

Driven to learn *RN brings new life to the world*



Jessica Hudspeth is a labor and delivery nurse who enjoys bonding with patients and their families at Lakeside Women's Hospital, located in Oklahoma City

Story and photo by James Coburn, Staff Writer

Jessica Hudspeth had a good experience with the birth of her first daughter. Hudspeth had originally set her course to earn a Bachelor of Science degree in Community Health because of her passion for health education. But her successful experience of birthing her daughter inspired her to become a labor and delivery nurse.

She chose Lakeside Women's Hospital,

part of the INTEGRIS Health network.

"I love the patients that we have at Lakeside, and the community of nurses and the staff as a team," Hudspeth said. "Our patients that come in are great, our doctors are great, and I love that it's like a cozy home and not like a giant hospital. Also, it's real comfortable for me and I think our

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Safe Staffing Bill Introduced by Congress

*Members of Congress to
Introduce Safe Staffing Bill to
Address Hospital Crisis*

Following a historic wave of nurse strikes, marches and informational pickets and dozens of new successful RN organizing campaigns across the country, registered nurses are bringing their fight to Congress to fix the crisis of unsafe levels of nurse staffing in hospitals nationwide. Federal legislation, which will be introduced at a Thursday, March 30 press conference, would set limits on the numbers of patients each RN can care for in hospitals, a necessary measure for saving patients' lives and stemming the exodus of nurses from the bedside.

Pointing to the 1 million registered nurses with active licenses who are not working as nurses, nurse leaders with National Nurses United – the nation's largest and fastest-growing union of registered nurses – refuted industry claims of a "nurse shortage." They argue that Congressional and industry leaders must create safer, sustainable conditions in hospitals so nurses will return to and stay at the bedside.

"This staffing crisis was manufactured by the hospital industry," said Deborah Burger, RN and an NNU president. "Hospital executives claim there is a nursing 'shortage' but we know that many nurses have left the bedside because they are unwilling to risk their patients' lives by being forced to care for them in an unsafe manner. This bill would bring them back to providing direct care at the bedside and in clinics by ensuring their patients receive proper, safe, optimal, and timely care."

Burger continued, "The bill's introduction is a direct response to the escalating staffing crisis in hospitals across the country. Tens of thousands of nurses have spoken out, marched, and struck for safer patient care conditions over the last year, sounding a clarion call for action. Nurses know the quality of our health care system is on the line and depends on the passage of this bill." The Nurse Staffing Standards for Hospital Patient Safety and Quality Care Act, authored by Sen. Sherrod Brown (D-OH) in the Senate and

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HUDSPETH

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patients also feel that comfort as well."

Hudspeth joined the extern program at Lakeside Women's Hospital during nursing school at Oklahoma City Community College. She graduated in 2019. She loved her educational experience at OCCC. Hudspeth said her instructors prepared her well for the NCLEX competency exam. Hudspeth learned a lot by listening to her instructor's personal experiences about patient care.

"All of the teachers there were so good," she said. "Every day I was on the edge of my seat learning with them. I highly recommend anyone to go through any of their nursing programs."

She felt welcomed at OCCC and is a welcoming presence herself at Lakeside Women's Hospital.

Continuing education is prevalent at Lakeside Women's Hospital. INTEGRIS Health educators join the nurses in

simulation labs.

"We are constantly doing online education. They are big supporters here of continuing your education," Hudspeth said.

INTEGRIS Health supported her in attaining her registered nurse certification in obstetrics.

"If I was really interested in going to a conference, they would work with me," she said.

A typical workday for Hudspeth involves one patient in labor. However, she stays prepared for additional deliveries on any given day.

"What's nice about labor and delivery is you never really know what you're going to get," she said. "And so, you might have days when you don't deliver any babies. And some days are busy, and you get two and you're getting new ones admitted. So, it's nice to have that change and that up-and-down calm and then be busy."

She begins her days getting her assignments and educating mothers and their husbands about medications and what to expect. One or more supportive

loved ones are usually with patients. Every labor and delivery brings something different. Some experienced mothers in childbirth are calmer and more collected.

But the nurses still take every effort to educate them. Hudspeth updates mothers about their baby's heart rate during the process. Afterwards, she educates mothers about their bleeding and signs to look for.

"Definitely breast feeding as well. There are so many areas of education we do on a daily basis with our patients. I really enjoy that part," she said.

Not everyone experiences the sound of a newborn taking their first breaths. Hudspeth is grateful to be part of a team to deliver the wonder of birth.

"It's great to see the patient's reaction and everyone in the room. Most of our deliveries are really happy. Every time I have a good one, it kind of puts me on a high and elevates me. It's really great, I love it," she said.

Mothers will occasionally make a point to greet Hudspeth when they stop by for their

postpartum visits. The nurses also receive joyful letters and baby pictures from parents.

"We remember their stories and their journeys in the labor process. And you always find a special bond with each patient on a different level," Hudspeth said. "You went to the same school, or you like to eat at the same restaurant. I like to find a little connection like that with someone."

