

## When compassion saves lives



From left, Lisa Wariboko-Alali, RN, owner of All Faith Home Care has nothing but compassion for her clients and praise for her staff which includes, Brenda Guthrie, RN, DON; and Michael G., spokesman.

by James Coburn - staff writer

Lisa Wariboko-Alali, RN, aspired to make a difference in patient's lives and become a good employer. All Faith Home Care gave her the opportunity to serve the family of mankind as the owner of the company she founded.

Alali earned a Bachelor of Science degree from the University of Oklahoma and has been a nurse for 30 years. She began her career working in the post-coronary care unit at

Southwest Medical Center before making the transition to home health.

She needed a more flexible schedule when she married and started raising a family. Home health met her needs.

"I fell in love with home health and found my niche," she said of the business

## Health System Hosts Hiring Events to Alleviate Pandemic Shortages

*Events to be held  
virtually and  
in-person*



**NORMAN  
REGIONAL**  
Health System

Norman Regional Health System is hoping to alleviate the healthcare worker shortage with monthly hiring events. The events are both in-person and virtual.

The in-person hiring events are the first Thursday of each month from 4 - 6 p.m. at the Norman Regional Hospital Education Center, 901 N. Porter Ave. in Norman.

The system is hiring both clinical and non-clinical positions.

"We're hiring nurses, therapists, environmental services, food and nutrition services as well as numerous other positions," said Brittini McGill, chief nursing officer at Norman Regional. "We call all employees healers, and healers make a huge impact



## FAITH

Continued from Page 1

she opened in 1996. "It's totally enriched my life. I think it's been my calling. My mother was in the health care profession. As a little girl I watched her care for my sick dad. I watched her care for other families by sacrificing her time. And I think that really inspired me to be a nurse and caregiver."

Home health is not only a business, but a ministry for Alali as well. Advantage waiver case management was added over a year ago, a program to help seniors stay at home and funded by the Oklahoma Health Care Authority.

The staff is what makes All Faith Home Care a success, she said.

"I love my staff so much. They are totally committed," Alali said. "Some of my staff have been here for 15 years, some for 10 years. They are compassionate and caring."

All Faith Home Care is also a blessing for families in need of knowing their families are secure. Many of the referrals received by All Faith Home Care are by word of mouth.

"That's so rewarding. It helps us to keep going, especially during this time of the COVID pandemic and nursing shortage. It's a very challenging time to be in health care right now."

All Faith Home Care wears personal protective equipment to enhance patient care during the pandemic, said Brenda Guthrie,

RN, director of Clinical Services, who has been with the company for 10 years.

"With several COVID patients we make sure we go above and beyond what they need. So, it is a calling," Guthrie said.

She aspired to become a physician when thinking of a career. Guthrie passed all her tests but could not afford medical school. She chose nursing school and has kept going since 1979.

"I get attached to all of my patients and I can't imagine not seeing them. I took care of Lisa's mom, and I took care of my husband while he was dying. I will hold someone's hand if that's what they want at the end," Guthrie said.

Guthrie began her nursing career in an intensive care unit for trauma. She went on to be an ER nurse and did flight nursing. Guthrie also has the distinction of having served as the health services administrator for the state of Delaware Prison System. She managed the hospital there for eight years.

"Then I came back to Oklahoma to take care of my parents and here I am," Guthrie explained.

Alali understands that her staff has family issues, too, and is given the flexibility to take care of that, Guthrie said.

Spokesperson Michael G. said All Faith Home Care has a great relationship with independent and assisted living centers.

All Faith Home Care will travel beyond its 50-mile service range whenever a doctor notifies them that nobody else will accept

a patient, Guthrie said.

Most Medicaid insurers only provide 36 home health visits a year, Michael said. Currently more than 20 clients have exceeded the 36 visits. But All Faith Home Care did not discharge them. Alali ensures that her clients, some in a rural area, will continue being cared for beyond 36 visits.

"When the poor people don't have anymore visits, we don't cast them out," he said.

Guthrie said their clients are their families and will not be deserted when All Faith Home Care will not be paid to see them.

"Time after time we've had patients that would not have lived if All Faith Home Care had not stepped in and provided the services," Alali said. "There's been several occasions when Brenda has gotten a call from a patient and has ended up saving that patient's life."

