Recruiter Showcase



January 2, 2023

Information for the Oklahoma Nursing & Health Care Professional

www.oknursingtimes.com

Vol. 24 Issue 1



Keith Curran, RN, says Oklahoma ER & Hospital fulfills his need as a nurse.

by James Coburn, Staff Writer

Keith Curran, RN, understands compassion apartment fire three years ago. and emergency situations. And there are many reasons why he likes being an ER and inpatient Curran said. "They provided money, found new nurse at Oklahoma ER & Hospital, located in household items for me and did everything they Oklahoma City.

He lost just about everything after an

"Everyone here just stepped up like family," could to help me out. Honestly, if I had been

See CURRAN Page 2

ANA's Newest President Takes Office



New ANA President Dr. Jennifer Mensik Kennedy to Tackle Pressing Nursing **Workforce Issues**

Today the American Nurses Association (ANA), the premier association representing the interests of the nation's more than 4.4 million nurses, welcomes its newest president, Jennifer Mensik Kennedy, PhD, MBA, RN, NEA-BC, FAAN. She brings more than 25 years of nursing experience to the ANA presidency and has devoted more than a decade of service to ANA, providing leadership in high-profile positions such as ANA Committee Treasurer and service on ANA's Board of Directors while maintaining membership with the Oregon Nurses Association. Dr. Mensik Kennedy is ready to continue work to address some of the most pressing issues facing nurses: racism in nursing, the health and well-being of nurses, full practice authority for advanced practice registered nurses (APRNs), and nurse staffing.

"It is a tremendous honor to be elected to serve as the president of the American Nurses Association and as the national, leading advocate for nurses during these

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CURRAN Continued from Page 1

working somewhere else, it would have been a much harder recovery from the fire. So, I really appreciate my coworkers. We are all really close and we're all willing to help each other out when we're going through something outside of work or at

His father, grandmother and three sisters are nurses. So, nursing came naturally for Curran.

He began his education by earning a Bachelor of General Studies degree with a focus on social work and counseling before receiving an Associate degree in Nursing at Eastern Oklahoma State College. He graduated from Southern New Hampshire University with a Master Science Healthcare in Administration.

He began his nursing career working in an intensive care unit and was a house supervisor at another hospital. Curran has been with Oklahoma ER & Hospital for three years. He learned of Oklahoma ER & Hospital from friends who were working there at a time he was working as a travel nurse.

"My friend was like, 'Hey, you should check out this place. We love it here," Curran said. "I like it because it's a smaller place and you really get to know the people here," Curran said.

The nursing staff has some of the best teamwork Kyle Black, RN, has ever worked with, he said.

Oklahoma ER & Hospital is growing with quality emergency care. Seven local physicians who saw a need for compassionate and quick emergency care opened Oklahoma ER & Hospital in 2019. It's equipped with nine ER beds, a triage room, and a pediatric room. About 50 nurses are on staff, twice the number from when Oklahoma ER & Hospital opened at 15103 N. Pennsylvania Ave, Oklahoma City. The 15,000-squarefoot facility is designed to for adult and pediatric patients safety and comfort.

The staff uses the same cuttingedge equipment and technology found in a modern hospital, including bedside ultrasound, digital radiology, CT scan, MRI, and a comprehensive clinical laboratory, said Makailyn Dillon, director of marketing. They treat and diagnose quickly with 85 percent of lab work done at the facility. Patients in need of an extended stay at Oklahoma ER & Hospital will typically remain there for up to eight days.

"We have our outside referral partners and can get the patient in very quickly," Dillon said.

People don't wake up in the morning or go to sleep at night planning to go to a hospital emergency room. They often arrive confused or worried about what's next. The ER is receiving more cases of COVID and influenza as the season changes. They're scared and may be worried about someone else getting in their family getting sick, he said. An ER nurse should be able to remain calm in stressful situations,

He knows patients and their families need their questions answered. Curran's confidence helps put them at ease. He quickly anticipates the next thing he needs to do. An ER nurse needs to be able to work independently while being a team player, he said.

