# Oklahoma's Nursing Times

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April 18, 2022

Information for the Oklahoma Nursing & Health Care Professional

www.oknursingtimes.com



Cami Penney, LPN, has encouraging words about being a nurse. Admires the strength nurses had during the pandemic.

by James Coburn - staff writer

Being a nurse makes Cami Penney, LPN, feel her. good about herself at the end of the day.

"You know you've done the best you could and you've helped somebody any way you could," Penney said.

When she was hired at Golden Age Nursing Facility in March, she brought her caring spirit with

"I liked taking care of my grandparents so it just kind of stuck with me," she said.

As a young girl she wanted to become a veterinarian. Penney wanted to do something in the medical field as she grew older.

Penney became a nurse six years ago after

graduating from Central Technology Center, located in Drumright. She worked six years at another nursing home following her graduation and has worked in long-term care and skilled nursing ever

During her career she has primarily worked in

See PENNEY Page 2

### PENNEY Continued from Page 1

long-term care and skilled nursing. She served as a CNA at Golden Age starting 12 years ago before enrolling in nursing school.

CNAs are the legs nurses stand on, she said. CNAs are under supervision to do most of the hands-on patient care. An alert CNA can help nurses detect minor or major changes in a patient's stability.

"They are very hard workers and it's a tough job," she said. "It's probably tougher than being an LPN, so I admire their strength and dedication, and they're all great here."

CNAs help patients to get out of their beds and assist them in getting clean and dry after showering. They may assist with brushing teeth and hair and make sure the residents are fed. What most people can do for themselves, the CNA does it for the residents. They fit well into the culture at Golden Age.

"I think just about anybody could fit in here," Penney said.

Many days spent at Golden Age have touched her heart, especially

when COVID reached its high infection rates across Oklahoma.

"When COVID happened and when they first started letting families come visit outside the window — it made me cry the first time they got to see their families," Penney said.

She admires the strength nurses had during the pandemic. It has taken a lot of strength for those nurses to remain in their careers, she said

"There were a lot of times I thought about finding a different career, but I could never do it. But it makes you want to, sometimes. It's tough, and I admire anybody that can stick with it, especially through COVID," she explained.

COVID rates have been dwindling in the state, but Penney said that she can't help but wonder if another high wave of infections will happen again.

"But I'm glad to see admissions coming back and staff coming back," Penney said. "Everything is kind of getting back to normal."

Penney said she has never been one to job-hop. She loved the previous nursing home she was at, she said.

"But now that I'm here. I really just see myself here," she said of her future.

It doesn't take long to recognize that the family atmosphere between the staff and residents is a recipe for personal satisfaction and career growth at Golden Age. Nurses at Golden Age have a love for their patients and dedication to care for them daily.

Her return to Golden Age was a golden opportunity.

"I love it here," Penney said. "They had the shift I needed. I was doing 12-hour shifts and I couldn't do that anymore. Here they offer eight-hour shifts. Everybody is so nice. I've never had any problems with anybody. All the staff is great. They all welcomed me when I started — nobody got irritated with all my questions. Everybody is really helpful."

Nurses do one-on-one mentoring education and have nursing in-services once a month. The nurses and their time assistants do a lot of charting to document how much assistance is needed to care for each individual Age patient.

Seeing patients recover during their time spent in skilled nursing is a plus for Penney, she continued. It is a special moment for Penney when her efforts in the skilled nursing unit result in the restoration of a patient's health.

"You actually get to see them and help them get better and go home, so I enjoy doing that a lot," she said.

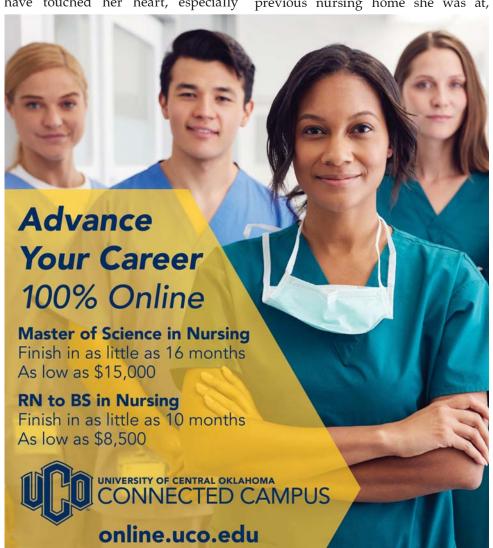
Penney makes a point to get to know the newest arrivals at Golden Age. This gives her an opportunity to learn about their preferences.

