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Information for the Oklahoma Nursing & Health Care Professional

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Angela Beddor, RN, enjoys the sense of community evident at OCOM North (Oklahoma Center for Orthopedic & Multi-Specialty Surgery, LLC).

Story and photo by James Coburn, Staff Writer

Angela Beddor, RN, knows all about team leaderhip. She serves as the director of operations at OCOM North (Oklahoma Center for Orthopedic & Multi-Specialty Surgery, LLC). Beddor also has a clinical role and is involved in all aspects of nursing care.

"It makes me feel really good knowing we

have such great people here caring for our community," Beddor said.

Three operating rooms at OCOM North run Monday-Friday for outpatient procedures. OCOM South has inpatient beds for total joint replacements that are not provided at

OK Skilled Nursing and Assisted Living **Facilities Receive** National Awards



The American Health Care Association and National Center for Assisted Living (AHCA/NCAL) has named ten of Oklahoma's skilled nursing and assisted living facilities as recipients of the 2023 Bronze - Commitment to Quality Award. The award recognizes organizations that meet progressively rigorous standards of performance to improve the lives of residents and staff in long term care.

Recipients in 2023 include:

- •Elk Crossing (Duncan)
- •Holiday Heights Healthcare Center (Norman)
- •Magnolia Creek Skilled Nursing & Therapy (Altus)
- •Meadowlakes Retirement Village (Oklahoma City)
- •Montereau (Tulsa)
- •Montevista Rehabilitation and Skilled Care
- •St. Ann's Skilled Nursing & Therapy (Oklahoma
- •The Ambassador Skilled Nursing & Therapy (Tulsa)
- •The Fairmont Skilled Nursing & Therapy (Oklahoma City)
- •Victorian Estates (Yukon)

Care Providers Oklahoma President and CEO Steven Buck said the award recipients were doing incredible work in an extremely challenging environment.

"These facilities are doing the hard work of improving care, improving training and improving quality of life for their residents," said Buck. "And they are doing so while facing skyrocketing labor costs, a workforce shortage and on the heels of a pandemic. It takes a heroic level of effort to keep raising the bar in that environment, and we should

See AWARDS Page 2

OCOM Continued from Page 1

OCOM North. The medical team at the 11,000-square-foot OCOM North facility specializes in outpatient oral surgery, GYN, orthopedics, general surgery, ophthalmology, podiatry, pain management, plastic surgery, and urology.

Beddor said patients and their family members enjoy that the front door is a brief walk from the parking lot.

"One of the things I really love about OCOM and especially OCOM North is that we are so small," Beddor said of the "small community vibes."

Beddor's nursing background involved a large hospital in Comanche County where she interacted with only her unit unless she had to receive a patient from another unit. She loves the broader interaction she has at OCOM. The surgery center employs about 30 staff members on their busiest days. That number would include about 15 registered nurses.

"They are very motivated to take care of the patients and to treat them like family which I think is lost in larger facilities," she said. "But it is not here and that is our main priority. Our goal is to make you feel comfortable and safe on your day of surgery. And, I think that every one of our staff embraces that really well."

The surgical center strategizes its time wisely in promoting best practices. OCOM North has a nurse educator who is responsible for coordinating continuing education for the staff. Regular drills are provided for the disease of Malignant Hyperthermia. MH causes a rapid acceleration of body temperature, causing severe muscle contractions under general anesthesia with one or more of the following drugs: halothane, isoflurane, sevoflurane, desflurane or succinylcholine.

The LearnShare communication platform facilitates continuing education on a quarterly basis. Frequent in-services opportunities educate nurses about new procedures, or procedures not done in a while. Additionally, Resuscitation Quality Improvement (RQI) works well with Code Blue drills and other standard life-saving patient care.

Beddor became a registered nurse in 2014 after earning her Bachelor of Science in Nursing degree at the OU College of Nursing on the campus of the University of Oklahoma Health Sciences Center, located in Oklahoma City. She had a brief stint in labor and delivery upon graduation before moving to an endoscopy lab. She wanted to support mothers on their best of days and comfort them on their worst days.

Her career has evolved into being part of a surgical team. OCOM nurses are involved in surgeries five days a week, but anticipating a surgery is not routine for patients and can sometimes be scary for them.

