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Self-care generates compassion



Trista Madison, RN, has found her niche as a cardiovascular nurse at Stillwater Medical Center.

by James Coburn - staff writer

A nursing career at Stillwater Medical Center has exceeded Trista Madison's expectations. Madison is a cardiovascular nurse in the Heart and Vascular Institute. The mechanics of the heart that sparks her intellectual curiosity.

"The hospital here is so family oriented while it's expanding and they do all these innovative new things," she said. "It feels small enough that it's very homey and comfortable. You know everybody

here and it's really amazing to grow with the hospital. I'm attracted to that. I love it here."

Additionally, Madison wanted to alert women that their symptoms for a heart attack may differ from a man. Women typically are stoic with a high pain tolerance. So many women don't complain, she said. During

See MADISON Page 2

OMRF names Andrew Weyrich, Ph.D., president



Andrew S. Weyrich, Ph.D., president, Oklahoma Medical Research Foundation.

The Oklahoma Medical Research Foundation has named Andrew S. Weyrich, Ph.D., president, effective Jan. 4, 2022.

Weyrich, 58, comes to OMRF from the University of Utah, where he is vice president for research. He also serves as professor of internal medicine and holds the H.A. & Edna Benning Presidential Endowed Chair. An internationally recognized leader in blood clotting, his discoveries have facilitated key advances in the field of hematology.

Weyrich was selected following a nationwide

See OMRF Page 3

MADISON

Continued from Page 1

a heart attack many women feel chest pressure while not having chest pain.

"For a lot of them the first presentation is fatigue. They're overly tired with nausea, whereas men have external, crushing chest pain," she said.

Madison thrives on learning. Her education includes being certified in both cardiovascular and critical care nursing. She began her career with an Associate of Science degree in Nursing at Tulsa Community College in 2010. She earned her Bachelor of Science in Nursing at Southwestern Oklahoma State University (SWOSU) in Weatherford. And she recently earned her Master of Science degree in Nursing at SWOSU.

Including herself, most nurses enter the field because they want to help people, she said.

"My mom is a nurse and I remember she had overcome a lot of obstacles as I was growing up," Madison said of her mom's ER and wound care nursing. "She kind of had a rough go of things, and so I watched her go through nursing

school when I was about six. And it was a lot of me and her time. I remember as a 6-year-old holding a lot of flash cards in the shower when she was getting ready and learning a lot of those big concepts that helped her through nursing school."

At Stillwater Medical Center, Madison began as a medical surgical nurse for three years before serving in the ICU for seven years where she worked during the peak of the COVID pandemic. Madison moved to the catherization lab in April.

Her move to the catherization lab was motivated by the electrophysiology procedures the hospital had implemented. Ablation became a new practice there. Since February, the catherization lab is up to more than 30 ablation cases. In October they began doing cryoablations to restore normal heart rhythm by disabling heart cells that create an irregular heartbeat.

"That's something that not many hospitals in general do, especially here in Oklahoma," Madison explained. Scar tissue is created to maneuver the electrical pathway.

Her coworkers are prepared for a myriad of tasks, including an appropriate response to the COVID

pandemic while enduring enormous challenges.

"I spent the peak of the pandemic in the ICU and watching the ICU nurses overcome so many awful things," she said. "They really came together, and I feel like that is true in the Cath lab, too. There are so many obstacles that we must work together to get through. We had to be creative, and we had to work as a team together. I could not ask for a better group of people to do that with."

Being a nurse has brought Madison to evolve and mature in life. Being a nurse is responding to the patient and the family within the organization you are working for, she said.

"I go back to the pandemic again because I feel it's important. I think the pandemic has helped me specifically to realize that nurses need help also," she said.

Madison said she is making sure that her co-workers and peers are well. She has done a lot of work in self-care while encouraging nurses to care for themselves.

Compassion comes from within, she said. Without refilling your compassion through self-care, you

cannot give compassion, she explained.

Madison does yoga and works out about six or seven days a week. She has two young daughters at home, seven and three.

"I spend a lot of time with them and get them involved in what I'm doing."

Sometimes it's hard to separate oneself from being a nurse, she said.