"Usually, it doesn't take long for them to loosen up to you," she said. "You get to know them pretty quick. I've had people tell me about when they were a baby and their parents warmed them with a stove, or the time when they flew a jet in World War II."

Penney is making her own mark in enjoying life.

"I'm outdoors a lot. I do a lot of hunting and fishing. I spend a lot of time at the (Cimarron) River. I catch all kinds of stuff."

For more information on Golden Age Nursing Home http://goldenageguthrie.com.







# OU HEALTH STEPHENSON CANCER CENTER CELEBRATES MILESTONE ANNIVERSARY

OU Health Stephenson Cancer Center, located on the OU Health Sciences Center campus in Oklahoma City, recently marked more than a decade of delivering the most advanced, research-driven, comprehensive care for patients facing the challenges of a cancer diagnosis. Dedicated on June 30, 2011, Stephenson Cancer Center opened to patient care three weeks later.

A \$12-million gift made in 2010 by Tulsa residents Charles and Peggy Stephenson, longtime supporters of the University of Oklahoma, capped a \$50-million private fundraising campaign. Theirs was the largest single donation to the Health Sciences Center at the time. In 2019, the Stephenson Family Foundation presented a transformative \$20 million gift to expand the center's research mission. Extending the impact of the Stephenson's generosity, the cancer center committed to raise an additional \$20 million, dedicated to the discovery of new ways to prevent, diagnose and treat cancer. The philanthropic support of the Stephenson family served to sustain momentum that helped secure the cancer center's designation as a National Institutes of Health (NCI) Cancer Center in 2018.

NCI designation became a specific goal for Stephenson Cancer Center in 2001, when the Oklahoma State Legislature approved House Bill 1072. Passed with bipartisan support, the bill called upon the university to create a comprehensive cancer center to provide leadership in cancer treatment, research and outreach. Further, the overarching goal was to achieve national recognition as an NCIdesignated cancer center. Over the past decade, more than \$400 million has been committed to the support and ongoing development of the cancer center, making it the largest public-private biosciences initiative in Oklahoma history.

Stephenson Cancer Center is the only NCI-designated center in Oklahoma. NCI designation belongs to only an elite group of cancer centers representing the top 2% of

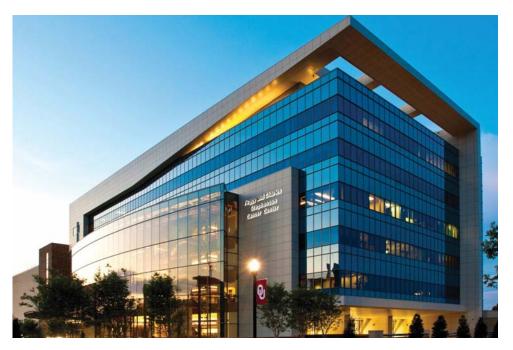
OU Health Stephenson Cancer centers in the United States. Then and now, the cancer center demonstrates an unprecedented commitment to fighting cancer through improved treatment, adde of delivering the most advanced, carch-driven, comprehensive care for education.

Robert Mannel, M.D., Stephenson Cancer Center director, emphasized what it means to have such a resource in the state. "Cancer is the greatest challenge of modern-day medicine, possessing an intimidating force to irrevocably alter the lives of patients and their families. Cancer touches all of us, with one of two Oklahoma men and one in three Oklahoma women getting a cancer diagnosis during their lifetime. Stephenson Cancer Center's vision is to eliminate cancer in Oklahoma and beyond. Its mission is to provide patient-centered, researchdriven multidisciplinary cancer care. Such care is available in Oklahoma at Stephenson Cancer Center."

In addition to generous private philanthropy, several community partners played key roles in the growth of Stephenson Cancer Center. These include the State of Oklahoma, through tobacco tax revenues, the University Hospitals Authority and Trust, Oklahoma Tobacco Settlement Endowment Trust (TSET), Chickasaw and Choctaw Nations, OU Health, Presbyterian Health Foundation and the University of Oklahoma.

