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ON PAGE 5**



## A smile for encouragement LPN knows what patients need

As a home health LPN, Blanca Rubio knows that patients need education for complex medical needs.

by James Coburn, Staff Writer

When Blanca Rubio answers patients' phone calls at Accentra Home Health & Hospice in Edmond, her patients immediately recognize her voice.

"They say, 'Oh, it's Blanca,'" said Rubio, LPN. "We've got a good relationship."

As with many home health nurses, Rubio loves that the nursing staff has ample time to know their patients well. Rubio brings a cheerful smile to conversation.

She serves as a triage nurse available at all hours and helps in the field. She gets to provide intravenous therapies, wound care, injections and lab work.

"We get to do so many skills," she said.

She began her career journey at the same home health and hospice location in 2009 as a home health aide. Rubio volunteered in nursing homes at age 15 when she was a student at Del City High School doing their vo-tech program. It was then when she achieved her CNA license by age 17.

She continued her home health aide work while studying to become an LPN 11 years ago, and graduated from the Moore Norman Technology Center, located in Norman.

"Once I got into home health, I wanted to

See RUBIO Page 2

## INTEGRIS Health Hospice Holds Special Pinning Ceremony for Veteran



U.S. Army Air Corps and U.S. Air Force veteran, Staff Sergeant Bobby J. Hester.

INTEGRIS Health Hospice recently honored U.S. Army Air Corps and U.S. Air Force veteran, Staff Sergeant Bobby J. Hester in a pinning ceremony at his home. As a participant in the We Honor Veterans program, INTEGRIS Health Hospice recognizes and acknowledges those who have honorably served our country.

INTEGRIS Health Hospice caregivers gathered with the family to honor Hester for his service with a message of gratitude and honor. Former military service members Sherri Cote and Tim Zimmer followed with a military salute.

"Too often, previous generations of servicemen and women were never told how grateful we are as citizens and as a country for

See PINNING Page 3



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## RUBIO

Continued from Page 1

stay in it," Rubio said. "I love the nurses and everyone that's been here. I love the patients and the owners. We've transitioned a few times with different owners. We have a lot of longevity of people working for a long time. They're like my family."

She said the past couple of years has been difficult with the loss of several patients' lives because of COVID. Family members call when they need help.

One of her long-term patients was apologetic when calling Rubio recently at 2 a.m. She was grateful that Rubio responded with home health services.

"We try not to go out in the middle of the night but if it's an emergency we need to be there," she continued. "I'm always on call, too, and usually available. I tell patients all the time to just call me."

Rubio said she is also her family's nurse, too. She has a son. When Rubio arrived at a woman's home recently, her patient had prepared a bag full of snacks and a drink for him.

"It was sweet of her to ask about my son," she said. "You really get to know one another. You've got to keep them out of the hospital."

Home health patients do not drive, so they enjoy their weekly visits of 30 minutes to an hour of care and conversation with a member of the nursing staff.

"I've spent two hours before with a patient. Especially with COVID, family members weren't able to visit," Rubio said.

Her time is used wisely while providing a lot of education. Rubio said physicians may give their patients written educational material. Rubio mentioned that she often hears patients mentioning that their doctor never told them about something.

"That's what we're there for — the educational part — to make sure they're understanding, following up and continuing their education," Rubio said.

Some people don't know about when to ask about home health. With any new diagnosis, it can be difficult to understand and incorporate a new medication. People often take more than one and can forget whether they took a pill.

"It's really great to have a

nurse there to teach you how to take the medication, teach you about your new diagnosis, heart failure. Heart failure is scary," she said.

Patients coping with heart failure might not understand the problematic symptoms of disease to look for. At times they don't want to call their physician's office when thinking their doctor is busy.

"That's what home health is for," Rubio said. "We're able to educate on those things, not only for the patients but their family members. They also need to understand what to look for and when to call, because our hospitals are full right now."

Rubio has responded to patients in their 20s or 30s. Often, a younger patient will have cancer. So, Rubio reinforces the family members' educational needs about caring for their loved one.

Diabetes management is another reason families inquire about home health. Accentra offers a lot of diet and nutritional education.

"Carbs are a big thing. A lot of people do not realize how much sugar is in their foods," she said. "We make sure they know how to read the nutritional labels and what to look for when they make those choices."

It's easy to grab convenient foods. But too much sugar impacts the body's long-term health. Diabetes may lead to kidney failure which changes the structure of the heart. Diabetes can deteriorate a person's vision, too.

