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Information for the Oklahoma Nursing & Health Care Professional

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Nurses ready to head to capitol



Nurses and students will again gather at the Oklahoma Nurses Association's annual Nurses Day at the Capitol. Photo provided.

by Bobby Anderson, RN, Staff Writer

Oklahoma nurses and students are set to converge on the Oklahoma State Capitol in a few days for an annual event coordinated by the Oklahoma Nurses Association.

ONA's Nurses Day at the Capitol is set for Tuesday, March 7. Participants will gather beginning at 7:30 a.m. at the National Cowboy &

Western Heritage Museum in Oklahoma City for registration until 8:30. After a briefing on the day's events, participants will then travel on their own to the capitol.

ONA CEO Jane Nelson, CAE, said the event is well received by both nurses and legislators, giving each an opportunity to discuss issues.

"Nurses Day at the Capitol provides nurses with the opportunity to be informed on current advocacy issues and become involved in making a difference," Nelson said. "Legislators love to talk with nurses. Nurses need to be involved. If we are not at the table, we are on the table."

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NURSES

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Registration for the event is \$50 for members and nursing programs registering as a group. The cost for non-members is \$60.

Consistently ranked as the most-trusted profession in the nation, nurses collectively carry a strong voice when it comes to health care issues, Nelson says.

Each year, the ONA organizes a single day to arm nurses with the necessary information and give them the opportunity to discuss those issues with policy makers along with legislative priorities.

By attending the event you will have the opportunity to:

- Hear legislative experts, legislators and ONA's lobbyist.
- Talk with legislators concerning the issues vital to ONA and the nursing profession.
- Increase your awareness of the role nurses play in the political arena.

•Voice your concerns regarding legislation affecting nursing practice, patient safety, preventive care and health education as well as Oklahoma's health status.

Nelson said each year her organization sharpens its focus on

nursing issues and making sure nurse voices are heard when and where it matters most.

"(We are) working to engage nurses in advocacy and telling their story," Nelson said. "Legislators need to hear from nurses so that they understand what is important to nurses as it relates to nursing practice, patient care and the health of Oklahomans."

While this will be the association's largest Capitol gathering, there is still a nurse at the legislature most days.

ONA's Nurse of the Day Program gives you the opportunity to get involved in the legislative process by visiting with legislators, attending various committee meetings and assisting in the First Aid station at the State Capitol.

According to the most recent data made available by the Oklahoma Board of Nursing, there are more than 51,000 registered nurses and more than 16,000 LPNs in Oklahoma.

There are also more than 5,300 advanced practice nurses.

For more information about Nurses Day, Nurse of the Day or the upcoming ONA Convention Sept. 23-27 in Oklahoma City, you can contact the ONA at 405-840-3476 or go online to <https://www.oklahomanurses.org/>.

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Mercy Gifts Peace of Mind with New Blood Test

Individuals with a family history of cancer often feel fear about someday receiving the same diagnosis for themselves or a loved one. That weight of wondering can now be lessened through a simple blood test offered at Mercy hospitals that can detect more than 50 types of cancer.

GRAIL's Galleri test, named one of TIME Magazine's best inventions of 2022 and a breakthrough of the year from The Atlantic magazine, is a multi-cancer early detection (MCED) blood test designed to spot early signals in the blood associated with many cancers. If a cancer signal is detected, results can help guide further testing.

For Rick Hinton, a Mercy patient in Oklahoma City, the test granted peace of mind. Hinton, a healthy 65-year-old, decided to do the blood test due to a genetic predisposition of cancer. "I definitely had a little concern about my health due to my family's history with cancer. My father currently has an aggressive cancer, and my grandfather died of cancer. I knew that this was something I'd want to keep an eye on."

Cancer is currently the second most common cause of death in the United States, and the timing of a diagnosis matters. The longer a cancer remains undetected in the body, the more chance the cells have of spreading. Early detection of cancer can increase treatment options, produce better outcomes and ultimately save lives.

"The statistic that helped me decide to take the test is that over 70 percent of cancer deaths are from cancers we don't commonly screen for," Hinton said. "For the number of cancers screened with this blood test, it's actually very simple – no different than any other blood test I've had."