The presence of this unparalleled resource for the utmost in compassionate patient care makes it possible to offer a broad range of latest-generation therapies and research-driven clinical trials. Further, it allows patients to access world-class care close to home, eliminating the necessity of travel beyond state borders. This invaluable benefit preserves patients' vital networks of physical, mental and emotional support found in family, friends and spiritual communities.

Stephenson Cancer Center is a national leader in early-and late-phase clinical trials, and is one of 32 Lead Academic Participating Sites in NCI's National Clinical Trials Network. Stephenson Cancer Center also houses two research centers – TSET Health



Promotion Research Center and the Center for Cancer Prevention and Drug Development. Both of these centers promote inter-programmatic and transdisciplinary collaboration.

"We're keenly focused on researchdriven patient care that provides access to tomorrow's therapies today. It is research that drives us toward a future reality in which the burden of cancer is reduced or eliminated," said Mannel. "Here, we have harnessed the resources that will one day help to defeat this adversary, which has taken such a toll on families across the globe. Stephenson Cancer Center is an inspiring model of what we can accomplish as Oklahomans united for such a compelling cause."

Mannel explained that the cancer center's mission-critical components include recruitment of NCI-funded researchers and the education and superior training of oncology health professionals. "These strategies are part of the battle plan to defeat cancer."







# Norman Regional Security Officer Aims for International Record with 245 Certifications in 1 year

David Gandesbery, a security coordinator at Norman Regional Health System, is aiming to beat the International Book of Records for his achievement of receiving 245 federal and mental health certifications in 2021.

Gandesbery said he sought out FEMA (Federal Emergency Management Agency) training due to the job he has and wanting to do more for the community. He said he also sought out certifications through the Oklahoma Department of Mental Health due to the large mental health population in the community.

"I wanted to be able to help our mental health consumers, and to better understand them – better understand their needs and their wants, and to be able to serve them better," Gandesbery said

Gandesbery has been working at Norman Regional for 14 years and has a total of 375 certifications under his belt.

Some of the certifications Gandesbery achieved in 2021 include Hospital Emergency Response Training for Mass Casualty Incidents, Response Considerations During an Outbreak or Pandemic, Critical Incident Stress Debriefing, Healthcare Facility Preparedness, Communicating Effectively in an Emergency, Management of a Highly Infectious Disease Patient in a Healthcare Facility, Medical Surge Management, Diversity, Equity and Inclusion, Behavioral Health for Fire and EMS, and many more. He also completed all of the Disney Institute's professional development courses.

Some of these trainings were in-person training and some were online training.

"[Gandesbery] has exceeded all of our expectations regarding the amount of certifications he has achieved," said Shane Cohea, director of safety and security



at Norman Regional. "[Gandesbery] utilized his scheduled time, weekends, PTO, and vacation time to achieve this remarkable achievement. In all my years of healthcare leadership, I have never seen professionals complete this many courses in a lifetime. [Gandesbery] completed them in a year. To complete this many Incident Command, FEMA, Center of Domestic Preparedness certifications is something that may go down in history books. This accomplishment defines why [Gandesbery] continues to receive the NRHS Security Officer Healer of the

Year. [Gandesbery] has received this great honor in 2013, 2016, and 2021."

Gandesbery said with COVID, with life, and with him previously losing a child, he needed something to occupy his mind.

"These certifications were a way to save myself," Gandesbery said. "They were basically therapy. I felt like I was learning something good to save others around me and try to do things better."

Gandesbery and his wife Cathy previously adopted four sons with See AIM Page 5

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### AIM Continued from Page 4

special needs. He lost one of his sons, Joey, in 2018.

"He's my hero," Gandesbery said. "My son now is my inspiration for everything I do. I want to build my life to where his name means something.

"By having special needs boys who have been told most of their life that they probably won't be able to do certain things, I strive to show by example that all things are possible. No matter what your situation is, you can chase your dreams."

Gandesbery is utilizing some of his training at home with his boys and within the community just as he is using his training to better the health system.

"I truly believe that especially in my type of job, if you treat people like they're human and show them compassion that little by little, you might not change everyone's life, but you can change at least one or two people's lives," Gandesbery said.

