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Simulation in teaching

Cassidy
Utilizes
Simulation
Interest In
Teaching
Strategy



Dr. Casey Cassidy PhD, RN, CMSRN, CHSE, serves as Interim Assistant Dean, Director of Meinders Simulation Center, and Associate Professor Kramer School of Nursing at Oklahoma City University.

by Van Mitchell, OKNT writer

Dr. Casey Cassidy knows first-hand how the experience of one summer camp can help forge a drive towards a particular career path.

"I was always fascinated with anatomy," said Cassidy, PhD, RN, CMSRN, CHSE, Interim Assistant

Dean, Director of Meinders Simulation Center, and Associate Professor Kramer School of Nursing at Oklahoma City University. "I had some really influential high school teachers that

See CASSIDY Page 2

Chief Nursing Officer Announced



Stefanie Beavers, DNP, R.N., NEA-BC

Stefanie Beavers, DNP, R.N., NEA-BC, has been named chief nursing officer for Oklahoma Children's Hospital OU Health.

Beavers brings 15 years nursing practice and administration expertise to Oklahoma Children's Hospital. She was most recently associate chief nursing officer at the University of Texas, Arlington, where she also held a faculty appointment as clinical assistant professor in the College of Nursing

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CASSIDY

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just loved science. I actually attended a summer camp that explored the different health professions. When I did the nursing portion of it, I thought this was for me."

Cassidy was part of Camp Kramer Way, a summer nursing camp for high school students, held at OCU this summer.

"It went really well, and we got great feedback from all the campers," she said. "I think the whole concept was exploring and encouraging them to see if nursing is a good fit, because it is a big investment to do that."

Cassidy has been full-time faculty with KSN since 2018 and became the Director of the Meinders Simulation Center in 2019. Before coming to KSN, she was a faculty at Southern Nazarene University and Oklahoma State University-Oklahoma City. Her clinical practice was at Mercy Hospital Oklahoma City on the medical-surgical and step-down units.

Cassidy earned her Ph.D. in Nursing from Oklahoma City University; her MSN from Oklahoma Baptist University; her BSN degree from East Central University. She

is a Certified Healthcare Simulation Educator.

Cassidy was also a National League for Nursing's (NLN) 2019 Leadership Development for Simulation Educators Participant, Great 100 Nurses of Oklahoma in 2014, and Academic Excellence PhD Student at Oklahoma City University in 2018.

Cassidy said as she advanced her career, teaching became a natural fit for her.

"It was during my clinical practice in medical/surgical nursing," she said. "After I started working, I began precepting new graduates. I was training new hires, and the new hires are with you for weeks, one-on-one mentoring, and I really fell in love with that mentoring relationship. That started my journey into teaching."

Cassidy said using simulation in her teaching helps her students become more well-rounded.

"I first became interested in simulation because my teaching philosophy and strategies are very active in the classroom," she said. "I stumbled across simulation as a strategy, and the more I started researching and doing it, I just really fell in love with that. I pursued certification in it, and more leadership in leading the Simulation Center as a

whole."

She continued, "I have talked to a lot of students, and they really love simulation. It is active. It is hands-on. It is really letting them practice to the fullest of their ability in a very safe way. The students do not have the same restrictions in simulation as they do in clinical, such as contacting healthcare providers and administering blood. They are able to put those skills into play, and get feedback from faculty. They feel more confident not only about their future studies, but when they graduate and put those skills to work."

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

This fall, OCU nursing students will begin utilizing them.

"We are exploring many different ways to use it in each program," Cassidy said.

Cassidy wears many hats at OCU, including serving as Interim Assistant Dean for OCU's Kramer School of Nursing.

"It is a little bit of everything," she said of her new role. "I do a lot with accreditation and that involves making data-formed decisions based on our

student learning outcomes, and various resources at the university ensuring we provide high quality education. I also work through different initiatives with grants. It has been an adventure because this is the first time for me to really step into any type of role like this, but I have really enjoyed it."