"I think especially going to sleep and have something major done to your body is a really scary thing for most people," she continued. "I love that we're able to care for them during that really sensitive time. And that starts the moment they walk in the door here."

The majority of nurses at OCOM North are cross-trained in patient recovery as well as preoperative assessments for physical and psychosocial care.

Nursing team members are open to answering questions patients may have. They notice when a patient feels insecure. Some patients do not voice their anxiety. However, the nurses take time to talk to all their patients at the bedside. "Because we are so small it's easy to frequently check on the patients," Beddor said of the reassurance that nurses provide to their patients as best as they can. Nurses circulate regularly to check on patients.

"That is one way we are able to be inviting and open and help them to be at ease," she said.

She has learned a lot about the fragility of life and its endurance.

"No matter how planned things are, how ready you are for something — it's just being able to role, essentially with the punches," she said. "Things change constantly."

No matter what, she knows the nursing team is continuously trying to offer the best care they need to give each patient.

"In the end it's going to be OK. Trust yourself."

She energizes herself with activities that bring out her personal best. She loves to hike and spend time with her family and their golden retriever.

"I just love to be outside when it's not too hot," she said.

For more information about Oklahoma Center for Orthopedic & Multi-Specialty Surgery, visit

https://ocomhospital.com/careers/



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AWARDS Continued from Page 1

all be thankful for the dedicated men and women who made that success possible."

The AHCA/NCAL National Quality Award Program has three levels: Bronze, Silver, and Gold. Providers begin the quality improvement process at the Bronze level, where they assess their organization's mission, vision, and key factors that lead to success. Trained examiners review each application to determine if the center has met the demands of the criteria. Bronze recipients can then move on to the Silver Award level.

"I applaud all of these providers for taking this important first step in their quality award journey," said Mark Parkinson, President and CEO of AHCA/NCAL. "The work that they have accomplished lays the groundwork to continue to improve the lives of the individuals who live and work in long term care."

The Association will announce the 2023 Silver Awards at the end of June, and Gold Awards in August.

The 2023 National Quality Award Program is sponsored by AHCA/ NCAL Associate Business Members: PharMerica, Pinnacle Quality Insight, Prevail by First Quality, HealthCap and MatrixCare.

The National Quality Awards

will be presented during Delivering Solutions 23, the AHCA/NCAL Convention & Expo, October 1-4, 2023, in Denver, Colorado.

The ten Oklahoma facilities named 2023 Bronze Award winners join 39 other Oklahoma facilities in the Quality Awards Program. All active Oklahoma award recipients are listed below.

Bronze Award Winners:

- •Elk Crossing (Duncan)
- •Holiday Heights Healthcare Center (Norman)
- •Magnolia Creek Skilled Nursing & Therapy (Altus)
- Meadowlakes Retirement Village (Oklahoma City)
- •Montereau (Tulsa)
- •Montevista Rehabilitation and Skilled Care (Lawton)
- •St. Ann's Skilled Nursing & Therapy (Oklahoma City)
- •The Ambassador Skilled Nursing & Therapy (Tulsa)
- •The Fairmont Skilled Nursing & Therapy (Oklahoma City)
- •Victorian Estates (Yukon)
- •Brookside Nursing Center (Madill)
- •Elmbrook Home (Ardmore)
- •Southbrook Healthcare (Ardmore)
- •Wilkins Health & Rehab Community
 (Duncan)
- •North County Nursing and Rehabilitation (Collinsville)
- •Arbor Village (Sapula)
- •Franciscan Villa (Broken Arrow)
- •Grace Living Center Tahlequah

University NW (Tahlequah)

- Medicalodge of Dewey (Dewey)
- •Salina Care Center (Salina)
- Sequoyah Pointe Living Center (Owasso)
- •Shawnee Care Center (Shawnee)
- •Southern Oaks Care Center (Pawnee)
- •The Timbers Skilled Nursing & Therapy (Edmond)
- •Tulsa Nursing Center (Tulsa)
- •Accel at Crystal Park (Oklahoma City)
- Brookwood Skilled Nursing & Therapy (Oklahoma City) (Glenpool)
- •Grace Living Center (El Reno)
- •Grove Nursing Center (Grove)
 •Heritage Skilled Nursing & Thera
- •Heritage Skilled Nursing & Therapy (Tecumseh)
- Kingwood Skilled Nursing & Therapy (Oklahoma City)
- •Mangum Skilled Nursing & Therapy (Mangum)
- •Mid-Del Skilled Nursing & Therapy (Del City)
- •Noble Health Care Center (Noble)
- •Rebold Manor (Okmulgee)
- Senior Village Healthcare Center (Blanchard)
- •The Gardens (Sapulpa)
- •The Wilshire Skilled Nursing & Therapy (Oklahoma City)
- •Broadway Manor Nursing Home (Muskogee)
- •Eastgate Village Retirement Ctr. (Muskogee)
- •Ft. Gibson Nursing Home (Fort Gibson)

