

Trista Thomason brings love, ability and strength to mend the lives of children fighting respiratory syncytial virus at Oklahoma Children's Hospital - OU Health.

Trista Thomason, RN, said that respiratory Thomason, who works in the pediatric intensive syncytial virus (RSV) has been "extremely bad" care unit (PICU) at Oklahoma Children's for the past several months. The virus appears Hospital - OU Health. more like a common cold for adults, but the infection is much harder on children, said she said. Oxygen requirements increase for

RSV presents an increased effort to breathe,

children as the virus becomes increasingly difficult for their immune systems to combat infections. Children become less interested in eating. They

THOMASON Continued from Page 1

begin using their entire body to breathe, she explained.

"Their immune system is just not as developed as an adult," she said. "So, that has been really hard for the last several months. I feel like with COVID, kids just weren't as exposed to as many germs because people were wearing masks and they were kept at home. But throughout the last year kids are being exposed to more germs."

Children with RSV may develop a temperature, but not all the time, she said. They will appear to be gasping for air as if they can't get enough oxygen, she explained.

Putting a baby at ease by reasoning with them is the hardest part about working in the PICU at Children's Hospital, Thomason added. A toddler or infant gasping for breath will not understand what is happening to them, Thomason said. She cannot tell them that the needles being poked at them will make them feel better. And, telling mothers they cannot hold their sick babies when they have a breathing tube or intravenous lines is not easy for anyone, she continued.

"I feel the thing that helps

me the most with the parents is explaining everything," she said. Parents read their child's expressions effectively. She encourages parents to ask questions when there is uncertainty.

"Sometimes kids will be here for a couple of days, and sometimes they will be here for six months to a year," Thomason said.

A child will usually spend three to four weeks in the PICU before going to the med/surg floor which also serves as a step-down unit for RSV patients.

"I just try to involve the parents as much as I can," Thomason emphasized.

The family of nurses will see trauma in their patients' lives which at times, their own families and friends cannot resonate with, Thomason said.

"I've made some really dear friends in the PICU that understand on a completely different level because of what we experience together. We're always on the same team," Thomason said. "Everyone makes us feel like they're there to help you. They want what's best for you. We're not only family, but we're also friends outside of work."

Thomason said it's a natural fit for her nursing career to focus on pediatric care. As the oldest of three sisters, Thomason's motherly instinct deepened after her sister was in a car accident, she said.

"She was five and actually came to Children's Hospital," Thomason said. "Our family had a great experience with all the nurses that took care of her and took care of my family and made sure we all felt we knew what was happening — that we knew she was being well taken care of."

Thomason's experience drew her to help children at the Oklahoma City hospital's PICU.

"I think they're really funny and sweet. They're much littler than adults, easier to take care of and easier to reason with," she said.

She has worked in the PICU unit since July of 2021 after serving her first year as a nurse at Lakeside Women's Hospital | INTEGRIS Health. Thomason earned her Bachelor of Science in Nursing degree in 2020 at

Southern Nazarene University.

"SNU was wonderful, and I loved it. I made a lot of friends and met a lot of really awesome people," Thomason said.

Today, watching children's health improve is her favorite part about being a nurse. Nurses at Children's Hospital often see children feel at their worst. But children are also resilient.

"It's awesome to watch them get up and literally walk out the doors," she said.

One girl about 4-5 years old who had been extremely sick for weeks recuperated well enough to return home. One day she returned to Children's Hospital, spoke with Thomason and other nurses and gave them hugs.

"I think that is the part that is most meaningful, knowing we did something to help her to get better — to give her, her life back that she previously had before she got sick," Thomason said.

For more information about Oklahoma Children's Hospital - OU Health, visit: https://www.ouhealth.com/

Oklahoma Childrens Hospital. @Health

Hospital systems announce layoffs

by Bobby Anderson, RN, Staff Writer



The new year has brought a new round of hospital layoffs as healthcare systems nationwide deal with surging labor costs, shortages, and declining revenues.

Locally, the first two weeks of January saw layoffs from Integris Health as well as OU Health.

Integris announced it was cutting some 200 positions while OU announced an equal number of layoffs.

In a statement, OU health announced the layoffs would coincide with its planned restructuring.

