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November 21, 2022 Vol. 23 Issue 48

Information for the Oklahoma Nursing & Health Care Professional

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## OINA gives opportunity for networking, sharing stories



U.S. Department of Interior Secretary Deb Haaland, left, is pictured with Sonya Frazier, Oklahoma Indigenous Nurses Association (OINA) President. Haaland was visiting the Anadarko Riverside School in July, to collect boarding school survivors' accounts. Frazier attended the event to represent her parents who were both Indian boarding school survivors. Sonya Frazier became the first President of the Oklahoma Indigenous Nurses Association (OINA) in 2021.

story by Van Mitchell, Staff Writer

Sonya Frazier, a nurse at the Wewoka Indian from the inside out with the help of Indigenous Health Center, said 2020 was a challenging nurses. As Indigenous nurses, we are unique and reflective year for Indigenous healthcare in so many ways, not only individually but workers, their families, culture and Indigenous culturally and spiritually too. We must have a communities.

history causing deep seeded wounds to reopen," said Frazier, who is of Chickasaw and Choctaw descent. "But like with any infected wound, it organize and become the first President of will need to be cleaned with love and healed

balance of understanding of the two worlds we "It has been a reflection of our traumatic live in every day. The western world and the Indigenous world."

That reflection helped spur Frazier to

## OHA presents Excellence in Quality awards



The Oklahoma Hospital Association (OHA) presented Excellence in Quality awards to five hospitals during its recent annual convention on Nov. 9. This award recognizes exceptional efforts to improve outcomes in clinical quality performance practices, capabilities, and results and represents the highest level of professional acknowledgement from the OHA Council on Quality & Patient Safety.

Twenty-eight OHA member hospital award application submissions were scored based on their story of identification of a project specific to identified needs within the hospital, creating innovative interventions that incorporate evidencebased best practices, demonstrating measurable and quantifiable results, sustaining/spreading the success within the hospital, and stimulating learning for others.

Five award categories were recognized, four based on number of beds, and one for



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### **OINA Continued from Page 1**

the Oklahoma Indigenous Nurses Association (OINA) in 2021.

"One of my goals was to get cultural awareness started, primarily focusing on Indigenous cultures in Oklahoma," she said. "OINA was created during a time of much needed healing and to give a platform for Native Nurses to share, learn and heal together along with our Non-Native relatives. Indigenous knowledge and scientific knowledge are a restorative combination. To restore the old ways with the new ways."

Frazier, R.N., B.S.N., said she reached out to various organizations for help, and said the Oklahoma Nurses Association responded. They wanted to see what her idea was on having a platform for Native American nurses to share and learn from each other and networking.

"It was to create a platform for healing because a lot of us Native nurses are going through healing ourselves as we identify the issues that come from the health disparities," she said.

Frazier said the OINA has about 90 members state-wide, and is growing.

"We have a lot of non-Native nurses that want to be part of the Association, which we welcome because as we learn about each other's histories and culture, we are going to provide better quality care for all people," she said.

Frazier said they want to collect data on how many Native American nurses across the country.

Frazier said part of the OINA platform is to have monthly meetings, with bi-monthly speakers.

"We have a monthly Zoom meeting, and we usually have it the first Wednesday of the month, and every other month we have an Indigenous guest speaker," she said. "It is all about networking and getting information out there. It is about educating and learning from each other."

Frazier said OINA is also about continuing education and promoting the nursing profession in general.

"We encourage our Native nurses to continue with higher education," she said. "We are reaching out to our Native youth to inspire them to go into nursing or the health profession in general."

Frazier said the feedback from Oklahoma's Native American tribes has been positive about interaction with OINA.

"It has been wonderful and it has been great," she said. "The response has been great from the tribes who are ready to be part of this organization so that we can promote people to go into the nursing profession."

Part of the traumatic history Frazier speaks about with Indigenous people, is the painful past of Indian boarding schools. Fraizer said both her parents and mother-in-law are boarding school survivors.

American Indian boarding schools, also known more recently as American Indian residential schools, were established in the United States from the mid-17th to the early 20th centuries with a primary objective of "civilizing" or assimilating Native American children and youth into Euro-American culture. In the process, these schools denigrated Native American culture and made children give up their languages and religion.