"So education is a big thing," she said.

Rubio's altruistic spirit doesn't stop there. She has even taken in two dogs and helped them find new homes when a patient has passed away. She also likes to paint nature scenes and give them to her patients. And, she is helping her sister-in-law who recently formed the nonprofit Legacy for Love Foundation, a group to feed the homeless population of Oklahoma City.

"We did our first fundraiser and were able to feed 100 of the homeless. Just with home health I've seen how many people need help, so this is another way of giving," she said. "I think we're going to try to give them blankets next month."

To learn more about Legacy of Love Foundation, please do a search on Facebook or visit <https://www.facebook.com/LegacyofloveOK/about>.





U.S. Army Air Corps and U.S. Air Force veteran, Staff Sergeant Bobby J. Hester was honored in a pinning ceremony at his home.

## PINNING

Continued from Page 1

their sacrifices," shares Amanda Blankenship, hospice volunteer coordinator. "We want this veteran and his loved ones to know how thankful we are for his service."

Hester served his country well for eight and a half years, fighting in the South Pacific with the 312th Army Air Corps Bomb Group during World War II. He later aided the Air Force during the Korean War while stateside. For his combat military service, he received the Philippine Liberation Ribbon and the Bronze Star.

The dictionary defines honor in two ways. As a noun, honor means one whose worth brings respect or fame. As a verb, honor means to give special recognition. Hester is an honor to our country for his sacrifice and service; INTEGRIS Health Hospice considers it a privilege to honor him.

Along with the Veterans Honor Pin, INTEGRIS Health Hospice

presented Hester with a Certificate of Recognition for military service to America and for advancing the universal hope of freedom and liberty for all. He was also presented with an embroidered star, cut from a retired American flag with the accompanying message:

*I am part of our American flag that has flown over the USA. I can no longer fly. The sun and winds caused me to become tattered and torn. Please carry me as a reminder that **you are not forgotten.***

The American flag symbolizes hardiness, valor, purity, innocence, vigilance, perseverance, justice – and freedom – freedom fought for and preserved for each of us by veterans like Bobby J. Hester.

A member of the National Hospice and Palliative Care Organization, INTEGRIS Health Hospice offers veteran pinning ceremonies to all its eligible patients. For more information about this service, contact Amanda Blankenship at 405-848-8884 or [amanda.blankenship2@intgrisok.com](mailto:amanda.blankenship2@intgrisok.com).

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# CAREERS IN NURSING:

## AN ATTENTIVE NURSE: RN ADMIRES TEAMWORK AT SSM HEALTH ST. ANTHONY - MIDWEST

by James Coburn - staff writer

Being an ICU nurse gives Kristi Shockley, RN a comprehensive understanding of each patient's diagnosis in her unit as a registered nurse at SSM Health St. Anthony Hospital - Midwest.

"I also enjoy the learning opportunity. Every patient is different," Shockley said. "They have different things going on that sometimes I've never seen before."

Most of her patients she cares for are sedated and are on mechanical ventilators, but some are alert, she said.

"I always enjoy being able to talk to them after they've gone through the worst of it. It's rewarding to talk to them and understand what they have endured for the past few days or weeks — however long."

She encourages her patients that participating in physical and occupational therapies can lead them to recovery whenever possible.

"What I admire the most is definitely the teamwork," she said. "Everybody is willing to help one another and lend a hand."

A common thread she has found in working in several ICU units is that there has always been a helpful hand when needed.

"With the team here I've never been told no when asking for help with anything," Shockley said. "Everybody listens about concerns. Our managers are fantastic in listening to our concerns and doing what they feel is best for the unit. It's hard to make everybody happy, but here I definitely feel they've made the efforts."

SSM has been one of the best healthcare facilities that she has encountered as a nurse.

"They definitely try to make sure we are well staffed, and we have all the tools that we need to complete our job and doing things efficiently," she said.

Shockley said being an ICU

nurse requires a strong personality when working in high acuity situations, she continued. And when she is not at work, Shockley keeps herself busy by gardening and working out for stress relief.

Nurses all have memorable experiences. Shockley recalls a patient at another hospital who was diagnosed with COVID-19 and had a baby there.

"She ended up defying all the odds. The baby defied all the odds, and I was able to take her to see her baby for the first time after she went through all that for months. I feel like that was very rewarding. That's one memory that definitely sticks out for me."