Cassidy said Oklahoma City University's Kramer School of Nursing was awarded a grant to implement an initiative intended to increase Latino representation in the healthcare industry.

Funds provided through the \$37,000 Telligen Community Initiative grant will be used to expand academic support for Latino/a/x students in the nursing program, with the goal of retaining and graduating more Latino nurses to enter the workforce in Oklahoma.

Cassidy said she likes to spend her downtime with her husband, and two children.

"During COVID, we decided to hit all the state parks with our kids," she said. "Every year we try to go to a few new state parks, and just be out in nature."

For more information on OCU's Kramer School of Nursing, visit: <https://www.okcu.edu/nursing/home>

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BEAVERS
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and Healthcare Innovation.

"I am so pleased to welcome Dr. Beavers," said Julie Hoff, OU Health interim chief nurse executive and dean of the Fran and Early Ziegler OU College of Nursing. "She brings a wealth of knowledge and experience to Oklahoma Children's Hospital. I look forward to working with her to advance nursing and impact the health of Women and Children in Oklahoma and beyond."

Beavers earned a bachelor of science in nursing degree from Texas Tech University, a master of science in nursing administration and a doctor of nursing practice from the University of Texas, Arlington.

"We are so glad to have Dr. Beavers here and look forward to working alongside her to continue advancing nursing at Oklahoma Children's Hospital," said Jon Hayes, president, Oklahoma Children's Hospital.

INTEGRIS Health Medical Group Welcomes New NP



Renee Short, APRN

INTEGRIS Health Medical Group is excited to welcome Renee Short, APRN, to our downtown Oklahoma City clinic.

Short is a nurse practitioner with more than six years of experience. Her areas of interest include mental health, pediatrics, newborn care and adolescent health. She says she is the happiest when she feels she has truly helped someone in need and has made an impact in some way.

Short earned a Bachelor of Science in Nursing from Oklahoma Baptist University in Shawnee; and a Master of Science in Nursing from Graceland University in Independence, Missouri.

She offices at INTEGRIS Health Medical Group Downtown, located at 117 Park Ave. in Oklahoma City. She is currently accepting new patients. Please call 405-606-2260 for more information or to make an appointment.

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CAREERS IN NURSING: POWERFUL IMPACT - RN PREPARED FOR LIFE'S EMERGENCIES

by James Coburn - staff writer

Deborah Slover, RN, likes the fast-paced variety of patients she sees as a supervisor in the emergency department at OU Health Edmond Medical Center.

"I also like the fact that the care that we provide, the direction we can take — the patient gives us a lot of opportunities to make a positive impact on the patient," Slover said.

Patients usually enter the ER feeling moderately sick to extremely ill. People injure themselves significantly at work and need immediate emergency care. Some patients feel out of place psychologically at the shock of being in sudden trauma. The nurses explain to them in detail what to expect in the ER.

The hospital receives quite a few helicopters for ICU admissions. OU Health Edmond Medical Center is a level 3 facility. However, the ER has received level 2 traumas.

"The biggest thing at that point is we stabilize them as fast as we can and transfer them out as quickly as possible," Slover explained.

Nurses may intervene to help family members.

One of her patients was a child who lost his legs in an accident. They might make necessary phone calls to report when a child is being transferred to Children's Hospital. Other children may need to be transported home from the hospital as well.

"Maybe it's something as simple as getting the other children something to nibble on while they wait to get their minds off that situation," Slover said. "So, we try to prepare them as much as we for the next step as much as possible. Sometimes it's too much of an emergency and it just doesn't happen."

Being an emergency department nurse involves flexibility, she

continued. What will happen in the ER at a given day is never set in stone because days change from minute to minute.

"You have to adapt to change very quickly, and you have to be open to that," Slover said. "You have to be really open to constructive criticism whether it's good feedback or bad feedback. You can't take anything personally here. It's a job — it's not personal — it's hard not to let your feelings get involved. You'll get a lot of feedback from your coworkers or the doctor you're working with. Your patients will have a lot to share with you also."

