# Oklahoma's Recruiter Show Nursing Times

**Recruiter Showcase** 



October 31, 2022 Vol. 23 Issue 46

Information for the Oklahoma Nursing & Health Care Professional



Stacy Parsons, RN, and charge nurse Bone & Joint at SSM Health Bone & Joint Hospital at St. Anthony lets patients know they are in a place of comfort and healing.

#### by James Coburn, Staff Writer

Stacy Parsons, RN, is a jack of all trades at Bone & Joint at SSM Health Bone & Joint a med - I go give a patient a med," Parsons Hospital at St. Anthony, located in Oklahoma said. "I don't like to just sit in an office and City. She does it all as the charge nurse on the manage something. I find it better if I'm on the second floor Joint Center.

"If my nurses need me to run and a patient See FISTER Page 2

# Norman Regional continues expansion

www.oknursingtimes.com



Norman Regional recently opened a new 12-bed emergency department along Highway 9 as part of its ongoing Inspire Health initiative. Photo provided.

by Bobby Anderson, RN and staff writer

#### Jason Milam, RN, BSN

Throughout Jason Milam's 16-year nursing career there's always been something new on the horizon.

Milam, RN, BSN, is the director of emergency services and behavioral health for the Norman Regional Health System.

He's also the one in charge of opening the health system's newest emergency room, Norman Regional Nine.

This is actually Milam's fourth healthcare facility opening during his career.

"It's kind of weird. Every time I go to a system we're opening up a new facility," he said with a laugh. "I will say this has been unique because the renderings they showed me when I first got here, the actual building is identical."

In late October, the new 12-bed ER - Norman Regional Nine - opened and welcomed its first patient.

What preceded that was 16 months of planning and construction.

"It's pretty incredible the amount of moving pieces to get a place up and going," Milam said. 'From a nursing perspective, there was quite a bit (of interest). Within our system we had a bunch of nurses who were existing Norman employees who were very excited to worked in the new facility with the newest technology and specific things at this facility that are going to be very exciting."

Milam said the new facility features behavioralspecific rooms, lifts, and trauma rooms.

The emergency center will feature two rooms with rolling cages that can quickly transform to safely meet the needs of a patient in a behavioral



floor with the nurses."

She tries to introduce herself to every new patient. For Parsons, nursing is getting people's joints replaced and getting them back to their lives. She lets them know if their nurse is busy, they can always call on her. And when a nurse tech needs to take a quick restroom break, Parsons is there.

"I want them to have a very positive experience. I want them to feel like family," said Parsons, who has been with Bone & Joint for nearly four years."

She earned her Bachelor of Science in Nursing degree at the University of Central Oklahoma.

Bone & Joint has been good to her. Parsons said she loves knowing she can speak with any of the doctors and be respected. They value her opinion and are quick to point out their gratitude when she brings something to their attention. She has every one of them on speed dial and they answer quickly, she continued.

This family spirit was the prime reason Parsons chose a nursing career. Nursing is her second career. Her grandfather was diagnosed with Parkinson's disease when she was an accountant.

"The nurses really took care of him and came by the house," said Parsons, who recognized accounting was not her calling in life. "They seemed to really care, and I said, 'I really appreciate how you're taking care of my father and my grandfather.' I was like, 'That's what I want to do."

It was a life-changing moment for her. She served as an ER nurse for several years. The saddest thing she ever saw at another hospital was seeing children there. Children should not have to be faced with injury or sickness, she said.

"I think they should just be running and playing," Parson added. "But then on the flip side, you'd have this elderly patient coming in. You make them feel better and get them up and moving around and they're like, 'I'm so glad you're here to take care of me.' It's like a weight off their shoulders and they know we're going to take care of them."

Safety and teamwork are the main goals of the Bone & Joint nursing staff. Some newly arrived patients feel a little uneasy because of their experiences after surgery at other hospitals. She tells them that is not going to happen at Bone & Joint. Nurses want patients to be comfortable and secure during their time at the hospital.

"I tell them anytime there is a problem, you call me," she said.

