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Information for the Oklahoma Nursing & Health Care Professional

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Any Given Saturday: NRH cares for Sooner fans



Norman Regional Health System employees take care of Oklahoma's seventh-largest population on home football game days. Photos provided.

by Bobby Anderson, RN - staff writer

Five or six Saturdays each fall, some 86,000 fans invade Gaylord Family Oklahoma Memorial Stadium to watch the University of Oklahoma play football.

For a few hours, the surge of humanity encapsulated inside the Palace on the Prairie becomes Oklahoma's seventh largest population.

And from dehydration to cardiac arrest, Norman Regional Health System nurses, techs, paramedics, and other employees team up to provide care inside the Gomer Jones Coronary Care Unit.

For the record, Gaylord Family Stadium can seat up to 86,112, making it the 23rd largest stadium in the world, the 13th largest college stadium in the United States, and the second largest in the Big 12 Conference, behind Darrell K Royal-Texas Memorial Stadium.

Norman physician Dr. Harold Belknap established

the Gomer Jones Coronary Care Unit within the Gaylord Family-Oklahoma Memorial Stadium in 1971 and continued as acting chief until 2003.

All fans who come through the door can get help for free.

"I feel like on game day, the stadium is the safest place to be in town," Norman Regional Health System physician Dr. Patrick Cody once said.

Stephanie Gehrke, RN, emergency nurse manager, has directed the clinic for five years now.

"I thought it was a great concept because I know the clinic has been around for quite a while," she said of coming into her role. "It's a great service for the fans. Some of them get to head back out to the game after we get them fixed up."

NRHS Emergency Department Manager Stephanie Gehrke, RN, coordinates the Gomer Jones Coronary Care Unit. Photo provided.

Beginning three-and-a-half hours prior to each home contest, the clinic is typically staffed by emergency department nurses, techs along with an attending ED doc, two residents, and two medical students.

Six to seven teams are gathered to operate cooling zones, which come in handy early in the season when temperatures inside the stadium can easily reach more than 100 degrees.

Runners rotate between the zones to check stock and see if anything is needed.

EMSSTAT bike medics stationed throughout the stadium can get to your seat in about two minutes,

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CARES

Continued from Page 1

and each of those medics can handle a cardiac arrest by themselves with the equipment on their bike.

Employees within the health system are invited to sign up each year.

"It can be anyone from a unit secretary to EVS (environmental services) - anyone that is interested in going," she said.

Gehrke said the clinic sees a bulk of heat and alcohol-related complaints from fans including falls and lacerations.

The clinic has seen heart attacks, strokes, and cardiac arrests "basically anything and everything."

"It's so dependent on the time of the day and the temperature," Gehrke said. "Night games are usually better in terms of heat-related things but we could end up with more intoxication-related complaints."

Gehrke said if you want to stay in the stands and out of the clinic on game days follow a few simple rules.

"The biggest thing is hydrate, hydrate, hydrate, and come prepared to continue drinking water," she said. "A lot of people do drink water before they come in and kind of forget to keep drinking it during the game and sit out there and bake in that sun."

Comfortable shoes are a must

"Heels and flip-flops probably aren't

the most appropriate thing for a crowded stadium because they trip over the stairs and lose your balance," she said.

Inside the clinic, personnel initiate "a lot of IVs" for fluids and give nausea medicine.

"For the clinic, we want to try to get them seen but also get them back to the game if appropriate," she said. "We kind of push those fluids in them, make sure they can stand up and walk and drink fluids without getting sick. The majority of our job in the clinic really all revolves around hydrating people for the most part."

"The majority of the people we never see again."

The hospital also has volunteer stretcher teams composed of young adults from local schools who might be interested in the medical field.

"They are stationed throughout the stadium so if someone were to pass out or fall they are able to put them on their stretcher and get them into the clinic," Gehrke said. "Like Dr. Cody said it probably is one of the safest places. If you're injured you're going to get pretty quick care."

Gehrke said the first game of the season saw 115 calls throughout the stadium and 54 patients were seen in the clinic.

For more information about Norman Regional Health System click here:

CLICK HERE

SMC FIRST IN STATE TO LAUNCH CERIBELL RAPID EEG BRAIN MONITORING

Stillwater Medical announced the launch of a new Ceribell Rapid EEG Brain Monitoring which provides Stillwater Medical clinicians with immediate access to EEG information, allowing triage for at-risk patients in just 5-minutes and continues to monitor for treatment optimization.

