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### MARCH 18, 2024 VOL. 25 ISSUE 12

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Read Boston's story on page 2

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Page 10, AFE Awareness Day March 27th at State Capital

## **Boston Brock, RN**

Director of Surgical Services at McBride Orthopedic Hospital where she encourages others.

story and photo by James Coburn, Staff Writer

When Boston Brock, RN, became Director of Surgical Services at McBride Orthopedic Hospital in Oklahoma City, she found the staff paid a high level of attention to detail while caring for patients. The patient to nurse ratio is staffed appropriately for a better level of care.

"They really hold the staff to a high standard," said Brock, who came to McBride six months ago.

Brock is in her element. She began working as a surgical nurse at INTEGRIS Baptist Medical Center after earning her Bachelor of Science in Nursing degree at the University of Central Oklahoma in 2011. UCO was an exceptional experience, she said. Brock loved the teachers and her classes. UCO felt like a prestigious nursing program, she said.

Today, she has assisted all types of surgery including

transgender surgeries in San Francisco, robotics, neuro, and has been on virtually every type of team except for cardiac. Additionally, she was a travel nurse for six years and worked in a level-1 pediatric facility while she stayed PRN in surgery at INTEGRIS. During this time, INTEGRIS had taken note of her performance and recruited her to come back to be manager of their surgery center.

"That's how my leadership started," Brock explained.

INTEGRIS Deaconess lost 50 percent of its staff during the COVID pandemic, Brock said, and asked her to take the leadership role there to rebuild the staff. The McBride surgeons had served Deaconess as well and recruited Brock to McBride Orthopedic Hospital.

"It was at a time when I felt we were doing great at (Deaconess), so it was a good time to make a transition," Brock said.

Communication between hospital staff and the patient is a priority. Families are given pagers when their loved one is taken into surgery. Families frequently receive updates including any delays. As soon as the patient is taken into phase 2 of recovery their families meet with them right away.

Brock likes to be a working management director. She mainly supervises but depending on staffing, she might be in patient care.

"I think it's important for me to stay in it, so I know what is going on. I feel like once you start getting too far out of patient care, you're not seeing the problems on that first line," Brock said. "So, obviously we have staff meetings, and we communicate that. But I also think it's important for me to go back there, so I know what they're going through. It's important for me, for them to see me back there."

She supervises and communicates regularly on both sides of the hospital and recently hired an assistant director of surgical services to enhance care.

"The patient experience

motivates me highly," she said. "I've had several patients whether it be getting a joint replacement and have been in pain," Brock said.

People who have been waiting years for surgery are grateful for their better quality of life.

"It's so touching to be able to be part of that. So that patient experience really drives me," she said.

Brock's leadership level instills a confidence that she can effect change. She can further ensure that surgeries are performed without delay, she said.

"I never thought I would like leadership. It just kind of fell into my lap in a way that I'm able to help those people that are doing the real work," Brock said. "That's what drives me, and I want to be that person because I want to do the hard things to make things better for them. I love the patient side of it. I love the staff side of it. And I love that I can be an advocate for all three in this role."

She is empowered to embrace a shared governance among the nursing staff, a blend of ideas

Seeg BROCK Page 3

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Boston Brock, RN, Director of Surgical Services at McBride Orthopedic Hospital, is highly motivated by patient and staff advocacy.

### BROCK Continued from Page 2

to rise in best practices for individualized care. Nurses are free to submit idea cards.

"They are the ones that can make the suggestions for huge improvements," Brock said.

Her advocacy sets her to lead by example. Brock is mindful that as a leader, she knows staff members experiencing ups and downs in their lives. She encourages a holistic blend of life outside of their careers, too.

Encouragement means taking

For more information about McBride Orthopedic Hospital visit https://mcboh.com/careers

trips with family and taking time off for a sick loved one.

"I also think it helps me realize as a leader, everyone has different strengths," Brock said. "So, you have to play up on those different strengths to really build the team."

Coming from another facility to build trust has helped her grow by "getting in the weeds with the staff."