ER nurses must act quickly and not be too task oriented with a check list because nothing is ever done in the same order every time an emergency occurs, Slover said. Every need is different. ER nurses are focused on the immediate emergency and less on previous medical history.

"We just need to fix what's going on now, so you need to be pretty adaptable," she said.

Slover joined OU Health Edmond Medical Center three years ago, but her career has not always served emergency nursing. Her skills have been tapped for everything from trauma, open heart surgery, travel nursing and as a flight nurse. She earned her associate degree at Rose State College in Midwest City and then earned her Bachelor of Science degree in Nursing at the University of Phoenix.

The training she received while working as a flight nurse helped change her mindset from thinking she needed to know everything wrong with a patient. It taught her to focus on the immediate concern.

Slover's grandmother was a registered nurse and house supervisor in the emergency department of Integris Southwest

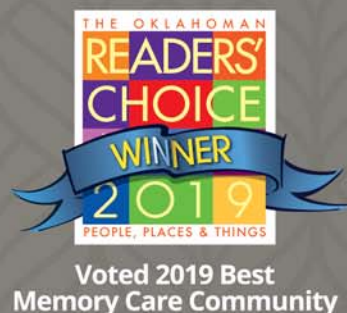
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SLOVER

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Medical Center.

"One thing she said was the most important thing when I told her I wanted to go to nursing school, she said that I had to remember that the person I was taking care of may not be somebody that I know," Slover said. "But that person is somebody's father, somebody's husband, brother or best friend. So, I needed to make sure I did my best to take care of that person regardless of what my affiliation was because somebody out their loved them as much as I would love that person if they were my family."

When Slover was a 16-year-old her brother became very sick.

"Unfortunately, he didn't survive," she said. "He had an asthma attack. We didn't know a lot about respiratory, especially an asthma attack at that time. I felt like the nursing staff didn't do a good job explaining to my parents how detrimental the situation was at that time."

Her experience motivated her to become a nurse to make that change for families coming to an

ER with a sick loved one.

"It's hard to give people bad news, but I think if you give people information up front about what's going on, it's easier for the family to make plans or accept what has happened instead of being in a massive state of shock 10 days after your initial event and you still don't take your child home," Slover explained.

Student nurses get a chance to see nursing in real time at OU Health Edmond Medical Center. They learn about various details impacting patient care.

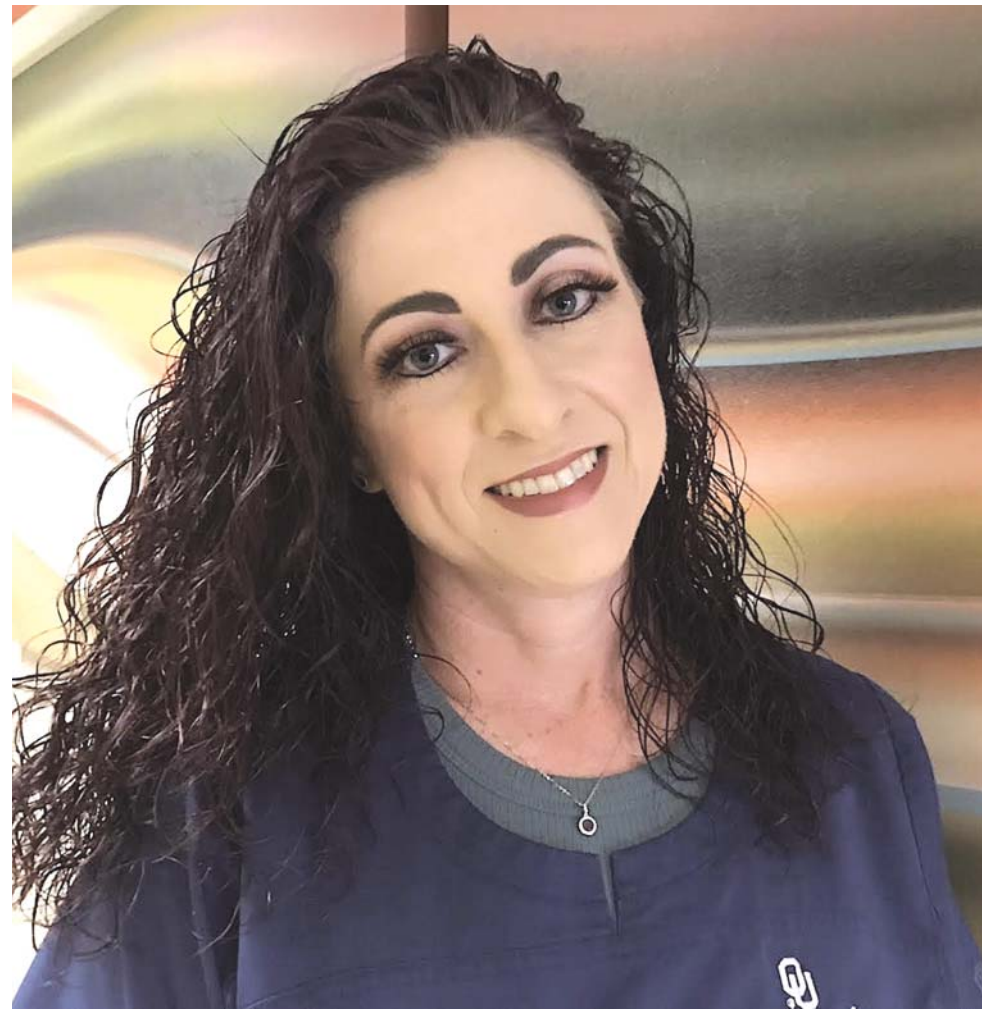
The internship program is Slover's most enjoyable aspect of her career.