For Hinton, the results came back with no red flags, bringing an increased confidence in his health. "I would absolutely recommend it to anyone," he said. "It really does give me a sense of comfort to know I have no current concerns detected in my results."

Routine testing for cancer is recommended by the U.S. Centers for Disease Control and Prevention; however, only breast, cervical, colorectal (colon), lung and prostate cancers have a screening tool available. Of the more than 50 types of cancer picked up in the MCED test, 45 are included in the group currently lacking routine screening. The MCED test can flag a signal for cancers like bone, liver, kidney, pancreas and stomach, which often go undetected until symptoms occur in later stages.

The blood test is not currently covered by insurance, meaning patients must pay out of pocket. Currently, the test costs just under \$950. Mercy assists patients who qualify for but are unable to pay the total cost.

"We recognize that the cost is not insignificant to many patients, but we also know that catching cancer early can be the difference between life and death," said Dr. John Mohart, leader of operations for all Mercy hospitals as president of Mercy Communities. "Similar to the cost of purchasing a new iPhone, it's an investment in your health and the life of your family."

"The MCED test is a great example of Mercy working to provide new and innovative testing that can improve when cancer is diagnosed so we can treat it sooner."

The MCED test is currently available at three Mercy labs in Oklahoma.

Mercy Hospital Ada

Mercy Hospital Ardmore

Mercy Hospital Oklahoma City

The MCED test does not diagnose cancer, and not all cancers may be detected through this screening, but it can flag potential issues for further testing. GRAIL recommends the test for adults ages 50 and older with an elevated risk for cancer, which includes those who use tobacco or are overweight, though it should not replace recommended cancer screenings.

RNs and LPNs

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CAREERS IN NURSING: MEETING PATIENTS' NEEDS - BROOKWOOD SKILLED NURSING & THERAPY

by James Coburn - staff writer

Skilled nursing provides Ashley Eduvigen a fast-paced environment with daily opportunities to learn, she said. The licensed practical nurse serves as a unit manager at Brookwood Skilled Nursing & Therapy in south Oklahoma City where she has worked since 2016.

Eduvigen was accustomed to long-term care when coming to Brookwood Skilled Nursing & Therapy. She knew that skilled nursing would be an immediate challenge. But she soon grew to love it, especially when seeing the results of her hard work. She will work in long-term care at Brookwood Skilled Nursing & Therapy whenever she is needed. Teamwork is a hallmark among the nursing staff, she said.

"When patients go home it's a huge celebration for them," Eduvigen said on a spring-like day. "I get to set up their home health or any equipment they need, and make sure they're transitioning as safe as

possible. It's just fantastic because when they come in, they have this initial look — like will they get to go home. So, when they do make that progress and they are able to go home it's a good thing."

The support given by the nursing staff and management to Eduvigen during her six years at Brookwood Skilled Nursing & Therapy has inspired her to do anything and everything she can for her patients. Administration encourages her to consider management and to advance her qualifications by going back to school.

Patience and grace are qualities defining the nursing staff at Brookwood Skilled Nursing & Therapy. It is a place that inspires learning and striving towards goals. Nurses should be unbiased, be able to calm their patients and provide them what they need, Eduvigen said.

Eduvigen has been a nurse for nearly nine years after graduating

from nursing school at Kiamichi Technology Center, located in Poteau. She also did some of her prerequisites at Carl Albert State College in Poteau. Eduvigen was introduced to long-term care and skilled nursing as a CNA during high school.

"Starting as a CNA really grows your love for the nursing profession because you are doing the most intimate care," Eduvigen said.

Eduvigen came to know about nursing as the granddaughter of a CNA and CMA. Her grandmother worked many years at the Talihina Veterans Center serving patients with dementia and PTSD. Her family would stop by and visit with the veterans.

Today, her skilled nursing patients stay at Brookwood Skilled Nursing & Therapy anywhere from a week to 100 days. They often transition back to their home but sometimes need long-term care. She keeps families informed by providing updates.

"Even if we do have to have a conversation about long-term care or hospice, you've already developed a relationship throughout the time," Eduvigen said. "So, it's good."

Patients in long-term care recognize her from the skilled unit. They appreciate seeing a familiar smile. And she's grateful to see them smile, too.

"They feel comfortable coming to me for anything they need," she said.

