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Read the story on page 2

Inside This Issue | Page 4, Friends Welcome Babies Hours Apart | Page 9, OBU Prepares Alumna With Simulation Suite

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INTEGRIS
HEALTH

VIEW OUR INTERACTIVE AD ON PAGE 5

Angela Yaw, RN

Registered Nurse at Northwest Surgical Hospital in Oklahoma City.

story and photo by James Coburn, Staff Writer

Angela Yaw was inspired to become a nurse when her stepmother was in nursing school. Angela was just a child.

"I thought it was very neat. When she was in class, we didn't have a babysitter so sometimes I would go sit in the class with her," said Yaw, a registered nurse at Northwest Surgical Hospital in Oklahoma City. "I found it very intriguing. I would color her anatomy books. I just got sucked in as a kid, so with that I always told her I wanted to be a nurse, too. And so, I grew up wanting to be a nurse because I thought it was neat. I always cared for people and wanted to be helpful for my grandparents. And from that I just knew it was in me to help and care for people."

Yaw feels joy in seeing patients

walk again and returning to an active lifestyle.

Yaw has been a registered nurse for 10 years since earning her Bachelor of Science in Nursing degree from the University of Central Oklahoma. Yaw appreciates learning from other experienced nurses.

"You get to learn the tips and tricks you don't learn from books," she said. "I like seeing patients come up from surgery and getting them home," Yaw said. "I prefer to be at the bedside with patients. I like to be right there with them helping them through their pain. I like to see them through from the beginning."

About 40 nurses make-up the staff. Northwest Surgical Hospital is a nine bed, physician-owned hospital that offers pain management and surgeries involving orthopedics, plastic

surgery, otolaryngology, endoscopic, spine, and general surgery. Operating suites are equipped with the latest technology, allowing surgeons to perform procedures using advanced surgical techniques.

Compassion, respect, excellence, and service are hallmarks of Northwest Surgical Hospital. It works closely with sister hospitals Community Hospital North, and Community Hospital South.

The hospital invests in learning. A lot of wisdom via shared governance trickles to leadership and is generated into best practices among the caregivers, said Lena Maxwell, RN, director of nursing for the med/surg unit of the emergency department.

"It's a smaller hospital which is so wonderful because there is a feeling of community. Everybody is a helping hand," Maxwell said.

Yaw found that everybody at Northwest Surgical Hospital works together as close-knit professionals, including the physicians and technical staff.

Yaw joined Northwest Surgical Hospital five years ago after serving at INTEGRIS Baptist

Hospital. She loved her job there and had great preceptors, she said. Today, she loves the total patient care aspect of her career. She enjoys teaching her patients and solving any problems they may have. Nursing is more than providing pills, she said. Caring and compassion are indispensable traits, she said. Northwest Surgical Hospital allows her all the time she needs to give her patients all the care they deserve.

"That's what I love about my job here," Yaw said. "No matter what that is, or however intense or what it entails, I still get to give my patients the care they deserve," she continued.

Yaw said she never dreads coming to work no matter how busy her patient load is. There have been several motivating factors for her over the years.

Recently she had a middle eastern patient who did not speak English. So, it was challenging for Yaw to bond with her patient through language. However, she was able to use a facetime iPad translator.

"When she left and she hugged me, even through all that she still

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See YAW Page 3



Angela Yaw, RN, Northwest Surgical Hospital, understands being a patient after surviving a near tragic vehicle collision.

YAW

Continued from Page 2

thanked me, even in English. It was very touching," Yaw said.

Having spent a decade as a nurse has given Yaw a thicker skin, yet with more empathy for people, she said. She may not make an appointment with a physician for some things that she knows the answer to. She has been a patient herself as well. She was involved in a head-on collision 12 months ago, resulting in back surgery.

"And died in back surgery. I coded," she explained. "My coworkers at the south campus had

to take care of me. We don't want to be those patients we don't want to be. And it definitely made me a better patient by being the nurse I want to be."

And Kaw always finds room in life to relax and enjoy the simple things in life. During her down-time, Kaw can be found sitting by the fire petting her dog.

"I reflect on how grateful I am that I have what I have, and that life isn't worse than what it could be," she said.