"Sometimes you just have to be a mom and a wife, a daughter and a sister, and kind of put nursing to the side a little bit," Madison added.

Eight months of fertility treatments during the earlier days of her career caused her to temporarily leave the hospital to be closer to home. But she began to miss her work at the hospital. So, she returned.

"I've always been drawn to the heart," she said. "It's the heart of everything we do. It's so essential for everything. If it's not working appropriately, nothing else is going to work appropriately."

For more information on Stillwater Medical Center visit:

<https://www.stillwater-medical.org>



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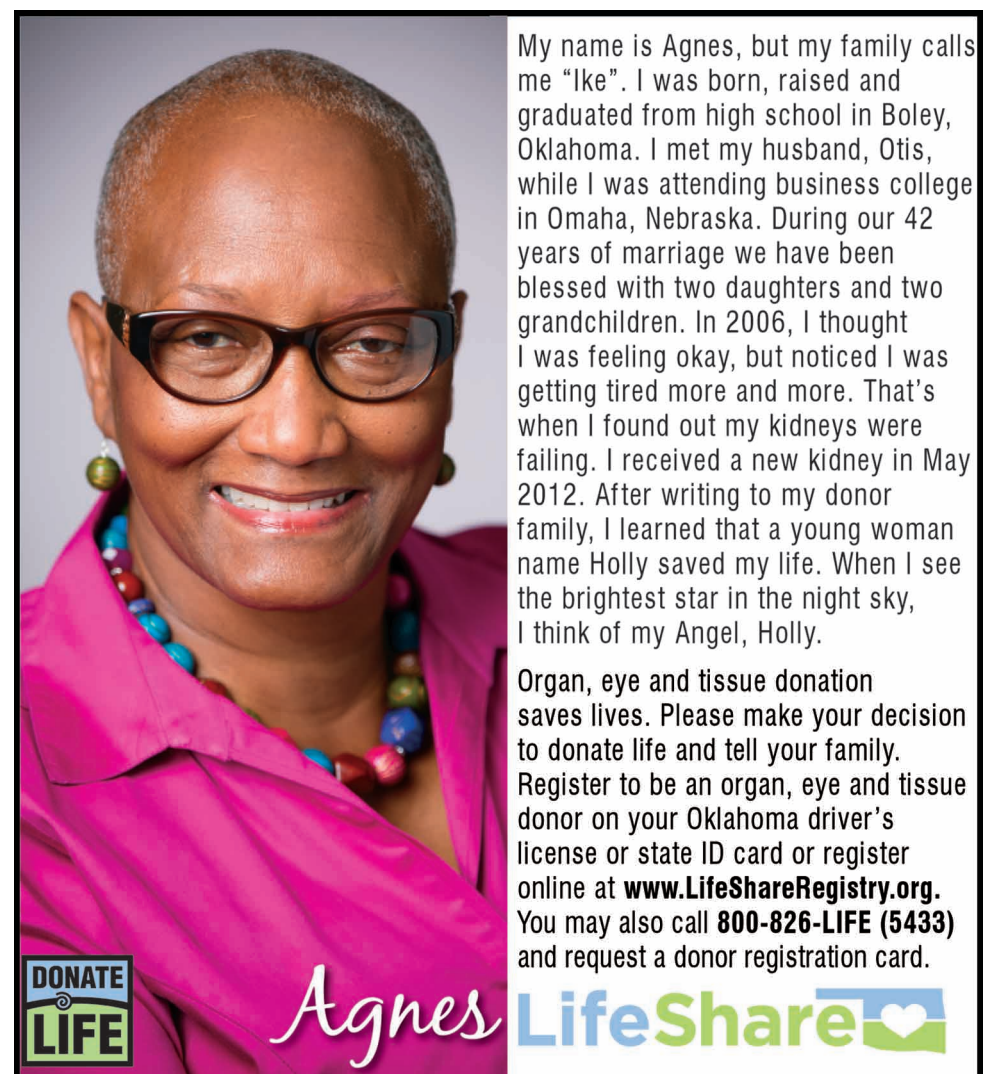
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My name is Agnes, but my family calls me "Ike". I was born, raised and graduated from high school in Boley, Oklahoma. I met my husband, Otis, while I was attending business college in Omaha, Nebraska. During our 42 years of marriage we have been blessed with two daughters and two grandchildren. In 2006, I thought I was feeling okay, but noticed I was getting tired more and more. That's when I found out my kidneys were failing. I received a new kidney in May 2012. After writing to my donor family, I learned that a young woman name Holly saved my life. When I see the brightest star in the night sky, I think of my Angel, Holly.

