

# Oklahoma's Nursing Times

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## A Caring Heart Recovery Room is RN's Calling

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RECRUITER SHOWCASE

Stillwater **Medical**

Award-winning Patient Care Culture



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Stillwater Campus

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# Misty Muller, RN

## Recovery Room Nurse at OneCore Health

story and photo by James Coburn, Staff Writer

Serving patients as a post-anesthesia recovery room nurse has been Misty Muller's favorite role during her 26-year career as a registered nurse.

Muller is a nursing school graduate of Rose State College, located in Midwest City. Her career has also involved med/surg, clinical work in a physician's office, rehabilitation, a step-down unit, intensive care, and a float pool. This is her ninth year being a post-anesthesia recovery room nurse at OneCore Health.

"I like that it's a slightly smaller facility. So, it's not like the big hospitals where you're demanded of time and just turning over quickly," Muller said. "I get to spend a little more time with my patients, make sure they're comfortable, make sure they know

that we're here for customer service."

Muller said OneCore Health's family atmosphere fosters loyalty and bonding that promotes a flexible team spirit. This helpful quality is especially important during a nationwide nursing shortage when nurses are called upon to float to different areas of patient care. She has observed other places where conflicts developed between recovery and the operating room due to being territorial.

"I feel like we really work hard here to try to get that team aspect," she continued.

As friends some of the nurses even formed a book club to do something outside of work to build camaraderie.

Muller thrives in tight-knit family environments. She credits her sister, an LPN, for being her inspiration to become a nurse.

Muller had set her heart on a teaching career. But her sister convinced her otherwise.

Her first day of clinical exposure during nursing school had her feeding a patient. Her patient kept spitting the food out, which caused her to become jittery.

Her next day was better. Muller realized she had experienced a normal case of first-day jitters. Her anxiety began to subside. She felt ready for more challenges.

Her second favorite job was working for a physician who considered the whole person's needs. She enjoyed being greeted by former patients in the community. Patients today in OneCore Health's recovery room are unlikely to remember her because they had been anesthetized. She doesn't pop-up on surveys about patient care.

"I'm okay with that because I've grown in life to know it's not about recognition. It's about the care I give to the patient during the time I've had them. I know I've done the best I can do, and that's all that really matters,"

Muller said. She is there after surgery to provide instructions for home care. Oftentimes patients who may seem cognizant may not have short-term memory for minutes following a procedure. It helps when a friend, family member, or caregiver is present to assist patients retain their verbal and written discharge instructions.

"We give them a folder with everything printed out. That way if they don't remember, they'll have something to look at to make sure they have the instructions they need for home care," she said.

One of her fond memories of being a recovery room nurse involved a patient she was acquainted with as a clinical nurse before joining OneCore Health. Knowing he was coming for surgery, Muller went to see him in the pre/op area.

"I told him, 'I'll be there when you wake-up. I promise,'" Muller continued. "So, when he wokeup, I was his nurse in the recovery

See MULLER Page 3

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Misty Muller, RN, a recovery room nurse at OneCore Health, says teamwork, family life, and bringing compassion to the workplace is a good recipe for living.

MULLER

Continued from Page 2

room, and he just kept going on and on about that he woke up to an angel, and I kept my promise.” Muller kept track of the gentleman through the years. He was also a door greeter at Walmart. So, every time Muller saw him there, they would hug.

“It’s a great feeling to know that you mean that much to somebody — that they’ll remember you,” she said. “And even though we’re not at the hospital, we can have a friendship.”

Nurses should always be caring even when they are busy because their patients are worried, Muller said. They are worried about

surgery and everything else going on in their lives.

“You have to make sure you care enough that you can deal with stuff that has nothing to do with your actual job for that day,” Muller explained.

Nurses need to be able to care for their own stress as well, she said. Nurses who cannot care for themselves are not prepared to care for others, she added.

Muller said she has a caring husband at home who is empathetic. She enjoys reading, sewing, and making quilts for babies. Her own children have reached adulthood.

“My husband is one of 16 kids, so somebody is always having babies. I’ve got plenty of work cut out for me,” she said.



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- RN Pain/GI - FT and PRN

North Campus:

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# CPR Training Saves Lives

## Proper training makes all the difference

story and photo by James Coburn, Staff Writer

Heartland CPR, LLC has indirectly saved thousands of lives by teaching people basic life support.

"I think it's pretty special," said Ginger Davis, owner of Heartland CPR, LLC with training located in Oklahoma City. "We have a lot of people come back to us and tell us, 'Hey, I was just learning this for work and the day after training, my wife choked at dinner.'"

Davis collects those life-saving stories to share on social media.

"If you ever wonder if what you're doing is making a difference, those kind of stories tell you that it is," Davis said.

She started the business 20 years ago. Her husband Brian Davis serves as the assistant fire chief of the Emergency Medical Services division for the City of Edmond.

Any professional healthcare worker is mandated by the state to have basic life support (BLS) training. More than 3500 customers learn life saving measures at Heartland CPR. Sixty percent of her clientele are nurses. Another course is available for people who don't have the benefit of advanced medical education. The classical heart-saver course is targeted toward workers in construction, oil field, daycare, and others. People often take a course because their job requires it. But most people use life support on their own family members.

