

# Nurses Helping Nurses launches



Luke Richardson, BSN, RN, dialysis nurse, has launched an online Facebook forum for nurses to help each other out.

by Bobby Anderson, RN - staff writer

Nurses have been at the forefront of the Covid pandemic for nearly two years now. And it's taken its toll. In October, the World Health Organization

estimated between 80,000 and 180,000 health and care workers could have died from COVID-19 in the period

See NURSES Page 2

## INTEGRIS Health Nurse Residency Program Receives ANCC Accreditation with Distinction



Recently the INTEGRIS Health Nurse Residency Program was awarded Accreditation with Distinction as a Practice Transition Accreditation Program (PTAP) by the American Nurses Credentialing Center (ANCC). The distinction is the highest recognition awarded by the ANCC's Accreditation Program.

Transitioning to RN practice can be difficult. Research demonstrates that Nurse Residency programs increase the retention and job satisfaction among newly graduated RNs. Programs that use the PTAP framework find value in being able to improve structures and processes by creating robust, comprehensive programs for nurses' transitions into and within the profession.

INTEGRIS Health's Nurse Residency Program is designed for new RN graduates and nurses with less than six months experience as an RN. The one-year program expands beyond orientation to assist the new RN graduate with making a smooth transition from student to professional member of a health care team.

INTEGRIS Health's Nurse Residency Program

See INTEGRIS Page 3

## NURSES

Continued from Page 1

between January 2020 to May 2021, converging to a medium scenario of 115,500 deaths.

The toll not only Covid has taken but the state of the profession as a whole is frightening.

That's why Luke Richardson, BSN, RN decided to build a forum to allow nurses to help each other out.

The Oklahoma Nurses Association Region I President launched Nurses Helping Nurses on Facebook and its membership is growing daily.

"We all know the job is hard," Richardson said. "This is now about our job, this is about our health."

The idea to start the online forum began creeping into his mind around the time of ONA's Annual Convention.

A mental health presentation by Angela Martindale, PhD, RN, Green Country Behavioral Health Services, Inc. really hit home.

"Even before the pandemic nurses had higher suicide rates and it's only gone up since the pandemic," he said. "As nurses, we don't want to seek mental health (resources) because we're the ones who help other people. We don't necessarily realize when we need help."

"I was listening to this and thought I could be stubborn, too. One thing she said was nurses are scared because they think they're going to lose their jobs."

Seeking help can be viewed as

a signed of weakness for nurses.

"That sentiment is out there," Richardson said. "I understand it because I've seen it before. I've had that thought you don't want to get help when you're stressed."

"I've seen nurses turned away because they're trying to get help. So the Nurses Helping Nurses is why I did a Facebook group. I created it to where people could post privately if they want to ask a question of a group of their peers."

Richardson's nursing career has run the gamut from nurse aide to medication aide to working in central supply before becoming an RN in 2002.

The WHO report did have some good news.

Encouragingly, the reported rate of infections and deaths among health and care workers has reduced over time.

Available data from 119 countries suggest that by September 2021, two in five health and care workers were fully vaccinated on average, with considerable differences across regions and economic groupings.

Less than one in 10 have been fully vaccinated in the African region, while 22 mostly high-income countries reported that above 80% of their personnel are fully vaccinated. These rates only account for data reported to WHO through the standard mechanisms.

Whether it's handling Covid or short staffing, Richardson's group provides a sounding board and solid advice on self help.

"We can be there for one another," he said. "They don't have that fear of having their job know. They don't have that fear of having the (Oklahoma Nursing) Board know because they can post it anonymously."

Richardson and other administrators approve anonymous posts before they are shared to the group.

Richardson said there are plenty of Facebook nursing groups out there now that have devolved into cynical bash fests or forums for people to take shots at one another or bully each other.

That's what he wants to avoid.

"I think it's extremely important for new nurses to start realizing now that yes there is a responsibility in being a nurse but also in the fact you have to be OK to ask questions," he said. "You have to be OK to ask questions about meds, IVs, questions about dressing changes and your own mental health and stress levels."

A dialysis nurse since 2004, Richardson said the profession has long used guilt as a driving force for nurses to voluntarily burn themselves out with extra shifts in order to "help their team."

He said the proliferation of high-hourly contract or travel pay is playing right into the problem.

"These contracts are not sustainable," he said. "I don't think for the long term. They are great for getting through a current situation but they're detrimental to the nurse a lot of times. If you're going and taking big money you have to realize you're going to be taking greater risk and greater stress."

Many of these issues have been around nursing for a long time. But the stress of the pandemic has brought them more into the light.

"I feel Covid is a tipping point," Richardson said. "It's finally taught us we can only handle so much. Those of us that lived through the Aids crisis in the 1990s saw a lot of it." To become a member simply search for "Nurses helping Nurses" on Facebook.



**GROW • LEARN • CONNECT** **ONLY \$15 PER MONTH** **JOIN TODAY**

**GET TWO GREAT MEMBERSHIPS AT ONE LOW PRICE. JOIN ONA & ANA TODAY**

We are empowering nurses with resources, programs and standards that help you advance your career.

**Discounts On** Continuing Education Modules

**Advocacy** Protect Your Practice and Improve the Quality of Care

**FREE Webinars** Navigate Nursing Webinars with free CE

**FREE Subscriptions** to ANA Journals and Newsletters

**Exclusive Savings** On Certification Through the American Nurses Credentialing Center

### MUSTANG TAX SERVICE

45 W Armstrong Dr. Ste A, Mustang, OK 73064

- Bookkeeping • Payroll
- Personal & Business Tax Return

BRING IN THIS COUPON FOR

**25% OFF** NEW CUSTOMER DISCOUNT

(405) 376-5456 | [mustangtax@aol.com](mailto:mustangtax@aol.com)



JOINANA.ORG



Kerri Bayer, chief nurse executive, Sandra Hill, manager and Lisa Benfield, supervisor, Transition to Practice, INTEGRIS Health.

### INTEGRIS

Continued from Page 1

has also been recognized by the Department of Labor Industry Recognized Apprenticeship as an Industry-Recognized Apprenticeship Program.

Congratulations to all our INTEGRIS Health Nurse Residency Program worksite settings for becoming one of only two Nurse Residency Programs in Oklahoma to achieve this accreditation and the first in the state to gain such accreditation with distinction.