Patients talk about their families, who's getting married, their grandchildren and decades past. She admires the resilience of her patients. They don't give up even though they might need long-term care, Eduvigen explained. Patients at Brookwood Skilled Nursing & Therapy, give their best effort to improve even when they realize they may need extra help.

"I had one patient rehabbing

See NEEDS Page 5



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Ashley Eduvigen's nursing career at Brookwood Skilled Nursing and Therapy is an enriching experience that she enjoys sharing with others.

NEEDS

Continued from Page 4

from a stroke. One of his goals was to dance with his daughter at the wedding," Eduvigen said. "And so, he did. He worked with therapy very hard, and he was able to go and do that."

And, Eduvigen practices what she teaches in the daily lives of her patients by providing holistic care for herself, too.

"One of the big things that I do is journaling and walking every morning, even though it's as basic as three things that I'm grateful for that day," she continued. "So, I do that every day, even on the bad or tough days when I think I can't

think of something. I try to think of something."

Eduvigen wants people who are contemplating becoming a nurse to understand how enriching the profession can be.

"There's a lot of jobs but nursing is probably one of the most rewarding things you can do," she said.

Nurses rank as the most trusted profession for the 21st year in a row, according to a Gallup poll released in January.

Being a nurse has impacted Eduvigen's life as she strives to become her personal best.

"It's meeting a need and knowing no matter what, you can do anything."



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Hello! I am a RN in Oklahoma who is offering tutoring services to nursing students needing exam/NCLEX prep, and RNs taking specialty certifications such as the CCRN, PCCN, CMC, CSC, etc. I have nearly 6 years nursing experience in cardiac ICU and electrophysiology, and I have personally received the CCRN, CMC, CSC certifications. I look forward to helping others achieve their personal goals.

(AS PUBLISHED IN THE 2022 EDUCATION GUIDE TO NURSING)

OCU continues to lead

Long regarded as one of the top nursing programs in the state, Oklahoma City University's Kramer School of Nursing will expand its offerings this fall, offering two fully online options for the Master of Science in Nursing and RN-BSN programs.

"We recognize that post-licensure nurses may need or desire more flexibility and convenience when returning to school to obtain a higher degree," said Dr. Gina Crawford, Interim Dean, OCU Kramer School of Nursing and the College of Health Professions. "We believe our online options will allow for a greater number of nurses to advance their education in a way that best fits their needs and busy schedules. While being more convenient, the quality of our programs and the dedication of our faculty continues to be nothing less than outstanding."

The MSN program at Kramer School of Nursing provides students with the opportunity to obtain a Master's Degree focused on Education or Leadership. The program is 33 credit hours offered in the spring, summer, and fall.

The majority of students complete the program in five semesters while maintaining full-time employment. The MSN program is intentionally designed to support the needs of the adult learner and will be offered completely online starting in the Fall of 2022.

"To me, what makes Kramer so unique is the authentic, caring relationships among faculty, staff, and students. It creates an environment where true learning can occur, and students thrive. In turn, we see this positively affect patient outcomes and advance the discipline," said Vanessa Wright, PhD, MSN, RN, Chair of Graduate Education.

The RN-BSN track is designed for working nurses to attain their BSN. It is 30 credit hours, 18 credit hours in nursing, and 12 general education electives.

"We are proud of the relationships formed between

RN-BSN faculty and students and we look forward to continuing those relationships within the fully online platform. We will continue to offer an in-person option for nurses who prefer in-person instruction," said Professor Pam Tucker, Chair, RN-BSN. "The RN-BSN faculty are supportive and accessible to the students. We recognize the students as adult learners and value the experience each student brings with them to the RN-BSN track. Being part of the journey as RNs achieve their goals is an honor."

RN-BSN alumna, Connie Benhmida, RN stated, "I have been a professional nurse for 21 years and my lifelong goal of earning my BSN seemed out of reach. I discovered the opportunity to achieve my dreams by attending OCU KSN's RN-BSN program. The professors and staff at KSN understand the unique challenges that working adults encounter when deciding to return to school. My nursing instructors embraced me, encouraged me, and celebrated my achievements."

Those seeking a terminal degree are well-served at OCU.

The PhD degree prepares expert nurses in nursing education, research, and leadership to serve the community, state, and nation.

