# Oklahoma's Nursing Times

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March 21, 2022 Vol. 23 Issue 11

Information for the Oklahoma Nursing & Health Care Professional



As education coordinator at Stillwater Medical Center, Lea Brown, RN, is always looking for opportunities to make the environment better for the staff.

## Stillwater Medical Center empowers staff

by James Coburn - staff writer

Students learn many tools needed to launch a hands-on learning experience with patients successful career when graduating from nursing school. The first year of nursing can be tough. But it can be made easier with helpful training.

So, opportunities abound for them to receive a

at Stillwater Medical Center.

We try to give them the support they need and additional education," said Lea See TOOLS Page 2

**OCU** nursing school summer camp lands \$500,000 grant



Gina Crawford, interim dean of the Kramer School of Nursing.

Oklahoma City University's Kramer School of Nursing is among the grant recipients from a Blue Cross and Blue Shield of Oklahoma (BCBSOK) initiative intended to improve the health and wellness of people in local communities.

The nursing school's Camp Kramer Way, a summer camp for high school students, is one of 14 projects benefitting from BCBSOK's Healthy Kids, Healthy Families initiative. Camp Kramer Way was created to help address the ongoing nursing shortage and recruit high-performing, diverse and academically motivated high school students from across Oklahoma into the Kramer School of Nursing.

"We are incredibly grateful for the grant from Blue Cross and Blue Shield of Oklahoma," said Gina Crawford, interim dean of the Kramer School of Nursing. "This grant will allow us

### TOOLS Continued from Page 1

Brown, RN, education coordinator at Stillwater Medical Center.

Graduates experience the culture of nursing care benefiting patients' physical and emotional health as well as for each other as coworkers.

Brown's role is to help orient all. She coordinates the learning management system and helps with certifications for required regulatory education and CPR training. Additionally, she helps navigate the vast experiences students encounter.

"It's very important that we communicate at their level. With our culture we want to involve the patient as much as we can," Brown said.

Students learn bedside shift reporting and about what their nursing care experience will be for the day, said Brown, a registered nurse for 24 years.

"What we see is they stay here. They apply for jobs here," she said.

Nurses have opportunities to

learn more about certain areas of health care such as the basics of the heart. Stillwater also has programs to help nurses with their professional development. Certifications focus the nurses' areas of work. The hospital strives to help nurses in their career ladders. Nursing is a diverse field both in and out of hospital environments. At Stillwater Medical Center, they are given opportunities to advance in their careers seamlessly, according to personal interests.

"Most of our career ladders have different tiers, and each has their requirements," Brown said. "One may ask you to get more continuing education and credits. It may mean being involved in a committee. It may mean getting your certification in your specialty. It may mean volunteering in community needs we have," she said.

Higher tiers have more education requirements such as a bachelor's in nursing or a master's in nursing for nurses at bedside. There are several aspects that Stillwater Medical Center offers to



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enhance professional development. A critical care conference is offered. Nurses may attend the Stop the Bleed program that teaches how to respond to severe accidents such as car wrecks. They learn how to stop bleeding by using a tourniquet properly or by applying pressure to wounds and cuts.

Stillwater Medical Center also has a self-governance model empowering nurses to have more professional input at the bedside.

"If they're the ones the decision affects the most, they should really be the one making the decision for themselves," Brown continued.

They can be involved in their unit council's decision making.

Brown is interested in solutions to reverse the nursing shortage in the state and nation.

"One of the things that I see as one of the solutions long-term, is creating a pipeline — how you can create an experience for the students that helps them develop and become an employee welcomed here," she explained.

Stillwater Medical Center has established partnerships with

nursing schools. Brown would like the hospital to establish partnerships with more schools to create more job titles. Students could earn credits while earning money with the hope that they like the department well enough to stay and grow in a career.