For more information about Northwest Surgical Hospital or to join the team, visit <https://nwsurgicalokc.com/>.

Redlands, Northwestern Enter Into Agreement to Support Nursing Students



Members from Redlands and Northwestern attend signing of the agreement. (L-R) Jena Marr, Redland's president; Annie Pearson, vice president for academic affairs at Redlands; Jalelah Abdul-Raheem, department head of nursing and allied health at Redlands; Dr. Leslie Collins, Northwestern's Charles Morton Share Trust Division of Nursing chair and Dr. James Bell, Northwestern's vice president for academic affairs.

Redlands Community College President Jena Marr and Northwestern Oklahoma State University President Dr. Bo Hannaford and signed a partnership agreement recently to allow Redlands nursing students to seamlessly continue their education at the university.

Graduates of Redlands' nursing program will be given credit at Northwestern for specific courses already taken, totaling 48 credit hours. A total of six credit hours will be waived upon Redlands students' arrival to Northwestern. Redlands nursing students will be allowed to enroll concurrently in six credit hours in the Northwestern Division of Nursing courses while completing the nursing program at Redlands. Students will be able to start these pathways beginning in this Spring.

"This is a wonderful opportunity for our students to continue their

education," Marr said. "This partnership with Northwestern is another step in our effort to meet the healthcare demand, particularly in rural and tribal areas of the state."

"Northwestern is proud to partner with Redlands, and I am excited about future program collaborations," Dr. Hannaford said. "We value this partnership and are excited to offer nursing students this opportunity."

Upon successful completion of required courses, eligible Redlands graduates will be able to complete their Bachelor of Science in Nursing degree at Northwestern and continue to help serve the nursing needs of Oklahoma.

Interested students should contact their academic advisers. To learn more about Redlands, visit www.redlandsc.edu. To learn more about Northwestern, visit <https://www.nwsu.edu/>.

Best Friends Welcome Babies Hours Apart at Norman Regional

Norman Regional HealthPlex is thrilled to share the heartwarming story of two best friends, Blakeleigh Mashburn and Makayla Magruder, whose remarkable bond has been taken to new heights as they welcomed their newborn sons, Carter and Sullivan, just hours apart.

Blakeleigh and Makayla, lifelong friends from Washington, Oklahoma, about 12 miles south of Norman, have shared an unbreakable bond since kindergarten. Over the years, their friendship has grown stronger, evolving into a sisterly connection that has seen them through life's many challenges and joys.

As fate would have it, the birth of their children became the next chapter in their life's journey. The story begins on December 31, when Makayla gave birth at Norman Regional HealthPlex, ringing in the New Year with the arrival of her son, Sullivan. Makayla expressed her gratitude for the excellent care provided by the hospital staff, noting



that "everyone was awesome" during the birth.

Meanwhile, on the same night, Blakeleigh also found herself at Norman Regional, believing her son Carter was on the way! After arriving and being checked out by medical professionals, she was sent home

due to false labor pains. Before leaving, she couldn't resist visiting her best friend and her newborn baby. The next morning on New Year's Day, Blakeleigh's water broke, setting the stage for an incredible coincidence.

Makayla shares, "I told my nurse that we were best friends, and they thought that was so cool and special. So they said they'll put her right next to me. And I was like, 'That would be awesome.'" This decision by the hospital staff resulted in Sullivan and Carter, the two newborn boys, being born only hours apart in rooms next door to each other.

Despite not sharing the same birth year, Sullivan arrived on New Year's Eve, while Carter celebrated his birthday on New Year's Day. Blakeleigh reflects on this serendipitous occurrence, "I think it's really special that 'Sully' got his birthday on New Year's Eve, and then Carter got his birthday on New Year's Day."

As these two remarkable friends embark on their journey of motherhood, they embrace the opportunity to pass down their enduring bond to the next generation. Blakeleigh says, "Now we have two little boys to raise together and have playdates forever."