## FROM OUR FRIENDS ON FACEBOOK

From The University of Oklahoma College of Nursing  
Just a little holiday sweater fun! #OUNursing



# YOUR TRUSTED MEDICARE RESOURCE

INCREASE BENEFITS • REDUCE COSTS • NO COST CONSULTATION



**Christina Sibley, EMT/RMA**  
Medicare Specialist  
405-655-6098  
csibleyinsures@gmail.com  
BS Health Studies-Gerontology

**Steven Sibley, RET/DAV**  
Life, Health, LTC, & Disability  
405-850-1569  
ssibleyinsures@gmail.com  
MBA - Healthcare Administration



Steven and Christina Sibley are licensed, independent Insurance Brokers. Their focus is finding the best products to insure their client's Life, Health, Long Term Care and Medicare insurance needs are fully and affordably met, both now and in retirement. With her 20 years of healthcare experience and his 20 years of financial services experience, they are ready to offer you the information and personalized service you expect and deserve. There's never any pressure, or any charge, just help.

A Mass Mutual of Oklahoma  
Healthcare in Retirement Planning Partner

Disabled Veteran | Native American | Woman owned company

SERVING OK, KS, TX, AZ, NM



sibleyinsures.com



# New Doctor of Nursing Practice Degree *Impacting the Future of Healthcare*

Oklahoma Wesleyan University (OKWU) is blazing new trails, launching the first-ever doctoral program in the university's 115-year history. With a 100% online curriculum, the brand-new Doctor of Nursing Practice (DNP) degree will equip nurses to serve at the highest level of nursing practice, becoming leaders who improve patient outcomes and health systems by translating research into practice.

"This program will create opportunities to expand our mission by preparing nurses to advocate for social justice, equality, and ethics within healthcare throughout the world," Becky Le, OKWU's Director of Adult Nursing Programs, said. "Our students and faculty will not be constrained to physical boundaries in their calling and will make a

Kingdom impact through nursing ministry well beyond our reach."

Like all of OKWU's curriculum, the DNP's coursework holds to the foundation of a Christian worldview, preparing nurses who can care for their patients' bodies and souls. The program offers two doctoral learning pathways: a post-master's DNP and the BSN to DNP. The post master's pathway enables advanced practice nurses, nurse informaticists, nurse educators, nurse administrators, and other master's-prepared specialty nurses to obtain a DNP in Executive Leadership. The BSN to DNP Pathway allows bachelor's-prepared nurses to earn their Doctor of Nursing Practice.

"The DNP in Executive Leadership is a program that will enable Kingdom nurses to serve at the highest level of nursing



**OKLAHOMA  
WESLEYAN  
UNIVERSITY**

See DEGREE Page 5

practice," Dr. Rosa Ketchum, director of the program, said. "This program acts to develop and empower nurses at the BSN or MSN level to use their leadership skills to improve patient outcomes and health systems by translating research into practice."

Visit us here:

<https://www.okwu.edu>

## You put patients first — and so do we.

The Oklahoma Tobacco Helpline offers **FREE** individualized support to quit tobacco.

**FREE services include:**

- At least a two-week supply of patches, gum or lozenges
- Coaching calls that provide advice and support
- Web coaching that puts patients in touch with a positive online community and more



Oklahoma Tobacco Helpline

**1 800 QUIT NOW**

1-800-784-8669 **OKhelpline.com**

A Program of TSET



On March 11, 2021, OKWU's nursing team celebrated approval of the brand-new Doctor of Nursing Practice (DNP) program with Board of Trustees members.

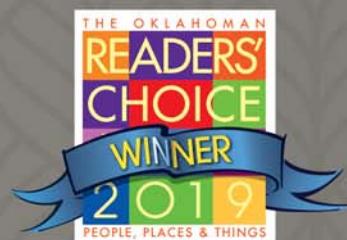


## LIVING IS NOT ONE-SIZE FITS ALL. SO, HOW CAN ASSISTED LIVING AND MEMORY CARE BE?

We serve the individual's need for purpose, independence and dignity. Our loving, expert staff improves life with innovative, individual programs and therapies. You really must see Legend® at Rivendell for yourself.

Call now and join us for lunch and a tour. **Discover the Legend Senior Living® difference today.**

Call to learn more: **(405) 703-2300**



Voted 2019 Best Memory Care Community

**THE LEGEND®**  
ASSISTED LIVING & MEMORY CARE  
at Rivendell

LegendSeniorLiving.com  
A Residence of Legend Senior Living®

# Oklahoma's Nursing Times

## Index to Classifieds

1 0 0	Ambulatory
1 0 8	Administrative
1 1 3	Case Management
1 1 5	Chemical Dependency
1 1 8	Clinical Instructors
1 1 9	Collection
1 2 1	Critical Care
1 2 3	Certified Medical Assistant
1 2 4	Certified Nurses Aide
1 2 7	CRNA
1 2 9	Dental
1 3 0	Dialysis
1 3 1	Dietary
1 3 7	Education
1 4 0	General Nursing
1 4 3	Geriatrics and Long Term Care
1 4 6	HMO
1 4 9	Home Health
1 5 2	Hospice
1 5 4	Housekeeping
1 5 5	Infection Control
1 5 6	Instructor
1 5 8	IV Therapy
1 6 1	Licensed Practical Nurse
1 6 4	Managerial
1 6 5	Massage Therapy
1 6 7	Medical/Surgical
1 7 0	Nurse Practitioner
1 7 3	OB/Gyn
1 7 6	Occupational Health
1 7 9	Office
1 8 2	Oncology
1 8 5	O.R./PACU
1 8 8	Orthopedic
1 9 0	Pediatric
1 9 1	Pharmacist
1 9 2	Physicians Assistant
1 9 7	Public Health
2 0 0	Rehabilitation
2 0 4	Registered Nurse
2 0 7	Research
2 1 0	Sales Representative
2 1 3	Service
2 1 7	School Nurse
2 2 0	Spec Producers
2 2 3	Support Staff
2 2 5	Traveling Nurse
2 2 6	Miscellaneous

**Fun Fact: Did you know Oklahoma's Nursing Times have more than 12,500 likes on FACEBOOK? To advertise, please call Oklahoma's Nursing Times at (405) 631-5100 or visit [www.oknursingtimes.com](http://www.oknursingtimes.com)!**