The Ceribell Rapid EEG Brain Monitoring system was developed to address limitations in EEG acquisition and interpretation so patients at risk of seizure can be triaged more quickly. The device consists of a simple headband, pocket-sized recorder with intuitive software, and an on-line portal for remote viewing. Using the Ceribell system, physicians can review EEG data, assess response to treatment and optimize care, all in real-time.

Mary Beth Hunziker, MSN, RN, ACNS-BC, CCRN, Director of Stillwater Medical's ICU, explained that critically ill patients are at substantial risk of seizures that cannot always be detected by outward signs, and without rapid diagnosis it can lead to permanent brain injury, higher risk of morbidity and mortality, and longer hospital

stays. She said Ceribell can be set up by any healthcare provider in just 5-minutes, even those with no previous training in EEG.

Guidelines from the Neurocritical Care Society recommend EEG should be initiated within 15-60 minutes when these seizures are suspected. Meeting these guidelines has proven difficult due to the limitations of conventional EEG systems, which were not designed for use in emergency situations. Without Rapid EEG, even top academic centers with 24/7 EEG capability experience a 4-hour wait-time for conventional equipment.

"This device is a game changer for Stillwater Medical," said Hunziker. "It will provide our clinicians with the diagnostic information they need to make informed treatment decisions for some of our most vulnerable patients quickly. It's another great example of our Stillwater Medical leadership putting patient safety at the forefront."

"Ceribell founders saw that critically ill patients often experience

See SMC Page 2

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SMC

Continued from Page 2

undiagnosed non-convulsive seizure as a result of lack of access to EEG. Some suffered major neurological deficits while others simply did not make it. It is our mission to ensure no patients

suffer unnecessary brain injury as a result of not having prompt EEG. We are excited to see visionary pioneer health care practitioners at Stillwater Medical adopting the technology and transforming their EEG capability." Jane Chao, PhD, Co-founder and CEO of Ceribell.



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OCU selects new nursing dean

Oklahoma City University officials today announced interim nursing Dean Gina Crawford has been appointed as the full-time dean of the university's Kramer School of Nursing. The selection follows a nationwide search.

Crawford's professional career includes more than 30 years as a registered nurse, 17 years as a family nurse practitioner and 10 years at Oklahoma City University as a full-time faculty member, with seven of those years in leadership positions.

"Based on her track record as interim dean, the respect of her colleagues and her untiring passion for the health care profession, I'm confident in Dr. Crawford's ability to lead the nursing school into its next chapter," OCU President Kenneth Evans said.

Prior to assuming the interim dean role, Crawford was assistant dean and chair of the advanced practice program at the Kramer School of Nursing. Her clinical interests are in rural health care,

primary care and increasing access to health care in underserved areas. In addition to her responsibilities at the nursing school, she is a peer evaluator for the Accreditation Commission for Education in Nursing and an appointed member of the Oklahoma Board of Nursing Advanced Practice Advisory Committee. She is also a member of multiple nursing and nurse practitioner organizations.

"I'm honored to accept this role and to continue the positive momentum we are building at the Kramer School of Nursing," Crawford said. "With the nation's ongoing nursing shortage, nursing education has never been more important. We embrace the mission of preparing the next generation of health care providers and educators."

Recent initiatives that have developed at the Kramer School of Nursing under Crawford's watch include the launch of new, fully online RN-BSN and master of science in nursing programs; the introduction of a new living-learning community for first-year residential nursing students; a partnership with Blue Cross Blue Shield of Oklahoma to support an on-campus summer nursing camp for high school students; and the awarding of a \$37,000 grant from the Telligen Community Initiative to expand Latino representation in the nursing workforce.

OCU Provost Michelle Kiec said the list of initiatives points to Crawford's focus on keeping the Kramer School of Nursing growing and relevant in today's health care landscape.

"Dr. Crawford is the right choice to build on the legacy

See DEAN Page 5



Gina Crawford has been named full-time dean Dean of Oklahoma City University's Kramer School of Nursing.



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DEAN

Continued from Page 4

of the Kramer School of Nursing and to ensure the school and its faculty continue to play a vital role in the community's health care provider pipeline," Kiec said.