"You have to read the room with every person about what kind of persona they are wanting. Are they wanting jokes, something funny or from a more serious side," he said.

Oklahoma ER & Hospital and other medical centers became short of beds when COVID was rampant in the state. They sometimes had to send patients out of state for an available hospital bed, he said. Curran is grateful to see those patients who were once in critical condition return to the ER for something minor.

Anytime an ER patient returns happy and thankful that he potentially saved their life, makes him feel like all the stress associated with being a nurse is worth it.

Nurses go above and beyond simply being a good nurse. As an example, he said Hillary Plagg is a phenomenal nurse. Her knowledge and positive nature with patients, shines with a willingness to do what is needed, whether it's providing warm blankets or snacks.

"She offers that to patients and then she'll offer it to coworkers," he said. "Hillary was one of the biggest people to help after my fire with non-stop giving," Curran explained. "I've seen her make gift baskets for some of our delivery people that are here constantly. She's above and beyond with giving and hospitality every time I work with her."

Nursing has taught Curran about perseverance, he said.

"It's learning about yourself, that you are able to stick with it and make a difference," he said.

For more information about Oklahoma ER & Hospital visit https://okerhospital.com/

ANA Continued from Page 1

unprecedent times in nursing history. The COVID-19 pandemic brought significant challenges to the nursing profession, with workforce issues making national headlines despite decades of existence. I am committed to maintaining this visibility and more importantly, the momentum made to call for real solutions that address safe staffing concerns, workplace violence, and burnout to ensure nurses receive the support they so desperately deserve. I will also ensure that ANA's work with the National Commission to Address Racism in Nursing and journey of racial reconciliation continues.

Nursing is truly my passion and calling. In addition to tackling the hard issues, I'm simply excited to connect with my fellow nurses across the country. I want to hear their challenges, but I also want to celebrate their vast contributions to society, education, public health,

science, research and so much more. Working together, we can support our profession and make health care delivery the best experience it can be for our patients and communities," said ANA president Jennifer Mensik Kennedy, PhD, MBA, RN, NEA-BC, FAAN.

Dr. Mensik Kennedy most recently served as the division director of care management at Oregon Health and Science University in Portland, Oregon as well as an instructor for Arizona State University College of Nursing and Health Innovation. She is the proud mother of six children, and in her spare time enjoys camping and traveling with her family. To read the complete profile on ANA's newest president visit American Nurse to read the President's Column feature.

Dr. Mensik Kennedy is available for press briefings to discuss timely and critical health care and nursing topics and issues. Interested members of the media should email newsroom@ana.org.

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CAREERS IN NURSING:

SENSE OF BELONGING - ICU THRIVES ON COMMUNICATION

by James Coburn - staff writer

Emily Skelton, RN, easily connects with people. She doesn't worry each morning when she shows up at work as an ICU nurse at OU Health Edmond Medical Center. She knows she is part of a team where the nursing staff works cohesively together.

"I know everyone that I work with is going to be there if I need it," Skelton said.

Her ICU career began right out of school. Skelton earned her Bachelor of Science in Nursing degree at Oklahoma City University's Kramer School of Nursing at the end of 2020. The OCU program was flexible with her timeline, she said. The hands-on training of the simulation center helped a lot with her learning, she added.

"I was really happy with it. They have a smaller staff, so I really got to know all my professors really well which was great for any additional help I needed outside of class," she said.

Her critical care professor's passion for nursing had a lot to do with her choice to work in an intensive care unit. She fell in love with the quick pace of the ICU during her rotations as well as the detailed organization involved.

As a child she would play with her stethoscopes, but as she got into college it was more than play. What she loved most was knowing she chose a career that helps people. Nursing relies a lot on communication. She knew she didn't want to sit at a computer all day. As a nurse, she would be able to speak with her coworkers and physicians.

"I would also have that oneon-one time with my patients," Skelton said.

She learns about their life and what they're going through. She cherishes being able to help a patient's health improve.

"I'm pretty detail oriented and

organized, myself," she said. "So, in the ICU you need to know everything about your patient. You need to know everything that's going on at all times."