At the same time the schools provided a basic Western education. These boarding schools were first established by Christian missionaries of various denominations.

The missionaries were often approved by the federal government to start both missions and schools on reservations, especially in the lightly populated areas of the western United States.

In the late 19th and early 20th centuries especially, the government paid religious orders to provide basic education to Native American children on reservations, and later established its own schools on reservations.

The Bureau of Indian Affairs (BIA) also founded additional offreservation boarding schools based on the assimilation model. These sometimes drew children from a variety of tribes. In addition, religious orders established offreservation schools.

"The boarding schools were forced upon our people that caused a lot of the assimilation and mental health issues, alcoholism and disparities overall," Frazier said. "Indigenous nurses have always been and still are the natural healers of their communities. To address the inequalities related to Indigenous communities and health will always begin with knowing and understanding the history (of boarding schools)."

For more information visit https://ona.nursingnetwork.com or on Facebook at Oklahoma Indigenous Nurses Association.

### OHA **Continued from Page 1**

innovation.

"The goals of the awards are

best clinical practices, challenges, and successes among Oklahoma hospitals, and stimulate innovation, knowledge learning achieving clinical quality and safety to recognize outcomes in clinical in health care among member performance practices, hospitals," said Patrice Greenawalt, capabilities, and results, share OHA clinical initiatives manager.

2022 awardees for Excellence in Quality are:



Critical Access Hospital and Under 25 beds:

### Fairview Regional Medical Center

Project Title: Patient Fall Reduction for Med/Surg UnitSubmitted by: Sarah-Marie Gerard, RN, BSN



26-100 beds:

Jackson County Memorial Hospital, Altus

Project Title: Clostridioides Difficile: Appropriate Testing, Treatment, and Teaching

Submitted by: Shelley Simmons, chief nursing officer



101-300 beds:

Oklahoma Children's Hospital at OU Health, Oklahoma City

Project Title: Pressure Injury Awareness: A Multi-Disciplinary Approach to Tracking, Treatment, and Reduction

Submitted by: Kristi Booker, director of quality



More than 300 beds:

OU Health University of Oklahoma Medical Center, Oklahoma City

Project Title: VTE Reduction in an Academic Level 1 Trauma Center

Submitted by: Todd Roberts, vice president of quality & patient safety



Innovation in Demonstrating Clinical Quality and Patient Outcomes:

### Norman Regional Health System

Project Title: Reducing Delirium Complications in the Hip Fracture Population Utilizing ED Pain Blocks Submitted by: Cathy Snapp, orthopedic program administrator

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# CAREERS IN NURSING: SPARK OF HOPE: LPN HELPS BRAIN INJURY PATIENTS

by James Coburn - staff writer

Renee Norton, LPN, loved her clinical work at Valir PACE during nursing school five years ago when attending Platt College in Oklahoma City.

"As soon as I came here, I applied. I knew I was going to come here and work," said Norton, who works with rehabilitating brain injury patients. "I guess I like that there are always different patients. There are always different things to learn that I'm not going to learn anywhere else."

Norton said she found a Valir PACE nursing staff who listens to their patients and makes sure every patient knows that they matter.

PACE stands for Programs of All-Inclusive Care for the Elderly. Valir PACE utilizes a team-based care approach providing a personalized, comprehensive healthcare plan to those without access to quality healthcare. It provides a clinic and gym and offers speech therapy, occupational therapy,

physical therapy, medicine and counseling under the guidance of doctors, nurses, social workers, and therapists. A daycare center offers meals for those in need.

Valir PACE navigates them to be the strongest they can. They learn how to remain safe at their personal best.

Norton strives to do her duty well and thoroughly as she responds to the needs of patients. This makes her day go smoothly. Patients generally stay at Valir PACE for seven to 10 days, she said. But a brain injury usually requires more time, she added. Patients may have hit their head, been in a vehicle collision or had a stroke, among other causes that have altered their brains.

