Oklahom Nursing Til

OCTOBER 16, 2023 | VOL. 24 IS

www.oknursingtimes.co

Serving Oklahoma Nurses & Health Care Professionals for 24 Yr

The Gift of Life Children Wait for Organ Transplants

Read the story on page 2

Inside This Issue Page 4, Joy of Nursing -RN grateful to be a Nurse Page 9, NURSE TALK OU HEALTH EDMOND

9 Health

RECRUITER SHOWCASE

Come work with outstanding students at OCU's Kramer School of Nursing

OPEN POSITIONS

Program Specialist

Clinical Coordinator

BSN Full-time, Part-time and Adjunct Faculty

Go to CAREERS.OKCU.EDU or call 405.208.5900

(3)

•



UR AD ON PAGE

Jeremiah Bickerstaff, RN

Kidney and pancreas transplant coordinator for OU Health Transplant Institute

Bryan Barnett, RN

Nurse manager

story and photo by James Coburn, Staff Writer

A strong belief in what organ transplants mean for children and families is what drives Jeremiah Bickerstaff, RN, as the kidney and pancreas transplant coordinator OU Health Transplant Institute.

He has been inspired by children's resilience when given the chance to lead a more normal life.

"Once you do transplants you get hooked. You love what we're doing. We impact a lot of people," Bickerstaff said. "The young children are very special. These kids that need us are very sick."

The institute is the only pediatric transplant institute in Oklahoma

providing kidney, pancreas, and transplants for Oklahoma children. Kids come from all over the state for hemodialysis three days a week. OU Health Transplant Institute services two hospitals, the Oklahoma Children's Hospital, and the OU Health University of Oklahoma Medical Center.

"I have such a passion for transplant and the gift of life it gives others, both children and adults," said Pam Toho, RN, OU Health Transplant Institute transplant coordinator. "We get to see life and death every day, but we get to see miracles every day, too. Transplant is my heart. It brings me joy to help others and I know that's true for our entire team." The OU Health Transplant Institute and Oklahoma Children's Hospital are in the final stages of developing a pediatric heart transplant program. The transplant program will make it easier on families by preventing them from traveling out of Oklahoma for services. Liver transplants and medicine are growing by hiring three more surgeons. More doctors at midlevel are being hired, too, he said.

"We are growing. We have a chance to really provide some sources of help to people. Before you'd try to find a specialist — you'd try to get an appointment — but if you have enough of those, then you can get that. That's what's happening here," Bickerstaff explained. "It takes an army to transplant."

As far as kidney transplants, pediatric transplant patients for the most part are on dialysis, Bickerstaff said. And so, the biggest accomplishment is getting them out of that dialysis unit by providing a transplant.

A kidney transplant provides children with more autonomy and freedom by helping them to grow and spend more time at home and school instead of a hospital.

"It makes us a life-line to a lot of the citizens in the state," said Bryan Barnett, RN, nurse manager. "We have a wonderful team of providers, nurses, and clinical staff that are here to meet the needs and are here to work with these families and patients."

Parents are enormously grateful when a kidney transplant is available. Moms and dads are often fearful when their child is on dialysis thinking that without a transplant, their child will die.

"We take that away with the kidney transplant. I think it gives them hope for their child," Bickerstaff said.

The average wait for a kidney transplant was 18 months when Bickerstaff came to the OU Health Transplant Institute 13 years ago. The current wait is four years.

There are no age requirements to become an organ donor. There are many things a person can give to save a life that cannot be given any other way.

"As for a living donor, I would say any time you're getting to be in

Continued next page

INTERACTIVE AD - CLICK BELOW TO APPLY Come work with outstanding students at OCU's Kramer School of Nursing

OPEN POSITIONS

Program Specialist

Clinical Coordinator

BSN Full-time, Part-time and Adjunct Faculty

Go to CAREERS.OKCU.EDU

> or call 405.208.5900 for more information and to apply today!



Oklahoma City

INTERACTIVE AD - CLICK BELOW TO APPLY





From left, Jeremiah Bickerstaff, RN, kidney and pancreas transplant coordinator for OU Health Transplant Institute, and Bryan Barnett, RN, nurse manager, are part of a team effort leading the state's only pediatric transplant institute.

TRANSPLANT Continued from Page 2

your upper 60s, we just have to be more careful."

He encourages altruistic living donations. There are children without families who are able to donate.

"They need a kidney," Bickerstaff said

Toho added that continuing education is needed to dispel fears. But nobody will be killed to harvest an organ.

"With deceased donors, families are saying yes to bless a lot of people with a heart, two lungs, with a liver and two kidneys. So, it's a big deal. It's a big gift of life, and some other family can bless another one with it," Toho said.