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 **Agnes** 

OMRF

Continued from Page 1

search to lead OMRF, which this year is marking its 75th anniversary. He succeeds Stephen M. Prescott, M.D., who died in May, and OMRF general counsel Adam Cohen, who is currently serving as interim president.

"We searched for a visionary scientific leader who will build on OMRF's reputation as home to the best and the brightest in research," said Len Cason, chair of OMRF's board of directors. "Dr. Weyrich is in a class of his own. He is a highly respected researcher who will propel the foundation to even greater heights."

Originally an exercise physiologist, Weyrich joined the University of Utah as a postdoctoral fellow and over the next 28 years built his scientific reputation on the investigation of how blood cells impact human thrombotic and inflammatory diseases. He received his undergraduate degree in biology from Baldwin-Wallace College in Ohio, his master's degree in health and exercise science from Wake Forest University, and his doctorate in physiology and pharmacology from the Bowman Gray School of Medicine at

Wake Forest.

Weyrich has authored more than 150 peer-reviewed articles and has been funded by the National Institutes of Health for over 25 years. He is a member of the advisory council to the NIH's National Heart, Lung, and Blood Institute, an associate editor for the journal *Blood Advances*, and a former member of the editorial board for the journal *Blood*. Among his numerous honors is the American Society of Hematology's prestigious William Dameshek Prize for outstanding contributions leading to a new fundamental understanding of hematology.

In addition to his role as the University of Utah's vice president for research, Weyrich is president of the University of Utah Research Foundation and Innovation District. As the leader of the university's research community, Weyrich implemented strategic initiatives and programs that drive diverse and inclusive research excellence and contribute close to \$600 million annually to the state's economy.

"Dr. Weyrich's laboratory and administrative experience give him a keen understanding of the importance of biomedical research and the

challenges that it will face in the coming years," said OMRF Vice President of Research Rodger McEver, M.D. "He will inspire scientists and staff at OMRF, and he will work effectively with community leaders to enhance biomedical research in Oklahoma."

Weyrich is no stranger to OMRF, having collaborated with its scientists on research dating back more than 25 years. OMRF's Prescott was also Weyrich's mentor and colleague at the University of Utah.

"Scientists worldwide recognize OMRF for excellence in biomedical research," said Weyrich. "That is because of the pioneering contributions made by OMRF researchers, all made possible by the incredible generosity of Oklahomans."

Weyrich joins OMRF following 15 years of record growth that included the foundation's largest campus expansion and the addition of more than 40 new principal scientists. In the same span, OMRF has three times earned designation by the NIH as an Autoimmunity Center of Excellence, one of only 10 in the nation, and three life-changing drugs born at OMRF have earned FDA approval, including

the first treatment for pain crises caused by sickle cell disease.

An independent, nonprofit biomedical research institute with 450 employees and a budget of nearly \$100 million, OMRF focuses its research on such critical disease areas as cancer, lupus, Alzheimer's, heart disease and Covid-19.

"When I came to Oklahoma, I was overwhelmed by the outpouring of support for OMRF," said Weyrich. "To lead the institution is a once-in-a-lifetime opportunity, and I couldn't be more excited to get started."

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Supply shortages strike OMRF researchers

For biomedical researchers, pipette tips are a bit like No. 2 pencils for high school students taking the ACT: cheap, voluminous and indispensable. So what do you do when suddenly none are available?

Demand for Covid-19 testing materials along with weather- and pandemic-related disruptions to manufacturing and distribution of lab equipment have forced scientists at the Oklahoma Medical Research Foundation to become resourceful — and patient.

