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May 22, 2023 Vol. 24 Issue 20 Information for the Oklahoma Nursing & Health Care Professional

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Tambi Urias, LPN, provides education and care with a friendly ear at the Oklahoma City Indian Clinic.

The greatest gift Tambi Urias has as a licensed practical nurse is her anticipation of what's coming next for her patients, she said.

"I like talking to them and hearing from them, everybody wants to tell me what's going Story and photo by James Coburn, Staff Writer

on," said Urias, an LPN for Dr. Patrick Lo at the Oklahoma City Indian Clinic.

These patients need to be heard, she explained. It can be hard for some patients to talk about their pains or ask for assistance.

"You have to dig a little deeper to actually see what their needs are," she said.

She has always had an affinity with Native Americans, their history and culture. Asian born, See URIAS Page 2

URIAS

Continued from Page 1

she lives in El Reno and is among a lot of Cheyenne and Arapaho tribes.

"We have a lot of homeless patients that ride the bus to come see us. Just recently we had a diabetic patient who was living in a homeless shelter, and the food that they get in the shelter is not driven for diabetics," she pointed out. "It's a lot of pastries, it's a lot of bread and pasta which are cheaper things to feed a lot of people on a budget."

The nurses try to find healthy foods for those living with diabetes. They also notified the homeless shelter to inform them the woman has diabetes and needs to maintain her medical status. The problem is common for diabetic patients who cannot maintain a healthy diet for them in a homeless shelter, Urias said.

"Now we have a food pantry that can help them, too. And there's a lot of people — even if they have a car or a home — they need food," Urias said. "They're using the food pantry."

The female patient with diabetes gives Urias a hug every time they

meet.

"She was a patient of another provider, but I talked to her on the phone and I could feel that she was struggling," Urias said.

Nobody needs to be ashamed or feel less of a person, Urias said. Some people are trying to find a place to live beyond a homeless shelter.

"We have another patient that lives with a ministry, and he travels with them wherever the ministry goes," Urias added. "That's how he pays for his shelter and his food. But he's aging and he's like, 'What will I do when I cannot travel anymore?' So, we are trying to get him with social services for help."

Social workers at the clinic help patients find solutions.

Urias assists Dr. Lo manage his patients for their annual health examinations and his day-to-day practice, cleans and receives medical records. Urias follows up on lab work and any

vaccinations and medications. She is one of three LPNs in her pod.

Urias has been a licensed practical nurse for eight years. She attended nursing school at Platt College in Oklahoma City to become a hospice nurse. After several years, Urias changed her focus in nursing to help patients maintain wellness and work toward their recovery.

"I had been in the hospice world for about 20 years, so it was time to do something different," she said.

Her empathetic nature during her hospice work as a home health aide caring for terminally ill patients.

"I wanted to be more helpful to them than I was as an aide, so that I could actually do the nursing side of things," she said. "Everyone is here to take care of our patients. Everyone is very helpful. I feel like if you need something it's easy to find. They still continue their education even as we speak."

The Oklahoma City Indian Clinic has monthly nursing meetings to update everyone. There are weekly huddles in the nursing pods to update the staff. Medical trainers provide up-to-date information for

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nurses to grow in their field.

"Also, there's a library if you need more training," Urias continued. "I didn't come from a clinic background, so there was some extra training that I sought out for myself to learn."

Urias explained that she felt confident by having three days of on-board training and orientation at the Oklahoma City Indian Clinic before she began her work there.

"Then they put you with someone, and you work with someone for several weeks depending on how long you need to train with them," she said.

New nurses on staff also are moved around to different departments to discover how those nurses perform best practices. Departments have distinct ways of helping patients according to their needs.

"I want to help someone. I think that's why we all go to nursing school," she said.

For more information about Oklahoma City Indian Clinic, visit: http://okcic.com/

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May 22, 2023

Hero Off-Duty Nurse and the Woman She Saved Recognized at Home Run for Life

This month hospitals across the country celebrated National Nurses Month, designed to honor the contributions and sacrifices nurses make and to highlight the critical role they play in our community. This week, we recognize the heroic actions of one off-duty nurse.

Shyanne Brandon, who is a nurse at INTEGRIS Health Miami Hospital, and Pamela Satchell were at the same company picnic at the pool when a life-or-death situation intertwined their lives forever.

They were honored during the second INTEGRIS Health "Home Run For Life" of the 2023 OKC Dodgers baseball season Saturday, May 20 at Chickasaw Bricktown Ballpark.