Processing stimuli can overwhelm patients with a brain injury. Lighting and sound are set at a minimum in the brain injury rehabilitation unit. Even the hallway lights are set low. Reducing

sensory stimulation has a calming effect as patients can focus on getting better in an environment of reduced stress. Patients are able to respond better to therapy. And step by step, Norton begins seeing her patients heal.

"I like to see their advancement. That's the best part, seeing the difference in how well they're doing," Norton said.

Norton said patients living with a traumatic brain injury will get the best care possible at Valir PACE

"I feel like you're not going to find that anywhere else but here," she said. "You're not going to get the care that you get here. It's going to help the patient advance more than anywhere else."

Her care provided to each patient is unconditional regardless of what they might have done in the past. It's important to show respect to each patient, she said. Everyone is equal.

"I feel the biggest thing is probably listening," Norton continued.

She remembers that she has always been attentive to the needs of others, a quality that drives her nursing career. Her altruism became more pronounced by having a special needs daughter. Doctors told her that her daughter would not survive beyond age 2. But she lived until she was 17, Norton said

"She had a lot of bad nurses and a few that were really good," said Norton, who vowed to become a good nurse for positive change. "When she passed away, I felt lost, and I feel like it saved me to become a nurse. I liked the fact that I was doing something greater than just taking care of myself. And once I became a nurse I just started feeling better again. I like helping people — I like giving

See NORTON Page 5



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Renee Norton, LPN, has found her niche by helping patients recover from traumatic brain injuries.

## NORTON Continued from Page 4

them hope — I like letting them know that they're important and they can do this."

Valir PACE is like family for

"I really want people to know that they matter, and that you're not just another person," she said.

So, she approaches each patient with love. Patients who have had a stroke may not understand what has happened. She knows they have questions but may not be able to speak. Norton will tell them that she had a stroke. It took her a long time, but she got past it, she says. Norton reassures them that she is here for them, and their inability to speak is normal.

"You're helping them because

they don't want to be there," Norton said. "They're embarrassed and you want to help them get better. I always tell them it's okay, 'We're going to get past this point. It gets better."

When at home, she has a day of zoning out. Norton said she is more like that as she has become older.

"I give out a lot, so I have to regroup," she said. "But that's what I want to be so I'm okay with that."

For more information visit: https://www.valir.com/ .





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(AS PUBLISHED IN THE 2022 EDUCATION GUIDE TO NURSING)

## RSU Building Legacy of Compassionate Nurses

The RSU Department of Health Sciences offers programs in nursing and pre-allied health fields. Nursing programs include the Traditional BSN in nursing, leading to RN licensure; the RN2BSN online program which allows registered nurses with an associate degree to complete a bachelor's degree; and the bridge to Traditional BSN entry for LPNs or paramedics to earn their bachelor's degree. Allied Health sciences options include pre-athletic training, prephysical therapy and pre-occupational therapy. The Masters of Business Administration (MBA) program at RSU now offers a concentration in Healthcare Management.

With a history of over 40 years of academic excellence, RSU's nursing program provides academic rigor and a reputation that gives RSU graduates an edge in the competitive job market. Upon graduation, RSU nursing graduate NCLEX pass rates exceed the state and national average. Approximately 95% of students report having obtained an RN position before graduation. These outcomes are credited to a quality curriculum, caring and dedicated faculty. RSU's nursing faculty have more than 130 years of experience in both

academic teaching and practical experience. Several low and high-fidelity laboratories are utilized to provide hands-on learning so that students are well-prepared to deliver safe, high-quality nursing care in a variety of settings.

Students interested in attending medical school, complete their undergraduate studies in medical/molecular biology. RSU's biology program has seen more than 150 students move on to professional schools pursuing medical and healthcare careers.

RSU consistently earns national recognition for affordability, both for traditional classes and its online programs. The university is consistently recognized for having one of the region's lowest student debt load with nearly half of its graduating class earning a diploma without any student loan assistance.

The Traditional BSN and the RN2BSN online programs received full accreditation by the Accreditation Commission for Education in Nursing (ACEN) last year. Being the only public residential university in the metropolitan Tulsa area, RSU gives students a traditional college experience. With the university's



proximity to Tulsa, RSU is strategically positioned geographically, fiscally and reputationally to be Oklahoma's first choice in BSN education.