Skelton takes every opportunity to learn something new every day. Learning makes her job fun, she said. She has never stopped asking questions.

Patient care in the ICU nurse requires compassion and patience, especially when working 12 hours a day, she said. Being a leader and a team player is important. Little things are big things. Taking the time to bring a patient a cup of water, change their sheets, and give them their pain medication are essential.

Thinking about the patients' family members can make a big impact on her. At the end of the day when she is tired, family members will look her in the eye and say, "Thank you so much for taking care of my loved one." What

is most heartfelt is knowing there are people who are appreciative of the work she does.

Other nurses join with her altruistic spirit. ICU registered nurse Seena Mathew said, "Holding their hand especially if they're super critical, and when they have no family or friends, moments like those inspire me to continue on, and especially working with great coworkers that are like family and great physicians that care so deeply, it really inspires me."

And Muhammad Hussnain, a student nurse intern at the Fran and Earl Ziegler College of Nursing at the University of Oklahoma Health Sciences Center remarked, "My grandpa had to go to the hospital, and seeing all the healthcare workers take care of him and how he was super thankful for that was an inspiration for me."

See SKELTON Page 5



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Enthusiasm is a hallmark of Emily Skelton's career as a registered nurse at the OU Health Edmond Medical Center ICU.

SKELTON Continued from Page 4

Skelton hopes that 2023 brings a continuum of teamwork and kindness at the hospital. Every year she has worked there, nurses have been honored with a Daisy Award signifying exceptional patient care. They are often nominated by family members.

"We've had lots of people on our unit get those," she said.

Meanwhile Skelton enjoys many aspects of life. She loves taking her dog on walks and hanging out with friends.

"I have a really good group of friends," she said. "I have my fiancй and we all have our little group of guys and girls that we hang out with on a weekly basis."

Their dogs also like frolicking together. Skelton's Australian is the cutest little nugget that helps her decompress whenever she needs to, she described.

"A lot of my friends are nurses, too. So, it's fun that we all can kind of decompress together."

As a new nurse, Skelton said she has loved every bit of being at OU Health Edmond Medical Center.

"I met the CNO on my second day here. I feel that everyone is intentional about making you feel that you belong."

For more information about OU Health Edmond Medical Center visit https://www.ouhealth.com/.



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(AS PUBLISHED IN THE 2022 EDUCATION GUIDE TO NURSING)

Equipping servant leaders in a professional community

Since 1975, the mission of Harding University Carr College of Nursing has been to develop nurses as Christian servants. Faculty and staff are eager to get to know new students and nurture their journey through the program. The University's mission permeates classroom and clinical instruction taught by highly trained professionals from a Christ-centered worldview. Close faculty-student relationships and mentorships foster personal, academic and professional growth. Offering undergraduate and graduate programs prepares students to perform well in any healthcare setting.

What nursing tracks does Harding offer?

The **undergraduate** tracks are designed to meet the individualized needs of students, all leading to a Bachelor of Science in nursing degree. These include:

- Four-year, full-time/part-time traditional track
- 16-month hybrid, accelerated first or second degree program located in Northwest Arkansas. Classes are online, and laboratory experiences are held on site. Clinical sites include local hospitals and community health centers.
- Individualized track for students who hold a current unencumbered

nursing license without a bachelor's degree. An individualized degree completion plan is collaboratively designed with the student (full-time/part-time available)

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 - * Eligibility to sit for national certification exam upon program completion
 - * Delivery: hybrid format, with online courses and three on-campus intensives throughout the program
- Master's Entry into Professional Nursing
 - * Traditional bachelor's entry or accelerated bachelor's to master's options
 - * Eligible to sit for NCLEX-RN exam upon program completion
 - * Delivery: on campus with some online classes

What sets Harding trained nurses apart? The undergraduate nursing program has a 98.8% first-time NCLEX-RN pass rate since 2017 and has been ranked the No. 1 Nursing Program in Arkansas by RegisteredNursing.org for four years in a row. This ranking is based on how well a program supports students toward licensure and beyond.

Harding's nursing graduates are well-equipped to enter the field, with high job placement rates and a 97.5% first-time Family Nurse Practitioner National Certification pass rate since the program's first graduates in 2017.

