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June 28, 2021 Vol. 22 Issue 26

Information for the Oklahoma Nursing & Health Care Professional Published Weekly. Locally Owned and Operated by Metro Publishing L.L.C.

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Take an Opportunity and Learn Something New



Working at the Oklahoma City Indian Clinic in Pediatrics is Anna Adams, RN, BSN where she cares for her patients with love and compassion.

by Vickie Jenkins, Staff Writer

Anna Adams, RN, BSN is the Pediatric Case Manager at Oklahoma City Indian Clinic. Making children happy has always been a real desire for Anna.

Growing up in Rochester, New York, Anna moved to OKC in 2014. Anna had a desire to help children in some way, wanting to become a teacher. She became a music teacher. Then came her second career, being a nurse. She wanted to continue to educate, help and work with children, but in a different way. "My previous degree was in Music Education so I had a lot of science classes to take before starting nursing school. Attending the University of Oklahoma, I enjoyed being back in school and learning so much. I have been a nurse for three years now and have been here in Pediatrics for almost two years. As a nurse, I can still work with children but in a completely different way. I am able to educate my patients and their family, assisting them with

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OU College of Allied Health Programs Earn National Rankings



Jane Wilson, Ph.D., dean of the OU College of Allied Health

U.S. News & World Report has cited four degree programs offered by the University of Oklahoma College of Allied Health as among the best educational programs nationally. The rankings recognize top schools for training at the master and/or doctorate levels. Each school's score reflects average rating based on a survey of academics at peer institutions.

OU College of Allied Health programs ranked

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ADAMS Continued from Page 1

their healthcare needs. I also like the fact that in nursing, there are many different areas to work in and much to be learned," Anna explained. "Being the Pediatric Case Manager has been a new experience for me and I have enjoyed working in this position in a clinic setting."

Anna was influenced to become a nurse due to her grandmother being an RN. "My grandmother is still a nurse and my grandfather is an MD. Plus my desire to be around children, everything just seemed to fall into place," she said.

"I feel fortunate that I get to continue to learn and grow in my education. I am also very happy with my experience that I had at OU Children's Hospital, which was my first job as a nurse, and the knowledge that I obtained while working there. I am able to use that knowledge while organizing care for pediatric patients. OKCIC is a great

place to work. The environment is friendly and I have great coworkers. I am very happy that I have the opportunity to work with children," Anna commented.

Anna stays busy throughout the day as Pediatric Case Manager as she processes and coordinates over one hundred fifty referrals per month. "This includes reviewing records, organizing testing that might be needed, and placing follow up referrals. I spend time on the phone with patients and family members helping them to understand the referral process and answering questions they might have."

Asking Anna if she considers herself a leader or a follower, she replied. "I'm a little of both. Some of Anna's qualities for a nurse; To have compassion for the patients, friendly to all that enter, along with being very detail-oriented.

I'm also very flexible in my schedule. Situations can change at the last minutes so we always need to be ready," she said with a smile. "Our schedules change constantly."

How has the coronavirus changed your life? "After working at OKCIC, we had to make a lot of changes due to Covid-19. This meant helping out in other areas at the clinic where we normally do not work. We all worked together to make changes that were needed in order to provide the best and safest care we could. It definitely showed how important flexibility and teamwork are," Anna said.

What advice would you give to someone going into the medical field? "I would tell them to study hard, even when things seem to get tough, continue on, don't give up. I had such a desire

to work with children and I know that being a nurse would give me plenty of paths to follow. I chose pediatrics and I love

it," she said.

Anna's hobbies include playing the piano and musical theater. "I am currently directing Annie Jr. for a youth summer music program, and I play the piano and direct the choir for my church. I like helping children in any way that I can and I can't seem to get away from it," she said. "Not like I would want to," she added.

"My biggest reward that I receive as a nurse is knowing that I am helping patients get the care they need. I think that most nurses have that certain drive that makes them want to do the best job they can, caring for others as though they were their own family."

Asking Anna if she could describe her life in three words, she replied, "That would be, busy, content, and fun."