RSU is committed to building a a campus tour, visit www legacy of compassionate and virtuous nursing or call 918-343-7631.

nurses who advocate for their patients and serve the community for years to come. For more information about RSU's nursing programs or to schedule a campus tour, visit www.rsu.edu/nursing or call 918-343-7631.



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\*Length of time required to complete degree will vary depending upon student's transfer credits.

### **CONTACT INFO**

Dr. Amy Richards | arichards@rsu.edu | 918-343-7641 Dr. Marla Smith | marlasmith@rsu.edu | 918-343-6887



(AS PUBLISHED IN THE 2022 EDUCATION GUIDE TO NURSING)

# Health Care Training is a Core Area of Francis Tuttle

Among the most highly regarded of the many career training programs offered at Francis Tuttle Technology Center are those in the health sciences. From programs for adults looking for a new career, to those designed to prepare high school students to earn a living while exploring other health career options, there are many available to choose from to help people who are considering pursuing a career in the helping professions of health care. Francis Tuttle has experienced faculty who have worked extensively in the industry, with state of the art equipment used in health and medical facilities throughout the metro area and around the country, and a dedicated focus to help fill a looming skills gap. Below is a brief description of each of Francis Tuttle's program offerings.

The **Pre-Nursing** program for adult and high school students is an exciting opportunity to begin exploring a health care pathway and see what careers are available with additional training. Students gain knowledge about the broad spectrum of health professions. Through the program,



students can obtain certification as a Nurse Aide (CNA) and an Advanced Unlicensed Assistant (AUA).

The unique Respiratory Care program for adult students works cooperatively with Oklahoma City College, whereupon Community completion, students receive a Certificate of Completion from Francis Tuttle and an Associate of Applied Science degree from OCCC. Students are trained to assist with the treatment of individuals with pulmonary and cardiac disorders, and obtain eligibility to take the national examinations to earn a Registered Respiratory Therapist (RRT) credential and apply for an Oklahoma Respiratory Care Practitioners License.

The **Practical Nursing** program prepares adult students to provide quality health care in a variety of settings. Three enrollment options are available to best fit student needs: full-time, blended online, and the 1+1 program. Upon completion, students are eligible to take the National Council Licensure Exam (NCLEX) to become a Licensed Practical Nurse (LPN).

The unique Orthotic & Prosthetic Technician program, along with certification in Pedorthics, each for adult students, is a hands on program to prepare students to assist the disabled by fabricating the orthopedic braces (orthoses) and artificial limbs (prostheses) necessary for their rehabilitation. Pedorthics offers

specialized training to manage comprehensive pedorthic patient care for all injures and pathologies involving patient feet. Upon completion of the program, students are eligible to take the American Board of Certification (ABC) national certification exam to be recognized as a Certified Technician in Prosthetics and Orthotics (CTPO). After training and one thousand hours of work experience, students may take the Pedorthic Certification Exam (ABC or BOC) to be a Certified Pedorthist (C.ped).

The Dental Assisting program prepares adult students to become members of the dental health care team. Dental assistants have the opportunity to enhance the efficiency of the dentist in the delivery of oral health care. Upon completion of the program, students can obtain certification as a Dental Assistant (CDA).

Each program offers the potential for a high paying career and Francis Tuttle is dedicated to serving the growing demand for a highly qualified workforce in the health care industry. If you're interested, or know someone who is looking to expand their horizons through the expanding field of medical care, check out these and other programs at www.FrancisTuttle.edu and get started on your future today!

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## Foundation leads first-in-nation effort to save lives of Oklahoma public school children suffering asthma emergencies

Brendon McLarty Memorial Foundation partnering with SSM Health St. Anthony to supply rescue inhalers and related medical supplies to every public school in state

In partnership with SSM Health St. Anthony, the Brendon McLarty Memorial Foundation is pleased to announce a first-in-the-nation program to help save the lives of Oklahoma K-12 public school students who experience asthma attacks at school. The Foundation has begun the process of supplying rescue inhalers and related medical supplies to every school in every public district in the state of Oklahoma.