Gandesbery has also developed some handouts that feature free training websites for Norman Regional's other security officers to encourage



them to expand their knowledge along with him. He said he also thinks these trainings, especially the Department of Mental Health's courses and FEMA's decontamination training courses, would benefit all of Norman Regional's healers.

Gandesbery is going to present for a spot in the International Book of Records for his certifications soon. The previous record was 240 certifications in a fiscal year.

"You have to continue to grow. You can't settle. No matter your age or your ability, you are always able to accomplish a goal or dream with hard work and perseverance," Gandesbery said.



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#### 140 GENERAL NURSING

**Providers needed** immediately for assistance to elderly and disabled persons in their homes in the Shawnee and Seminole areas.

Training requirements provided by ONHL Homecare Services. Come join a home care agency on the move. Direct deposit payroll, paid vacation after one year of service, employer sponsored insurance package. Call Patty Lambert or Cheryl Larson at: (405) 257-3003. 615 E 7th St, Wewoka, OK 74884

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

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J.D. McCarty Center | 405-307-2800 2002 E. Robinson St. Norman, OK 73071 www.jdmc.org

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For more info. about these jobs, please visit www.jdmc.org/careers or email your resume to: resumes@jdmc.org



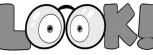
#### 140 GENERAL NURSING

### 140 GENERAL NURSING

We are Hiring a **Medical Director/** Psychiatrist to provide inpatient and outpatient services.

St. Mary's Regional Medical Center, located at 305 S 5th St, Enid, OK 73701 is now hiring a Medical Director/ Psychiatrist to provide inpatient and outpatient services. Enjoy providing much-needed services in location work while of a progressive

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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





#### 140 GENERAL NURSING

# We are in need of a PRN, or as needed, Clinic Nurse/Licensed Practical Nurse for the after hours/urgent care clinic.

Purcell Municipal Hospital located at 1500 N Green Ave, Purcell, OK 73080 is in need of a PRN, or as needed, Clinic Nurse/LPN for the after hours / urgent care clinic. Monday-Friday 8a-7p, varied weekends: Saturday 10a-6p, Sunday 10a-4p. No holidays. Openings are for evening shifts and weekend days. The Clinic Nurse/LPN must perform the functions of a licensed practical nurse or registered nurse in assessing, planning, implementing, and evaluating all assigned patient care in collaboration with Physicians and Physician Assistant(s). They are responsible for adhering to all Standards of Nursing Practice, for managing supplies and equipment with the direction of the Clinic Physician Assistant and/or Physicians. Must have current Oklahoma LPN license and prior work experience in clinic setting.

#### 140 GENERAL NURSING

We are seeking Director of Clinical Services/ **Director of Nursing** Education: RN - Must possess, as a minimum, a Nursing Degree from an accredited college or university. Exp: Must have, as a min, 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 months experience in rehabilitative & restorative nursing practices. North County Nursing and Rehab. 2300 W Broadway St, Collinsville, OK 74021

#### 161 LICENSED PRACTICAL NURSING

**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.

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### 161 LICENSED PRACTICAL NURSING

#### 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.

204 REGISTERED NURSE



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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.

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(AS PUBLISHED IN THE 2022 EDUCATION GUIDE TO NURSING)

# Integris make practice transition easier

Without a doubt, the first year of in some settings they don't get a lot a nurse's career can be one of the most stressful.

With so many questions from daily self-care where is a new nurse to

Integris Health realizes that firstyear may be difficult. That's why there's a nationally-accredited Nurse Residency Program in place to not only ease the transition to practice but to help you thrive.

"We try to help them recognize they aren't going to know everything right out of school and that's OK," said Sandy Hill, MSN, RN, NPD and Integris manager for Transition to Practice. "We're going to help them get there. We also help them learn about their specialty or population-specific patients they are caring for because

of experience in specialty areas during

Transitioning to RN practice can practice to advancement of skills to be difficult and evidence supports Nurse Residency programs increase retention and job satisfaction among newly graduated RNs.

> That's why Integris Health hosts a year-long Nurse Residency Program for RN graduates and those with less than six months of licensure as an

> The Nurse Residency Program is an expanded orientation designed to help the new RN graduate make a smooth transition from student to a professional member of a healthcare team. This program is designed to help nurses more fully contribute to delivering the Most Challenging Healing.