On many occasions Brenda will be in a home and do CPR on a patient.

"I just don't know how to describe it, but I know it's a divine assignment for her. She has left the office on the way to see a patient and she'll come up on an accident and she's there just at the right time to save someone's life," she said. "And other times, it's been a family member and not a patient, and she's gotten there just in time to save their life. That's the ultimate calling."

Guthrie said they have walked into homes with an empty refrigerator.

"All I have to do is call Lisa, and she's calling Michael or one of the nurses and we're out buying groceries, and we're getting them set up with food banks," she said.

For more information visit: <http://www.allfaithhc.com/> or call 405-340-5100.

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EVENTS

Continued from Page 1

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Applicants are encouraged to have their resumes ready as on-the-spot interviews and offers may happen at

these events.  
Upcoming in-person events include:  
• Thursday, Jan. 6 at Norman Regional Hospital Education Center  
• Thursday, Feb. 3 at Norman Regional Hospital Education Center  
• Thursday, March 3 at Norman Regional Hospital Education Center  
Research shows that women and other underrepresented groups only apply to jobs if they meet 100% of the listed qualifications or criteria. To find the best candidates, Norman Regional asks everyone including women, people of color, those in the LGBTQ+ communities, and veterans to apply for positions, even if they don’t necessarily meet all the criteria outlined in the job description.

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# What They Are Saying: Staffing Shortages In Long Term Care Facilities Are At Crisis

Nursing homes and assisted living communities continue to feel the burden of a worsening staffing shortage. The profession has lost more than 230,000 caregivers – nearly 15 percent of the workforce – since the beginning of the pandemic. Now, the highly contagious Omicron variant is causing a record number of new staff cases in nursing homes, where health care workers must follow isolation protocols when they test positive. The lack of workers is forcing many facilities to limit admissions, furthering straining overwhelmed hospitals that rely on them to free up beds. Some states, including Minnesota, New Jersey and New York, have deployed the National Guard to aid short-staffed facilities. Major news publications have reported on the severity of the staffing crisis in recent weeks, bringing national attention to the situation:

**Fox News:** US nursing homes short 230,000 caregivers in historic

staff shortages: Dr. David Gifford, chief medical officer of the American Health Care Association/National Center for Assisted Living (AHCA/NCAL) says, "People are burnt out, people are leaving, but now people are getting sick with Omicron, and so they can't come into work. That's sort of a double whammy. We really need help. We need help from the states, the feds to send staff in our sector. We've responded to the hospitals, but they're forgetting about the nursing homes." View video here: <https://video.foxnews.com/v/6291346534001#sp=show-clips>

**The Boston Globe:** Nursing Homes At A Tipping Point: Many Are Forced To Freeze Admissions, Stranding Patients In Hospitals For Weeks: "State data show just nine nursing homes were ordered to freeze admissions in the past month after exceeding the case limit. But over 60 percent of homes reported

closing admissions intermittently because of staffing shortages, according to Massachusetts Senior Care Association, a trade group. Last

month, the Baker administration deployed 300 National Guard members to help 55 overwhelmed hospitals and 12 ambulance service providers. Mass Senior Care said similar help from the Guard is sorely needed in nursing homes, too, for assistance in nonclinical roles including laundry, housekeeping, meal preparation, and delivery." View story here: <https://www.bostonglobe.com/2022/01/05/metro/nursing-homes-tipping-point-many-are-forced-freeze-admissions-stranding-patients-hospitals-weeks/>

**The Washington Post:** Nursing Home Staff Shortages Are Worsening Problems At Overwhelmed Hospitals: "Nursing home bed and staff shortages



were problems in the United States before the coronavirus pandemic. But the departure of 420,000 employees over the past two years has narrowed the bottleneck at nursing homes and other long-term care facilities at the same time that acute care hospitals are facing unending demand for services due to a persistent pandemic and staff shortages of their own. With the omicron variant of the coronavirus causing even more hospitalizations, the problems nursing homes face are taking on even more importance. Several states have sent National Guard members to help with caregiving and other chores." Read story here:

See **SHORTAGE** Page 5

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Oklahoma high schoolers  
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**vaped.**