In addition to being a long-time OCU employee, Crawford is a graduate of the Kramer School of Nursing's Doctor of Nursing Practice program. She resides in Yukon and has two adult children and two grandchildren.

INTEGRIS Health to Host Fall Systemwide Hiring Event

INTEGRIS Health, Oklahoma's largest health care provider, is hosting a systemwide hiring event to fill positions at locations across the state. The hiring event will be held from 10 a.m. to 6 p.m. on Thursday, Oct. 20, at the Oklahoma City Convention Center, 100 Mick Cornett Drive in Oklahoma City.

Interested candidates should bring two copies of their resume and come prepared to interview for open positions including those in the areas of clinics, mental health, dietary, patient services, nursing, allied health and more. Applicants will have the opportunity to interview with hiring managers and possibly walk away with a job offer. Sign-on bonuses are available for qualified positions including nursing, Jim Thorpe Rehabilitation nursing, radiology, patient registration, food services and housekeeping. Face masks are required.

For more information or questions, please contact HR Recruitment at HRRecruitment@integrisok.com. To learn more about INTEGRIS Health, visit integrisok.com.



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- RN Pre-Admissions Testing – PRN
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Oklahoma City, OK. For more details visit: www.oknursingtimes.com/jobs

A photograph of three healthcare professionals, two women and one man, wearing teal scrubs. They are standing in a row, with the woman in the center slightly in front of the others. They are all smiling and looking towards the camera. A large yellow diagonal shape is overlaid on the left side of the image, containing text.

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Leann Laubach, Ph.D., is an assistant professor and the baccalaureate program coordinator in the Department of Nursing at the University of Central Oklahoma.

She has been teaching at UCO since 2005 and has 22 years of experience as a nurse in the Neonatal Intensive Care Unit.

"They set their own goals so it's a more personalized experience. It's not the goals I set for you as the instructor," Laubach said of the program's online offerings. "They are related to your ultimate goal for your degree. I think that's really where we pride ourselves both in our RN to BSN and our master's program is the personalization of the degree and maintaining that close contact with our students so we can help you be successful in our programs."

The master's degree directly addresses the University of Central Oklahoma's mission to contribute to the intellectual, cultural, economic, and social advancement of the communities and individuals it serves.

The inclusion of 100 practicum hours facilitates the participation of students in transformative educational experiences that directly benefit the Oklahoma City metro community.

Nursing graduate students can choose from two-course pathways: nursing leadership or nursing education. A master's degree in nursing education will prepare students for academic positions in nursing education or positions in clinical staff education. The leadership pathway allows students to meet individual goals in areas such as health care leadership or administration.

The program is offered at a \$15,000 flat fee, even if a student is out of state.

"It's protecting students against inflation," Laubach said.

Laubach noted the flexibility of the program benefits students in ways



A UCO nursing degree opens up a myriad of possibilities.

that make it possible to advance their degrees.

"There's great value in that for someone who maybe is working full time and or has a family, they can carve those hours out in a time frame that works for them. I see that as very valuable for both programs. It makes it so students can do the work when they need to do the work and not at a time that works better for me."

The recent pandemic has created a divide for many nurses who enjoy their chosen careers but may feel burnt out in their current roles.

"I think now has challenged people to think outside of being at the bedside that whole time," Laubach said. "I think they are seeking education because they want that change. I think that's the future of where nursing is going that nurses are realizing they want to stay in nursing but they don't know if they want to stay at the bedside the whole time."

There is a definite opportunity for nurses to use their experiences to better the next generation of nursing through education or mentorship.

"I think for nurses who find they are passionate about teaching new nurses it's an advantage to come back and get an education or leadership degree," Laubach said. "A leadership degree would allow students to be the clinical leaders, the charge nurse and give them the skillset they need to be successful."

"The advantage of coming back to get your master's degree or even your bachelor's degree is expanding the way you think. The biggest thing is the growth mindset that occurs from the next degree to the next degree."

The first nursing class from the nursing department at the University of Central Oklahoma graduated in 1972. Since that time, more than 3,500 well-qualified graduate nurses have entered the workforce.

Graduates of this program are known for being some of the best nurses in the state of Oklahoma.

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NURSE TALK



What is
your
favorite
time of
the year?



"I think my favorite time of year is Christmas. It's usually the time when you all get together with family."