### 140 GENERAL NURSING

#### We are seeking Director of Clinical Services/Director of Nursing

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

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

Apply at Beacon Ridge Senior Mental Health.  
102 E. Line Ave.  
Sapulpa, OK 74067

#### We are seeking Medical Specialist EMT - Paramedic, LVN/Licensed Practical Nurse, or Registered Nurse

at BPL Plasma, Inc. Stillwater, OK. The Medical Specialist performs donor medical qualifications, determining donor suitability and handling donor reactions. Performing medical screening to determine if the donor is suitable to safely donate plasma. Educating donors and staff on donor suitability and medical related questions. Responding to donor adverse reactions and providing medical care as needed. Counseling donors with reactive or positive viral marker test results. Supporting medical screening and phlebotomy areas by performing duties as needed. BPL Plasma. 315 S Washington St, Stillwater, OK 74074

[careers.ouhealth.com](http://careers.ouhealth.com)

**OU Health** | University of Oklahoma  
Medical Center

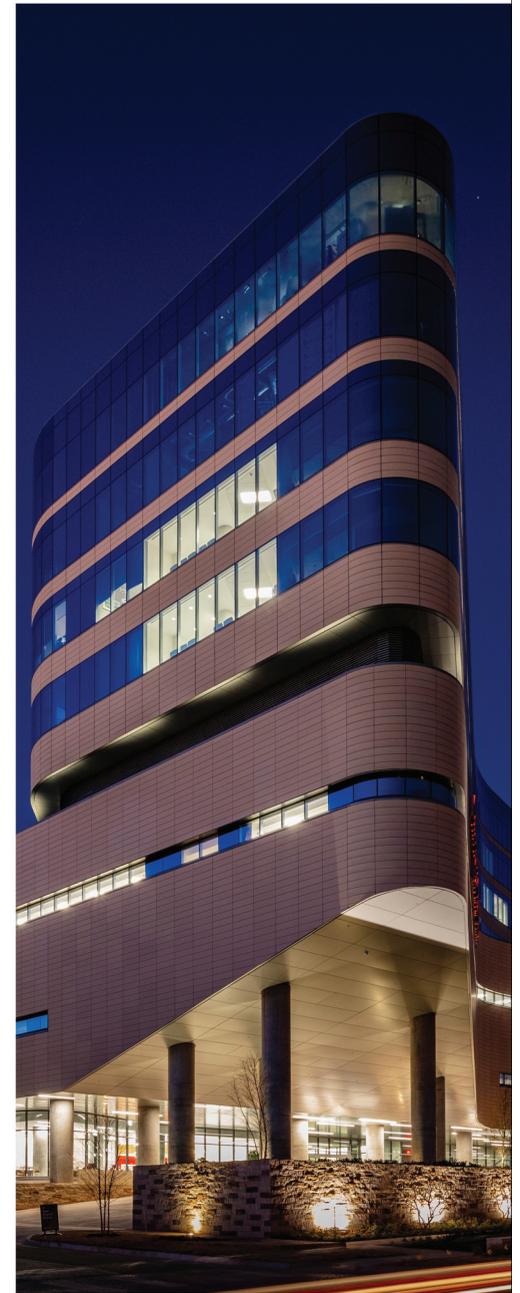
**Respiratory Care Practitioners have the potential to earn up to \$20,000 in a graduated sign-on bonus!**

OU Health is the state's only Level 1 Trauma Center and serves as a comprehensive regional hub for trauma-related care available to people of all ages. We are an academic facility and promote a fast-paced environment that will allow your career to really take off. We have six clinical affiliate programs for Respiratory care and we welcome new graduates to our team, no experience necessary. Our graduated orientation process, from floor care to Trauma ED, will help ensure that you will find your confidence through a combination of developing critical thinking skills and peer support.

At OU Health you can expect to gain a host of specialized skills by rotating through our service line critical care areas, which include Trauma, ortho/surgical, cardiovascular, Neurosciences, transplant and medicine ICU's. We encourage and support our RTs to perform in specialty roles such as the COPD navigator, Daily assessor, Smoking cessation advocate, Diagnostic Bronchoscopy and we have staff that are part of the ECMO specialist team as well.

*With our newly created career ladder and recently increased pay rates, now is a great time to join our team!*

OU HEALTH IS AN EQUAL OPPORTUNITY EMPLOYER  
QUESTIONS? EMAIL: [TALENT@OUHEALTH.COM](mailto:TALENT@OUHEALTH.COM)



### 140 GENERAL NURSING

**We are looking to hire a Full-Time Receptionist.** Kiamichi Medical Clinic is looking to hire a Full-Time Receptionist. Must be hard working, friendly and eager to serve the public. 204 East Jackson. Hugo, OK.

**Are you Reading This? So are more than 20,000 Registered Nurses and Licensed Practical Nurses. To advertise, please call Oklahoma's Nursing Times at (405) 631-5100 or visit [www.oknursingtimes.com](http://www.oknursingtimes.com)!**

### 140 GENERAL NURSING

**We are Looking To hire new staff who have a servants heart and are dependable. Openings for Certified Nursing Aides for all shifts and Certified Medication Aide for night shift.**

We offer health insurance to full time employees and shift differential for evenings and nights.  
Apply today at  
915 N. 7th Ave., Purcell, OK. Sunset Estates. EOE

### 140 GENERAL NURSING

**We Are Looking To Hire Exceptional People That Have A Passion For The Senior Living Industry. Current Positions Available: Licensed Practical Nurse (Full-time) Certified Nursing Assistants/Certified Medical Assistants, Dining Room, Cook, Servers.**

If you are interested in working with an amazing team, come by and complete an application at Belfair of Shawnee. 1723 N. Airport Dr. Shawnee, OK. 405-275-1199

# Career Opportunities

FAX 405-631-5103 or CALL 405-631-5100  
or email ads to [advertising@oknursingtimes.com](mailto:advertising@oknursingtimes.com)

Oklahoma's  
Nursing Times

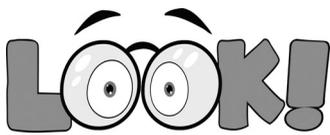
**140 GENERAL NURSING**

**We are seeking to hire a PRN Home Health Aide / Certified Nurse Aide**  
 Montereau of Tulsa, OK (6800 S Granite Ave, Tulsa, OK 74136) is seeking to hire a PRN Home Health Aide / Certified Nurse Aide to provide our residents one-on-one, valuable, and quality direct care that uplifts and supports their daily needs. Are you committed to valuing, supporting, and uplifting the lives of seniors and those who care for them? Are you looking for a position where you can make a difference? If so, look no further! ARE YOU READY TO JOIN OUR TEAM? If you are a Home Health Aide / Certified Nurse Aide and feel that you would be right for this position, complete our application today! We look forward to meeting you!

