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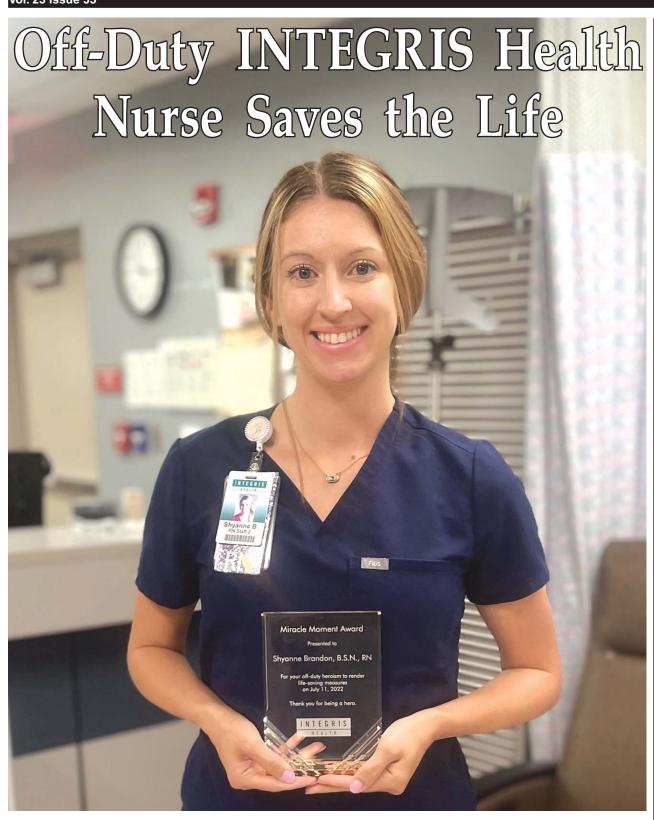
On Page 5

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August 15, 2022 Vol. 23 Issue 35

Information for the Oklahoma Nursing & Health Care Professional

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Shyanne Brandon, B.S.N., RN, was recently honored by INTEGRIS Health Miami Hospital Chief Executive Jonas Rabel.

Special to OKNT

Sometimes your guardian angel appears in the form of an off-duty nurse. At least that is what Pamela Satchell believes after an INTEGRIS Health Miami Hospital nurse saved her life.

Shyanne Brandon, B.S.N., RN, was recently honored by INTEGRIS Health Miami Hospital Chief Executive Jonas Rabel for the life-saving measures she performed while attending as a guest at an employee appreciation event hosted by the Miami Nation's Prairie Sun and Prairie Moon Casinos.

"Day in and day out, our caregivers report to

work knowing that patients and their families are counting on us," said Rabel. "Shyanne's quick response to a medical crisis outside the walls of our hospital is a true example of heroism and her dedication to caring for our community, no matter where she might be."

As food and beverage manager of the casinos, Satchell was assigned the task of checking-in employees and handing out t-shirts. After several hours in the hot July sun, she

See BRANDON Page 2

#### OU Health and UnitedHealthcare Reach an Agreement

# **U**Health



As of the end of the day, Friday, August 12, 2022, OU Health and UnitedHealthcare (UHC) have come to a resolution. The two organizations had been negotiating their contract since November of 2021.

The agreement between OU Health and UHC for hospital and clinic facilities and services terminated on May 1, 2022, but have now been reinstated. UHC has agreed to retroactively process the out-of-network claims that would now be considered in-network. OU Health Partners, the health system's physician and provider group, was under a separate contract, which was in effect through the end of 2022. Under the new agreement, the provider's contract was extended through July 31, 2024. OU Health and UHC also agreed to re-engage transplant services to the same level as prior to May 1, 2022.

"With so many of our services not available anywhere else in the state, we are so pleased to be able to continue to care for our UHC-insured patients, so they can continue to receive services like cancer treatment or comprehensive children's care," said Richard Lofgren, M.D., OU Health president and CEO.

"Throughout this time, our focus and commitment to patient care and being an institution that champions the health of our state hasn't changed," Lofgren said. "We are extremely pleased to be able to reinstate and continue our partnership with UHC, and together, we will make a difference in the lives of Oklahomans."

#### **BRANDON Continued from Page 1**

decided to go for a swim to cool off, and that is when things went awry.

"The only memory I have is going down the slide, landing in the water and then feeling like I was pulled under," Satchell said. "I came up and told the lifeguard I needed help. That is really all that I can remember."