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). Left to Right: Kerri Bayer, MSN, RN-CNL Chief Executive Nurse INTEGRIS Health; Sandy Hill, MSN, RN, NPD, Manager, Transition to Practice; Lisa Benfield, MSN, RN, NPD Supervisor, Transition to Practice.

"There are other people like you in the same situation and there are resources we can direct you to if you are starting to feel overwhelmed or uncertain," Hill said. "The nurse residency does focus not only on the skills but also on that emotional and wellbeing journey in what I consider probably the hardest year of your nursing career."

Hill has been with the nurse residency program since 2007, giving Integris the distinction of having one of the longest-running residency programs in the state.

"I think we're doing a good job with that," Hill said. "I think we really are helping them learn the practice of nursing not just the tasks of nursing. We can see that our retention has improved because they are feeling more comfortable in their role.

"I think it has helped with retention in the profession and in our facility."

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.

With the ongoing Covid pandemic, nurses entering the profession are faced with obstacles many of their predecessors never had to face. That's why special importance is placed on taking care of the whole nurse.

"The wellbeing and resiliency portion of what we try to encourage and try to provide resources for has increased during Covid," Hill said. "We also have in place some nurses where transition to practice is their title and those nurses are specifically for those new grads right after they come off orientation with their preceptor... to help continue to support them.

"We've seen that really blossom and take off as a much-needed and appreciated role."

Hill said the transition-to-practice nurses are available to round on their new nurses and provide an extra set or eyes or simply serve as a sounding board for what the new employee is going through.

And to help make that first year as easy as possible.

For more information visit: https:// integrisok.com/careers



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**NURSE RESIDENCY PROGRAM:** This program transitions nurses from students to professional members of the INTEGRIS Health care team.



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# Spring Brings Snake Bite Calls to the Poison Center

Oklahoma City - During the spring, warmer temperatures and rain mean an increase in calls to the Oklahoma Center for Poison and Drug Information (OCPDI) regarding snakebites. Specialists at the center work closely with physicians around the state to provide the best treatment advice for nearly 300 snakebite patients each year.

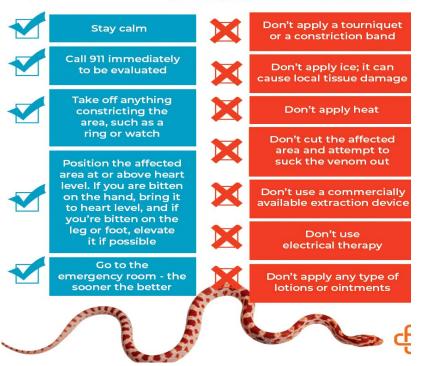
Oklahoma has three types of venomous snakes, all pit vipers: the copperhead, cottonmouth (also known as a water moccasin) and several species of rattlesnake. Venomous snakes native to Oklahoma have slit pupils, a triangular-shaped head and a heat-sensing pit on each side of the head between the eye and the nostril.

"In addition to the swelling, which can be severe, the venom from these snakes can cause problems with blood clotting, leading to internal bleeding," said Scott Schaeffer, managing director of the Oklahoma Center for the Oklahoma Center for Poison and Drug Information. He suggests washing the area immediately with soap and water, removing all jewelry and tight clothing, and calling the OCPDI as soon as possible. Bites by nonvenomous snakes require wound care and a tetanus booster if you have not had one within the last 10 years.

OCPDI offers the following tips to help prevent snakebite this spring:

- DO NOT handle or play with snakes. Even dead snakes can bite reflexively.
- Keep your landscape or campsite well-manicured.
- Wear boots and long pants in areas known to have snakes, and avoid walking alone in these areas.
- Watch where you step and place your hands when outdoors. Do not put your hands or feet into places you cannot see.
- Carry a flashlight, and wear shoes when walking outside after dark.
- Stay on open ground; walk on clear paths and avoid sleeping on the ground. Place your sleeping

#### SNAKE BITES: DO'S AND DONT'S



bag away from caves and rock piles.

Pharmacists and registered nurses at OCPDI are available 24-hours-a-day, seven-days-a-week at (800) 222-1222. Poisoning emergencies are not handled through email.