Approximately 10 percent of minors living in Oklahoma today suffer from asthma, a serious lung condition that compromises breathing often without warning. Immediate access to a rescue inhaler can be the difference between life and death. Additionally, the presence of lifesaving supplies in proximity to each public-school student statewide can help generate peace of mind for students, parents and educators, ultimately

educational outcomes.

The Foundation was established in memory of Brendon McLarty, a teenager from Perry, Okla. who passed away in 2012 due to complications from asthma. Although he had been diagnosed at a young age, he did not exhibit symptoms of a fatal attack until the day one struck. His family and asthma advocates have banded together to raise awareness about this important issue and help keep a similar situation from happening to another child in Oklahoma. To date, since it was founded in 2017, the Foundation has provided rescue inhalers to 85 Oklahoma school districts, which have been administered more than 600 times.

In addition to medical supplies, the Foundation provides schools with education, tracking software and other resources. They have also worked in partnership with

contributing to better health and the Oklahoma State Department of Education's Office of Safety and Security through various steps that have ultimately resulted in getting asthma resources into public schools.

> SSM Health St. Anthony is pleased to support this effort, continuing the health system's Mission of helping care for the state's underserved populations and improving access to lifesaving health care in urban and rural Oklahoma settings alike. The health system is kickstarting this statewide expansion with grants and in-kind donations of inhalers totaling \$192,568 in value.

> School leaders, students, community leaders and others in support of this partnership between the Brendon McLarty Memorial Foundation and SSM Health St. Anthony; speakers included:

Jen Blair, Executive Director, Brendon McLarty Memorial

Mike Simpson, EdD, Superintendent, Guthrie Public Schools.

April Devereaux, former school nurse with Guthrie Public Schools. Joe Hodges, Regional President, SSM Health Oklahoma.

Founded in 2017 in memory of an Oklahoma teenager who suffered a fatal asthma attack, the Brendon McLarty Memorial Foundation is dedicated to the idea that no family should suffer from such a tragedy again. The Foundation provides lifesaving medical supplies, training and other resources to combat asthma-related emergencies in Oklahoma public schools. For more information, visit www.brendonmclartyfoundation.org.





Oklahoma's Nursing Times November 21, 2022 Page 9

# Set half life units hope life training of citators, hopital and set has the same and the same an

What do you look forward to this holiday season?



"Spending time with my family and traveling to St. Louis."



Marleena Love, LPN student

"Getting to be with my friends and family. I will be staying right here in town."



Aubrie Bernhart, LPN student

"Usually we have family coming from Ponca City so we will have Christmas and Thanksgiving at one time."



Makayla Hall, LPN student



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## **OKNT** CROSSWORD: Aging Population

**ANSWERS ON PAGE 13** 

### **Across**

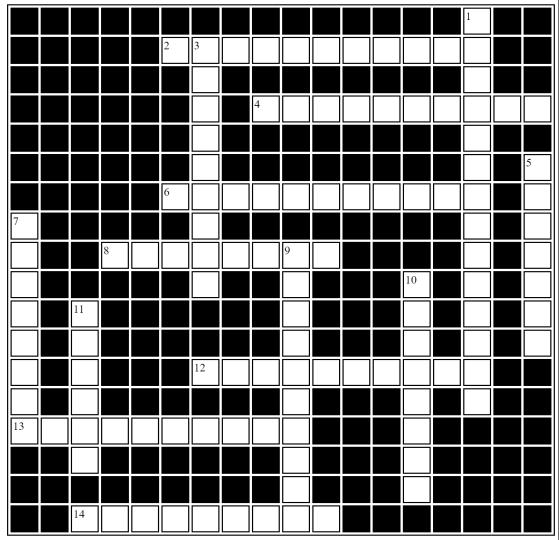
- 2. people born between1946-1964
- 4. over the counter and or prescription pills
- 6. The same amount of money coming in every month
- 8. federal health for people65 and older
- 12. feeling of hopelessness
- 13. self-worth
- 14. group of people living together/society

### **Down**

1. alternative place to call

### home

- 3. wearing away of the cartilage layers of joints5. persistent illness that last over a long period of time
- 7. people born between 1960-5
- 9. leaving or giving up work
- 10. the ability to move around
- 11. feeling of isolation



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### Five INTEGRIS Health Caregivers Recognized as March of Dimes Heroes in Action

Each year, the Oklahoma March of Dimes gathers to raise money for the organization's mission and to recognize outstanding nurses from health care facilities across the state in several categories. This year, the event took place Nov. 3 at the Embassy Suites Downtown Medical Center in Oklahoma City.

