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Mercy Breaks Ground on New Love Family Women's Center



Expanding women's services for pregnant moms and women of all ages

A new building to serve women is under construction on the campus of Mercy Hospital Oklahoma City. The hospital's labor and delivery and postpartum services have been at capacity for years, limiting Mercy's ability to serve more patients.

Forty percent of the \$98 million project is funded through generous local donors. When construction is complete in fall 2023, Mercy will have a total of

73 patient rooms to serve women in the new center, increasing the capacity for deliveries by 40%.

As the population in Oklahoma City has increased over the last 10 years, so has the need for more services.

"We have seen a 34% increase in childbirths at Mercy in the last 10 years," said

Jim Gebhart, community president of Mercy Hospital Oklahoma City. "We want to be able to serve every pregnant mom and newborn that needs us, but the reality is that our existing facility is not designed to support our current volume of patients. We simply need more space."

Mercy Hospital Oklahoma City was built in

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CENTER

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the 1970s and the existing Mercy BirthPlace was designed to handle around 3,000 births a year. Nearly 4,000 babies were delivered annually at the hospital over the last two years.

“Our physicians and nursing staff are incredible, and they’re always looking for creative ways to serve more patients with the kind of compassionate care they’ve come to expect from Mercy,” said Dr. Chad Smith, obstetrician-gynecologist and chief medical officer at Mercy Hospital Oklahoma City. “They know the need for this new facility better than anyone, and they are just so excited to see this dream finally become a reality.”

The Love Family Women’s Center will be a 175,000-square-foot, four-story building on the campus of Mercy Hospital Oklahoma City. It will feature an obstetrics emergency department staffed by obstetricians.

Three large Caesarean section suites located in the women’s center will connect to the hospital on the first floor via the existing hospital surgery

suite. This strategic design allows for quick, safe access to additional services if there are any medical emergencies during delivery.

“We looked at a number of different options and locations for a new facility over the years and ultimately decided this really is the best of both worlds for patients,” said Dr. Donald Rahhal, longtime Oklahoma City obstetrician-gynecologist and former medical director of Mercy BirthPlace. “Patients will have the easy, convenient access a free-standing structure provides while also having immediate access to all the services a hospital provides in case of any kind of emergency.”

Postpartum rooms will be on the third floor of the women’s center that connects to the hospital via a skybridge. This allows moms of babies needing a higher level of care to have direct elevator access to the neonatal intensive care unit on the fifth floor.

The new state-of-the-art facility will also feature Oklahoma’s first hospital-based low intervention birthing unit. The unit will be run by accredited midwives who are also



registered nurses in collaboration with obstetricians. The program will offer the option of a low intervention birth with access to a higher level of care under the same roof if issues arrive during labor and delivery.

Mercy will serve women of all ages at the Love Family Women’s Center, including a dedicated area for women recovering from surgeries. Outpatient therapy services, specifically pelvic floor therapy, will also be offered. A large conference center will host support groups and classes on everything from childbirth, infant care, CPR and more.

A large portion of this project was generously funded through Mercy Health Foundation Oklahoma City. It is the largest fundraising campaign in the history of Mercy. The Tom and Judy Love family gave a \$10 million lead donation to this project. Campaign

Continued next page



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co-chairs Judy Love and Cathy Keating led the way in raising more than \$30 million toward the \$40 million fundraising goal.

"Judy Love and Cathy Keating dedicated themselves to helping us serve more patients and raised an incredible amount of money during a pandemic and worldwide economic uncertainty," Gebhart said. "We simply could not have done this without them, and our Oklahoma City community is better because they are a part of it."