Camille Reyes, RN

"Probably Halloween because you can be looking like whatever you want to be."



Clara Edwards, RN

"My favorite time of year is the fall. I love the weather. I moved here from Connecticut. I like the football season."



Savannah Clark, RN

Mercy Celebrates Major Milestone in Construction of Love Family Women's Center

Crowds cheered as construction crews lifted the final steel beam into the frame of the new Love Family Women's Center Monday. The facility is under construction on the campus of Mercy Hospital Oklahoma City and will increase the hospital's capacity to deliver babies by 40%.

The women's center is being built at the northwest corner of Mercy's campus at West Memorial Road and North Meridian Avenue. Construction kicked off in July 2021 and is on schedule to be complete in fall 2023.

Labor and delivery and postpartum services at Mercy have been at capacity for years, limiting the hospital's ability to serve more patients. Over the last decade, Mercy has seen a 34% increase in births. The hospital, built in the 1970s, was designed to accommodate up to 3,000 births annually, but the hospital made room for a record 4,035 births last year.

"Like Mary and Joseph experienced the night Jesus was born, many days there's just not enough room in the inn here at Mercy," said Dr. Chad Smith, chief medical officer and obstetrician/gynecologist at Mercy

Hospital Oklahoma City. "Our Mercy Birthplace team is awe-inspiring, and they do everything in their power to create as much room and serve as many families as possible. But we're excited this building will give us much more space to serve many more families when they need us."

The hospital currently has 43 patient rooms dedicated to labor and delivery and postpartum services. When the Love Family Women's Center opens, that number will increase to a total of 73 patient rooms.

The four-story, 175,000-square-foot building will feature an obstetrics emergency department and the state's first hospital-based low intervention birthing unit staffed by certified midwives. It will also serve as a hub for services designed for women of all ages, including women's surgical recovery and physical therapy.

Three large caesarean section suites in the women's center will connect to the hospital on the first floor via the existing hospital surgical suite. This strategic design allows for quick, safe access to additional services if medical emergencies occur

during delivery.

Postpartum rooms will be on the third floor of the women's center and connect to the hospital via a skybridge. This allows moms of babies needing a higher level of care to have direct elevator access to the existing neonatal intensive care unit on the fifth floor of the hospital.

A large conference center will host support groups and classes on everything from childbirth and infant care to CPR and more.

"What makes this building so special is the love and support from our community that made it all possible," said Lori Cummins, vice president of development at Mercy Health Foundation Oklahoma. "They say it takes a village to raise a child. With more than 40% of this project funded through donations, it's taken a village of generous people across Oklahoma and the country to make this longtime dream a reality."

The Tom and Judy Love family, for whom the center is named, gave a \$10 million lead donation to kick off the project, inspiring another \$33 million total in donations toward the Love Family Women's Center.

Crews have worked a total of 86,400 hours at the project site over the last 16 months.


"We know this facility will have a tremendous impact on the women and children in our Oklahoma City community and our team is proud to be a part of it," said Scott Johnson, senior project manager at JE Dunn Construction, construction manager of the project.

Fun facts about construction so far:

- 1.9 million pounds of structural steel make up the frame of the building
- 500,000 pounds of reinforcing steel
- 6,600 cubic yards of concrete, equivalent to about 17 miles of sidewalks
- 230 miles of electrical wiring; approximately the distance from Mercy Hospital Oklahoma City to downtown Dallas
- 50 miles of electrical conduit
- 17 miles of mechanical piping
- 250,000 pounds of ductwork
- 200,000 bricks
- 600 plumbing fixtures

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• All registrants will receive a Quit Guide

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TSET Health Promotion Research Center Expands Their Team



Katelyn Romm, Ph.D. is a new faculty members at TSET Health Promotion Research Center at the University of Oklahoma Health Sciences Center.

Three faculty members have joined the TSET Health Promotion Research Center at the University of Oklahoma Health Sciences Center: Katelyn Romm, Ph.D.; Erin Vogel, Ph.D.; and Meng Chen, Ph.D.

Romm comes to HPRC from George Washington University Milken Institute School of Public Health. Her research aims to identify factors that predict substance use initiation, escalation and cessation to inform prevention and cessation efforts among individuals at greatest risk for such use, including youth and young adults, as well as minoritized populations.