"We're basically walking them through the hands-on training," she said.

The program also lets Slover know if she is not up to date with what the students are learning.

"I also like the opportunity to share with them the things to help them grow into the nurse that they want to be," Slover said.

For more information about OU Health Edmond Medical Center, Visit: <https://www.ouhealth.com/find-a-location/ou-health-edmond-medical-center/#~1t4f7Q5>



Deborah Slover focuses on the immediate need of ER patients entering the emergency department at OU Health Edmond Medical Center.

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Jameese McJunkins, LPN

"It's pretty nice, I'm enjoying it. I haven't been outside much but I will when I get off work."



Brandi Brooks, LPN

"It's pretty good because I don't want hot flashes. So that's good with me."



Aaron Peters, CNA



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OSU's RN to BSN program offers convenience, flexibility

Oklahoma State University RN to BSN student Sage Holder had long known she was interested in a healthcare career. When two of the most important people in her life – her grandfather and mother – received a cancer diagnosis in the same week during her first year of college, her career path came into focus.

"I knew I wanted to be in the healthcare system. I just didn't know exactly where or what that was going to look like when I started college. I knew I wanted to be successful, a person that others needed, and to care for the sick," Holder recalls.

Holder began taking pre-medicine classes but during the second semester of her freshman year, she had what she calls an "aha" moment.

"I was either in class or in the hospital, spending time with my family during my grandpa's chemo treatments or my mom's cancer appointments. I began to notice the nurses. I wanted to be the person that the patient could look to for a smile, a laugh, or a shoulder to cry on."

Confident in her decision to pursue nursing, Holder completed prerequisite courses and went on to earn an associate degree in May 2021 and become a Registered Nurse (RN). She landed a job at the Emergency Room at Stillwater Medical Center.

Ready to continue her education by pursuing a Bachelor of Science in Nursing, Holder found the perfect fit in OSU's fully online RN to BSN program.

"I knew the program would offer flexibility with my lifestyle and allow me to continue working as an RN while taking classes," Holder said. "The faculty have been approachable and easy to reach and to communicate with. I feel like they want me to succeed."

OSU's RN to BSN program, which launched in Fall 2017 and is accredited by the Commission on Collegiate Nursing Education (CCNE), provides students with a convenient and flexible option to complete their bachelor's degree in as little as one year.

OSU students expand their professional nursing knowledge from practical, foundational skills they learned during their associate degree, learning the why behind past education.