Managing being a mom to two toddlers is a balancing act with managing a hospital.

"I think it's important for me to show that example to the staff," she said. 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.

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# **CAREERS IN NURSING:** HOME AWAY FROM HOME - LPN TAKES PRIDE IN WORK

#### story and photo by James Coburn, Staff Writer

Iris Memory Care is proud to be the premier home-like Assisted Living Community in Oklahoma City to specialize in Alzheimer's and Dementia Care. At Iris Memory Care, they believe that their expertise and specialized knowledge of Alzheimer's and other forms of dementia combined with their heartfelt compassion creates the best quality of life for loved ones. From the moment of walking through their front door, you'll feel like you're in a single-family home complete with familiar sights, soothing sounds, and homey aromas, providing an easier transition for your loved one. For respite care, short-term stays, or long-term stays, Iris Memory Care welcomes you and your loved one with compassion, dignity, and all the comforts of home.

Suzy Masters, LPN takes pride in her work at Iris Memory Care. She wears many hats as she oversees the CMA's and the residents. "I adore my position here. It is my compassion, radiating a warmth that embraces all who enter. I am truly blessed with an exceptional team, each member possessing their own unique strengths," Suzy remarked.

Suzy upholds high standards for her caregivers at Iris Memory Care. "I am impressed by the exceptional qualities each caregiver brings to our community," she notes. "Their respect for our residents combined with their hard work and positive attitude. ensures a nurturing enviroment where everyone feels valued and at ease." Suzy takes pride in maintaining Iris Memory Care as a comfortable home for residents, knowing the peace of mind it brings to the families. "It's incredibly gratifying to witness the positive impact we have on their lives," she added.

Growing up in Denison, Texas, Suzy began her nursing journey at Schreiner University in Kerrville, Texas. Later, relocating to Oklahoma, Suzy's decision to pursue nursing stemmed from a deeply personal experience. "When I was just 8 years old, my father was involved in a motorcycle accident that changed our lives," she recalls. "Spending countless hours at the hospital, witnessing the care and the compassion provided by the nurses, they became my heroes. Despite the tragedy of my father's passing at the age of 11, I was inspired by the nurses' dedication to healing and helping others. From that moment I knew I wanted to follow in their footsteps and make a difference in people's lives, even at a young age," Suzy reflected.

Iris Memory Care proudly operates 4 thriving locations in Oklahoma; Edmond, Northwest OKC, Southwest OKC and Nichols Hills. "We currently have forty-two cherished residents calling our community home. Our dedicated caregivers pour their hearts into providing top-notch care tailored to each individual. As we build strong bonds with our residents, we strive to create a family like atmosphere, with deep connections that grow with each passing day. Whether our residents have been with us for years or are new arrivals we ensure their days are filled with engaging activities, and we make every holiday a memorable celebration. Welcoming family and visitors is a cherished part of our daily routine, enhancing the warmth and vibrant of our community."

Suzy expressed deep affection for her job, emphasizing how much she enjoys every moment spent with the residents. "I eagerly anticipate each workday, knowing that I'll have the opportunity to engage with the residents. Listening to their stories, witnessing their smiles and sharing in their joy fills me with a profound sense of fulfillment. It's an exchange of care and compassion that enriches both their lives and mine," Suzy explained.

When asked for advice for those considering a career in the medical field, Suzy emphasized the importance of a genuine desire and compassion for others. "Its crucial to



Suzy Masters, LPN is full of warmth and compassion while attending to the residents at Iris Memory Care of Nichols Hills. The residents feel a sense of comfort, knowing they are in their home away from home.

have a true compassion for making a difference in people's lives," she noted. "Starting at the ground level as a CNA for a few years can provide invaluable insight into whether this path is right for you. Let this guide your decision about pursuing further education in nursing. Entering nursing school can open up a world of opportunities for

growth and exploration," Suzy advised, her work reflecting both wisdom and encouragement for aspiring healthcare professionals.

Outside of work, Suzy enjoys spending quality time with her husband and 3 grown children.