Just the facts: • Construction expected to be complete in fall 2023

• 175,000-square-foot, four story building on the campus of Mercy Hospital Oklahoma City

• 73 patient rooms

• Obstetrics emergency department

• Oklahoma's first hospital-based low intervention birthing center led by midwives

• Direct access to NICU in the hospital via a skybridge on the third floor

• Community services including educational classes, support groups and community events



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Longtime OU College of Nursing Researcher, Educator, Leader Leaves Mark on Healthcare

During her long and distinguished career in nursing, Barbara Holtzclaw, Ph.D., R.N., has worked in three different but complementary worlds – providing care at the patient’s bedside; conducting research to improve that care; and educating the next generation to further the field through their own research.

It is the synergy of those three that has allowed her to advance the discipline of nursing in significant ways. Holtzclaw is retiring this summer as a research leader and professor in the Fran and Earl Ziegler College of Nursing at the University of Oklahoma Health Sciences Center, although as academicians are prone to do, it may be on paper only. She continues to conduct research and mentor nursing science students on the path she began many years ago.

“My research is a combination of my clinical experience, my curiosity of how physiological mechanisms work, and a mentor who showed me how nursing research can make a difference in clinical care,” she said. “Working with students allows me to foster their interest in nursing research the same way my mentor did many years ago.”

Holtzclaw is retiring as Associate Director of Translational Science for the Donald W. Reynolds Center of Geriatric Nursing Excellence at the OU College of Nursing. Prior to that, she served as Associate Dean for Research for the college, as well as interim director for the Ph.D. in Nursing program, which she helped to establish in 2008. Previously, she was a research director at the Vanderbilt University School of Nursing in Tennessee and Associate Dean for Research and Director of Doctoral Studies at the University of Texas Health Science Center in San Antonio. Joining the faculty at the OU College of Nursing in 2000 was like coming home – she earned her bachelor’s degree in nursing and a doctorate in higher education from OU, and she directed a Family Nurse Practitioner certificate program and taught in the undergraduate and master’s degree programs at OU from 1968 to 1987.

Holtzclaw was introduced to nursing research in the 1970s while pursuing her master’s degree at the University of California at San Francisco, where her mentor was studying shivering in people who were being therapeutically cooled. During surgery, patients’ temperatures fall and their metabolisms decrease while they’re asleep, and for some procedures, like open heart surgery, patients are intentionally made hypothermic.

“That’s all fine while they’re asleep, but when they start to wake up, they start shivering,” she said. “When they shiver, their temperature rises and their blood pressure rises – there’s a heavy metabolic cost to shivering.”

Holtzclaw’s interest in the body’s thermoregulation only grew from there. She experimented with wrapping patients’ arms and feet – where the most dominant sensors are – in three layers of terrycloth toweling to see if she could prevent shivering even though the patient was being cooled. During her post-doctoral fellowship at the University of Pennsylvania, her research delved further into post-operative temperature change and the negative effects of such energy expenditure. At an annual meeting of the American Society of Anesthesiologists, she presented the results of her study, conducted with a cardiovascular anesthesiologist, which established shivering as the cause of a significant increase in metabolic rate and cardiac effort.

“During the study, I remember pointing out to a new doctor that his patient was shivering, and he said, ‘Well, how do you expect them to get warm?’ I responded, ‘Would you have your patient go out and shovel snow?’

See HOLTZCLAW Page 5



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HOLTZCLAW

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I went on, 'No, but your patient is using the same amount of oxygen and is under as much metabolic stress as if they were shoveling snow.'"

Holtzclaw's research expanded to investigate shivering in patients with cancer who were taking an antifungal drug called Amphotericin B. The body responds to the drug by running a fever and shivering, not because the patient is actually cold, but because the drug tricked their nervous system into raising its thermostat to a higher level, so it thinks they're cold. The wrapping intervention worked to suppress shivering. She then studied the same phenomenon in patients with HIV who had opportunistic infections with high fevers, and again the wrapping intervention worked. All along the way, her research raised awareness among nurses and physicians about the risks of shivering.

"It has been satisfying to find a research area that affects almost every walk of life," Holtzclaw said. "Shivering doesn't happen by itself – it happens within all these other scenarios. That has allowed me to take my research in slightly different directions regarding

thermoregulation."