"Our students are challenged with a wide array of topics that range from leadership and current trends in nursing to global, cultural and public health, as well as nursing theory," RN to BSN program director Dr. Alana Cluck said.

Ultimately, the mission of the RN to BSN program is to prepare nurses to practice professional nursing that meets the dynamic health care needs of individuals, families, groups, communities and global populations. With



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**EDUCATION AND
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this degree, graduates are qualified for leadership roles in a variety of healthcare environments.

OSU's RN to BSN program enjoys a 100 percent satisfaction rate among its graduates. Faculty offer personalized attention and are committed to student success.

"Faculty communicate extremely well, especially considering it's an online program. They offer a variety of ways to share information and foster relationships with our peers, which allows us to be successful. It's easy to have a positive experience when you feel your efforts are not only noticed, but also celebrated," RN to BSN graduate Lacy Smith said.

Kobey Trower, a 2019 graduate of the program, appreciated the experience of his peers and the collaborative nature of courses.

"All of the students were working full-time jobs," Trower said. "We had some people who worked in ICU, some in labor and delivery, others in clinic and research settings. The accessibility of the coursework helped us keep on the same page for group projects. It was super convenient for me to work full time and still have a life without being tied down. That aspect of it helped keep my attention and keep me moving through the program."

Holder's experience as a student in the program has been first rate. She encourages any RN considering a four-year degree to explore OSU's program.

"Set up a meeting or a zoom call with a faculty or administrative member and give them the chance to provide information and answer questions that are of concern. That is what I did and it sold me. The faculty were so welcoming and flexible."

Applications for the BSN program for Summer and Fall 2022 are now open. Visit nursing.okstate.edu for more information, to schedule a meeting with program administrators or to apply today.



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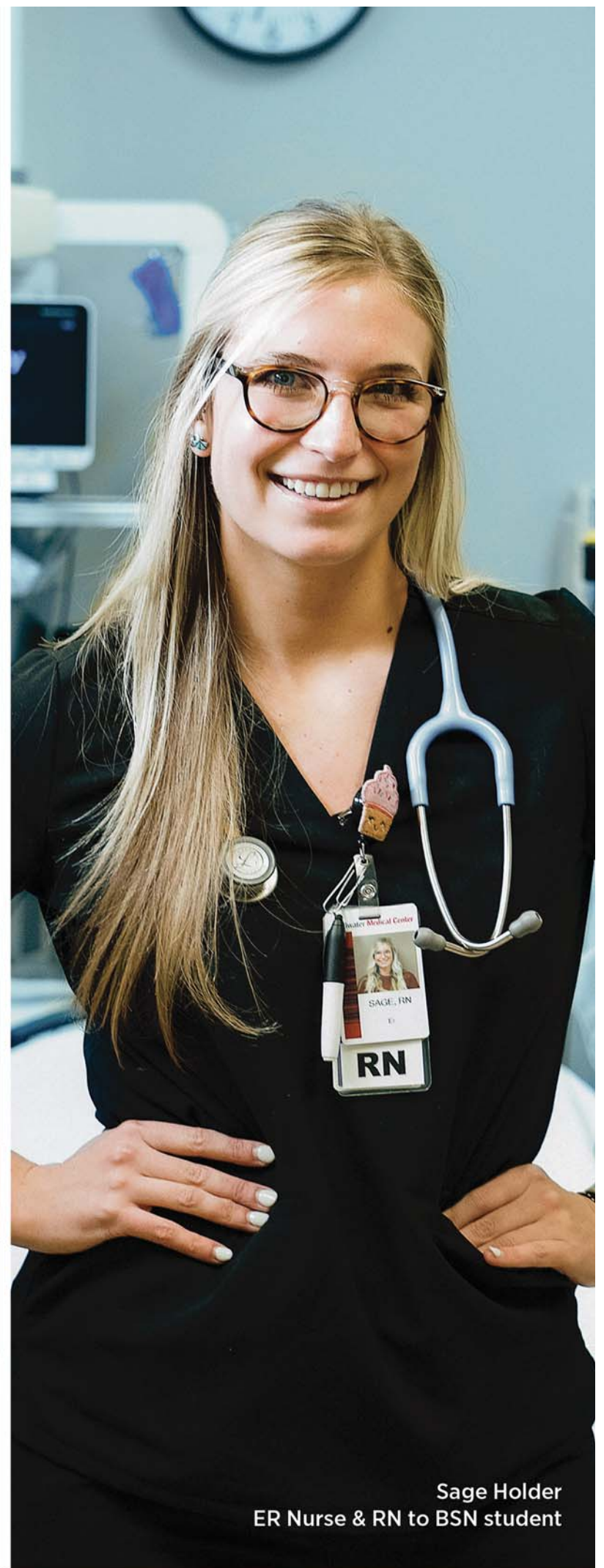
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"I was truly blown away by the level of professionalism and commitment from the faculty and staff. The knowledge and support I received are unparalleled."