For more information about Iris Memory Care or to join the team visit https://www.irisseniorliving.com/.

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If you were an animal, what animal would you be and why?

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*"I would be a cat because I love to lay in the sunshine."* 

*"I would be a livestock guardian dog, like an Anatolian Shephard or Great Pyrenees. I could look after my flock and nap in the hay."* 

*"I would be a giraffe because they may be a little awkward, but they are still graceful."* 



Rachel Brown, RN



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## The ANA Enterprise 2023 Annual Impact Report: Successfully Advancing the Nursing Profession in Key Areas

ANA 🔗 ENTERPRISE

Today, the ANA Enterprise– comprised of the American Nurses Association (ANA), American Nurses Credentialing Center (ANCC) and the American Nurses Foundation (the Foundation) – released its 2023 Annual Impact Report. It highlights the standout accomplishments from ANA Enterprise's body of work that align with its overall 2023-2025 strategic plan to elevate the profession of nursing, evolve the practice of nursing to improve health care, and ensure the professional success of nurses to realize its vision of creating a healthy world through the power of nursing.

"I am extremely proud of all the incredible work accomplished and milestones achieved by the ANA Enterprise to uplift our nursing community. Our family of organizations are collaborating together harmoniously on behalf of nurses to support them, enrich their lives both professionally and personally, and to elevate the profession on a global scale," said ANA Acting CEO/CNO Debbie Hatmaker, PhD, RN, FAAN. "It's a tremendous honor to serve the nation's more than 5 million nurses - the heartbeat of our health care system – for all the work they do and for all they have to endure. Through our advocacy, we look forward to delivering a brighter future to our nurses within an equitable, more diverse, and technologically advanced health care system."

ANA made considerable strides in 2023 to improve nurses' practice environments through legislative and regulatory advocacy, such as supporting landmark nurse staffing federal legislation to establish safe staffing standards that protect both nurses and their patients. ANA also adopted a position statement empowering nurses with tools to dismantle systemic racism wherever they practice and replace it with a just and equitable culture.

The American Nurses Foundation

In 2023, The Foundation invested substantially in the ingenuity and power of nurses. Acting on the results from its Pulse on the Nation's Nurses Survey Series, the Foundation developed a three-year Stress and Burnout Prevention Program to test tools and resources created by nurses for nurses to remove the stigma associated with seeking mental health care. In 2023, the Reimagining Nursing Initiative continued to invest the \$14 million grant toward innovative nurse-led projects to improve health access, care, and outcomes for all.

TheAmerican Nurses Credentialing Center

In 2023, ANCC continued to support nurses both professionally and personally through educational webinars, resources, and accreditation and credentialing programs that have credentialed more than 300,000 nurses and more than 800 organizations world-wide, according to the latest standards and practices.

Visit Nursing World to watch ANA Enterprise's By the Numbers **Video** and to view the complete 2023 Annual Impact report.



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SCAN ME

# OSU'S RN to BSN program offers convenience, flexibility

Oklahoma State University RN to BSN student Sage Holder had long known she was interested in a healthcare career. When two of the most important people in her life – her grandfather and mother – received a cancer diagnosis in the same week during her first year of college, her career path came into focus.

"I knew I wanted to be in the healthcare system. I just didn't know exactly where or what that was going to look like when I started college. I knew I wanted to be successful, a person that others needed, and to care for the sick," Holder recalls.

Holder began taking pre-medicine classes but during the second semester of her freshman year, she had what she calls an "aha" moment.

"I was either in class or in the hospital, spending time with my family during my grandpa's chemo treatments or my mom's cancer appointments. I began to notice the nurses. I wanted to be the person that the patient could look to for a smile, a laugh, or a shoulder to cry on."

Confident in her decision to pursue nursing, Holder completed prerequisite courses and went on to earn an associate degree in May 2021 and become a Registered Nurse (RN). She landed a job at the Emergency Room at Stillwater Medical Center.

Ready to continue her education by pursuing a Bachelor of Science in Nursing, Holder found the perfect fit in OSU's fully online RN to BSN program.