There are nurses prepared for every specialty, and not everyone is meant for labor and delivery, Hudspeth said.

"I appreciate there are nurses that will do other things, but I love labor and delivery," she continued. "I think it's really up to the person."

Hudspeth speaks with plenty of nursing students going in a field that she has no interest in doing. "I say, 'We need people like you.' The same goes for labor and delivery."

For more information about Lakeside Woman's Hospital visit: <https://lakeside-wh.com/>

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BILL

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Rep. Jan Schakowsky (D-IL-09) in the House, would establish minimum RN-to-patient ratios for every hospital unit, effective at all times. The bill also provides whistle-blower protections to ensure that nurses are free to speak out for enforcement of safe staffing standards.

"I am proud to reintroduce the Nurse Staffing Standards for Hospital Patient Safety and Quality Care Act with my friend, Senator Sherrod Brown of Ohio," said Congresswoman Schakowsky. "Numerous studies have shown that safe nurse-to-patient staffing ratios result in higher quality care for patients, lower health care costs, and an overall better workplace for nurses. For years, I've talked to exhausted nurses who have said they go home at night, wondering if they forgot to turn a patient because they were stretched far too thin.

"The need for federal safe staffing standards is about nurses, patients, and everyone's lives," said Schakowsky. "This bill will improve the health of patients by improving nursing care—establishing minimum registered nurse-to-patient ratios in hospitals, providing whistleblower protection for nurses who advocate on behalf of their patients, and investing in training and career development to retain hard-working nurses in the workforce. It is past time that we act on the evidence and give nurses the support they deserve and put patients over profits. Let's get it done!"

"Workers are the first line of defense keeping Ohioans safe, including in our hospitals," said Senator Sherrod Brown. "Nurses work long hours doing vital work in our health care system, but too often they're stretched too thin, caring for too many patients with too little support. We can empower nurses to protect Ohio patients by ensuring

nurses are adequately staffed and can advocate for their patients without fearing potential retaliation."

The federal bill is mirrored after a California law, fought for and won in 1999 by the California Nurses Association/NNU. The law, which took effect in 2004, has saved patient lives, improved patient outcomes and the quality of care, attracted nurses back to direct-care nursing, and reduced nurse burnout, keeping experienced RNs at the patient bedside. A 2021 study by leading nurse staffing researcher Dr. Linda Aiken showed that if New York state had the same staffing mandate as California, at least 4,370 lives would have been saved that year alone.

In NNU's most recent survey of more than 2,800 nurses from Sept. 22 through Nov. 28, 2022, 56.8 percent of hospital nurses report that staffing has gotten slightly or much worse recently and nearly half of hospital nurses report that their facility is using excessive overtime to staff units. More than half of nurses (55.5 percent) surveyed reported that they have considered leaving nursing.

Decades of studies have shown that more nurses equate to lives saved and fewer complications. Here are a few highlights:

- Studies show that when RNs are forced to care for too many patients at one time, patients are at higher risk of preventable medical errors, avoidable complications, falls and injuries, pressure ulcers, increased length of hospital stay, higher numbers of hospital readmissions, and death.

- Numerous studies have documented disparities in care in hospitals that serve communities of color. Studies have also found that registered nurse staffing levels in hospitals that serve communities of color are often lower, contributing to these disparities in care. Setting a single standard of nursing care across hospitals will improve outcomes for patients of color including reduced readmission rates, increased satisfaction, and better obstetrical outcomes.



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CAREERS IN NURSING:

NEW OPPORTUNITIES - RN HELPS PATIENTS RESUME ACTIVE LIFESTYLES

story and photo by James Coburn, Staff Writer

Ashlyn Young was a frequent flyer at McBride Orthopedic Hospital when she played sports in high school.

"I broke my arm four times, four years in a row. I got into health care because of my frequent trips here. I enjoyed the care that I got and wanted eventually to give that to somebody else," said Young, RN, McBride Orthopedic Hospital, a nationally recognized leader in orthopedics and sports medicine, located in Oklahoma City.

An athletic trainer from McBride attended most of her sporting events where she grew up in Stroud. McBride has trainers visiting some of the rural school that lack the staff to hire a full-time trainer.

Ten months ago, Young earned her Bachelor of Science in Nursing degree at East Central University in Ada.

"It was great. I came from a small town, so a smaller university

is what I was looking for," she continued. "It's small enough that the professors know your name. They're always the first to answer your questions in person or email over the phone if you need it. They were all there for you."

Several of her clinical instructors volunteered to serve as references when she applied to work at McBride.

Young spent a recent day having nursing school students from Langston University shadow her at McBride as part of their clinical studies required for graduation. Several schools including Langston and the University of Central Oklahoma spend eight hours a day, once a week for eight consecutive weeks at McBride for clinical studies. The students provide medications and are taught about orthopedic nursing.

"I come from a family of teachers," Young said. "I always wanted to teach but didn't want to teach in a school system. And

so, when I came up here as a patient, I felt that I loved learning so much more than I did before, and I loved the idea of teaching about sports medicine and about orthopedics and health in general."