"Home Run For Life" recognizes individuals in the community who have overcome a significant medical event with the help of their families, physicians and health care professionals. To symbolize the end of their battle against adversity, honorees take a home run "lap" around the bases during a pregame ceremony.

Right Place, Right Time

Brandon was attending a company picnic that Satchell was working, handing out shirts to the attendees. After a hot day in the sun, Satchell decided to go down the slide into the pool. When Satchell got to the bottom of the slide, she realized something wasn't right. "When I hit the water, it felt like somebody pulled me under the water," she said. Satchell tried not to panic as she struggled to stay above the water and asked the lifeguard on duty for help. "That's the last thing I remember," she said.

At the time, Brandon was walking back from one of the food trucks when her grandmother directed her



Pamela Satchell (right), nurse at INTEGRIS Health Miami Hospital, with Shyanne Brandon.

toward the commotion in the pool. She dropped her food and ran towards Satchell.

Brandon and her mother-in-law, Holly, pulled Satchell out of the pool and Brandon immediately got to work. "I first checked for a pulse," Brandon said. "It was very faint." She began performing CPR on Satchell. Some may have felt stressed in a similar

See HERO Page 5



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Jim Gebhart Named President of Mercy Oklahoma Operations



Jim Gebhart was selected to lead Mercy's operations in Oklahoma, including its clinics, nine acute care and two rehabilitation hospitals across the Sooner state. Gebhart currently serves as community president of Mercy Hospital Oklahoma City and will continue in this role.

As community president of operations for Oklahoma, Gebhart will focus on developing and implementing strategies to create the best experience for consumers and patients across the state who seek care at Mercy regardless of where they live.

"We want to focus on

Mercy of our all Oklahoma hospitals and clinics working together to make a consistent experience for patients whether they live in Tishomingo, Watonga, Ada, Admore or

Oklahoma City," said Gebhart. "We learned a lot over the last three years working more closely than ever during the pandemic. During that time, we realized there are so many challenges to overcome in health care - and many continue today. It's better for our patients and our co-workers when we work together as a region to share resources, expertise and innovations."

A native of Burns Flat, Oklahoma, Gebhart has led Mercy Hospital Oklahoma City since 2009, overseeing the building and expansion of Mercy's campus off I-35 in Edmond, the Coletta Building in Oklahoma City that houses oncology services and the addition of Mercy's hospital in south Oklahoma City in 2020. He is currently overseeing the building of the Love Family Women's Center and leads Mercy's relationship with Oklahoma Heart Hospital, which provides cardiology services for patients on both Mercy hospital campuses in Oklahoma City.

"Mercy has a rich 139-year history in Oklahoma with the Sisters of Mercy leading and Oklahomans serving through mining explosions, education and eventually into health care with the purchase of Oklahoma City General Hospital in 1947," said Dr. John Mohart, president of Mercy communities, who leads operations for all Mercy hospitals. "Their legacy reminds us of the importance of remaining nimble and switching gears as different needs arise in our communities. Jim's new role will help us do that in Oklahoma."



Jim Gebhart, president of Mercy Hospital Oklahoma City, will lead Mercy's operations in Oklahoma.

Gebhart is a graduate of Oklahoma Baptist University, where he earned a bachelor's in business administration. He also holds a master's from the University of Dallas Graduate School of Management in health care administration.

For more information about Mercy Oklahoma, visit: https://careers.mercy.net/

HERO Continued from Page 4

situation, but Brandon kept her cool. "I felt this peace that I was in the right place and knew what I was doing," Brandon said.

After three minutes, emergency services arrived to take over and bring Satchell to the hospital. When Satchell woke up, one of the first responders on the scene shared with her the reason she survived. "He informed me if it wasn't for Shyanne and what she did, I wouldn't be here," Satchell said. "She's my angel."

Real Life Guardian Angel

Brandon came to visit her the day after the incident and brought Satchell a small figurine of an angel. "I just wanted her to have something there with her to bring her through this,"

Brandon said.

After the incident. doctors discovered arteriovenous malformation in the brain, or a brain AMV, which is an abnormal connection between arteries and veins. Satchell brings the angel figurine to every doctor's appointment and treatment.

"I just want Shyanne with me," Satchell said.

The experience has made Satchell and Brandon inseparable and has given them both new perspectives on life. "This life can be over in a split second, but it also can be given right back to you in a split second," Brandon said.

INTEGRIS Health and the OKC Dodgers applaud all nurses, not just during National Nurses Month, but every day of every year for their compassionate service both on and off duty.