Norman Regional HealthPlex in Norman, Oklahoma, is committed to providing exceptional maternity care with a focus on personalized attention and family-centered

services. Our Labor and Delivery unit features experienced board-certified physicians and nurses, offering a range of birthing options to suit your preferences. We prioritize skin-to-skin contact and bonding during 'The Golden Hour,' and our Mother/Baby floor provides comfortable couplet rooms to enhance the parent-baby connection. With certification in perinatal care from The Joint Commission, we're dedicated to ensuring a safe and memorable childbirth experience for you and your newborn, treating your growing family as our own.

Norman Regional HealthPlex's OBED (Obstetrical Emergency Department) has received first-in-the-nation accreditation by CIHQ (Center for Improvement in Healthcare Quality) as a Center of Excellence.

This distinction marks the first time a health system anywhere in the country has been recognized for obstetrical emergency care. Norman Regional will now serve as a blueprint across the nation for other health systems hoping to be recognized for their OBED.

Norman Regional Health System was also named the 2024 Women's Choice Award winner for Bariatric Surgery, Heart Care, Obstetrics, Orthopedics and Stroke Care.

For More information about Norman Regional Health System visit <https://www.normanregional.com>.



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Registered Nurse - OB - PRN

Woodward, OK, United States • Posted on 01/15/2024

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Nurse Tech - ICU - Days PRN

Oklahoma City, OK, United States • Posted on 01/12/2024

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APRN PMHNP - Arcadia Trails Center for Addiction Recovery

Edmond, OK, United States • Posted on 01/12/2024

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Nurse Tech - Orthopedics - Days

OK, United States • Posted on 01/15/2024

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RN - Intermediate Med Surg - Nights

Oklahoma City, OK, United States • Posted on 01/12/2024

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Nuclear Medicine Technologist - PRN

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MRI Technologist - Days

Oklahoma City, OK, United States • Posted on 01/12/2024

INTEGRIS Health Cancer Institute, Oklahoma's largest not-for-profit health system has a great opportunity for an MRI Technologist in Oklahoma City, OK. In this position, you'll work days with our MRI team providing exceptional care to those who have entrusted INTEGRIS Health with their healthcare needs. If our mission of...

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Nurse Tech - Pediatrics - Nights PRN

OK, United States • Posted on 01/12/2024

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RN - Electrophysiology Lab- Days

Oklahoma City, OK, United States • Posted on 01/15/2024

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Licensed Practical Nurse - IMC / Stepdown - Days

Oklahoma City, OK, United States • Posted on 01/15/2024

INTEGRIS Health Baptist Medical Center, Oklahoma's largest not-for-profit health system has a great opportunity for a Licensed Practical Nurse in Oklahoma City, OK. In this position, you'll work 7a-7p, Full Time, with our Intermediate Care Stepdown to those who have entrusted INTEGRIS Health with...

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Nurse Tech - Labor & Delivery/Med Surg - PRN

Oklahoma City, OK, United States • Posted on 01/11/2024

INTEGRIS Health, Oklahoma's largest not-for-profit health system, has a great opportunity for a Nurse Tech in Oklahoma City, Oklahoma. In this position, you'll work PRN with our Lakeside Women's Hospital staff providing exceptional care to those who have entrusted INTEGRIS Health with their healthcare needs. If our mission of...

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LPN - Medical/Surgical Intensive care unit (ICU) - Nights

Oklahoma City, OK, United States • Posted on 01/12/2024

INTEGRIS Health Baptist Medical Center Portland Avenue, Oklahoma's largest not-for-profit health system has a great opportunity for a Licensed Practical Nurse in Oklahoma City, OK. In this position, you'll work FT Night Shifts with our Intensive Care Unit (ICU) team providing exceptional care to those...

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Nurse Tech - 601 Intensive Care Unit (ICU) - PRN

OK, United States • Posted on 01/12/2024

INTEGRIS Health Baptist Medical Center, Oklahoma's largest not-for-profit health system has a great opportunity for a Nurse Tech in Oklahoma City, OK. In this position, you'll work PRN - Weekend Shifts with our (601) Intensive Care team to those who have entrusted INTEGRIS Health with their...

