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June 19, 2023
Vol. 24 Issue 24

Information for the Oklahoma Nursing & Health Care Professional

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Maintaining Charm

ADON Admires Patients' Independence



Hailey Masterson embraces her career as assistant director of nurses at Fairmont Skilled Nursing and Therapy as her opportunity to advocate for residents and patients.

Story and photo by James Coburn, Staff Writer

Attributes of compassion and patience has deepened for Hailey Masterson in her nursing career at Fairmont Skilled Nursing and Therapy. She can channel her experience into other nursing opportunities that she may one day explore in decades ahead.

"If you work with elderly people there is a

sense that they have lived a lot, so you have to respect that and understand that they have a lot of experience under their belt," said Masterson, LPN, ADON. "But the best part about that is you can sit down and learn about their lives."

She was drawn to the business of humanity.

See MASTERSON Page 2

Nurses Urge the US Congress to Address the Nurse Staffing Crisis



Jennifer Mensik Kennedy, PhD, MBA, RN, NEA-BC, FAAN - ANA's 38th president.

Recently, nearly 400 members of the American Nurses Association (ANA), the premiere organization representing the nation's more than 4 million registered nurses, trekked to the U.S. Capitol to urge Congress to address the national nurse staffing crisis. Insufficient nurse staffing jeopardizes patient safety and negatively impacts nurses across the country.

"Every nurse should advocate for the staffing solutions that they know will work best in their practice setting, including minimum nurse-to-patient ratios," said ANA President Jennifer Mensik Kennedy, PhD, MBA, RN, NEA-BC, FAAN. "More importantly, when any staffing approach, legislation or regulation is being considered, nurses must be the

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MASTERSON

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Her grandfather is a Houston physician in a clinical area where a lot of people needed assistance. When she was younger, she would go in and give lollipops and hugs to all the people after they got their shots and treatments.

"I thought it was the coolest thing ever," she said of what sparked her road to become a nurse.

Masterson completed her LPN training three years ago at Mid-America Technology Center, located in Wayne. She is working toward earning her Bachelor of Science in Nursing degree in the fast-track program at the Southwestern Oklahoma State University School of Nursing, located in Weatherford. SWOSU's curriculum offers her a BSN tract based on testing as an advanced standing LPN. Clinicals are in person and most of the course work is online.

"It's really rigorous that your clinicals are fast paced more than usual and your school is more fast paced than usual," Masterson said. "We only do two semesters if you fast track. So, you're getting through quite a few courses rather quickly."

She had been a nurse manager for home health when she learned

that Fairmont Skilled Nursing and Therapy was looking for a nurse manager in the skilled nursing area. Masterson was already experienced in wound care, antibiotics and PICC lines. She decided to go interview for the nurse manager position that was open at Fairmont.

"I ended up loving it when I walked in the front door," Masterson said of the Oklahoma City complex. "They really have done a good job on the building. The staff was great. Kara was super sweet and talked me in to the ADON position because of my experience."

The nursing staff's patient advocacy quickly drew Masterson's respect and admiration. Nurses are not hesitant to seek out her expertise about what best practices would benefit a patient.

"If I have a hard time with that question, I will grab Karen and we'll sit down with a physician and we'll talk about it before we implement anything," she continued. "But every one of the nurses we have, I can truly say before God that they are very, very good patient advocates."

One of the patients has natural textured hair that can be a little bit difficult to handle. Masterson noticed a nurse had completed all but two remaining treatments toward the end

of her shift.

"She took an hour out of her own lunch to go over there and braid his hair for him," Masterson pointed out. "She made sure it was all cleaned and oiled, and everything he needed."

Masterson has been grateful to learn about the nursing staff's compassion and patience that they share with the residents at Fairmont.

"You're helping them. You've got to have some patience if they're hurting. It's harder for them to move around," she said. "You have the time to spend with them. So, when you're being patient and you're helping them, you've got that extra five minutes just to relax and sit there and talk to them."

Residents bring their sense of humor with them at the Fairmont memory unit. Masterson said she can't help but have a listening ear.

"They're all so sweet," she said. "They think of things that were happening a long time ago, the times

when they were younger. So, they still have that young sense of humor. And they'll say something that you've never heard and it's so funny."

Patient care has left several indelible moments in Masterson's career.