Several minor changes and two significant changes have occurred since Ginger Davis founded the business in 2003. Verbal feedback mannequins are required to be compliant for CPR regarding depth and speed of technique. There are differences in giving CPR to a baby, she said.

"If it's your own baby and you're doing mouth-to-mouth, there's a few things you can do like over the nose and mouth both with your mouth to keep that from escaping," Davis said. "If it's not your baby and you want to use barrier devices, you have to pinch the nose, but use a lot less air."

BLS works differently when two people work to save a child or infant. That is because cardiac arrest for infants and children almost always involves an airway issue, Davis explained.

"They're choking or there's a problem with their breathing," Davis said.

A heart condition usually causes cardiac arrest for an adult. So, BLS involves giving 30 compressions and two breaths. An infant or a child needs to be given twice as many breaths in the same period, Davis said.

With two people working, one breathes into the child or infant's airway and the other one does the compressions. This technique provides twice the air for an infant opposed to the adult process.

It's important to open the airway with a head tilt chin lift or the air won't go in, she said.

To regain heart rhythm, Davis interlocks her fingers for compressions



*Heartland CPR LLC hears many life-saving stories from families with loved ones who are alive today due to CPR training, says Ginger Davis, owner of Heartland CPR, LLC.*

given directly on the middle of the chest.

"The heart is in the middle, so by going straight to the middle (the heart is) almost like compressing a sponge. You're clipping the edge of that sponge and that sends the blood out to all the different places, especially the brain."

She cautions not to be afraid to press too hard when giving life support to the heart, simply because a possible broken rib is minor compared to death, Davis said.

"The prime area to go in a child is one-third to one-half the chest. In an adult, we pretty much go a straight 2 inches because that will pretty much get you to the heart," Davis explained.

Persons uncomfortable with mouth-to-mouth resuscitation, especially due to COVID, should know the benefit of continuing with hands-on compression CPR, Davis said.



CPR

Continued from Page 4

“If they’re a stranger, you might not want to put your mouth on them, not knowing their health history, but that will still keep the oxygen in the blood flowing until EMS can get there,” she continued.

It’s important not to be dissuaded to discontinue life support if emergency services seem slow in arriving to help, she cautioned. Multiple accounts verify that people have survived cardiac arrest after multiple shocks from an automated external defibrillator.

Davis said because colleges went to online learning due to COVID, that people mistakenly believe that CPR can be learned online. This is not the case.

“Without a practice component, it’s not something that you can be proficient at,” she said. “But a lot of people are fooled that you can do that, and they pay a lot of money, they’ll get a certification and try to

turn it in at work, and they’re told this isn’t real; this is an online scam,” Davis said.

A lot of businesses don’t know the questions to ask when they’re given a card stating someone is properly trained in CPR. She would like to see more education about the need for practicing CPR.

Additionally, people need refresher courses, Davis said. The American Heart Association recognizes two years is the limit for a refresher course after a two-year certification.

Heartland CPR teaches at its office or will go on location.

“We love that. If you have a group of eight or more, we will go to your location and teach your staff together.”

For more information about Heartland CPR, LLC visit <https://www.heartlandcpr.com>.



At right, instructor Mark Darter is a paramedic teaching a course in BLS, ACLS and PALS to clientele.

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**Certifications:** State of Oklahoma Registered Nurse Licensure, Basic Life Support (BLS) or ability to obtain within 90 days of hire date, and CPR certification.



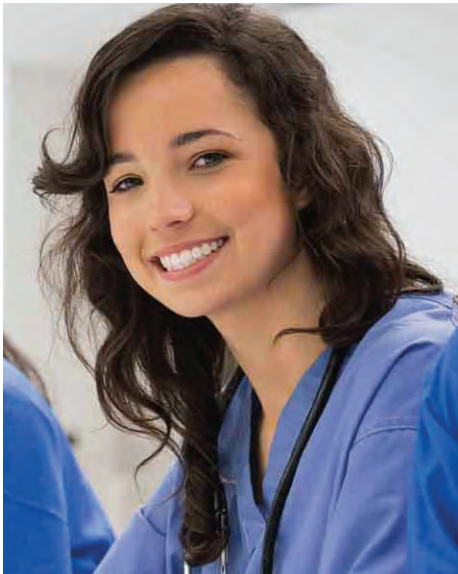
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OKNT

JOB FEATURE - Nursing Education Consultant

# Oklahoma Board of Nursing Looking for Nursing Education Consultant



The Oklahoma Board of Nursing is looking to hire a Nursing Education Consultant.

"This is not a new position. It's one we've had for a long time, and the person that is currently in the position is retiring" said Michael Starchman, RN, CPA, and Deputy Executive Director for the Oklahoma Board of Nursing.

Starchman said the Nursing Education Consultant is primarily a telecommute position, but with required attendance at OBN meetings and other agency functions. "The position covers the whole state," he said.

Starchman said the Nursing Education Consultant is in direct alignment with their mission of public protection through nursing regulation.