The PhD program combines educational delivery methods, allowing students to keep full-time jobs and live in their own communities. Through hybrid course design, students meet on campus for 2-3 days at the beginning of each semester and complete courses online over the remainder of the semester. The program requires 57 post-master's credit hours.

The DNP program at KSN provides a blend of in-person instruction and distance education.



The BSN-DNP program tracks include family nurse practitioner (FNP), adult-gerontology acute care (AGACNP), and psychiatric mental health nurse practitioner (PMHNP). All three tracks are also offered as post-master certificates (PMC).

DNP-Completion options are also available for MSN-prepared nurses seeking a terminal degree. "Faculty and staff are very proud of the quality, collaborative care provided by our graduates to their communities," said Dr. Cene' Livingston, Interim Chair of Advanced Practice Programs.

"I am very grateful to take part in OCU's first PMHNP post-master class," said student Dyanna Johnston (PMC PMHNP). "This program allows me to work full-time and receive quality education

from experienced instructors."

BSN-DNP alum Christin Tomlinson, FNP, echoed that sentiment.

"I highly recommend the program to anyone seeking a graduate nursing degree," she said. "The professors helped me understand the material, secure clinical placement and were always available for a kind word of encouragement."

OCU Kramer School of Nursing invites you to visit their upcoming College of Health Professions Open House on June 28 at OCU.

Virtual information sessions are also available on May 10 and July 12. Application deadline for the PMC PMHNP track is April 1.

You can find more information online at www.okcu.edu/nursing



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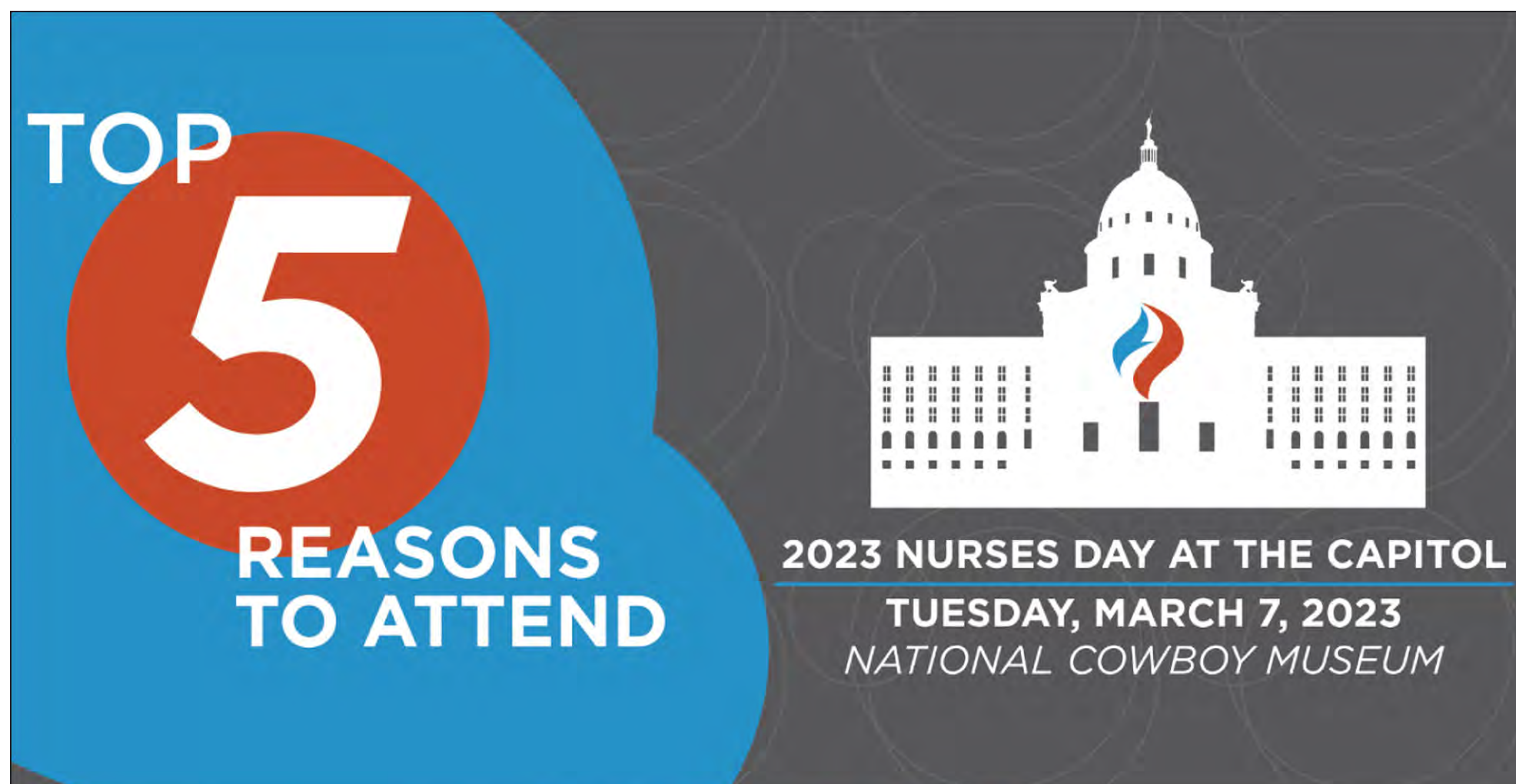
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NURSE