She makes it known to staff members that they are serving humanity. If that is not what they want to do, then they need to re-think their career path, she explained.

"We get a lot of hugs and people say, 'You guys took such great care of us.' I tell everyone that is our job, to make sure you are safe and that you feel you are taken care of because you're never a burden. You're our priority.' That's the way I want them to feel, and I've never had a complaint yet," she said.

Her advice for nursing students is to do a rotation of any nursing field they consider. Graduates need to recognize their forte when considering a career. She appreciates those nurses who stayed in their careers during the COVID-19 pandemic.

"Right now, we're in the back portion of the pandemic, but we're not totally done with it," she said.

Nurses learned a lesson during the pandemic about how they would react to a deadly virus, she said.

It's her hope that nursing school graduates don't choose nursing because they want to make a lot of money.

"Money should not be your primary objective," she said. "I've told that to many people. You really need to have a passion for what you're going to do because you're going to be doing it for a long time. You've got to care. You've got to want to go to work every day to take care of that patient, to help them get better, to get back to their everyday living."

Her everyday life includes her family. Parsons finds many opportunities to rejuvenate and relax.

"We're outdoorsy people," she said.

She and her husband go fishing at the lake a lot, and they just returned from vacationing at a Florida beach. They like to scuba dive and go snow skiing.

For more information about SSM Health St. Anthony Hospital visit https://www.ssmhealth.com/careers

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### NRH Continued from Page 1

crisis.

"In about 20 seconds we can make that a psych-safe room," Milam said. "It removes all of our equipment, monitoring, computer all of the things that are ligature points are now sealed behind these doors. We're able to very quickly make the room a very safe room for behavioral health patients."

There are built-in patient lifts through the ceiling that are an exciting feature.

"We can very easily get someone out of a wheelchair, off the floor, out of a bed, and reposition them using the lift," Milam said. "We put one of our nurses in it the other day and it's literally one touch to move someone around the room. It's pretty incredible.

"Getting people to and from a CAT scan table is extremely easy. I've seen lifts but the impressive thing was even under load a 20-pound child could move it around."

The facility is the first project among the system's Inspire Health Initiatives to roll out.

"I'm just excited to be able to offer another level of service to kind of some of those outer communities attached to Norman," Milam said, specifically referencing Noble and Pink. "This is really going to expand Norman's reach."

The MRI will be able to accommodate larger patients who might not fit in traditional imaging suites.

Milam said even prior to opening patients were coming up to the facility inquiring about receiving care.

Community members got their first look inside Norman Regional Nine in late October.

The healthcare facility is located at 2000 Ann Branden Blvd in

Norman, just off Highway 9.

It includes a freestanding emergency department, primary and specialty care clinics, physical and occupational therapy, lab, and imaging.

"This is an exciting time for southeast Norman, Noble, and all the nearby communities that have been underserved for so long," said Richie Splitt, Norman Regional Health System president, and CEO. "This facility is as beautiful as it is functional, and we are thrilled to show it to our friends and neighbors. This will be a fantastic event for everyone in the family."

Norman Regional Nine is the first Inspire Health construction project to be completed. The Ambulatory Care Center is scheduled to open next summer. Behavioral Health Porter Village is also set to open in 2023.

The Ambulatory Pavilion will serve as an outpatient facility that offers a variety of tests, procedures, and treatments in a convenient and easyto-access setting on the HealthPlex Campus.

The Cancer Center will bring together Norman Regional's community cancer care services, including surgical and medical oncology and radiation therapy, to one, convenient location for patients and their families.

The HealthPlex expansion and renovation are expected to be complete by the summer of 2024.

At that point, services will be fulling transferred from the Porter campus.

"We've been talking about it for so long we're at the point where Inspire Health is on the ground and rolling. We're excited about the future of the EDs and the services we are able to offer outpatient as well," Milam said.

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## Bomboy receives APNA Excellence in Practice award

#### Story Van Mitchell, Staff Writer

- and client outcomes.

