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March 20, 2023 Vol. 24 Issue 12

Information for the Oklahoma Nursing & Health Care Professional

7:30 a.m. - 9:30 a.m., Thursday, April 13 3408 36th Ave NW Suite 124 Norman, OK 73072 Norman Regional Health System See our ad on page 5

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New Ultrasound **Being Prepared** and X-Ray Units **ER nurse Provides** Improve Quality of **Immediate Care**

Wendy Scott, RN, is a fast thinker with a quick response as an ER nurse at SSM Health St. Anthony Healthplex.

story and photo by James Coburn, staff writer

Doing emergency care nursing has given SSM Health St. Anthony Healthplex. Wendy Scott, RN, learning opportunities with a variety of patients from birth to 100 years old, an emergency room. At times their primary she said. She is a charge nurse on day shift at

Some people are unsure whether to go to See SCOTT Page 2 **Care for Patients**

Ultrasound and X-ray services have been available at Mercy Hospital Watonga for many years. Now a more than \$211,000 investment from Mercy ensures that the most up-to-date technology provides patients with the newest imaging services available.

"Mercy is committed to investing in new technology that will help patients in this community," said Bobby Stitt, administrator at Mercy Hospital Watonga. "These imaging upgrades will improve care and make it easier for our team to diagnose and treat patients."

Medical imaging helps to diagnose everything from broken bones to pregnancy. Without this equipment, patients in the community would have to seek imaging services outside of Watonga.

The prior ultrasound unit has been in use for over 15 years, and the X-ray unit even longer. Both needed to be retired to make way for upgraded technology. The new ultrasound unit

SCOTT Continued from Page 1

care doctors cannot see them that day.

Patients will call SSM Health St. Anthony Healthplex for answers. The ER staff urges them to come if they feel like they need treatment.

"It's a very vast population to take care of. It's very thorough and I just like watching the different aspects at different age levels," Scott said.

SSM Health St. Anthony Healthplex on North Western Avenue in Oklahoma City is an ER hospital including outpatient care and doctors' offices. It does not admit for medical procedures.

Scott earned her Bachelor of Science degree from the University of Oklahoma in 1994. She has previous experience in intensive care and pediatrics. She had always been at another local hospital but wanted to check out other opportunities. Scott joined the nursing team at SSM Health St. Anthony Healthplex nearly seven years ago.

"They very much encourage continuing education. They encourage us to move up in our positions if there are other positions available within the company," Scott said. "Our managers are very good about supporting us and leading us up if we want to move up in our careers."

She helps patients become more comfortable by meeting them at their level. She will sit on a stool beside them to give direct answers to any questions. She offers them blankets and pillows and explains each procedure.

Nurses are given orientation opportunities when coming to SSM. Guidance is provided for certifications and everything else required for their positions. Scott said that emergency care gives nurses broad opportunities to apply what they learn to different fields of nursing.

ER nurses never know what type of health condition will come through the door. They must be prepared for the unexpected. The symptoms of a heart attack may differ between men and women. Women may experience more regular types of chest pains.

"In general, people think you have left-sided chest pain that radiates up to your neck or and arm. Sometimes they just present with a minor chest pain," Scott said. "Our doctors are very good that we don't brush that off. We have immediate time frames for getting an EKG. We run labs, X-ray, and we take that very seriously. We rule it out, especially if they have risk factors — their family, high blood pressure, smokers, that type of thing."

Scott becomes familiar with some patients who have been in the ER before. Scott gets to know them.

So, it touches her life when people come for emergency care and call her by her first name.

"We do see people that come in and don't have a primary care doctor or they can't get into their doctor, and they feel comfortable coming back to our emergency room," Scott said. "They like the staff and they like the doctors. That gives you a warm feeling when somebody says, 'Hey, Wendy. How are you?' We have a rapport with them and that's what gives you a warm feeling inside."

She said that in general, nurses need to be soft hearted. However, it's hard for an ER nurse not to become attached to their patients while looking at their patient objectively.

"You have to realize that person is really sick. Sometimes it's hard to let that soft heart go when you have a relationship with these people," she said. Scott has found ways to soothe herself. She is often on her feet a lot, so she will go home and put her feet up to relax.

"I have a close-knit group of friends that I can reach out to," she said. "We're all nurses and sometimes I have to unwind at night. I reach out to them with a phone call or text and just kind of release my emotions from the day. We kind of help calm each other down like that."

Nursing careers are worth it, she said. She encourages people who are interested in nursing to go for it.