"This person is the agency representative interfacing with the nursing education programs in the Career Techs, colleges, and universities across the state," he said. "This person provides guidance to the programs on the Oklahoma Nursing Practice Act and Rules to assist them in graduating competent nurses." Part of the role is to visit the programs and conduct surveys. For example, if a new program is being started, there are requirements that the school must meet to be in compliance with the statutes. The nursing education consultant would provide guidance with that process. This role also requires involvement in different committees and consortiums relating to nursing education in Oklahoma."

Starchman said the ideal candidate will hold a master's degree in nursing, preferably nursing education, and need to have at least four years of experience in an administrative role in a nursing education program.

Starchman said the Nursing Education Consultant position offers a

great work-life balance.

"Being a telecommute position broadens the aspects of our applicant pool" he said. "It doesn't have to be somebody that lives in the metro area, as long as they're able to travel to Oklahoma City. We have other positions within our agency that are telecommuting positions and the employees live outside of the OKC metro; it works well."

Starchman said the Oklahoma Board of Nursing is a great organization to work for.

"We like to pride ourselves in public service. The agency's mission is to protect the public through nursing regulation," he said. "We're proud of our involvement on a national level with nursing regulation. Several of our staff are involved in national

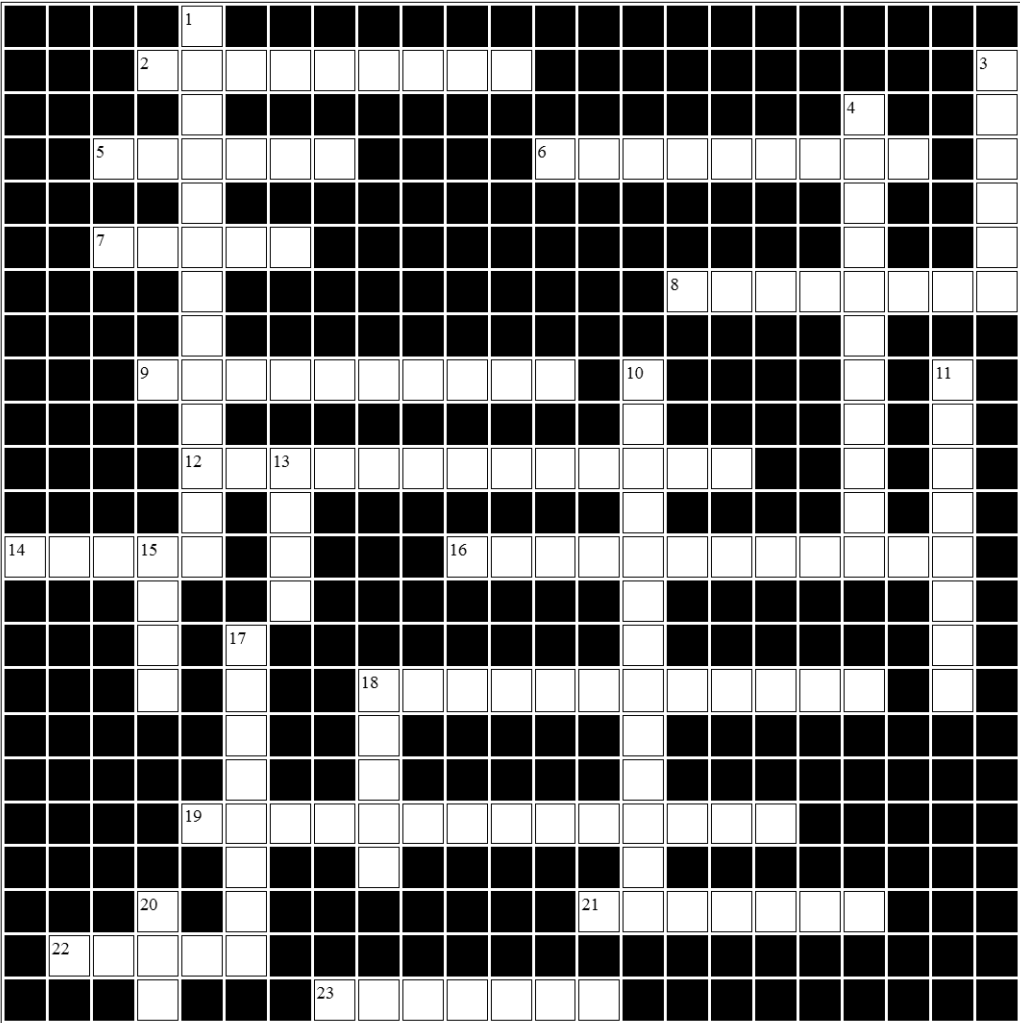
committees such as the NCSBN and the NLC. We're very involved in that, and so that gives us a seat at the table nationally, but also helps to make sure that Oklahoma is aligned with national standards and national trends. I think it's a progressive place to work, very professional, but we're a good group of people, just good people to work with."