"As part of the redesign, OU Health will move from a holding company to an operating company structure with duplicative services and positions being eliminated," the statement read. "An estimated 200 positions will be reconfigured to the new structure, which integrates the organization into clinical business."

Integris Health announced its reduction would be the result of a combination of cuts.

"Financial challenges are multifold, but some include a dramatic rise in expenses due to labor shortages and supply-chain disruptions, and significantly lower patient volumes compared to pre-pandemic days," the statement read.

Integris laid off 140 positions and cut 60 vacant jobs, according to a spokeswoman.

The healthcare industry has suffered from nursing shortages and the winter's omicron surge, forcing many organizations to turn to contract workers demanding higher rates.

The loss of Covid subsidies from the federal government also impacted the ability to keep up with rising labor costs.

Many systems find themselves in a counter-intuitive role of both cutting positions while trying to recruit and retain nurses.

OU Health announced its organizational redesign to complete the integration from its historic merger on July 1, 2021.

OU Health was created as the flagship comprehensive, integrated academic health system to improve the care and outcomes for all Oklahomans. As the state's academic referral health system, OU Health plays the unique role of providing critical specialty services with access to advanced technology and expertise.

"OU Health needs to support and enhance the capabilities of the state's vital rural and regional hospitals as the flagship academic referral center. All care that can remain in a community should remain local, but if the patient needs a higher level of care, OU Health is here to serve," said OU Health President and CEO Richard Lofgren, M.D., MPH.

The organizational redesign and operational restructure will enable OU Health to improve efficiencies and grow its impact in the state and region as well as create a highly integrated, modern clinical platform, one that serves even more Oklahomans.

"In order to grow and adapt to industry changes, we need to perform in terms of the quality of our services, patient experience, and the efficiency and effectiveness of our processes," Lofgren said. "Oklahoma needs the unique specialty and sub-specialty services we provide. We are positioned with dedicated physicians and staff to fully realize our special mission of clinical care, education, and research. We are committed to our role of continuing to improve the care and outcomes for the region and beyond."

Both health systems are still actively hiring bedside nurses offering both recruitment and retention bonuses.

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CAREERS IN NURSING: WITH A SMILE ON HER FACE - LISTENING IMPORTANT TO LPN

by James Coburn - staff writer

Dianna McNeal says nursing may be the career to pursue if you love taking care of people through their good and bad moments of health.

"I know if I'm able to be there for somebody, and if and their family doesn't come and see them, I'm always going to try putting a smile on their face and cheer them up," said McNeal, a licensed practical nurse at St. Ann's Skilled Nursing and Therapy, located in Oklahoma City.

She came to St. Ann's Skilled Nursing and Therapy two years ago and is a graduate of Metro Technology Center in Oklahoma City. She plans to work toward becoming a registered nurse this year by enrolling in Langston University's LPN to RN program that she said began in 2021. Her aunt is a retired nurse practitioner from the Veterans Administration Hospital in Oklahoma City.

"She actually purchased a lot of my books. She was kind of like the backbone for me," McNeal said. "I told her I wanted to go in the nursing field. If that's what I wanted to do, she said she was going to be behind me and help me get through school. If I had any questions, she had a whole stack of books."

McNeal hopes to remain at St. Ann's Skilled Nursing and Therapy where she has bonded with residents there.

"I've got a little extended family here and I'm very family oriented," she said.

Nurses there are always willing to help or give advice whenever there is a need. And the certified nurse aides know that she is always available to help them, too. She tells them whenever they need assistance to ask her to help.

"They're not afraid to come ask me about anything. I admire that about them," she said.

Someone was always willing to answer her questions during her orientation two years ago. And

the backbone for me," McNeal said. McNeal said her career has taught "I told her I wanted to go in the her to be more patient.

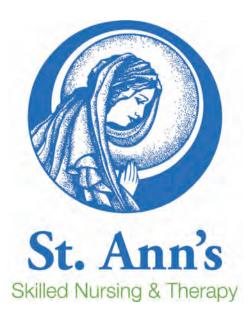
"Sometimes if it's overwhelming you've just got to breathe," she said.

A gentle communicative approach is a good quality to have when entering a nursing home resident's room, McNeal said. It's best to enter a room with a smile, even when a nurse isn't feeling good that day, she said.