To become an altruistic donor, they may step forward if they're a good match.

"The biggest thing people don't organ donor, CLICK HERE.

realize is it frees up another kidney on the deceased list," Bickerstaff said. "If you give them a living kidney from an altruistic donor, they don't take a kidney off the list and that goes to someone else. Any living donor helps two people."

Many altruistic donors are nurses because they are a caring group, Bickerstaff said.

The physicians and nursing staff are always available following the transplants with yearly appointments if not more often. They watch the children grow throughout their teenage years.

Bickerstaff is a father to 11 children, six boys and five girls, 5 months to 17 years old.

"I had one last night that dropped a 2 by 4 on his pinky toe. It's broken. I used to be a trauma nurse, so it's currently bandaged," he said.

To learn more about becoming an organ donor, **CLICK HERE**.



- RN OR Circulator FT -
- · RN Pre Admission Testing FT -
- RN Pre OP/Phase II Recovery (PRN)
- · RN ICU Med-Surg
- · RN PRIME Days and Nights
- · RN Med-Surg FT and PRN Days and Nights

Northwest Surgical Hospital:

- RN Pre OP (PRN)
- · RN PACU (PRN)
- · RN Med-Surg (PRN)
- · RN Med-Surg FT Nights

*Signing Bonus Available! - Up to \$15,000 for select positions!

Visit our career site for a current list of openings:

www.communityhospitalokc.com/careers

Community Hospital/Northwest Surgical Hospital complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Community Hospital/Northwest Surgical Hospital is a facility in which physicians have an ownership or investment interest. The list of physician owners or investors is available to you upon request.

CAREERS IN NURSING: JOY OF NURSING - RN IS GRATEFUL TO BE A NURSE

story and photo by James Coburn, Staff Writer

they might see when thinking of wounds, said Cecilia Hill, RN, SSM Health St. Anthony Hospital -Midwest.

"That's going to be some open skin that can be anywhere on the body," Hill said. "There are different stages of deterioration, and you can't be afraid of that. You can't be afraid to talk to people because there's a lot of teaching that goes into that."

As the RN case manager, she serves in the outpatient wound care clinic of the Midwest City hospital. She is also trained on patient intake and discharge.

The fast-paced environment working alongside a physician. When the doctor leaves the patient, she educates patients about dressing their wounds and explains the use of different bandages, medicines, and ointments when they return home.

Hyperbaric oxygen therapy, or

up healing of gangrene, difficult wounds, and infections. Another nurse is trained to use the HBOT which has a high success rate of wound healing, Hill said.

The clinical staff includes an intake RN for taking vitals, undressing the wound, cleaning it, taking photos, measuring the wound and preparing the patient to see a physician. A case manager RN accompanies the physician seeing the patient. The case manager will chart the progression of treatment, and the effectiveness of prescribed medication. Any changes will be documented by the RN case manager and order supplies for the patients as well as home health when needed. A discharge RN will photograph the wound and give further instructions. Once that's done the case manager will follow-up on anything the patient needs, Hill said.

All the nurses have specific

A nurse shouldn't fear what HBOT, may be used to speed responsibilities but are trained to be flexible to move around for whatever is needed when a lot of patients enter the clinic for treatment.

"What I like about it is we don't have to ask each other. We just see that it needs to be done and we get it done," Hill continued. "It is a great team and when we see patients come in, we know them by name because we see them weekly."

The nurses are a joy to be with, she said. They take their lunch together when the patients have left for the day.

Most of Hill's patients are in pain and the pain is sometimes heightened by comorbidities such as diabetes-induced neuropathy that is painful on its own.

Most patients who are in pain must have their own pain management physician who is separate from the clinic. One lady came in with wounds.

"What impressed me is she was elderly, but she was still smiling," Hill said. "I asked her, 'What makes you still go?' And she told me, 'You just take it one day at a time.' To me it says you can't stress out. You do have to take it one day at a time."

Such remembrance inspires Hill to move forward in a nursing field with love. She traces her inspiration back to being a 2-yearold watching her auntie who was a nurse go to work.

"She lived across the street from a nursing home. She always wore pretty white dresses, white stockings, white shoes, and a white hat," Hill said. "I'd say, 'Hey, can I go to work with you?' And she'd take me and my sisters to work with her."

Hill loved how natural her auntie would talk with her patients. She would always buy her niece

continued next page



LIVING IS NOT ONE-SIZE FITS ALL. SO, HOW CAN ASSISTED LIVING AND MEMORY CARE BE?

We serve the individual's need for purpose, independence and dignity. Our loving, expert staff improves life with innovative, individual programs and therapies. You really must see Legend® at Rivendell for yourself.

Call now and join us for lunch and a tour. Discover the Legend Senior Living[®] difference today.