The first of its kind in Arkansas, the master's entry into professional nursing program prepares graduates for eligibility to take the national licensing exam to become Registered Nurses. The program provides on-campus, state-of-the-art simulations and diverse clinical experiences in Searcy, Little Rock and surrounding areas to aid students in understanding patient clinical skills, administration and leadership in nursing. Applicants

with any undergraduate degree can apply. There are Arkansas nursing prerequisites.

What if I have a degree in another field but have decided healthcare is my passion? The Master of Science in nursing - master's entry into professional nursing option is a great path for students who already have a bachelor's degree in another area of study. The accelerated Bachelor of Science in nursing in Northwest Arkansas is a good option as well.

How do the programs interact with the community? Students assist in a variety of community clinical settings that serve diverse patient populations. They also provide health screenings at area churches and various University-sponsored events.

Does Harding offer a study abroad program? For more than 40 years, Harding has been training nurses for careers not only in traditional healthcare settings but also in health missions.

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https://www.harding.edu/academics/colleges-departments/nursing





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(AS PUBLISHED IN THE 2022 EDUCATION GUIDE TO NURSING)

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SWOSU also offers online professional programs in Health Information Management, Healthcare Informatics

Management (graduate).

The university also has two contractual agreement programs between SWOSU and Caddo Kiowa Technology Center for the Occupational Therapy Assistant and the Physical Therapist Assistant Programs.

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Health Information Management, Nursing, Occupational Therapy Physical Therapist Assistant, Assistant, Radiologic Technology and Medical Laboratory Technician.

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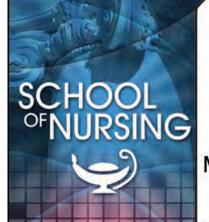
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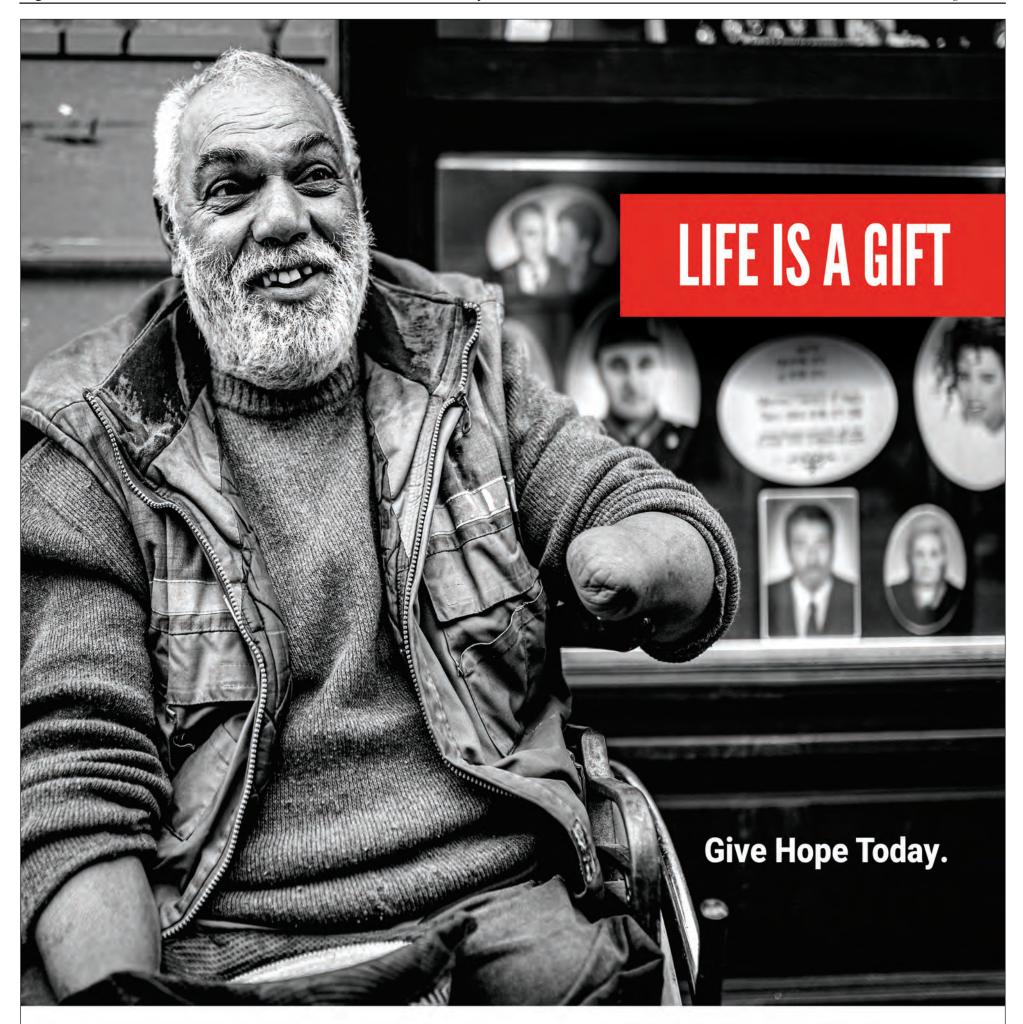
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"What do you love about spending time with family and friends in the New Year?"