"I knew the program would offer flexibility with my lifestyle and allow me to continue working as an RN while taking classes," Holder said. "The faculty have been approachable and easy to reach and to communicate with. I feel like they want me to succeed."

OSU's RN to BSN program, which launched in Fall 2017 and is accredited by the Commission on Collegiate Nursing Education (CCNE), provides students with a convenient and flexible option to complete their bachelor's degree in as little as one year.

OSU students expand their professional nursing knowledge from practical, foundational skills they learned during their associate degree, learning the why behind past education.

"Our students are challenged with a wide array of topics that range from leadership and current trends in nursing to global, cultural and public health, as well as nursing theory," RN to BSN program director Dr. Alana Cluck said.

Ultimately, the mission of the RN to BSN program is to prepare nurses to practice professional nursing that meets the dynamic





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health care needs of individuals, families, groups, communities and global populations. With this degree, graduates are qualified for leadership roles in a variety of healthcare environments.

OSU's RN to BSN program enjoys a 100 percent satisfaction rate among its graduates. Faculty offer personalized attention and are committed to student success.

"Faculty communicate extremely well, especially considering it's an online program. They offer a variety of ways to share information and foster relationships with our peers, which allows us to be successful. It's easy to have a positive experience when you feel your efforts are not only noticed, but also celebrated," RN to BSN graduate Lacy Smith said.

Kobey Trower, a 2019 graduate of the program, appreciated the experience of his peers and the collaborative nature of courses.

"All of the students were working full-time jobs," Trower said. "We had some people who worked in ICU, some in labor and delivery, others in clinic and research settings. The accessibility of the coursework helped us keep on the same page for group projects. It was super convenient for me to work full time and still have a life without being tieddown. That aspect of it helped keep my attention and keep me moving through the program."

Holder's experience as a student in the program has been first rate. She encourages any RN considering a four-year degree to explore OSU's program.

"Set up a meeting or a zoom call with a faculty or administrative member and give them the chance to provide information and answer questions that are of concern. That is what I did and it sold me. The faculty were so welcoming and flexible."

Applications for the BSN program for Summer and Fall 2022 are now open. Visit nursing.okstate.edu for more information, to schedule a meeting with program administrators or to apply today.



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"I was truly blown away by the level of professionalism and commitment from the faculty and staff. The knowledge and support I received are unparalleled."

- Kayce (Tuter) Brown, RN to BSN student



ER Nurse & RN to BSN student

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# Amniotic Fluid Embolism Awareness Day Will Be Held March 27 at The State Capitol

Amniotic fluid Embolism said. Awareness Day will be held Wednesday March 27 at the State Foundation, Capitol in Oklahoma City with Gov. Kevin Stitt signing a proclamation recognizing the day.

Amniotic fluid embolism (AFE) is a rare condition that can be where amniotic fluid leaks into the maternal circulation from the baby and it causes a cardiovascular collapse, said Lea Ann Stephens, RN. OK State Liaison Amniotic Fluid Embolism Foundation.

"It is not uncommon to have amniotic fluid into your bloodstream during the delivery process. For some moms though it can turn into an emergency response. It can be kind of described similar to the spectrum of a bee sting. Some who get stung don't experience any problems and others may have an anaphylactic response." Stephens

by Van Mitchell - staff writer

AFE

The placenta breaking down The Amniotic Fluid Embolism during labor or delivery may trigger an immune response in some non-profit organization founded in 2008, people, leading to AFE. It's not clear quickly united the voices of families, why this happens in some people survivors, medical professionals and not others. and researchers to call for greater

Stephens, a nurse for over 36 years, said AFE took the life of her daughter Jacie Stephens Cochran after giving birth to her son Jaxon in July 2020.

"My daughter responded with a total collapse of her cardiovascular system soon after her water broke," she said. "The mortality rate is high for AFEs. This is why it's so important to get the information out so that people are aware about symptoms."

Jacie's mother has taken on the role of the Oklahoma State Liaison for the Amniotic Fluid Embolism Foundation since losing her daughter.