Call to learn more: (405) 703-2300



Voted 2019 Best Memory Care Community



at Rivendell

LegendSeniorLiving.com

A Residence of Legend Senior Living®



Cecilia Hill, RN, SSM Health St. Anthony Hospital - Midwest, says she has learned a lot from her coworkers as part of SSM Health.

HILL **Continued from Page 4**

nursing items for Christmas.

nurse ever since then," Hill said. "That never changed."

Oklahoma but moved to California at 19 where she graduated from nursing school at County USC Medical Center in Los Angeles. Her nursing career has involved med/surg and became one of the first nurses to open an HIV ward. Additionally, she has served in a OBGYN emergency room, labor and delivery, and worked as a midwife.

Hill said she couldn't find a job in labor and delivery when she returned to Oklahoma 17 years ago. But she felt God leading her into psychiatric nursing before she transferred to SSM Health St. Anthony Hospital - Midwest in

2021. Hill has worked in wound care ever since.

"Transitioning from psych to wounds in SSM Health has been "I just always wanted to be a a beautiful experience for me," she said.

Her work keeps her moving but Hill was born and raised in her life makes a smooth transition when returning home.

> At home she does deep breathing and relaxes for 15 minutes. She has eight children; the eldest will graduate from high school this senior year.

> Every morning she says a prayer thanking God for waking her up.

> "I always ask guidance to walk in His light," she said. "When I come home that's what I ask. When I leave, I thank him for that day. And when I'm home, I thank him for allowing me to be home."

For more information or to join the team at SSM HEALTH-Midwest City visit CLICK HERE.

INTEGRIS Health to Open 17 **AllSet Urgent Care Clinics**



The first of 17 state-of-the-art INTEGRIS Health AllSet Urgent Care clinics is on track to open in late October 2023. The first clinic will be located at 3075 Classen Blvd., Suite 226, in Norman.

The unique INTEGRIS Health AllSet Urgent Care model will offer patients a personalized experience on demand that is highly orchestrated from start to finish - no wait times, 30-minute door-to-door service, transparent pricing, point of care testing and an easy-to-understand scope of service.

The goal is to prioritize patient access, reach additional neighborhoods in the greater metro area and facilitate ongoing care. In addition to offering extended hours from 8 a.m. to 8 p.m., online scheduling and walk-in appointments, patients will leave their urgent care visit scheduled for a follow-up appointment with an INTEGRIS Health primary care physician or specialist, if necessary.

The 17 new locations are anticipated to open by the end of 2024. The three existing INTEGRIS Health Urgent Care clinics in the metro will also be converted to the new model.



Looking for a new place to call home?

It's a calling, so choose a team you'll love.

Our team has been voted "Best Places to Work" for eleven years in a row, and for good reason. We've created a culture where patients want to be treated, staff enjoy working, and physicians want to practice.

With over 35 locations, including a state-of-the-art heart and vascular institute, a CoC accredited cancer center, and three hospitals...we have a place for you.

RN OPENINGS: ICU • MedSurg • OR • Rehab • Resource • Case Management

LPN OPENINGS: Stillwater Hospital & Clinics • Cushing Clinics • Hospice • Urgent Care

Grow with us.

We're growing, expanding, and bringing advanced care to the communities we serve.

UPCOMING

+ ICU Expansion / Level 2 NICU (2024)

CURRENT

- + Women's Health Services (2024)
- + Surgery Expansion (2024)
- + Stillwater Surgery Center Expansion (2023)
- + MR-Linac (2023)

COMPLETED

- + Heart & Vascular Institute (2019)
- + Stillwater Cancer Center (2017)

Stillwater Medical

Stillwater | Perry | Blackwell







Interested in joining our team? Apply here.



Check out our benefits! stillwatermedicalcareers.com



October 16, 2023

(AS PUBLISHED IN THE 2023 EDUCATION GUIDE TO NURSING) Stillwater **Changing the** Landscape for Healthcare for Moms and **Babies** in North Central Oklahoma

In 2019, construction began on a state-of-theart addition to the main hospital at Stillwater Medical. The new three-story addition would add much needed surgical suites, an updated labor and delivery unit to include 14 birthing suites, and expansion of the Intensive Care Unit.

In early 2022, the original plans were updated when Stillwater Medical President & CEO Denise Webber announced that the hospital would also be elevating newborn care by adding a Level II NICU in partnership with Oklahoma Children's Hospital as part of the Women's Health Center expansion. This addition would allow Stillwater Medical to care for babies born as early as 32 weeks and those that require extra care, such as breathing and feeding support and IV medications. The NICU will include 10 beds, a nursery, 2 family sleep rooms, a waiting area, hospitality room, and bereavement room.