"I want to be able to watch

with them."

my kids grow and to spend time

"I like to spend time with my family and cook together like a happy family in blessing."



Sister Shymy Kalathikunnen, RN

"As a nun I like to stay with my

family and friends with prayers and

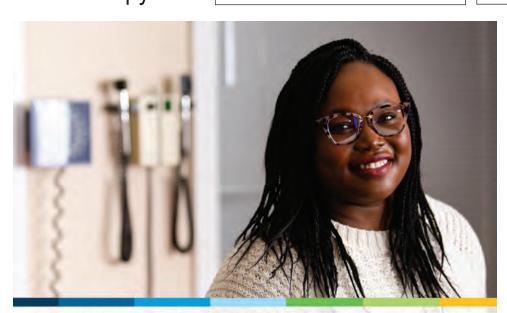
gatherings."



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OKNT CROSSWORD: Diabetes

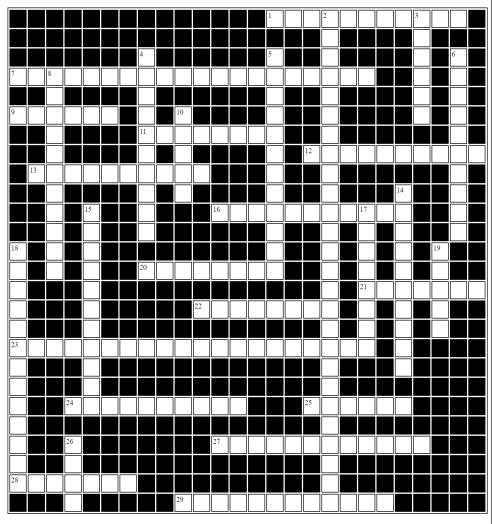
Across

- 1. Disease of the retina.
- 7. Location of cells of the pancreas which produce and secret insulin.
- 9. Type of diabetes usually diagnosed in older people who are often overweight or obese. Characterized by insulin resistance and may have reduced amounts of insulin produced by the pancreas.
- 11. Frequent urination.
- 12. _____ diabetes has no determinable cause.
- 13. Damage to the nervous system.
- 16. Extreme potassium depletion in the circulating blood.
- 20. Endocrine gland responsible for the production of insulin
- 21. A hormone which assists the entry of blood glucose into the cells.
- 22. Condition caused by excess bilirubin in the blood.
- 23. _____ diabetes: carbohydrate intolerance of variable severity with onset or first recognition during preganancy.
- 24. Another name for metabolic syndrome.

- 25. An intermediate product of fat metabolism.
- 27. After a meal.
- 28. A type of ketone found in the blood and urine in diabetes. Has a characteristic fruity smell.
- 29. Abnormally low blood calcium.