Her mind is always gaining new insights about nursing. And McBride offers programs to be certified in Advanced Cardiovascular Life Support as well as Pediatric Advanced Life Support. Programs are also available to help nurses earn their master's degrees as well.

McBride makes patient care flow well. Nurses are always on their toes, but they are always willing to help other nurses when a patient needs additional help, Young said.

Patients go into surgery for a good reason. They have been living with pain, sometimes for years, and need a new hip or knee.

"We just encourage them. 'Give

it a couple of days and you'll be so glad you did it,'" Young tells them. "'You'll have a new knee after being in pain for months or years and it will be a downhill slide from there.'"

Nurses help patients prepare for physical therapy when their patients are sent home with a new hip or knee. Patients learn about best care practices to achieve their personal best.

Young said it's exciting for her to see her patients leave in less pain than before surgery, she said.

"They know they're going to have a more active lifestyle than they had before," Young explained.

They know they're not going to be as limited as they were before. So, it's very exciting for Young and her patients.

"I've seen patients come in here and they say they've been wheelchair bound for months

See YOUNG Page 5



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Ashlyn Young, RN, says she loves working at McBride Orthopedic Hospital where her broken arm was mended during high school.

YOUNG
Continued from Page 4

because of their pain. They've left on their own two feet. If they're willing to do that — their motivation is something everybody should get to see and experience."

Young's diligence in attending to her patients is tantamount to how much quality of care they will receive during her shift. So, she wants them to leave with as much care and education that she can give them, she said.

She is also interested in emergency care. Children often arrive at McBride Orthopedic Hospital's emergency room as well

as adults with broken bones needing surgery. Compassion and patience are needed in all aspects of patient care.

Nursing has taught her that it is never safe to assume anything about anybody, she said.

"Go a little deeper and show compassion and you'll find out a whole lot. Never judge any book by the cover," Young said. "We've had patients who have come in and been cranky to everybody, but you're the only one who is caring for them that day and giving them a smile and taking time to listen. You find out they have good reason to be cranky and you just need to give them your time."

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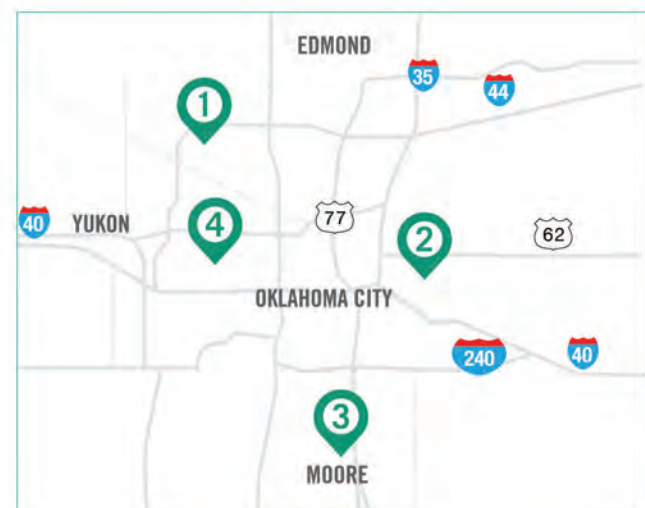
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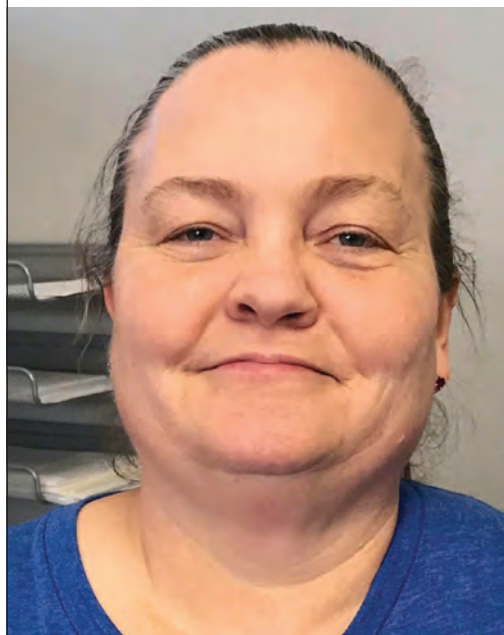
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Rosa Ketchum, DNP, RN is an associate professor and director of the school of nursing's new DNP program.

"One thing that is exciting is just the role of the DNP," Ketchum said. "It's becoming more evident in view of the pandemic that nurses have a very important voice in health care and they are a huge piece of the puzzle and their experience and value and perspective on health care is needed to help address practice and policy development."

Designed for working adults, this program offers two doctoral learning pathways: a Post Master's DNP and the BSN to DNP.

The **Post Master's Pathway** enables Advanced Practice Nurses, Nurse Informaticists, Nurse Educators, Nurse Administrators, and other master's prepared specialty nurses to obtain a DNP in Executive Leadership. Additionally, BSN-prepared nurses with a master's degree in a related field may also enter this pathway.

