

Cheyenne Gutierrez, RN

Manager of the Comprehensive Stroke Center at OU Health University of Oklahoma Medical.

story and photo by James Coburn, Staff Writer

The Comprehensive Stroke Center at OU Health University of Oklahoma Medical Center has a strict time frame when responding to stroke patients, said Cheyenne Gutierrez, RN.

"Everything is very rapidly moving. As soon as that patient hits the door, we have our team waiting for them," said Gutierrez, manager of comprehensive and telestroke programs.

Emergency services usually alert the University of OU Medical Center within 10 minutes of arrival time. Every lifesaving professional at the hospital is mobilized and ready to go with rapid imaging and medication.

One treatment involves a clotbusting medicine. The intravenous medication breaks up clots in the body with the hope of dissolving the brain clot causing neurological damage.

Providing a rapid response to stroke is part of OU Health's community outreach of saving lives.

"We can only administer that medication within four and a half hours from the time of symptom onset," Gutierrez said.

Additionally, endovascular treatment for stroke involves removing a clot from the patient's brain to restore profusion.

Ischemic strokes comprise the majority of general strokes at a rate of 87 percent. The other 13 percent are hemorrhagic strokes caused by the rupture of a vessel or an aneurysm. The size of a clot and where it lands dictates the severity of a stroke.

"It's very sporadic and there's nothing that's predictable about stroke." Gutierrez explained.

Strokes occur with a sudden

onset of symptoms without prenotification. Suddenly, a person may not be able to speak, move their arm or leg. Vertigo may induce balance issues with an inability to walk. Facial movements may falter.

During her year with OU Health Gutierrez has discovered the nursing staff's ability to provide care for patients in areas where other facilities have challenges, she said.

"We have neuro/surgical manpower here that is not readily available to everyone else throughout the state," she said. "And we have such a strong team that is dedicated to taking care of these patients."

Gutierrez commended the collaborative effort of nurse navigators, neurosurgical and neurology teams who know what is best for the patients.

Gutierrez became a registered nurse in 2014 after graduating from OSU/OKC. Afterwards, she earned her Bachelor of Science in Nursing degree from Southwestern Oklahoma State University.

Gutierrez had an innate calling to become a nurse since caring for

her younger siblings.

"I knew I wanted to be in a profession where I could make a difference," she continued.

Her career began by working in an oncology unit before working in a large intensive care unit in Oklahoma City.

"That is where I discovered a passion for neuro and stroke patients. Since 2018 I've been working primarily with stroke patients," Gutierrez said. "Since the beginning, I have had an opportunity to see the recovery process for patients."

The window of opportunity afforded her the time to observe and learn about the advanced procedures available for stroke.

"When hearing about the recovery of the patient and knowing that they walked into their follow-up appointment I said, 'Wow, we made a difference for that patient.' And I've been hooked since then," Gutierrez said.

She has seen very sick patients in critical care improve or decline further in their health. Her experience in providing support

See GUTIERREZ Page 3

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Cheyenne Gutierrez, RN, and manager of the Comprehensive Stroke Center at OU Health University of Oklahoma Medical Center, located in Oklahoma City, is grateful to be part of a thriving healthcare team saving lives.

GUTIERREZ Continued from Page 2

during critical times has helped her navigate conversations with families.

"I felt that it was very rewarding to be able to provide that support when something detrimental is happening and people are needing it," she said.

Patients and families welcome direct, open, and honest information spoken in a way they can understand. And, she tries to provide the same compassion and empathic care she would need if a member of her family became hospitalized. Nurses support one another, too.

"I think if you've been nursing long enough and you've been in any organization with a team of nurses — you guys just kind of bond," Gutierrez added. "It's just kind of a natural thing that happens, even if you are not working with that

person every day, the people we work with in the ER for example, I may not see them every day, but we have bonded over different."

Today, Gutierrez feels enriched in life for having a career balanced with her personal life. She has a 2-year-old daughter at home providing a lot of play time. Gutierrez also loves to read books, especially one that provides an escape when she has had a harder day.

"When it comes to my role here, I want to express my gratitude for how proud I am of the team we have developed and the work we are doing. I feel that OU is changing the comprehensive stroke care that Oklahomans get. And I'm really excited to be involved in that opportunity."