Brandon witnessed the neardrowning and, without hesitation, began administering medical aid, which included checking for a pulse, rolling Satchell to her side, expelling water and continuing life-saving measures until emergency medical services arrived to transport Satchell to the hospital.

"As I helped pull Pam out of the water, I did a quick scene check and realized I was the only one around that could help," said Brandon. "My training with INTEGRIS Health prepared me, and God truly overcame me with a sense of calm and clarity. I could hear all these people around me scared and worried, but I stayed calm. I can only say God truly was with me at that moment."

Satchell spent two days in the hospital but is expected to make a



Shyanne Brandon, B.S.N., RN, stands with Pamela Satchell - Credit INTEGRIS Health.

reunited with Brandon on the day hospital leadership presented her with an award for her off-duty heroism.

"Shyanne will always be my full recovery. Weeks later, she was personal angel," she added. "What a blessing to have someone like her at the right place and time."

For more information about INTEGRIS Health visit:

https://integrisok.com/careers

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# Last Chance to Submit a Poster!

#### 2022 ONA Annual Convention

Power of Nursing; Educate, Innovate, Celebrate September 28-29 | Tulsa, OK

Deadline to submit is Sunday, August 14, 2022.

The Oklahoma Nurses Association is pleased to announce the 2022 ONA Annual Convention: Power of Nursing; Educate, Innovate, Celebrate. Our goal is to focus on the power of nursing and how we celebrate our strengths. We want to showcase the difference nurses make every day in the life of your patients. We welcome you to share the ways you have done this -- whether through your research, your innovation, or the challenges you have overcome, we are hopeful you will share your stories with us. Other professional development areas include leadership, nurse well-being, emergency response, embracing diversity, patient care and advancing the discipline.

We invite you and your colleagues to submit a poster about your work or research to be included in the ONA Convention.

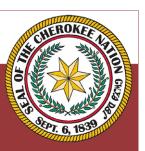
The Convention Committee will review posters based on the following categories: • Academic • Clinical Practice & Research • Theory, Concept, Teaching Papers & Research • Literature Review

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# CAREERS IN NURSING: ALWAYS A FAMILY - LPN BRINGS ENCOURAGEMENT, CHEER

photo by James Coburn, staff writer

Bradford Village Healthcare Center is a village, says Jameese McJunkins, LPN. She is a people person.

McJunkins feels she was born to be a caregiver, she said. Bradford Village radiates with her best qualities. Her smile and friendly persona are a guiding light at Bradford Village, located in Edmond.

"I've become attached to my residents. They're like my grandma and grandpa," McJunkins said.

She has worked at Bradford Village for five years. At age 18 she served as a CNA for 10 years in Texas and Oklahoma before she graduated from LPN school in 2013.

"It's really nice. They work with my schedule," McJunkins said. "The residents are very lovely here. The staff members are nice and it's close to my home as well because I live here in Edmond."

She decided to become a nurse when her son was diagnosed with Type 1 diabetes when he was 8 years old. It's what motivated her nursing career. She wanted to help him by

Healthcare learning all about his illness.

Having been a CNA helped her nursing career by watching behaviors and mood changes of the residents. Nurses are eyes for the physician and CNAs are the eyes for a nurse, she said.

"If it wasn't for them my job would be harder," McJunkins said. "They can tell when a person is not eating their food — they can catch it before me. If a person has diarrhea, they will know it before me and report it. I believe our job goes hand-in-hand. I couldn't do it without a CNA."

Her grandmother always told her, "It takes a village to raise a baby." She was right, McJunkins said with laughter, because teamwork makes it possible to improve health outcomes for the elderly.

"It's like our second home. We spend a lot of time here just like at home. So, we come together like a family," she continued. "Families argue and families fight, but they still come together and work together as a family." She has made a bevy of

friendships with both staff members and residents.

One of her patients is a retired therapist who talks to her about the diagnosis of personalities. There are psychologists, lawyers, ministers, among others.

"All of those things factor in, too, because if you have a minister and you're having a rough day because you're short-handed, that person will give you some encouraging words," she said. "Not only does he speak to you like a grandfather, but also as a minister and that helps. And then you have the ones that are retired nurses. They are like, 'Oh, honey I know it's hard. Someone will give you a hand.' It's easier with those kinds of patients because they know the struggle that we go through. They know the hard parts and easy parts we have throughout the day. So, it kind of helps."