To advertise, please call Amanda at (405) 631-5100 ext 6! [okcnursingtimes.com](http://okcnursingtimes.com)

**161 LICENSED PRACTICAL NURSING**

**Are you Reading This? So are more than 20,000 Registered Nurses and Licensed Practical Nurses.**



**We are seeking Licensed Practical Nurse**

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.

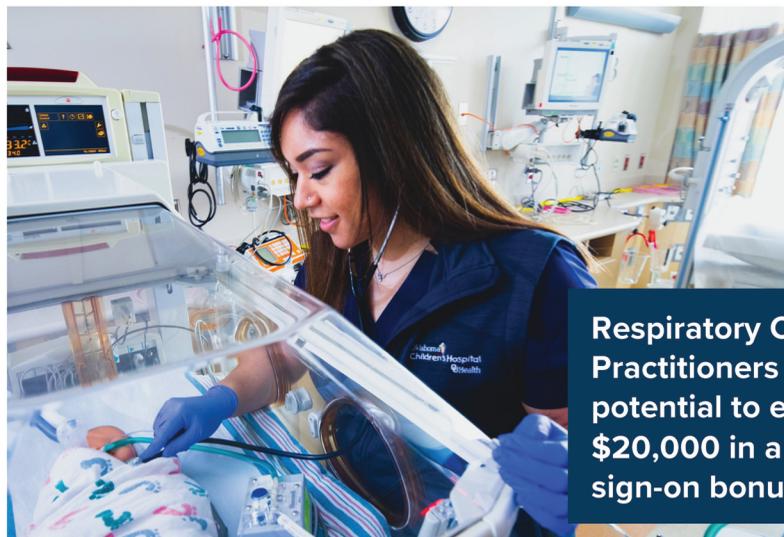
**161 LICENSED PRACTICAL NURSING**

ResCare is a one of a kind company who not only offers the chance to change people's lives but also offers educational, vocational and job placement for people of all ages and skill levels. Right now, we have an exciting opportunity for you to join our team as a Licensed Practical Nurse /Licensed Vocational Nurse (LVN) to provide care to those with intellectual and developmental disabilities. ResCare 1601 S Main St Ste 400, Tulsa, OK 74119

**Licensed Practical Nurse**

Care ATC Inc located at 9902 E 43rd St a, Tulsa, OK 74146. We are looking for an LPN who has an excellent patient/customer service skills and an outgoing, dynamic personality, and has the ability to work well on a close team environment. Min. Qualifications: HS diploma or equivalent. Graduation from an approved practical nursing program. One year LPN exp. required; clinical experience preferred. State licensed practical nurse. Current BLS/CPR certificate.

[careers.ouhealth.com](http://careers.ouhealth.com)



**Respiratory Care Practitioners have the potential to earn up to \$20,000 in a graduated sign-on bonus!**

**Find a job you love at OU Health!**

Oklahoma Children's Hospital is the state's premier institution for treating both pediatric and neonatal patients. We promote a fast-paced environment that will allow your career to really take off. Pediatric experience is not necessary as we welcome new graduates to our team. Our 12-week orientation process will help ensure that you will find your confidence through a combination of developing critical thinking skills and peer support.

At Oklahoma Children's you can also expect to gain a host of specialized skills in any one of our three focused areas. These areas include a 96-bed NICU where we care for extremely premature infants with high frequency ventilation and surfactant delivery. We have a recently renovated 34-bed PICU where the focus is to treat acutely ill infants and children. We have also expanded our CVICU to 25- beds where the focus is caring for patients with congenital heart defects. We encourage our RTs to join the ECMO team as well.

With our newly created career ladder and recently increased pay rates, now is a great time to join our team!

OU HEALTH IS AN EQUAL OPPORTUNITY EMPLOYER  
 QUESTIONS? EMAIL: [TALENT@OUHEALTH.COM](mailto:TALENT@OUHEALTH.COM)



**Oklahoma's Nursing Times**

**CLASSIFIED RATES!**

Open	4x	12x	26x	48x
\$3.01	\$2.41	\$2.22	\$1.93	\$1.66

Classified Display: 14 lines to an inch.



**Add Facebook ad Boost for \$70!**

Find us and check out your ad on Facebook.  
[www.facebook.com/oklahomas.nursingtimes](http://www.facebook.com/oklahomas.nursingtimes)

**WORLD-WIDE! YOUR AD ON OUR JOB BOARD FOR ONLY .32 EXTRA PER LINE!**

[www.oknursingtimes.com/jobs](http://www.oknursingtimes.com/jobs)

**204 REGISTERED NURSE**

**We are looking for 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.

**204 REGISTERED NURSE**

**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 looking for Registered Nurse Admission Nurse**  
 Grace Hospice of Oklahoma LLC located at 6218 S Lewis Ave, Tulsa, OK 74136

**We are seeking Full-Time Night Shift Registered Nurse**  
 at Lindsay Municipal Hospital. Full-time Night Shift. LMH pays 100% medical, dental & vision insurance premiums. Only online applications are accepted. No phone calls.