"If they see a smile on your face, it might brighten their day. They may have had a bad night," she explained. "You come in being softspoken and gentle with them and say, 'Can I help you with something?' They might need a hug that day like you might need a hug."

McNeal has also been a hospice nurse. She would naturally bond with residents before they would pass away. Some would often call her their BFF (best friend forever). When someone dies, their families will post obituaries in the report room.

"Some days when I'm feeling



down, I will go to the report room and look at one of the patients and remember. It will cheer us up and make us laugh. We'll say, 'I sure do miss this person," McNeal continued.

Being a good listener helps as a hospice nurse, McNeal said. People

See MCNEAL Page 5



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Dianna McNeal, LPN, plans to become a registered nurse and continue her work at St. Ann's Skilled Nursing and Therapy, located in Oklahoma City.

MCNEAL Continued from Page 4

need to vent their fears and concerns. They need their questions answered.

"Some of them want us to read a Bible with them or they want to just talk and hold hands," McNeal said. "Even some of them didn't have family that would really come and see them."

And now that she is a regular LPN at St. Ann's Skilled Nursing & Therapy, those residents often tell her they are glad to see her back after she has been gone for a weekend or vacation. Residents also make new friends with other residents. The staff tries to get them to socialize out of their rooms as much as possible, she said.

"Some of them might be sitting in their room. We'll say to come on out and sit with (others) and play Bingo or something — try to spruce them up a little bit," McNeal added. "We'll say, 'There's more than being in this room. Let's try something different today. It might make you smile.""

It's all part of being a nurse in a skilled unit or long-term care center. She encourages anyone who feels passionate about becoming a nurse to answer their calling.

"It's going to be a tough road, but it will be rewarding," McNeal said.

When residents ask her about what she does to relax, she tells them she sits at home with her two boys watching Lifetime or their sports activities. Her boys are students at Millwood High School and are on the Millwood Falcons basketball team.

For more information on St. Ann's Skilled Nursing & Therapy, visit: https://stannsok.com/



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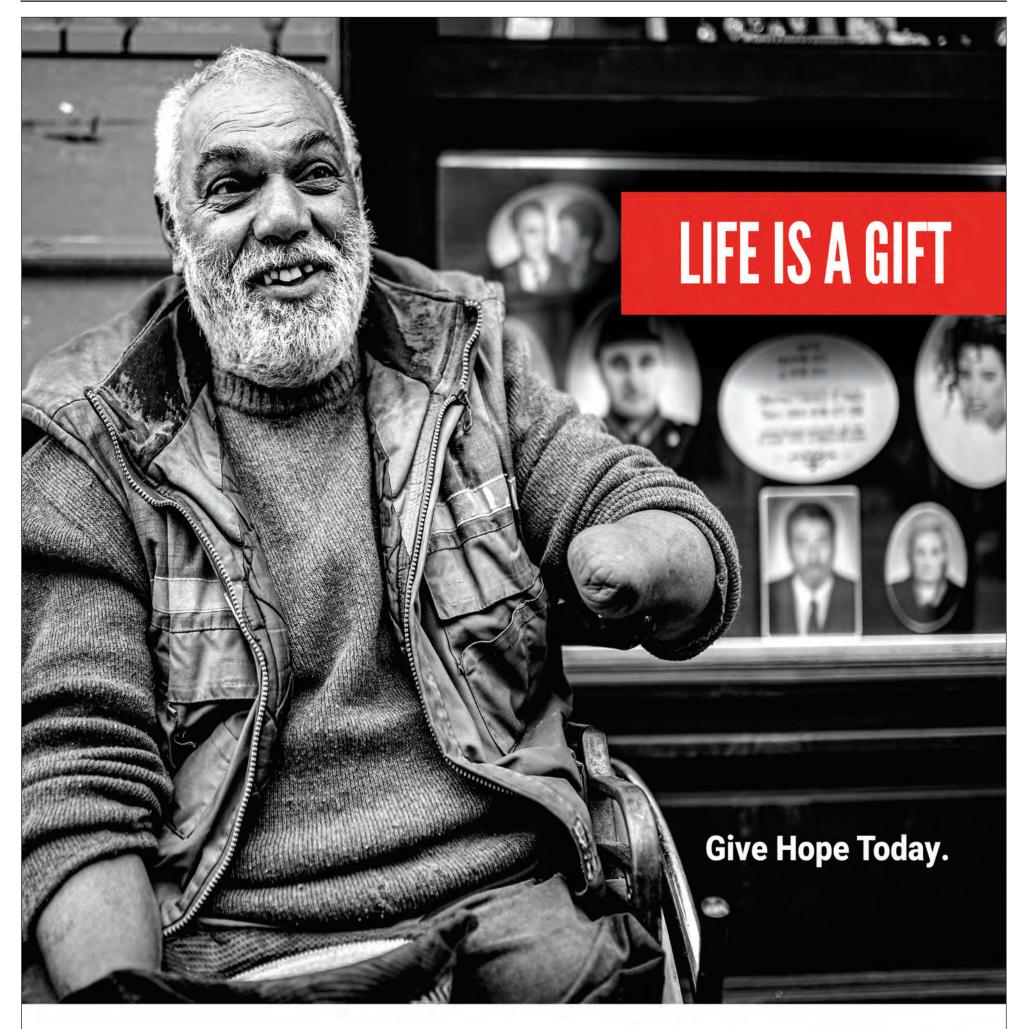
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What are your hobbies?