Kristen Bomboy, DNP, MSN, APRN-CNP, PMHNP, Clinical Instructor, PMHNP track, Oklahoma City University School of Nursing, was recently awarded the Excellence In Practice award from the American Psychiatric Nurses Association (APNA).

The award was presented at the organization's annual conference in Long Beach, Calif.

The APNA Award for Excellence in Practice – APRN-PMH recognizes an APNA APRN-PMH member who has made significant contributions to psychiatric-mental health nursing practice. The individual must have been a member of APNA for at least two years.

The criteria for the award include: • Demonstrates excellence in psychiatricmental health nursing. This individual serves as a clinical role model for other nurses by making tangible contributions to the enhancement of nursing practice Shows evidence of making significant enhancements, refinements or unique contributions to the delivery of psychiatric-mental health nursing care.
Demonstrates excellence in working with individuals/families/communities.
Shows evidence of being an influential role model to other psychiatric-mental health nurses in the delivery of quality nursing care.

•Shows evidence of having disseminated innovative clinical knowledge to families, communities, organizations and/or professional colleagues.

"This is a national award, people from across the country were being considered for the award. I was notified in June that I would be the recipient in 2022," she said. "It is very humbling to be recognized. To me, it is just being a good steward of our profession

See AWARD Page 5



Dr. Kristen Bomboy, right, at the American Psychiatric Nurses Association's annual conference in Long Beach, California, with fellow OCU nursing professor Dr. Cene' Livingston. Photo provided.



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#### AWARD Continued from Page 4

and providing the highest quality care possible to our patients."

Dr. Bomboy is part-time clinical faculty for Oklahoma City University's Kramer School of Nursing Doctor of Nursing Practice program. She was instrumental in supporting the development of the Psychiatric Mental Health Nurse Practitioner track, which was the first PMH-NP program in the state.

She has been an advanced practice nurse in mental health since 1999. Her background includes working with the severely mentally ill and providing community mental health center-based care.

She received the DNP degree in 2018 from Wilmington University; Post-Masters Certificate- Psychiatric Mental Health Nurse Practitioner from Rush University in 2009; Master of Science in Nursing from the University of Pennsylvania in 1999; and Bachelor of Science in Nursing in 1998 from the University of Delaware.

Dr. Bomboy said she felt a calling to serve in the psychiatric nurse arena.

"It felt like I could make a difference in psychiatry more so than in the other nursing fields I had been exposed to during undergrad" she said.

Dr. Bomboy is still in practice as a Psychiatric Nurse Practitioner for Lighthouse Behavioral Wellness Centers four days a week, and OCU one day a week.

Lighthouse Behavioral Wellness Centers works with adults, children, and families to reduce or eliminate the symptoms of mental illness and/or substance abuse.

Lighthouse is the designated Community Mental Health Center for nine counties in Southern Oklahoma (Bryan, Carter, Garvin, Johnston, Love, Pontotoc, Marshall, Murray, and Seminole counties).

Lighthouse offers an array of services to treat most behavioral health conditions. Services include individual therapy, family therapy, group therapy, individual rehabilitation, case management, wellness, medication management. They also offer systems of care/ wraparound services to children and families.

Dr. Bomboy said she is blessed to work for two great organizations.

"I work with a wonderful group of professionals at Lighthouse, as well as Oklahoma City University," she said. "Lighthouse is passionate about providing care to underserved communities and is supportive of nurses. Oklahoma City University is passionate about educating nurses from undergraduate to graduate degree programs."

Dr. Bomboy said careers in psychiatric nursing have become more accepted.

"It (psychiatric nursing) has become a more acceptable career path," she said. Dr Bomboy elaborates that careers in psychiatric nursing have expanded and become more autonomous and accepted with other clinical disciplines. She states that more nurses choose the mental health field with the realization it demonstrates nursing science. Psychiatric nurses have a unique skill set in the provision of care to a vulnerable population.

Dr. Bomboy said there is a need state-wide for psychiatric nurses.

"There continues to be an imbalance in the nursing workforce because there is a shortage of graduating nurses," she said. "COVID impacted the number of nurses who opted to stay working within the hospital setting. Our hospitals are facing shortages of all types of nursing staff, psychiatric nursing isn't immune to that."