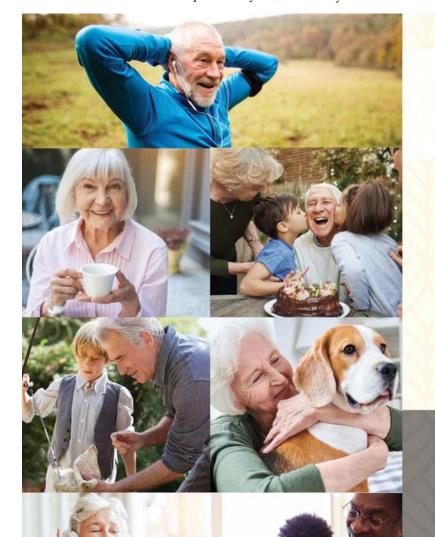
She remembers a resident she worked with for two years. McJunkins' sadness was apparent after she had lost an aunt. She felt that the resident was like an

aunt, too. She could see the pain in McJunkins' eyes.

"She gave me some encouraging words to keep on and to know that I may have lost an auntie, but to know that I have 22 other aunts and uncles that I can give that love to — because I have 22 patients," she said. The woman encouraged McJunkins for a couple of days reminding her that just because she lost her aunt, she still has love flowing to her from others. McJunkins comes to work and the personal enrichment between her and her patients is mutual as their energy feeds off each other, she said.

"I help them feel better and more comfortable like they're at home," she said. "That's why I talk to them so much. I don't want them to feel like we are robots coming to take care of them and then go home. I want them to feel as comfortable as possible. So, if they have grandchildren who don't come in here to see them, I'll sit in there and spend a couple of 10 or 15

See MCJUNKINS Page 5



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For Jameese McJunkins, life is an opportunity to spread kindness and care to residents and staff members at Bradford Village Healthcare Center, located in Edmond.

#### **MCJUNKINS**

**Continued from Page 4** 

minutes, asking them about their their past."

Listening to the resident's stories encourages them to feel more comfortable to come out of their rooms to interact with other people, McJunkins said. And it adds a bright spot to McJunkins' day.

"Everybody needs that extra love, kids, their life, and what they did in attention and care," she said. "We're caregivers, so you can't really give care if you don't give emotional care, too." For more information visit: https://www.bradfordok.com/

#### FROM OUR FRIENDS ON FACEBOOK

#### From: Oklahoma Children's Hospital OU Health Congratulations!

Oklahoma Children's Hospital OU Health is proud to share that Melissa Rice, RN, has received the Southwest Region Nurse of the Year Award from Mended Little Hearts of Oklahoma, a national support organization for pediatric cardiology patients and family.

Melissa is dedicated to the education and support of our pediatric heart surgery patients. Congratulations on this welldeserved award. Learn more about our nationally-ranked pediatric cardiology program here:

https://www.ouhealth.com/.../chi.../heartcare-for-children/





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(AS PUBLISHED IN THE 2022 EDUCATION GUIDE TO NURSING)

# OK Wesleyan molding healthcare leaders



#### OKLAHOMA WESLEYAN

Healthcare is changing and nurses are at the forefront.

That's why Oklahoma Wesleyan University is proud to offer a doctoral program designed to help create tomorrow's nursing leaders today.

Rosa Ketchum, DNP, RN is an associate professor and director of the school of nursing's new DNP program.

"One thing that is exciting is just the role of the DNP," Ketchum said. "It's becoming more evident in view of the pandemic that nurses have a very important voice in health care and they are a huge piece of the puzzle and their experience and value and perspective on health care is needed to help address practice and policy development."

Designed for working adults, this program offers two doctoral learning pathways: a Post Master's DNP and the BSN to DNP.

The Post Master's Pathway enables Advanced Practice Nurses, Nurse Informaticists, Nurse Educators, Nurse Administrators, and other master's prepared specialty nurses to obtain a DNP in Executive Leadership. Additionally, BSN-prepared nurses with a master's degree in a related

field may also enter this pathway.

Similarly, the BSN to DNP Pathway allows bachelor's prepared nurses to earn their doctorate of nursing practice.

Within this pathway, students choose a focus in either Nursing Administration or Nursing Education. OKWU has designed this curriculum for experienced nurses seeking terminal degrees in practice-focused areas. Moreover, OKWU prepares nurses to function as an advocate and leader, improving healthcare and patient outcomes through innovation and involvement in practice and policy.

Most importantly, both pathways provide graduates with advanced practice skills to serve as providers and organizers of the healthcare delivery process, or as faculty members in a nursing education program.

Translating that bedside knowledge and pairing it with evidence-based practice is the focus of the DNP program.