For more information about OU Heath University of Oklahoma Medical Center, or to join the team CLICK HERE.

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ACHIEVING A DREAM - LPN SETS COURSE AND THRIVES

her mother care for her ailing grandfather at home when she discovered she had a love for taking care of people, she said.

"We took care of him for two years until he passed," Edwards

Now an LPN charge nurse at Kingwood Skilled Nursing & Therapy, located in Oklahoma City, Edwards said she owes her inspiration that led her to become a nurse to those early days of helping

"That lit a fire. It motivated me to help others as I saw my mother help her father. I thought this is something I wanted to do and accomplish. And I did," Edwards explained.

In 2004 Edwards graduated from nursing school after attending Platt College. College was challenging but well worth the effort for her. Now she has worked at Kingwood Skilled Nursing & Therapy for two of the nine years she has served Bridges Health. Edwards previously served at Wilshire Skilled Nursing & Therapy before making a smooth transition to Kingwood. Additionally, she has worked five years for the Oklahoma Department of Corrections, and briefly at the former HCR ManorCare. Edwards assists in both skilled and long-term nursing.

"What I admire about the staff is we are more family oriented. So, we're not really staff to each other," she said of Kingwood. "I like that we come together as a team. We work close together as a family. We work together and become strong. We blend together very well."

Day and night, nurses bring their patience, understanding, compassion, and strength to serve the patient needs of long-term and skilled nursing. Patience and listening skills work wonders when helping longterm residents living with dementia and other cognitive issues, Edwards continued.

"You have to do a lot of redirections. And when you do a lot of redirections you've got to have patience and meet them on their level," she said.

She doesn't correct patients who speak of current conversations

Lakita Edwards was helping with their parents who may have died 30 years ago. There is no reason to have them grieve their losses again.

> Nursing is constantly evolving, she said, pointing out that no nurse will ever know everything about healthcare. But Edwards knows more than enough to give optimal care for patients. She learns a lot by interacting with patients and other nurses every day. Bridges also provides updated educational opportunities for nurses to advance in their field. In-services keep them informed.

> "What has touched my life about being a nurse here is when patients come here needing acute care. We render the care, and to see them walk out, back into the community I know we've done what we can,' she said of skilled nursing. "I'm very proud of it. This is a success story for us to help someone needing acute care, that came in not walking and then to see them walk is the best thing."

> Edwards emphasized that the nursing staff at Kingwood Skilled Nursing & Therapy care about their residents' wellbeing. Being a nurse is not simply a job, she said. They have a concern for the welfare of others.

> "This is a home away from home. So therefore, we take the time to fit your needs," Edwards said. "We just try to make them as comfortable as possible. And if they are in skilled nursing, we remind them that this is just for now. It's a short-term stay. 'You will not be here forever so lets focus on what we need to do. We want to get you back home.' That's the motivation because they want to go back home to their family."

> The needs of patients are often holistic. They want someone to listen to them tell stories about their younger days, where they worked, and their children.

> Especially the ones that served in the Army, they love to revisit that," Edwards said. "And I just listen because history is wonderful."

> Her personal history is being made, too. Edwards said she remains the same caring person. But she also has a set of empathetic, compassionate tools her nursing



Lakita Edwards, an LPN at Kingwood Skilled Nursing & Therapy, loves her profession for letting her witness patients discover their personal best stories of life.

career has deepened within herself. the sun. Every morning, Edwards Every season of life has its blessings, she said.

"I've learned with nursing to deal with emotions, how to deal with stress, and being able to just thrive in the moment," Edwards said.

Her experiences have enabled her to adapt to situations more easily. Her motivation rises with

knows her day will bring her another person to help.

"I'll be able to do what I need to do as a nurse, so that a patient will be able to thrive." she said.

Visit https://kingwoodok.com for more information about Kingwood Skilled Nursing & Therapy.

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Registered Nurse - OB - PRN

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

INTEGRIS Health, Oklahoma's largest not-for-profit health system has a great opportunity for a Registered Nurse in Woodward, Oklahoma area. In this position, you will work Days with our ICU team providing exceptional care to those who have entrusted INTEGRIS Health with their healthcare needs. If our mission of partnering.