Lea Ann Stephens, RN, OK State Liaison Amniotic Fluid Embolism Foundation.

She contacts all of the hospitals with labor and delivery services to help facilitate the educational programs for clinicians provided from the AFE Foundation. She also has a presentation of Jacie's story along with AFE facts and

CONTINUED NEXT PAGE





а

awareness and resources to reduce

the threat of amniotic fluid embolism

to

Foundation website, AFE's exact

cause is unknown. AFE is verv

rare. It affects 1 in every 40,000

deliveries in the United States and

1 in every 53,800 deliveries in

similar to other complications during

childbirth, like uterine rupture,

placental abruption and eclampsia.

This makes it more difficult to

diagnose AFE as the cause of the

The symptoms of AFE are

the

(AFE).

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### Amniotic Fluid Embolism Awareness Day

AMNIOTIC FLUID EMBOLISM is a rare but serious condition that occurs when amniotic fluid - the fluid that surrounds a baby in the uterus during pregnancy - enters the mother's bloodstream. It is most likely to occur during delivery or in the immediate postpartum period.

It is difficult to diagnose. If your doctor suspects you might have one, you'll need immedate treatment to prevent potentially life-threatening complications.

Source: mayoclinic.org

AMNIOTIC Continued from Page 10

resources.

"These education programs are free of charge," she said.

Stephens said since 2020, Oklahoma has had three known cases of AFE, all three resulted in the mother dying, but fortunately their babies survived.

"The baby mortality rate is high as well" she said. "They can also have long-lasting effects from complications at birth just as the mothers that survive an AFE may have. The fast response of physicians caring for Jacie led her son to live a very healthy life and we are so thankful a little piece of Jacie will live on." This is not the same scenario for many."

Stephens said the proclamation signing at 10:30 a.m. will be attended by Jacie's parents, Jacie's son and husband, and Jacie's sister.

Stephens said Jacie was an athlete at Emporia State University in Kansas, and had a big personality and a gusto for life.

"That's her personality. She always did everything big," she said. "We miss her tremendously."

Stephens said as a mother and as a nurse, she felt compelled to raise awareness about AFE with healthcare workers and the general public.

"My role is to spread awareness, tell Jacie's story, and encourage clinician education so they may be better prepared," she said.

Stephens said Jacie was an organ donor, which in turn has helped others, as well as help with AFE research.

"It's (AFE) been something that has not been able to be figured out yet," she said. "A lot of her specimens went to a biorepository to be analyzed. They're (researchers) doing what they can, and the AFE Foundation gathers data and facilitates specimen collection to help with research. They provide so much support, research and education. I'm very thankful for the AFE Foundation."

If you would like to contact Stephens for your hospital to receive information, contact her at OK@afesupport.org.

Stephens said in recognition of AFE Awareness Day if you would like to donate in honor of Jacie and the mothers that lost their lives to an AFE you may contact the AFE Foundation at https:// amnioticfluidembolism.org/.

To follow Jacie's legacy there is a Facebook page in her honor at LiveJacieBig.

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# •klahoma's Nursing Times



## Ingenovis Health Announces 2024 Scholarship Program

Ingenovis Health, an industry leader in healthcare talent solutions, announced the 2024 Ingenovis Health Scholarship Program for a second vear after launching the program in 2023. This program is part of the company's commitment to fostering the growth and education of healthcare professionals.

This year's program has been expanded to include allied health professionals, whose services are an important component of our nation's healthcare system. In all, the scholarship program offers \$100,000 to support 25 deserving students across four specialized categories.

The new category for allied health professionals demonstrates the industry's growing dependence on these important roles. According to recent data the U.S. Health Resources and Services Administration estimates 60% of all healthcare that professionals are allied health professionals, and the need for them is expected to grow by 23% by 2036.

"Investing in the future of the healthcare workforce by supporting the education of nursing and allied students is at the heart of what we do, and consistent with our purpose to build a home for healthcare talent," said Bart Valdez. CEO of Ingenovis Health. "We are proud to continue our tradition of nurturing the next generation of health professionals who will undoubtedly make significant contributions to the field."