For more information or to apply for the position [CLICK HERE](#)

OKNT

CROSSWORD: Cardiac Nursing

- Across**  
2. problem with one of the two left bundle fascicles  
5. valve between left atrium and left ventricle  
6. valve between right atrium and right ventricle  
7. st segment elevation MI  
8. filling phase of cardiac cycle  
9. represents ventricular depolarization  
12. gets unoxygenated blood from coronary veins  
14. ventricular repolarization  
16. causes "tall and tented" T waves  
18. ability to spontaneously generate an impulse  
19. pumps blood to lungs  
21. pumping phase of cardiac cycle  
22. represents atrial depolarization  
23. direction of depolarization of the ventricles
- Down**  
1. pumps blood to arteries  
3. normal pacemaker of the heart  
4. location of SA node  
10. ability of muscle cells to shorten  
11. type of ventricular tachycardia  
13. commonly associated with inferior MI, abbr.  
15. lethal ventricular arrhythmia, abbr.  
17. fibers that conduct impulses in the ventricles  
18. large artery  
20. provides blood to left ventricle, abbr.





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(AS PUBLISHED IN THE 2023 EDUCATION GUIDE TO NURSING)

# Equipping servant leaders in a professional community

Since 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 trained professionals from a Christ-centered worldview. Close 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 track
- 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 individualized degree completion plan is collaboratively designed with the student (full-time/part-time available)*

- Honors classes

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

These include:

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- Master's Entry into Professional Nursing
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- 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

NCLEX-RN pass rate since 2018 and has been ranked the No. 1 Nursing Program in Arkansas by [RegisteredNursing.org](https://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.

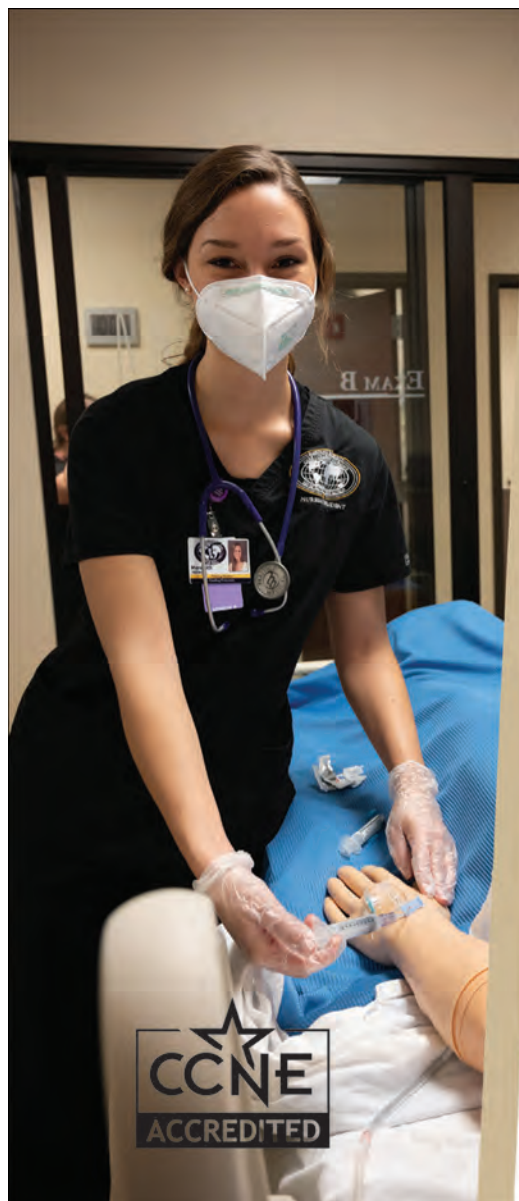
**How do the programs interact with the community?** Students assist in a variety of community clinical settings that serve diverse patient populations. They also provide health screenings at area churches and various University-sponsored events.

**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.

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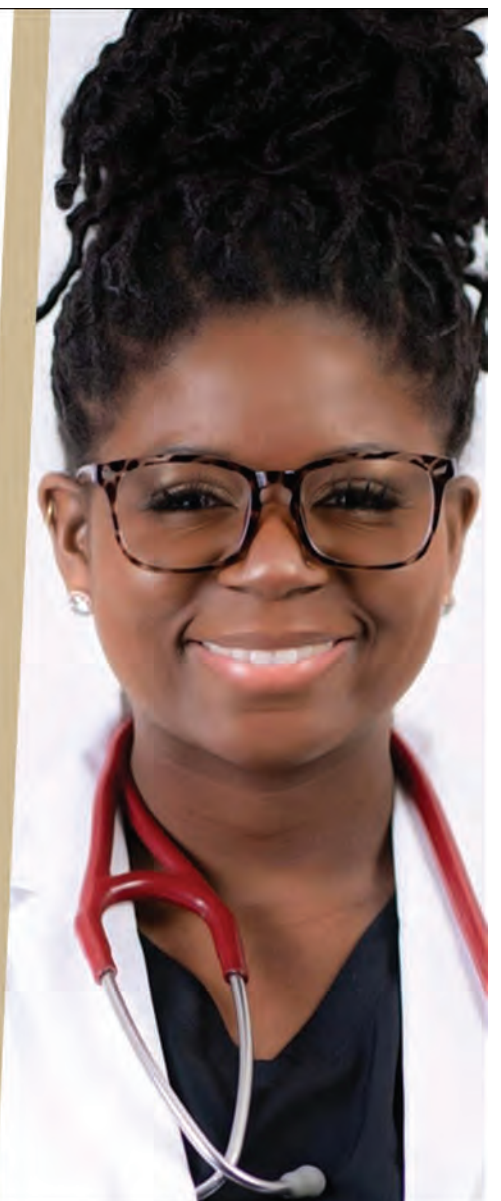
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(AS PUBLISHED IN THE 2023 EDUCATION GUIDE TO NURSING)

# 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



Nurses have a voice at Oklahoma Heart Hospital. Photo provided.

work if you want to take good care of people."