**Career Opportunities**

FAX 405-631-5103 or CALL 405-631-5100  
 or email ads to [advertising@okcnursingtimes.com](mailto:advertising@okcnursingtimes.com)



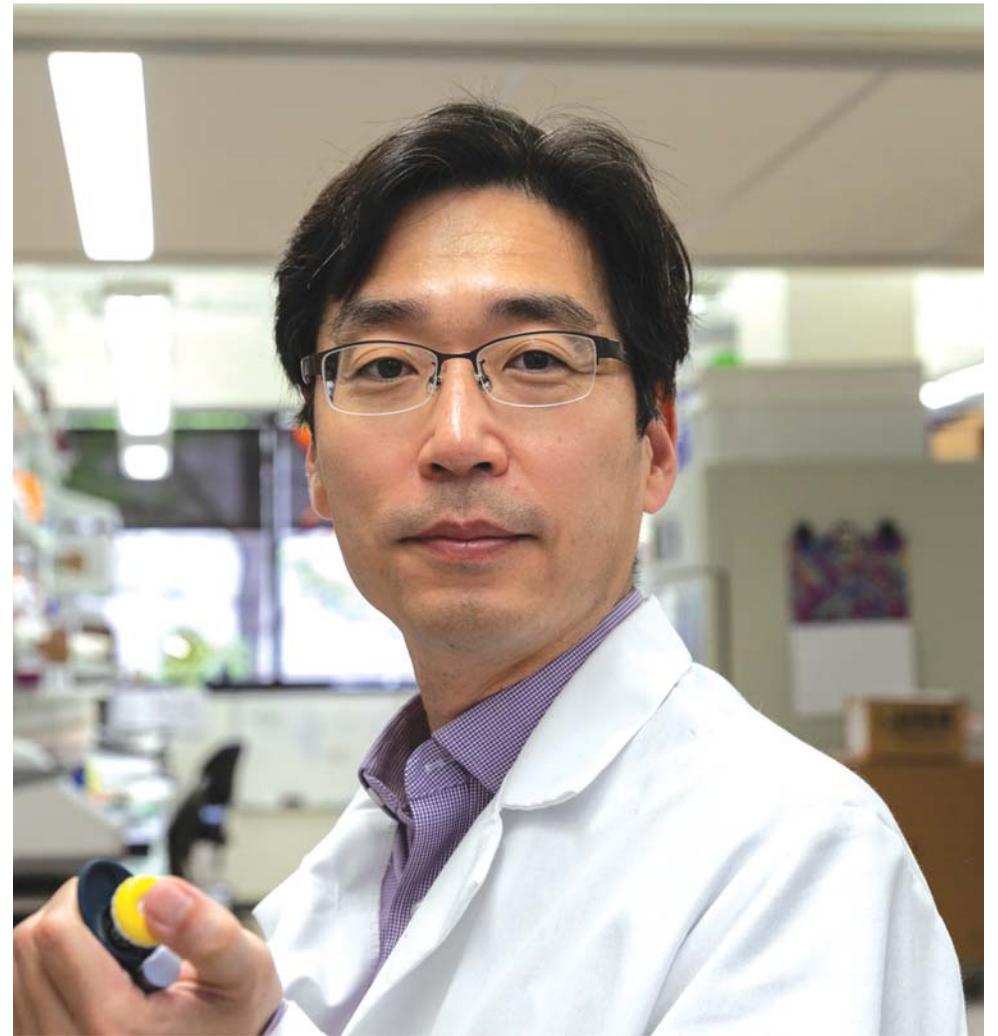
# OMRF study reveals genetic cause of neurological disease

Worldwide research led by an Oklahoma Medical Research Foundation scientist has uncovered genetic variants that cause a wide variety of neurological and developmental disorders.

Wan Hee Yoon, Ph.D., a scientist in OMRF's Aging and Metabolism Research Program, used fruit flies to confirm the cause of nine pediatric patients' symptoms.

"These children experienced a wide range of symptoms, but we found one crucial link among them," said Yoon, who joined OMRF in 2017 from the Baylor College of Medicine. "The common thread was that each person had mutations in the same gene."

The study published in the American Journal of Human Genetics involved children from



Oklahoma Medical Research Foundation scientist Wan Hee Yoon, Ph.D.



## TAKE YOUR NURSING CAREER TO THE NEXT LEVEL!

The Kramer Way Scholarship is available for new traditional BSN and MSN students!

\*A limited number of scholarships are available to qualified applicants for the Spring 2022 semester.

### Nursing Programs at Kramer School of Nursing

- LPN-BSN
- RN-BSN
- BSN
- MSN
- DNP
- PhD

UNDERGRAD  
405-208-5000  
admissions@okcu.edu

GRAD  
405-208-5094  
gradmissions@okcu.edu



eight unrelated families, all from Europe and the Middle East. The children ranged in age, with some as young as 1 and 2 years old. Symptoms ranged from epilepsy, gait problems and an underdeveloped brain to hearing and sight loss.

DNA sequencing revealed that each patient shared a variation of a gene known as OGDHL. Yoon turned to *Drosophila*, the common fruit fly, to prove the mutations in the OGDHL gene were not just a shared trait but the actual cause of their disease. The tiny insect has served as his primary research model for 17 years.

Why fruit flies? For Yoon, the answer is simple: Flies are small, easy to maintain, and he can manipulate their genome using advanced technology. About 75% of their genes mirror those in humans.

Fruit flies contain a counterpart gene to the human OGDHL gene. Yoon's lab removed that gene from the insects and introduced the mutations found in the

patients. Doing so caused similar neurological symptoms in the fruit flies.

The scientists also found that the loss of OGDHL in human neurons caused defects in mitochondria — the driver for energy and metabolism — in brain cells. "That told us that OGDHL is essential in the development and function of neurons," Yoon said.

Yoon said it's too early to know how common the mutation is but noted the findings would help doctors better diagnose patients and understand how variations of the gene lead to disease. "It was the first step in someday finding a treatment or perhaps even a cure," he said.

The study involved 35 research centers and hospitals worldwide. The work was funded by National Institute of General Medical Sciences grant No. P20 GM103636-08, National Institute of Neurological Disorders and Stroke grant No. R01 NS121298-01, and the Presbyterian Health Foundation.

# NURSE TALK



*What do you hope for in the new year?*



Valir PACE

*"To end COVID, for COVID to disappear and everyone to get back to their normal."*



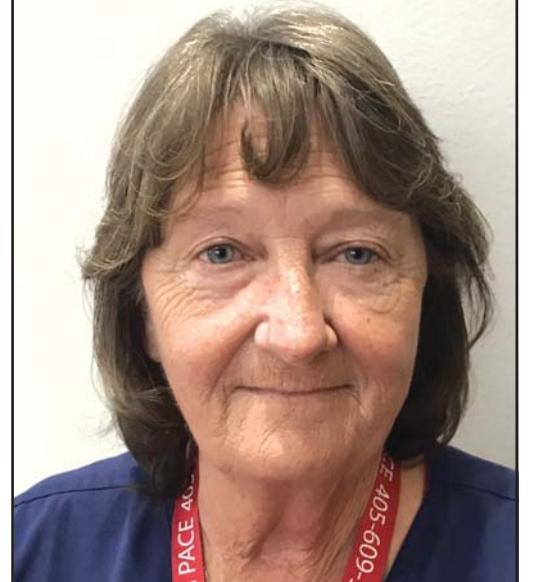
Tina Morgan, LPN

*"For everyone to be kinder to one another this new year."*



Angela Patterson, LPN

*"I hope for a bright future for everybody."*



Lana Garrison, CNA, home care coordinator

WE'VE REACHED

# 12,000 LIKES

.....