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## SHORTAGE

Continued from Page 4

<https://www.washingtonpost.com/health/2021/12/28/nursing-home-hospital-staff-shortages/>

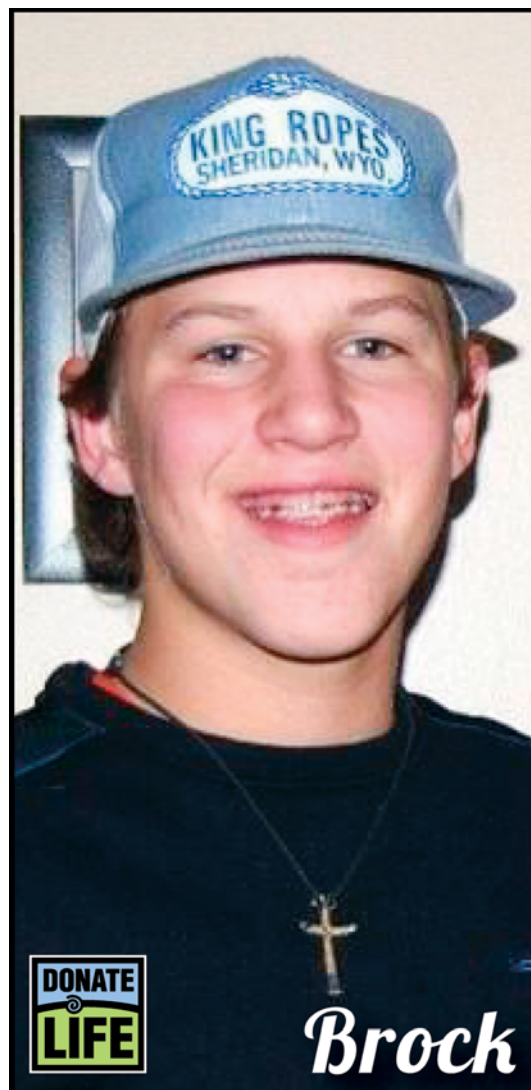
**The New York Times:** National Guard Empties Bedpans And Clips Toenails At Nursing Homes: "Over the past two weeks, 30 Guard members have been working as certified nursing assistants at North Ridge, which has been so badly hobbled by an exodus of employees that administrators have been forced to mothball entire wings, severely limiting new admissions. As a result, hospitals cannot send patients to long-term care centers like North Ridge, creating a backup that is eroding Minnesota's capacity to treat people with Covid-19 and other medical emergencies. Similar backlogs – hospital patients well enough to be discharged but too fragile to go home – are choking health systems across the country." Read story here: <https://www.nytimes.com/2021/12/22/health/covid-national-guard-nursing-homes.html>

**Associated Press:** COVID-Era Nursing Home Staff Crunch Hurting Hospitals, Too: "The worker shortage at nursing homes predated the pandemic, but has worsened over the past two

years in a state with one of the nation's highest proportions of older people. A recent survey of long-term care facilities found that 20% of the long-term care workforce – representing tens of thousands of people – has departed since early 2020, with the result that 85% of Pennsylvania nursing homes are now limiting new admissions. One nursing home operator in western Pennsylvania said it is declining 80% of resident referrals from hospitals, the survey said." Read here: <https://apnews.com/article/coronavirus-pandemic-joe-biden-business-health-pennsylvania-c03760bf50727066843c1c598f80f03f>

Last week, AHCA/NCAL sent a letter to U.S. Health and Human Services (HHS) Secretary Xavier Becerra urging him to extend the Public Health Emergency (PHE). With the Omicron variant project to last for weeks to come and amid this historic labor crisis, extending the PHE will help long term care providers respond to the challenge.

Lawmakers must prioritize long term care. Support from federal and state governments will help nursing homes and assisted living communities to build and maintain the robust workforce needed to care for our seniors.



Our 'Brocko' was a true gift to all that knew him and all that were impacted by his shining light. He absolutely loved life and felt the mission to positively impact others. He was a fierce competitor, loyal teammate, driven athlete, while being selfless and encouraging to others. He adored his family, his hero and best friend was his older brother, Riley. As a Christian, he was very bold in ministering to others and had the ability to engage anyone with a conversation about our Lord.