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"I like gardening. I like

singing so I like karaoke every now and then."

Shakera Shivers, LPN

"When I'm not at work I like to paint figurines and stuff like that."

"I like to garden. I'm an outside person and I like camping and being with my family."



Stacey Mercado, LPN and podiatry nurse



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3. Publishes The Red Cross in Peace and War.

5. She is still honored today as nurses in the Philadelphia area hold an annual procession to the Cemetery where she is buried 8. Was appointed to the newly established (first in the nation) New York State Board of Nurse **Examiners**

12. Developed the Code of Ethics for Professional Nurses

16. Wrote History of Nursing with Adelaide Nutting

18. She wrote A Sound Economic Basis for Nursing Down

1. In 1954 authored the classic "The Child, His Parents, and the Nurse" 2. A national leader in nursing she served as president of National League for Nursing Education from 1917-20

4. Above Nurse that is Is buried in Corunna, Michigan

6. Started the "American Journal of Nursing" in 1900

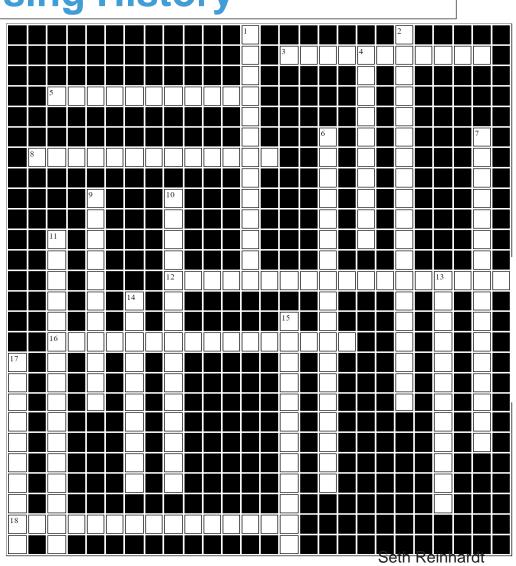
7. This nurse was driving force behind rural health-care in America 9. This nurse was executed by firing squad for nursing enemy soldiers 10. This nurse was best known best known as the author of the book Little Women

11. The first African American trained nurse

13. In 1922 published "Textbook of the Principles and Practices of Nursina'

14. 1909 Became chair of National Committee of the Red Cross Nursing Service

15. gained national and international recognition for her efforts to upgrade nursing education and promote sound legislation for nursing practice. 17. The mother of Anesthesia



Nursing Times

ANSWERS ON PAGE 13

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Nurses Ranked Most Honest and Ethical Professionals

For the 21st consecutive year, nurses ranked #1 in Gallup's annual Most Honest and Ethical Professions Poll. The American public rated nurses the highest among a host of professionals, including medical doctors, pharmacists, and high school teachers. Nurses kept their place atop the poll despite the challenges presented by the lingering COVID-19 pandemic, high rates of flu and RSV infections, staffing issues and the pernicious threat of workplace violence. Their ranking in this year's poll directly reflects both nurses' unparalleled skill and deep connection to their patients and communities. According to the poll, 79 percent of Americans rated nurses' honesty and ethical standards as "very high" or "high." The second highest-rated profession, medical doctors, was rated 17 percentage points behind nursing.