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RN - Hospice House - PRN Nights

Oklahoma City, OK, United States and 1 more • Posted on 01/11/2024

INTEGRIS Health, Hospice House, Oklahoma's largest not-for-profit health system has a great opportunity for a Registered Nurse in Oklahoma City, Oklahoma. In this position, you'll work PRN nights in our Hospice House providing exceptional care to those who have entrusted INTEGRIS Health with their healthcare needs. If our...

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NURSE TALK



What do you enjoy most about helping others?

"I just enjoy taking care of people. It's a passion. My heart is to make sure they're okay."



Christal Lovett, CNA

"I enjoy helping. When I wake up in the morning I smile, come in and I go home and feel content."



Adrian Cravens, CNA

"I'm a people person so helping people in general is something I like to do."



Tyterah Jackson, CMA



Kingwood Skilled Nursing & Therapy

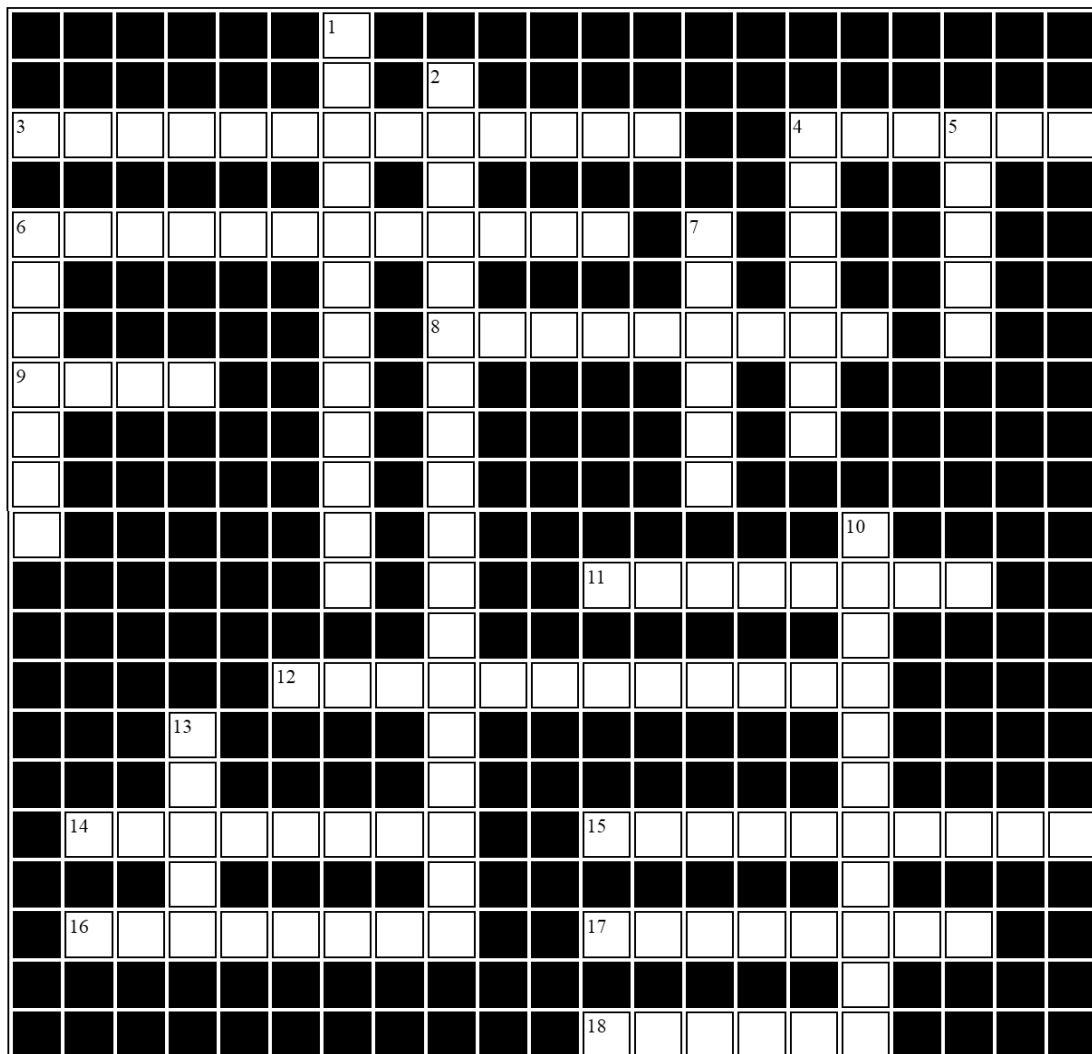
OKNT CROSSWORD: Chronic and Degenerative Diseases