More recently, Holtzclaw has been working with a graduate student on the concept of immunosenescence – the gradual deterioration of the immune system with age – and its effect on vaccine response in older adults. These effects lower older adults' protection against the virus, even with vaccination, which points to the extra precautions needed with this age group, she said.

During her career, Holtzclaw published two books, wrote numerous articles, and gave presentations around the world on the topics of fever, shivering and hypothermia. She was founding editor of the Southern Online Journal of Nursing Research and continues to serve on review panels and advisory boards for numerous other journals. She is a fellow of the American Academy of Nursing and the Gerontological Society of America, among many other honors.

While her research has been highly regarded, Holtzclaw has also played a significant, but sometimes behind-the-scenes, role as educator and mentor to many students.

"Dr. Holtzclaw has been absolutely committed to mentorship, which includes students, early-career

colleagues, senior colleagues, and others outside the discipline. She always finds ways to help people be successful," said Lazelle Benefield, Ph.D., R.N., Professor and Dean Emeritus of the OU College of Nursing and director of its Donald W. Reynolds Center of Geriatric Nursing Excellence.

OU College of Nursing Dean Julie Hoff, Ph.D., MPH, R.N., added, "Students, faculty and staff have all been touched by Dr. Holtzclaw's passion for teaching, research and nursing."

Fran and Earl Ziegler College of Nursing at the University of Oklahoma Health Sciences Center, in partnership with OU Health, is nationally recognized, offering bachelor's, master's and doctoral level programs to those interested in starting or advancing a career in the profession of nursing. With locations in Oklahoma City, Tulsa and Lawton, the college is the state's largest nursing program and is dedicated to continuing the leadership and academic excellence that have become synonymous with the University of Oklahoma. The OU College of Nursing is part of the OU Health Sciences Center, a leader in education, research and patient care and one of only



Barbara Holtzclaw, Ph.D., R.N. is retiring this summer as a research leader and professor in the Fran and Earl Ziegler College of Nursing at the University of Oklahoma Health Sciences Center.

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Contact Amy Tomlinson, OK Board of Nursing at Amy.Tomlinson@nursing.ok.gov for application packet. Application review is ongoing. Position will remain open until filled. EEOE

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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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at Angels Care Home Health 27 N Vann St, Pryor, OK 74361. Primary function of the LPN is to administer skilled nursing care, under the supervision of a registered nurse, for clients of all ages in their place of residence, coordinate care with the interdisciplinary team, patient/family and referring agency. Qualifications: Graduate of an accredited school of vocational nursing. Current state license as an LPN, Current State's Driver's License. Two year experience as an LPN, home health preferred. Proof of current CPR and Hepatitis profile.



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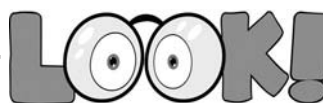
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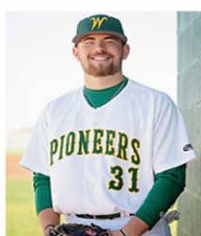
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(AS PUBLISHED IN THE 2021 EDUCATION GUIDE TO NURSING)

LPN to RN: Evening or online at WOSC



Working full-time, the struggle is real for LPNs trying to get their RN.

Throw in family and the rest that life has to offer and it gets easier and easier to postpone your dreams.

Leaders at Western Oklahoma State College recognized that reality and answered the call to bring quality, affordable and convenient nursing education to those that needed it.

And as an added bonus, it's helped Southwest Oklahoma facilities find the trained staff they need.

"We really feel that our nursing program has a strong tie to workforce," said Chrystal Overton, M.S., R.N. and Vice President for Academic Affairs at

WOSC. "I feel in our state Gov. Stitt is really pushing workforce development with colleges and universities and we feel like nursing is one of those programs that has that tie."

