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Coming to America Fulfills Dream

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Read More on Page 8/9 in This Issue

Ian Rey Osmil, RN

Serves as a registered nurse at Golden Age Nursing Facility in Guthrie and is living his dream by living in the United States.

story and photo by James Coburn, Staff Writer

Ian Rey Osmil, RN, is living his dream by living in the United States where he serves as a registered nurse at Golden Age Nursing Facility, located in Guthrie. He and his wife feel at home after moving to Oklahoma from the Philippines.

"I like it here—it's so quiet and the people here are so nice," Osmil said. "That's what I like about the people here in Guthrie. They are smiling and will try to greet you in the store. You don't know them, but that's a good thing about Guthrie."

July will mark his second anniversary in the US. He and his wife arrived in Guthrie where she's a nurse at Willow Creek Health Care, also in Guthrie. Osmil has four Filipino friends working in Guthrie at either Golden Age or Willow Creek.

"It's one of my dreams to come true. I got to work here," he said.

Moving to America isn't easy. There's a lot of interviews, exams and paperwork involved. It takes patience, he said. For most people it takes 10 years to immigrate.

"We were lucky. It was less than five years," Osmil said.

Osmil earned his Bachelor of Science in Nursing degree in the Philippines where he was born and lived before immigrating to the United States. He had worked in emergency medical services prior to becoming a nurse serving in a hospital emergency department. During the COVID pandemic Osmil was an ER nurse in Qatar for four months to bridge the gap of a nursing shortage there.

Osmil worked as a CNA at Golden Age for six months before fulfilling the process of attaining his RN license in the US. Golden Age offers a two-week certified training

program through the Oklahoma State Department of Health. To apply for his RN license, Osmil submitted his credentials and background resume from the Philippines and took the NCLEX licensure exam issued by the Oklahoma Board of Nursing.

Osmil said that nursing careers are basically the same in both countries. But there are different brand names of medicine.

He succeeded in becoming more proficient in understanding the English language. Osmil says he has room for improvement, however his speech is easy to follow.

He is not foreign to the diverse complexities of human nature.

"I'm glad I worked here as a CNA. When I came here as a nurse, I was also happy. I'm happy with those residents because they are so nice. I treat them like my grandma and grandpa," he continued.

The residents and staff encouraged him when he was fulfilling his RN credential in Oklahoma.

Registered nurses have a myriad of career opportunities. However, Golden Age's environment speaks volumes to

Osmil about best practices and reasons to stay there.

"Every day inspires me to take care of them, especially at their age," he said. Osmil has also learned a lot from the director of nurses and others about how to communicate and care for residents.

Sarah Anderson Wise, CNA, CMA, said, "Being able to take care of them makes me miss my own parents because I lost them. Caring about my residents like I care for my own family is just worth it."

Osmil tells residents to live their lives at Golden Age the way they want to, as if they were at home.

"Whatever you want, just tell the staff or me if you want something. Don't be shy, just tell us right away," he tells residents. "Just feel at home."

Compassion motivates him from day to day to move forward in his career. He came from a culture where it is ingrained to care for the elderly. At first, he wanted to become a physician. However, he learned that becoming a doctor is a very expensive endeavor. So,

Seeg OSMIL Page 3

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Love of life brought Ian Rey Osmil to immigrate from the Philippines to the United States. He now serves as a registered nurse at Golden Age Nursing Facility in Guthrie.

OSMIL

Continued from Page 2

he took his mother's advice and chose nursing.

"I love caring for other people, and not just other people but my family also. I guess that's one of my strengths," Osmil said.

He felt grateful when a resident opened up to him. The man cried when recounting his life-long profession. And he thanked Osmil for sitting at his side for more than 30 minutes.

"That's my first time that I had a resident say thank you, and he

hugged me," Osmil said. "Actually, he did that as my father."

Being a nurse has an impact on his life. Whenever he visits a hospital, his altruistic nature drives him to want to help others.

"Not just care but try to help," he said.

And he's learned that he can achieve his dreams as he did when coming to the United States of America.