- •The Suites at Elmbrook (Ardmore)
- •Walnut Grove Living Center (McAlester)
- •Garland Road Nursing & Rehab Center (Enid)
- •Gregston Nursing Home (Marlow)
- •Silver Award Winners:
- •Country Gardens Assisted Living Community (Muskogee)
- •Golden Age Nursing Home (Guthrie)
- •The Village at Southern Hills (Tulsa)

Previously the Oklahoma Association of Health Care Providers (OAHCP), Care Providers Oklahoma represents the interests of more than 18,000 residents and 19,000 professionals that work in Oklahoma's long-term care facilities, including nursing homes, assisted living homes and intermediate care facilities for individuals with intellectual disabilities. Care Providers Oklahoma's mission is to assist its members in providing the highest quality care to the seniors, individuals with disabilities and vulnerable Oklahomans who live in our facilities. We advocate for the enhancement of that care so that Oklahoma longterm care residents may live in the comfort and dignity they deserve.

To view a complete list of all 2023 Bronze recipients is available on the AHCA/NCAL Quality Award website at HERE:

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CAREERS IN NURSING:

INTEGRITY AND COMPASSION - LPN EMBRACES PATHWAY TO RN

story and photo by James Coburn, Staff Writer

Justin Jeffers loved his 20-year career in long-term care and skilled nursing but was ready for a change. He currently serves in the medical surgical unit of Mercy Hospital Logan County.

"I absolutely love this job. I see myself staying in the hospital setting and going forward in any area I can," Jeffers said.

Jeffers is part of the LPN to BSN program through Missouri Valley College, located in Marshall, Mo. He will complete his BSN program in May of 2024. Serving patients at Mercy has inspired him to continue his education.

"LPNs are limited with what they can and cannot do," he said. "And I don't ever want to be told I can't do something because I don't have the right initials behind my name. I'd love the ICU and ER and to get all the experience I can."

Skilled nursing encompassed his entire career until he came to Mercy. Twenty years ago, he

graduated from Missouri Central College. He landed his career at Mercy Hospital Logan County after moving to Oklahoma from Missouri in September. He had served as the assistant director of nursing for a 33-bed skilled rehabilitation unit for the last company he worked for in Kansas City.

His long career in a gerontology setting will also benefit him. People often have questions he can answer about what it's like for patients being transferred to a skilled nursing facility. He also has a nursing home administrator license and feels blessed by his time as an LPN.

"I've had lots of discussions with family members or patients when families know they can't take mom home. I have no problems discussing skilled nursing and explaining all of that," he said.

He considered leaving nursing while working 60-70 hours a week

during the COVID pandemic, but praying about it changed his mind. Instead, he opted for a new challenge in nursing and found that at Mercy Hospital Logan County. He was already living in Guthrie when a nurse recruiter notified him there was a position available at Mercy. The news came to him as a relief. He had always commuted to work but Mercy would only be a five-mile drive. He also likes his schedule.

"It's truly been a blessing. I'm not kidding. It renewed my faith and love for nursing. I completely mean that," Jeffers said.

He recalled his days of passing out ice and towels when he began working in a nursing home as a 15-year-old. His mom served as the director of nursing there. Every summer he would work in construction, and after he graduated from high school he began questioning his course.

"I hated working out in the

cold," he said. "And my mom's sister said, 'Get your CNA. You'll always have a job and will decide what you want to do.' So, I did that and got right into LPN school and got a job the first time I applied. I definitely feel like it's my calling. I'm good at taking care of people and pride myself on it."

Jeffers has always wanted to give the best care he can. He remembers his mom telling him to think of his patients as family.

"They are very important to me. It's what I try to do every day," he continued.