The Oklahoma Center for Poison and Drug Information is a program of the University of Oklahoma College of Pharmacy at the OU Health Sciences Center. For more information, log on to www.oklahomapoison.org.



#### Help teens quit.

My Life, My Quit offers Oklahoma teens 13-17 FREE help to quit tobacco & vaping. Free services include live text, phone or web chat. Services are confidential and do not include patches, gum or lozenges.

To get started, teens can **text "Start my quit" to 36072.** Learn more at **MyLifeMyQuit.com.** 

For patients over 18, the Oklahoma Tobacco Helpline offers proven tools to quit tobacco. Visit **OKhelpline.com/health-care-providers** to see how you can help your patients succeed.





(AS PUBLISHED IN THE 2022 EDUCATION GUIDE TO NURSING)

# SWOSU is One of Oklahoma's **Best Universities**

By any measure, Southwestern Nursing Education (graduate), Oklahoma State University with campus locations in Weatherford, Sayre and Yukon is considered by many to be the home of one of Oklahoma's best universities. SWOSU is known for its quality programs having 14 nationally accredited academic programs most among the senior regional universities in Oklahoma.

offers five programs: the traditional BSN program taught on campus and four online degrees for students who are already RNs: RN to BSN, MSN in MSN Nursing Administration (graduate), and MSN Nursing Informatics (graduate).

SWOSU also offers online professional programs Health Information Healthcare Management, Informatics and Information Management (graduate).

The university also has The SWOSU School of Nursing two contractual agreement programs between SWOSU and Caddo Kiowa Technology Center for the Occupational Therapy Assistant and the Physical Therapist Assistant



Programs.

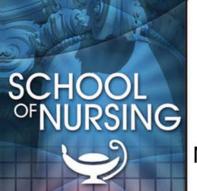
Six of SWOSU's nationally accredited programs are in Health Information Management, Nursing,

Occupational Therapy Assistant, Physical Therapist Assistant, Radiologic Technology and Medical

**CONTINUED NEXT PAGE** 

# Southwestern Oklahoma State University

## Finish in 12 months!



### Online RN to BSN

Must be a Registered Nurse or in last semester of ADN program – Must have a 2.5 GPA

### Online BSN to MSN

Must be a Registered Nurse or in last semester of BSN program – Must have a 3.0 GPA (SWOSU grads with 3.0 or above are guaranteed admission)

- 8-week Courses with 5 Starting Points Per Year on RN/BSN; 3 for MSN
- Affordable Monthly Tuition Payment Plan Available
- No Clinicals Required

#### Traditional BSN Program Available - Weatherford, OK

For more info, call 580-774-3261 or email nursing@swosu.edu

### SWOSU Continued from Page 10

# SWØSU

Southwestern Oklahoma State University

Laboratory Technician.

The university boasts professionally and academically qualified faculty who mentor students towards accomplishment of their goals.

SWOSU boasts one of the most diverse selections of academic college course options and the university is top rated in affordability. As always, SWOSU is dedicated to providing its students with a quality education while preparing them for the career of their dreams.

Weatherford is very accessible—located on Interstate 40, less than one hour west of the Oklahoma City metro area. The location is convenient for commuters and traditional students. Visit

https://www.swosu.edu for more information.

# OU Health Physicians Event Supports Obesity Treatment, Research and Education

OU Health Physicians Tulsa and Ascension St. John Medical Center, Tulsa, are co-sponsors of the Walk from Obesity +FunRun, set for Saturday, April 30, at Hunter Park, 5804 E. 91st Street in Tulsa.

This fundraising event benefits the Oklahoma and Arkansas state chapters of the American Society for Metabolic and Bariatric Surgery (ASMBS), a 501c3 nonprofit. Proceeds of the event support obesity treatment, research, education and access to care initiatives.

Oklahoma currently ranks ninth in the nation among states where obesity rates are accelerating, driving an obesity epidemic. Carah Horn, MBA-HCA, BSN, R.N., said the specialized team at OU Health Physicians has harnessed the necessary resources to educate patients and facilitate their journey to better health and quality of life. "OU Health Physicians offers a truly comprehensive weight

management program served by board-certified obesity medicine physicians, fellowship-trained surgeons, registered dietitian and nurses. As demonstrated by this event, walking is a great activity that not only may prevent this chronic disease, but also combat its dire effects. To be effective, healthy activities must become habits."