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RANKING **Continued from Page 1**



by the national publication are:

Audiology: Ranked 36th in the nation. Audiologists are experts in the diagnosis and treatment of disorders of hearing and balance. Professionals with the Doctor of Audiology degree work in a variety of settings, including hospitals, clinics, academic institutions and private practices.

Physical Therapy: Ranked 42nd. Physical therapy is a rehabilitation field focused on improving quality of life through prescribed exercise, hands-on care, and patient education. Physical therapists are movement experts who examine, evaluate, and treat injuries, disabilities, other health or conditions, including nerve and muscle function, posture, balance and pain disorders for individuals of all ages.

Occupational Therapy: Ranked 58th. Occupational therapy is a rehabilitation field that maximizes performance in everyday activities such home self-care, management, work, school and leisure for people

across the lifespan. Occupational therapists evaluate and treat motor, visual, cognitive and psychological deficits, and innovatively modify tasks and environments that support participation in life activities.

Speech-Language Pathology: Ranked 63rd in the nation. Training pathology speech-language prepares professionals to assist adults and children with disorders of speech, language and swallowing. This high-demand and fast-growing profession includes professionals in a wide range of work settings, including clinics, hospitals and school systems.

Jane Wilson, Ph.D., dean of the OU College of Allied Health, said "The acknowledgement by an external entity of the outstanding

faculty and staff who support those programs is gratifying. We are confident that our college community will be able to continue the excellent work and learning that places us in the top tier of programs nationally."

In addition to programs recently recognized by U.S. News & World Report, the college, which is located on the OU Health Sciences Center campus in Oklahoma City, serves as the academic unit for programs in communication sciences

quality of our programs and the and disorders, dietetics, nuclear medicine, nutritional sciences, radiation sciences, radiation therapy, radiography, rehabilitation sciences and sonography. Its 19 programs include seven at the baccalaureate level, 11 at the master or doctoral level and one certificate program. The college also offers several web-based degree programs and expanded its accredited professionalentry programs in occupational therapy, physical therapy and sonography at the OU-TU School of Community Medicine in Tulsa.



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A servant's heart Staff shines love on residents

by James Coburn - staff writer

Yvonne Roeeiger is full of smiles knowing she made the right decision 18 months ago when choosing to live at The Wolfe Living Center at Summit Ridge She's made several friends at the living center and said it's a friendly place to be, she said.

"All the nurses and the staff are sweet and nice, and the people that are around are really good people and they treat them all the same," Roeeiger said. "I have a fiance here. He lives here."

Almost every day Roeeiger can be seen going into the lush and green atrium that greets residents and visitors near the entrance of the center.

"It has turtles in it," Roeeiger continued.

The Wolfe Living Center at Summit Ridge was inspired by Christian

principals of the Seventh-day Adventist Church on its campus in Harrah, said Felicia Jones, RN staffing coordinator.

Families can be confident that Wolfe Living Center has every service available that is expected from a skilled nursing and rehab center. The quaint setting is tucked in a wooded landscape surrounding the community with an independent living center. Many of the residents know each other from the past and remain attendees of the church.

Roeeiger was the first resident that Jones met when coming to work at the center.

"We bonded right away," Jones said.

The Wolfe Living Center is very intimate and the best kept secret in long-term and rehab care, she said.

"It's the atmosphere. It's very

pleasant and you can feel the Holy Spirit here because it's very Christian oriented and I loved it from the moment I walked in," Jones said.

She has had a number of roles as a nurse and before the pandemic brought her out of retirement to workout Wolfe Living Center. Jones is a former director of nurses at Belfair Memory Care, located in Shawnee. She began her nursing career 22 years ago at then-Oklahoma Christian home in Edmond.

"Everywhere I work I took a bit of skills with me and it grows," she said.

Infection control nurse Adella Owen, RN, had never considered working in a nursing home, but when Wolfe Living Center opened, she was attracted to the family-like setting. Employees go over-and-beyond to make residents know they are being taken care of. It warms Owen's heart that the residents recognize everyone on staff. Residents see how the nursing staff bonds in a joyful team effort to offer exceptional nursing care, she said.