He is also able to pick up occasional shifts at Mercy Hospital on Memorial Road in Oklahoma City. Mercy's communication among the staff and managers is amazing, he said. Everyone is very helpful. He had two weeks of orientation training at Mercy Hospital

See JEFFERS Page 5



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Justin Jeffers loves the opportunities that a nursing career brings each day by helping other people.

JEFFERS Continued from Page 4

Oklahoma City where he has done surgical observation. Additionally, he had three weeks of training at Mercy Hospital Logan County.

"Coming on to a hospital setting, I had a lot of questions. Everyone has been very receptive and great," he said.

He has already experienced the feel of tragedy in the emergency room with the death of an infant.

"I think about that, and that is just a driving force of continuing my career and wanting to be the best that I can as a nurse," Jeffers said.

It's been an amazing time in life."

his life having a new guidepost in nursing. And he and his husband have built a new home.

"This is the first home I've ever owned," he said. "I will blast the radio when I clean. It's therapeutic to me. I'm by myself and that's how I relax. I've always said there is a song for every wound. However you are feeling, there's a song for it."

Jeffers said he is far from perfect, but he strives daily to be the best person he can be at work.

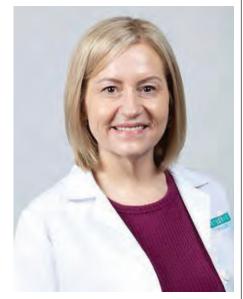
"I try to make someone's life better any way that I can," he said. "And I honestly try to live that same life outside in my personal life."

INTEGRIS Health Welcomes New Nurse Practitioner in Norman

INTEGRIS Health Medical Group Norman is pleased to introduce Suzan Parks, APRN, FNP-C, as the newest member of their team.

Parks is a board-certified nurse practitioner who earned a Master of Science in Nursing degree from Frontier Nursing University in Versailles, Kentucky. Her areas of interest include women's health, weight management and mental health.

She is accepting new patients at INTEGRIS Health Medical Group Norman, located at 700 24th Ave. N.W. To learn more or to make an appointment, please call 405-364-0555.



Suzan Parks, APRN, FNP-C.

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(AS PUBLISHED IN THE 2023 EDUCATION GUIDE TO NURSING)

Equipping servant leaders in a professional community

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

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

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

license without a bachelor's degree. An NCLEX-RN pass rate since 2018 individualized degree completion plan is collaboratively designed with the student (full-time/part-time available)

NCLEX-RN pass rate since 2018 and has been ranked the No. 1 Nursing Program in Arkansas by RegisteredNursing.org for four

Honors classes

The **graduate** tracks are designed to meet the individualized needs of professionals, resulting in a Master of Science in nursing.

These include:

- Family Nurse Practitioner
- Full-time and part-time options
- Admissions three times a year: spring, summer or fall
- Customizable options for those who already have an Master of Science in nursing
- Eligibility to sit for national certification exam upon program completion
- Delivery: hybrid format, with online courses and three on-campus intensives throughout the program
- Master's Entry into Professional Nursing
- Traditional bachelor's entry or accelerated bachelor's to master's options
- Eligible to sit for NCLEX-RN exam upon program completion
- Delivery: on campus with some online classes

What sets Harding trained nurses apart? The undergraduate nursing program has a 97.4% first-time

and has been ranked the No.

1 Nursing Program in Arkansas by RegisteredNursing.org for four years in a row. This ranking is based on how well a program supports students toward licensure and beyond.

Harding's nursing graduates are well-equipped to enter the field, with high job placement rates and a 97.3% first-time Family Nurse Practitioner National Certification pass rate since the program's first graduates in 2017.

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

What if I have a degree in another field but have decided healthcare is my passion? The Master of Science



in nursing – master's entry into professional nursing option is a great path for students who already have a bachelor's degree in another area of study. The accelerated Bachelor of Science in nursing in Northwest Arkansas is a good option as well.

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

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

Medical mission opportunities exist locally and abroad in short-term and long-term options. Opportunities are open to graduate and undergraduate students.

For more information visit:

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





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(AS PUBLISHED IN THE 2023 EDUCATION GUIDE TO NURSING)

Nurses Find Home at OHH

A bucket list.

For most, it's a lofty list of things that one day in the future they would like to accomplish.

For nurses and staff at Oklahoma Heart Hospital, the bucket list is a way of life.