"Not only will the addition of a newborn intensive care unit at Stillwater Medical help keep babies closer to home, it will also allow Oklahoma Children's Level IV NICU to have room for the most critical cases. This is important for families in Stillwater and surrounding areas," said Pediatrician Melinda Webb M.D. "The addition means that families can stay together and be closer to home. And we know that this increases positive outcomes for babies and mothers. Bonding, breast feeding rates, and healing all improve when families can be together."

Trent E. Tipple, M.D., F.A.A.P., chief of neonatology at Oklahoma Children's Hospital and chief of neonatal-perinatal medicine at OU College of Medicine explained that premature babies often must be sent out of state because there are simply not enough NICU beds to keep Oklahoma families together. The 98-bed Level IV NICU at Oklahoma Children's Hospital is frequently operating at maximum capacity.

Level IV NICUs offer the most comprehensive care to the most seriously ill newborns needing complex medical and surgical care. Tipple said Oklahoma Children's Hospital receives many patients from Stillwater Medical and surrounding hospitals who need Level II care, underscoring



how the creation of a Level II NICU at Stillwater Medical makes perfect sense.

The Stillwater Medical Foundation quickly jumped to the task of assisting the hospital with the funding of the new NICU. Understanding the need and the funds required to make a Stillwater NICU a reality, Stillwater based OnCue knew they wanted to help and contributed the single largest gift in history to Stillwater Medical of \$1,000,000.

OnCue President, Laura Aufleger said, "We knew our gift would make the NICU a reality and our commitment would have an impact on children and families in Oklahoma for decades to come. Our stores have been serving the Stillwater area for 55 years, and I am beyond grateful that we can make this investment to save lives in our community."

Michal Shaw, Stillwater Medical Foundation Executive Director explained that along with the historic gift, OnCue will have the sole naming rights to the NICU.

"Stillwater Medical and the Stillwater Medical Foundation are grateful for OnCue's vision and generous investment in Stillwater and all of north central Oklahoma," said Shaw. "We are excited to say that the OnCue Neonatal ICU is scheduled to open in the spring of 2024."

For more information about Stillwater Medical, visit https://www.stillwater-medical.org/



SPECIAL TO OKNT Caregivers for Loved Ones with Dementia

Denise Slattery, P.E., CFM, CPM Former caregiver to my mom, Patricia Slattery (1943-2018)

Her eyes were wide open. She looked scared, lost and confused. This was my mother, in the summer of 2018. I had put her to bed (it was about 9 p.m. or so), but she had woken up a little bit later, adamant about going home to be with her kids.

Page 8

She stopped recognizing me as her daughter some months before. She was getting agitated and my frustration was definitely not helping. We had gotten into an argument, and she started walking away from the house, along the curb. I tried following her, but she yelled at me to stay back. While we were passing a neighbor's house, he recognized my mom and had called 911. A fire truck had come, with only the lights on (the siren was too loud and it very well could have scared my mom even more). They started talking to mom in a gentle caring voice. I brought my car near to where mom was sitting on the step of the fire truck, and the firemen helped her get into the passenger seat. I was standing some distance away with the neighbor, hesitant and scared of my mom's reaction to me. Would she recognize me? Would she still be angry?

After a bit, the fireman 'introduced' me to her as her daughter and motioned for me to come forward. Walking towards her, with the sun going down, I could just barely see her eyes and they reflected her emotions then: scared, lost and confused. When I came closer to her, and said Hello Mom in a gentle voice, she recognized me and hugged me. She was not agitated and felt so happy to see me.

This is just one of many stories



Denise Slattery and Mom, Patricia Slattery (1943-2018)

I could tell you about giving care to my mom who had dementia for about 4 years, before she died from its complications in late November of 2018, just five days shy of her 75th birthday. Giving care to a loved one who has dementia is not an easy road at all; it can deplete you of all that is you. You are no longer his or her spouse, child, sibling or friend; you are a caregiver. If you are just starting down this road, or you may suspect your loved one has dementia, here are few do's and don'ts to follow:

Don'ts:

•Don't stand over the person in dominance. Instead, talk at their eye

re level.

•Don't raise your voice. Keep your voice gentle and calm.

•Don't correct, disagree or argue. Try not to think logical as you would normally. Their world is no longer the one we see but the world they see. Try to 'enter' that world and be with them.

•Don't invade their space, but don't be afraid of touching. A gentle touch on their hand can be reassuring.