"It's such a wide realm of possibilities," she said. "Some people want to sit behind a desk or do research. But you will always have a job in nursing. This job is stability."

Nursing has taught her to take one day at a time. Someone may come to the ER as an otherwise healthy individual, but the outcome isn't good.

"I realize you need to have your ducks in a row. You need to be softhearted with those family members because it's a shock because you don't know what's going to happen from day to day."

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

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MERCY **Continued from Page 1**

cost more than \$86,000, the new portable X-ray unit over \$125,000.

"Our caregivers are excited about the capabilities of these new units," said Kenny Thompson, manager of operations at Mercy Hospital Watonga. "The upgraded technology is more usable for technicians and easier to read for radiologists. They both offer improved digital resolution which will ultimately increase more accurate

diagnoses."

In addition to pregnancy-related screenings, the new ultrasound unit

provide imaging for heart, thyroid and other abdominal organs.

Mercy Hospital Watonga will also be adding a new CT scanner later this spring. This advanced piece of imaging technology is not available in many critical access hospitals and has the capability to take a digital 16-slide image of the body. These scans show bone, muscle and other organs in detail and can help to diagnose internal injuries quickly and painlessly.

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Nurses Gather for 10th Anniversary Reunion to Envision the Future of the Profession in a Post-Pandemic World

The Inspiration Nurse, Donna Cardillo, RN, will be gathering nurses from around the country at the award-winning Miraval Resort, Tucson March 23-26, 2023 to commemorate the 10th anniversary of the first Empowered Nurse, Enlightened Practice retreat offered there in 2013. This post-pandemic gathering brings together past attendees and their collective wisdom and experience to begin the process of healing, restoration, and reimagining a better future for both nursing and healthcare.

"We are experiencing a renaissance in nursing" says Cardillo also known as the Nurse Whisperer. "It's time to bring the best that nursing has to offer together with lessons learned from the pandemic to create a new vision and a new plan to move healthcare forward. This is our time to shine, to innovate, and to lead." Nurses are the backbone of healthcare, the most trusted profession according to the annual Gallop Poll, and the largest group of all healthcare providers around the globe.

The retreat attendees include nurse attorneys, nurse entrepreneurs, nurse practitioners, nurse educators, holistic nurse healers, nurse authors, professional association leaders, and more. Cardillo goes on to say, "Nursing is the most diverse profession on the planet. We are scientists, teachers, healers, advocates, and nurturers. Nurses bring compassionate heartcentered, high quality, cost-effective care to every aspect of healthcare. Look out world, here come the nurses!"

The weekend will consist of discussions, workshops, individual and group exercises designed to provide attendees the opportunity to share, brainstorm, learn, and become strong advocates for nurses and those they serve. Additionally, participants will receive muchneeded and well-deserved self-care time to recharge their batteries,

reclaim their power, and offset the damages of personal and professional burnout, compassion fatigue, moral injury, and trauma of these last years.

To help with the celebration, Noel Asmar Uniforms is gifting each attendee with a set of scrubs from their exclusive collection. "Covid turned the spotlight on nurses and medical professionals along with the need to give back to those that carried us through the pandemic. We are grateful to be able to outfit each nurse with Asmar Scrubs as a thank you for their incredible work. Donna's work is a testament to the power of empowerment." Noel Asmar, Owner.

Cardillo has appeared on the Today Show and the Dr. Oz Show to name a few and been featured in the Los Angeles Times on numerous occasions. She is frequently quoted in newspapers and magazines and is the original Dear Donna advice columnist for



Donna Cardillo, MA, RN, CSP (Certified Speaking Professional), FAAN (Fellow in the American Academy of Nursing) is The Nurse.com.

https://donnacardillo.com/ For additional information on the event go to https://donnacardillo.com/ See ENVISION Page 5



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ENVISION Continued from Page 4

events/. For media interviews contact Cardillo at donna@donnacardillo.com.

About Donna Cardillo, MA, RN, CSP, FAAN

Donna is a passionate advocate for nurses and empowers her colleagues to maximize their personal and professional potential. She is a renowned keynote speaker, retreat leader, and author with an accomplished career of over 30 years. Cardillo is author of numerous books including the newly released 3rd edition of Your First Year as a Nurse: Making the Transition From Total Novice to Successful Professional from Penguin Random House; ULTIMATE Career The Guide

for Nurses, Practical Advice for Thriving at Every Stage of Your Career, 2nd edition from The American Nurses Association; A Daybook for Beginning Nurses from Sigma Theta Tau, and Falling Together: How to Find Balance, Joy, and Meaningful Change When Your Life Seems to be Falling Apart from She Writes Press.

