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July 4, 2022 Vol. 23 Issue 29 Information for the Oklahoma Nursing & Health Care Professional

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High School students participated in an escape room activity at Oklahoma City University's Camp Kramer Way, where students had to solve a puzzle using clues about mental health awareness in the escape room.

story by Van Mitchell, Contributing Writer

Oklahoma City University's Kramer School of the nursing profession that participated. The Nursing last week hosted a three-day summer camp for 18 high school students from across the state.

Camp Kramer Way is an initiative to encourage more students to consider entering health care professions, an industry facing severe staffing shortages.

The camp was open to high school sophomores, juniors and seniors interested in learning more about free camp was put on thanks to a grant from Blue Cross Blue Shield of Oklahoma.

"Utilizing the Kramer School of Nursing's advanced facilities, high school students will get to experience some of the many inherent rewards of nursing," said Crystal Westmoreland, camp leader and chair of the university's Traditional BSN program. "With

staffing shortages across the country, especially rural areas, we feel it is imperative to introduce nursing as a potential career to the next generation."

Candice Black, Communications and Outreach Coordinator for the Kramer School of Nursing, said over 75 students applied for the camp, with participants selected from a camp committee.

"We had over 75 applicants, so there was a See CAMP Page 2

CAMP **Continued from Page 1**

strong interest in participating," Black said. "It (camp) will help high school students have a greater understanding of the avenues they can take with nursing, and the overall impact they can make in their healthcare communities."

Camp participants stayed two nights in the university's housing facilities, and meals and off-campus activities were included, all free of charge.

hands-on learning experiential, opportunity on the OCU campus. Participants worked directly with counselors and nursing school faculty.

The Kramer School of Nursing has been part of OCU since 1981. Its Meinders Simulation Center, where students practice with realistic patientcare scenarios, opened with the latest in nursing school technology in 2017.

Camp activities included taking a Stop the Bleed certificate course. STOP THE BLEED® is a national campaign to encourage bystanders to become trained, equipped, and

empowered to help in a bleeding emergency before professional help arrives. It is a public/private partnership led by the Department Defense and many of other stakeholders.

Uncontrolled bleeding is a major of preventative cause deaths. Approximately 40 percent of traumarelated deaths worldwide are due to bleeding or its consequences, establishing hemorrhage as the most common cause of preventable death in trauma.

Camp students also participated Camp Kramer Way offers an in CPR training using simulation mannikins, and escape room activities including a problem-solving puzzle with clues that focused on mental health awareness, said Casey Cassidy, PhD, RN, CMSRN, CHSE, Interim Assistant Dean, Director of Meinders Simulation Center Associate Professor Kramer School of Nursing Oklahoma City University.

"This is written for high schoolers, so they don't need any nursing knowledge to get through it," she said. "They (students) have to work together as a team. We have escape

Continued next page



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Editor/Owner/Publisher - Steven R. Eldridge

Writers: Darl Devault - Contributing Editor, Bobby Anderson, RN - Staff Writer and James Coburn - Staff Writer, Van Mitchell, Staff Writer

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rooms to incorporate nursing skills. We talked to them (students) about mental health awareness. We talk to them that suicide is preventable. We take that very serious. We strive to have a very healthy (OCU) campus concerning mental health."

Camp participants got hands-on learning through Oculus 2 virtual reality headsets that allows them to learn about anatomy through a computer program.

"This would provide a greater foundation and а greater understanding of anatomy," said Mattie Williams, a senior nursing student at OCU. "They (students) are looking at a skeleton now. They look at digestive systems, and expand the physiology of the body as well and that would help us (better) understand disease processes and why a disease manifests, and how we would treat it. It is really cool seeing how they are utilizing it."

Williams said OCU just received the Oculus 2 virtual reality headsets, and OCU nursing students will use them for the first time this fall.

Emma Grantz, a Minco High School senior, was one of the camp attendees. She said she came to the camp with a friend.