Scholarship Program Overview: The 2024 Ingenovis Health Scholarship Program is structured around four key categories designed to address the diverse needs of the student community:

The Ingenovis Health Graduate Nursing Student Scholarship: For MSN, DNP, or PhD students focusing on leadership and scholarly excellence in nursing. (CLICK HERE:)

The Ingenovis Allied Health Professional Scholarship: Α commitment to the future of healthcare, supporting aspiring allied health professionals in their educational pursuits. (CLICK HERE:)

The Ingenovis Health Veteran Nursing Student Scholarship: Dedicated military veterans to



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embarking on a nursing career. (CLICK HERE:)

The Ingenovis Health Undergraduate Nursing Student Scholarship: An investment in the future of students pursuing their undergraduate degree in nursing. (CLICK HERE:)

"We are inspired by the passion and commitment of nursing and allied health students who are dedicated to advancing their education and careers in healthcare," remarked Dr. Robin Geiger, Senior Vice President of Clinician Advocacy at Ingenovis Health. "Our scholarship program is a testament to our belief in the positive impact that educated and skilled health professionals have on patient care and the healthcare ecosystem."

Applications for the 2024 scholarships will be accepted from February 15 through June 30, 2024. The selection process, conducted by a third-party administrator, The University Network, will ensure a fair and comprehensive review of all candidates. Scholarship recipients will be announced in July 2024, with awards supporting their Fall 2024 semester. Each of the 25 scholarships,

up to \$5,000 each, is designed to significantly offset the educational expenses of the awardees.

Ingenovis Health, along with its expansive family of brands, remains dedicated to providing unparalleled support to healthcare professionals at every stage of their careers. This scholarship program is a cornerstone of Ingenovis Health's commitment to enriching the healthcare workforce supporting the educational and aspirations of healthcare students nationwide.

For further details about the 2024 Ingenovis Health Scholarship Program and application instructions, please visit ingenovishealth.com or TUN.com

Ingenovis Health is an ingenious new force in healthcare, combining the power of industry-leading workforce solutions providers and a technologyforward approach to advance the delivery of critical healthcare clinicians to systems nationwide. Brands in the portfolio include Trustaff Travel Nurses, Fastaff Travel Nursing, HealthCare Support, USN, VISTA Staffing Solutions, Springboard Healthcare, VitalSolution and Corazon. For more information, visit https://www.ingenovishealth.com/.

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# AARP Oklahoma Presents the 2024 Champion for Family Caregivers Awards

AARP Oklahoma presented House Majority Leader Tammy West (R—District 84) and Senate Appropriations Chairman Roger Thompson (R-District 8) with the 2024 Champion for Family Caregivers Award at the Capitol on Monday. Leader West and Senator Thompson were recognized for their leadership in improving the lives of older Oklahomans and championing the Caring for Caregivers Act, which created a state tax credit for Oklahoma family caregivers up to \$3,000.

"The Caring for Caregivers Act helps offset costs and helps keep spouses, aging parents, or other loved ones at home instead of in costly taxpayer-funded nursing homes," said AARP Oklahoma State Director Sean Voskuhl.

According to AARP's Valuing the Invaluable report, Oklahoma's 490,000 family caregivers provide a staggering \$6.6 billion in unpaid care.

"While caregiving is decidedly



Left to right: AARP Oklahoma Interim Volunteer State President Joe Ann Vermillion, AARP Oklahoma State Director Sean Voskuhl, House Majority Leader Tammy West, Senate Appropriations Chair Roger Thompson, and AARP Oklahoma Advocacy Director Joy McGill.

a labor of love, it also has a real financial cost," Voskuhl said. "Leader West and Senator Thompson understand the sacrifices family

caregivers make and fought for the nation's first comprehensive tax credit for family caregivers." Family caregivers spend about 20 percent of their income caring for their loved ones— more than \$7,200 annually.

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