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"We are only one of two schools in Oklahoma who are approved by the Oklahoma Board of Nursing for over sixty different topics," said Katie Reynolds, MNTC Training Coordinator. "We provide re-training for nurses (AUA. RN, LPN, and Advanced Practice Nurses) who have been required by the Oklahoma Board of Nursing to complete one or more classes to receive or reinstate their licenses."

In addition to Nurse Review classes, MNTC always offers an Advanced Unlicensed Assistant course that prepares students to perform an assistive role to licensed nurses in acute care settings. Through classroom instruction, extensive lab demonstrations, and clinical experience, this course prepares students to apply for AUA certification issued by the Oklahoma Board of Nursing. In collaboration with the University of Oklahoma, MNTC also offers a Nurse Refresher course which will meet the requirements for the Oklahoma Board of Nursing as an approved Nurse Refresher course.

Moore Norman Technology Center also works directly with health organizations through our Workforce and Economic Development programs. MNTC Workforce and Economic

Development training covers everything from certification maintenance to staff education on emerging technologies within this field. Group training can be conducted on site at your facility, or in one of our health labs. Continued investment in healthcare employees directly correlates with retention and career satisfaction.

"Moore Norman Technology Center has state of the art training facilities with advanced technology in nursing simulation equipment and curriculum," said Dr. Wendy Perry, Director of Health Programs at MNTC. In addition to supporting nurses through advanced training opportunities, MNTC is also working to combat the current nursing shortage which provides additional complications to an already demanding career. "MNTC is working to impact the nursing shortage by offering a pathway for high school seniors to become licensed practical nurses approximately 6-7 months after they graduate from high school. Our adult LPN track is only 10 months long," added Wendy.

Moore Norman Technology Center recognizes the value in committed nursing professionals.

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For more information on continued nursing education, certification renewal, or Workplace and Economic Development training visit https://www.mntc.edu/.



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ANSWERS ON PAGE 13 By Fran Coffland											

ANSWERS ON PAGE 13

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What are your hobbies?

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"Spending time with my

my son."

family and doing stuff with

Brian Harding, RN







Christian Kotoucek, RN





Shelley George, RN





The Nursing Shortage: What's The Solution?

If nursing shortages continue on the current trajectory, the Health Resources & Services Administration's (HRSA) Bureau of Health Workforce (BHW) projects a national shortage of 78,610 full-time equivalent RNs in 2025 and a shortage of 63,720 nurses in 2030.

Google searches for "nursing shortage solutions" increased by 30% across the U.S. in the past year as healthcare facilities nationwide seek ways to solve this growing issue. Experts at the leading healthcare jobs marketplace, Vivian Health, believe engaging with frontline nurses is the most crucial step in fixing the nursing shortage.

Rachel Neill, MSN, RN and Clinician Advocate at Vivian Health, commented, "In recent years, many nurses have felt undervalued by the systems they work for with staffing shortages and a lack of recognition of their concerns from executive leadership. To shift this perspective, healthcare systems must work to prioritize the care nurses

give to patients and listen to what they have to say. Engage in dialogue with the frontline and work together to come up with solutions."

"Nurses are drawn to the profession because they want to use their unique talents to make a difference in the lives of others. During National Nurses Month, we wanted to share the heartfelt perspectives of those who've worked on the frontlines of healthcare with those contemplating joining the nursing profession to let them know why it's all worth it."

Surveying established nurses anonymously, Vivian sought to understand what the first year in nursing looks like. When asked what had surprised them the most about the profession, one nurse said, "Nursing is physically, mentally and emotionally taxing, but the satisfaction of caring for your patient and seeing him or her improve makes it all worth it." Others commented on the "sense of fulfillment" from seeing a patient

improve and recover can help "take away doubt and stress."

One of the more poignant responses within the research talked of the grief experienced when patients don't make it, despite being taught not to let emotions get in the way of your work. "There is an inexplicable sadness that comes from losing patients. As healthcare professionals, we learn not to get emotionally attached to cases. We're merely extending a helping service. Regardless, there's still this wave of reflection that overtakes you when a patient passes."

Others emphasized that the bond between staff - referred to by one respondent as a "nurse bond" - also exists. Another respondent expressed that they had "lifelong friends" in their fellow nurses, with a bond so close that they would now consider their colleagues "family." Another gave insight into the reason behind this deep connection, "When you've been through the trenches together, you grow pretty close!"

By opening up a dialogue



Rachel Neill, MSN, RN and Clinician Advocate at Vivian Health

and preparing prospective nurses with the reality of the profession, retention rates could stabilize and more nurses may enter the profession feeling supported and prepared for the trials and tribulations of being a nurse.

Read more about what established nurses would tell prospective students at Vivian Health.



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