Heroes in Action Awards (formerly known as Nurse of the Year Awards) were given out to 16 deserving health care professionals statewide. The event was expanded this year to also include maternal and infant health providers who are not nurses, but still save lives every day.

Twenty-three INTEGRIS Health caregivers were award finalists, with five actually winning the prize! Here is a list of those winners and the categories in which they won.

- •Tiffany Dyson, INTEGRIS Health Southwest Medical Center, Critical Care
- Shelley Reidy, INTEGRIS Health Edmond, Emergency
- •Donald Kern-Teller, INTEGRIS Healt, Technology
- •Linda Suderman, INTEGRIS Bass Baptist Health Center, Neonata
- •Tina Fobes, INTEGRIS Health Canadian Valley Hospital, Management

The coveted award is designed to recognize nurses who demonstrate exceptional patient care, compassion, and service and play a critical role in improving the health of Oklahoma's residents. Congratulations

to all of you for receiving this top honor! You represent the very best the field of nursing has to offer, and it is an honor to work alongside each and every one of you.







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# INTEGRIS Bass Baptist Health Center Radiologic Technologist Recognized for 50 Years of Service

In today's culture, it's not uncommon for a person to work for many organizations throughout his or her career. It's not even uncommon for a person to have several different careers in a lifetime. It's not often that we hear about an individual who has been loyal to one organization for 50 years; however, that is exactly what INTEGRIS Bass Baptist Health Center radiologic technologist Enid Stirling has done.

Last month Stirling was honored at the INTEGRIS Health Caregiver Service Awards in Oklahoma City, along with 340 other INTEGRIS Health caregivers with at least 20 years of service. Stirling was the only caregiver at the banquet to have reached the 50-year milestone.

This week is recognized in the health care world as National Radiologic Technology Week, and while we celebrate all of our radiologic technologists at INTEGRIS Health, we want to give special attention to Enid and her commitment not only to INTEGRIS Bass, but the radiology field as well

"My father was in the military, and we moved around quite a bit

while I was growing up," Stirling said. Her grandmother lived in Enid, and much of Enid's time was spent there.

She graduated from Enid High School in 1970 and attended radiologic technologist school at St. Mary's Hospital in Enid, completing the program in 1972. She came to work at Bass Memorial Baptist Hospital (now INTEGRIS Bass Baptist Health Center) in July of 1972, at the age 19.

"I guess part of the reason I've been here so long, is that I didn't like moving around when I was younger. I like staying in one place. And there are a lot of good people here"

She has experienced many changes in medical technology throughout the years. "When I was in school, we developed film in the dark room," she said.

Stirling points to several reasons for sticking with her career as a radiologic technologist. "I'm never bored, and that's one thing I really enjoy about my job. I'm always busy, and I get to go to all parts of the hospital, taking x-rays in surgery, OB, the emergency department and labor and delivery. It keeps things interesting."

She takes pride in her work and making sure she gets quality images for the radiologist to review. "Every patient deserves our undivided attention."

"Enid's dedication to her career and patients is unmatched," Ryan Royal, INTEGRIS Bass Baptist Health Center radiology manager, said. "She is constantly learning and adjusting to new things in the radiology world and always puts her patients first."

Her work philosophy is based on integrity, "Do the right thing," she says.

Royal said, "Enid's 50 years of service to this single facility is the true definition of loyalty. All of us in the radiology department have learned a



Integris Bass Baptist Health Center honors Radiologic Technologist for 50 Years of service.

great deal from Enid, with her many years of experience."

"I'm proud to have worked here all these years," Stirling said. "I don't really feel like it's been all that long, and it's been a joy to have worked with so many wonderful people over the years."