"One of the things Oklahoma Heart Hospital is exceptional with is fostering employee culture," said Cindy Miller, RN, MSN, Director of Transformation for OHH. "We have several things in place that assure peoples' opinion matters and nurses have the ability to make change."

The bucket list was developed 18 years ago.

"It's basically a tool that any nurse can put forth of suggestion, comment or complaint and it is reviewed by hospital executives every day. If possible, we make whatever the proposed change is," Miller said. "If it's not something that can be done we let people know why it can't be done at this time and if there's a possibility in the future."

"Over the years it has evolved."
From stocking banana popsicles to new patient safety initiatives, the bucket list has brought forth change throughout the halls of OHH.

"I think it's just a marvelous tool for people giving feedback and knowing their opinion matters," Miller said. "I think nurses want to take good care of patients. That's why they went into the profession. They see they are able to take care of patients because they have input and they don't have to tolerate what they might feel like are inappropriate policies and procedures that are a barrier to good patient care."

This physician-owned hospital was designed by cardiologists to ensure that patients receive expert, individualized care with utmost comfort. OHH is the first of its kind in Oklahoma and the first all-digital hospital in the United States.

And nurses feel not only a sense of purpose but a sense of ownership.

"I do believe it is because they have a voice in patient care as well as in the workplace," Miller said of the hospital's retention rates. "The patient is the center and that's important for nurses to know they are making a difference. We do have the best nurse-to-patient ratios probably in the nation. That's a big commitment to allow for better patient care and job satisfaction on the part of nursing."

A flexible work schedule is another bonus when it comes to advancing one's degree at OHH. Tuition reimbursement and advanced certifications are two more bonuses.

"We celebrate achievement and progress throughout the profession academically," Miller said. "We also hire many students who are working on their basics to get into a professional program or who are in a program. We have a very robust nurse extern program where we take a large number of nurse externs twice a year. We have a very high retention rate with those externs.

Quite simply, OHH is a place where nurses stay.

"Our mission is serving the state and leading the nation," Miller said. "We are a small hospital but we serve every county in Oklahoma and many of the surrounding states. We've also had patients from other countries who



have chosen our hospital. I think it goes without saying this is the place to work if you want to take good care of people."

And most nurses want that on their bucket list.

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CROSSWORD: Acute Renal Failure

Across

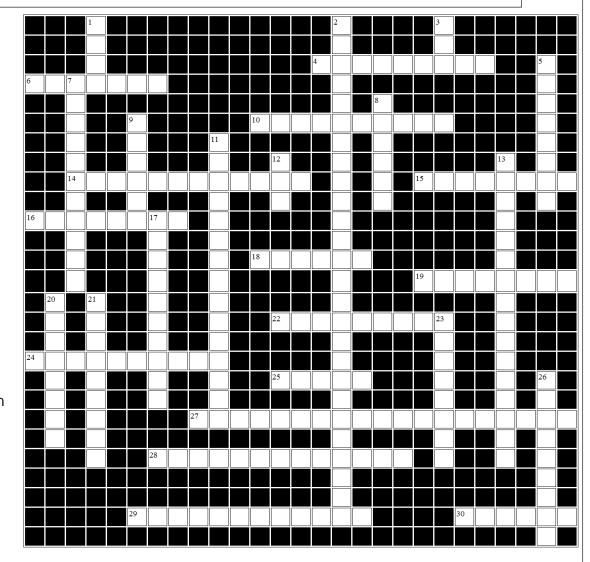
- 4. due to obstruction
- 6. functional unit of kidney
- 10. with prompt intervention
- 14. Patient must be kept on strict
- 15. increase in BUN & Creatinine
- 16. more than 400 cc urine output/day
- 18. inhibits the tubular reabsorption of Na & chloride ions
- 19. osmotic diuretic
- 22. k, phosphate, 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
- 30. outer layer of kidney

Down

1. hemofiltration for unstable clients unable to tolerate

HD(initals)

- 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



ANSWERS ON PAGE 13

by Alice DeMonte



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Anthony

"My husband and I both own jeeps, so we like to go wheeling. We will go play in the mountains."



Amy Cleveand, RN, labor and delivery

"When I'm not here I'm with my dogs going for walks. That's all I do for fun and take along my fur babies."