And most nurses want that on their bucket list.

For more information about Oklahoma Heart Hospital, visit: <https://careers.okheart.com>.



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# OCU Introduces Graduate Program to Help Strengthen Nursing Pipeline



## *University Introduces State's Only Nurse Educator DNP Track; Classes Begin in January*

Oklahoma City University is introducing a new graduate nursing program focused on training educators who can help prepare and guide the next generation of nurses.

OCU's Kramer School of Nursing is accepting enrollments for a January start for its new Nurse Educator track in the school's Doctor of Nursing Practice (DNP) Completion Program. OCU now is the only university in Oklahoma to offer a Nurse Educator track within its DNP program.

Kramer School of Nursing Dean Gina Crawford said the move is significant because while much of the recent conversation about the nursing shortage has focused on growing the number of nurses in patient-care roles, it is equally important to consider the educators who train and support would-be nurses.

"Nursing retirements and attrition impact not only patient-facing health care, but the teaching and instruction environments as well," Crawford said. "The demand is significant right now for highly educated nurses who can

shape the next generation both within a classroom setting and in administrative roles in hospitals."

OCU's DNP Nurse Educator track focuses on preparing nurses to function within educational administrative roles, to impact health policy and to participate in research, Crawford said. The program is designed with working adults in mind, with 100% online coursework.

Students can complete the course in as little as two years, and must have previously earned a Master of Science in Nursing degree to be eligible to enroll. Graduates who go on to pursue faculty appointments may be eligible to participate in loan reimbursement programs to help recoup educational expenses.

The introduction of the Nurse Educator track follows a series of moves by OCU to help address the nation's nursing shortage. In February, the university announced a five-year scholarship and employment partnership with SSM Health St. Anthony Hospital aimed at junior and senior nursing



students, and in September the school introduced the state's first in-person 12-month accelerated Bachelor of Science in Nursing degree.

"We certainly feel we can play a vital role in the nursing profession and when it comes to the betterment of health care and health outcomes," Crawford said. "We will continue to pursue programming and initiatives that can help move our

community forward."

For information about the new DNP Nurse Educator track, email Cene' Livingston, chair of advanced-practice nursing programs at OCU, at [clivingston@okcu.edu](mailto:clivingston@okcu.edu). Additional information about nursing programs at Oklahoma City University is available at <https://www.okcu.edu/nursing>.

# NNU and NYSNA President Testifies in Support of Federal Ratios Legislation at Senate Field Hearing

National Nurses United (NNU) and New York State Nurses Association (NYSNA) President Nancy Hagans, RN, testified October 27th, at a Senate Health, Education, Labor and Pensions Committee hearing in support of federal legislation supporting mandatory minimum nurse to patient ratios. The hearing, titled "Overworked and Undervalued: Is the Severe Hospital Staffing Crisis Endangering the Well-Being of Patients and Nurses?" featured President Hagans and nurses from Robert Wood Johnson hospital who are members of United Steelworkers (USW) Local 4-200 currently on strike.

At the hearing in New Brunswick, N.J., President Hagans highlighted the fact that, except for the state of California, no current law sets limits that apply hospital wide to how many patients a nurse can be responsible for at one time.

"The nursing workforce is in crisis," President Hagans said. "Years of industry neglect at the hands of our hospital employers, exacerbated by unsafe conditions during the ongoing pandemic, have left registered nurses feeling abandoned, morally distressed,

and physically and emotionally exhausted."

Hagans' testimony focused on illustrating the impacts of understaffing on nurses and on patients and the role that hospital management plays in perpetuating this crisis. Across the country, nurses have been taking collective action through their union -- both at the bargaining table and through legislative advocacy -- to improve staffing levels in their hospitals, including in New York City where nearly 7,000 New York nurses with the New York State Nurses Association went on strike this past January.

Registered nurses should not have to go on strike for the scientifically proven, common-sense solution to our staffing crisis. Congress must take action to establish mandatory minimum nurse to patient staffing ratios at hospitals across the country. NNU has led the charge, urging Congress to swiftly pass S.1113, the Nurse Staffing Standards for Hospital Patient Safety and Quality Care Act of 2023 sponsored by Sen. Sherrod Brown. The bill would establish mandatory minimum

staffing ratios based on the successful ratios that have been implemented in California. It would require hospitals to develop annual safe staffing plans that meet the bill's minimum staffing ratios, and it would require hospitals to provide additional staffing based on individual patient care needs.