ASMBS is the largest national society representing obesity-related specialties. Its vision is to improve public health and well-being by decreasing the global burden of the disease of obesity and related conditions and complications. The walk/run event is a self-paced, non-competitive opportunity for the Tulsa community to work together in the fight for more effective obesity prevention and treatment.

Advance online registration is \$25, through April 29 at noon Onsite registrations are \$35, payable by cash, money order or check,

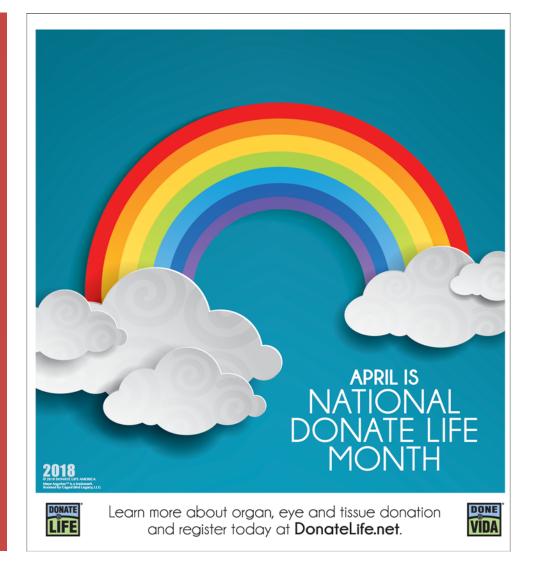
from 9 to 10 a.m. the day of the event.

Each adult online registration includes event complimentary t-shirt and bag, as well as an online participant/ fundraising page. Children under age 12 may register free with a registered parent or guardian. Access the paper registration form during online registration in the "Resources" section in the Participant Dashboard when parent/guardian registration is completed. Registered children may receive a bag and free coloring/activity book, available while supplies last.

Learn more about the event, register, or make a donation here: https://fundraise.asmbsfoundation.org/index.cfm?fuseaction=

donorDrive.event&eventID=910





# RSVP of Central Oklahoma Volunteers Strengthen Community

# Organization Celebrates National Volunteer Week, April 17-22

Vera Aldaz says volunteering has taught her that there are a lot of people who need help and there are many people who would like to provide the help but don't know where to begin.

She and her husband, Abel, found their way to give back 17 years ago through the Retired and Senior Volunteer Program (RSVP) of Central Oklahoma. Abel had retired and discovered how RSVP connects volunteers to many nonprofit partner agencies in the community.

"He said he'd found something we would both love and he was right. We do!" she said.

As a couple, they've stuffed envelopes for organizations, served as test proctors in elementary schools, participated in neighborhood association food drives, worked at the Arts Festival, and the library's summer reading program, to name a few

Vera's favorite is volunteering with the mobile meals program at St. Matthew United Methodist Church, Midwest City.

"The people who work there are so generous with their time, and the people that we deliver meals to are so grateful not only for the meal but for the blessing of having someone to care about them and visit with them."

During the pandemic when volunteering was put on hold temporarily, Vera worried about the people she delivered meals to weekly.

"I really missed the time when we could go visit those who were alone and not able to go out and be with others," she said. "There continues to be the need for just a friendly wave through the window to brighten our spirits."

Vera believes volunteers do some of the most important jobs, and many are jobs that organizations couldn't afford to pay someone to do and jobs that bring volunteers so much joy.

"If I were to sum up the beauty



RSVP of Central Oklahoma Executive Director Beth Patterson.

of volunteering, it would simply be: It's fun and satisfying," she said.

Because of our passionate volunteers, the lives of people in our community are improved, said RSVP of Central Oklahoma Executive Director Beth Patterson.

"We celebrate our volunteers every day but want to encourage our community during National Volunteer Week to honor the role volunteers play in strengthening our communities. Let them know that what they do is appreciated, necessary, and helps make our community a better place for so many," Patterson said.

Even during the pandemic, more than 200 RSVP volunteers like Vera Aldaz, age 55+, served 51 nonprofits in the community, logging more than 35,000 hours of their time. Volunteers tutor children in school classrooms, churches, and at City Care's Whiz Kids. They serve the community's most vulnerable citizens through Project 66, Regional Food Bank of Oklahoma, Provide-A-Ride Senior Transportation System, and the Homeless Alliance, as well as helping in hospitals, senior centers, and libraries. Volunteers and local nonprofits both benefit from the relationship, allowing volunteers to stay connected in their communities and providing nonprofit partners with reliable, experienced seniors.