"My friend was invited through her tribe, and she told me about it (because) she knew I wanted to go into healthcare," Grantz said. "We both applied and got accepted. It has been super fun. I am enjoying it a lot." Nicole Herzog, a senior from Harrah, also attended the camp. She comes from a military family, and said she would like to become a

Herzog said with over 75 applicants, she was excited that she got accepted to the summer camp.

that email and see that I got in," Herzog said. "It has been pretty amazing." For more information on Kramer School of Nursing visit: https://www.okcu.edu/nursing/home



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CAREERS IN NURSING CELEBRATING EACH DAY : VALIR HOSPICE PROVIDES COMFORT

by James Coburn - staff writer

Daphne Chapman, RN, wanted to help others when she was a young child. Her ambition manifested into a nursing career as an adult. Today she has settled into her niche as a clinical supervisor at Valir Hospice in Oklahoma City. She has a sister who also became a nurse.

A nursing school graduate of Oklahoma City Community College, Chapman has been a nurse for 20 years with experience in hospitals, assisted living and long-term care. She has worked in hospice care for eight of 15 years she has served as a hospice nurse.

Feeling part of a family keeps her grateful to Valir Hospice as a hospice nurse, she said. She recalls when an older couple gave her a framed photo of themselves. Small gestures to and from people make a difference.

"There are special things like that to remember them by," Chapman said. "Getting to know them — they open up to you and do special things that's small, but it touches your heart."

Chapman also is enriched by comforting other staff members by assisting them during difficult times. Hearing about the difference hospice nurses make for the family gives her momentum.

"It lets us know that's why we're here and what we're doing it for," she said.

The Valir Hospice office in Oklahoma City employs about 20 nurses. Nurse aides are an important part of the team in creating a special bond with patients, she continued. They see the patients more than anybody by typically doing three visits a week.

The hospice team smooths out the jagged edges of life that would be more prevalent for patients and their families without the presence of hospice.

"I just think hospice is my calling and this is a good company to work for," Chapman said. "I just enjoy patient care and getting to know families and helping somebody through the process of end of life."

The longevity of some of her patients has surprised her. One of her patients with whom she had a close bond lived for two more years. Patients do not necessarily lose their sense of humor either.

"Some of them remain very positive. I just think that in their situation, I don't know if I could be that way. I hope that I could," she said.

But the purpose of hospice is not for patients to simply wait around and expire but having the best quality of life made possible in a palliative environment. Extra care in managing symptoms helps patients achieve their personal best in each moment.

Families are encouraged to ask questions at any time. The timeline of decline for every patient is different. Education helps families to recognize the normal shifts of decline a loved one experiences before passing.

"This is a difficult time for them, so it's hard for them to retain all of this information," Chapman said. "We have these books that we encourage them to read when the time comes. That helps a lot."

A social worker, nurse aide, and chaplain join with the nursing staff in helping each other.

"That's a big help. Families and the patient might be struggling with spiritual issues. We have the chaplain come in and they can increase their visits. That's one of our specialties. It's nice to have the team members that you can refer to and help with every aspect of what the patient is going through," she explained.

One of her patients was an oncology nurse, a field similar to hospice nursing. She learned a lot about being a hospice nurse when bonding with her.

Being a hospice nurse has See CHAPMAN Page 5



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really love that. It's one of the most difficult times. Having that extra support, knowing there's somebody from hospice to guide you and help you through that, I think is a big thing," she said.

Valir Hospice also has a Valuable Wish program. A staff member will nominate a patient each month to do something special for. Recently, a patient who is bed-bound wanted to have hotdogs and cokes. "She got to get out and get pampered," Chapman said.

There is a sign posted in the office of Valir Hospice.

"Hospice matters. The end of life deserves as much beauty, care, and respect as the beginning."

For more information on Valir visit: https:// www.valir.com/hospice-care



Being a hospice nurse has broadened Daphne Chapman's perspective on life. As a registered nurse, Chapman serves as a clinical supervisor at Valir Hospice.



Imagine, 30 years old, beautiful wife, one child, another on the way, a great job and you go to the doctor and he says "This is the day you start dialysis, we have a chair ready for you." Dialysis...possibly for the rest of your life. I couldn't start that day, I had to go home and refocus on this long journey of dialysis three times a week. The next day I started and was a dialysis patient for six years. I continued to work for several years and shortly after starting dialysis our second son was born. Our kids only knew a dad that was on dialysis three times

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Eva McCool, RN

"Leave the country and go some place like Mexico to be on the beach."



Beth Leonard, RN

"Last year we went to Galveston and we stayed on an RVB on the beach. That was the most memorable."