“The difficulty in finding critical equipment is as bad as I’ve seen it in my 30 years here,” said Kiely Grundahl, a lab manager for OMRF’s Genes and Human Disease Research Program.

Disposable pipette tips are laboratory essentials. Scientists use the small, cone-shaped pieces of plastic to transfer tiny volumes of liquid in experiments. Several OMRF labs are having trouble finding the ones they need.

For cardiovascular biologist Audrey Cleuren, Ph.D., the problem is finding a particular plastic specimen tube. Her

latest order is delayed by nearly three months.

“We could try to use a different type,” said Cleuren, who recently joined OMRF from the University of Michigan. “But it potentially jeopardizes the results of an experiment. I’d rather wait.”

Plastics aren’t the only essentials in short supply. In setting up her new lab, Cleuren had to borrow an older-model centrifuge from another OMRF scientist. Researchers use the high-speed rotating device to separate samples. Cleuren’s is on back-order. Expected arrival date: March 2022.

“That’s something we use daily. We have to have it,” said Cleuren, who studies the function of cells that line blood vessels. “There’s plenty to keep us busy. But there are some things that we have to wait for because there is no alternative.”

According to the Food and Drug Administration’s Device Shortage List, scarcity of testing supplies and equipment is expected to last for the “duration of the Covid-19 public health emergency.” The agency lists shortages



Oklahoma Medical Research Foundation cardiovascular biologist Audrey Cleuren, Ph.D., displays two pipette tips. The tips are essential to biomedical research, but certain styles are scarce thanks to Covid-19-related disruptions to manufacturing and distribution channels.

See SUPPLIES Page 5

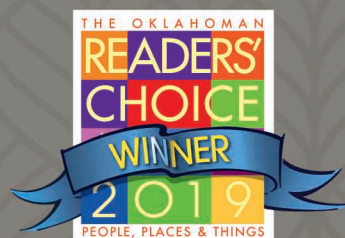


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SUPPLIES

Continued from Page 4

in more than 80 categories of devices.

That scarcity has also led to price spikes. At OMRF, scientists go through roughly 9,000 disposable gloves per month, said Wendy Quinn, OMRF's purchasing director. Since the onset of the pandemic, their cost has risen 80%.

In carefully managed grant budgets, said Cleuren, those small expenses add up. "We pay for that."

These days, lab managers like Grundahl and Mike McDaniel spend hours hunting down supplies from alternate vendors. If that fails, they look to their OMRF neighbors.

"You send out a mass email," said McDaniel, part of OMRF's Cardiovascular Biology Research Program. "Like 'Hey, does anybody have a this or a that they're not using for the time being to tide us over?'"

McDaniel said the shortages have made scheduling the use of shared equipment critical. And to overcome the scarcities of single-use plastics, some labs are even considering returning to glass.

It takes creativity, but cooperation makes all the difference in ensuring science marches on. "This supply shortage is unprecedented," McDaniel said. "But it's been inspiring to see the team-first attitude among all the labs."

ANA Applauds COVID-19 Vaccine Recommendation for Children Ages 5-11

The US Food and Drug Administration (FDA) and US Centers for Disease Control and Prevention (CDC) have recommended Pfizer-BioNTech's COVID-19 vaccine for administration to children aged 5-11 years. This move opens the door for millions of children to begin receiving a recommended dose of the Pfizer COVID-19 vaccine. The following statement is attributable to American Nurses Association (ANA) President Ernest Grant, PhD, RN, FAAN:

"This action yet again demonstrates that the authorized COVID-19 vaccines are safe and effective, and that the benefits of getting vaccinated outweigh the risks for not only adults, but also children. Immunization in childhood is proven to help build immunity against vaccine-preventable diseases and other life-threatening-illnesses. To the parents and families that are still apprehensive about getting your children vaccinated, I strongly encourage you to connect with your pediatrician, a nurse, or a nurse practitioner. Take time to gather the facts from credible sources and to get the answers to your questions from trusted health care professionals so that you can make an informed decision to keep your family safe and healthy. Enough individuals, including our children, must get vaccinated to reduce further spread of COVID-19 and to prevent severe symptoms, hospitalization, and even death. Mass vaccination is the key to recovering from COVID-19 and this action is another critical milestone in efforts to end this stubborn pandemic."