# THANK YOU

FOR YOUR SUPPORT!

And, thanks for subscribing!

<https://www.facebook.com/oklahomas.nursingtimes>

# Oklahoma's Nursing Times

**Advance Your Career 100% Online**

**Master of Science in Nursing**  
Finish in as little as 16 months  
As low as \$15,000

**RN to BS in Nursing**  
Finish in as little as 10 months  
As low as \$8,500

**UCO UNIVERSITY OF CENTRAL OKLAHOMA**  
**CONNECTED CAMPUS**

[online.uco.edu](https://online.uco.edu)

(AS PUBLISHED IN THE 2021 EDUCATION GUIDE TO NURSING)

# 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 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

**Continued on next page**



## ROGERS STATE UNIVERSITY

### PREPARED FOR YOUR SUCCESS

The Rogers State University Nursing Program gives students the tools they need to be successful healthcare providers. The program's academic rigor and reputation gives RSU graduates an edge in the competitive job market. Most students are recruited for top jobs at hospitals and medical facilities in Oklahoma and beyond.

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

#### BACHELOR'S DEGREES

- BSN (Traditional)
- RN to BSN (Online available)

For more information, visit [www.rsu.edu/nursing](http://www.rsu.edu/nursing)  
or call 918-343-7631.

# ROGERS

Continued from Page 10

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.

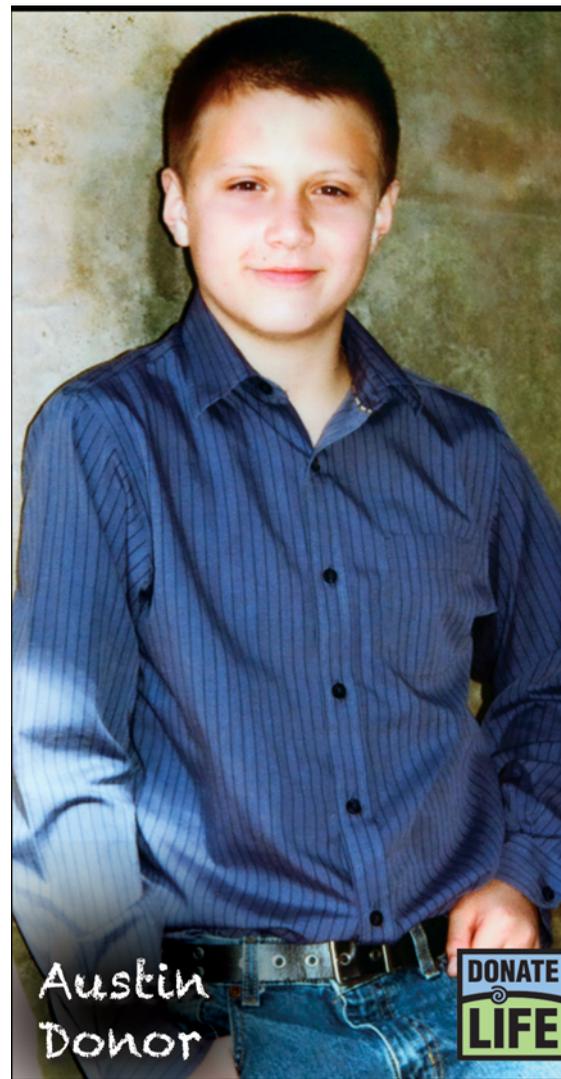
RSU consistently earns national recognition for affordability, both for traditional classes and its RSU Online program. U.S. News and World Report has noted RSU has one of the nation's top 10 lowest, in-state tuition rates, and also highlighted that RSU Online was among the nation's 10 least expensive 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.



Austin Donor

Our black belt angel. No amount of words can describe the love that Austin gave to our lives. Shortly before he died, we were discussing a friend's little girl that was on the heart transplant list. I asked Austin and his 16-year-old brother if they wanted to be donors. Austin's response was, "I won't be needing them any more, so sure!" That conversation gave us the courage to honor his wishes a few months later. Working out with friends, he collapsed with a heart condition we never knew he had. At 12 years old he left this world too soon, but showed us how to live every day to the fullest. After 4 years in karate he had just received his red belt, and after his death his instructor honored him with his black belt. We are so grateful to be able to call him our son. He will always be our "black belt angel." Love, Dad, Mom and Dillon

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.





**Care Plus**  
HOME CARE



FREE IN-HOME ASSESSMENT

- ✓ 24 Hour Live-Ins or Hourly Available
- ✓ Certified Home Health Aides & Companions
- ✓ Bathing, Dressing & Hygiene Assistance
- ✓ Meal & Snack Preparation
- ✓ Light Housekeeping & Laundry
- ✓ Services Provided up to 24 Hours Per Day



*Stay Home,  
Stay Well!*

**CALL US 24 Hours** | 405.769.2551 | 877.744.2551

"Family owned, operated & serving Central Oklahoma since 1993"

[www.CarePlusatHome.com](http://www.CarePlusatHome.com)



**MOBILITY CITY**

WE FIX WHEELCHAIRS & SCOOTERS

(And Much More!)



Need Something Fixed?  
We come to you!

* Wheelchairs	* Scooters
* Power Chairs	* Lift Chairs
* Hospital Beds	* Stair lifts
	* Rollators

\* Service \* Sales \* Rentals \*





*Yes!* We do battery changes

*Yes!* We come to your location – home, business, or residential community

*Yes!* We have a flat rate mobile service

*Yes!* We do community tune-up days

*Yes!* We do short and long term rentals

*Yes!* We do vehicle lifts

*Yes!* We follow sanitization protocols

*Yes!* We do stair lifts

*Yes!* We do steam sanitization

*Yes!* We have pre-owned equipment

*Yes!* We service all brands

*Yes!* We have many parts in stock

*Yes!* We listen and we care

Visit Our Showroom: Mobility City of Oklahoma City ♦ 12316 N. May Ave.  
(405) 936-3324

Medicare Advantage plans like Humana Honor may complement VA benefits—did you know?