•If you offer to stay with the person who has dementia in order for their caregiver to have some time for themselves or for them to run See DEMENTIA page 11

EPIC 41st Annual Education 41st Annual Conference Educational Conference Offahant **OKLAHOMA!** Friday, November 3rd, 2023 Advance **Your Career** Petroleum Club Event Center 4040 N Lincoln Blvd., Oklahoma City, OK. 73105 Bachelor of Science in Nursing A traditional, on-campus degree for students who are not yet licensed to practice nursing as an R.N. Online RN to BS in Nursing NURSES! Continuing education or RN's who want to advance their careers with a bachelor's degree of 6 hours is provided by Oklahoma 8-week courses • Finish in as little as 10 months for as low as \$8,500 Fast-Track BS in Nursing Board of Nursing. or students who have earned a bachelor's in another Beld and want to shift to a career in nursing On-campus and hybrid classes Finish in 16 months **Online Master of Science in Nursing** Finish in as little as 16 months for as low as \$15,000 Registration Deadline is

October 15th, 2023.

Flexible. Affordable. CCNE Accredited. uco.edu/nursing 405-974-5000

Nursina

UNIVERSITY OF

CENTRAL OKLAHOMA

October 16, 2023

How do уои rejuvenate when going home?



"I like to go home and play with my dog and then just enjoy talking with my daughter and my family."





"I like to go home and chill, sit on the couch and watch movies, swimming, hiking."



OU Health Edmond Medical Center

Melissa Bobo, RN



FIRST AID & + **PR**TRAINING

- Oklahoma's premier AHA training provider
- All inclusive pricing means no surprises later
- Highly trained instructors at the top of their fields
- Utilizing the most advanced equipment available
- Small, woman-owned, family-run local business
- Multi- class & loyalty discounts (BLS, ACLS, PALS, etc)
- Use promo code "ONT" for OK Nursing Times readers

We can bring training to your location ... or join a class at ours with more available class choices than anywhere in the state!

CONTACT US: 405.603.6666 www.HeartlandCPR.com 11901 N MacArthur, Ste F2 Oklahoma City, OK 73162



Daniela Dial, RN



TO THE NEXT LEVEL!

Find out how Kramer School of Nursing can prepare you for each step of your nursing career.

LPN-BSN • In as little as 12 months!

RN-BSN

. In person or online ing exams, no prerequisites Complete in two semesters

Master of Science in Nursing

Nursing Education, Nursing Leadership and Community Based Public Health

Post Master's Certificates: cation and Leadershi Post Master's Certificates: FNP, AGACNP, and PMHNP

UNDERGRAD 405-208-5000 + admissions@okcu.edu **Doctoral Programs**

Doctor of Nursing Practice (BSN-DNP): FNP, AGACNP, and PMHNP

 Doctor of Nursing Practice Completion (MSN-DNP): Executive Leadership, Cli and Community-Based Public Health PhD and BSN-PhD



Kramer School of Nursing

okcu.edu/nursing

GRAD 405-208-5094 • gadmissions@okcu.edu

Page 9

OKNT CROSSWORD: Newborn Assessment

Across

1. A yellow pigment derived from hemoglobin release with the breakdown of RBCs.

3. Initiation of breathing is stimulated by the clamping of the

which causes a rise in BP which increases lung perfusion 4. 37 weeks gestation is considered what?

6. A protective mechanism that allows the infants to become accustomed to environmental stimuli.

9. Ophthalmia neonatorum is an inflammation of the eyes resulting from an infection when passing through the birth canal of a mother who has what STD.

11. The removal of the male foreskin.13. Type of adipose tissue that is unique to newborns?

16. Touching the infants lip or cheek with the nipple will elicit the _____ reflex.

18. The maintenence of balance between heat loss and heat production.

ANSWERS ON PAGE 12

19. A term newborn heart rate of 120 is considered _____. Down

2. Nasal flaring, retractions and grunting when expiring are sign of distress.

5. If the baby does not void within
48 hours of birth the doctor may suspect ______ impairment.
6. A newborn BP of 110/70 is

indicitive of ______.7. A generalize edematous area of the scalp most commonly found on the occiput.

8. Greater than 60 respirations per minute.

10. A _____ is used to suction the baby's airway.

12. Wrapping of the baby in a blanket.

14. Stools while in utero.

15. _____ is clearly visible when bilirubin levels reach 5 to 7 mg/dl

17. The _____ score permits a rapis assessment of the need for resucitation of the neonate.

			1				2							
	3													
									4		5			
	б													
												7		
8				9										
		10												
11													12	
								13						
			14			15								
					16									
									17					
	18													
										19				

Have Questions? New to Medicare? Start With Us

WE CAN HELP!



Christina Sibley, EMT/RMA Medicare Product Specialist BS Health Studies – Gerontology 405-655-6098 call or text

Steven Sibley, US Army RET/DAV Medicare Product Specialist – Veterans MBA – Healthcare Administration 405-850-1569 call or text

Together we'll find the right products for your needs

Contact us for information on our upcoming educational only events (or to request an event) covering general Medicare education, Medicare premium help programs, Medicare with other insurance (employer insurance, Tricare 4 Life, veteran's healthcare). Food provided. For accommodation of persons with special needs at meetings call (405) 655-6098, TTY 800-522-8506.