"This recognition belongs to America's 4.4 million incredible nurses," said ANA President Jennifer Mensik Kennedy, PhD, MBA, RN, NEA-BC, FAAN. "For more than two decades now, the nation has recognized the vital role you play in keeping our friends, families, and communities safe and healthy, regardless of the setting you work in or the challenges you might face. Your ranking in this poll is an acknowledgement that without your bravery, professionalism, and clinical expertise, our health care system could not function. I look forward to celebrating and sharing your many remarkable achievements over the course of 2023 and beyond."

Nurses have been able to maintain their ranking in this poll by providing high-quality, patient-centered care to individuals, families, and communities across the country and in every conceivable health care setting. But this accomplishment does not overshadow the serious challenges facing the entire nursing profession.

"Like 2020 and 2021 before it, this past year was a difficult one for nurses. Though COVID-19 may have receded from the headlines, it continues to weigh on nurses in communities and care settings in every corner of the country. Additionally, the strain of a historically severe flu season along with a surge of RSV infections has only added to the stress and anxiety that many nurses are feeling," said Mensik Kennedy. "And the lurking menace



of workplace violence can make what is already a difficult job, a deadly one. In short, I am gravely concerned about our nation's nurses and the nursing profession."

"I am urging the public and private sector to work together with nurses to develop solutions to the numerous longstanding crises that have plagued nursing for too long," said Mensik Kennedy. "Because the health of the nation depends on a strong and well-supported nursing workforce."

Throughout 2023, the American Nurses Association (ANA) will continue to advocate on behalf of our nation's nurses in addition to educating the public about who nurses are, what they do, and how their vast knowledge and indisputable expertise touches and improves the lives of Americans everywhere.

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Hospital administrators elected to Oklahoma Hospital Association Board of Directors

Three Oklahoma hospital administrators were recently elected to the Oklahoma Hospital Association (OHA) board of directors for the 2023-2025 term.

Elected to at-large positions are Richard Lofgren, MD, chief executive officer, OU Health; Tim Pehrson, president and CEO, INTEGRIS Health; and Krista Roberts, chief executive officer, St. Mary's Regional Medical Center, Enid.

Tammy Powell, president, SSM Health St. Anthony Hospital – Oklahoma City, enters her second year as chair of the board. Others serving on the board's executive committee are Denise Webber, chair-elect, president/CEO, Stillwater Medical Center; Jay Johnson, immediate past chair, president/CEO, DRH Health, Duncan; and Daryle Voss, at-large executive committee member and southeast region chair, president and CEO, Mercy Hospital Ardmore.

Continuing their terms as regional chairs on the OHA board are Kandice Allen, northwest region chair, CEO, Share Medical Center, Alva; Jim Gebhart, Oklahoma City region chair, community president,



Krista Roberts, chief executive officer, St. Mary's Regional Medical Center, Enid. Elected to an at-large position.

Mercy; Jonas Rabel, northeast region chair, chief hospital executive, INTEGRIS Miami and Grove hospitals; Michael McBride, Tulsa region chair, regional president and chief operating officer, Ascension St. John Medical Center, Tulsa; and Brent Smith, southwest region chairman, Comanche County Memorial Hospital, Lawton.

Continuing as at-large members are Charles Grim, secretary of health, Chickasaw Nation Department of



Tammy Powell, president, SSM Health St. Anthony Hospital and member of the board.

Health, Ada; Richie Splitt, president and CEO, Norman Regional Health System; and Bennett Geister, CEO, Hillcrest Hospital South, Tulsa.

Corey Lively, CEO, Great Plains Regional Medical Center, serves as the American Hospital Association delegate to the OHA board; and Steven Crawford, MD, chair of the department of family and preventive medicine, OU College of Medicine, serves as the physician member.



Tim Pehrson, president and CEO, INTEGRIS Health. Elected to an at-large position.



Richard Lofgren, MD, chief executive officer, OU Health. Elected to an at-large position.

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