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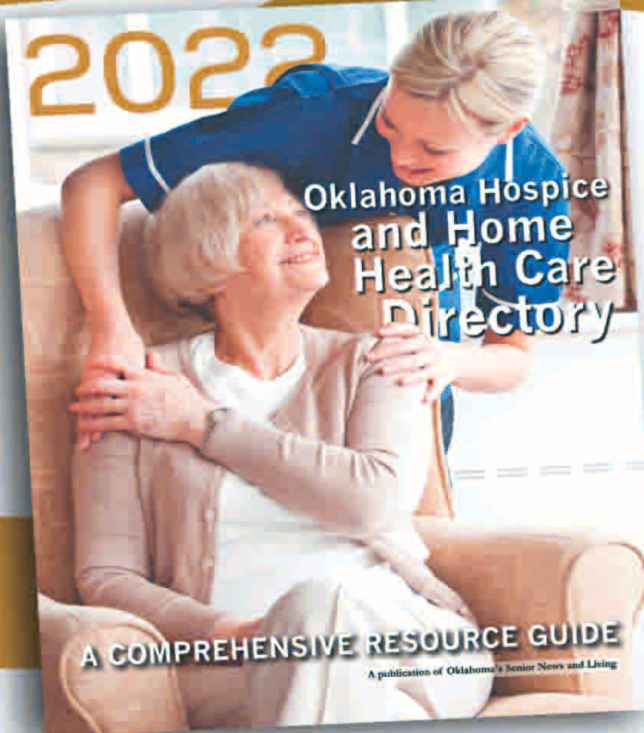


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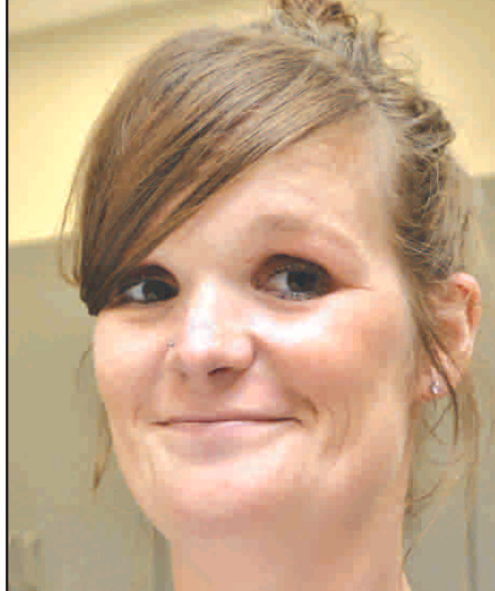
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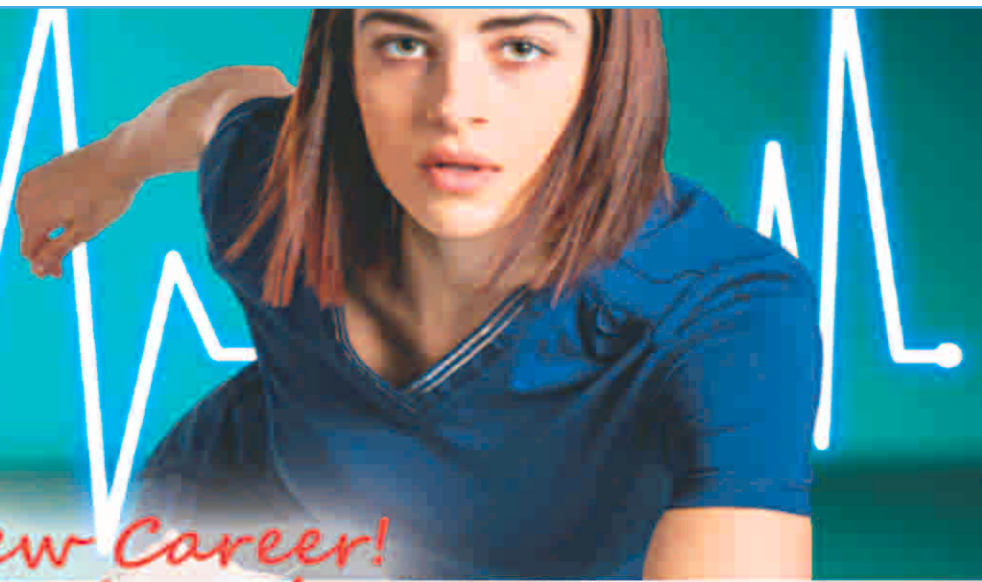