"Here in the Tri-State area, we do not have a shortage of nurses," Hagans stated. "We have a staffing crisis in our hospitals brought on by the lack of good nursing jobs where RNs are valued for their work, have strong health and safety protections, and are not required to care for more patients at any given time than is safe for optimal, therapeutic care."

According to statistics from the National Council of State Boards of Nursing and the U.S. Bureau of Labor Statistics, there were approximately 1.2 million licensed registered nurses nationally who were not employed as



NYSNA President Nancy Hagans, RN.

RNs in 2022. In New Jersey, there are over 56,000 actively-licensed registered nurses who were not employed as RNs in 2022. In New York, more than 175,000 actively-licensed registered nurses are not currently working.

In a 2022 NNU survey, more than half of nurses (55.5 percent) surveyed reported that they have considered leaving nursing.





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# BIOMEDICAL SCIENCES GRAD NEARING COMPLETION OF M.D.-PH.D.

There is a pathway to paydays for all job seekers. That road is longer for some like Ariel Thorson, who is a fourth-year medical student and second-year Ph.D. candidate at Vanderbilt University.

Thorson, 25, started her steadfast devotion to the medical profession in 2015 when she enrolled in Biomedical Sciences at Canadian Valley Technology Center. She said she was initially attracted by the advanced coursework.

"I also wanted to get exposure to careers in medicine and science," she said. "I believe I was taught by the best teachers in the state while there. On top of that, I was exposed to several career paths in STEM (short for Science, Technology, Engineering and Mathematics). These experiences set me on the path to medicine."

One-third of 1 percent of Americans earn a medical degree, according to information supplied by the American Medical Association. Of those, 3 percent become M.D.-Ph.D. graduates, according to a report from the National Institute of Health. Thorson expects to be among both groups next spring.

CV Tech's Biomedical Sciences program offers college-prep curriculum, which includes courses such as Advanced Placement (AP) Biology, AP Statistics and AP Chemistry. Class topics include anatomy, cell biology, genetics and disease research. Students also view a live video autopsy and interact with the medical examiner.

Biomedical Sciences provides a head start on advanced medical studies. The program is among nearly three dozen career education options for high school students and adults at CV Tech.

Thorson said her CV Tech instructors played a vital role in her academic development.

"I never had a group of people believe in me more than my instructors at CV Tech, and that went a long way to helping me achieve all that I could," she said. "I think if you're interested in STEM, Biomedical Sciences is a great choice to discover careers in science and medicine and to position yourself to thrive in your pre-med or pre-Ph.D. coursework."

Thorson excelled at both CV



***Ariel Thorson is nearing completion of a long academic pursuit of both a medical degree and a Ph.D. at Vanderbilt, a private university in Nashville, Tn.***

Tech and at Bethany High School. After scoring a 35 on the ACT college entrance exam, scholarships offers increased. Vanderbilt was among those offering her a full-tuition waiver.

Thorson majored in Biomedical Engineering and graduated cum laude. She developed an increasingly greater interest in the study of diabetes that was birthed during a topical discussion in Biomedical Sciences at CV Tech.

"That started my interest in diabetes research," Thorson said. "It was for that reason that I joined a diabetes research lab my first year of college."

She was in the lab all four years of undergraduate studies. On weekends, she teaches a class on diabetes drug design

and development to high school students. After graduation, she plans to pursue a residency in internal medicine and a fellowship in endocrinology, which is the study of, among other disorders, diabetes.

Her planned dissertation, however, is an examination of the role estrogen plays in mediating atherosclerotic dyslipidemia. She hopes to understand mechanisms that extend life for post-menopausal women. She points to studies suggesting ladies in this group have increased risk of cardiovascular disease, possibly due to lower estrogen.

Biomedical Sciences is offered at CV Tech's Cowan Campus, which is exclusively for health education. For a full list of options, visit <https://cvtech.edu>.

Future plans include pursuit of a required residency in internal medicine and perhaps a fellowship in endocrinology.

Thorson offers advice for students who might considering following her footsteps that is based largely on advice from her late father, Ron.

"Don't give up on your dreams," she said. "Keep doing your best. Try to take advanced coursework, get involved in research and put yourself into projects and extracurriculars that excite and inspire you. Don't let fear stop you from trying. You are capable of more than you think."