"I think one of the pieces that keeps me coming back is I try to grow myself, and as I grow myself, I can affect more people and patients by being involved. If you get certified, you bring that knowledge back and make the place you work better. I think if you see yourself on that positive trajectory, it does help — even though things are stressful and difficult right now — if you can seek help, that keeps you going. The person I can affect is me."

For more information visit: https://www.stillwater-medical.org/ careers



### SELF-HARM INTENT POISON CASES CONTINUE TO INCREASE IN OKLAHOMA

A total of 123 cases of self-harm attempts among adolescent girls ranging from 11 to 19 years old occurred during the month of February, according to the Oklahoma Center for Poison and Drug Information. The



Poison Center had previously reported a spike in poisonings among that age group in mid-February, and those cases continued to increase throughout the month.

"Seeing the increase in the number of cases continue throughout February is concerning. It's important to remember that calls to the Poison Center are just one piece of the puzzle; the real number of cases could be much higher. Many poisoning cases are not reported to the Poison Center, as the patient or caregiver may not have our number handy, or the physician might be comfortable treating the patient without our assistance" said Scott Schaeffer, Managing Director of the Oklahoma Center for Poison and Drug Information.

Schaeffer stressed that if you are depressed or in crisis, call the National Suicide Prevention lifeline 24 hours a day at 800-273-8255. Call the Poison Center with any questions or concerns regarding medications, and text "POISON" to 797979 to have the Oklahoma Poison Center number easily saved to your cell phone.

Pharmacists and registered nurses at the Poison Center are available 24 hours a day seven days a week at (800) 222-1222. Please do not email the Poison Center or members of the Poison Center staff, as poisoning emergencies are not handled through email.

### CAMP **Continued from Page 1**

to host a three-day, two-night summer nursing camp for 20 high school students, in addition to offering one camp participant a college scholarship."

BCBSOK contributed nearly \$500,000 in grant funding this year for various projects throughout the state. Created in 2011, the Healthy Kids, Health Families initiative supports nonprofit organizations that provide various health-related services with proven sustainable and measurable programs. The initiative includes funding for programs that reach children and their families in four key areas: nutrition, physical activity, preventing/managing disease and supporting safe environments.

"For 10 years, the Healthy Kids, Healthy Families initiative has helped improve health in communities through our



partnerships," said Joseph R. Cunningham, M.D., president of BCBSOK. "In total, HKHF has awarded nearly \$10 million to more than 150 organizations across the state to make a positive impact for all Oklahomans. It's imperative we continue to invest in programs to offset health factors that have been exacerbated by the pandemic and present ongoing health challenges for Oklahomans."



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## **Experts in Tobacco Control Discuss Endgame Strategies to Reduce Smoking Prevalence Equitably**

professor at the TSET Health Promotion Research Center, and Dr. Lisa Henriksen, senior research scientist at the Stanford Prevention are setting tobacco endgame Research Center, Stanford, California, recently co-authored an article published in the special 30th anniversary edition of Tobacco Control. This special issue brings together thought leaders to reflect on 30 years of progress in tobacco control and areas for future directions.

Kong and Henriksen's article, "Retail endgame strategies: Reduce tobacco availability and visibility equity," and promote health discusses solution-oriented policies to limit the quantity, location and type of stores that can sell tobacco,

Dr. Amanda Kong, assistant thereby reducing the visibility of tobacco products and related marketing.

> "Across the world, countries goals to dramatically decrease cigarette smoking and tobacco use prevalence," noted Kong, lead author. "Policies focused on decreasing both the supply and visibility of tobacco products have the potential to help countries not only reach endgame targets, but to do so equitably so that no populations are left behind."

> Kong and Henriksen compared the number of pharmacies, alcohol retailers and tobacco retailers per 10,000 past-month consumers of each product in the USA. They found that the retail supply was 10,

and two times greater for tobacco than for prescription drugs and alcohol, respectively, suggesting there are many more tobacco retailers than necessary to meet consumer demand. The authors note that tobacco retailers are also disproportionately concentrated in neighborhoods with greater socioeconomic deprivation and higher proportions of minoritized racial and ethnic groups.