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Cathy Moody, RN



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LEGE OF NURSING

July 4, 2022

(AS PUBLISHED IN THE 2022 EDUCATION GUIDE TO NURSING)

OU helps nurses take next step

When Hannah Rames, RN, decided to go back to school for her BSN she knew it would require some sacrifices.

But going back to school through the Fran and Earl Ziegler University of Oklahoma Health Sciences Center College of Nursing's RN to BSN track, she had no idea how flexible it was going to be.

"I think we really just work to try to meet the students where they are," said Dr. Lori McElroy, DNP, RN, CNE, and RN to BSN track coordinator. "We know these are working students, often a little older than the traditional student who sometimes have families, children, elderly parents - just all kinds of life circumstances they are working through. "We realize that in the beginning and I think our focus is to be as student-centric and selfdirected as possible."

Rames earned her associate's degree from Oklahoma City Community College in the winter of 2015. She began working as a labor and delivery nurse at OU Health Children's Hospital in March of the following year.

She spent three years there before moving to the Prenatal Diagnostic Center for another three years. "I grew up in Norman and started my college career at OU and really wanted to finish with my BSN from OU," said Rames, who now works in the nursery at Lakeside. "I chose this program because there was a part-time track and it was all online, which made it much easier to continue working full-time while also taking care of my son." Tuition assistance while working for OU was also a big draw that helped her complete her



OU helps students advance their careers.

next degree.

One-hundred percent online course offerings helped Rames fit everything into her schedule. And another big draw was the ability to complete practicum hours at her own job site.

"It helps them feel very comfortable in an atmosphere they know and they can find someone in their leadership like their charge nurse or someone in administration to actually supervise their clinical experience," McElroy said.

The program can be completed within a year, or longer if a student needs more time. "We don't require any brick and mortar, faceto-face type of interactions but we really try to communicate frequently with these students and offer encouragement and support along the way because we do realize this second degree is sometimes difficult and challenging even though it is a flexible pace. More and more, McElroy said she's finding nurses coming back to advance their degree as a way of opening up more opportunities both at the bedside and away from it.

"This is just a stepping stone that often these students once they get back into the academic setting they do take their BSN further and get an advanced degree, either a nurse practitioner or even their Ph.D.," McElroy said.

OU's nursing programs have earned high honors in nationwide rankings. In its 2022 rankings, U.S. News & World Report placed OU No. 29 in its list of best online master's in nursing programs, and No. 58 for best bachelor of science in nursing programs.

OU's RN to BSN online program is ranked No. 2 in the nation by https://nurse.org/.

A nurse for more than 30 years, McElroy said each time she advanced her degree it opened up more possibilities she never thought possible.

"I don't feel like I realized the opportunity at the time and I think the students now have a much more realistic perspective of healthcare, of technology, of informatics and I think nursing programs have had to shift to keep up with the healthcare community," she said. "The opportunities are just endless now." Rames has realized it too as she moves closer to her BSN. "I have appreciated that all of my professors have been very flexible and made themselves accessible throughout the semester," she said. "After I finish this program I'm going to continue my career as a bedside nurse and focus on my family. When my child is older I might consider getting my Master's or Doctorate."

For more information on the Fran and Earl Ziegler University of Oklahoma Health Sciences Center College of Nursing's RN to BSN program visit: https:// nursing.ouhsc.edu/

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OU College of Nursing Ranked No. 1 Nursing School in the State

The Fran and Earl Ziegler College of Nursing at the University of Oklahoma is once again one of the best programs in the nation and the No. 1 nursing school in the state of Oklahoma, according to Nursing Schools Almanac.

This year, the OU College of Nursing was ranked the 58th best public nursing school in the U.S. and 9th overall in the southwest region, which includes Arizona, New Mexico, Oklahoma and Texas.

"We are extremely proud that the Fran and Earl Ziegler College of Nursing ranked so well in the Nursing Schools Almanac for academic prestige, program breadth and depth, and student success," said Julie Hoff, dean of the OU College of Nursing. "As Oklahoma's largest nursing school, we are committed to revolutionizing nursing education, research and practice to elevate the profession, drive health equity and improve health outcomes."