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(AS PUBLISHED IN THE 2021 EDUCATION GUIDE TO NURSING)

Uniform Shoppe dedicated to customer needs *Tulsa and OKC stores differ in tastes*



From left: Owner Jody Weise, Amy Mays, Renita Dearman, Melissa Buffington, and Traci Johnson understand the latest fashion trends in nursing at the Uniform Shoppe, located in Tulsa.

A fashion haven of comfort and style continues to flourish at the Uniform Shoppe in Oklahoma City and Tulsa, said Sherri Stallings, manager of the Uniform Shoppe in Oklahoma City.

The Uniform Shoppe is located in the Park Plaza Shopping Center at 6044 S. Sheridan Road, just west of Sheridan in Tulsa; and in Oklahoma City at 10503 North May Avenue, between Hefner Road and Britton Road.

Customer service at the Uniform Shoppe has been an enduring presence for the nursing industry ever since Elaine Weise and her late husband, Albert, purchased the Uniform Shoppe in 1965. By doing so, they established a new location in Oklahoma City. Her sister and brother-in-law started the business in 1962 in Tulsa. This was

when the color white was standard for nurses to wear at the time.

One thing is certain. The Uniform Shoppe has always provided its customers what they want.

"Our customers mean a lot to us and we take care of them," Elaine Weise said. "We sell fine merchandise at competitive prices."

She and her staff have made several friends through the years. The original store was located at 10th Street and Walker. Weise said she has enjoyed interacting with new and loyal customers through the years. It's part of her life and she can't think of doing anything else.

Weise has noticed a contrast in fashion has developed between what customers purchase in Oklahoma City and Tulsa. The differing tastes has



The staff at the Uniform Shoppe in Oklahoma City includes from left: Ericka Branham, owner Elaine Weise, Brenda Young, and store manager Sherri Stallings.

been developing for a few years.

A jogger pant is more in demand at the Oklahoma City store, Stallings said. It's all about how durable and soft the fabric is, she said of the streamlined product.

"Mostly all of your uniforms are going to be the new fabrics. And also, it's all about the color. Our top color here in Oklahoma City is black, navy, and grey," she said.

Jody Weise, co-owner of the Uniform Shoppe in Tulsa said it's unusual that what is popular in one city doesn't sell in the other city when they are 100 miles apart.

"I don't think it is a brand thing. I think it is a style thing," Jodi said. "I think it may really come down to the enthusiasm of our salespeople."

It's not the pricing or brand name, Jody said.

"When they really love something and they really believe in it, I think that's what makes it go," Jody explained. "But part of it is, we will bring in beautiful groupings in both cities. And sometimes, it will just sit in one city and we'll sale a few pieces. But the other city wipes it out."

The demographic doesn't seem to be different in the two cities. And Jody can't say that one city sells more expensive items than the other.

The staff is equally excited about fashion options.

Both cities sell similar colors. A lot of hospitals chose certain colors of garments for their nurses, she said.

"Sometimes it doesn't matter what it looks like. If it's the right color, it's going to sell," Jody said.

Jody said both cities seem to cater to a jogger pant or a straight leg pant with flex panels on the sides. It's easy to move around with extra pockets.

Another brand, Landau, has a popular grouping in Oklahoma City. In Tulsa, the product was moved around in display, but it didn't sell well, she said.

"Landau came out with another new grouping. It looked different. It had a lot of the same properties. It would stretch and easy-care fabric and colors, and both cities just blow it out the door," Jody said.

But in the groupings, certain styles sell better in Oklahoma City, but Jody said they stay in the store in Tulsa.

"It's the weirdest thing," she said.