Nurse Tech - Orthopedics - Days

system has a great opportunity for a Nurse Tech in Oklahoma City, OK. In this sition, you'll work 7a-7p, Part-time, with our Orthopedics team providing exception care to those who have entrusted INTEGRIS Health with their healthcare needs. If .

Nuclear Medicine Technologist - PRN

NTEGRIS Health Cancer Institute, Oklahoma's largest not-for-profit health system has a great opportunity for a Nuclear Medicine Technologist in Oklahoma City, OK. In this position, you'll be a part of our Nuclear Medicine team providing exceptional work supporting the INTEGRIS Health caregivers and the community at large. If our...

RN - Electrophysiology Lab- Days

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

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

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

are Unit (ICU) team providing exceptional care to those.

Nurse Tech - ICU - Days PRN

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

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RN - Intermediate Med Surg - Nights

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MRI Technologist - Days

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

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Licensed Practical Nurse - IMC / Stepdown -Days

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 Stepdov

Nurse Tech - 601 Intensive Care Unit (ICU) -

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

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) Intens

to those who have entrusted INTEGRIS Health with their.

APRN PMHNP - Arcadia Trails Center for Addiction Recovery

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

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Nurse Tech - Pediatrics - Nights PRN

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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

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...











IN THE SECOND SOLUTION OF THE SOLUTION OF THE

What shows are you streaming at home?



SSM Health St. Anthony Hospital-Midwest "I think Virgin River is worth watching on Hulu."



Gretchen Chasey, RN

"Right now I'm watching The Rookie on Hulu.



Christy Hatch, RN

"I'm streaming Amazing Facts. It's a religious program."



Elizabeth Stephens, RN

OKNT CROSSWORD: CLINICAL TRIVIA

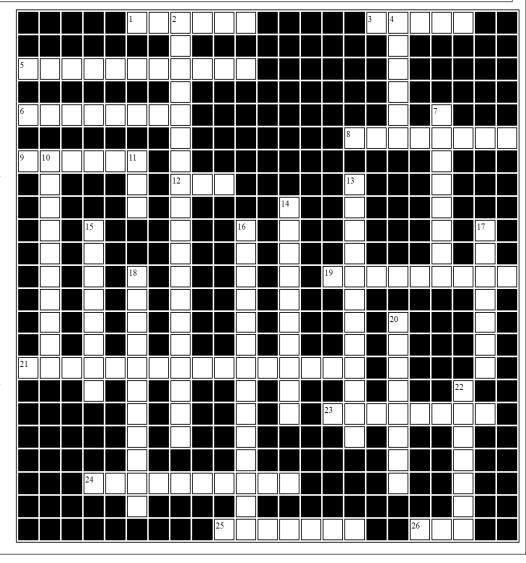
Across

- 1. The cartic ainous projection anterior to the oxternal opening of the ear
- 3. A concentrated mass of pharmaceutical preparation
- 5. Entering through the skin as in a drug from a patch
- 6. Membrane lining the crebral ventricles and control canal of the spine
- 8. Ability to move spontaneously
- 9. To "wash out the stomach"
- 12. Acronym for fever of unknown origin
- 19. North american flowering herb used to treat colds, respiratory, and urinary tract infections
- 21. An implement used to remove gastric content
- 23. The perception of two images of a single object
- 24. The measurement of breathing capacity of the lungs
- 25. Medical term lock jaw
- 26. Acronym for dead on arrival **Down**
- 2. Atrial arrhythmia characterized by randomized contractions of the

atrial myocardium

- 4. Obscure or hidden from vein
- 7. Eye diseases characterized by increased introaocular pressure10. A benign tumor consisting
- of smooth muscle and glandular elements
- 11. Acronym for electro-olfactogram
- 13. Aurgical puncturing of a cavity to withdraw fluid
- 14. Inflammation of the soft tissue in which a thin watery excudate sprads through cleavage planes
- 15. Ventricle flold of mucous membrane under the tongue attaching it to the floor of the mouth
- 16. An implement to continuously monitor urine output flow
- 17. Any type of the annelids of the class hirudisnea used to draw blood
- 18. Inflammation of a bile duct20. Apotting with patches of colors
- 22. A tumor composed mainly of fibrous or fully developed connective tissue

ANSWERS ON PAGE 12 By Cait Shoeviln



Oklahoma's Nursing Times January 22, 2024 Page 7













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(AS PUBLISHED IN THE 2023 EDUCATION GUIDE TO NURSING)

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South Oklahoma City (405) 378-9768

Local hospital receives OHA quality award



With their winning entry and award are Select Specialty team members (left to right) Kelly Duke, CEO; Ryan Chambers, RN; Don Drosche, director of plant operations; Tami Kirk, and director of quality management.