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Within this pathway, students choose a focus in either Nursing Administration or Nursing Education. OKWU has designed this curriculum for experienced nurses seeking terminal degrees in practice-focused areas. Moreover, OKWU prepares nurses to function as an advocate and leader, improving healthcare and patient outcomes through innovation and involvement in practice and policy.

Most importantly, both pathways provide graduates with advanced practice skills to serve as providers and organizers of the healthcare delivery process, or as faculty members in a nursing education program.

Translating that bedside knowledge and pairing it with evidence-based practice is the focus of the DNP program.

Ketchum completed her DNP in 2019.

"I wanted a degree that focused on patient outcomes. That's where my nursing heart is, helping the patient whether it's one patient or a population, I wanted to impact patient outcomes," Ketchum said.

"That is part of the focus of the DNP and I wanted a piece of that. I wanted to be better able to do that whether it be through teaching students or through direct patient care."

OKWU's Doctor of Nursing Practice in Executive Leadership program is designed to equip nurses to serve at the highest level of nursing practice. The DNP program develops nurse leaders who improve patient outcomes and health systems by translating research into practice, all from a Christian worldview.

A new group of students begins each semester, three times a year. While most programs only accept advanced practice nurses, Oklahoma Wesleyan accepts any kind of master's prepared nurse.

"Their ideas and perspectives may be a little broader because we have nurses that are coming from an

administration background, or education background or advanced practice background so we're getting to see them all together," she said. "The perspective is broader than some programs but they all want to impact health care and they all want to make our health care system a little bit better."

Delivery of the **program is 100-percent online** with no required visits to campus. Classes are delivered one at a time, eight weeks in length.

"Our program is designed for the working adult and that's better facilitated because they are only taking one class at a time. For eight weeks they can focus on one class at a time and I think that helps them be able to balance life, work, family, school better than if they were in a more traditional semester setting," Ketchum said.

The BSN to DNP program is 54 credit hours with anticipation of three years to graduate. The post-master's DNP is 36 hours allowing for completion in roughly two years.

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Simulation Suite Prepares OBU Alumna For Various Challenges of Pandemic

The simulation suite of **Oklahoma Baptist University's nursing program** is not only why Abbie Richardson came to OBU, but also why she has returned.

Richardson graduated from OBU in 2020 with a bachelor's degree in nursing and has returned to the School of Nursing as an Instructor of Nursing and the Director of Nursing Simulation.

"I started as a brand-new nurse during COVID, and it was the hardest thing I have ever done in my life," Richardson said. "People were so sick, and I was devastated by loss every day. I thought back to simulation so often during that time because the patients in the simulation lab prepared me to take care of my real patients that desperately needed safe nursing care."

More than that, the students' conversations with faculty in debriefing about caring for grieving families, holistic patient care, and the integration of faith into practice gave Richardson the tools she needed to survive as a nurse in the pandemic.

The simulation experiences enabled her to care for critically ill patients, cope with loss and challenges, and provide hope to others in the darkest of times.

"Without the foundation that our faculty and simulation program gave me, I don't think

I could have fought through the Pandemic alongside my fellow nurses," Richardson said. "That is why I returned as the simulation director at OBU."

OBU is not only preparing students for success in the classroom, but also equipping them for a meaningful career in the medical field.

Home to this cutting-edge OBU program is the **Jane E. and Nick K. Stavros Hall**, a 31,600-square-foot nursing education facility.

OBU's simulation suite has six functioning hospital rooms. The program's three standardized adult mannequins, birthing mother, and pediatric mannequins are the top-tier of high-fidelity simulators. They react like a real patient, capable of breathing, talking, sweating, bleeding and reacting to medications. These display vital signs such as blood pressure, pulse and respiration, preparing students for a full range of healthcare situations they will encounter as nurses. These mannequins are limitless in the disease processes they can portray, meaning faculty can place students in almost any nursing situation and expose them to more complex patient scenarios.

The **OBU simulation lab** is meant to function like a hospital.



During simulation experiences, students get to be the nurse. What is incredible about that is by the time they leave our program, they have spent over 70 hours in simulation thinking like a nurse, making the decisions, and providing patient care. The decisions they make regarding nursing care are their own and that is where the best learning happens. We have audio and visual technology within our simulation rooms that allow observing students to watch the scenario, while actively providing feedback and problem-solving with their peers.

After a scenario is complete, the students and faculty come together for a time of de-briefing.

Richardson said, "As faculty, this is where we see the lightbulbs go off and we get to watch them turn into compassionate, safe, and caring nurses. I owe so much to our simulation program, and I am thrilled to have a front row seat to the student transformations that take place in our program."

For more information about OBU's nursing programs, visit <https://www.okbu.edu/nursing>.