Groupings that cannot be found online are doing well in the stores.

"People are finding something that is uniquely styled, priced right and durable," Jody said. Shop the categories online at <https://theuniformshoppe.com> or visit us at

us in OKC at 10503 N May Ave. Mon - Sat 9:30am - 6pm or Tulsa at 6044 S Sheridan Rd. Mon - Fri 10am - 6pm and Saturday 10am - 4pm.

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SITUATION UPDATE: COVID-19

COVID-19 Cases:	650,004
New Cases Today	781
Sunday New Cases (11/07/21)	436
Saturday New Cases (11/06/21)	578
New Cases 7 day Average	665
Active Cases	5,449
CDC/NCHS Provisional Deaths	11,534

Acute Care OSDH Licensed Facilities/Location**	Recent 3 day Ave. Hospitalizations
	Cases (ICU)
Region 1 (NW)	13 (4)
Region 2 (NE)	21 (12)
Region 3 (SW)	49 (16)
Region 4 (EC)	18 (9)
Region 5 (SE)	16 (2)
Region 6 (Central)	37 (10)
Region 7 (Tulsa)	128 (49)
Region 8 (OKC)	118 (34)
Total	400* (136)
Other Types of Facilities	
Focus Facilities	12 (6)
Rehabilitation Facilities	2 (0)
Tribal Facilities	10 (0)
Other Facilities Total	24 (6)

*Includes 16 hospitalizations in pediatric beds.

**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 2021-11-08 at 7:00 a.m.

AHCA/NCAL Issues Statement on Release of CMS Regulation

The American Health Care Association and National Center for Assisted Living (AHCA/NCAL), representing more than 14,000 nursing homes and long term care facilities across the country that provide care to approximately five million people each year, released the following statement today regarding the release of an emergency regulation by the Centers for Medicare and Medicaid Services (CMS) requiring all workers in Medicare and Medicaid-certified health care settings to be vaccinated against COVID-19.

The statement is attributable to Mark Parkinson, president and CEO of AHCA/NCAL.

"Once again, we appreciate the Biden Administration's efforts to ensure that as many workers as possible in all health care settings are vaccinated. Nursing home providers have dedicated themselves to increasing staff vaccination rates, and as a result, three-quarters of employees are fully vaccinated today. We are committed to forging ahead and encouraging all staff members to get these safe and effective COVID-19 vaccines. "While we support the overall intent of this CMS policy, we are concerned that the execution



will exacerbate an already dire workforce crisis in long term care. A hard deadline with no resources for providers or glide path for unvaccinated workers is likely to push too many out the door and ultimately, threaten residents' access to long term care.

"Even a small percentage of staff members leaving their jobs due to this mandate would have a disastrous impact on vulnerable seniors who need around-the-clock care. Across the country, access to long term care is becoming strained as providers have no choice but to limit admissions or even close their doors due to workforce shortages. We hope to continue working with the Administration to make the federal vaccine mandate successful while supporting our residents and caregivers."

INTEGRIS Health to Host Systemwide Hiring Event

INTEGRIS Health, Oklahoma's largest health care provider, is hosting a systemwide hiring event to fill positions at locations across the state. The come-and-go hiring event will be held on Wednesday, Nov. 10, from noon to 5 p.m. in Exhibit Hall A of the Oklahoma City Convention Center, 100 Mick Cornett Drive, Oklahoma City, OK 73109.

Interested candidates should bring two copies of their resume and should be prepared to interview for open positions. On-site parking will be validated. Qualified applicants may receive an offer of employment during the event, and some hard-to-fill positions will qualify for sign-on bonuses. To view open positions and apply ahead of time, visit integriskok.jobs.

"Our hiring event in August was



a big success," said Mark Robinson, director of Talent Acquisition at INTEGRIS Health. "We extended more than 100 offers at that event and hope to find even more qualified candidates to join our team on Nov. 10."

Following the event, INTEGRIS Health is also offering a free CEU class on Moral Distress and Ethical Issues in Health Care. If you want to sign up for the CEU class or have any questions, please email Shannon Wilmoth at james.wilmoth@integriskok.com.



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