We tragically lost him too soon, but the choice he selflessly made to be a donor continues to be a humbling testament of Brock's love and passion for others. We were given the most amazing gift when God gave us Brock, for which we will forever be grateful.

*'Children are a gift from the Lord, they are a reward from Him' Psalm 127:3*

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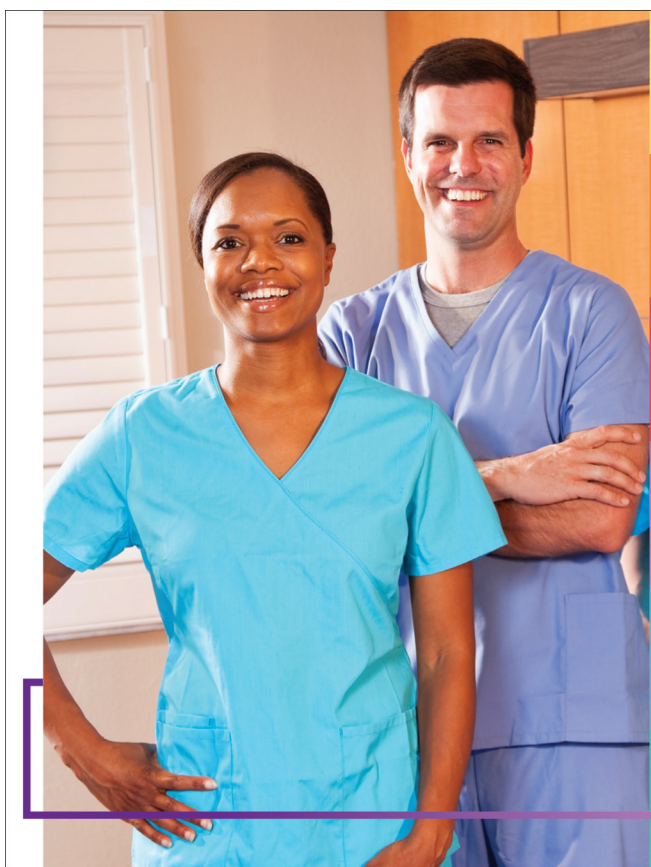
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Calling all healers! We need you on our team. Norman Regional is hiring for both clinical and non-clinical positions.

In-person hiring events are the first Thursday of each month from **4 - 6 p.m.** at the Norman Regional Hospital Education Center, **901 N. Porter Ave. in Norman.**

**Upcoming in-person events include:**

• **Thursday, Feb. 3**

at Norman Regional Hospital Education Center

• **Thursday, March 3**

at Norman Regional Hospital Education Center

*Applicants are encouraged to have their resumes ready as on-the-spot interviews and offers may happen at these events.* The system's unique virtual events allow job seekers to "shop" for a position among several departments and chat with leaders from across hospitals and clinics.

The next virtual event is from **4-6 p.m. Thurs, Jan. 27.**

Join our team. See all our opportunities at [NormanRegional.com/careers](http://NormanRegional.com/careers).



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Health System

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**We are looking for Registered Nurse Admission Nurse**

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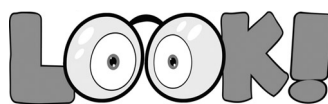
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# Norman Regional honors physicians, provider of the year

Norman Regional Health System honored multiple physicians and providers for their commitment to patients and the community in 2021.

Norman Regional announced the 2021 award winners for Outstanding Physician of the Year; Physician Peer Award; Hal Belknap, MD Heart of



Gold Community Award; Advanced Practice Provider of the Year, and Nurse of the Year. The finalist and first runner up for the Nurse of the Year award were also announced. To read about the Nurse of the Year, please click [here](#).

**Aaron Boyd, MD**, was awarded Outstanding Physician of the Year after being chosen by Norman Regional employees. All employees were given the opportunity to vote for one physician they thought best personified three traits: compassionate care of patients, building of collegial relationships and the pursuit of professional excellence.

Dr. Boyd worked countless hours during the pandemic helping nurses and fellow physicians. His nominations noted that he always finds time to be there for everyone and it shows. Dr. Boyd has served as the Chief Medical Officer for the Health System for 11 years.

