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September 12, 2022 Vol. 23 Issue 39

Information for the Oklahoma Nursing & Health Care Professional

Lifelong learner RN helps older adults with behavioral needs



Gayla Brum, RN, director of Autumn Life Center at OU Health Edmond Medical Center, is in her niche while working with the geriatric population.

by James Coburn - staff writer

Behavioral health has always been at the heart of Gayla Brum, RN, director of Autumn Life Center at OU Health Edmond Medical Center. Brum has worked in behavioral health since 2002 and was hired as the director of Autumn Life Center in March of 2020. Her career has spanned from working with adolescents to the geriatric population.

"It means more to me than anything because I feel I make a bigger difference to them," Brum said. "I like to see when they have the smallest changes — the smile on their faces."

Governor's Proclamation makes August National Breastfeeding Month

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Heidi Russell, COBA's executive director.

Governor Kevin Stitt proclaimed August "Oklahoma Breastfeeding Month," culminating the Coalition of Oklahoma Breastfeeding Advocates' (COBA) month-long celebration of National Breastfeeding Month. "We know that breast milk provides the essential nutrition and immune protection an infant needs that first year of life. We thank Governor Stitt for joining our efforts as we applaud the thousands of Oklahoma families who make the daily commitment to give their child the best foundation for growth and development," says Heidi Russell, COBA's

See PROCLAMATION Page 3

BRUM **Continued from Page 1**

Autumn Life Center is an inpatient behavioral health program developed to meet the unique needs of mature adults, age 55 and older. This geriatric psychiatry program addresses and seeks to relieve the suffering that occurs due to changes in emotional, mental and behavioral wellness. Some of the behavioral health disorders had never been diagnosed prior to connecting with Autumn Life Center.

"There are health disorders that have taken them to many places we'll never know," she said.

Issues may include schizophrenia, bipolar, and dementia. They may have experienced incremental periods of sadness and grief that culminated into a deeper depression until being addressed at Autumn Life Center.

"That melts my heart when you are sitting there holding one of their hands, and they're remembering things and they are talking to you about their past," Brum continued.

Patients have expressed regular depression or come there with suicide ideation and a history of suicide attempts.

"We're here to help them with all of it. Whether it be from their illness and them trying to escape it and their past and everything that's caught up with them."

Patients may have never had any

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type of treatment before, Brum said. Autumn Life Center is there to bridge the gaps in life. There is an intake team and a therapist to evaluate their criteria for admissions. Psychiatrist and Medical Director Tracy S. Loper clears patients who come to the unit.

"We want to make sure their medical needs don't override their psychiatric needs," she said.

Upon admission a therapist works with each patient as needed while nurses make sure their medical needs are met by providing medications. The behavioral health techs spend the most time with the patients, Brum said.

"They see the changes. They talk with them all throughout their stay," Brum explained. "They're assisting them with every little thing they need. They are talking with the family."

The discharge planner navigates where the patient will go after leaving Autumn Life Center. Sometimes the family can no longer care for their loved one at home.

"They work with the families and with the doctors to find the best place for that patient," she said.

Patients are referred to the center from across the state and beyond Oklahoma. It can be difficult for families in a small rural town to find the best facility that is nearby the family.

"We treat the whole person, so we're looking at all of their medical needs. We have the medical doctors that see the patient in the unit as well," Brum said.

Not too long ago a man living with dementia in his late 60s came to the Autumn Life Center. He would begin to yell, calling for his cattle and dog.

"I'm a country girl and grew up around cattle, and so he reminded me of my dad," she said.

He would become aggressive at times until Brum would sit next to him and hold his hand.

"I found some old country music, and he would just start singing. He might cuss like a sailor any other time," Brum said. "But you turn on that country music and it would be so great to sit there and listen to him sing, stop yelling and sit there with him. He wouldn't be disturbing anybody during that time."

It meant a lot for Brum to know she could connect with the farmer at a deeper level.

Brum said it's important not to express anger toward someone with dementia. They have a neurological disease and cannot always remember conversation or what they are asked to do.

"Show them how to do something if they've forgotten it," she said. "It's important that they still do things on their own. They don't want you to do everything for them. They still want to be independent, especially living at home. That's not to say cooking

at home, but little things, using the remote or calling someone on the phone."

Brum always felt the need to help people and became a nurse later in life. She was a high school drop-out who learned not to underestimate what she could accomplish in life and help humanity.

She took every little step to work her way up in the field of nursing. Brum earned her Master of Science in Nursing degree at the University of Central Oklahoma and her Bachelor of Science in Nursing degree at Oklahoma City University's Kramer School of Nursing. She went to Francis Tuttle to receive her LPN credential and Oklahoma Community College for her associate's degree.