TALK

What do you admire about the children coming to the rehabilitation hospital?



"I admire their drive to play. It doesn't matter if they're sick or not feeling well. They always want to play."



Cony Sears, LPN

"I admire their courage and resilience to get better and to live their lives the fullest."



Chelsi Hedrick, LPN

"I admire their perseverance. They are happy and they don't have a reason to be happy. I admire their strength."



Robert Keeton, RN



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CROSSWORD: Acute Renal Failure

Across

4. due to obstruction

6. functional unit of kidney

10. with prompt intervention

14. Patient must be kept on strict

15. increase in BUN & Creatinine

16. more than 400 cc urine output/day

18. inhibits the tubular reabsorption of Na & chloride ions

19. osmotic diuretic

22. k, phosphate, mg

24. normal is 0.5 - 1.2

25. loop diuretic

27. 75% nephrons not functioning

28. no red meat 3 days before doing

29. can be felt if you feel under ribcage

ANSWERS ON PAGE 13

Down

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

2. 125 cc/minute

3. normal is 5-20

5. less than 400 cc urine output/day

7. protein in urine

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

9. rapid decline in renal function

11. bolus of fluid

12. xray

13. symptom free

17. damage due to overdose

20. due to lack of blood flow, before kidney

21. potasium sparing diuretic

23. renal dose medication

26. na, calicum

30. outer layer of kidney

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ANA Encourages Congress to Address Nursing Priorities

The American Nurses Association (ANA) is calling on the United States Congress to address some of the most pressing concerns of the nursing profession. Meaningful action must be taken to support the nursing workforce by tackling several chronic, longstanding problems from rampant workplace violence, lack of access to quality patient care, and the looming nursing shortage:

4182/H.R. 1195 in the 117th Congress, the Workplace Violence Prevention for Health Care and Social Service Workers Act. This legislation would require Occupational Safety and Health Administration (OSHA) to develop and enforce specific standards for health care and social service employers that will hold them accountable for protecting their employees from workplace violence. This issue has been a long-standing concern prior to the pandemic and recent increases in instances of workplace violence have shown why passage of this legislation is so

critical. This legislation passed in the House during the 117th Congress with significant bipartisan support. ANA urges Congress to ensure this vital legislation becomes law.

5212/H.R. 8812 in the 117th Congress, Improving Care and Access to Nurses (ICAN) Act. This legislation would permanently remove barriers to care and increase access to high-quality services provided by APRNs under the Medicare and Medicaid programs. Using federal and state waivers during the COVID-19 public health emergency, patients have benefited from APRNs being permitted to practice to the full extent of their clinical training and education. However, once the public health emergency is lifted, suddenly APRNs will not be able to continue practicing to their full extent to the detriment of patients. As a nation, we cannot afford to go backward.

246/H.R. 851, in the 117th Congress, the Future Advancement of Academic Nursing (FAAN) Act. This

legislation would support nursing educational programs to grow, teach, and strengthen the future workforce of nurses. The nursing shortage harms not only nurses, but patients as well, as studies show quality care decreases when nurses are stretched too thin. Enhancing nursing education to respond to the current and future needs of the nursing workforce is a critical step towards solving the nursing shortage.

