy Brooke Green, Harrah, Oklahoma; Dana Renae Greeson, Newalla, Oklahoma; Gabriela Marie Guzman, Rowlett, Texas; Juliet Onyinyechi Hale, New Castle, Oklahoma; and Halle Katelynn Hill, Mustang, Oklahoma.

Additional graduates receiving their pins included Brittany Leshae Hodges, Vernon, Texas; Travis Keith Holsten, Wilburton, Oklahoma; Rachel Hope Keith, Davenport, Oklahoma; Kera Jenae Kottmeyer, Lincoln, Nebraska; Malia Ashley Leatherland, Broken Arrow, Oklahoma; Julia Hope Lewis, Arvada, Colorado; Samuel Brett Lewis, Arvada, Colorado; Audrey Elizabeth McCaw, Claremore, Oklahoma; Morgan Roxie McCoy, Little Elm, Texas; Molly Kate Millard, Oklahoma City; April Christine Miller, Pink, Oklahoma; Dustin Allen Miller, Shawnee, Oklahoma; Natalie Kate Narrin, Tulsa, Oklahoma; Hanna Rayann Norfleet, Tupelo, Oklahoma; Kaitlyn Grace Palmer, Bethany, Oklahoma; Laina Kelby Annell Poe, Dripping Springs, Texas; Sierra Nicole Potter, Shawnee, Oklahoma; Charity Jene Rickner, Chandler, Oklahoma; Michael Edward Stewart, Broken Arrow, Oklahoma; Jacie Lee Thompson, Oklahoma City; Taylor Makenna Thompson, Shawnee, Oklahoma; Elizabeth Leeann Walker, Jones, Oklahoma; Olivia Frances Ward, Monument, Colorado; Carrie Alyssa Wilkins, Frisco, Texas; Abel Omar Wills Jr., Moore, Oklahoma; Cassidy Elisabeth Wright, Lee's Summit, Missouri; and Roman Bethany Wright, Moore, Oklahoma.

Henson delivered the charge to the graduates and Dr. Jennifer Sharma, assistant professor of nursing, led the benediction.

For more information about the OBU College of Nursing, visit [okbu.edu/nursing](http://okbu.edu/nursing).

With its campus located in Shawnee, OBU offers 10 bachelor's degrees with more than 80 fields



Nursing graduates honored during Pinning Ceremony May 14 at Oklahoma Baptist University in Shawnee.

of study and five master's degree programs. The Christian liberal arts university has an overall enrollment of 1,763, with students from 35 states and 34 other countries. OBU has been rated as one of the top 10 regional colleges in the West by U.S. News and World Report for 29 consecutive years and Oklahoma's highest rated regional college in the U.S. News rankings for 25 consecutive years. OBU is one of three universities in Oklahoma and the only private Oklahoma university listed on Great Value College's rankings of 50 Great Affordable Colleges in the Midwest.

The Wall Street Journal ranks OBU second in the nation for student engagement among all U.S. colleges and universities. Forbes.com consistently ranks OBU as a top university in Oklahoma and the Princeton Review has named OBU one of the best colleges and universities in the western United States for 16 consecutive years.



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# Stride Bank Growing OKC Leadership Team

Stride Bank has announced Fawn Sachleben will be joining their team as SVP, Oklahoma City Market President as of May 13. Sachleben presents a strong background in commercial lending, private banking and healthcare lending, and has served in a number of strategic, executive leadership roles. She began her banking career in Spokane, Washington, in 2004 before moving to OKC in 2008, where she accepted a private banking position with BOK Financial. The majority of her career has been with Simmons Bank (formerly known as Stillwater National Bank/Bank SNB), where she has served as SVP, Senior Commercial Lender and SVP, Market Executive since 2012. In between her roles at Simmons Bank, Sachleben also served as SVP, Chief Lending Officer at Citizens Bank of Edmond. With her extensive experience in the OKC banking community, Sachleben

will take the helm in continuing to grow Stride Bank within the market and surrounding communities.

Sachleben replaces Kevin Guarnera, who has been promoted to Chief Banking Officer. Guarnera will oversee the bank's commercial and retail banking and treasury management. "We are pleased to have a colleague of Fawn's caliber who will continue our mission of not only providing innovative and personalized banking solutions for our customers but being deeply rooted in this community. She is well-positioned to provide insight across a broad spectrum of business, from strategic development to community engagement," said Kevin Guarnera.