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INTEGRIS Health Physician Performs 1000th Robotic Joint Replacement Surgery



Gerardo Myrin, M.D., recently achieved a major milestone. He completed his 1000th joint replacement surgery using the Mako robotic-arm. This number is significantly higher than the national average. Typically, an orthopedic surgeon will perform 27 total hip replacements and 33 total knee replacements per year. For Myrin to successfully complete 1000 in roughly four and half years is well above pace. Congratulations to Dr. Myrin and his team at INTEGRIS Health Medical Group Orthopedics Central.



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For: RN, LPN, RN students, LPN students

Interested in a nursing career at Norman Regional? Stop by our Coffee with a Recruiter event to learn what it's like to be a healer! The event will take place at the Westside Beanstalk Coffee and Sno from 7:30 a.m. – 9:30 a.m., Thursday, March 9. Enjoy free refreshments and find out why Norman Regional is a special place to work.







(AS PUBLISHED IN THE 2022 EDUCATION GUIDE TO NURSING)

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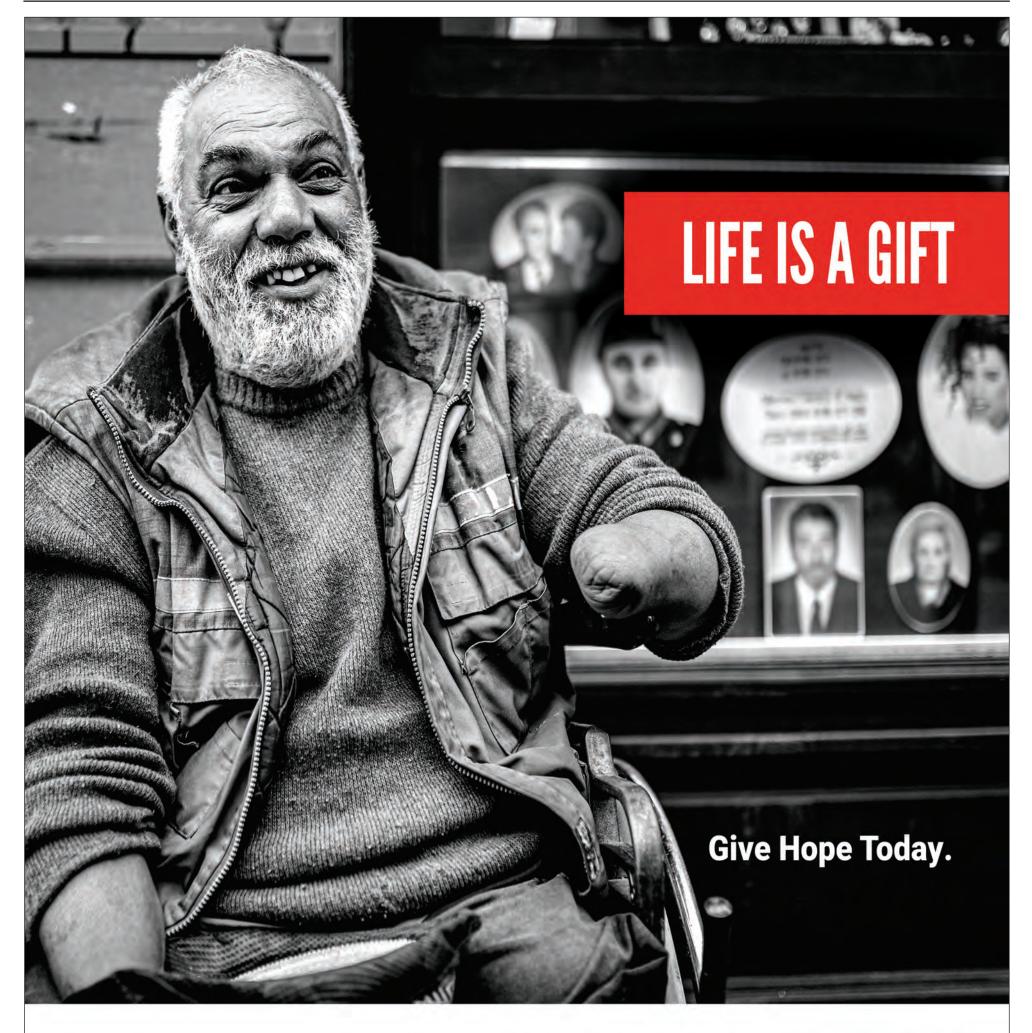
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March 20, 2023

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What are your hobbies?