**PRESENTS**

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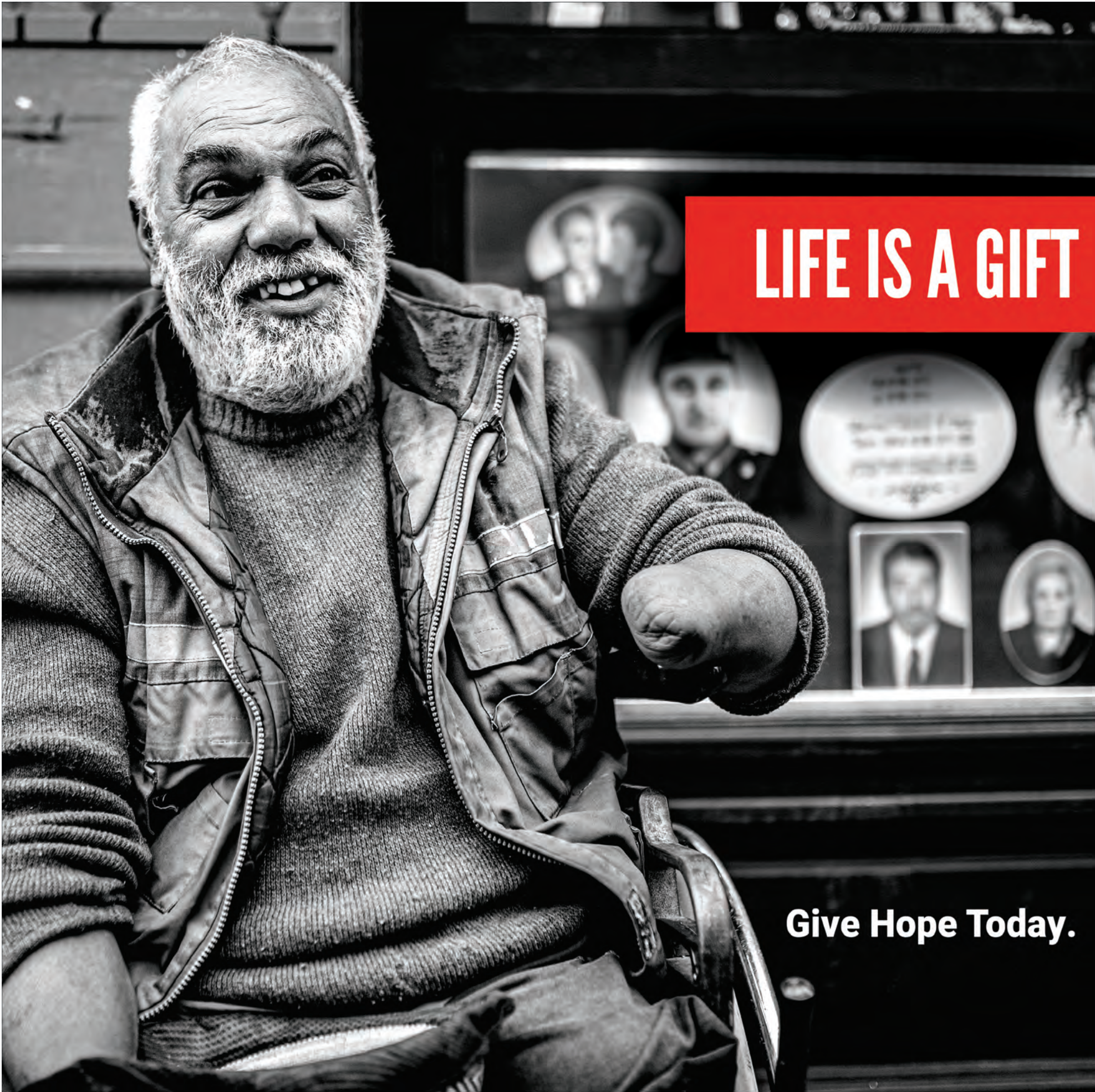
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