The two have deep relationships locally and will continue partnering together to build OKC. Sachleben enjoys engaging in local nonprofit activities; in particular, the Girl Scouts of Western Oklahoma

board where she served as Treasurer and on the Finance Committee, and had the opportunity to be a part of the \$12 million capital campaign to construct Camp Trivera, the urban camp located in the Innovation District. She is also involved with YWCA of Oklahoma City, where she most recently served as board chair and treasurer in 2020, and currently serves on the executive board.

"I am thrilled to be a part of an organization as progressive as Stride Bank. They are bridging the gap between traditional ways of banking and the future of banking, all while staying true to their roots right here in Oklahoma. They demonstrate their deep passion to serve the community while keeping up with the ever-changing landscape of banking," said Sachleben.

About Stride Bank N.A. Founded



in 1913, Stride Bank is an Oklahoma-based financial institution. Offering a full range of financial services such as consumer and commercial banking, mortgage, wealth management, and treasury management, we have also developed and currently manage highly specialized payment solutions for several national fintech companies. While we are unwavering in our pursuit to continue innovating and offering new financial solutions, we will always remain loyal to our community banking roots in Oklahoma. We have branches throughout Oklahoma in Enid, Tulsa, Oklahoma City, Bartlesville, Blackwell, Woodward, and Mooreland. Member FDIC. Equal Housing Lender. Learn more at [www.stridebank.com](http://www.stridebank.com).

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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](http://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."

For More information visit: <https://www.nwosu.edu/>



# Northwestern

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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.**



# Oklahoma Woman Returns to Pickleball Court Four Days After Stroke

Joyce Sterling and her husband had just finished a round of pickleball and were beginning another game when she started to feel a strange sensation.

“My left leg gave way,” said Joyce Sterling, an active 66-year-old retiree. “It felt like a noodle. I couldn’t make it do what I wanted it to do and then my left arm started tingling.”

Sterling was having a stroke but her urgency to get medical help had her back on the pickleball court just four days later. While the tingling feeling lasted a short while, then subsided, Sterling told her husband she didn’t feel comfortable playing

another game, and they decided to leave.

On the walk back to their truck, her symptoms returned and went away again. They drove to the closest emergency department at Mercy Edmond I-35. She walked in without issue, told the front desk about her symptoms and was immediately taken back for care. As she climbed on to the stretcher, the sensation returned.

The ER staff immediately called the stroke team at Mercy Hospital Oklahoma City, an Advanced Comprehensive Stroke Center certified by The Joint Commission. This special designation



Joyce Sterling is an active 66-year-old retiree and a pickleball fan.


means the hospital has the most advanced imaging capabilities, 24/7 availability of specialized treatments and staff with the unique education and competencies to care for complex stroke patients.

Sterling was taken by ambulance

to the Oklahoma City hospital. Mercy neuro hospitalist, Dr. Jeff Craig, and the stroke team were waiting when she arrived.

“As soon as I got to the hospital,

See STROKE next page



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[www.okcu.edu/nursing](http://www.okcu.edu/nursing)

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



*Remembering Brendon*  
Jennifer Blair and Lori McLarty

Brendon McLarty was a 16-year-old boy who had a passion for sports. He was selfless and appreciated the small things in life. When he died in 2012, his parents honored his decision and saved others' lives through organ donation.

After his death, Lori McLarty, Brendon's mom and Jennifer Blair, Brendon's aunt, bonded together to embrace Brendon's legacy. Together they have walked the Oklahoma City Memorial Marathon in his honor and started a foundation to support asthma education, while sharing Brendon's lifesaving story.

Organ, eye and tissue donation saves lives. Please make your decision to donate life and tell your family. Register to be an organ, eye and tissue donor on your Oklahoma driver's license or state ID card or register online at [www.LifeShareRegistry.org](http://www.LifeShareRegistry.org). If you don't have a license or state ID card and do not have internet access, call **800-826-LIFE (5433)** and ask for a donor registration card.





# STROKE

Continued from Page 12

the attacks came again in waves,” Sterling said.

Dr. Craig ordered a CT scan of Sterling’s brain and determined she was having an ischemic stroke, which happens when a blood clot or obstruction blocks the supply of blood going to a part of the brain. The majority of strokes are ischemic and can lead to death or result in permanent brain damage or disability.

Sterling was a candidate for tPA, or tissue plasminogen activator, the gold standard treatment for ischemic strokes.