For its 2022 rankings, Nursing Schools Almanac evaluated nearly 3,000 institutions nationwide. Of the schools evaluated, only 6% made the list of the best public and private nursing schools in the U.S. The evaluation was based on several factors, including the institution's academic prestige and perceived value; the breadth and depth of nursing programs offered; and student success, particularly on the NCLEX licensure examination. The rankings follow OU's

announcement earlier this year to

Over 55, Unemployed & Looking for Work? Get the training and

skills you need to compete in today's job market.

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.



admit all qualified applicants to the incoming fall 2022 bachelor of science in nursing program. This initiative provides more individuals with the opportunity to pursue a nursing career and, in turn, enhance the state's nursing workforce at a time when nurses are needed more than ever.

Increasing enrollment is only one of the many ways OU is supporting the state's need for more nurses and addressing the needs of an evolving health care system. Last year, the university announced it would offer its bachelor of science in nursing degree at two additional locations, partnering with Norman Regional Hospital and Duncan Regional Hospital. The expansion adds to the college's existing locations that offer the traditional BSN - the OU Health Sciences Center in Oklahoma City, the OU-Tulsa Schusterman Center and Cameron University in Lawton.

The OU College of Nursing also expanded online and in-person degree offerings. Programs that are offered fully online are the RN to BSN, 'Master's in Nursing Administration, Ph.D. in Nursing and multiple pathways to a Doctor of Nursing Practice and postgraduate certificates.

Oklahoma Career Tech System, the OU College of Nursing also updated a nurse refresher course for nurses with inactive or expired RN and LPN licenses. The refresher course reduces the learning and time barriers to reactivate one's RN or LPN license – in turn, increasing the number of available registered nurses and licensed practical nurses in Oklahoma.

"The College of Nursing is building upon over a century of achievements and leadership momentum evidenced by a new student success program, expanded undergraduate and graduate enrollment, the development of new courses and academic programs, and innovative academic-practice partnerships," Hoff said. "While the last two years have presented unique challenges for nursing schools nationwide, OU Nursing continues to flourish in preparing the next generation of nurses, advance practice nurses, nurse leaders and nurse scientists to ensure a ready nursing workforce for Oklahoma."

rsing The full list of this year's rsing rankings by Nursing Schools octor Almanac can be found here. Learn post- more about OU's Fran and Earl Ziegler College of Nursing at the nursing.ouhsc.edu.

In collaboration with the





American Nurses Association **Elects New National President**

Today, the American Nurses Association (ANA) Membership Assembly elected Jennifer Mensik Kennedy, PhD, MBA, RN, NEA-BC, FAAN, of the Oregon Nurses Association as the association's next president to represent the interests of the nation's more than 4.3 million registered nurses. Mensik has more than 25 years of nursing experience in a variety of settings ranging from rural critical access hospitals and home health to hospital administration, and academia. She has served as President of the Arizona Nurses Association and 2nd Vice President and Treasurer of ANA. The term of service for Dr. Mensik and all other newly elected leaders will begin January 1, 2023.

ANA's Membership Assembly also elected four members to serve as officers of the 9-member board of directors. The newly elected board members are: Secretary Amanda Oliver, BSN, RN, CCRN, of ANA - Illinois; Director-at-Large, Edward Briggs, DNP, MS, APRN, of the Florida Nurses Association; Directorat-Large, Jennifer Gil, MSN, RN, of the New Jersey State Nurses Association; and Director-at-Large, Staff Nurse, David Garcia, MSN, BSN, RN, PCCN, of the Washington State Nurses Association. The following ANA board members will continue their terms: Susan Swart, EdD, MS, RN, CAE, of ANA-Illinois as Vice President; Joan Widmer, MS, MSBA, RN, CEN, of the New Hampshire Nurses Association as Treasurer; Amy McCarthy, MSN, RNC-MNN, NE-BC, of the Texas Nurses Association as Director-at-Large; and Marcus Henderson, MSN, RN, of the Pennsylvania State Nurses Association as Director-at-Large, Recent Graduate. Elected to serve on the Nominations and Elections Committee are: MaryLee Pakieser, MSN, RN, FNP-BC, of ANA Michigan; Jennifer Tucker, MA, RN, of the Minnesota Organization of Registered Nurses; and Kimberly Velez, MSN, RN, of ANA - New York.