Located in Altus, Western Oklahoma State College was originally established as Altus Junior College in 1926, and is the oldest original municipal two-year college in Oklahoma. On August 16, 1974, Altus Junior College became Western Oklahoma State College by an act of the state legislatures.

The school's nursing program began in 1981 and graduated its first class in 1983.

Two other locations are also offered:



Opportunities for nurses to advance abound at Western Oklahoma State College in Altus.

one in Lawton, housed at Cameron University and the other in Elk City, housed on the campus of Great Plains Regional Medical Center.

Accredited by the National League of Nursing Nursing Commission for Nursing Education Accreditation, the school offers a traditional program for general students and advanced standing placement for LPNs. A full-time day program is offered at each campus along with the LPN to RN online track offering an online didactic with face-to-face clinicals.

The evening track at the Lawton campus began last year through a partnership with Comanche County Memorial Hospital.

The fall of 2018 was the first online offering for LPNs to advance their education. No driving around after work and no classroom to sit in.

"This was very successful," said Stacey Machado, DNP, RN, and the Director of Nursing Education at Western Oklahoma State College.

The first cohort of 28 students graduated in May 2019 from the LPN-RN online program that included

a clinical component.

In the fall of 2019, WOSC brought in its first cohort of students in the evening track at Lawton.

Now 18 more are on track to graduate in the spring of 2021.

This evening program is a great option for many students. Having this additional option for students will increase the capacity at Western and as well as help provide southwest Oklahoma with the Registered Nurses needed to maintain healthcare in the rural parts of the state.

The program also had a goal of collaborating with clinical affiliates so students would have immediate options for work.

"It absolutely made sense," said Machado. "Our goal when our students graduate is they are immediately ready to go after passing boards. Also we wanted them to have an opportunity to work at their clinical sites."

The plan has been a win for everyone. Students are getting the hands-on experience they need and are able to scope out where they feel

Continued on next page

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Oklahoma's Nursing Times

WESTERN

Continued from Page 10

like they will fit in.

The clinical sites get on-the-job feedback to make offers before graduation. Machado knows facilities appreciate her students.

"A lot of feedback we get from area hospital nurses, managers and directors is that our students come out as great critical thinkers," Machado said. "They're self-reliant and able to get on the floor and show they've come out of a program that has rigor in the training process."

The application window for the next spring period will begin November 1 for any returning or transfer students coming into nursing.

Applications for the following fall will open in December.

"To obtain an associate degree that leads to a high wage, high skill career and career is phenomenal," Overton said of the opportunity. "They can decrease the amount of student loan debt they have and be able to go out into the workforce after passing boards.

"That's pretty critical. A large number of students do go on for their bachelor's and some their master's. When you look at the economy and concern with high student loan debt, our program really makes sense."

Machado said the school's curriculum is aligned with most bachelor's programs meaning students won't be slowed down by having to take more prerequisites later on down the road.

For more information visit:

<https://www.wosc.edu/index.php?page=nursing-admission>

Mercy to Begin Requiring COVID-19 Vaccine for Co-workers

Mercy co-workers will be required to receive the COVID-19 vaccine, effective Sept. 30.

The new requirement comes as COVID-19 cases are increasing in communities in northeast Oklahoma and Arkansas. The Delta variant of COVID-19 continues to spread rapidly in Missouri, where Mercy has hospitals and clinics in Joplin, Springfield, St. Louis and other locations.

Mercy is seeing the real-world impact of the protection vaccines provide. The majority of Mercy patients recently hospitalized with COVID have not been vaccinated.

"What we are seeing aligns with the Associated Press analysis of CDC data," said Dr. John Mohart, Mercy's senior vice president of clinical services. "More than 95% of recent hospitalizations across the U.S. are people who aren't vaccinated. The data is clear. Vaccination is key to saving lives."