Across

- 3. Insulin regulates _____ levels
- 4. Multiple Sclerosis usually progresses...
- 6. People with Multiple Sclerosis may experience loss of _____
- 8. Exposure to p_____ can worsen symptoms for asthma sufferers
- 9. At present there is no _____ for MS
- 11. A symptom of Multiple Sclerosis is muscle...
- 12. This disease leaves bones porous and weak
- 14. Which disease affects 8-16% of Australians?
- 15. The amount of Australians with diabetes is...
- 16. Insulin is made by the...
- 17. A sport that is beneficial for asthma sufferers is...
- 18. People with Alzheimer's disease suffer loss of...

Down

- 1. Alzheimer's is an example of a _____ disease
- 2. An inflammatory disease of the central nervous system
- 4. This is vital for people with Alzheimer's
- 5. 1 in 3 _____ over the age of 50 have osteoporosis
- 6. A modifiable risk factor for osteoporosis is lack of _____ intake
- 7. Which disease affects 11% of Australians?
- 10. People with Alzheimer's often experience p_____ change
- 13. Alzheimer's is caused by damage to the...





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(AS PUBLISHED IN THE 2023 EDUCATION GUIDE TO NURSING)

Murray State Offers Paramedic to RN Career Mobility Program

Murray State College offers a hybrid online fast track program that is designed for Licensed Practical Nurses (LPNs), Licensed Vocational Nurses (LVNs) and Licensed Paramedics. It allows them to advance their careers by earning a registered nursing (RN) degree.

This Nursing Paramedic to RN Career Mobility track was ranked number one as the best in the nation for 2022, according to <https://www.registerednursing.org>.

Certified paramedics who have been licensed within the last three years do not have to take the challenge exam prior to applying for the program. The hybrid online track includes a nursing role transition course to address the responsibilities of a nurse versus a

paramedic.

"This pathway has been a very successful program for us and our students," said DeAnn Priddy, RN, Murray State College Nursing Program Director. "Our goal is to guide each learner and assist them in rising to his or her maximum potential."

Graduates of this program are eligible to apply for the National Council Licensure Examination for Registered Nurses (NCLEX-RN). At the completion of the program, students will graduate with an Associates of Applied Science (A.A.S) degree. From there, students have the opportunity to continue their education toward earning a bachelor's and master's degrees, and doctorate.

Murray State's nursing faculty are dedicated to helping their students achieve their personal best in all areas of nursing. The



nursing program's mission is to provide exemplary nursing education to a diverse student population for the development of tomorrow's healthcare leaders who focus on the unique needs of patients, families and communities.

"This program truly represents Murray's motto, "From Here, Go Anywhere," said Dr. Tim Faltyn, Murray State College president. "To have the opportunity to provide a resource that can help current professionals advance their career

is what makes Murray State the nursing education provider for southern Oklahoma."

Murray State College, located in Ardmore, Oklahoma, and Tishomingo, Oklahoma, provides opportunities for student learning, personal growth, professional success and community enhancement. Murray State serves more than 3,000 students annually. The College offers associate degrees in arts, science and applied science.

Come visit us at either of our locations or check us out online at <https://www.msoc.edu/academics/departments/nursing>. You can also contact Cindra St. Clair at cstclair@msoc.edu.

Simulation Suite Prepares OBU Alumna For Various Challenges of Pandemic

The simulation suite of **Oklahoma Baptist University's nursing program** is not only why Abbie Richardson came to OBU, but also why she has returned.

Richardson graduated from OBU in 2020 with a bachelor's degree in nursing and has returned to the School of Nursing as an Instructor of Nursing and the Director of Nursing Simulation.

"I started as a brand-new nurse during COVID, and it was the hardest thing I have ever done in my life," Richardson said. "People were so sick, and I was devastated by loss every day. I thought back to simulation so often during that time because the patients in the simulation lab prepared me to take care of my real patients that desperately needed safe nursing care."