- Kayce (Tuter) Brown, RN to BSN student



Sage Holder
ER Nurse & RN to BSN student

nursing.okstate.edu

Norman neurosurgeon first in OK to complete 100 robotic spine surgeries

Stephen Eichert, DO, a board certified neurosurgeon at Norman Regional's Neurosurgery Associates, is the first surgeon in Oklahoma to successfully perform 100 robotic spine surgeries using the Mazor X Stealth Edition Robotic-Guidance Platform.

The Mazor robot is designed to support spine surgeons' need to operate with precision by providing comprehensive information and visualization before the surgery starts. With robotic technology, spine surgeons can pre-plan the surgery based on the patient's unique spinal anatomy then execute the plan in the operating room using navigation and robotic guidance for enhanced precision.

"Robotic-assisted surgeries offer benefits to the patient including less pain, shorter recovery time and less blood loss during surgery. They also offer me a clearer picture to plan the surgery and more precision during the procedure," Dr. Eichert said. "I'm excited to be the first surgeon in Oklahoma to complete 100 robotic spine



surgeries."

Using the Mazor robot in surgery also decreases the need for additional surgeries, Dr. Eichert said, adding that it is ideally suited for patients with osteoporosis who require a lumbar fusion.

Clint Miller, clinic manager for

Neurosurgery Associates, said Dr. Eichert's achievement of 100 robotic-assisted spine surgeries offers patients needing spinal surgery more peace of mind.

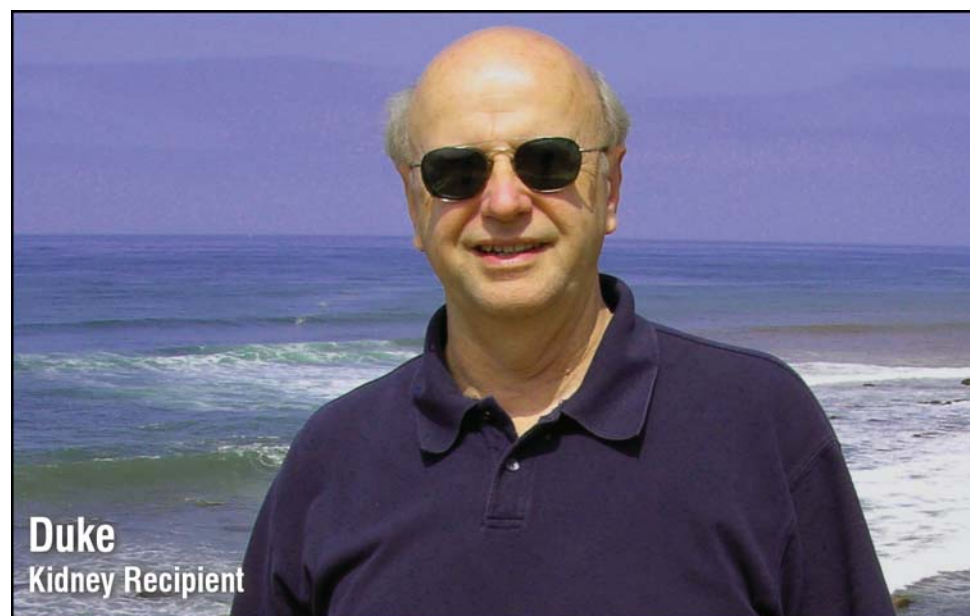
"Having a neurosurgeon be the first in the state to complete this many robotic-assisted surgeries helps assure the patients of his experience,