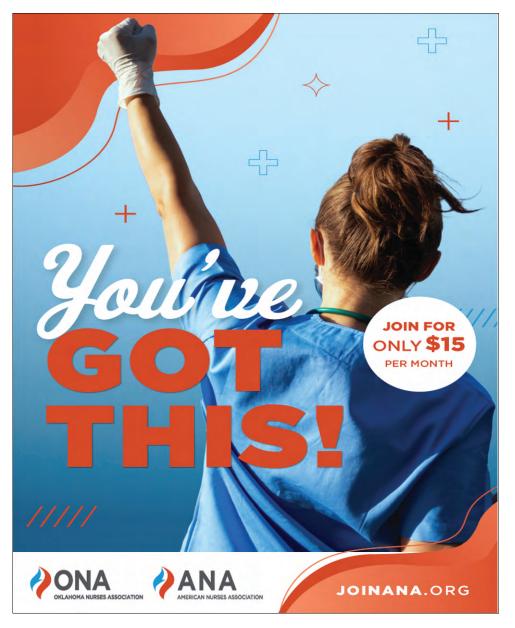
Shelby McLaughlin, RN, labor and delivery

"I like to read mystery and romance and watch Netflix pretty much."



Michell Walker, RN, labor and delivery





LEGEND SENIOR LIVING CERTIFIED A GREAT PLACE TO WORK FOR THE FIFTH TIME

Legend Senior Living®, a Top 50 senior living company, is pleased to announce it has earned the certification as a Great Place to Work®. This is the fifth time that Legend has earned the certification, based on a yearly third-party, anonymous survey of employees. Legend Senior Living, a family-owned senior living provider, owns and operates nearly 50 Legend and Windsor residences in six states.

The Great Place to Work® Certification is awarded to organizations that deliver excellent employee experiences and demonstrate best-in-class people practices based on a rigorous assessment process. The assessment is based on the Great Place to Work® model, which evaluates a workplace based on its Trust Index® and Culture Audit® attributes. Based on the Great Place to Work® Institute assessment, Legend scored exceedingly well on creating a positive culture and workplace.

"Being named a Great Place to Work is always a cause for celebration at Legend," said Legend's Executive Vice President Matt Buchanan. "We are humbled to receive the certification for the fifth time because it affirms our commitment to enabling associates to thrive professionally and personally."

Certification is based on an objective survey of employees' opinions. Because employee feedback and independent analysis determine the scores, Great Place to Work Certification is considered a reliable, objective measurement of employer performance and employee satisfaction. An audit is also taken to evaluate Legend's culture, measuring trust, values, leadership effectiveness, innovation, development, and diversity.

According to Great Place To Work survey results, 82% of employees at Legend Senior Living say it is a great place to work compared to 57% of employees at a typical U.S.-based company. Nine Legend locations specifically achieved a 90% or higher Trust Index. To learn more about Legend's Great Place to Work certification results go to

https://www.greatplacetowork.com/certified-company/7010287.

"The senior living industry is one that offers job satisfaction unlike any other," said Buchanan. "The opportunities for longevity and growth for associates all while serving people is unmatched. This certification re-affirms those strengths for an industry that will see unprecedented growth in the coming years."

For more information about joining Legend Senior Living in Oklahoma, visit https://jobs.lslcareers.com/jobs

Legend Senior Living® is a privately held senior housing and services company based in Wichita, Kansas. Legend grows the number of properties it owns and operates every year, now approaching 50 – independent living, assisted living, memory care, and personal care – in Florida, Colorado, Texas, Kansas, Oklahoma and Pennsylvania.



Prevention Strategies Launches National Study To Help Prevent Opioid Misuse

Construction and Nursing-Related Industries Invited To Participate In Evidence-Based Prevention Study

To help address the national opioid crisis that impacts more than 10 million Americans each year, Prevention Strategies has launched a national study meant to prevent prescription opioid misuse and overuse among workers in industries with high risk for injury and opioid prescriptions.

Prevention Strategies received a grant from the National Institutes of Health (NIH) to pursue the study and develop a commercially viable intervention tool based on prevention science. Known as WorkWell, it is a tailored mobile health (mHealth) app that represents the next generation of evidence-based, technology-aided intervention programs.

The initial pilot program to test the WorkWell app will focus on construction trade workers and nurses, as well as nursing assistants and technicians. These occupations have been disproportionately impacted by the opioid crisis and have high mortality ratios.