"We challenge policymakers, practitioners and researchers to prioritize equity-oriented goals and work collaboratively to identify, implement and evaluate evidencebased solutions to regulate the tobacco retail environment," Henriksen said.

The article titled Retail endgame

strategies: Reduce tobacco availability and visibility and promote health equity" can be read in its entirety here. Kong is supported by the National Cancer Institute of the National Institutes of Health (P30CA225520) and the Oklahoma Tobacco Settlement Endowment Trust (TSET R21-02). Henriksen is supported by the National Cancer Institute of the National Institutes of Health (P01CA225597).

OU Health Stephenson Cancer Center is Oklahoma's only National Cancer Institute-Designated Cancer Center. It was named Oklahoma's top facility for cancer care by U.S. News & World Report in its 2020-21 rankings. Stephenson Cancer Center

See SMOKING Page 5

More than Oklahoma high schoolers say they have



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### Oklahoma's Nursing Times

### SMOKING Continued from Page 4

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10a-4p. No holidays. Openings are for evening shifts and weekend days. The Clinic Nurse/LPN must perform the functions of a licensed practical nurse or registered nurse in assessing, planning, implementing, and evaluating all assigned patient care in collaboration with Physicians and Physician Assistant(s). They are responsible for adhering to all Standards of Nursing Practice, for managing supplies and equipment with the direction of the Clinic Physician Assistant and/or Physicians. Must have current Oklahoma \_PN license and prior work experience in clinic setting.

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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.



### (AS PUBLISHED IN THE 2022 EDUCATION GUIDE TO NURSING)

## Educate with purpose ADON leads with experience

Jenifer Presley stresses the importance of on-the-job learning as an LPN and the assistant director of nurses at Golden Oaks Village, located in Stillwater.

Presley has served for three years at Golden Oaks Village and been a nurse for seven years. She graduated from nursing school at Meridian Technology Center in Stillwater and did undergraduate studies at Oklahoma State University.

"We learn something new every day," Presley said. "It's not just something where you go to school every day and learn everything. For years there is always something else to know."

Studying for a career in nursing gives you a good base of skills for an active career, she continued. Having performed clinical work in school proved to be a valuable resource to draw from early in a nursing career.

She understands how families feel when depending on competent health care workers to assist ailing loved ones. She was 19 when her father became ill, and her family called for an ambulance.

"I think that's what sparked it. I love taking care of people," she said.

Presley would tell nursing school students to pay close attention to dedicated nurses in the field.



Jenifer Presley, LPN, and the assisted director of nurses at Golden Oaks Village in Stillwater is always open to a new learning opportunity. See EDUCATE page 9

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### EDUCATE **Continued from Page 8**

Nurses who love their careers stand above the rest, she said.

"You can always point out who's a hard worker and wants to be there," she explained. "They are who you should follow and look up to. Watch the things that they do and how they deal with their patients."

Residents at Golden Oaks Village are individuals so it's good to take time to listen and learn from them, she continued.

"It makes it easier for them and for you during the process of their care," she said.

Being team oriented in a compassionate setting makes Golden Oaks Village the favorite place that Presley has ever worked, she said. As a charge nurse, Presley is a team leader offering her support to ensure care is being provided that the residents need. She said there is always help when she

needs assistance. She leads the team whenever there is a nearby emergency.

"We have a good group of girls here," Presley said. "And, if I ever need help or must do something in another room, I never have to worry about it. It feels good knowing you have support and knowledgeable people who want to be here to help."

Golden Oaks Village is located on 40 acres in Stillwater in a wooded country setting that is filled with ponds and wildlife. A peaceful view accompanies a paved walking trail. Independent and assisted living facilities serve more than 100 seniors and the elderly every day.