Ketchum completed her DNP in 2019.

"I wanted a degree that focused on patient outcomes. That's where my nursing heart is, helping the





patient whether it's one patient or a population, I wanted to impact patient outcomes," Ketchum said.

"That is part of the focus of the DNP and I wanted a piece of that. I wanted to be better able to do that whether it be through teaching students or through direct patient care."

OKWU's Doctor of Nursing Practice in Executive Leadership program is designed to equip nurses to serve at the highest level of nursing practice. The DNP program develops nurse leaders who improve patient outcomes and health systems by translating research into practice, all from a Christian worldview.

Enrollment for the program began last fall. A new group of students begins each semester, three times a year.

The initial 15 students came from a variety of backgrounds. While most programs only accept advanced practice nurses, Oklahoma Wesleyan accepts any kind of master's prepared nurse.

"Their ideas and perspectives may be a little broader because we have nurses that are coming from an administration background, or education background or advanced practice background so we're getting to see them all together," she said. "The perspective is broader than some programs but they all want to impact health care and they all want to make our health care system a little bit better"

Delivery of the program is 100-percent online with no required visits to campus. Classes are delivered one at a time, eight weeks in length.

"Our program is designed for the working adult and that's better facilitated because they are only taking one class at a time. For eight weeks they can focus on one class at a time and I think that helps them be able to balance life, work, family, school better than if they were in a more traditional semester setting," Ketchum said

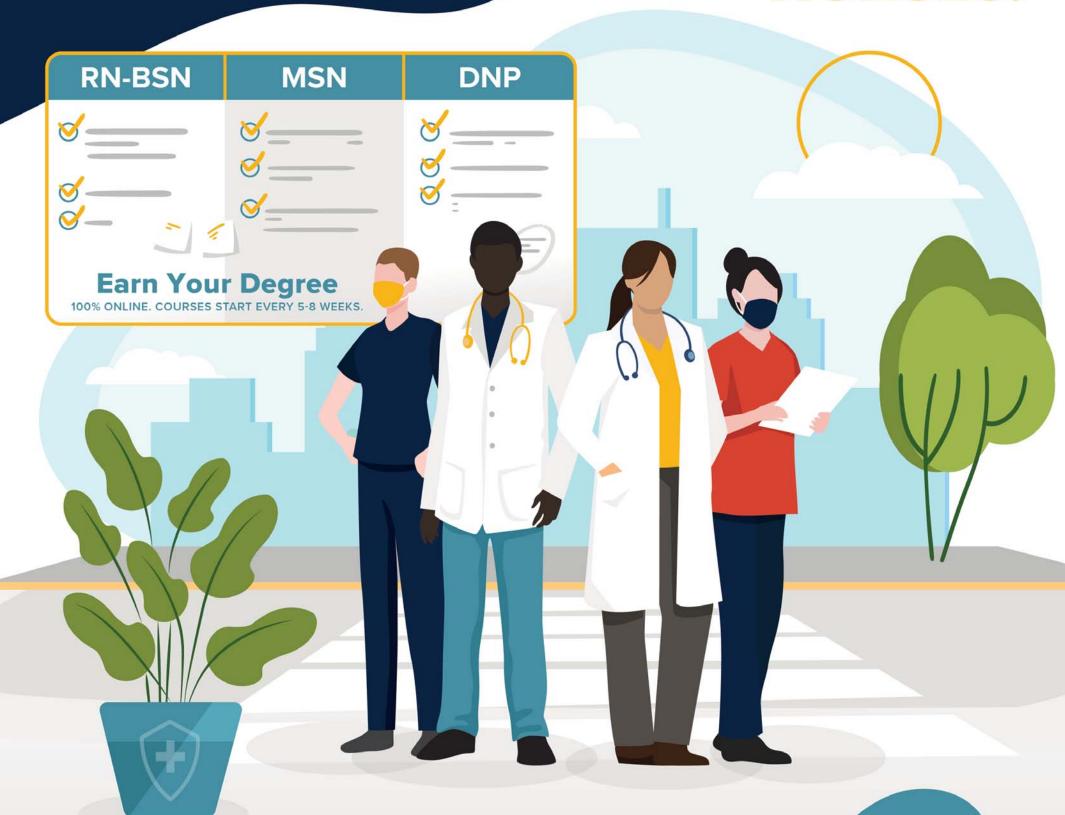
The BSN to DNP program is 54 credit hours with anticipation of three years to graduate. The post-master's DNP is 36 hours allowing for completion in roughly two years.