**This plan may complement your VA benefits—and may save you money**

And, you may save on medical costs while enjoying:

- Part B premium reduction for \$50 more in Social Security each month
- Dental, hearing and vision coverage
- Worldwide emergency coverage
- \$50 over-the-counter allowance every three months\*\*
- \$0 copay for SilverSneakers® fitness program



**Stop by and speak to a licensed independent sales agent in OKLAHOMA CITY**

**Steven Sibley, E7 RET/DAV**  
**405-850-1569 (TTY: 711)**  
 Monday – Friday, 8 a.m. – 5 p.m.  
 ssibleyinsures@gmail.com  
 sibleyinsures.com



**A more human way to healthcare™**

\*Eligible veterans may choose any Humana Medicare Advantage plan, however Humana Honor® Medicare Advantage plan does not include prescription drug coverage which helps avoid possible conflicts with VA prescription drug benefits.

Humana Honor plans are available to anyone eligible for Medicare.

\*\*Available only through participating retailers and Humana's mail-order pharmacy, Humana Pharmacy®; always consult with your doctor or medical provider before taking over-the-counter medications.

USAA and the USAA Logo are registered trademarks of the United Services Automobile Association. All rights reserved. USAA means United Services Automobile Association and its affiliates. Use of the term "USAA member" or "USAA membership" refers to membership in USAA Membership Services and does not convey any legal or ownership rights in USAA. Restrictions apply and are subject to change.

Humana is a Medicare Advantage HMO, PPO and PFFS organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal. Applicable to Humana Honor (PPO). For a complete list of available plans please contact 1-800-MEDICARE (TTY users should call 1-877-486-2048), 24 hours a day/7 days a week or consult www.medicare.gov. **At Humana, it is important you are treated fairly.**

Humana Inc. and its subsidiaries comply with applicable Federal Civil Rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, marital status or religion. English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-877-320-1235** (TTY: 711). **Español (Spanish):** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-877-320-1235** (TTY: 711). **繁體中文 (Chinese):**

注意：如果需要使用繁體中文，可以免費獲得語言援助服務。請致電 **1-877-320-1235** (TTY: 711)。

**SITUATION UPDATE: COVID-19**

<b>COVID-19 Cases:</b>	<b>685,906</b>
<b>New Cases Today</b>	<b>1,327</b>
<b>New Cases 7 day Average</b>	<b>977</b>
<b>Active Cases</b>	<b>11,933</b>
<b>CDC/NCHS Provisional Deaths</b>	<b>12,222</b>

<b>Acute Care OSDH Licensed Facilities/Location**</b>	<b>Recent 3 day Ave. Hospitalizations</b>
	<b>Cases (ICU)</b>
Region 1 (NW)	32 (10)
Region 2 (NE)	49 (15)
Region 3 (SW)	83 (18)
Region 4 (EC)	29 (9)
Region 5 (SE)	19 (7)
Region 6 (Central)	59 (14)
Region 7 (Tulsa)	216 (85)
Region 8 (OKC)	199 (57)
<b>Total</b>	<b>686* (215)</b>
<b>Other Types of Facilities</b>	
Focus Facilities	12 (5)
Rehabilitation Facilities	3 (0)
Tribal Facilities	21 (6)
<b>Other Facilities Total</b>	<b>36 (11)</b>

\*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 2021-12-17 at 7:00 a.m.

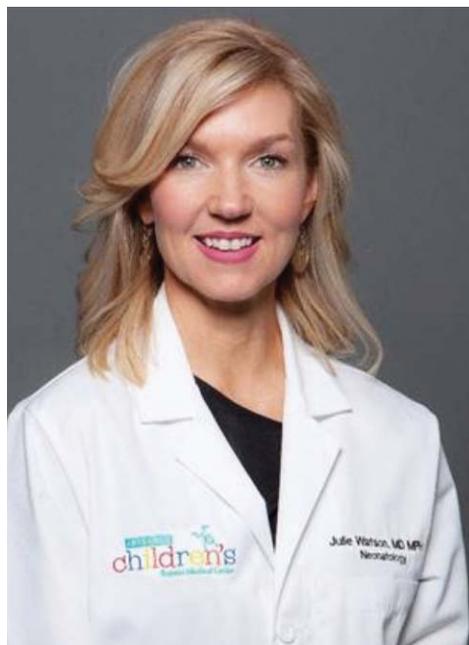
# Chief Medical Officer Selected as 2021 OCMS Rhinehart Award Recipient

The Oklahoma County Medical Society (OCMS) is pleased to recognize Julie Watson, M.D., MPH, as the Rhinehart Award Recipient. The Rhinehart Award is presented to an OCMS member, active or retired, who has demonstrated significant involvement in projects to help health care, the community or the state. The award was named for Don F. Rhinehart, MD, an outstanding OCMS physician who was dedicated to the community.

Watson currently serves as the Senior Vice President and Chief Medical Officer for INTEGRIS Health. Previously, she served as Chief Medical Officer of INTEGRIS Baptist Medical Center from 2018 – 2020 and Vice President of Medical Affairs for the system from 2019-2020. She began her leadership career at INTEGRIS Baptist Medical Center in 2012, serving as the Department Chair of Pediatrics for six years.

A native of Oklahoma, Watson completed her undergraduate degree at OU and her Medical Degree from the University of Oklahoma College of Medicine. She completed her pediatric residency at Rush University Medical Center in Chicago and her neonatal-perinatal fellowship at Northwestern Feinberg School of Medicine in Chicago. She also holds a master's degree in Public Health from the University of Illinois – Chicago with an emphasis in Health Policy. Following training, she returned to Oklahoma City in 2008 to begin her neonatology career in the NICU at INTEGRIS Baptist Medical Center as a board certified neonatologist. In 2018, she completed a certificate program in Fundamentals of Value Based Health Care through Dartmouth Institute.