**Nzube Okonkwo, MD**, a hospitalist, was chosen for the Physician Peer Award. Physicians voted for a fellow physician they thought best personified three traits: compassionate care of patients, building of collegial relationships and the pursuit of professional excellence.

Dr. Okonkwo is a board certified Family Medicine and Geriatrics physician and completed an accredited Geriatric Medicine Fellowship at Hennepin County Medical Center in Minneapolis, MN. He has significant experience in inpatient and long-term care.

**Saria Refai, MD**, was honored as the Hal Belknap, MD Heart of Gold Community Award.

Each year, one physician is given the Hal Belknap Heart of Gold award, which honors a physician for

his or her service to the community. Dr. Hal Belknap was on the Medical Staff at Norman Regional from 1967 until he passed away in 2008. He made remarkable contributions both locally and globally, ranging from supporting a Boy Scout troop at Norman Regional to founding a health clinic in Africa.

Dr. Refai gives back to the community in many ways including speaking publically about diabetes and preventive medicine, performing sports physicals for local schools and also providing health screenings for low income and uninsured people.

Dr. Refai is a neurologist at Norman Regional. His educational background includes completing medical school at Damascus University in Syria, Family Medicine residency at William Beaumont Hospital in Michigan, and Neurology residency then Clinical Neurophysiology fellowship at the University of Oklahoma Health Sciences Center.

**Dylan Shockley, AGACNP-BC**, was awarded Advanced Practice Provider of the Year. Shockley is an Adult-Gerontology Acute Care Nurse Practitioner at GI of Norman. He received his Master of Science in Nursing from the University of South Alabama, and his Bachelor of Science in Nursing from the University of Central Oklahoma. Dylan has passion for education, a passion that extends to his patients as well as nursing students at Oklahoma City Community College where he is an adjunct professor.

## Over 55, Unemployed & Looking for Work?



The AARP Foundation Senior Community Service and Employment Program (SCSEP) can help you keep pace with the changing nature of work and improve your ability to find employment, even in today's tough job market. AARP Foundation SCSEP places older workers in a variety of community service activities at nonprofit and public facilities like day care and senior centers, schools and hospitals. As a participant, you can sharpen your job skills and earn income — all while giving back to your community.

**If you're 55 or over and unemployed, contact AARP Foundation SCSEP's local office at 405.879.3899 for more information.**

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# The Pandemic and the Epidemic *COVID-19 and Obesity are a Dangerous Combination*

During the holiday season, it is common for people to pack on a few extra pounds. That may be one reason weight loss is the most popular New Year's resolution each and every year. But in the midst of a pandemic, there is more incentive than ever to lose weight.

Multiple studies have shown that obesity can increase risk for severe illness from COVID-19. The higher a patient's BMI, the greater risk for hospitalization, mechanical ventilation and death due to COVID-19. In fact, it is believed that obesity can triple the risk of hospitalization due to the COVID-19 infection. In a Centers for Disease Control and Prevention (CDC) study, HALF of patients hospitalized with COVID-19 had obesity.

David Chansolme, M.D., the medical director for infection prevention at INTEGRIS Health, says we are seeing similar statistics in Oklahoma. "Since the beginning of the pandemic we have always known obesity was a risk factor for severe disease and hospitalization. We have focused our efforts on caring for these patients with vaccinations, outpatient treatments for early COVID, and aggressive inpatient therapeutics. Along with obesity come other comorbidities which impart an increased risk of severe COVID including diabetes, hypertension and chronic heart and lung disease."

He adds, "In a state that consistently ranks in the bottom five for obesity, we have experienced a commensurate

increase in severe disease when compared to our peer states. For so many reasons, addressing obesity continues to be a focus in health care. COVID is just one more reason why."

The obesity epidemic has been a threat to Americans' health for years. It's the second leading cause of preventable death, after smoking. The U.S. has one of the highest rates of obesity in the world, at more than 42% of the adult population, according to the CDC. And that's probably a conservative number, because the data is from 2018. More than 73% of adults are considered overweight. And while the numbers aren't as high for children, more than 20% of those 6 to 19 have obesity, and more than 13% of children 2 to 5 do.