# Situation Update: COVID-19

New Cases 7 Day Average	65
New Cases Week of 4/3/22 - 4/9/22	457
Active Cases	943
Total Cases	1,036,479
CDC/NCHS Provisional Deaths	15,736
Acute Care OSDH Licensed Facilities/Location**	Recent 3 day Ave. Hospitalizations
	Cases (ICU)
Region 1 (NW)	0 (0)
Region 2 (NE)	10 (2)
Region 3 (SW)	5 (2)
Region 4 (EC)	4 (3)
Region 5 (SE)	0 (0)
Region 6 (Central)	8 (0)
Region 7 (Tulsa)	20 (9)
Region 8 (OKC)	35 (4)
Total	82* (20)
Other Types of Facilities	
Focus Facilities	0 (0)
Rehabilitation Facilities	3 (0)
Tribal Facilities	0 (0)
Other Facilities Total	3 (0)

\*Includes 25 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 2022-04-14 at 7:00 a.m.

# Promise shown in new physical therapy treatment for MS symptoms

An Oklahoma Medical Research Foundation physical therapist has developed a new treatment regimen for multiple sclerosis that appears to enhance mobility without causing fatigue.

"The results need to be confirmed in a larger study, but they suggest possible improvement upon current intervention methods," said Bobbette Miller, who treats patients at OMRF's Multiple Sclerosis Center of Excellence and the University of Oklahoma Medical Center.

MS occurs when the body's own immune system attacks the insulating layer that protects nerves in the brain and spinal cord. Significant gait impairments affect about 85% of the estimated 2.3 million people worldwide living with MS, Miller said. The source of these gait problems is a chronic muscle tightness called spasticity, particularly in the feet and ankles.

"Spasticity can be painful and debilitating," she said. "Typically it forces the person to take slow, short steps and causes extreme fatigue, often preventing these people from holding a job and living independently."

Botox injections are the most common current intervention for MS-related spasticity. These injections are moderately effective for short periods, Miller said, but many insurers do not cover them.

Miller's alternative treatment involved treadmill training and two types of electrical stimulation. One type coupled electrical stimulation with dry needling – sometimes called Western medicine's version of acupuncture – in which thin

needles penetrate muscular "trigger points."

The study included 16 patients from either OMRF's Multiple Sclerosis Center of Excellence or OU Medical Center. To ensure valid results, participants were excluded if they had received a Botox injection during the previous six months.

Miller's study design was approved by the Internal Review Boards of OMRF and the OU Medical Center. Individual assessments determined the precise location of electrical stimulation for each participant.

The results: After six weeks of the new regimen, study participants, on average, walked an extra 30 feet during a 6-minute test, shaved nearly a second during a timed 25-foot walking test and increased the number of toe taps and heel raises performed before becoming fatigued.

While other studies have investigated electrical stimulation with dry needling as a spasticity treatment following strokes and spinal cord injuries, this was the first such study involving people with MS, Miller said.

"Improving quality of life is paramount in the management of chronic diseases, especially MS," said Gabriel Pardo, M.D., director of OMRF's Multiple Sclerosis Center of Excellence. "Bobbette's novel approach to controlling spasticity has the potential to have a meaningful impact for these individuals. I'm eager to see this treatment modality continue to evolve through research and clinical use."

Miller's findings were published



OMRF physical therapist Bobbette Miller, right, and Kari Littlejohn, left, who was a participant in Miller's recent study testing a new treatment intervention for MS.

recently in the Multiple Sclerosis by a grant from the Presbyterial Journal. Her study was funded Health Foundation.



www.arborhouse4u.com

## MAY 6-12, 2022 NATIONAL NURSES WEEK



Join us in supporting nurses as we publish our annual National Nurses Week special section designed to highlight how essential nurses are in the health care system. This is a great time to show your appreciation for the nurses that work at your facility or organization.

# THIS IS OUR LARGEST EDITION OF THE YEAR! YOU WANT TO BE INCLUDED!

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