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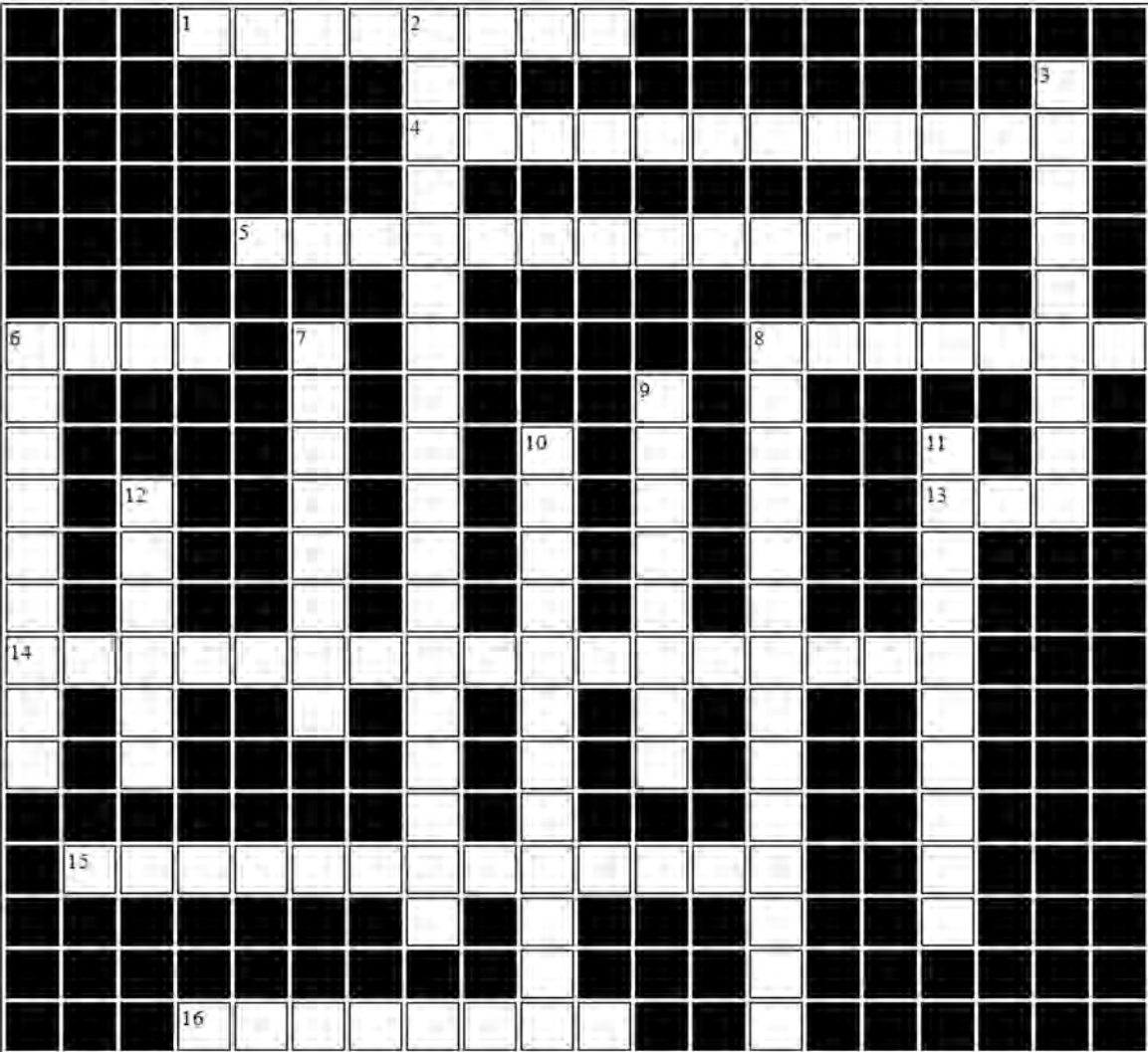
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CROSSWORD: Central Nervous System

- Across**
- 1. quiets and relaxes
 - 4. if below 12, hold med, call nurse
 - 5. stops itching
 - 6. first part of a seizure
 - 8. depressant
 - 13. similar to Parkinson's disease
 - 14. classic sign of TD
 - 15. must be gradually reduced to prevent withdrawal
 - 16. can not be cured
- Down**
- 2. antipsychotic side effect
 - 3. loss of contact with reality
 - 6. relieves pain
 - 7. narcotic analgesic
 - 8. depakene
 - 9. produces sleep
 - 10. CNS stimulant
 - 11. feeling of extreme sadness
 - 12. NSAID



ANSWERS ON PAGE 13 By Carolyn Scott-Pal, RN



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Mercy Oklahoma City Charity Gala Raises Nearly \$500,000 for GI Care

Mercy Health Foundation recently hosted its annual gala event at the Omni Oklahoma City Hotel and kicked off fundraising to expand Mercy's gastroenterology services in the Oklahoma City metro area.

"In one night, 550 people raised \$498,285 to help Oklahomans with digestive diseases that are debilitating, often preventing them from working, participating in normal activities and living a full life," said Dr. Jesse Campbell, president of Mercy Clinic Oklahoma and co-chair of the Mercy Health Foundation Gala. "We have big dreams to one day be able to offer more services for patients in need, and those dreams begin with the support of our community."