Watson is a relationship and results-oriented physician leader who is passionate about co-creating



Julie Watson, M.D., MPH.

shared purpose and vision, developing effective teams and talents and engaging others in improving outcomes that matter to patients, caregivers and communities. Her mission centers on helping providers see possibilities, leveraging existing and growing new relationships, leading culture change and using innovative operating models to achieve results.

She believes great leadership is evidenced by the success of those they lead. She could not be more proud of her clinical leader colleagues and all they accomplished and weathered over the last two years. She is also eternally grateful to her family for their sacrifices and support during this time. She will be forever in their debt.

Watson will be recognized at the OCMS Presidential Inaugural and Celebration on Feb. 4, 2022 at the Oklahoma City Golf and Country Club. She will be only the second woman to ever be recognized for this award, the previous being recognized in 2013.

## FROM OUR FRIENDS ON FACEBOOK

From SSM Health St. Anthony Hospital  
Congrats to Monica Palmer, RN.



Congrats to Monica Palmer, RN, 3SE, SSM Health St. Anthony Hospital! Monica is our most recent LOVE Mission Award winner. Thank you, Monica, for living our Mission every day! #saintsinaction



*Arbor House*

## Assisted Living & Memory Care

Knowing what to do and where to turn for help when your loved one is diagnosed with Alzheimer's disease or a related memory impairment can be very difficult. The trained staff at Arbor House Reminisce Center is available to help the family with those difficult decisions. Our newest, state-of-the-art Memory Care Facility in Norman was specifically designed to meet the needs of those with memory care needs.

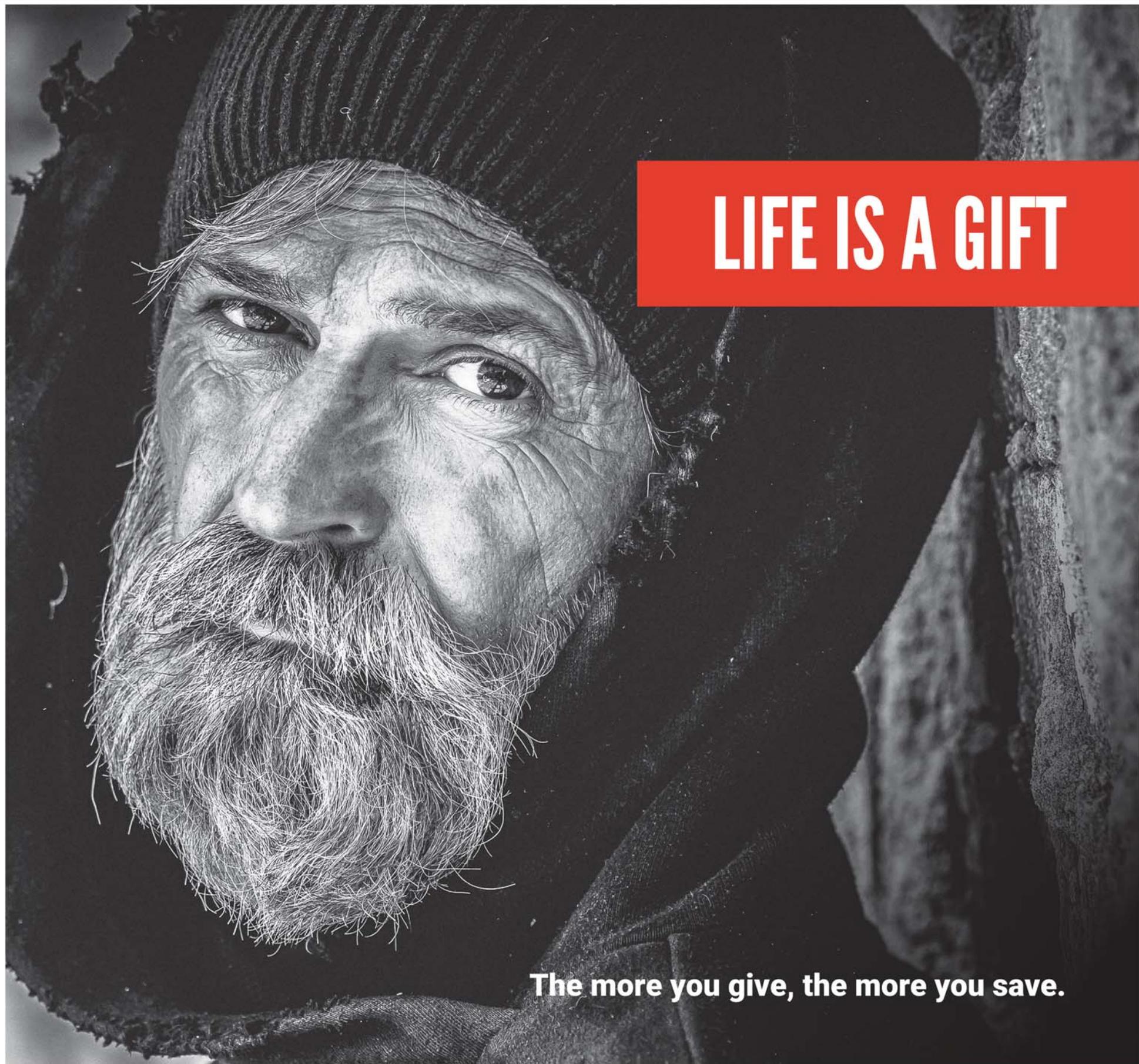
Arbor House Reminisce Center  
151 S.W. 48th Ave. Norman, OK 73072  
**405-310-2499**

Arbor House of Norman  
4501 W. Main St. Norman, OK 73072  
**405-292-9200**

Arbor House of Midwest City  
9240 E. Reno Ave. MWC, OK 73130  
**405-455-3900**

Arbor House of Mustang  
850 N. Clearsprings Rd. Mustang, Ok 73064  
**405-376-2872**

[www.arborhouse4u.com](http://www.arborhouse4u.com)



**LIFE IS A GIFT**

**The more you give, the more you save.**

Sadly, for many in our community, life can quickly feel like less of a gift and more of a burden. That's why United Way of Central Oklahoma is here, to connect community resources with responsive and accountable health and human services agencies. Through us, your gifts truly make a difference. We respectfully ask that you contribute to our 2021 Give Campaign – and help us pass it on.



[unitedwayokc.org](http://unitedwayokc.org)