"I'm currently in the DMP (Doctor of Nursing Practice) program at OU," Brum said.

This mother and grandmother also loves living in the country.

"What I do in my leisure time is to hang out with my family," she said.

For more information about Autumn Life Center at OU Health Edmond Medical Center, visit:

https://www.ouhealth.com/find-a-location/ouhealth-autumn-life-behavioral-center/



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PROCLAMATION Continued from Page 1

executive director.

COBA joined other breastfeeding coalitions throughout the country with activities that focused on this year's theme "Together We Do Great Things" and for the third consecutive year hosted its Breastfeeding Conversations Series releasing a new video each week featuring local mothers, health experts and lactation leaders. Videos demonstrated the unique month-long yet encompassing celebration highlighting World Breastfeeding Week, Indigenous Milk Medicine Week, Asian American Native Hawaii Pacific Islander Week, and Black Breastfeeding Week.

The World Health Organization and UNICEF recommend women begin breastfeeding their children within one hour of birth and continue exclusively for the first six months of a child's life. Becky Mannel, COBA's chair and an International Board Certified Lactation Consultant, says the significant benefits breastfeeding offers for both mom and baby are numerous. "According to the American Academy of Pediatrics

(AAP), breastfeeding lowers an infant's risk of acute and chronic diseases including obesity, diabetes, childhood cancers, SIDS and GI and respiratory infections. Mothers experience a reduced risk of reproductive cancers, heart disease, diabetes, not to mention the special bonding time mothers enjoy with their babies," says Mannel.

Although most infants receive some breast milk, most are not exclusively breastfed or continue to breastfeed as long as recommended. In Oklahoma, 1 in 5 women who choose not to breastfeed cite returning to work and/or school as the reason. Oklahoma workplaces and employers have an opportunity to change these statistics by adopting policies that make it easier for women to continue breastfeeding after they return to work. The Oklahoma State Department of Health's "Breastfeeding Friendly Worksite Recognition" program currently acknowledges 380 workplaces throughout the state that proudly support breastfeeding employees.

Families with questions about breastfeeding may contact the free Oklahoma Breastfeeding Hotline at 1-877-271-6455 (MILK) or Text OK2BF to 61222



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CAREERS IN NURSING: BEAUTIFUL LIVES - RN THANKFUL FOR SERVING OTHERS

by James Coburn - staff writer

Cynthia Watson feels about Saint Ann Retirement Center is its staff and residents, she said.

"It's what I like to call their generosity of spirit," said Watson, a registered nurse at Saint Ann Retirement Center. "The staff cares for the residents, the residents care for the staff, and it's just something unique that I have not experienced before — that generosity of spirit."

Saint Ann Retirement Center offers independent living, assisted living and a convent in Oklahoma City. The not-for-profit is owned and operated by the Catholic Archdiocese of Oklahoma City. There is no buy-in and all faiths are welcome, Watson said.

Across the street is St. Ann's Skilled Nursing & Therapy which the Catholic Archdiocese no longer owns.

Watson serves as a consultant working two to three days a week

The most endearing aspect at Saint Ann Retirement Center and will celebrate 50 years of service this coming May as an RN. She graduated from the second nursing school class of Oklahoma State University.

Nursing is such a flexible career, she said. Watson's nursing experience includes work in hospitals, research and oncology. It was during her work in home health and hospice that introduced her to long-term care and the elderly population. Watson has been fortunate to serve in three senior living communities during her career.

"I admire her professionalism. She's calm and soothing and yet she's really clever," said Joyce Clark, executive director. "She knows the business - she knows regulations - she's very efficient. She's productive and good with the staff."

The culture at Saint Ann Retirement Center is like no other Clark has witnessed. It excels by being fun, friendly and supportive, Clark said. Watson loves the inspiring stories the residents share with her. One resident is a first cousin to Johnny Cash. They all have something special about them. One of the ladies retired from nursing at age 90.

"If you sit down and listen to her stories, they've all got something magical. Unless you spent the time with them to find out, you'd never know," Watson said.

Assisted living is not long-term care. The residents are ambulatory and may need a little assistance with bathing and dressing. If they've had a sick period, they may need help walking or being assisted to the dining room and other activities.

One of the gentlemen has difficulty hearing. He had lived independently but grew to need the support of assisted living. After

about two weeks he took up the sport of chair volleyball. There is a volleyball tournament each week between the assisted living and independent living residents.

"And this guy was a ringer. They said, 'Oh my God, we've got to have you on our team,"" Watson continued.

She was able to take a picture of him participating in the game by tossing a bean bag, and she sent it to the man's daughter.

"You could tell it just lifted her spirit to know he is assimilating even with the handicap of not being able to hear well," Watson said. "It gets to you - it really does."

Watson said the nursing staff values knowing and caring for each resident.