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#### OCU hosts open house for some Physical Therapy program

Oklahoma City University will host an open house for its Doctor of Physical Therapy program from 5:30 to 7:30 p.m. Aug. 30.

The open house will give prospective students an opportunity to learn more about the program, with tours of facilities including the dedicated Physical Therapy lab, cadaver lab and a simulation lab. Program faculty, staff members and current students will be on hand to provide information. Light refreshments will be served.

Registration is available online okcu.edu/doctor-physical-therapy/

Physical therapy is one of the most in-demand occupations in the country. According to the U.S. Bureau of Labor Statistics, the trade has a much faster than average projected job outlook with an expected growth rate of 21% through 2030.

OCU program leaders hope to prepare candidates to help fill that employment gap by providing students with individualized attention made possible through a low student-tofaculty ratio.

"Our students and professors get to know each other on a personal



OCU physical therapy students in a lab class.

basis, fostering an atmosphere of shared success in the classroom and beyond," said Dr. Maria Jones, Doctor of Physical Therapy program director.

Program officials aim to prepare students not only for the clinical aspects of patient care, but also for the components of running a successful physical therapy practice. Student support methods include providing books and multimedia materials, student memberships to professional organizations, common tools used in practice and licensure exam preparation materials.

Founded in 1904, Oklahoma City University is a private, nonprofit liberal arts and sciences university that prides itself on graduating transformational leaders across a variety of disciplines. OCU is located in the heart of Oklahoma City, nestled between the city's Uptown 23rd and Asian districts. At OCU, students from across the globe follow their passions and excel in sciences, religion, business, nursing and health care, fine arts, law and the performing arts. More information is available at okcu.edu.



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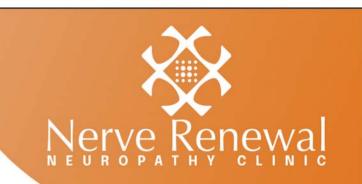
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# What is Functional Medicine, Why It Works

by Nicole Garber, APRN

#### What is Functional Medicine?

People seeking healthcare want to be healed, not just feel better for the time being.

Functional medicine does just that – it focuses on getting to root cause of the health problem at hand and correcting the problem rather than just treating the symptoms so that a patient can be fully healed.

One difference between functional medicine and primary care is the type of testing offered, said Nicole Garber, APRN, a functional medicine advanced practice provider at Norman Regional's Health@TheWell clinic.

Functional medicine testing involves more complex labs, as well as gut microbiome testing, mold testing, environmental toxin testing, heavy metals, and testing for tick-borne illness.



Nicole Garber, APRN is a board certified nurse practitioner.

Functional medicine providers also tend to spend more time getting to know each of their patients, as they focus on looking at the whole person rather than just the specific problem the patient comes in for.

#### What distinguishes functional medicine from holistic medicine?

Although functional medicine is different than holistic medicine, Garber said functional medicine does incorporate holistic medicine.

"Holistic medicine is a more general term," Garber said. "It is looking at the person as a whole rather than just treating by body system. Functional medicine is a bit more specific and while it is focused on the whole person, treatment truly is centered around finding the root cause."

#### Does functional medicine help with chronic diseases?

Functional medicine helps with chronic diseases, as inflammation is present in chronic disease and functional medicine treats inflammation.

While functional medicine helps with chronic diseases, one of the goals of a functional medicine provider is to prevent chronic diseases altogether.

"Functional medicine can be a way to look at and treat chronic disease but it can also be helpful for preventative medicine, creating healthy lifestyles and nutrient balance so chronic disease can be avoided," Garber said

#### Why do you need functional medicine?

Functional medicine uses a patient-centered approach to get each patient to their optimal health and give them an overall better quality of life. Providers specializing in functional medicine take a more natural route to treat and prevent chronic diseases. If a patient needs a medication, it will be prescribed, but the providers will look for ways to avoid the use of medications by correcting the root cause when possible.

This route leaves patients feeling whole and healed.

Norman Regional has two functional medicine clinics – the Health@TheWell clinic in downtown Norman and the Wellness Clinic in south Oklahoma City. Garber see patients at Health@TheWell while Castel Santana, MD, sees patients at the Wellness Clinic.

Angela Schmidt, DC, a board certified chiropractor, sees patients at both locations.

Garber, Dr. Santana and Dr. Schmidt all personalize each patients' health management plan so that it best fits them. Call 405-912-3900 to schedule an appointment at either clinic or visit: https://www.normanregional.com/services/functional-medicine to learn more.