She also looks forward in life. She is currently advancing her education to become a nurse practitioner by being in an acute care program. Her present goal is to stay in acute care as an advanced practice nurse. She is studying online with the University



of South Alabama. She is halfway through the program and will graduate in December of 2023.

"Once I graduate, I might change my mind, but as for right now I enjoy the ICU," Shockley said. "I enjoy the acuity and how it keeps me on my toes."

Shockley is a nursing school graduate of Oklahoma City Community College and earned a Bachelor of Science degree at East Tennessee State University. She has been with SSM since March but worked with them previously in 2020-21.

Nursing is a great career field to be encouraged, she said. However,

See SHOCKLEY Page 5



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Kristi Shockley, RN admires teamwork at SSM Health St. Anthony Hospital

## SHOCKLEY

Continued from Page 4

nurses encounter things that most people will never experience in life. Many diverse opportunities excel in nursing.

"There are so many opportunities to grow and advance your career with nursing," she said.

Having been a nurse has helped Shockley understand there are hidden struggles in life that people experience. It could be somebody passing by at the grocery store.

"They could be dealing with a certain diagnosis. You don't always see that when you are just passing by at the store or on the street," she said.

SSM also seeks to honor a nurse for exceptional care by offering the Daisy Award.

The Daisy Award is destined for a nurse that exceeds their

normal duties in the profession and deserves special recognition. Guests, patients, nurses, providers and employees are invited to nominate a deserving nurse who has made a meaningful difference in patient care. For more information about the nomination process for the Daisy Award, go to [www.ssmhealth.com/resources/patients-visitors/daisy-award](http://www.ssmhealth.com/resources/patients-visitors/daisy-award).

The medical group continues to grow while many providers have joined SSM Health. SSM Health St. Anthony Hospital – Midwest was purchased in April of 2021 along with those Midwest City clinics.

SSM Health St. Anthony Hospital – Midwest recently celebrated the 60th anniversary of its original building in Midwest City.

Staff, visitors and community leaders enjoyed cake and punch during the come and go celebration to honor the hospital's legacy.

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(AS PUBLISHED IN THE 2022 EDUCATION GUIDE TO NURSING)

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embody the philosophy of the School of Nursing, which can be summarized in the words **"THINK. DO. LOVE!"**

*"To be a part of the SNU School of Nursing is to be part of a family. There are many great characteristics that the SNU SON encompasses. The faculty advocate for students and make us feel valued. We are fortunate enough to attend a nursing program that not only helps us become great nurses, but also well-rounded people. I feel confident that my education at SNU has equipped me to serve others and lead in love. There is so much compassion that is felt while attending the SNU School of Nursing."* ~ Student Nurses' Association President and Senior Nursing Student, Ciara Lackey.

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A collage of images showing nursing students in various settings. The collage is composed of several hexagonal and rectangular photo cutouts. One photo shows two students looking at a laptop. Another shows a student working in a lab. A central photo shows a group of five female students in white lab coats, some with stethoscopes, smiling and posing together. Other photos show individual students in clinical or classroom settings. The background of the collage is a deep red color with white geometric shapes.



# Integris make practice transition easier

Without a doubt, the first year of a nurse's career can be one of the most stressful.

With so many questions from daily practice to advancement of skills to self-care where is a new nurse to turn?

Integris Health realizes that first-year may be difficult. That's why there's a nationally-accredited Nurse Residency Program in place to not only ease the transition to practice but to help you thrive.

"We try to help them recognize they aren't going to know everything right out of school and that's OK," said Sandy Hill, MSN, RN, NPD and Integris manager for Transition to Practice. "We're going to help them get there. We also help them learn about their specialty or population-specific patients they are caring for because in some settings they don't get a lot of experience in specialty areas during school."

Transitioning to RN practice can be difficult and evidence supports

Nurse Residency programs increase retention and job satisfaction among newly graduated RNs.

That's why Integris Health hosts a year-long Nurse Residency Program for RN graduates and those with less than six months of licensure as an RN.

The Nurse Residency Program is an expanded orientation designed to help the new RN graduate make a smooth transition from student to a professional member of a healthcare team. This program is designed to help nurses more fully contribute to delivering the Most Challenging Healing.

"There are other people like you in the same situation and there are resources we can direct you to if you are starting to feel overwhelmed or uncertain," Hill said. "The nurse residency does focus not only on the skills but also on that emotional and wellbeing journey in what I consider probably the hardest year of your nursing career."