Visit us at www.sibleyinsures.com

- Licensed Independent Brokers
- Medicare Education
- Medicare Insurance Products
- In-home or in-office appointments
- No charge to meet with us, no pressure, just help.

Your Trusted Medicare Resource

Disabled Veteran | Native American | Woman Owned





Medicare Required Disclaimer: We do not offer every plan available in your area. Currently we represent 8 organizations which offer 73 products in your area. Please contact Medicare.gov or 1-800-MEDICARE, or your local State Health Insurance Program to get information on all your options.

f

DEMENTIA Continued from Page 8

a few errands, please adhere to this. Don't say that you would love to help, but then rescind your offer when they ask you because you have an errand to run or an appointment to keep. If you say you want to help, please mean it.

Do's:

•Do establish a routine. The more you can set a routine throughout the day-to-day activities, the more you both will know what to expect, and the smoother your days will run. This helps provide stability for your loved one and doesn't add to their confusion. This also includes upending their lives, by moving them from their home into yours. If this something that has to be done, please understand that your loved one will be angry or upset for some time; you are creating chaos in their world and because they can't tell you how they feel, they react by being angry or agitated.

•Be patient, kind and flexible. Caring for someone with dementia is like riding a wave; go with it. Meet them where they are mentally and emotionally at any given moment. It will change constantly, and it is best to expect nothing else. And try to always remember: your loved one is still your loved one; it's the dementia that is causing them to act this way.

•Allow as much independence for your loved one as long as possible. For instance, if they want to wear sweaters in June, then let them. Allow the person to keep as much control in their lives as possible.

•Try to spend some time for yourself. Take breaks, call a friend, or go for a walk if you can. Find a caregiver support group meeting by calling the national Alzheimer's Association number at 1-800-272-3900 24 hours a day, 7 days a week.

•Encourage a two-way conversation for as long as possible. If the conversation dies, then engage the person in an activity such as coloring or perhaps looking through a photo album.

People tend to often see only the memory impairment of someone who has dementia, but that is not the only symptom. There are many more: the person finds it difficult to make decisions or solve problems, they put things in unusual places such as the iron in the fridge or socks in the pantry, they can't complete everyday tasks we usually take for granted: putting clothes on the correct order or how to prepare a meal, they can't think of words to say and cannot follow a conversation so they become more withdrawn. In the later stages of dementia, the person may become incontinent, their eating patterns will be affected and they may not recognize you anymore or know your name.

As a caregiver you want to give your loved one the best care possible, and part of giving this care is getting to know more about this disease and its symptoms in all stages. Always remind yourself that your loved one is not being difficult; they have lost the ability to tell you how they are feeling, so they act out. By trying to figure out what it is they are trying to tell you can help resolve the problem quickly and helps keep your loved one calm. There are many websites to learn from and books to read from, but, in my experience, the best resource is The Alzheimer's Association. Find your local chapter by calling 1-800-272-3900 24 hours a day/ 7 days a week, and look into what resources they have that might help you and your loved one.

41st Annual EPIC Educational Conference Set, 6 Continuing Education Hours Provided

The Epidemiologists and Professional in Infection Control (EPIC) conference will be held Friday, November 3rd, 2023 at the Petroleum Club Event Center, 4040 N Lincoln Blvd., Oklahoma City, OK. 73105.

Nurses will be provided 6 hours of continuing education credits by the Oklahoma Board of Nursing.

The 2023 EPIC Conference Speakers: Bryan Spradley, training director, Arkansas Oklahoma Carpenters Apprenticeship and Training Program ICRA Awareness. Kathleen McMullen, MPH, CIC, FAPIC, Mercy Health Director of Infection Prevention Critical Access Hospital IP Program Standards. Dr. Izzy Justice, Chief Neuroscientist, NEURO580, Mental Health in Healthcare Workers. Jolianne Stone, MPH, OSDH State Epidemiologist, State Disease Update.

Registration Deadline is October 15th, 2023. REGISTER HERE:

EXPLORE LUXURY SENIOR LIVING IN OKLAHOMA CITY



Whether it's exceptional dining in our signature eateries, special events, or personalized care you're seeking, our luxury senior living community allows you to thrive.

This is HarborChase. Come celebrate with us.

SCAN TO EXPERIENCE HARBORCHASE



South Oklahoma City (405) 378-9768

OMRF scientists awarded \$1.3 million to study ovarian health

Two Oklahoma Medical Research Foundation scientists are among 28 internationally to receive grants announced Wednesday by the Global Consortium for Reproductive Longevity & Equality (GCRLE).