"There's nothing perfect, but this

place is doing the best they can do to let these people know this is their home because they miss their home," Owen said.

The women's group of the church help by making cards for the residents and treat the staff like they are part of the church.

Administrator Valarie Smith-Hubbartt tries to make all in-services special, said Jones, adding that everyone there loves Hubbartt.

"We have devotions in our meetings every morning," Jones said. "We discuss business, and she reads a devotional — we pray. That is so neat to have that."

A major factor for the success of Wolfe Living Center is it's in a rural setting with a mom-and-pop character for the home, Hubbartt explained.

The leadership and members of the church have bought into the community as reflected in Wolfe Living Center. The Seventh-day Adventist Church's expectation is having a nursing home sharing their values, Hubbartt said.

"Not necessarily their same beliefs,

See HEART Page 5



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HEART

Continued from Page 4

but their same values," she explained. "So, we try to bring residents in that have those same values, too, who want to be in a small, Christian, rural community."

The facility was originally designed with the intent of having enough independent living to fill the building.

Twenty-five years ago, Wolfe Creek Living Center became Medicaid and Medicare certified and expanded into rehab care as part of its long-term skilled nursing practices.

"There's more of a purpose here that just having a job. We are here to serve our residents," Hubbartt said. "And we want them to have the most dignified life they can have at this time because this is their final home except the ones that are going to go home for rehab. For long-term care this is going to be their final home until they go to heaven."

Hubbartt said the staff feels a sense of a bigger purpose by working in a Christian facility while having a personal connection with the Lord.



Adella Owen and Felicia Jones, both registered nurses at The Wolfe Living Center at Summit Ridge spend a moment with resident Yvonne Roeeiger in the center's atrium.



Keon, of Stuart, Okla., was a joyful two year old. He was surprisingly athletic and destined to play for the Stewart Hornets, often picking up rocks and sticks to play baseball. Keon was a happy baby, and was never found without a smile.

Both Denise and Wayne, Keon's parents are both registered donors, and when they found out Keon had the opportunity to save lives, they were excited about the legacy he would leave on this earth.

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Health Care Training is a Core Area of **Francis Tuttle**

Among the most highly regarded of the many career training programs offered at Francis Tuttle Technology Center are those in the health sciences. From programs for adults looking for a new career, to those designed to prepare high school students to earn a living while exploring other health career options, there are many available to choose from to help people who are considering pursuing a career in the helping professions of health care. Francis Tuttle has experienced faculty who have worked extensively in the industry, with state of the art equipment used in health and medical facilities throughout the metro area and around the country,

and a dedicated focus to help fill a looming skills gap. Below is a brief description of each of Francis Tuttle's program offerings.

The **Pre-Nursing** program for adult and high school students is an exciting opportunity to begin exploring a health care pathway and see what careers are available with additional training. Students gain knowledge about the broad spectrum of health professions. Through the program, students can obtain certification as a Nurse Aide (CNA) and an Advanced Unlicensed Assistant (AUA).

The unique Respiratory Care program for adult students works cooperatively with Oklahoma City Community College, whereupon completion, students receive a Certificate of Completion from Francis Tuttle and an Associate of Applied Science degree from OCCC. Students are trained to assist with the treatment of individuals with pulmonary and cardiac disorders, and obtain eligibility to take the national examinations to earn a Registered Respiratory Therapist (RRT) credential and apply for an Oklahoma Respiratory Care Practitioners License.

The **Practical Nursing** program prepares adult students to provide quality health care in a variety of settings. Three enrollment options are available to best fit student needs: full-time, blended online, and the 1+1 program. Upon completion, students are eligible to take the National Council Licensure Exam (NCLEX) to become a Licensed Practical Nurse (LPN).