Oklahoma Allergy & Asthma Clinic

"Mostly right now I'm raising a toddler. So, chasing around a toddler and dogs in the house."



Chelsea Robinson, RN, Nurse Practitioner

"Currently I've got two young girls and play with them. We also like being outside and have two dogs to walk."



Carolyn Hoggett, RN

"I like to hang out with my family and do outdoors stuff. We should be outside in warm weather."



Emily Kendall, LPN



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CROSSWORD: Asthma OKNT

breathing rate and

4. incomplete emptying of

air from the lungs during

5. substance released in

10. rapid respiratory rate

11. anticholinergic agent

12. whistling sound heard

during lung auscultation

response to mast cell

dioxide

expiration

activation

Across

2. caused by increased vascular permeability 6. tests amount of air that is blown out as quickly as possible 7. breathing test 8. oxygen saturation below 95% 9. increased smooth muscle contraction 13. sympathomimetic

bronchodilator

14. obstructs and

narrows airway

15. triggers mast cell

activation

16. increased work of

breathing

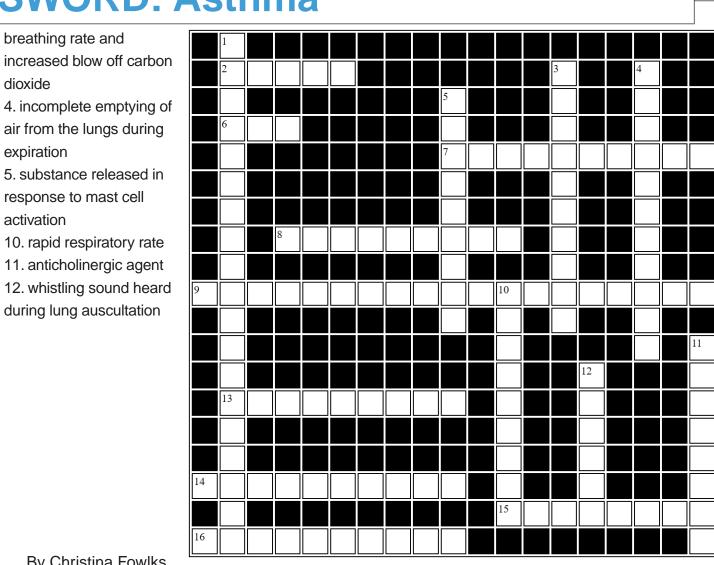
Down

1. untreated status

asthmaticus

3. results from rapid

ANSWERS ON PAGE 13



By Christina Fowlks

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Oklahoma's Nursing Times

Press Ganey And American Nurses Credentialing Center Announce Three-Year **Collaboration On Nursing Awards**

Today Press Ganey, the renowned leader in transforming the human experience (HX) across the healthcare ecosystem of patient, employee, member and consumer journeys, announced а collaborative partnership with the American Nurses Credentialing Center (ANCC), a global leader in promoting excellence in nursing and health care through credentialing programs, to sponsor the ANCC Magnet Prize® and the ANCC Pathway to Excellence Award® for the next three years.

The 2023 call for submissions opens on Friday, March 10th.

The ANCC Magnet Prize® is awarded to an ANCC Magnet®designated organization whose nursing team spearheaded exemplary patient care over the previous year. Winners are selected by the Magnet Selection Committee and awarded a monetary prize to develop and advance an innovative project or

increased to \$125,000.

The Pathway to Excellence Award® recognizes an ANCC Pathway to Excellence organization for its advancements in a program that promotes innovative thinking in the practice setting. Each year's recipients are selected by the Pathway Selection Committee and are awarded a purse to implement an innovative practice proposal. This year the award has increased to \$100,000.

"We're thrilled to be partnering with ANCC to recognize nursing teams and their organizations that are committed to continually improving the experience of patients in thoughtful and innovative ways," said Jeff Doucette, Chief Nursing officer at Press Ganey. "At Press Ganey, we take pride in the work we do with organizations to help them on their Magnet designation and Pathway to Excellence journey.

program. This year the prize has These two prestigious awards truly align with our mission to help shape and optimize the human experience of healthcare for all."