Recently the Integris Health Nurse Residency Program was awarded Accreditation with Distinction as a Practice Transition Accreditation Program (PTAP) by the American Nurses Credentialing Center (ANCC). Left to Right: Kerri Bayer, MSN, RN-CNL Chief Executive Nurse INTEGRIS Health; Sandy Hill, MSN, RN, NPD, Manager, Transition to Practice; Lisa Benfield, MSN, RN, NPD Supervisor, Transition to Practice.

Hill has been with the nurse residency program since 2007, giving Integris the distinction of having one of the longest-running residency programs in the state.

"I think we're doing a good job with that," Hill said. "I think we really are helping them learn the practice of nursing not just the tasks of nursing. We can see that our retention has improved because they are feeling more comfortable in their role."

"I think it has helped with retention in the profession and in our facility."

Recently the Integris Health Nurse Residency Program was awarded Accreditation with Distinction as a Practice Transition Accreditation Program (PTAP) by the American Nurses Credentialing Center (ANCC). The distinction is the highest recognition awarded by the ANCC's Accreditation Program.

With the ongoing Covid pandemic, nurses entering the profession are faced with obstacles many of their

predecessors never had to face. That's why special importance is placed on taking care of the whole nurse.

"The wellbeing and resiliency portion of what we try to encourage and try to provide resources for has increased during Covid," Hill said. "We also have in place some nurses where transition to practice is their title and those nurses are specifically for those new grads right after they come off orientation with their preceptor... to help continue to support them."

"We've seen that really blossom and take off as a much-needed and appreciated role."

Hill said the transition-to-practice nurses are available to round on their new nurses and provide an extra set of eyes or simply serve as a sounding board for what the new employee is going through.

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# WWII VETERAN PROVES MOVEMENT IS MEDICINE TOO

It's not often that you bump into a World War II veteran and even less often you find one still hitting the gym, but 101-year-old Burrel Gambel is proving every week that you are never too old to work out.

Several times a week, you will find Gambel working out at Valir Physical Therapy in Chickasha. That's right. Gambel works out at the same place most people go to rehab from surgery, illness or injury, but he does it to hopefully avoid all of those things.

"I've always believed in exercise and the use of my muscles," Gambel said.

So, several times a week, he makes his way to Valir PT and hits the workout machines.

"You can almost guarantee he's going to be here two or three days a week working out," said Valir Physical Therapist Drake Morris.

The retired Lieutenant Colonel is a rare treasure — one of a dying breed. Gambel is one of the 16 million Americans who served in World War II. Only 167-thousand WWII veterans are still alive today, according to the U.S. Department of Veterans Affairs.

He was a bomber pilot in both WWII and the Korean War, training other pilots as well. Gambel moved to Chickasha after retiring 50 years ago and has found a home-away-from home at Valir PT. The clinic offers a Wellness Program for former patients and community members, like Gambel.

"It's a semi-supervised environment. They can ask us questions," Morris said. "The ones that really seem to take advantage of it are the elderly population, just because they don't want to go to the gym. They'd rather come in here. It's a little less hectic



Burrel Gambel works out at Valir Physical Therapy, in Chickasha. Gambel focuses on improving his upper body and leg strength.

environment."

Gambel works out his upper body and his legs. The Wellness Program gives him access to all the equipment at Valir PT.

"I think he's a great example of what a normal wellness program can do for you," said Morris. "It keeps you in good health. It keeps

you where you can stay strong you don't have the risk of falls that people do when they get older."

Gambel looks and acts years younger and plans to do all he can to stay healthy and active as long as possible.

See GAMBLE page 11

13TH ANNUAL

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an honor to present the first PHIL Award in the State of Oklahoma to Kat — it is well deserved.”

At Oklahoma Children's Hospital OU Health, staff blends years of training with education, research and technology to improve the lives of women and children throughout the region. Oklahoma Children's Hospital was named one of the Top 50 Children's Hospital for Pediatric Cardiology & Heart Surgery and Pediatric Gastroenterology & GI Surgery by U.S. News & World Report in its most recent rankings. The Oklahoma Children's Hospital neonatal intensive care unit provides the highest level of newborn care in Oklahoma. An embedded service within the Oklahoma Children's Hospital is the Women's and Newborn Service, which is a regional referral center for the state, providing prenatal and delivery care for pregnancies ranging from low-risk to the most complicated. Oklahoma Children's Hospital is also home to the only 24/7 pediatric emergency room in Oklahoma City. With a family-centered approach to healing, Oklahoma Children's Hospital offers resources from pet therapy to child life specialists who help families cope with hospitalization and illness. From advanced surgical services to general pediatrics, oncology care and more, Oklahoma Children's Hospital provides cutting-edge research and treatments through hospital-based and outpatient services. To learn more, visit [oklahomachildrens.org](http://oklahomachildrens.org).