In requiring the vaccine for co-workers and others who serve and work in Mercy facilities, Mercy joins more than 20 other health care organizations across the U.S. in recognizing that vaccination serves the common good, protects patients who come to us for care and is crucial to safeguarding public health and bringing an end to the pandemic.

Both Pfizer and Moderna have applied to the Food and Drug Administration for full approval of their COVID-19 vaccines, which is expected soon. COVID-19 vaccines have been deemed safe and have proven effective with over 171 million Americans already vaccinated.

"It is essential that we take these steps in order to protect the health of our co-workers and our patients at Mercy," said Dr. William Sistrunk, Mercy infectious disease specialist. "As health care leaders in our communities, it is important we set the standard to prevent the spread of COVID-19. Vaccination is our best defense against the virus and already has provided many of our co-workers with the protection they need to care for our patients. Our goal is to ensure the safest possible work environment for our co-workers and patients while also being a part of the effort to stop the spread of the virus in the communities we serve."

Mercy will work with co-workers to develop a plan for compliance ahead of the scheduled deadline. Mercy continues to strongly encourage vaccination throughout the community as well. For questions about the vaccine or to schedule an appointment, visit mercy.net/covidvaccine.

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SITUATION UPDATE: COVID-19

COVID-19 Cases	466,733
New Cases	557
New Cases 7 day Average	691
Active Cases	5,617
CDC/NCHS Provisional Deaths	8,671
Acute Care OSDH Licensed Facilities/Location**	Recent 3 day Ave. Hospitalizations
	Cases (ICU)
Region 1 (NW)	8 (3)
Region 2 (NE)	31 (12)
Region 3 (SW)	24 (2)
Region 4 (EC)	19 (5)
Region 5 (SE)	10 (2)
Region 6 (Central)	22 (9)
Region 7 (Tulsa)	163 (57)
Region 8 (OKC)	84 (21)
Total	361* (111)
Other Types of Facilities	
Focus Facilities	10 (4)
Rehabilitation Facilities	0 (0)
Tribal Facilities	10 (3)
Other Facilities Total	20 (7)

*Includes 29 pediatric hospitalizations.

**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 2021-07-19 at 7:00 a.m.

COVID Cases Rising in Oklahoma

COVID-19 is on the rise in Oklahoma. Our state has seen a 14 percent increase in COVID positive cases and a 26 percent increase is COVID hospitalizations just in the last week.

INTEGRIS Health has reported a significant increase in the number of COVID-19 patients in their hospitals in Northeast Oklahoma.

INTEGRIS Grove hospitalist Samuel Ratermann, M.D., is on the frontlines treating patients with COVID. “We went for weeks without a single patient being hospitalized with COVID. Then in mid-June we saw an uptick and have been caring for hospitalized COVID patients each day since,” he said. “We are also seeing a much higher number of younger patients than we have in the past, and these patients are very ill.”

Current data is showing that about 28 percent of Oklahoman’s who test positive for COVID-19 end up being hospitalized.

Officials attribute the sudden uptick and the severity of the cases to the highly contagious Delta variant. The Centers for Disease Control and Prevention has classified Delta as a variant of concern because it is spread more easily. Earlier in the week the Oklahoma

state epidemiologist reported the Delta variant has been identified in testing samples from Northeast Oklahoma.

Justin Mitchell, D.O., a hospitalist at INTEGRIS Miami Hospital is concerned with the increase in hospitalization. “We currently have as many COVID patients in the hospital as we did at the height of the pandemic. Ottawa County has been hit hard by the Delta variant,” he said. “Unfortunately, we have a low rate of vaccination among our residents and these patients seem to be hit the hardest with the disease. We have seen a few patients hospitalized who were vaccinated, but they are generally doing much better than those who were not vaccinated.”

Physicians at INTEGRIS Health continue to encourage all people age 12 and older to get the vaccine.

The CDC has shared that the vaccine continues to be very effective against severe disease and death. They report that the majority of COVID deaths are individuals who were not vaccinated.





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