When she worked at a hospital, she would come across patients who had undergone a difficult life. They would not complain about their misery as much as she expected.

"And every time you walked in that room; they were just so sweet. They thanked you for everything," she said. "Even when you were changing them, they just wanted to have a conversation and say hi, to see how your day was and see if they could help you when they're the one in the bed."

They wanted to be happy and spread joy.

For more information about Fairmont Skilled Nursing and Therapy, visit: <https://www.fairmontok.com/>



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CRISES

Continued from Page 1

primary decision makers to ensure that the approach is enforceable, specific to the care setting and unit, accounts for patients who require critical care, and balances the workload of nurses."

The work environment of nurses is a primary driver of the nurse staffing crisis. Longstanding workforce issues such as burnout, workplace violence, mandatory overtime and barriers to full practice authority have all further compounded the nurse staffing crisis. ANA calls on Congress to improve nurse staffing and the work environment for nurses through the following:

- Enact legislation to prohibit mandatory overtime for nurses.
- Require the Occupational Safety and Health Administration (OSHA) to issue a national health care workplace violence standard.
- Implement nurse staffing standards to ensure nurses have the time

and the resources that they need to deliver quality care and positive outcomes.

ANA is actively engaging Congressional leaders, the Centers for Medicare & Medicaid Services (CMS) and other key stakeholders to refine approaches to implementing staffing standards. This work includes ensuring that any staffing legislation provides opportunities to pilot innovative nursing models led and approved by direct-care nurses that reflect the needs of nurses and their patients.

"While ANA supports nurse-to-patient ratios, we know that ratios alone will not improve safe staffing for nurses," said ANA Chief Nursing Officer Debbie Hatmaker, PhD, RN, FAAN. "Ultimately, the nurse staffing crisis requires a national dialogue and ongoing collaboration between nurses, Congressional leaders and other key stakeholders to support our nursing workforce, our patients, and our nation's health and well-being."

"While ANA supports nurse-to-patient ratios, we know that ratios alone will not improve safe staffing for nurses," said ANA Chief Nursing Officer Debbie Hatmaker, PhD, RN, FAAN.

OKNT NATIONAL NEWS

California: Historic first contract ratified by nurses

RNs say JMBHC contract will improve recruitment and retention as need for behavioral health nurses grows

Registered nurses at John Muir Behavioral Health Center (JMBHC) in Concord, Calif. are pleased to announce they have ratified an historic first contract after organizing with California Nurses Association/National Nurses United (CNA/NNU).

"We are optimistic this contract will lead to significant gains for our patients and represents a giant step in recruiting and retaining experienced behavioral health nurses," said Amy Welsh-Ross, a registered nurse on the adult psychiatry/chemical dependency unit and a member of the bargaining team. "We are very proud of these contract wins. The ratification of this contract underscores the mighty power of solidarity and collective action to achieve the aims that will benefit our community."

JMBHC nurses voted to join CNA in February 2021 and negotiations have been ongoing since that summer. In May 2023, JMBHC nurses held a one-day strike as negotiations had stalled.

This week nurses approved this first collective bargaining agreement with 100 percent voting in favor of ratification. For more info. visit:

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Medicare Specialist
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csibleyinsures@gmail.com
BS Health Studies-Gerontology

Steven Sibley, RET/DAV
Life, Health, LTC, & Disability
405-850-1569
ssibleyinsures@gmail.com
MBA - Healthcare Administration



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CAREERS IN NURSING: HEART OF NURSING - PEDIATRIC RN CELEBRATES OUTCOMES

story and photo by James Coburn, Staff Writer

Rachel Hardage, RN, did not realize the job of a cardiac ICU pediatric nurse existed before she came to work at Oklahoma Children's Hospital OU Health, located in Oklahoma City.

"It was brand new to me and I can truly say that this specialty provides miracles to families," Hardage said. "In the last 20 years of medicine, the surgeries and the surgery outcomes that exist now did not exist then. And we see children who did not have much of a life expectancy go on to fulfill whatever they want. We see that here and it's pretty amazing."

In 2018, Children's Hospital was where her career began. She had achieved a Bachelor of Science in Nursing degree at East Central University, located in Ada.

"I would whole-heartedly recommend East Central University," she said. "It was a great four years I spent there. I actually met my husband there."