Down

- 2. Metabolic stage between normal glucose homeostasis and overt diabetes.
- 3. Type of diabetes usually diagnosed in the young, the pancreas cannot produce enough insulin.
- 4. Increased hunger.
- 5. The accumulation of ketones in the blood.
- 6. Increased thirst.
- 8. Formation of fat.
- 10. Islet cells of pancreas that synthesize glucagons.
- 14. Unusually large size.
- 15. Disease of the kidneys.
- 17. Diabetes _____: A disease characterized by a high level of glucose in the blood.
- 18. High blood sugar.
- 19. cells that synthesize somatostatin.
- 26. Islet cells that synthesize insulin.



Linda Harris

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Local Woman Brings Christmas Gifts to Stroke Patients In Memory of Mother

A local woman and her family gave back this past Christmas to patients who are hospitalized over the holidays. April Yarholar lost her mother, Robbie John, to stroke complications 11 years ago.

In remembrance and in honor of her mother, April started Operation Angel Wings in 2014. Every Christmas, April and her growing army of supporters collect and deliver useful gifts to those being treated for stroke at INTEGRIS Health Baptist Medical Center. Robbie's birthday is Dec.20, so the



giving gesture is a way April and her family can feel close to their mother/grandmother on both special holidays.

"Because our Nana Angel is in heaven, we want to celebrate her birthday by delivering gifts to hospital patients and families," says Yarholar. "Our family spent a lot of time in the hospital over the holidays so there is a special spot in our hearts for the ones who are away from home this Christmas."

This year, Operation Angel Wings collected cozy socks, hydrating lotion and fleece blankets. Acts 2 United Methodist Church contributes to the mission each year and members help the Yarholars assemble the gift sacks. On Sunday, they hand-delivered the items to patients on the neurological unit of INTEGRIS Health Baptist Medical Center.

Brian Warfield is the manager of pastoral care at the hospital. "Here is a woman turning a tremendous loss into an action of love. Giving to others in her mother's name is a beautiful tribute." He says this family's compassion is evidence of the Christmas spirit at work.

Check out the video here:

https://integrisok.wistia.com/medias/oeyv2o6pkc

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Several INTEGRIS Health Hospitals Receive Women's Choice Award

Several INTEGRIS Health hospitals make the 2023 best hospitals in Oklahoma list. The Women's Choice Award is a coveted credential that identifies the nation's best hospitals



based on robust criteria that includes relevant clinical performance, patient satisfaction and appropriate accreditations. Hospitals that receive the award demonstrate exceptional ratings, providing the highest level of care and commitment to their patients' health and well-being.

Here are the INTEGRIS Health hospitals and service lines being recognized:

INTEGRIS Health Baptist Medical Center - Bariatric Surgery, Obstetrics, Minimally Invasive Surgery, Cancer Care, Stroke Care and Outpatient Experience

INTEGRIS Bass Baptist Health Center - Outpatient Experience

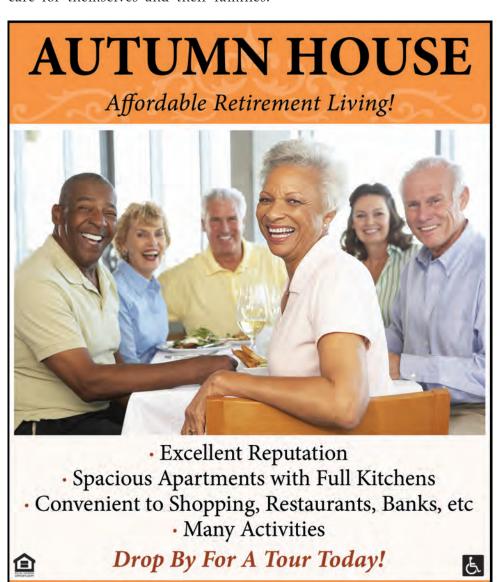
INTEGRIS Health Canadian Valley Hospital - Outpatient Experience

INTEGRIS Health Grove Hospital - Emergency Care

INTEGRIS Health Edmond - Obstetrics and Outpatient Experience

INTEGRIS Health Miami Hospital - Emergency Care

Lakeside Women's Hospital - Obstetrics and Outpatient Experience The Women's Choice Award is the only designation that takes into consideration the preferences of women when selecting a hospital. The honor is designed to help women feel confident in choosing the best care for themselves and their families.