knowledge and expertise when it comes to their surgery," Miller said. "Dr. Eichert was already a skilled neurosurgeon, offering expert precision on every surgery, but the Mazor robot enhances his skills even more to ensure the best outcome for every patient."

Dr. Eichert is just one of Norman Regional's neurosurgeons. The Neurosurgery Associates team perform all types of surgeries on the spine, brain and peripheral nervous systems. Patients seeking care should first visit their primary care provider, as they can help find the root of the problem then either treat the patient themselves or refer them to the clinic.

For more information on what Neurosurgery Associates has to offer, call 405-307-3300 or visit:

<https://www.normanregional.com/services/neurosurgery>



Duke
Kidney Recipient

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 a week, until I received a kidney transplant.



Thanks to the family of an accident victim, I received a kidney transplant in 1986. It's been over 27 years since my life was

changed. It's hard to imagine what my family's life would have been like without it. Imagine the difference you could make as an organ donor!

Organ, eye and tissue donation saves lives. Please make your decision to donate life and tell your family. Register to be an organ, eye and tissue donor on your Oklahoma driver's license or state ID card or register online at www.LifeShareRegistry.org. If you don't have a license or state ID card and do not have internet access, call 800-826-LIFE (5433) and ask for a donor registration card.



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LOCAL CHILDHOOD CANCER SURVIVOR'S RACING DREAMS GET A BOOST

He survived childhood cancer, now Moore native Zach Oliva has his sights set on someday driving in NASCAR and he is garnering attention and the support of the local business community.

Valir Physical Therapy just opened Moore's newest physical therapy clinic. They heard about Oliva's story of survival and how he now works to inspire other young cancer patients too. The story and the young man impressed the team at Valir PT so much, they wanted to find a way to help boost his success. So, they just became his newest race sponsor.

"We love backing someone like Zach who has overcome such great challenges in his life. Helping people overcome challenges and helping them regain or improve strength following surgery, injury, treatment or other challenges is exactly what we do at Valir Physical

Therapy," said Jeff Jankowski, president of the company, which just opened its newest location in Moore.

Zach was diagnosed with cancer when he was only 5 years old. He battled neuroblastoma and won. In fact, doctors called his results "miraculous."

Oliva's personal battle against childhood cancer has motivated the 22-year-old to help other children fighting cancer. He works, races his IMCA southern Sport Mod on most weekends, and still finds time for young cancer patients. In fact, this year, he made one of his young friends his co-driver, winning one of his first races of the season as his young friend looked on. Not long after that race, Zach's young friend lost his battle to cancer.

"That was unfortunately the last time Jase got to see me race, and that race meant as much to him as



Jeff Jankowski, center, president of Valir Physical Therapy, and Kristin Schumpert, right, clinic manager, present Zach Oliva with a check for \$1,000 during a ribbon cutting and grand opening at Valir's newest clinic in Moore on July 27.



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it meant to me," Oliva said. "I talk to him when I'm struggling and say, 'Just help me out a little,' and he pulls through."

Valir PT is not only one of Oliva's racing sponsors, Valir therapists also plan to work with him through their sports training emphasis, helping make him even more competitive behind the wheel.

Clinic Manager Kristin Schumpert looks forward to working with Oliva.

Schumpert said, "Optimizing performance is another area that physical therapists excel at, taking yourself from good or average to better to best."

Oliva was guest of honor at a ribbon-cutting ceremony at the Moore Valir PT clinic with the Moore Chamber of Commerce. He also was presented with a \$1,000 sponsorship check by Valir PT.