Dr. Bomboy relates she enjoys working with students to develop the skills needed to be successful in the field and providing mentorship to new Psychiatric Nurse Practitioners.

She states she enjoys promoting the profession, to better increase the number of psychiatric nurse practitioners in our community, and is hopeful the graduates will remain in Oklahoma, where the need is so great.

"My passion is to improve patient access to care and keep patients actively engaged in their care – that's what drives me forward," she said. "As a psychiatric nurse practitioner, it is rewarding to work with patients and their families to reach their goal of reducing how mental illness impacts their lives."

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## OSU's RN to BSN program offers convenience, flexibility

(AS PUBLISHED IN THE 2022 EDUCATION GUIDE TO NURSING)

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

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

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

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

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

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

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

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

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

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

Ultimately, the mission of the RN to BSN program is to prepare nurses to practice professional nursing that meets the dynamic



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health care needs of individuals, families, groups, communities and global populations. With this degree, graduates are qualified for leadership roles in a variety of healthcare environments.

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

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

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

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

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

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

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#### **CROSSWORD: Florence Nightingale** OKNT ANSWERS ON PAGE 13 Across 1. 1887 Nurses would maintain an even temperature in your ward by\_ their ward 3. 1887 Nurses must daily \_\_\_\_ 5. Florence's work inspired Jean Henri Dunant to found 7. Florence insisted on adequate lighting, diet and 8. 1887 Nurses must not frequent 10. Where was Florence Nightingale born 11. Florence was called "The Lady\_\_\_ 12. Where did Florence set up her Training School for Nurses 14. 1887 Nurses would \_\_\_\_\_\_ to keep the ward well lit Down 2. Florence wrote "Notes on Hospitals" explaining how to 12 4. Florence's high standards helped transform nursing into a respectable 6. Florence was known to keep a \_\_\_\_\_ in her pocket 9. Florence is buried in East Wellow\_\_\_\_ 13. How old was Florence when she died 14. 1887 Nurses would care for \_\_\_\_\_ patients 15. Florence never did \_\_\_\_\_

By RG RN

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## eklahoma's Nursing Times

## OMRF donor event generates \$665,000 for research

The Oklahoma Medical Research Foundation raised \$665,000 from an event Sunday featuring a concert by country singer-songwriter and 14-time Grammy Award-winner Emmylou Harris. Proceeds will support medical research at the Oklahoma City nonprofit.

Coupled with a wine and food festival, Harris' performance headlined the foundation's annual "241" fundraiser – two events for one great cause.

This was OMRF's ninth year to hold the benefit since 2012. Cumulatively those events have raised more than \$5.9 million for medical research at the foundation. Because of the Covid-19 pandemic, this was the foundation's first 241 since 2019. Traditionally it also has included a golf tournament, a component that is expected to return in 2023.

Funds raised will go toward the recruitment and retention of scientists, aiding the foundation's efforts to bring the best and the brightest in science to Oklahoma. Proceeds from past events have supported research in cancer, heart attack and stroke, multiple sclerosis and diseases of aging.

"Our scientists work in areas that will impact every family. Events like 241 ensure that this critical research keeps advancing for when each of us needs it most," said OMRF President Andrew Weyrich, Ph.D. "Oklahomans come together for causes that matter. We can't thank our donors enough."

Honorary co-chairs for this year's 241 were LaRue and Bill Stoller. Judy Hatfield and Meg Salyer served as sponsorship co-chairs.

Lead event sponsors included The Chickasaw Nation; Continental Resources; Virginia G. and John D. Groendyke; Presbyterian Health Foundation; Glenna and Dick Tanenbaum; American Fidelity Foundation;



The Oklahoma Medical Research Foundation raised \$665,000 from an event Sunday featuring a concert by country singer-songwriter and 14-time Grammy Award-winner Emmylou Harris. Proceeds will support medical research at the Oklahoma City nonprofit.