Her husband is an OU Physician working in internal medicine. They have made life-long friends from East Central and often return there to visit faculty.

Following her graduation Hardage worked in the pediatric intensive care unit (PICU) at Children's Hospital before serving in the cardiac unit.

"I always wanted to work with children. When I was very young, my sisters and my mom and I were in a car accident," she explained.

Her baby sister was in the PICU for nearly two weeks before rehabilitating at Bethany Children's Health Center. Since then, she has wanted to help children as a nurse. Hardage was also hospitalized at Children's Hospital. She recalls bits and pieces of her care.

"I just remember the environment and the care that they provided my sister and I, and just how comfortable we were at being here," she said.

Her mother would tell her of the helpful support she received from the Children's hospital nurses. And today, Hardage works with two of the nurses who were at the hospital when she and her sister were patients there.

Hardage said her goal is to mirror the care she experienced by the Children's Hospital nursing staff. She projects that type of compassion with her pediatric patients to help put them at ease.

Her goal includes not only caring infants, but also their parents. She makes sure parents are involved in their child's treatment plan with an understanding of the care provided to their child. Having a child hospitalized with heart conditions is a new experience for moms and dads.

Parents are educated to care for their children once they are released from the hospital. They learn to recognize if their child's health declines, and they need to

be readmitted.

Infants comprise most of the children admitted to the cardiac unit. Some infants were diagnosed with congenital heart defects before their birth, often as early as 20 weeks into a pregnancy. An infant's health is closely monitored by the cardiology team.

"After they're born, they come to our unit until their open-heart surgery," she explained. "And then they come back after the surgery the same day. We recover them and continue until they are discharged from our unit."

She makes sure that parents understand what the goal of their child's surgery was and how successful it was. Dr. Harold M. Burkhart specializes in pediatric cardiothoracic surgery at OU Health and is one of the top surgeons in the nation, she said.

"We are able to use that as a

See HARDAGE Page 5

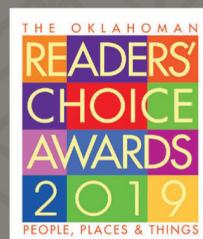


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Rachel Hardage, RN, is part of a team bringing hope to families and babies as a cardiac ICU pediatric nurse at Children's Hospital in Oklahoma City.

HARDAGE

Continued from Page 4

sense of encouragement and pride," she said of Burkhart's phenomenal outcomes.

Nurses strive to comfort families and one another. The close sense of unity among nurses feels like family, Hardage continued. They know each other outside of work on a real-life basis.

"We work very well together. If someone is having a really hard day, the ones that don't [have a hard day] step in and make it easier," Hardage said. "We're able to share the hard times and the good times together."

The nurses' spirits are uplifted when parents bring their babies back to visit them. A lot of the children have public Facebook pages that the nurses are allowed to follow. They can watch them grow, go to the zoo, and live life outside of a hospital.

"That is always really sweet to see," she said. "It's very fulfilling. All of us hope we are able to provide some sense of comfort and light to them while they're here with encouragement and hope."

Seeing children succeed in reaching their goals of a normal life is a heartwarming experience, she said.

For more information, visit:

<https://www.ouhealth.com/oklahoma-childrens-hospital/>

Brix and Brooklyn Visit Kids at INTEGRIS Health Children's



INTEGRIS Health Children's had some special visitors recently when Brix and Brooklyn, the beloved mascots for the Oklahoma City Dodgers, stopped by to see some of our youngest patients.

A person sitting at a table with two mascots Description automatically generated with medium confidenceThe doggie duo surprised kiddos in their hospital rooms and even played virtual bingo with them. It was a great morale boost for both patients and staff.

"Special events like this really help make the hospital feel more normal and fun for our patients and families," says Certified Child Life Specialist Erica Liddell.

INTEGRIS Health extends its gratitude for the partnership with the Oklahoma City Dodgers as we remain committed to providing compassionate care that goes beyond the physical needs of our patients.



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(AS PUBLISHED IN THE 2023 EDUCATION GUIDE TO NURSING)



Alyssa Rapoport is congratulated by Redlands Community College President Jack Bryant during the nursing pinning ceremony in 2021.

REDLANDS COMMUNITY COLLEGE PREPARES NURSING GRADUATES FOR WORKFORCE

Nursing is a career that attracts graduating high school seniors but also provides a second career for those who are ready for a change.