Kim Brown, CEO of the Moore Chamber, said they are excited to have Valir Physical Therapy as a part of the community and have enjoyed welcoming Schumpert and her team.

"Kristin has just made herself a part of the community," Brown said. "She's already been out there, connecting with people."

"It is important to us to be a meaningful part of this community," Schumpert said. "We think it's important to be integrated and to know who we are serving."

One of Zach's favorite races is just around the corner. He is excited to have the new Valir Physical Therapy on the hood of his car as he drives in the annual Race For Time in Ardmore. Race For Time is a race in September at Southern Oklahoma Speedway that raises awareness and funds for Oklahoma children fighting cancer.

"I'm trying my hardest to win the championship at Southern Oklahoma Speedway this year," Oliva said, noting that it's a win for him, for Jase and other childhood cancer patients, and now for his newest sponsor too.

"For Valir Physical Therapy to be a part of my team means the world to me."

Cliff Allison Celebrates “Home Run For Life” with OKC



Cliff Allison poses at Chickasaw Bricktown Ballpark during a recent visit. Photo courtesy of the OKC Dodgers.

He was honored during the fourth INTEGRIS Health “Home Run For Life” of the 2022 OKC Dodgers baseball season Friday, July 29 at Chickasaw Bricktown Ballpark. “Home Run For Life” recognizes individuals in the community who have overcome a significant medical event with the help of their families, physicians and health care professionals. To symbolize the end of their battle against adversity, honorees take a home run “lap” around the bases during a pre-game ceremony.

Allison was mowing his lawn on a warm June day in 2020 when he suddenly felt overheated and had trouble breathing.

“I went inside to take a cold shower and went to bed early,” he said.

When the symptoms didn’t dissipate, Allison and his wife, Crystal, went to an urgent care facility where they believed he might have COVID-19.

The COVID test came back negative, but further testing revealed the levels of oxygen in his blood were dangerously low and he was rushed to the emergency room.

He was admitted to the hospital in Tulsa with presumed pneumonia, but

doctors couldn’t find the cause. After a few days, they discovered that he had suffered acute mitral valve failure.

Unfortunately, by the time the cause was discovered, Allison had suffered further complications, including a buildup of fluid in his lungs which made it impossible to operate on his heart.

The decision was made to fly Allison to INTEGRIS Health in Oklahoma City where he would receive an advanced life-saving treatment called extracorporeal membrane oxygenation (ECMO).

“There’s no question that what INTEGRIS Health did was a life-saver,” Allison said.

ECMO treatment works like a set of heart and lungs for a patient. It is often considered as a “last hope” for patients with hearts in critical condition.

It bought Allison’s body time to heal, and once he was stable, Dr. Marshall Bell M.D., a cardiothoracic surgeon at INTEGRIS Health, was able to replace Allison’s mitral valve and save his life.

“If it weren’t for the skill and care I got at INTEGRIS Health, I wouldn’t be here today,” Allison said.

Situation Update: COVID-19	
New Cases 7 Day Average	1,482
New Cases Week of 7/17 - 7/23	10,373
Active Cases	20,590
Total Cases	1,116,446
CDC/NCHS Provisional Deaths	16,252
Acute Care OSDH Licensed Facilities/Location**	Recent 3 day Ave. Hospitalizations
	Cases (ICU)
Region 1 (NW)	12 (0)
Region 2 (NE)	28 (4)
Region 3 (SW)	41 (3)
Region 4 (EC)	26 (8)
Region 5 (SE)	20 (4)
Region 6 (Central)	32 (5)
Region 7 (Tulsa)	94 (45)
Region 8 (OKC)	125 (12)
Total	378* (81)
Other Types of Facilities	
Focus Facilities	6 (2)
Rehabilitation Facilities	0 (0)
Tribal Facilities	6 (0)
Other Facilities Total	12 (2)
*Includes 35 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 2022-07-28 at 7:00 a.m.	



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- Sleep loss from leg pain
- Post surgical pain
- Chronic intractable pain

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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.

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- Battlefield toxins, industrial toxins
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