# Smartphone App Reduces Alcohol Misuse in Adults Experiencing Homelessness

Dr. Michael Businelle with the TSET Health Promotion Research Center, recently co-authored an article which is being published in Alcoholism Clinical & Experimental Research Control. ACER provides the most significant and current research findings on the nature and management of alcoholism and alcohol-related disorders.

Businelle's paper, "Development and preliminary effectiveness of a smartphone-based just-in-time adaptive intervention for adults with alcohol misuse who are experiencing homelessness," summarizes alcohol use outcomes in this audience after they used the Smart-T Alcohol smartphone application for 28 days. The Smart-T Alcohol app is the first just-intime adaptive intervention specifically designed to reduce alcohol use for adults experiencing homelessness. The Smart-T Alcohol app delivers tailored treatment messages based on current drinking goals and drinking risk

Over the 28-day intervention period, participants showed a decline in drinking days, heavy drinking and drinks per day. Moreover, participants reported high levels of perceived usefulness of the app, and an overwhelming majority accessed the app's on-demand tips features.

The research outlined in the article indicates that smartphone apps can be used to help heavy drinkers reduce their alcohol use. This type



Dr. Michael Businelle with the TSET Health Promotion Research Center.

of dynamically-tailored smartphone application may offer a promising and timely method for improving drinking outcomes, quality of life and overall health for this highly disadvantaged and understudied population.

The article can be read in its entirety here: https://pubmed.ncbi.nlm.nih.gov/35869820/

#### FROM OUR FRIENDS ON FACEBOOK

#### From: Oklahoma Children's Hospital OU Health

At Oklahoma Children's Hospital OU Health, we love to celebrate our team members. Victoria, RN, always goes above and beyond for the babies in the NICU where she works. Thank you, Victoria, for being a great champion for our patients. Learn more about careers at Oklahoma Children's Hospital by visiting:

OklahomaChildrens.org/ChampionofHope.



#### Situation Update: COVID-19

New Cases 7 Day Average	1,338
New Cases Week of 7/24/22 - 7/30/22	9,364
Active Cases	19,703
Total Cases	1,140,485
CDC/NCHS Provisional Deaths	16,372
Acute Care OSDH Licensed Facilities/Location**	Recent 3 day Ave. Hospitalizations
	Cases (ICU)
Region 1 (NW)	14 (1)
Region 2 (NE)	19 (4)
Region 2 (NE)	19 (4)
Region 3 (SW)	36 (2)
Region 4 (EC)	24 (8)
Region 5 (SE)	20 (3)
Region 6 (Central)	33 (6)
Region 7 (Tulsa)	102 (37)
Region 8 (OKC)	123 (14)
Total	371* (75)
Total	371* (75)
Other Types of Facilities	
Focus Facilities	2 (0)
Rehabilitation Facilities	2 (0)
Tribal Facilities	8 (0)
Other Facilities Total	12 (0)

\*Includes 32 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 2022-08-11 at 7:00 a.m.

### Nerve Renewal

# Do You Suffer With Neuropathy?

#### **Welcome To A New Medical Therapy Covered By Medicare**

Do you have any of these Neuropathy effects?

- Burning pain
- Leg cramps and spasms
- · Pain with walking
- Muscle weakness
- Sensitivity to touch
- · Loss of balance or coordination
- Numbness, prickling, or tingling
- Sleep loss from leg pain
- Post surgical pain
- Chronic intractable pain

Call to learn even more

Neuropathy has many different causes. The most common metabolic cause are patients with diabetes. Nearly 60% of all patients with diabetes develop neuropathy. This can commonly present as pain, numbness, swelling, burning, tingling, sleepless nights, balance issues.

Other causes of Neuropathy include:

- Chemotherapy
- Alcoholism
- Drugs/prescription medications
- · Battlefield toxins, industrial toxins
- Vitamin deficiencies
- Acute physical Trauma
- · Post-surgical pain





Over 80% of patients report a significant reduction in pain.

Treatments are covered by most insurance plans, including Medicare and VA programs.

No opioid drowsiness, addiction concerns, or side effects.

Enjoy better sleep due to reduced pain and recover more quickly from knee and hip surgery.

Patients reduce chemotherapy side effects and are better able to complete the entire treatment cycle.

Patients don't feel trapped by pain. They are able to move and get exercise, leading to healthier outcomes for all other medical treatments.

405-422-9518 n

nerverenewalnow.com