Vogel comes from University of Southern California Keck School of Medicine. Her research examines psychosocial influences on youth tobacco use and the use of digital tools and social media to address tobacco and other substance use among priority populations, including youth and the LGBTQ+ community. Her research program employs experimental, observational, and qualitative methods to address health disparities and emerging trends in technology and tobacco product use.

Chen joins the HPRC from University of California, Davis. Her research focuses on using computational algorithms for dynamic model fitting and the development and use of flexible dynamic models in behavioral sciences. She will work with HPRC faculty by providing biostatistics support and assisting with research study design.

According to Darla Kendzor, Ph.D., co-director of the HPRC, "These talented new additions to our team will enhance our ability to address tobacco and substance use across the state. Their research offers a focus on youth and young adults, and other at-risk populations along with advanced biostatistical expertise. Their skills offer a valuable complement to the expertise of our current faculty."

The HPRC receives funding from the OU Health Stephenson Cancer Center via an NCI Cancer Center Support Grant (P30CA225520) and an Oklahoma Tobacco Settlement Endowment Trust contract (R23-02).

OU HEALTH STEPHENSON CANCER CENTER

OU Health Stephenson Cancer Center is Oklahoma's only National Cancer Institute-Designated Cancer Center. Stephenson Cancer Center is one of the nation's elite centers, representing the top 2% of cancer centers in the country. It is the largest and most comprehensive oncology practice in the state, delivering patient-centered, multidisciplinary care for every type of cancer. As one of the nation's leading research organizations, Stephenson Cancer Center uses the latest innovations to fight and eliminate cancer, and is currently ranked No. 1 among all cancer centers in the nation for the number of patients participating in clinical trials sponsored by the NCI's National Clinical Trials Network. For more information, visit stephensoncancercenter.org.

OSDH Moves to Next Phase in the Monkeypox Vaccine Rollout

The Oklahoma State Department of Health (OSDH) is expanding eligibility for the JYNNEOS vaccine starting Monday, Oct. 3.

Those newly eligible include:

Any person diagnosed with syphilis in the previous 12 months

Any partner of an individual who has been diagnosed with syphilis in the previous 12 months

The JYNNEOS vaccine is a two dose vaccine series, with the second dose given 28 days after the first.

"It is important that individuals schedule and come back for their second dose of the vaccine to become fully vaccinated," said Jolianne Stone, the State's Epidemiologist. "We know there can be some side effects from the shot, like discoloration or itching at the injection site, but most side effect are self-limiting and will go away in time."

According to a recent report released by the Centers for Disease Control and Prevention (CDC), HIV infection and sexually transmitted infections (STIs) are more prevalent among individuals with monkeypox.

Data show Oklahoma has seen a continuous increase in syphilis infections.

"We want Oklahomans to know that testing for syphilis and other STIs can be done free and confidentially at any local county health department," said Terrainia Harris, director of the OSDH Sexual Health and Harm Reduction Service. "In order to stop the spread and keep residents healthy, it is imperative Oklahomans seek STI testing."

If an individual believes they meet the JYNNEOS vaccine criteria they can contact their local county health department, call 211 option 8 or talk with their trusted healthcare provider.

For more information on monkeypox or to view the full list of criteria, visit Monkeypox.

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Situation Update: COVID-19

New Cases 7 Day Average	464
New Cases Week of 9/18/22 - 9/24/22	3,251
Active Cases	7,580
Active Cases	7,580
Total Cases	1,196,529
CDC/NCHS Provisional Deaths	16,906
Acute Care OSDH Licensed Facilities/Location**	Recent 3 day Ave. Hospitalizations
	Cases (ICU)
Region 1 (NW)	5 (0)
Region 2 (NE)	10 (1)
Region 3 (SW)	24 (3)
Region 4 (EC)	16 (3)
Region 5 (SE)	6 (1)
Region 6 (Central)	15 (1)
Region 7 (Tulsa)	55 (20)
Region 8 (OKC)	76 (13)
Total	207* (42)
Other Types of Facilities	
Focus Facilities	7 (2)
Rehabilitation Facilities	0 (0)
Tribal Facilities	2 (0)
Other Facilities Total	9 (2)

*Includes 20 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 2022-09-29 at 7:00 a.m.

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Nerve Renewal
NEUROPATHY CLINIC

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

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