The Oklahoma Hospital Association (OHA) presented Excellence in Quality awards to four hospitals during its recent annual conference. This award recognizes exceptional efforts to improve outcomes in clinical quality performance practices, capabilities, and results, and represents the level of professional highest acknowledgement from the OHA Council on Quality & Patient Safety.

Award applications from OHA hospitals across the state were scored based on their story of a clinical project specific to improving patient safety within the hospital, creating innovative interventions that incorporate evidence-based best practices, demonstrating measurable and quantifiable results, sustaining/spreading the success within the hospital, and stimulating learning for others. Four award categories based on number of beds were recognized.

"The goals of the awards are to recognize outcomes in clinical quality performance practices, capabilities, and results, share best clinical practices, challenges, and successes among Oklahoma hospitals, and stimulate innovation, knowledge and learning in achieving clinical quality and safety in health care among member hospitals," said Patrice Greenawalt, OHA vice president of quality & clinical initiatives.

2023 awardees for Excellence in Quality are:

Critical Access Hospital and Under 25 beds:

Rural Wellness Anadarko

Project Title: Reduction of Falls for Patient Safety - Submitted by: Rachel Stephens, chief nursing officer

26-100 beds:

Select Specialty Hospital Oklahoma City

Project Title: Reducing Central Line-Associated Blood Stream Infections - Submitted by: Tami Kirk, director of quality management

101-300 beds:

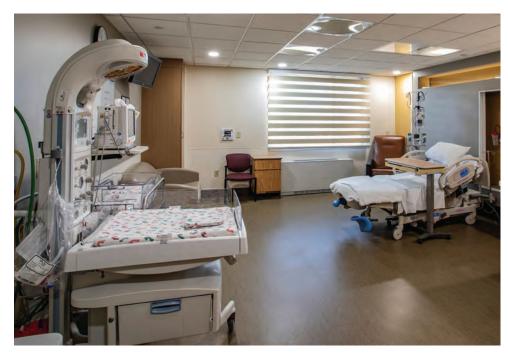
Comanche County Memorial Hospital, Lawton

Project Title: Reduction of Hospital-Acquired Clostridioides difficile - Submitted by: Melissa Alvillar, RN, chief nursing officer

More than 300 beds:

Norman Regional Health System
Project Title: Hip Fracture Morbidity
and Mortality - Submitted by:
Cathy Snapp, orthopedic program
administrator

\$1.2 Million Newly Renovated Labor, Delivery, Recovery and Postpartum Rooms Open to Serve Families at Mercy Hospital Ada



Families now have a newly renovated space to welcome new life into the world at Mercy Hospital Ada. A \$1.2 million comprehensive remodeling of the hospital's labor, delivery, recovery and postpartum (LDRP) rooms, funded philanthropy, was just completed.

Around 500 babies are born each year at Mercy Hospital Ada. Mercy leaders and co-workers joined members of the Ada Chamber of Commerce and providers and physicians from The Women's Clinic to celebrate the new space. Providers from The Women's Clinic in Pontotoc County deliver babies at Mercy.

"We love the new rooms because it allows our team to serve patients more efficiently and it really enhances their experience," said Monica Lesley, manager of Mercy Birthplace in Ada. "The rooms are twice as big, which makes it more comfortable for families during this important event."

The LDRP rooms have large bathrooms featuring showers with benches so patients can shower during labor. Big windows let in natural light to make the space bright and open, but shades protect patient privacy.