"Take your time and get to know them," she said. "It can make as much difference in your life as you can in theirs. That makes for a meaningful job."

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### (AS PUBLISHED IN THE 2022 EDUCATION GUIDE TO NURSING)

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## Downtown OKC 'Walk n' Talk' Planned for World TB Day March 24



Before COVID-19, tuberculosis (TB) was the world's predominant infectious disease, claiming the lives of more than 1.5 million people each year. The Oklahoma State Department of Health Tuberculosis Division will host a walking tuberculosis education break around downtown Oklahoma City at 10 a.m. on Thursday, March 24 (World TB Day).

"World TB Day is an opportunity to recognize achievements in TB prevention and control, and renew our commitment to eliminating this devastating disease in Oklahoma," TB Program Manager Amy Hill said. "Too many Oklahomans still suffer from TB. Efforts to improve awareness, testing, and treatment – particularly among groups at high risk – are critical to eliminating the disease in Oklahoma and the U.S."

The World TB Day Walk n' Talk is free and open to the public. The walking route will begin in the lobby of The Commons at Strata Tower (former Sandridge Center), located at 123 Robert S. Kerr Ave., move through downtown to the Myriad Botanical Gardens, and return to Strata Tower (total distance approx. one mile). An information station will be set up in the lobby, with Tuberculosis Division staff available to answer any questions. Participants are encouraged to wear red for TB awareness.

Oklahoma currently ranks #25 in the U.S. for TB disease. There were 69 reported cases of TB in Oklahoma in 2021.

TB is caused by a bacterium called Mycobacterium tuberculosis. The bacteria usually attack the lungs, but TB bacteria can attack any part of the body, such as the kidneys, spine and brain. TB spreads from person to person through tiny droplets released into the air via coughs and sneezes. Not everyone infected with TB bacteria becomes sick. If not treated properly, TB disease can be fatal.

Anyone can get TB. People at greater risk are: family members, friends, and coworkers who share the same air space with the person who has TB disease of the lungs. Others at risk include the elderly, homeless, inmates, nursing home residents, alcoholics, injection drug users, people with medical conditions such as diabetes, HIV infection (the virus that causes AIDS), other immunosuppressed conditions which include cancer, and people who are chronically malnourished.

Contact TB Program Manager Amy Hill at (405) 213-8707 or AmyH@health.ok.gov for more information.

The Oklahoma State Department of Health (OSDH) protects and improves public health through its system of local health services and strategies focused on preventing disease. OSDH provides technical support and guidance to 68 county health departments in Oklahoma, as well as guidance and consultation to the two independent citycounty health departments in Oklahoma City and Tulsa. Learn more at Oklahoma.gov/health.

### Situation Update: COVID-19

New Cases 7 Day Average	95
New Cases Week of 3/6/22 - 3/12/22	665
Active Cases	1,610
Total Cases	1,029,634
CDC/NCHS Provisional Deaths	15,173
Acute Care OSDH Licensed Facilities/Location**	Recent 3 day Ave. Hospitalizations
	Cases (ICU)
Region 1 (NW)	2 (0)
Region 2 (NE)	10 (2)
Region 3 (SW)	23 (6)
Region 4 (EC)	13 (3)
Region 5 (SE)	4 (2)
Region 6 (Central)	17 (2)
Region 7 (Tulsa)	74 (30)
Region 8 (OKC)	109 (16)
Total	252* (61)
Other Types of Facilities	
Focus Facilities	5 (3)
Rehabilitation Facilities	2 (0)
Tribal Facilities	3 (1)
Other Facilities Total	10 (4)

\*Includes 36 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 2022-03-17 at 7:00 a.m.

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In 2021, the United Way of Central Oklahoma and our more than 19,000 donors and 600 workplace campaigns selflessly contributed to the United Way Campaign. And to share the gift of a better life for thousands of Oklahomans.

And, as always, behind it all is your support. Your generosity is the heartbeat for us all. And we thank you.

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