Obesity is defined as having a body mass index (BMI) of 30 or greater. For many people who carry excess weight, losing 5%-15% of your total weight can improve some weight-related conditions, including high blood pressure, type 2 diabetes, heart disease and osteoarthritis. And now we know it may reduce the risk of COVID-19 complications as well. So if you're obese, it is especially important this year to start a weight management plan. The INTEGRIS Health Weight Loss Center can help. Call 405-951-2131 to begin your weight loss journey today. For more health and wellness content, you can visit our blog resources here. <https://integrisok.com/Resources/On-Your-Health/Categories/Nutrition-and-Weight-Loss>

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(AS PUBLISHED IN THE 2021 EDUCATION GUIDE TO NURSING)

# OCU continues to lead



As a preeminent nursing program, Oklahoma City University's Kramer School of Nursing continues to innovate its offerings to produce some of the most highly skilled nurses in our region. The school fosters a learning environment where students are challenged to think critically and holistically, encouraging them to use their passion and knowledge to advance the profession of nursing. With students consistently exceeding the national licensure pass rates for the traditional Bachelor of Science degree and certification pass rates for the Doctor of Nursing practice family nurse practitioner, and high job placement rates after graduation, it's not a surprise to see that OCU's Kramer School of Nursing was included in the Nursing Schools Almanac's 2020 rankings of the best U.S. nursing schools.

The fall of 2020 brought additional career advancement opportunities for OCU's Kramer School of Nursing students. LPNs now have the option of an LPN-BSN degree track. Nurses who want to pursue their master's degree, but need flexibility, can choose the MSN-HyFlex program. Nurses who work within the context of population-focused care have the option of getting an MSN in the Community Based Public Health (CBPH) track, which is also offered as a DNP Completion track. In addition to the programs, OCU's KSN enrolled their first cohort in the BSN-DNP, Psychiatric Mental Health Nurse Practitioner track, the first BSN-DNP PMHNP program in the state.

The Meinders Simulations Center offers a seven-bed high-fidelity laboratory mirroring the hospital environment, allowing students to practice with realistic patient care scenarios.

Crystal Westmoreland, PhD, MSN, RN, Chair of Traditional BSN

Education at Kramer, states, "I love the collaboration between faculty, staff and students. The mentorship program allows faculty and staff to really get to know students as individuals, helping them through life's obstacles as they pursue their degree. As with all of our programs, Kramer doesn't have wait lists and offers students a variety of full-time and part-time options."

KSN offers an outstanding RN-BSN program in which RNs can complete their BSN in just two semesters, with no prerequisites required. "We have small, individualized classes taught by a group of amazing faculty, who love working with practicing nurses" said Pam Tucker, MSN, RN, Chair of the RN-BSN program. "The RN-BSN program continues to be an excellent career advancement path for nurses." The program features the best of both worlds with nursing courses meeting face-to-face half day per week and the remaining elective/general education courses offered online. The program is currently offered at OCU, Mercy Hospital-OKC, and Norman Regional Hospital. No nursing exams, care plans or clinical hours are required. RN-BSN students are awarded a discounted tuition rate from the standard OCU tuition.

## ADVANCING PRACTICE

Vanessa Wright, PhD, MSN, RN, Associate Professor and MSN Program Coordinator notes the MSN program is now offering Hy-Flex program delivery options where students may choose to attend face-to-face, synchronously using video conferencing, asynchronously fully online, or some combination of the three based on their life schedule and preferred learning modality. The MSN currently offers tracks specializing in Education and Leadership, and Community Based Public Health.

Elizabeth Diener, PhD, RN, PNP,



CNE Chair of Graduate Education discusses the Doctor of Philosophy degree. "The PhD degree prepares expert nurses in the roles of nursing education, research, and leadership to serve the community, state, and nation," she said. Students meet on campus for 2-3 days at the beginning of each semester and then complete courses online over the remainder of the semester.

The Doctor of Nursing Practice Completion program is for nurses with careers in all types of health care settings who already hold a master's degree in nursing, advanced practice, or a related field. The program is 30-32 credit hours, post-masters. Focus areas include clinical, community based public health, and executive leadership in organizational or educational settings. Post master's certificates are also available for advanced practice nurses who seek additional certification in an advanced practice role.