> The Magnet Recognition Program® designates organizations worldwide where nursing leaders successfully align their nursing strategic goals to improve the organization's patient outcomes. The Magnet Recognition Program provides a roadmap to nursing excellence, which benefits the whole of an organization. To nurses, Magnet Recognition means education and development through every career stage, which leads to greater autonomy at the bedside. To patients, it means the very best care, delivered by nurses who are supported to be the very best that they can be.

> The Pathway to Excellence® Program grants special recognition to health care organizations that prioritize positive practice environments where nurses lead,

innovate excel. Nurses and acknowledge that the health care settings where they work are empowering and geared toward professional development while patients benefit from optimal health care provided by confident and qualified nurses.

"We truly value this new partnership with Press Ganey to support nursing excellence and nurseled innovation through ANCC's programmatic work," said Rebecca Graystone, MS, MBA, RN, NE-BC, Vice President, ANCC Magnet Recognition Program® and the Pathway to Excellence® Program. "Their generous sponsorship of the ANCC Magnet Prize® and the ANCC Pathway to Excellence Award® is critical to the success of these programs and in ensuring the decades-long legacy of quality nursing practice will continue into the future significantly impacting safe patient care and positive health outcomes."



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Senators Say Health Worker Shortages Ripe for Bipartisan Compromise

by Michael McAuliff

Senators are eying the growing shortage of health care workers in the United States as one of the few problems where there is room for bipartisan solutions, even in a deeply divided Congress gearing up for a presidential election cycle.

The shortage that's only worsened since the pandemic is a prescription for skyrocketing costs, suffering, and unnecessary death, Sen. Bernie Sanders, I-Vermont, the new chairman of the Senate's top health committee, warned in his committee's first hearing last week.

"We are going to produce legislation, and I think people will be surprised about the level of bipartisan supporters," Sanders said in a brief interview during a break from the hearing. He called for the committee to "produce something meaningful."

The shortage of health care workers of all sorts is a widespread problem, but is especially acute in rural areas and minority communities. Sanders pointed to the startling numbers of Americans living in medical care deserts to illustrate the point. There are nearly 100 million people who don't have easy access to a primary care physician, almost 70 million with no dentist at hand, and some 158 million people who have few local mental health providers, Sanders said.

The COVID-19 pandemic contributed to the nation's existing

Continued on next page

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Steven and Christina Sibley are licensed, independent Insurance Brokers. Their focus is finding the best products to insure their client's Life, Health, Long Term Care and Medicare insurance needs are fully and affordably met, both now and in retirement. With her 20 years of healthcare experience and his 20 years of financial services experience, they are ready to offer you the information and personalized service you expect and deserve. There's never any pressure, or any charge, just help.





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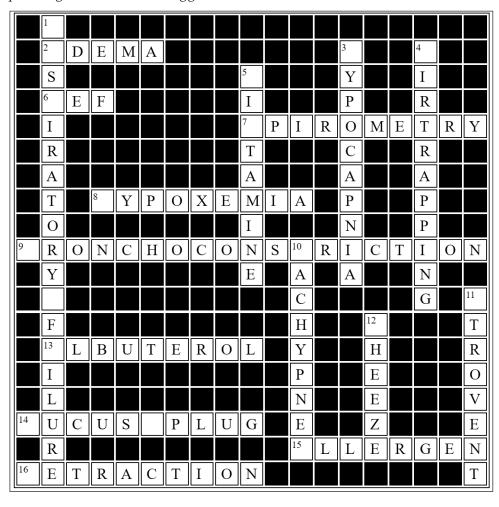
BIPARTISAN Continued from Page 12

worker shortage as many left the workforce as the crisis worsened. Some contracted the virus themselves, and large numbers of health care providers died. An investigation by KHN and The Guardian revealed more than 3,600 health workers in the United States died during the pandemic's first year alone. Some got burned out or sought higher-paying jobs elsewhere.

"Despite all of our health care spending, we don't have enough doctors, nurses, nurse practitioners, dentists, dental hygienists, pharmacists, mental health providers, and other medical professionals," Sanders said, pointing to data that suggest the nation faces a shortfall of about 450,000 nurses and 120,000 doctors in the coming years, and 100,000 dentists now.

While Democrats and Republicans alike acknowledged the shortages hobbling care for hundreds of millions of Americans, any legislative solution must pass not only the Senate Health, Education, Labor and Pensions Committee, but also the full Senate and House of Representatives. Far-right House Republicans have threatened to go so far as forcing the federal government to default on its debts as they demand spending cuts, and high government spending on health care could make new legislation a ripe target.

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