"We've got some really great longevity with staff here," she said.

Whenever a resident mentions See WATSON Page 5



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WATSON Continued from Page 4

to any staff member that their stomach hurts or they have some other ailment, the nursing staff is informed and they follow-up.

"They want someone to know, so if there is something, we can deal with it," she said. "I mean it is a true spirit that they care."

Nurses have their own stories to share, and Watson is no exception. She comes from a family of nurses. Her mother, aunt, cousin and grandmother were all nurses.

"So, I thought, 'Well, I'm meant to be a nurse," Watson explained.

She loved helping others and decided between veterinary school and nursing school. Nursing school was a more expedient path and she loved it. Her career has enriched her life ever since.

"In caring for people during the final years of their lives, the comfort and the validation that you can provide to them and the unbelievable gift that they give to you — to be able to share those days and weeks and hours is just immeasurable," Watson said.

Watson invites people to visit Saint Ann Retirement Center and feel the difference.

Today, she and her husband play golf and enjoy cooking together. Their short and smaller breed pit bull terrier recently graduated from a good citizenship school for dogs.

"He will be going to therapy dog school and hopefully be going to places like this and bring a smile to people," she said.

For more information about Saint Ann Retirement Center visit: www.saintannretirementcenter.com or visit them at 7501 W. Britton Rd Oklahoma City, OK 73132.



OU Health Breast Health Network Achieves National Accreditation

OU Health Breast Health Network has achieved a three year full accreditation designation by the National Accreditation Program for Breast Centers (NAPBC) for providing quality breast care. NAPBC accreditation recognizes breast centers that ensure high-quality, comprehensive breast cancer services that includes prevention to survival and through to end-oflife care.

The program, administered by the American College of Surgeons, makes OU Health Breast Health Network the only accredited breast center in the state. This is the fourth accreditation visit to OU Health Breast Health Network, making it one of the first accredited breast centers in the country.

To achieve the voluntary NAPBC accreditation, a breast center must demonstrate compliance with the NAPBC standards that address a center's leadership, clinical services, research, community outreach, professional education and quality improvement for patients. The survey process requires the center to demonstrate compliance with established NAPBC standards for treating the full spectrum of breast disease. According to the NAPBC, the 27 distinct standards ensure that a center's patients are given every advantage in the battle again breast disease. OU Health Breast Health Network met every standard and demonstrated a commitment to providing the highest quality care.

"We are delighted to have received the full accreditation designation and to be recognized for our commitment to treating breast disease," said William Dooley, M.D., FACS, OU Health Stephenson Cancer Center Breast Oncologist. "As the only accredited breast center in the state, Oklahoma women can have

full confidence in the care and treatment we provide at OU Health Breast Health Network, every step of the way." **Philosophie Control Control**



Cynthia Watson, RN, invests her life in making a better life for the residents of Saint Ann Retirement Center in Oklahoma City.

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SWOSU also offers online professional programs in Health Information Management,

Healthcare Informatics and Information Management (graduate).

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

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(AS PUBLISHED IN THE 2022 EDUCATION GUIDE TO NURSING)

Eastern Oklahoma State College nursing graduates regularly exceed national NCLEX



EASTERN OKLAHOMA State College

Eastern Oklahoma State College's nursing program is often ranked one of the top nursing schools in the state based on the percentage of graduates who pass the National Council Licensure Examination (NCLEX). The NCLEX is used by all state boards of nursing across the nation to assess a student's competency and graduates must pass the exam to become licensed registered nurses.

Gina Bullock, director of Eastern's Nursing Division, said the program consistently sees high pass NCLEX-RN pass rates that are well above the state and national averages. Most recently, Eastern's graduates achieved a 97.5 percent pass rate compared to the national pass rate of 88.18 percent for firsttime test takers at the associate degree level.

"Our graduates' reliably high NCLEX scores speak volumes for the quality of nursing education provided at Eastern. This achievement is a direct reflection of our faculty's commitment to train and prepare the next generation of registered nurses and our students' dedication to providing quality care for patients," Bullock said. "We are extremely proud of our graduates and the impact their skills and knowledge will make in the communities they serve."

Eastern's nursing program offers an associate of applied science degree for students to become registered nurses. The program has



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September 12, 2022

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What is your favorite type of music?

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Saint Ann

Retirement Center

"It is Christian contemporary KYLV 88.9. Singer Phil Wickham is very uplifting."



"Catholic devotional music makes me feel peaceful and so protected."

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How Gender Affirming Voice Therapy Builds Confidence

Norman Regional's language pathologists are helping patients find their authentic voice with gender-affirming voice therapy. Through personalized sessions, the therapists help patients align their voice with their gender identity. The goal is to meet the patient's functional voice needs without causing strain or injury to the vocal cords. Therapists say the treatment can have a profound impact on the patient's life, helping them feel more confident and more comfortable when communicating with others.