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SPECIAL TO OKNT

Hormone Replacement: Yes, No, or Maybe?

Christina Sibley, EMT/RMA, Bachelor of Science- Health Studies

Hormone replacement therapy (HRT) has been a subject of debate for decades, with both sides of the fence claiming harms and health/longevity benefits of taking or leaving it. That can leave women, in particular, at a loss when trying to make an informed decision. Why is it so difficult to get a definitive answer?

In short: hormones, and their effects on the body are complicated and studies tend to concentrate on one or two hormones at a time, usually synthetic, like estrogen and progesterone. Results vary across studies, or even in the same study, when data is analyzed using different variables.

The Women's Health Initiative (WHI) study is an example of this. A report was sent out in 2002 by the WHI that HRT showed increased risk of certain cancers and cardiac events. Because of that release, prescription and use of HRT plummeted shortly after. Their final report in 2013, after reassessment of study data

and addition of new data, showed risk results depended greatly on age and/or time HRT was started post menopause.

Many studies, including the WHI study, only look at estrogen alone or in combination with progesterone, usually synthetic or animal based. They generally don't consider testosterone (T) at all, which women also produce and is widely available in the body prior to menopause, especially surgical. Additionally, there's much debate over using synthetic HRT vs bio-identical (plant based) HRT, which is not currently FDA approved. The most effective method of delivery (oral, injectable, creams/gels, patches, or implanted pellets) is also debated, further complicating the issue.

Where does that leave us now? The general consensus, according to the WHI, and other studies, is that in otherwise healthy women, benefits outweigh risks, especially if started closer to the beginning of menopause (natural or surgical). The decision should be made on an individual

basis, by the patient and their physician, considering the health history and risk factors of that person.

Christina fell in love with gerontology largely because of the experiences with her grandmother. (*Photo provided*)

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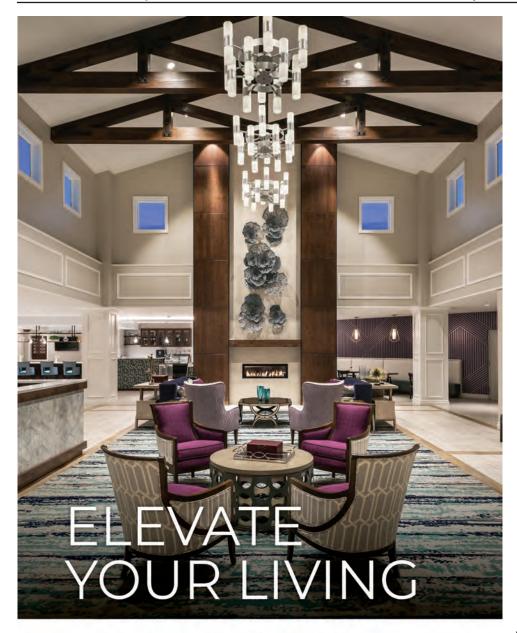


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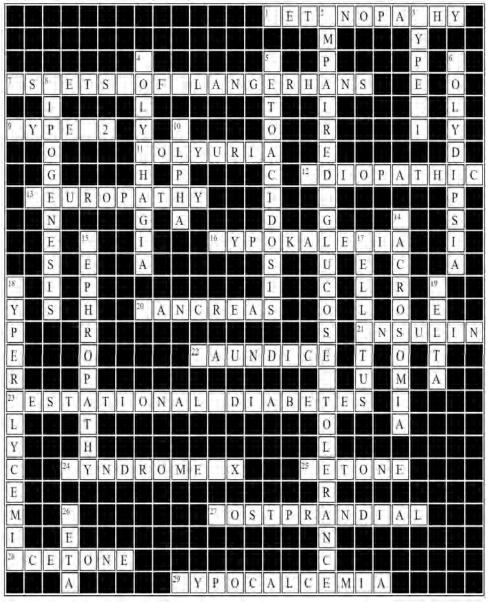
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