More than that, the students' conversations with faculty in debriefing about caring for grieving families, holistic patient care, and the integration of faith into practice gave Richardson the tools she needed to survive as a nurse in the pandemic.

The simulation experiences enabled her to care for critically ill patients, cope with loss and challenges, and provide hope to others in the darkest of times.

"Without the foundation that our faculty and simulation program gave me, I don't think

I could have fought through the Pandemic alongside my fellow nurses," Richardson said. "That is why I returned as the simulation director at OBU."

OBU is not only preparing students for success in the classroom, but also equipping them for a meaningful career in the medical field.

Home to this cutting-edge OBU program is the **Jane E. and Nick K. Stavros Hall**, a 31,600-square-foot nursing education facility.

OBU's simulation suite has six functioning hospital rooms. The program's three standardized adult mannequins, birthing mother, and pediatric mannequins are the top-tier of high-fidelity simulators. They react like a real patient, capable of breathing, talking, sweating, bleeding and reacting to medications. These display vital signs such as blood pressure, pulse and respiration, preparing students for a full range of healthcare situations they will encounter as nurses. These mannequins are limitless in the disease processes they can portray, meaning faculty can place students in almost any nursing situation and expose them to more complex patient scenarios.

The **OBU simulation lab** is meant to function like a hospital.



During simulation experiences, students get to be the nurse. What is incredible about that is by the time they leave our program, they have spent over 70 hours in simulation thinking like a nurse, making the decisions, and providing patient care. The decisions they make regarding nursing care are their own and that is where the best learning happens. We have audio and visual technology within our simulation rooms that allow observing students to watch the scenario, while actively providing feedback and problem-solving with their peers.

After a scenario is complete, the students and faculty come together for a time of de-briefing.

Richardson said, "As faculty, this is where we see the lightbulbs go off and we get to watch them turn into compassionate, safe, and caring nurses. I owe so much to our simulation program, and I am thrilled to have a front row seat to the student transformations that take place in our program."

For more information about OBU's nursing programs, visit <https://www.okbu.edu/nursing>.

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Webber installed as OHA board chair; Jim Gebhart chosen as chair-elect

The Oklahoma Hospital Association installed a new board chair and elected new board members during its recent annual business meeting. Denise Webber, president & CEO, Stillwater Medical Center, was installed as 2024-25 chair of the OHA board of directors. Installing Webber were Tammy Powell, immediate past chair and president, SSM Health St. Anthony Hospital – Oklahoma City; and Rich Rasmussen, OHA president & CEO.

Jim Gebhart, community president, Mercy Oklahoma, was elected to serve as chair-elect of the OHA board. He will serve as the association's board chair in 2026-27.

Corey Lively, CEO, Great Plains Regional Medical Center, Elk City, was elected as secretary/treasurer to the board.

Newly elected to serve on the board for three-year terms are these new at-large members: Steve Hartgraves, president/CEO, Jackson County Memorial Hospital, Altus, and Harmon Memorial Hospital, Hollis; Joe Hodges, president/CEO, SSM Health Oklahoma; and Cindy J. Martin, senior director, hospital administration, Cherokee Nation Health Services, Tahlequah.

Recently elected by their respective regions as new regional chairs are: Trent Bourland, CEO, Coal County Memorial Hospital, Coalgate, southeast region; Kevin Joseph, MD, chief clinical officer, Ascension St. John, Tulsa region; and Tom Vasko, CEO, Newman Memorial Hospital, Shattuck, northwest region.

Appointed as the physician member is Cliff Robertson, MD, president/CEO, Saint Francis Health System, Tulsa.

Others continuing to serve on the OHA board of directors in 2024 are: Jonas Rabel, chief hospital executive, INTEGRIS Miami and Grove hospitals, northeast region chair; Brent Smith, CEO, Comanche County Memorial Hospital, Lawton, southwest region chair; Bennett Geister, CEO, Hillcrest Hospital



Denise Webber, president & CEO, Stillwater Medical Center.



Jim Gebhart, community president, Mercy Oklahoma.