Gina Crawford, DNP, APRN-CNP,

FNP, CNE, Assistant Dean and Chair of Advanced Practice Programs points out, "Kramer School of Nursing was the first to offer a post-bachelors Doctorate of Nursing Practice program in the state of Oklahoma. It's been very fulfilling to see this program grow and see the success of our alumni who are now working in a variety of clinical settings and some who own their own clinics." Kramer School of Nursing is the first in Oklahoma to offer the BSN-DNP Psychiatric Mental Health Nurse Practitioner option.

OCU's KSN is offering a virtual information session for the Community-Based Public Health programs monthly from 5:30-7 pm. Prospective students can join an informative webinar and then participate in a breakout session to meet with program advisors and faculty for information specific to the program of their interest. For more information, visit:

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







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# Amid a Persistent Pandemic and Longstanding Staffing Crisis, Americans Rank Nurses the Most Honest and Ethical Professionals

For the 20th consecutive year, nurses are once again ranked #1 in Gallup's annual Most Honest and Ethical Professions Poll. The American public rated nurses the highest among a host of professionals, including medical doctors, grade-school teachers, and pharmacists. Nurses ranking in this year's poll directly reflects the trust the American public has in nurses and the work they continue to do to earn that trust, even amid a persistent pandemic. According to the poll, 81 percent of Americans rated nurses' honesty and ethical standards as "very high" or "high." The second highest-rated profession, medical doctors, was rated 14 percentage points behind nursing.

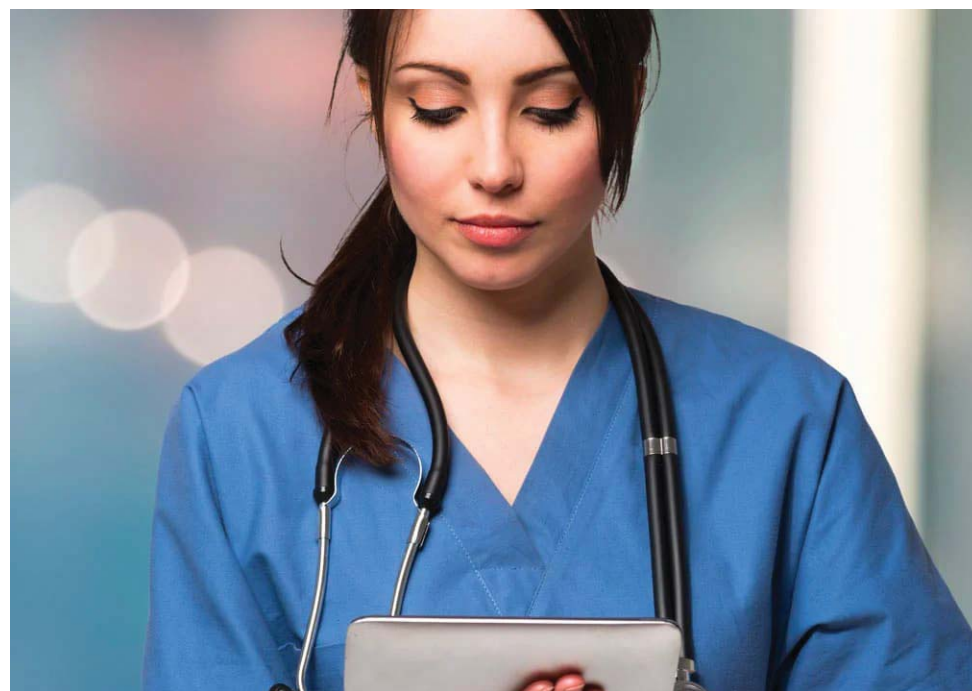
"I want to congratulate every nurse across the nation for earning this well-deserved recognition," said ANA President Ernest Grant, PhD, RN, FAAN. "The fact that this is the 20th

year in a row that the American public has voted nurses #1 is a testament to your consistent professionalism, despite the challenges of the persistent pandemic. We are all indebted to you and will continue to acknowledge and honor your courage, commitment, and expertise during the COVID-19 pandemic and well beyond."

The trust Americans have in nurses is due to their holistic approach to providing high-quality, patient-centered care to individuals, families, and communities.

The COVID-19 pandemic has placed a spotlight on nurses, reinforcing the critical contributions they make to our health care system, while also highlighting the devastating impact it has had on their mental health and well-being.