These legislative asks will provide comprehensive resources and protections for America's nurses; a group that has worked tirelessly under the heavy burden of years-long COVID-19 pandemic along with a historically severe flu season and a surge of RSV infections.

ANA welcomes the opportunity to work with members of Congress over the next two years to enact innovative, bipartisan policy solutions that will support both our nation's nurses and patients.

FACEBOOK FRIENDS

Kramer School of Nursing



Kramer School of Nursing BSN student Amanda Creson delivered a baby in the back of an ambulance. Amanda works for Pafford as an EMT. She has been an EMT since Nov 2013. "I absolutely love being an EMT. I am now working only PRN so I can focus on my studies. I have worked mainly in the El Reno area but not limited to this area. I have also been deployed on several hurricane assignments in the New Orleans service area, along with the Virgin Islands in St. Croix area. I am just so happy she made it to the fire station in Union City so we could help her." We are very proud of our extraordinary nursing student and wish the best for the family. Read more on the story here <https://www.news9.com/.../woman-gives-birth-at-union-city...> #KramerSchoolofNursing #OCUNursing

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Oklahoma Firefighters Honored for Saving Coach's Life

Saturday, February 4, Bobby Jackson was coaching his 9-year-old granddaughter's little league basketball game in Blanchard, Oklahoma when suddenly he collapsed on the court.

Ralph Callaway and his son Roy Callaway were both at that game to watch Roy's daughter play. Ralph who was sitting higher up in the bleachers said "I was watching [Bobby] and I could tell something wasn't right. He looked one way telling the kids to run after the ball. Then, he hit the floor."

Ralph and Roy are both firefighters. Ralph is a Captain with the Newcastle Fire Department with 27 years' experience, while Roy is a Major at Moore Fire Department. It's a challenge for the two to be together because they work opposite shifts, but both of them were at the little league game on February 4.

Ralph said when he was watching Bobby he didn't know exactly what was happening, but his 27 years' of experience in emergency responses told him it was urgent.

Bobby had gone into cardiac arrest.

The Callaways made it down to the hardwood first, with bystanders racing to the floor to check on Bobby's condition. While checking vitals and making sure someone was calling for an ambulance, Roy began administering CPR to Bobby.

Other off-duty firefighters from Blanchard and Norman were also watching the little league game that day and helped in the aid efforts.

Blanchard Fire and a McClain Grady County EMS ambulance were on their way, but Ralph knew more emergency measures needed to be



taken. The firemen brought in a medical bag and a defibrillator was placed on Bobby. He was shocked twice on the floor. A bag valve mask was placed on his face to get air into his lungs.

After five excruciating minutes, the ambulance arrived. It took the EMS team only six minutes to assess Bobby, get him more treatment and loaded into the ambulance before he was rushed to Norman Regional HealthPlex. On the way to the hospital, first responders continued CPR and Bobby was shocked with a defibrillator three more times.

Once at the HealthPlex, Bobby was taken into the Emergency Department where on-call Cardiologist, Dr. Muhammad Anwar, was ready.

There, Bobby was met with the best medical staff in South Central Oklahoma and he was stabilized. It had been less than two hours from when the 911 call was made to a stent being placed in Bobby's heart. He was going to be ok.

After spending two days in the hospital under the care of the Cardiovascular ICU nurses and staff, Bobby was released to go home. His wife, Tammy, couldn't be more grateful. "When I saw him lying on the floor, I thought he wasn't coming home with me," Tammy said. "I'm just so incredibly grateful for the staff here at the HealthPlex."

On Tuesday, February 21, Norman Regional hosted a reuniting ceremony bringing together the teams of people it took to have Bobby with us today.

Ralph and Roy Callaway, Blanchard firefighter Mike

Continued on next page

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HONORED
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Domer, Norman firefighter Dusty Borror alongside McClain-Grady County EMS Paramedics, Sam McClintock and Frank Strange as well as Blanchard firefighters Krista Brown, Jake Reid, Travis Reid, and Kamden Smith were all presented Certificates of Recognition for lifesaving efforts by Kim Hills, Program Administrator for Norman Regional's Cardiovascular Center of Excellence, for their quick action and saving Bobby's life. It reads "your valiant and heroic act of service in providing bystander CPR played a crucial role in Mr. Jackson's

survival." The first responders received a certificate as well for their quick arrival and excellent care.