The unique Orthotic & Prosthetic Technician program, along with certification in Pedorthics, each for adult students, is a hands on program to prepare students to assist the disabled by fabricating the orthopedic braces (orthoses) and artificial limbs (prostheses) necessary for their rehabilitation. **Pedorthics**

Continued on next page

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specialized training to manage comprehensive pedorthic patient care for all injures and pathologies involving patient feet. Upon completion of the program, students are eligible to take the American Board of Certification (ABC) national certification exam to be recognized as a Certified Technician in Prosthetics and Orthotics (CTPO). After training and one thousand hours of work experience, students may take the Pedorthic Certification Exam (ABC or BOC) to be a Certified Pedorthist (C.ped).

The Dental Assisting program prepares adult students to become

members of the dental health care team. Dental assistants have the opportunity to enhance the efficiency of the dentist in the delivery of oral health care. Upon completion of the program, students can obtain certification as a Dental Assistant (CDA). Each program offers the potential for a high paying career and Francis Tuttle is dedicated to serving the growing demand for a highly qualified workforce in the health care industry. If you're interested, or know someone who is looking to expand their horizons through the expanding field of medical care, check out these and other programs at:

www.FrancisTuttle.edu and get started on your future today!

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An Oklahoma Man Gets to Enjoy Another Father's Day



Forty-eight-year-old Jeremiah Harrell is a walking miracle this Father's Day. Complications from a genetic heart condition nearly left this father of six and grandfather of 11, completely paralyzed.

It was around Easter when Harrell started to experience rapid onset of weakness in both of his arms and legs. "It was frightening," he remembers. "I didn't know what was happening to my body - or why."

Harrell had lived with heart issues his entire life. His heart finally deteriorated to the point that he needed a left ventricular assist device, known as an LVAD, last Christmas. But the numbness and inability to move was new and worrisome. "He kept complaining of a burning sensation in his neck," says his wife Katrina Harrell. "He said it felt like sharp stabbing pains."

The Harrells came to INTEGRIS Baptist Medical Center

in Oklahoma City, because that is where his heart failure team is located. There, they met Pal Randhawa, M.D., with INTEGRIS Spine and Neurological Surgery. "It was a pleasure and an honor to help take care of Jeremiah, and through the power of multidisciplinary teamwork, we were able to help keep him from becoming paralyzed that night," concludes Randhawa. "He had a severe infection that had eroded and destabilized his spine causing it to start to collapse and injure his spinal cord. Had he not come to the hospital that very day, he would have been permanently paralyzed."

A picture containing person, wearing Description automatically generatedHarrell underwent emergent surgery. Because of his pre-existing and complicated heart problems, extra precautions had to be taken and specialized teams needed to be involved. Very few centers in the country can provide complex and diverse specialized care to patients with left ventricular assist devices. To be able to perform his surgery, a multidisciplinary team including cardiothoracic experts, left ventricular assist device experts, anesthesia experts and neurosurgical experts were all in the room to care for this fragile patient in case they needed to quickly respond to any complications that could arise. **INTEGRIS Baptist Medical Center** is the only facility in the state capable of offering all these teams together in one place.

"Despite the high risk and complexity of Jeremiah's case we were successfully able to decompress the spinal cord and restore its architecture," states Randhawa.

"Cases like Jeremiah's are



intense, and the stakes could not be higher. On one hand, we all are trying to keep a young man from becoming paralyzed and trying to give him a chance to recover the function of his arms and legs, but on the other hand we had to be careful not to stress his heart and risk losing him while doing so. There was absolutely no room for error or mistakes."

Randhawa adds, "He was in the right place at the right time. Had he gone anywhere else in the state, he would not have benefitted from such a diverse multidisciplinary team that is unique to INTEGRIS Health. I think his case is a testament to the team that took care of him,



Jeremiah Harrell was nearly left this father of six and grandfather of 11, completely paralyzed.

as well as Jeremiah's resilience. It's our privilege to be of service to him."

A person holding a baby Description automatically generatedHarrell would require additional surgeries in a staged fashion to further stabilize his neck. Each time, a wide assortment of physicians and specialists would assist. "They knew he was in a delicate state," admits Katrina. "In my opinion, INTEGRIS Health has the best doctors in the nation. Dr. Randhawa, Dr. Horstmanshof, Dr. Cunningham, Dr. Lentz. They saved my husband's life and stopped him from spending the rest of his life in a wheelchair."