Research by OMRF scientists Sarah Ocañas, Ph.D., and Michael Stout, Ph.D., will take separate approaches toward a goal of delaying menopause. Accomplishing that feat would extend a woman's reproductive years as well as her overall period of good health, as the risk of chronic disease accelerates rapidly after menopause.

Ocañas received a two-year, \$500,000 Junior Scholar Award from the GCRLE. Stout received a two-year, \$800,000 Senior Scholar Award.

The GCRLE is an initiative to tackle female reproductive aging. The California-based Buck Institute launched the consortium in partnership with the Bia-Echo Foundation in 2019.

Ocañas' lab focuses on how neuroinflammation and disorders such as Alzheimer's disease manifest differently between men and women. Of particular interest to her is whether changes in a woman's hormones after menopause are connected to the onset of Alzheimer's, which is more prevalent and more severe in women.

With the grant, Ocañas will study an early sign of ovarian failure inflammation - which normally begins when a woman reaches her mid-30s.

"That's when reproductive success begins to decline rapidly, but it's another 15 years or so until menopause begins," she said. "So, we will look at how inflammation affects the lifespan of ovaries and whether that accelerated aging in the ovaries, marked by decreasing estrogen production, sends an inflammatory signal to the brain."

Stout's research underscores that reproductive cells in women do not regenerate.



Oklahoma Medical Research Foundation scientist Sarah Ocañas, Ph.D.

eggs, called primordial follicles, that she will have for her reproductive

Females are born with the pool of life, Stout said. As a woman ages, Continued on next page



Patients Who Smoke Have a 30-40% Higher **Risk of Type 2 Diabetes Than Nonsmokers**

If you have a patient who smokes, tell them the truth. Tobacco and nicotine can lead to:

- Increased cortisol levels
- Decreased blood flow
- Increased blood sugar
- Increased build-up of plaque in arteries
- Increased heart rate

Call 1-800-QUIT NOW. Text READY to 34191. Visit OKhelpline.com.



TSET SoonerCare

Data Show Smoking Prevalence in Oklahoma Continues to Decline

According to latest Behavioral Risk Factor Surveillance System (BRFSS) Survey

The percent of adults who smoke in Oklahoma has been steadily declining, falling from 26.1% in 2011 to 15.6% in 2022.

"This is something the Oklahoma State Department of Health (OSDH) and our partners continue to put effort and resources into," said Shelly Patterson, the chronic disease service director for OSDH. "For those who choose not to start smoking, they are more likely to live a longer and healthier life without chronic diseases often caused by smoking."

Data show as many as 30% of all coronary heart disease (CHD) deaths in the United States each year are attributable to cigarette smoking, it is one of the causes of type 2 diabetes, and nearly nine out of 10 lung cancer deaths are caused by smoking cigarettes or secondhand smoke exposure.

Although the state is trending in the right direction, Oklahoma continues to be considered part of "Tobacco Nation," where smoking prevalence exceeds the national average of 14%.

"We anticipate the work we are doing today will impact and help lower Oklahoma's prevalence to 14.5% by 2027," said Elizabeth Chery, the OSDH tobacco use and prevention manager.

Nationwide, efforts to provide truthful information about the negative impact of smoking caused by the tobacco industry include the requirement of retailers to post tobacco industry "corrective statements" at the point of sale, with the goal of holding the tobacco industry accountable which can help decrease the smoking prevalence.

Making the decision to quit smoking or tobacco use is not an easy one, and that's why the Oklahoma Tobacco Helpline provides FREE support. Call 1-800-QUIT NOW (1-800-784-8669) or **CLICK HERE** to explore the free services and resources available.

						1	Ι	L	I	2	U	В	Ι	Ν						
										E										
		3	М	В	Ι	L	I	C	U	S		j.								
										P			4	E	\$	Μ				
		Ó	A	В	Ι	Т	U	A	Т	I	0	N			E					
		Y								R					N		7			
		Ρ					9	H	L	A	M	Y	D	I	A		А			
1		Е		10						T					L		Р			
	Ι	R	C	U	M	С	Ι	S	Ι	0	N						U		12	
H		Т		L						R		1.2					T		W	
Y		E		В						Y		13	R	0	W	N	12	F	A	(I
2		Ν		-		14			15								S		D	
N		S		S		E		16	A								U		D	
E		1		Y		C		10	U	C	Κ	I	N	G	4		C		L	
4		0		R		0			N				17-				C		I	
		Ν		I		N			D				-				E		N	
				N		I			I				P				D		G	
		18	Η	G E	R	U M	0	R	C E	C	U	L	G A	T	1	0	A N			
			п	E	ĸ	11/1	0	ĸ	E	G	U	Т	A R	1	1	0			کر در	
							4						ĸ				E U			
			ک											19	0	R	M	A	Т	

STUDY Continued from Page 12

some will develop, while others remain dormant or deteriorate. Once the pool of primordial follicles is exhausted, the ovaries stop producing estrogen, which indicates the transition to menopause.