South, Tulsa, at-large member; Richard Lofgren, MD, CEO, OU Health, at-large member; and Tim Pehrson, president/CEO, INTEGRIS Health, at-large member.

Also serving on the OHA board of directors as American Hospital Association (AHA) delegate is Dr. Charles Grim, secretary of health, Chickasaw Nation Department of Health.

The Oklahoma City region chair position is currently vacant following the election of Gebhart as chair elect. An election in that region will take place soon.

OU College of Nursing Continues Record-Level Enrollment, Expands Educational Reach

In an ongoing effort to address the growing demand for registered nurses in the state, the Fran and Earl Ziegler College of Nursing at the University of Oklahoma plans to accept all qualified applicants to the baccalaureate nursing (BSN) program for the third consecutive enrollment cycle.

Historically, the College of Nursing accepted approximately 20% of all qualified applicants; however, after working with university leaders and state legislators, the college began admitting all qualified applicants **beginning with the incoming Fall 2022 class**, nearly doubling traditional enrollment numbers.

"The Fran and Earl Ziegler College of Nursing is leading the way in addressing the evolving needs in health care, particularly in the field of nursing and workforce development," said Julie Hoff, Ph.D., M.P.H., RN, dean of the college. "Yet, I want to emphasize that we have been able to successfully increase enrollment without compromising our standards. Our commitment to excellence and innovation is what drives us forward, empowering the next generation of health care professionals."

In 2021, the OU College of Nursing took a significant step to address the growing demand for nurses in the workforce. By **partnering with Norman Regional Health System and Duncan Regional Hospital**, the college expanded its BSN program. This initiative adds to existing BSN program locations at OU Health Sciences in Oklahoma City, the OU-Tulsa Schusterman Center, and Cameron University in Lawton.

In 2023, the college extended its educational footprint even further. **Partnering with the University of Sciences & Arts of Oklahoma and Murray State College**, the college created an exciting opportunity for six qualified undergraduate nursing students. These students now have a guaranteed admission to pursue their BSN degree at the OU College of Nursing's educational sites at Cameron University in Lawton and Duncan Regional Hospital.

Also in 2023, the College of Nursing was **awarded two federal grants** from the Health Resources and Services Administration of the U.S. Department of Health and Human Services. These grants were specifically designed to alleviate Oklahoma's critical nursing shortage by providing essential funds for scholarships nurse practitioner and clinical nurse specialist graduate programs and faculty loan repayment.

Growth at the OU College of Nursing is not limited to student enrollment. Driven by increased student enrollment, the number of faculty members at the college has increased significantly, from 75 in 2021 to an impressive 102 in 2023. Further, this increase in student enrollment necessitated a planned strategic response from the college, leading to substantial investments in cutting-edge facilities and equipment and in student success and engagement programming.

The second floor of the College of Nursing building in Oklahoma City underwent a transformative remodel, resulting in the creation of a state-of-the-art simulation center spanning 14,200 square feet. This expansion, in addition to simulation lab updates in Tulsa, Lawton and Duncan, aligns with the college's dedication to providing students with hands-on, experiential learning opportunities, preparing them for the dynamic challenges of the health care industry.

Additionally, the university renovated a 25,000-square-foot space located in its Research Park on its Oklahoma City campus to accommodate students. This investment not only addresses the spatial needs arising from the expanding student body but also ensures a comprehensive and modern learning experience for all students.

"The faculty and staff of the College of Nursing are to be commended for rising to the challenge and leading the way in preparing the next generation of nursing professionals at all levels to meet the critical workforce needs of our state," said Gary Raskob, Ph.D., Senior Vice President and Provost of OU Health Sciences. "The impactful work of the college not only benefits our students but also has a far-reaching impact, contributing to the overall



health and well-being of communities throughout Oklahoma."