"The most common case for this type of speech therapy is when an individual is transitioning to male, female or non-binary and they want their voice to reflect the gender they are transitioning to. Part of their transition process includes sounding the way they wish to be identified, which could be more masculine, more feminine or androgynous," said Mariah Hartzell, MS, CCC-SLP, a speech language pathologist with Norman Regional's Physical Performance Center. "While this is the most common use gender affirming voice therapy can be applied to any individual that wishes to sound more like their preferred

speech gender identity."

Ways a voice can

communicate gender

A common misconception about the way a voice can communicate an individual's gender is that it can be achieved through raising or lowering pitch alone, but there is much more that goes into gender affirming voice therapy than that including:

Vocabulary, politeness, directness, emotional expression

- Articulation/pronunciation
- Length of words/sentences
- Resonance of speech
- Voice quality

• Non-verbal cues such as, eye contact, facial expressions and posture

Gender affirming voice

therapy is patient-centered

This type of therapy is by nature highly individualized, so each of the above aspects of an individual's voice may be prioritized differently depending on what goals an individual sets for themselves.

"We work with our patients and want to be a partner for them in their goal setting since it is their voice we are working to adapt," said Mariah



Health System

Hartzell. "From a technical perspective, we use an app called Voice Tools that measures the frequency of our patient's voices during conversation and we can compare that to the average frequency ranges of a feminine (200-300 hertz), masculine (80-150 hertz) and androgynous (160-180 hertz) voice. Anybody can change the frequency of their voice, but what this therapy seeks to accomplish is making the desired voice come naturally through practice, rather than something the patient has to think about and put effort into."

Norman Regional prioritizes diversity, equity and inclusion in our community and just like the rest of the health system, our speech language pathologists including Mariah Hartzell,

MS, CCC-SLP, Chelsey Shimanek, MA, CCC-SLP, Taylor Stewart, MA, CCC-SLP, and Emily Sullivan, MS, CCC-SLP, who will be seeing patients at Norman Regional Nine later this year, all work to create a welcoming and judgement-free environment for their patients. We also encourage patients to bring a family member, friend or anybody else with them to their therapy if it helps them feel more comfortable.

If you are interested in learning more about gender affirming voice therapy and speech language pathology, please visit our outpatient rehabilitation page or call the Physical Performance Center at 405-447-1571.



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	STARDUST	11:10 a.m.	
1	PUPPIES OF PENZANCE	11:40 a.m.	
	YMCA COMMUNITY LINE DANCERS	12:05 p.m.	1000
	LOVE YOU TO THE MOON AND BACK COUPLES CHALLENGE	12.35 p.m.	
	TO INFINITY AND BEYOND	1:05 p.m.	
	IT'S NOT ROCKET SCIENCE	1:35 p.m.	
	REACH FOR THE STARS GAME SHOW	2:30 p.m.	
	TWINKLE TOES	4:40 p.m.	
	PROFESSOR PULSAR'S TRIVIA	4:55 p.m.	
	ELVIS VISITS THE MOON	5:30 p.m.	
	OH MY STARS!	6 p.m.	YOUR FAIR
	ASTRONAUT'S LINE DANCE LESSONS	6:10 p.m.	SHARE OF
	SHAWN KLUSH - TRIBUTE TO ELVIS Chickasaw Country Entertainment Stage	7:30 p.m.	FUN
	For more detailed information visit the Senior Day page on the Oklahoma State Fair website	e	OKILAHOMA STATE FAIR 2022

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Situation Update: COVID-19

New Cooce 7 Dev	4 400	
New Cases 7 Day Average	1,183 8,278 18,683 1,179,931 16,759	
New Cases Week of 8/2822 - 9/3/22		
Active Cases		
Total Cases		
CDC/NCHS Provisional Deaths		
Acute Care OSDH Licensed	Recent 3 day Ave. Hospitalizations	
Facilities/Location**	Cases (ICU)	
Region 1 (NW)	10 (2) 22 (6) 41 (3) 25 (5)	
Region 2 (NE)		
Region 3 (SW)		
Region 4 (EC)		
Region 5 (SE)	14 (2)	
Region 6 (Central)	24 (5)	
Region 7 (Tulsa)	81 (40)	
Region 8 (OKC)	110 (19)	
Total	327* (82)	
Other Types of Facilities		
Focus Facilities	5 (1)	
Rehabilitation Facilities	3 (0)	
Tribal Facilities	5 (1)	
Other Facilities Total	13 (2)	

*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 2022-09-08 at 7:00 a.m.

2022 ONA ANNUAL CONVENTION



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- 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.