Some students are ready to enter the field as young adults, but many people see the importance and value of nursing care through their own life experiences and then choose to make a career change.

Redlands Community College in El Reno, Okla., is not only preparing these students for a successful future in health care but also working to address the staffing shortage in rural and tribal health care facilities. The college received a grant that is providing more resources to expand programs designed to support and retain nursing students as well as implement educational programs to attract youth to the field.

With a **100% job placement rate**, Redlands offers a two-year degree program that prepares graduates to successfully take the National Council Licensure Exam (NCLEX) for licensure as a registered nurse and to enter the workforce immediately.

"The benefit of earning an associate degree in nursing at Redlands is that graduates are well-prepared for the licensure exam that will allow them to begin working quickly," said Dr. Jalelah Abdul-Raheem, director of Redlands' Nursing Program. "Once they have completed this stage, they are able to focus on their career as a registered nurse or continue their education at a university to earn a bachelor's of nursing degree."

Redlands has two nursing program options: the **traditional RN program** and a track for **Licensed Practical Nurses (LPNs)**. Students



Redlands Community College nursing students gain valuable experience in the campus' simulation lab.

who are enrolled in the LPN-to-RN cohort earn articulation credits in the first semester, allowing them to graduate in three semesters instead of four. This helps get them out of the classroom and into the community where they can do the most good.

From a young age, Redlands nursing graduate Cory Michael Williamson knew he wanted to be a nurse. His life had been impacted by a nurse who cared for his father after a terrible car wreck. "When my father was in the hospital, there was a male nurse who really showed kindness and compassion to me during that time," Williamson said.

Since graduating from Redlands, Williamson has worked in different intensive care units while he pursued a bachelor's degree at Oklahoma Panhandle State University, and now he serves as a nursing supervisor in a tribal health clinic. Williamson said his experience at Redlands taught him to look beyond a patient's diagnosis. He learned "to get to know my patients and their families to help them in more ways than just what they came to the hospital or clinic for."

Redlands is a solid, affordable choice for students because of the scholarships available as well as the personal attention and opportunities it provides. The college's partnerships with several area health facilities provide students with challenging, hands-on experience during their clinical rotations.

"Fortunately, our location just outside of Oklahoma City gives our students the opportunity to serve in both rural and urban areas, exposing them to the different types of nursing care available and helping them figure out what is the best fit for them" Abdul-Raheem said.

Alyssa Rapoport chose nursing because she wanted to be able to help others on their worst days and celebrate with them on their best days during recovery. A 2021 graduate, Rapoport appreciated Redlands' convenient location, affordability and caring faculty, especially Professor Kayla Zimmerman.

"She was always there to listen and support me and my classmates," Rapoport said. "I felt like she was someone who respected the students as much as we were taught to respect the staff."

With a Cooperative Arrangement Development Grant from Native American Serving Non-Tribal Institutions (NASNTI) Part A to support outreach and retention efforts and additional funding to update campus simulation labs, the Redlands Nursing Program is providing a high-quality learning experience led by dedicated and well-trained faculty.

"At Redlands, everyone is friendly, and the faculty is excited to be part of students' lives," said Abdul-Raheem. "We are committed to helping our nursing students succeed, and our faculty and staff are dedicated to supporting them throughout their time in the program."

The five-year cooperative grant is designed for Native American and low-income students and is 100% funded by the U.S. Department of Education as part of the NASNTI program.

Visit <https://www.redlandsc.edu/nursing-program> for more information and to apply for scholarships. The deadline to apply for the general nursing program is April 15, and the deadline for the **LPN-to-RN program** is December 1. Apply for scholarships by May 31.