"We are so excited here at The Women's Clinic for the new additions to the labor and delivery suites at Mercy Hospital in Ada," said Dr. Miranda Knight-Brown, an

who delivered the first baby of 2024 in a new LDRP room at Mercy Ada. "The suites are perfect for our moms and babies. Families, providers and staff love the spacious and comfortable new suites."

The \$1.2 million renovation project was funded entirely through donations, thanks to the generosity of donors like Valley View Foundation, attendees of the 2022 Mercy Black and White Ball and the 2022 Mercy Ada Golf Classic. In addition, 20 individual donors contributed to the cause, providing more than \$100,000.

"This is a special project because it impacts so many families in our community and represents Mercy's dedication to creating an amazing environment to welcome new babies," said Terence Farrell, president of Mercy Hospital Ada. "But what makes it even more exceptional is knowing the dream of having these beautiful new rooms became a reality because of the support of our community." Top Donors:

- Valley View Foundation -\$550,000 grant in 2020
- Mercy Health Foundation Ada -\$375,000
- 2022 Mercy Black and White **Ball** - \$160,000 from more than 100 donors
- 2022 Mercy Ada Golf Classic
- \$25,000 from more than 70 participants
- OB/GYN at The Women's Clinic, Individual donors \$100,000





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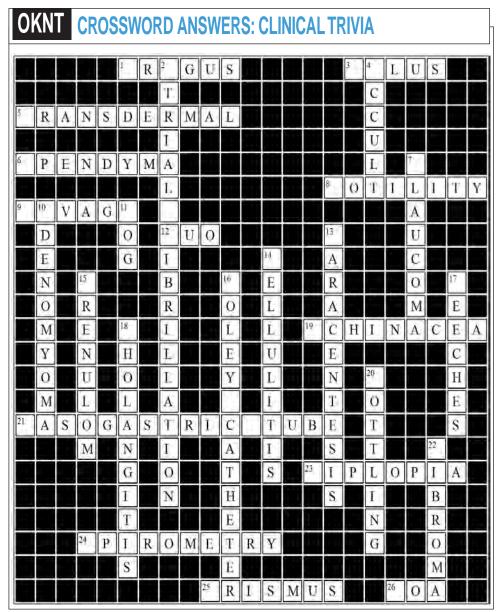
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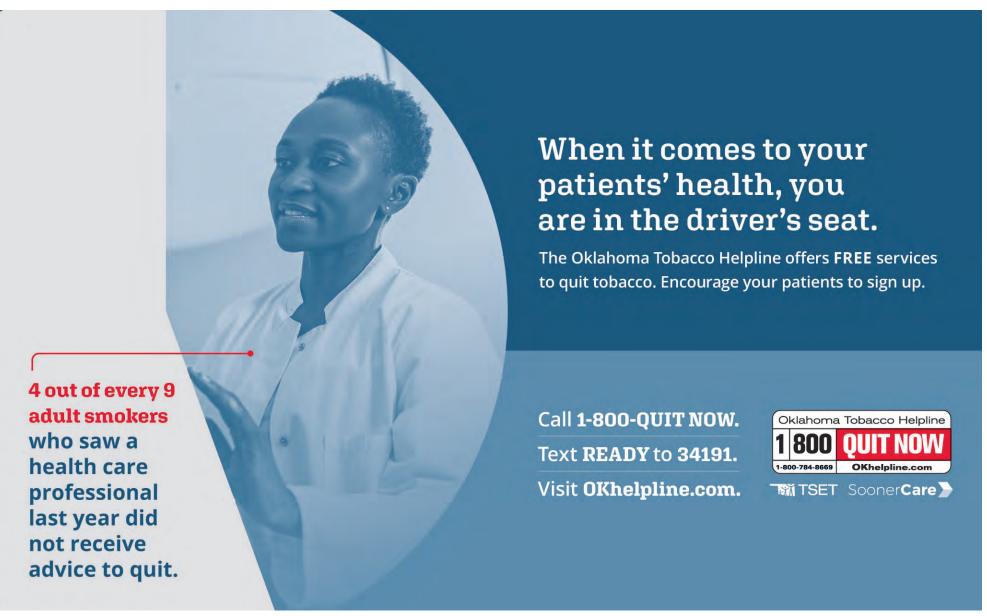
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FEB 16 7:00 PM SATURDAY

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