Oklahoma Children's Hospital OU Health to Open Specialty Care Clinic in Norman Area

Oklahoma Children's Hospital OU Health is making it more convenient for high risk pregnant women and children to receive specialty care. The Oklahoma Children's Hospital Norman Specialty Clinic will being seeing patients on Monday, June 27.

OU Health Physicians specialists will offer the following specialties at the clinic, located at 3421 24th Ave, Suite 101, NW in Norman:

• Pediatric Cardiology • Pediatric Endocrinology • Pediatric Ear, Nose & Throat • Pediatric Gastroenterology • Pediatric Urology • Pediatric Neurology • Pediatric Neurosurgery Pediatric Orthopedics
 Prenatal Diagnostics/Maternal Fetal Medicine

"Patients needing specialty care are often in a stressful situation to begin with," explained Cameron Mantor, M.D., OU Health Chief Physician Executive, Children's Division. "We hope to ease some of that pressure by providing specialty care close to home for our families south of the Oklahoma City metro."

Mantor explained that Oklahoma norman-specialty-cl/

Children's Hospital specialists are uniquely trained to care for children and high risk mothers-to-be. "Many of our specialists offer services not available anywhere else in the state. We were recently notified that our pediatric cardiology and gastroenterology services have been included in U.S. News & World Report's Top 50 Children's Hospital listings."

When needed, patients will be referred to Oklahoma Children's Hospital for hospitalization or outpatient services not offered at the clinic.

Families interested in learning more about the new healthcare facility are invited to a community open house, from 2 to 4 p.m., Sunday, June 26. The event will feature food trucks, giveaways and opportunities to meet staff and tour the facility.

For appointment information, go to: https://www.ouhealth.com/find-alocation/oklahoma-children-s-hospitalPage 13

New Cases 7 Day Average	909	
New Cases Week of 6/19/22 - 6/25/22	6,366	
Active Cases	11,872	
Total Cases	1,073,197	
CDC/NCHS Provisional Deaths^	15,441	
Acute Care OSDH Licensed Facilities/Location**	Recent 3 day Ave. Hospitalizations	
Facilities/Location	Cases (ICU)	
Region 1 (NW)	6 (1)	
Region 2 (NE)	5 (0)	
Region 3 (SW)	24 (3)	
Region 4 (EC)	7 (3)	
Region 5 (SE)	3 (1)	
Region 6 (Central)	12 (1)	
Region 7 (Tulsa)	59 (27)	
Region 8 (OKC)	78 (7)	
Total	194* (43)	
Other Types of Facilities		
Focus Facilities	5 (0)	
Rehabilitation Facilities	2 (0)	
Tribal Facilities	5 (0)	
Other Facilities Total	12 (0)	

**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.

^From CDC: On June 6, 2022, the National Vital Statistics System (NVSS) cause of death coding system began a system-wide upgrade, which required a temporary suspension of routine NVSS surveillance reporting. The upgrade required all 2022 death records to be reprocessed into the system. As routine NVSS surveillance reporting resumes, users may temporarily observe lower death counts for prior weeks in 2022 as the backlog is reprocessed and reloaded into the system.

Data Source: Acute Disease Service, Oklahoma State Department of Health. *As of 2022-06-30 at 7:00 a.m.

LIFE IS A GIFT

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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TOP 20 CAMPAIGNS IN 2021:

Large Business Contributors (250+ Employees)Love's Travel Stops &
Country Stores, Inc.Devon Energy Corporation
MidFirst BankOGE Energy Corp.Bank of Oklahoma
BancFirstChesapeake Energy Corporation
American FidelityBanc First

Medium Business Contributors (50-249 employees)

SONIC Foundation Blue Cross and Blue Shield of Oklahoma Clements Foods Company Ackerman McQueen

Small Business Contributors (<49 employees)

EnCap Flatrock Midstream United Way of Central Oklahoma Hall Capital/Fred Jones Wiggin Properties LLC Walter Duncan Oil

Foundations E.L. and Thelma Gaylord Foundation McLaughlin Family Foundation

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Thanks Oklahoma Foundation Presbyterian Health Foundation Cresap Family Foundation Enterprise Rent-A-Car Cox Communications UPS First Fidelity Bank

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PwC Tall Oak Midstream LLC Kirkpatrick Oil Company Riggs, Abney, Neal, Turpen, Orbison

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