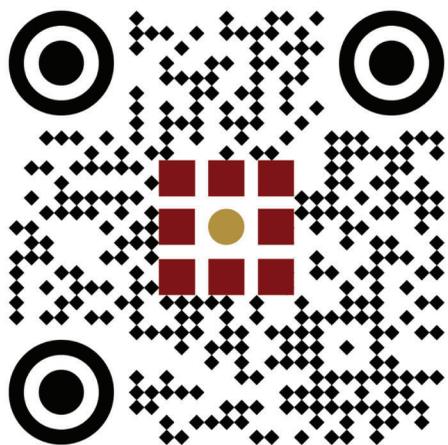
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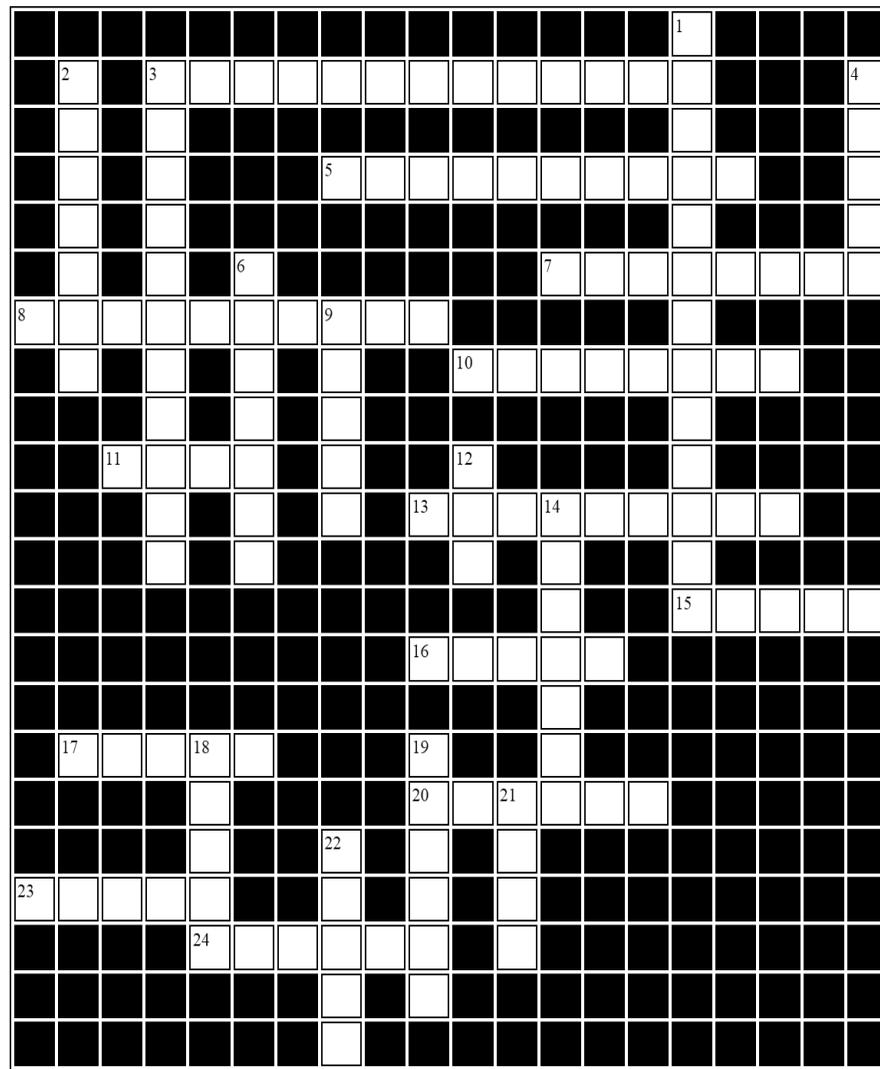
OKNT CROSSWORD: Hand Hygiene

Across

- 3. Wearing gloves does not provide complete protection against hand _____.
- 5. side-effect of washing your hands too much.
- 7. We should encourage _____ to remind health-care workers to decontaminate their hands.
- 8. The "father" of hand hygiene
- 10. Reproduces slowly on the hands after a surgical scrub with alcohol.
- 11. Health-care workers who wear gloves are less likely to do this to their hands
- 13. This is an important factor for improvement with hand-hygiene practices.
- 15. The natural rubber that gloves are made from.
- 16. wash your hands when they are visibly _____.
- 17. You can save this by implementing an effective hand-hygiene program.
- 20. In the late 1800s, this doctor promoted using carbolic acid for hand antisepsis. He is named after a mouth wash.
- 23. If you have an allergy to latex, you can wear _____ gloves.
- 24. Used as an effective antiseptic since the 1800's but discolors the skin.