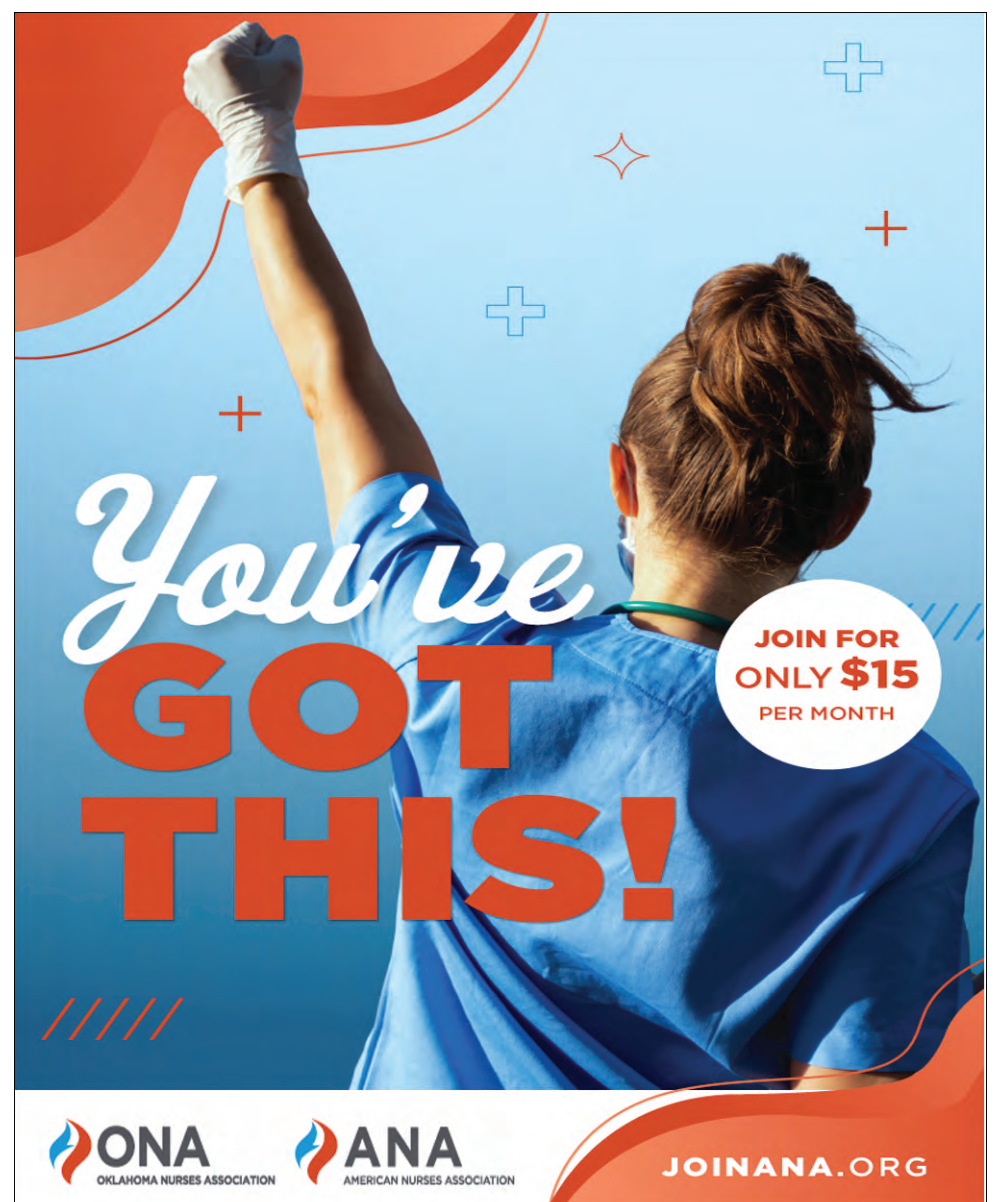
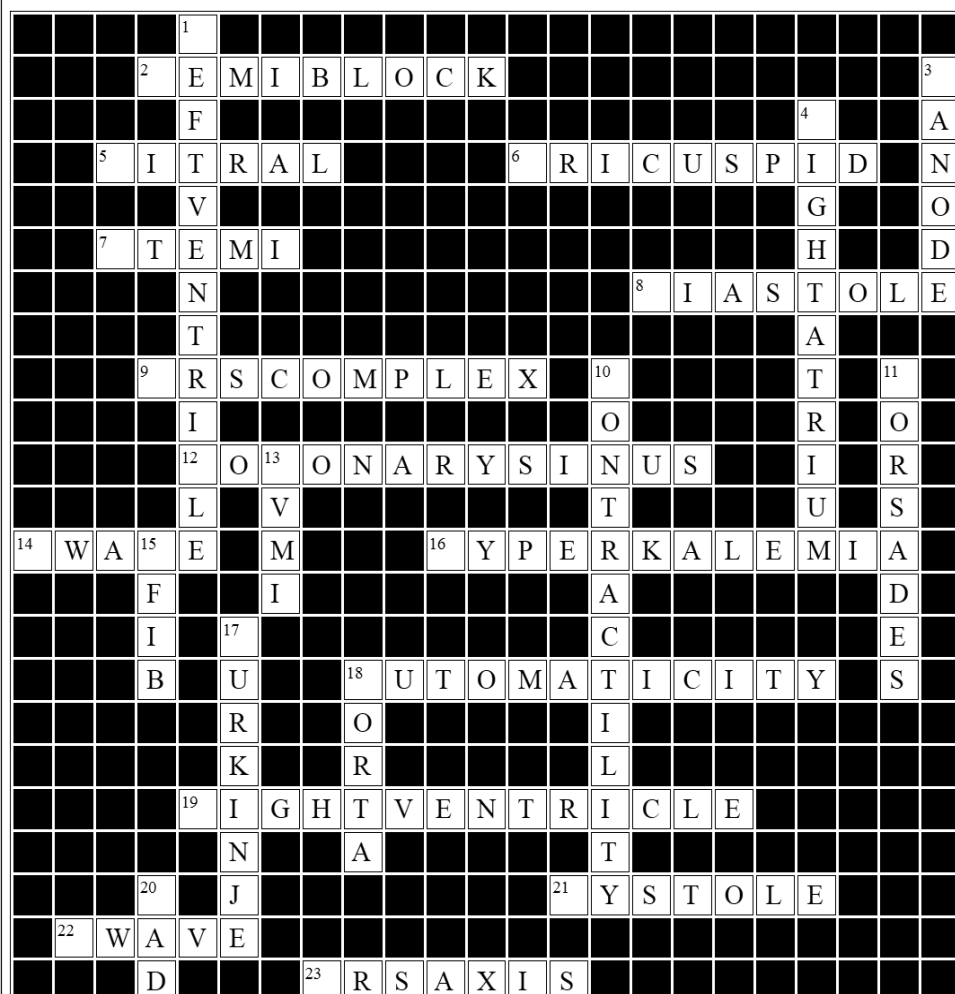


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