“tPA is a powerful blood thinner that is our primary treatment for these types of strokes,” Dr. Craig said. “If you get to the hospital in time, we can give you medication to help bust up the clot and restore blood flow to that part of your brain.”

The treatment has to be given

within three to four hours of having a stroke, making it critical to seek treatment right away. After receiving the medication, Sterling’s symptoms were gone. She was transferred to the neuro intensive care unit and closely monitored for 24 hours.

Two days after her stroke, Sterling was released from the hospital with no side effects. She made a full recovery and by Wednesday, she was back to playing pickleball. Sterling credits the stroke team at Mercy with saving her life, but it was her knowledge about the signs and symptoms that got her the care she needed quickly, and allowed her to return to a normal life.

“I am so very fortunate,” Sterling said. “Too many people wait to get medical care and you just can’t think like that. You need to get care as fast as possible.”

To learn more about the signs and symptoms of stroke, visit [mercy.net/OKCStroke](https://mercy.net/OKCStroke).

## BEFAST!! for Stroke

Up to 80 percent of strokes are preventable and it’s the thing most likely to disable you and make you dependent on your family for your needs. A stroke, or brain attack, happens when blood flow to your brain is stopped. It is a medical emergency. Call 911 if you think you might be having a stroke or stroke symptoms. Anyone can have a stroke at any age. Your chance of having a stroke increases if you have certain risk factors. Some risk factors for stroke can be changed or managed, while others can’t.

**Risk factors for stroke that can be changed, treated or medically managed:** \*High blood pressure \*Heart disease \*Atrial fibrillation-irregular heartbeat \*Diabetes \*Smoking \*Birth control pills (oral contraceptives) \*History of transient ischemic attacks (TIA) \*High blood cholesterol and lipids \*Lack of exercise \*Obesity \*Excessive alcohol use \*Illegal drugs **Risk factors for stroke that can’t be changed:** \*Older age-for each decade of life after age 55, your chance of having a stroke more than doubles. \*Race-African Americans have a much higher risk for death and disability from a stroke than Caucasians. \*Gender-Stroke occurs more often in men, but more women than men die from stroke. \*History of prior stroke. \*Heredity or genetics.

### BEFAST!

The acronym B-E-F-A-S-T( B=Balance: E=Eyes, check for vision loss, F=Facial Droop, A=Arm weakness or drift; S=Slurred Speech; T=Time to call 911) is a simple tool to educate everyone about the most common warning signs and symptoms of a stroke, and to call 911 instantly if they even have a suspicion that a possible stroke has occurred. NO aspirin, water, food, NOTHING IN MOUTH. Teaching your children or loved ones BEFAST could save your life. For additional information about stroke prevention and education through the Integris James R. Daniel Stroke Center click on the link provided.

<https://integrisok.com/locations/neuroscience/integris-james-r-daniel-stroke-center/prevention-and-education>

Free training is also available “Each One Teach One-Be a Stroke Hero,” through the Integris Health Stroke Services. Contact Charlotte Colbert, MS, RN, CPHQ at [charlotte.colbert@integrisok.com](mailto:charlotte.colbert@integrisok.com) or call 405-644-6867.

# SITUATION UPDATE: COVID-19

COVID-19 Cases	451,349
New Cases	71
New Cases 7 day Average	136
Active Cases	1,261
CDC/NCHS Provisional Deaths	8,380
Acute Care OSDH Licensed Facilities/Location *	Recent 3 day Ave. Hospitalizations
	Cases (ICU)
Region 1 (NW)	3 (1)
Region 2 (NE)	2 (0)
Region 3 (SW)	9 (1)
Region 4 (EC)	4 (0)
Region 5 (SE)	2 (0)
Region 6 (Central)	7 (2)
Region 7 (Tulsa)	36 (11)
Region 8 (OKC)	48 (13)
Total	111 (28)
Other Types of Facilities	
Focus Facilities	6 (1)
Rehabilitation Facilities	0 (0)
Tribal Facilities	1 (0)
Other Facilities Total	7 (1)

Focus, Rehabilitation and Tribal Facilities numbers are not assigned to a specific region as their patient populations reside across the state. Information provided through survey of Oklahoma hospitals as reported to HHS as of the time of this report. Response rate affects data. Facilities may update previously reported information as necessary.

Data Source: Acute Disease Service, Oklahoma State Department of Health. \*As of 2021-05-18 at 7:00 a.m.



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