"Recent studies have shown that it's possible to slow down ovarian aging, but we don't know why this happens," said Stout. "We also know very little about which cells in the ovaries age the fastest and whether a certain cell type plays a major role in causing ovarian failure."

Stout will study the impact of a protein complex called mTORC1 in a particular group of ovarian cells and how this may promote ovarian declines. While mTORC1 plays a significant role in cell division, wound healing and

inflammatory responses, its role in agerelated ovarian failure is unknown.

Ocañas and Stout hope their research could lead to new treatments that extend the period of healthy ovarian function.

"We are thrilled to support groundbreaking scientific research that will change the narrative around reproductive longevity and reveal the key factors that contribute to ovarian aging, ultimately extending the overall health and well-being of women," said GCRLE Co-Founder and Director Jennifer Garrison. "Our mission goes beyond addressing fertility and menopause; it's about equality."

Research supported by the Global Consortium for Reproductive Longevity & Equality is made possible by the Buck Institute.

Got a Special Nursing Job? LET US FEATURE IT!

Your Job will appear in our DIGITAL DESKTOP EDITION EVERY WEEK, OUR JOB BOARD AND OUR FACEBOOK PAGE

For more details on Specialized jobs appearing in this issue visit our **Job Board** at www.oknursingtimes.com/jobs



Langston University Announces Online RN to BSN Program

Langston University's School c⁺ and Health Professions is pleased to one of its hallmark programs will be online starting this spring.

The new online Bachelor of S Nursing (BSN) program is available to registered nurses (RN's) looking to further their careers in nursing. The program can be completed in 9



or 12 months, depending on the student's preferred class schedule.

For more than 40 years, Langston University has been home to one of the best accredited nursing programs in Oklahoma. Under the direction of Dr. Teressa Hunter, the dean of the School of Nursing and Health Professions, the program has continued to grow.

The online BSN degree is available to students admitted to the Langston University main campus, the Langston University Tulsa campus or the Langston University Ardmore site.

The Langston University Tulsa campus is now accepting applications for the Spring 2024 semester. The early admission deadline is Oct. 16.

For more information about the online RN to BSN program, please contact a Langston University Nursing advisor at one of the three sites: Langston/ Main Campus: 405-466-3415, Tulsa Campus:

918-877-8123, Ardmore Site: 580-319-0317 or CLICK HERE.

Got a Special Nursing Job? LET US FEATURE IT!

Your Job will appear in our DIGITAL DESKTOP EDITION EVERY WEEK, OUR JOB BOARD AND OUR FACEBOOK PAGE

For more details on Specialized jobs appearing in this issue visit our **Job Board** at www.oknursingtimes.com/jobs

To get your Special Nursing job posted call 405-631-5100 ext 6 or email advertising@okcnursingtimes.com

We do what no other recruitment vehicle does - LET US ASSIGN A WRITER TO FEATURE YOUR FACILITY AT NO CHARGE AND FIND THAT PASSIVE NURSE RECRUIT!

Oklahoma's Nursing Times



SECOND HALF EXPO 2023

Saturday October 21, 2023 8am - 1pm

The National Cowboy & Western Heritage Museum Oklahoma City, OK

ATTEND FREE! THE LARGEST SENIOR EXPO IN OKLAHOMA

 \star

A FREE EVENT FOR SENIORS

Get Renew

no cost

130 Exhibits • Free Giveaways • Senior Living & Education Retirement Planning • Health & Fitness • Live Music

Complete details at: SecondHalfExpo.com

Are you a company wanting to exhibit? Details & registration at SecondHalfExpo.com







DKSENHOR

OKLAHOMAN







Contact Us: (405) 657-5131 | info@SecondHalfExpo.com

NEUROPATHY PAIN AND NUMBRESS CAN BE TREATED Welcome to A New Medical Therapy Covered by Medicare



• Diabetic Neuropathy • Chemo-Induced Neuropathy • General Peripheral Neuropathy

This FDA Cleared Treatment Solution Relieves Pain & Restores Feeling without medications or surgery. This new treatment is covered by Medicare, Medicaid, the VA and most private Insurances. Call Today.



Over 80% of patients report a significant reduction in pain. So don't feel trapped by pain. Get back to moving and exercising with your family and friends.

View our testimonials. nerverenewalnow.com

X Nerve Renewal 405.422.9518