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Tina Foster's office at the Oklahoma Allergy & Asthma Clinic is filled with mementos and family photos taken during her 18 years at the clinic.

#### by James Coburn, Staff Writer

Tina Foster was a criminology major prior to her nursing career as an LPN. She wanted to help people but didn't know a gratifying way she could achieve that in criminology or criminal law.

"So, I decided to become a nurse to sleep better at night," she said. "There are so many dynamics in nursing, just as there are medical specialties in fields to get involved in. The possibilities are endless."

Today, Foster has a lot of longevity as an LPN at the Oklahoma Allergy & Asthma Clinic at the NE 13th St. location in Oklahoma City.

"Coming up in October I've been here for 18 years," Foster said.

An LPN for 22 years, Foster graduated from nursing school in Kansas and ventured into pediatric home health care for children with muscular dystrophy. She has worked as a medical surgical nurse, obstetrics, and intensive care in Wyoming.

Having two boys, she likes her family friendly Monday through Friday schedule at the Oklahoma Allergy & Asthma Clinic.

"I have my holidays with my family. That's important to us," she said. "I work in a positive atmosphere. My work colleagues are friends — we're family. There's a lot of love and support and understanding of everything."

She and her colleagues learn new things together, she said of teamwork. There have been positive changes over the past 18 years with different testing techniques. Asthma and allergy education remains the same.

There are different modes of treatments for eczema, asthma and hives. Allergies are a key factor in most patients with eczema or asthma, she said.

"That's just the latest, greatest medication tool we have to help treat our patients, even more so than when we didn't have that science before," Foster said.

She gathers patients' clinical histories for Dr. Dean Atkinson at the clinic before getting his orders for what type of testing is needed for that patient. A lot of patient education is involved depending on the results. She will triage phone calls, prescriptions and make follow-up appointments.

"It's a medley of things. You get a good picture of what's needed to be done," Foster said.

One of her favorite things among the patients is seeing the children who are now adults. They know Foster and want a continuum of care with her as a nurse for Dr. Atkinson.

"We see all ages of patients with asthma," she said.

Getting patients the right treatment and seeing how they respond is most memorable and gratifying for her.

"It's knowing you helped them and was a part of that," Foster said.

Some people fail to use their medicines. People forget that asthma can be life threatening with people dying from it daily if not treated properly, she said. She is keen on making sure patients are using their medicines correctly. There are rescue inhalers for moderate to severe asthma. There are corticosteroids, a type of anti-inflammatory drug that are typically used to treat rheumatologic diseases. New combination inhalers are available now. Biologic medications are available for asthmatic patients who continue having problems and require treatments with injectable medications.

"Unfortunately, as people age, their asthma can change into a COPD (chronic obstruction pulmonary disease) type of asthma that can occur even if they don't have a smoking history," Foster said.

Nursing has instilled in Foster a deeper sense of the importance of maintaining health and longevity in life.

"That's been important, and we try to inspire that upon others, too."  $\space{-1.5}$ 

Foster enjoys sports as a way maintaining her holistic health. Her two sons enjoy athletics.

"Now I'm able to watch my son play college football. So that's exciting," she said of him playing football at Southwestern Oklahoma State University.

She and her husband have always enjoyed keeping their sons, ages 16 and 19, engaged in activities as they have matured.

"I just enjoy the outdoors whether it's gardening, fishing, grilling or anything," she said.

People with allergies and asthma need to be more careful when outdoors, depending on the significance of their allergies. Many are advised to pre-medicate themselves prior to going outdoors with antihistamines and nasal sprays. Foster said people living with allergies and asthma should know when they've had enough exposure to potential allergens and go back indoors.

Foster gathers knowledge wherever she goes. When she was caring for sick children earlier in her career, she learned a lot about ventilators and respiratory health.

"When I moved here, I thought, 'Well, I know a lot about that.' So, I applied here and of course was hired," she said. "Unfortunately, I got to learn a lot about the oncology field because I just recently completed radiation treatments for breast cancer. So, I learned more about a field I didn't know anything about in a personal setting. So, there is always growth."

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