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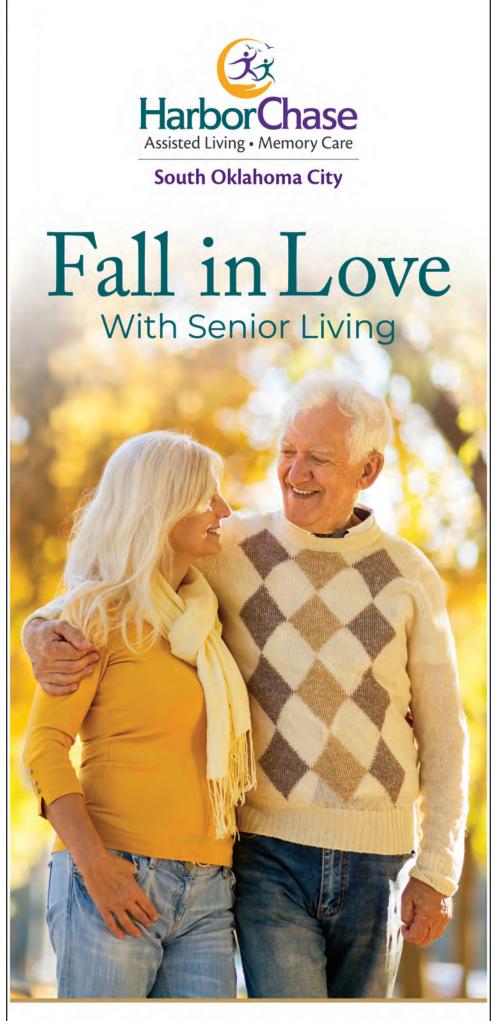
## OU College of Allied Health Team Honored by National Organization

A team from the University of Oklahoma College of Allied Health at the OU Health Sciences Center was presented an award of merit by the Association of Schools Advancing Health Professions (ASAHP) at its recent annual conference. The organization presents annual awards for Institutional Excellence and Innovation in Interprofessional Education and Collaborative Health Care.

The College of Allied Health team receiving the award included: Jane Wilson, M.S., Ph.D., RDH, dean of the College; Katie Eliot, Ph.D., M.S., B.S., associate professor of Nutritional Sciences; Denise Bender, P.T., J.D., MEd, FNAP, David Ross Boyd Professor of Rehabilitation Sciences; and Margaret Robinson, MEd., associate director of Interdisciplinary Education at the OU Health Sciences Center. The recipients were recognized and presented their award-winning programs at the 2022 ASAHP Annual Conference in Long Beach, California.

Students and faculty from the College of Allied Health are integral partners in the development and facilitation of the university's two-year longitudinal IPE curriculum that was designed to meet the Interprofessional Education Collaborative Core Competencies and program-specific competencies. The faculty members at the College have educated thousands of highly qualified professionals who serve as clinicians, educators, research scientists and administrators in the nation's health care delivery and educational systems.

Wilson said, "We are proud that our college fosters a dynamic learning institution where students and faculty actively engage and collaborate with patients, community members and interprofessional providers to promote health in diverse environments. Our leadership and participation in IPE supports the mission and vision for our campus and it is an honor to receive this national award recognizing our efforts."



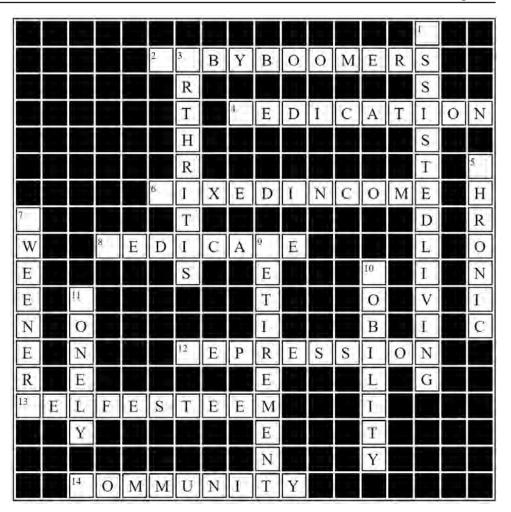
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