Harrell was able to move his arms and legs after the first surgery, and his condition has continued to improve ever since. "I still have a way to go and I am in physical and occupational therapy for that," he says. "But I wouldn't change it for anything. I'm able to walk and move, and I can still pick up my 10-monthold grand-daughter, Darriana, and that is what matters most to me."

INTEGRIS

Understanding the differences between Alzheimer's and dementia



Oklahoma Medical Research Foundation scientist Holly Van Remmen, Ph.D.

For years, the terms "Alzheimer's" and "dementia" have been used interchangeably. But the difference between them is important, say experts at the Oklahoma Medical Research Foundation, with no better time to learn than June: Alzheimer's and Brain Awareness Month.

"Dementia is an umbrella term that includes many diseases. Alzheimer's is just one of them," said OMRF scientist Mike Beckstead, Ph.D., who holds OMRF's Hille Family Foundation Chair in Neurodegenerative Disease Research and is studying the role the naturally occurring brain chemical dopamine may play in Alzheimer's disease. "Dementia is a set of symptoms."

Those symptoms include a decline in memory, cognitive skills and communication abilities that interrupt daily life. Dementia most commonly strikes older adults and is caused by damage to or loss of nerve cells and their connections in the brain.

"Dementia affects differently depending on the area Van Remmen added. While there

of the brain impacted," explained Holly Van Remmen, Ph.D., who leads the foundation's Aging and Metabolism Research Program. "In the case of Alzheimer's disease, that includes memory loss, disorientation, mood swings and other cognitive

Alzheimer's is the most common form of dementia. According to the Alzheimer's Association, it accounts for 60-80% of cases of dementia and affects more than 6 million Americans.

"That means the majority of people who have dementia also have Alzheimer's," said Van Remmen, who holds the G.T. Blankenship Chair in Aging Research at OMRF. "But in most cases, there's no way to tell for sure."

That's because there is currently not a definitive test for Alzheimer's. The only way to conclusively diagnose the disease is through analyzing brain tissue following a person's death.

But assessing the disease people underlying dementia is important, is no cure for Alzheimer's and the condition has just one treatment a drug that may potentially delay decline from the disease, approved this month by the U.S. Food and Drug Administration — it may be possible to change the course of some other forms of dementia.

Triggers for dementia may include vitamin deficiencies, thyroid problems, brain tumors, depression, excessive alcohol use, medication side effects, infectious diseases and even fluid buildup on the brain. Each of these forms of dementia is potentially reversible with treatment.

In the case of Alzheimer's,

said Beckstead, early intervention likewise remains important. "By the time the disease has advanced from small things like losing keys to a severe tipping point like getting lost on the way home from the store, it's often too late to disrupt the progression of symptoms," he said.

If you or a loved one show signs of dementia, added Van Remmen, seek medical treatment as soon as possible.

"An early evaluation by a physician offers the best opportunity to understand what options are available," Van Remmen said. "If treatment is possible, you can't afford to delay."

SITUATION UPDATE: COVID-19

COVID-19 Cases	AEC 696
COVID-19 Cases	456,686
New Cases	273
New Cases 7 day Average	190
Active Cases	1,572
CDC/NCHS Provisional Deaths	8,587
Acute Care OSDH Licensed Facilities/Location*	Recent 3 day Ave. Hospitalizations
	Cases (ICU)
Region 1 (NW)	1 (0)
Region 2 (NE)	17 (2)
Region 3 (SW)	8 (2)
Region 4 (EC)	5 (1)
Region 5 (SE)	3 (0)
Region 6 (Central)	8 (3)
Region 7 (Tulsa)	55 (18)
Region 8 (OKC)	25 (10)
Total	122 (36)
Other Types of Facilities	
Focus Facilities	3 (1)
Rehabilitation Facilities	0 (0)
Tribal Facilities	4 (0)
Other Facilities Total	7 (1)

Data Source: Acute Disease Service, Oklahoma State Department of Health. *As of 2021-06-24 at 7:00 a.m.



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?**

GIVE. ADVOCATE. VOLUNTEER.