The gala, sponsored by Mercy's foundation and Mercy Clinic Gastroenterology, featured a



reception and silent auction followed by a dinner. Guests enjoyed a live concert by the 13-piece high-energy group, Emerald City Band. Incoming Mercy Health Foundation president Nicole Dell'Osso and husband Nick Dell'Osso committed \$50,000 toward the goal.

"At Mercy, we believe we are called to serve others and the health needs of our community, but we can't do it alone," said Lori Cummins, vice president of development for Mercy Health Foundation. "We are so grateful for our many sponsors and donors who support our mission and our ministry."

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Oklahoma's
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Norman Regional Rescues People from Tornado Damage

Paramedics Reunites with Family They Rescued

Norman resident Frances Tabler was trapped inside her house with her three children, 12, 10 and seven, when a tornado struck Sunday, February, 26.

Natural gas from a broken meter was spewing gas into the house and the family didn't know what just happened.

Norman Regional EMSSTAT paramedics Meagan Tompkins and Dustin McCoy were the first to arrive on the scene. The Tabler's home was destroyed. The roof had been ripped off and blown into the neighboring street. Debris was scattered all over the neighborhood.

Since both Tompkins and McCoy were first on the scene, they worked quickly without protective gear from the spewing gas to access the home.

They moved bystanders to safety, and Tompkins forced open a door. Once inside, they safely evacuated the family. The medics were even able to evacuate the family's dog, Gracie.

McCoy suffered a gash on his arm from falling debris working to evacuate the family. He denied medical treatment to stay on the job and help more people in need.

Tabler says she doesn't even remember how she got out of the house and it was so dark she doesn't remember specific people. Her family was reunited with paramedic Tompkins at Norman Regional Nine a few days after the tornado.

Tabler described the tornado as "everything happened so fast.



Windows began to shatter," Tabler said. "It was very traumatic."

The family said they hope to visit paramedic McCoy soon!

Resourceful Paramedics Improvise with Cop Car to Evacuate People

First responders had to think creatively to free three people trapped inside a building following the Norman tornado Sunday, February 26.

Norman Regional's EMSSTAT worked with the Cleveland County Sheriff's Office to rescue people inside the Postal Training Center, 2701 E Imhoff Rd, Norman, OK 73071, on the night of the tornado.

This incident was among the first reported injuries from the tornado.

When the ambulance arrived near the scene, downed power lines blocked its access to the injured patients.

EMSSTAT medics Kaitlyn Gatlin and Riley Furman formulated a plan with deputies to use a low-profile police car to get closer to the building for evacuation efforts. The deputy's car was low enough to maneuver its way through the downed power lines to the injured people.

Both teams' quick thinking led to successful rescue, transport and treatment.

"I am so proud of our EMSSTAT healers and entire organization for their swift and courageous actions on that night," Norman Regional

Continued on next page

OMRF Scientist Identifies Genetic Cause of Rare Disease

Four decades after a rare neurological disorder first surfaced, an Oklahoma Medical Research Foundation scientist has determined its cause thanks to tiny flies.

Scientist Wan Hee Yoon, Ph.D., used *Drosophila*, the common fruit fly, to pinpoint a genetic mutation that more recently caused severe developmental and metabolic issues in four children of Middle Eastern descent.

"This discovery was made possible by the Human Genome Project, which gives us the computational ability to unravel genetic mutations," Yoon said. "Previously, it would have been impossible to identify this mutation as the cause with any certainty."

Scientists first reported on the disorder in 1982 after studying the symptoms of siblings born to a Tunisian couple. Researchers said the children initially showed normal gait and speech development, but by age 5, a progressive neurological disorder had stolen their language and motor

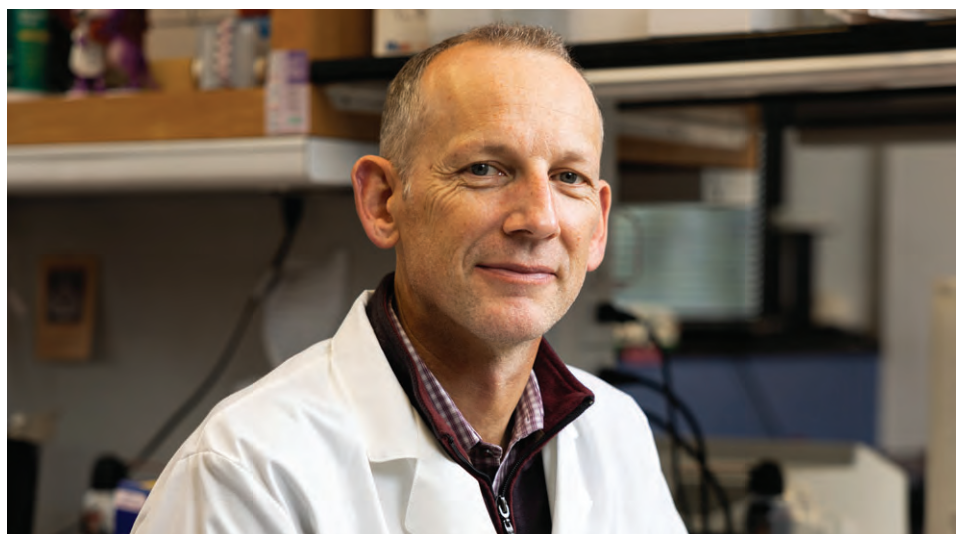
skills.