"Opioid-involved overdoses are among the leading causes of death in the United States despite extensive public health efforts to increase

education and reduce the misuse or overuse of these powerful drugs," said Dr. David Wyrick, president of Prevention Strategies. "There are particular risks for opioid misuse in industries with high injury rates such as construction and nursing. We are committed to helping employers provide better education, training and tools to proactively prevent this pervasive problem."

The WorkWell mobile app features evidence-based educational and behavioral strategies to prevent prescription opioid misuse and overuse. The app includes brief, dynamic educational lessons, pain management and prevention exercises, language to use with providers when discussing pain and injury, conversations with industry experts, and data visualization for



pain

"The majority of opioid prevention efforts to date have focused on restricting access to opioids, dose-limit laws, prescription take-back days, stricter prescription guidelines and increased law enforcement, but none of these efforts concentrate on evidence-based interventions," said Dr. Wyrick. "We are adapting proven mobile health approaches based on prevention science, and we are encouraged by the feasibility and effectiveness of this approach."

Construction companies, healthcare systems and hospitals interested in learning more about the WorkWell mHealth program, and potentially having employees participate in the study, should e-mail info@preventionstrategies.com for more information.

Golf Classic Raises Money for Cancer Care

The INTEGRIS Health Foundation recently hosted the 36th Annual INTEGRIS Health Golf Classic at Oak Tree Golf and Country Club in Edmond. We are pleased to announce the event raised more than \$230,000 for cancer care.

The funds will be used to enhance and expand the infusion programs at the INTEGRIS Health Cancer Institute.

The INTEGRIS Health Cancer Institute offers one of the foremost collections of physicians along with state-of-the-art comprehensive therapies for the diagnosis, treatment and survivorship of cancer patients. It is more than just a cancer treatment facility - it's a cancer treatment philosophy, focused on treating the whole person, not just the disease.

We would like to thank our tournament sponsor, Anesthesia Medical Professionals, as well as all the other supporters, volunteers, caregivers and players who made this year's Golf Classic such a success.

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 918-706-9574 or email hope.schreur@gmail.com

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.

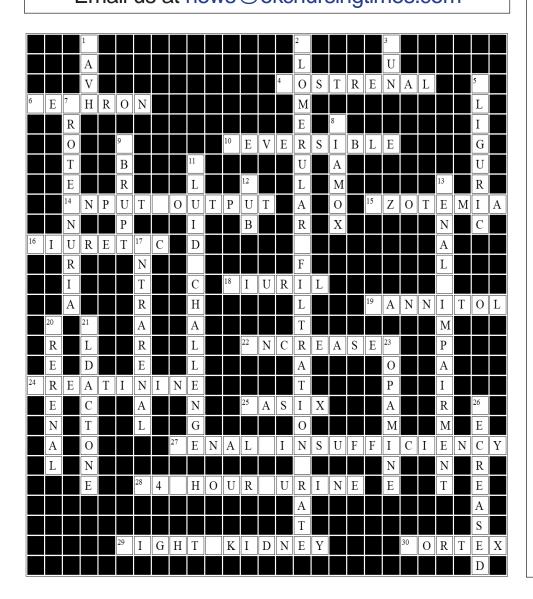
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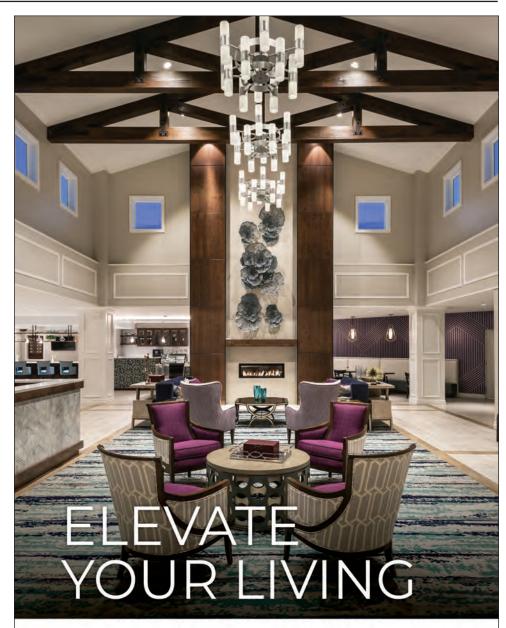
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