Others in attendance during the ceremony were the incredible nurses and doctors that helped Bobby recover during his stay at the HealthPlex.

Bobby is excited to get back to coaching and will be at the next game, but for now, he will be on the sidelines cheering on the girls!

According to the CDC, about 9 in 10 people who have cardiac arrest outside the hospital die. But CPR can help improve those odds. If it is performed in the first few minutes of cardiac arrest, CPR can double or triple a person's chance of survival.

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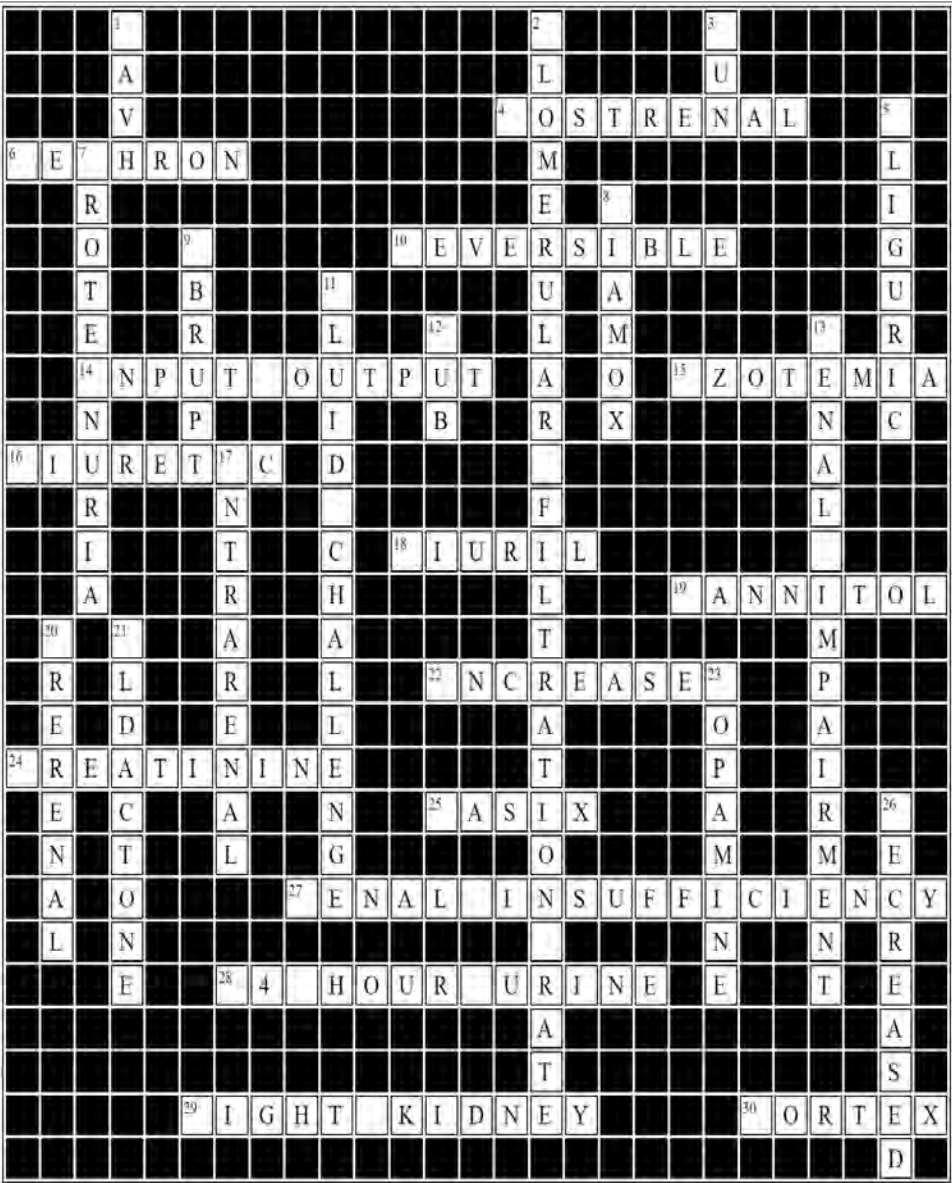
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