Scientists ultimately associated their symptoms – and those of children in a few subsequent studies – with a deficiency of an enzyme produced by the gene OGDH.

The most recent study involved four unrelated children. Severe abnormalities first appeared during infancy for all four, ranging from an abnormally small brain to decreased muscle tone to acid buildup caused by kidney failure. One child died before their first birthday.

Using cutting-edge genetic sequencing technology, Yoon and his colleagues determined that each patient had recessive mutations in the OGDH gene, which strongly suggested the disease's cause. Fruit flies helped him prove it.

About 75% of the fruit fly's genes mirror those in humans. Yoon removed the flies' counterpart gene to the relevant human gene and introduced the mutations found in the human patients. Doing so left the



Oklahoma Medical Research Foundation scientist Benjamin Miller, Ph.D., who chairs the Aging & Metabolism Research Program.

fruit flies with symptoms similar to the human patients.

Yoon previously used fruit flies to discover genetic mutations as the cause of two rare diseases that bear his name: Harel-Yoon syndrome and Yoon-Bellen syndrome.

"Dr. Yoon is an extremely bright researcher, and his discovery was a collaborative effort between scientists, physicians and patient families, all of whom share a goal of advancing our understanding of disease," said OMRF scientist Benjamin Miller, Ph.D., who leads OMRF's Aging and Metabolism Research Program. "This was the first step toward hopefully modulating the

genetic pathway and perhaps someday preventing this disorder."

The findings were published in the journal *Genetics in Medicine*. Two former OMRF scientists, Madison Chilian and Helga Progridi, played key roles in the research.

The research was supported by National Institutes of Health grants 5R01 NS121298-02 and 5 P20 GM103636-09, with additional funding from the Presbyterian Health Foundation and the Oklahoma Center for Adult Stem Cell Research, a program of the Oklahoma Tobacco Settlement Endowment Trust.



RESCUE

Continued from Page 12

President and CEO Richie Splitt said. "It once again revealed our deep commitment to assist those we have been entrusted to care for."

EMSSTAT is the paramedic department of Norman Regional Health System, dedicated to the highest quality patient care, patient outcomes and community service. We cover Moore, Norman and surrounding communities — an area of approximately 400 square miles with an average of more

than 16,000 calls for service yearly and increasing call volume each year.