Registered Respiratory Technician Kat Arteaga. photo provided

Oklahoma Children's Hospital OU Health Registered Respiratory Technician Kat Arteaga has been named the recipient of The PHIL Award for 2022. The annual award is part of The FACES Foundation's program to recognize exemplary respiratory care.

The PHIL Award is the only nationally recognized hospital-based program that honors outstanding respiratory therapists. This is the first PHIL Award given at Oklahoma Children's Hospital and the first in the state of Oklahoma.

Arteaga was nominated by patients, families and peers who recognized her consistent professionalism and care for both patients and colleagues.

Jeff Campbell, MBA, RRT-NPS, director of Respiratory Care, Oklahoma Children's Hospital said, "It's important to know that this PHIL Award is not only to acknowledge Kat for her consummate professionalism, but to also recognize the great work our respiratory therapists do every day. It was



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OKNT

CROSSWORD: Acute Renal Failure

ANSWERS ON PAGE 13

Across

4. due to obstruction

6. functional unit of kidney

10. with prompt intervention

14. Patient must be kept on strict

15. increase in BUN & Creatinine

16. more than 400 cc urine output/day

18. inhibits the tubular reabsorption of Na & chloride ions

19. osmotic diuretic

22. k, phosphate, mg

24. normal is 0.5 - 1.2

25. loop diuretic

27. 75% nephrons not functioning

28. no red meat 3 days before doing

29. can be felt if you feel under ribcage

30. outer layer of kidney

Down

1. hemofiltration for unstable clients unable to tolerate HD(initials)

2. 125 cc/minute

3. normal is 5-20

5. less than 400 cc urine output/day

7. protein in urine

8. inhibits the enzyme carbonic anhydrase, acts on proximal tubules

9. rapid decline in renal function

11. bolus of fluid

12. xray

13. symptom free

17. damage due to overdose

20. due to lack of blood flow, before kidney

21. potasium sparing diuretic

23. renal dose medication

26. na, calicum

By Alice DeMonte

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**GAMBLE**

Continued from Page 8



Burrel Gambel served as a Lt. Colonel in the Air Corp, which later became the Air Force. (Photo provided by Burrel Gambel)

"A lot of people ask me what my secret is, and I tell them I think it's good genes, good exercise and a hell of a lot of luck," Gambel said.

The Valir Physical Therapy team is inspired by Gambel and honored to be of service to a man who served this country in times of war.

## U.S. News & World Report Ranks OU College of Nursing as One of the Top B.S.N. Programs in the Nation

The University of Oklahoma Fran and Earl Ziegler College of Nursing has been ranked as one of the best undergraduate bachelor of science in nursing programs for 2022-23 by U.S. News & World Report.

"We are proud of the Fran and Earl Ziegler College of Nursing U.S. News and World Report ranking," said Julie Hoff, dean of the OU College of Nursing. "For over a century, the College of Nursing has provided excellence in nursing education, and we continue to flourish as we prepare the next generation of nurses, advance practice nurses, nurse leaders and nurse scientists. We are committed to revolutionizing nursing education, research and practice to elevate the profession, drive health equity and improve health outcomes."

U.S. News & World Report, the global authority in education rankings, surveyed 681 nursing programs that met the criteria in the spring and summer of 2022, ranking the Fran and Earl Ziegler College of Nursing as No. 51 out of

more than 680 schools. The rankings are based on the average of scores from surveys of deans and other senior faculty members at nursing schools. To be considered in the rankings, schools must have bachelor's level accreditation by either the Commission on Collegiate Nursing Education or Accreditation

Commission for Education in Nursing and must have recently awarded at least 40 B.S.N. degrees.

Founded in 1911, the Fran and Earl Ziegler College of Nursing is Oklahoma's largest nursing school with five locations in Oklahoma City, Tulsa, Lawton, Duncan and Norman.