Down

- 1. soap that contains an antiseptic agent
- 2. You should wash your hands for this many seconds.
- 3. Healthcare workers can do this to their hands simply by touching an environmental surface.
- 4. Healthcare workers who wear these on their hands can carry gram negative organisms for several months.
- 6. _____ the main ingredient in hand rubs.
- 9. Nurses in pediatric wards wash their hands this many times.
- 12. This agency regulates the agents used in health-care antiseptics.
- 14. Decontaminate your hands before having direct patient _____.
- 18. _____ organism most frequently the cause of urinary tract infections.
- 19. The CDC recommends that health-care workers wear these to reduce the risk of acquiring infections from patients.
- 21. If this is located too far away, you may not wash your hands.
- 22. _____ when these are artificial, they harbor gram-negative pathogens.



ANSWERS ON PAGE 13

by Alice DeMonte

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Casie Morris, RN

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Norman Regional Installs First 3D Breast Specimen Imaging System in Oklahoma



NRHS Installs First 3D Breast Specimen Imaging System in Oklahoma

Norman Regional has installed the first CT (3D) breast specimen imaging system in the state of Oklahoma – the Clarix Imaging VSI-360 breast specimen imaging system. The Clarix Imaging system will help breast cancer surgeons identify tumors more easily during lumpectomy procedures.

In the world of medical technology, there's always a need for new tools that can improve patient care and make surgeries safer and more effective. That's where Clarix Imaging's VSI-360 comes in. This new technology is transforming the way surgeries are performed by giving doctors a clearer view of what's happening inside the body, which has a range of benefits for both patients and surgeons.

What is the VSI-360?

The VSI-360 is a cutting-edge medical imaging system that uses advanced software and high-resolution imaging to give doctors detailed, real-time information about body tissues during surgery. This technology creates 3D images of the tissue, which means doctors can see every tiny detail and make better decisions with pinpoint accuracy during surgery, reducing the risk of complications and second surgeries.

Norman Regional Breast Oncologic Surgeon with the Norman Regional Breast Surgery Clinic, John Chace, MD, was an advocate for the Clarix Imaging system. The Norman Regional Health Foundation invested in the new technology on behalf of the health system to improve patient outcomes.

"The very first time I used

the Clarix System, this technology positively impacted the care of my patient. She had a known small invasive cancer that we had localized. With the Clarix imaging of the specimen, I could see an area trailing away from it up to the margin," said Dr. Chace. "This prompted me to take additional tissue. The additional margin was negative and prevented her from having to return to [the] operating room for a second surgery".

Benefits for Patients

Safer surgeries: By giving doctors a better view of what's going on inside the body, the VSI-360 reduces the risk of damaging healthy tissues or leaving behind unhealthy ones.

Fewer follow-up surgeries: With the VSI-360, doctors can get all the information they need during the first surgery, which means patients are less likely to need additional procedures later on.

Faster recovery times: Because surgeries using the VSI-360 are more precise and accurate, patients may recover more quickly and spend less time in the hospital.

Benefits for Surgeons

More efficient surgeries: The VSI-360's real-time, 3D imaging helps doctors make smarter decisions during surgery, which means they can work more efficiently and reduce the risk of complications.

Optimized workflow: The VSI-360 works well with other surgical tools and equipment, making it easy for doctors to use it during procedures and reducing the risk of human error.

Ongoing updates and support: Clarix Imaging is dedicated to

making the VSI-360 even better by providing regular software updates and expert help to ensure doctors always have the latest and greatest technology at their fingertips.

With its many advantages, the VSI-360 is set to become a must-have tool for medical professionals all over the world, helping to improve patient care and make surgeries more effective than ever before.

While the VSI-360 is transforming surgical procedures, it's important to remember that prevention and early detection are crucial in maintaining optimal health. For women, the most essential preventive measure is getting an annual mammogram.

Regular mammograms can help detect breast cancer at an early stage when it's easier to treat and has a higher chance of being cured. By catching potential issues early, mammograms can save lives and reduce the need for more invasive treatments. According to the American Cancer Society, when breast cancer is detected early, and is in the localized stage, the 5-year relative survival rate is 99%.

As medical technology continues to advance, tools like the VSI-360 and the emphasis on preventive care, such as annual mammograms, will work hand-in-hand to improve overall healthcare and ensure better outcomes for patients.