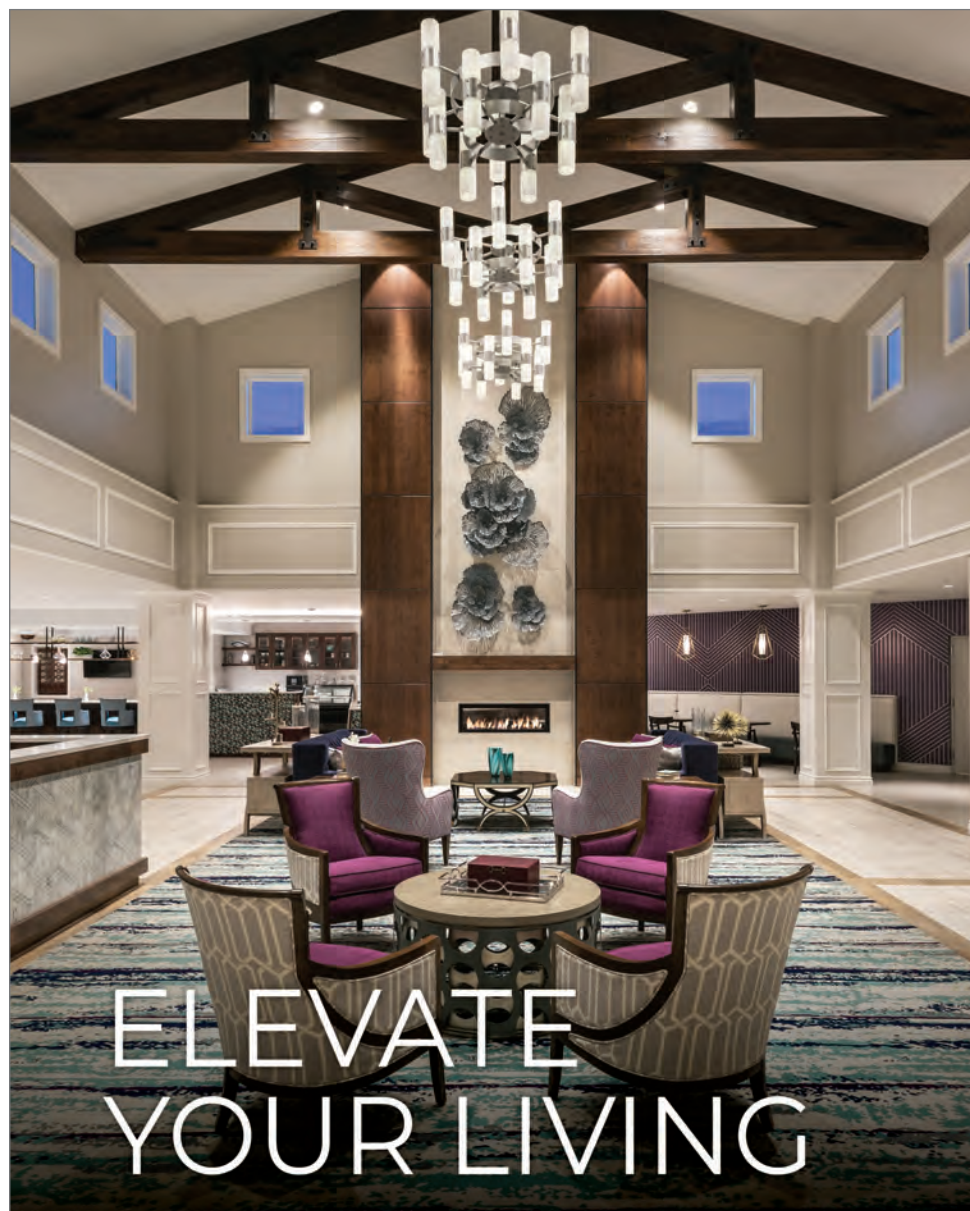
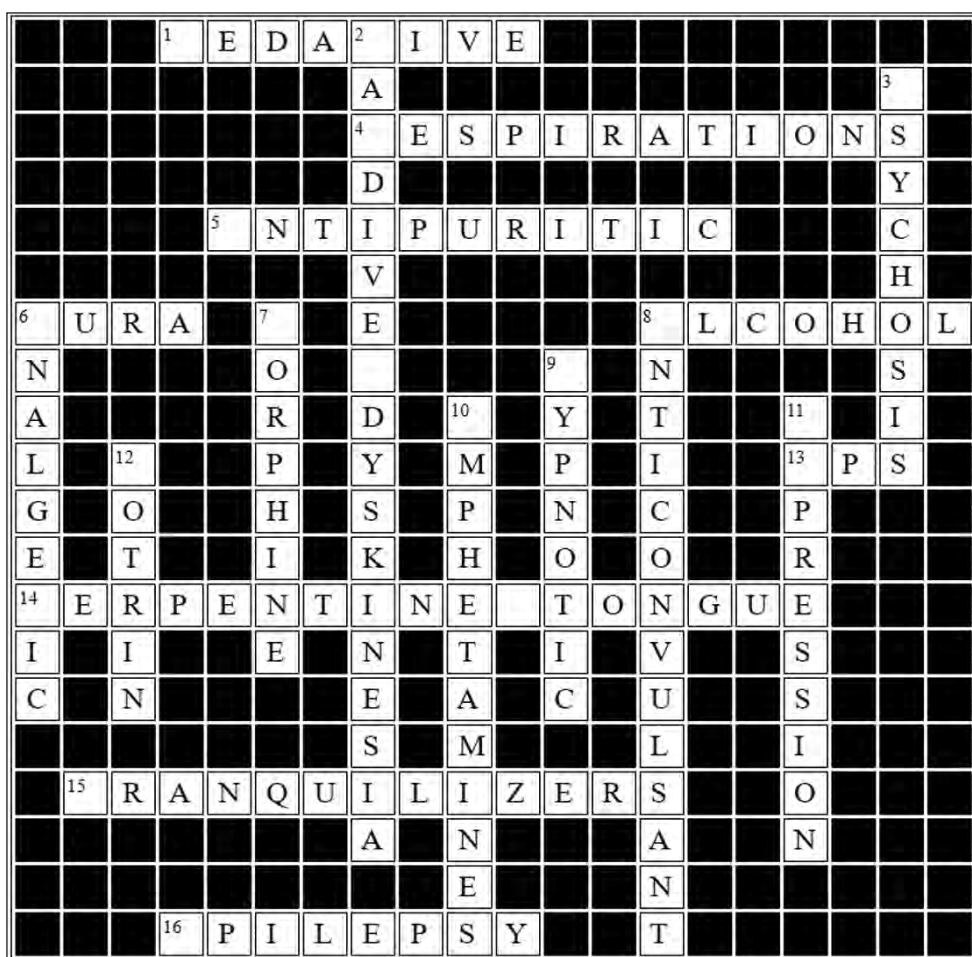
Paramedics can handle any type of emergency, from car accidents to cardiac arrests. We partner with the Norman and Moore Fire Departments to respond to all emergency calls in Norman, Moore and immediate surrounding areas. EMSSTAT has four stations throughout Norman and Moore to distribute coverage, with the hub at our Eastside Station north of Norman Regional Hospital on Robinson Street and Porter Avenue.

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