Prospective students interested in **applying for admission** at the Fran and Earl Ziegler College of Nursing are encouraged to take note of important application deadlines. Applicants with a bachelor's degree in another field are encouraged to apply to the **Accelerated BSN (ABSN)**

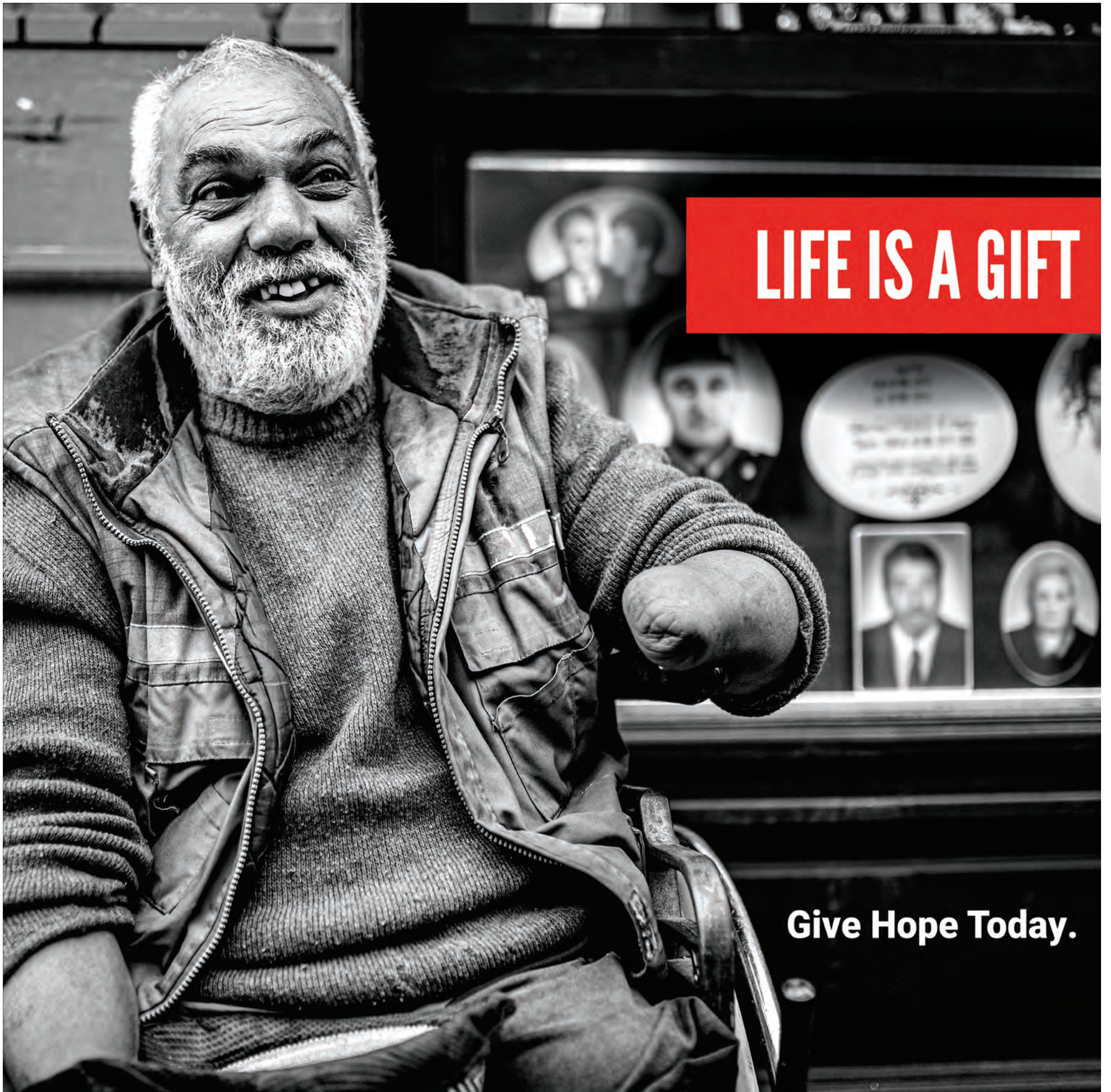
program by Jan. 15, while students with two or more years of college are encouraged to apply to the **Traditional BSN (TBSN) program** by Feb. 1. Licensed practical nurses (LPNs) and associate degree prepared registered nurses are encouraged to apply to the BSN degree completion program by April 1. Please contact OU College of Nursing Student Affairs for more details at nursing@ouhsc.edu.

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