"2021 was an incredibly difficult year for individual nurses, and the nursing profession. Many suffered



greatly while playing a critical role in the colossal response and recovery efforts to end the COVID-19 pandemic," said Grant. "I am deeply concerned about not only the impact of the pandemic on the mental health and well-being of individual nurses, but on the health of the entire nursing profession. The pandemic has exacerbated a long-standing nursing shortage, especially in areas experiencing high numbers of COVID-19 cases. The long-term repercussions and consequences for the profession, the entire health care delivery system, and ultimately, on the health of the nation are potentially dire."

"It is imperative that the federal and private sectors work with nurses

and seek their input to provide solutions that lead to action to solve this crisis and do so with a sense of urgency," Grant said. "On behalf of the nation's nurses, ANA continues to work with Congress, the Administration, and key stakeholders to identify and address long and short-term solutions to the shortage."

During 2022, the American Nurses Association (ANA), which represents the interests of the nation's 4.3 million registered nurses, will continue to educate the public about who nurses are, what they do and how they contribute their vast knowledge and indisputable expertise in every health care setting during the COVID-19 pandemic and beyond.



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| SITUATION UPDATE: COVID-19                     |  |                                    |
|--|--|------------------------------------|
| COVID-19 Cases                                 |  | 796,986                            |
| New Cases                                      |  | 11,315                             |
| New Cases 7 day Average                        |  | 8,485                              |
| Active Cases                                   |  | 79,374                             |
| CDC/NCHS Provisional Deaths                    |  | 12,775                             |
| Acute Care OSDH Licensed Facilities/Location** |  | Recent 3 day Ave. Hospitalizations |
|  |  | Cases (ICU)                        |
| Region 1 (NW)                                  |  | 54 (18)                            |
| Region 2 (NE)                                  |  | 84 (22)                            |
| Region 3 (SW)                                  |  | 165 (33)                           |
| Region 4 (EC)                                  |  | 54 (6)                             |
| Region 5 (SE)                                  |  | 44 (7)                             |
| Region 6 (Central)                             |  | 116 (22)                           |
| Region 7 (Tulsa)                               |  | 346 (88)                           |
| Region 8 (OKC)                                 |  | 454 (92)                           |
| Total  |  | 1317* (288)                        |
| Other Types of Facilities                      |  |                                    |
| Focus Facilities                               |  | 49 (11)                            |
| Rehabilitation Facilities                      |  | 4 (0)                              |
| Tribal Facilities                              |  | 32 (5)                             |
| Other Facilities Total                         |  | 86 (16)                            |

\*Includes 43 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 2022-01-14 at 7:00 a.m.

# Tobacco Cessation Treatment Offered


Do you have a New Year's resolution to quit tobacco? If so, the TSET Health Promotion Research Center (HPRC) offers treatment that may help.

The HPRC offers tobacco cessation treatment through the Tobacco Treatment Research Program (TTRP) at no cost to participants. The TTRP provides tobacco cessation counseling services (in-person or by telephone), nicotine patches and nicotine lozenges or gum all at no cost, regardless of insurance status. Additionally, there are opportunities to participate in paid tobacco cessation research studies involving smartphone apps, prescription medications and monetary rewards for quitting. Transportation assistance is even available for eligible and interested adults. TTRPs new and innovative treatment interventions may help even those who have had difficulty quitting smoking in the past. To participate in the program, participants must be 18 years or older and use cigarettes or other nicotine products.

"You don't have to do this alone. You have the best chance of quitting if you use treatments that are proven effective - including counseling and nicotine replacement therapy. Our trained and caring staff want to help you become tobacco free in 2021," Dr. Darla Kendzor, HPRC Co-Director, explained.

For more information about smoking cessation treatment and participating in research, call: (405) 271-QUIT (7848), email: [TTRP@ouhsc.edu](mailto:TTRP@ouhsc.edu), or visit: [271quit.com](http://271quit.com)

The HPRC is an integral component of the Cancer Prevention and Control Program of the NCI-designated OU Health Stephenson Cancer Center. Over the past six years, the HPRC has become a nationally recognized tobacco research center. Modifiable health risk factors that substantially impact the health of Oklahomans have increasingly become a research focus of center investigators (e.g., sedentary lifestyle, risky alcohol and other substance use).



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