See Youtube video [HERE](#):

SSM Health St. Anthony launches partnership with Birthly

SSM Health St. Anthony Hospital is pleased to announce a partnership with Birthly to offer discounted access to virtual childbirth education classes, allowing patients to access valuable educational resources in the comfort of their own homes.



Through the Birthly partnership, SSM Health St. Anthony patients are now able to access a variety of perinatal classes online at 40 percent of retail cost. All classes are live, which means patients will have the opportunity to connect through a live video feed with certified and experienced childbirth educators. Birthly educators will provide interactive teaching on a variety of top-of-mind topics and patients will have dedicated time to ask questions.

Classes currently include Early Pregnancy Preparations, Prenatal Education Bootcamp (English and Spanish), Coping and Comfort, Breastfeeding 101 (English and Spanish) as well as Newborn Care (English and Spanish). Since each class type is offered multiple times a month, patients now have more flexibility in choosing a time that fits their schedule and can attend classes anywhere virtually via their laptop, tablet or other mobile devices.

To learn more about SSM Health Joyful Beginnings labor and delivery care, please visit

<https://www.ssmhealth.com/joyfulbeginnings>. Current SSM Health patients can also sign up for Birthly classes through the website.

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For more information contact Hope Schreur, RN, BSN at:

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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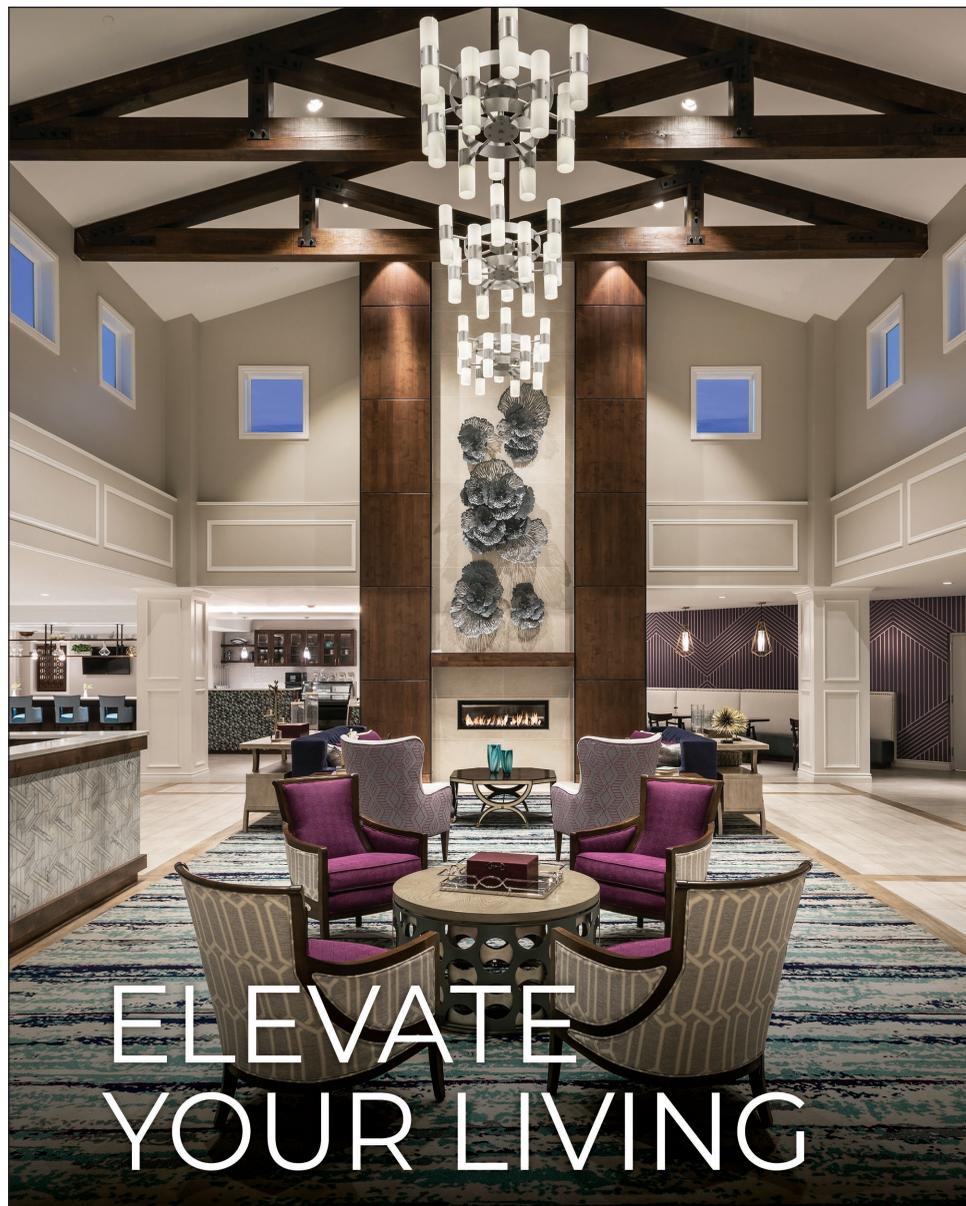
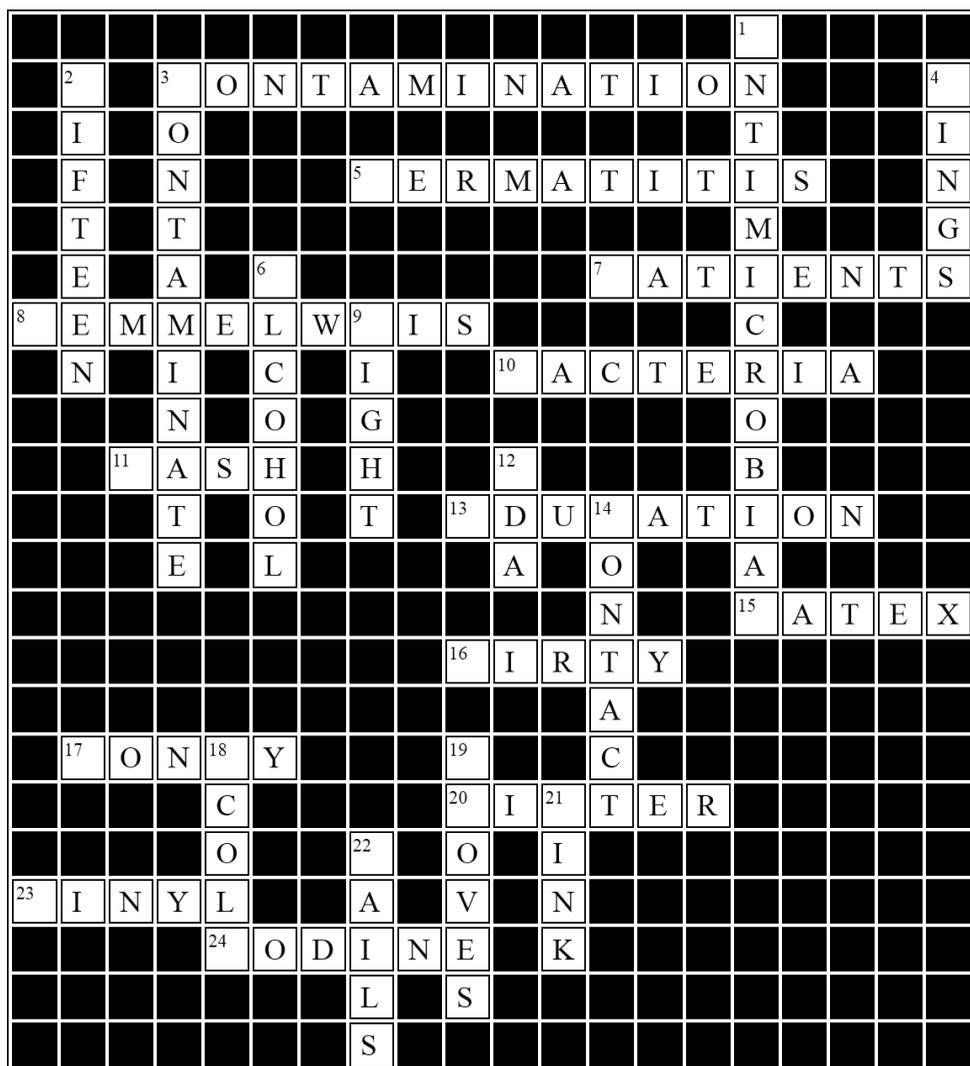
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