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Steven and Christina Sibley are licensed, independent Insurance Brokers. Their focus is finding the best products to insure their client's Life, Health, Long Term Care and Medicare insurance needs are fully and affordably met, both now and in retirement. With her 20 years of healthcare experience and his 20 years of financial services experience, they are ready to offer you the information and personalized service you expect and deserve. There's never any pressure, or any charge, just help.



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# Oklahoma State University named a top school for online RN to BSN program

OSU's RN to BSN has been ranked among the nation's best online degree programs by EduMed.org, which highlights programs based on overall quality, affordability and commitment to student success.



OSU's RN to BSN program ranked in three EduMed categories, including

Best Online Nursing Programs in Oklahoma, Best RN to BSN Programs Online and Best Nursing Programs Online. Just six percent of regionally accredited colleges and universities, and only eight percent of nationally accredited institutions, earned a ranking position.

"We continuously strive to provide the best educational experience for our students as we prepare them to excel in their practice at the BSN level," said Dr. Alana Cluck, director of nursing in the OSU's School of Community Health Sciences, Counseling and Counseling Psychology. "The need for online learning for these professionals doesn't dilute the quality of their education."

EduMed's rankings showcase the schools giving future nurses and allied health professionals the best chance to succeed from day one in the classroom to day one on the job. Contributing factors to the nominations include low-cost tuition, academic counseling and career placement services, student-to-faculty ratio and total of school-based financial aid. To be eligible, a school must hold active regional accreditation and have at least one partially online program in the ranking subject.

OSU's RN to BSN program is accredited by the Commission on Collegiate Nursing Education (CCNE) and can be completed in as little as 9-12 months.

Applications are being accepted now for Spring 2023. Preferred application deadline for Summer/Fall of 2023 is Feb. 1 but applications submitted after that date will be considered for admission. For more information about OSU's Bachelor of Science in Nursing (RN to BSN) program, visit <https://education.okstate.edu/>.



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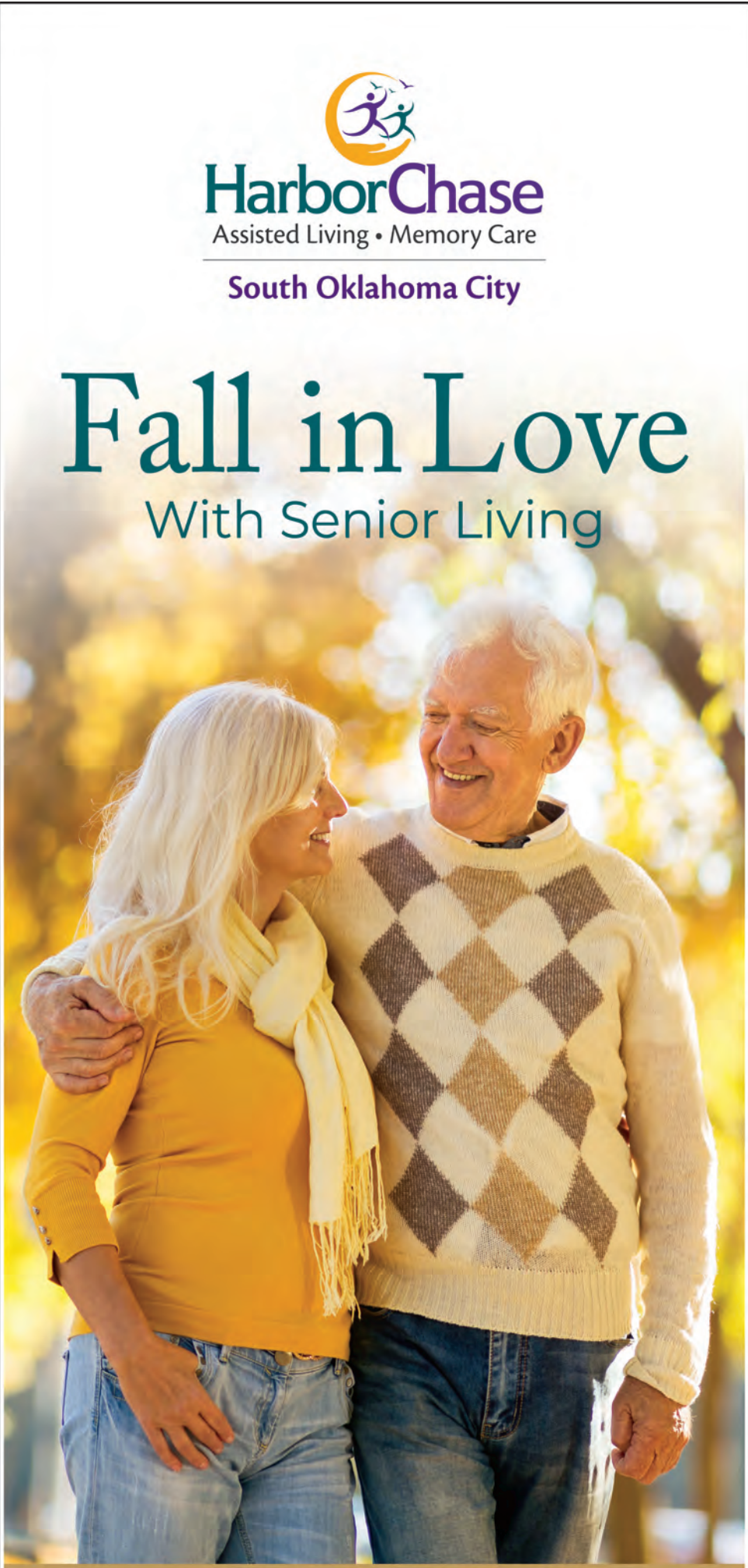
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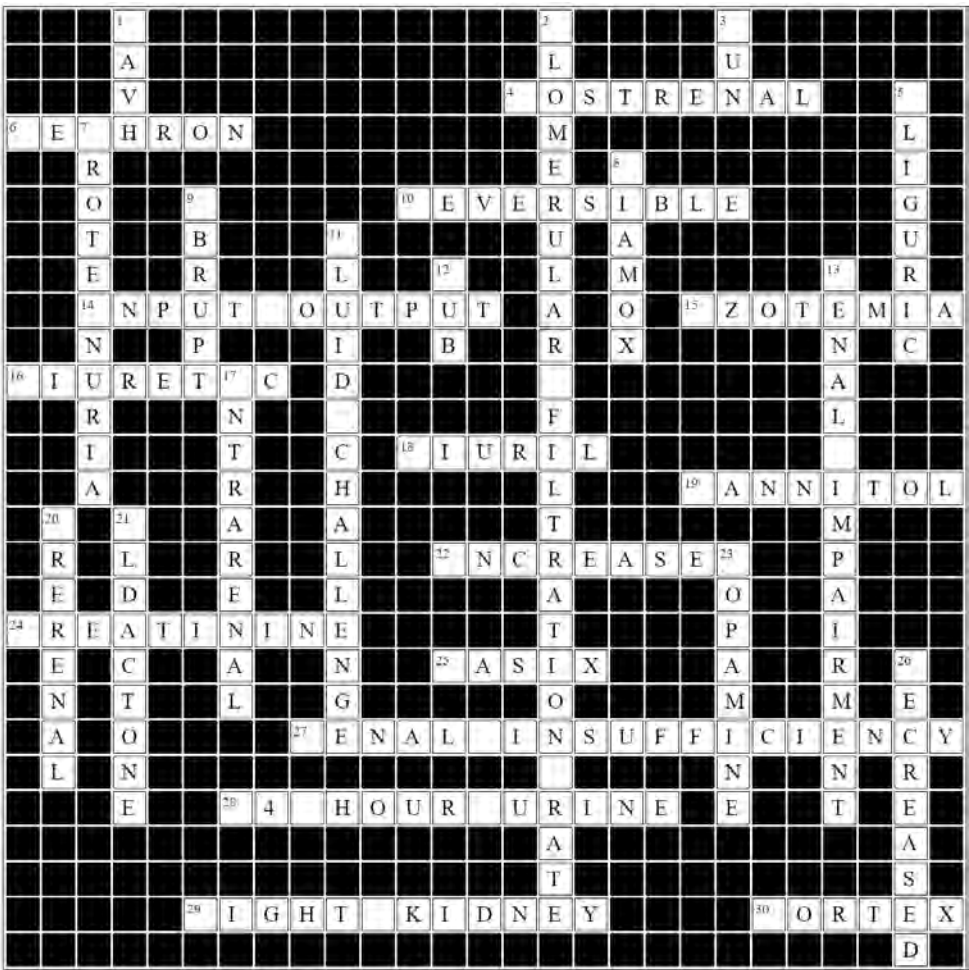
  
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