For more information about Golden Age Nursing Facility in Guthrie or to join the team, visit <https://goldenageguthrie.com>.

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RN Provides Gift of Life Being a Surrogate Makes Parenthood Possible

story and photo by James Coburn, Staff Writer

Kasey Price understands the struggle parents can endure when trying to have children. She and her husband tried in-vitro fertilization after having two adoption losses.

"We had trouble having our kids," said Kasey Price, a registered nurse on the intermediate care team at INTEGRIS Health Edmond Hospital. "After we did I just really felt in my heart that God grew my heart for those who can't have children, and that He was calling me to be a surrogate," Price said. "I found an agency and got matched with a couple and, just recently, I had my surrogate journey. I'm postpartum now. I got matched with a couple in Texas and it's a very wonderful thing."

The baby's planning and delivery was everything she had hoped for. Price carried a baby girl and handed her over to her parents at birth, she said. The baby's parents and their newborn are doing well at home.

"It's a very rewarding thing. I think it's something you have to be called to do because it is difficult to go through a pregnancy and come home without a child. But that was the plan from the beginning. I knew from the start that this child is never mine. I'm just helping to bring her to her parents."

Sharing her experience with others is wonderful, Price said. Now she speaks to others who are considering surrogacy as a means to help them plan their families.

Price has discovered that many people lack a basic understanding of being a surrogate. The embryo was never Price's embryo. The embryo was conceived by the two parents and Price's surrogacy made the birth possible by sustaining the pregnancy.

"It was a wonderful experience in our labor and delivery unit," she said.

Price and her husband have two girls and a boy of their own, ages 7, 6, and almost 4. And her nursing career is tailored so that she's able to put her children to bed. Family is huge for her and her extended family is close to

home.

"We love being outside and playing sports. I love doing puzzles," Price said.

She is grateful for a career that allows her to help other people reach their potential and fulfill their own dreams of family life.

In 2008 Price earned her Bachelor of Science in Nursing degree at the University of Central Oklahoma. She has been with INTEGRIS for three years, following nine years of serving in a similar capacity at another Oklahoma City hospital. Price had wanted to work closer to her Edmond home in a smaller hospital setting.

"Coming here is a little more low key, not quite as stressful. The people here have been amazing. They all love what they do and the leadership has been amazing," she said.

She cares for step-down patients between ICU and med/surg as well as patients dealing with sickness such as COVID, heart failure, atrial fibrillation with rapid ventricular response, hypertension, pneumonia, among other things. Price usually has three to five patients while working at the bedside.

"We are very open to family members at the bedside being part of the care," Price said.

Her patients often show improvement, however close attentive observation is necessary to monitor changes in patients who become less stable. Education is key in helping patients and their family members to understand medications and disease processes. Health care tips help patients from having relapses requiring further hospitalization.

"For me it's being there at that time when the patients may be at their worst," Price said of what enriches her about being a nurse.

She recalls the height of the COVID pandemic when safety issues prevented family members from being at the bedside. It was a hard time, and yet rewarding for her to experience



Kasey Price, RN, a registered nurse on the intermediate care team at INTEGRIS Health Edmond Hospital, says she felt God calling her to be a surrogate mother.

how grateful patients and families were about the comfort she and other nurses provided.

"Many of our patients couldn't get out of bed respiratory-wise," she said. "It was a big change for them not being able to function as normal. It was very scary for them."

She recalled being with a patient during COVID, talking with him and making him feel like the person instead of a bed number/

"He just stuck out in my mind as being a true reason why I do my job," she said.

Price lets patients know that the health care team is doing everything they can to help them recover and go home as quickly as possible.

"We understand it's a hard time. Losing that sense of control is often

hard on people. To be understanding of that is a big part of our job," she continued. "To give patients as much control in the decision making as possible really helps with their time here."

Being a nurse has helped Price to branch out in life, she said. Price described herself as not being the most talkative person in the world, but the conversations she has with patients has brought her to expand upon that.

"That's an important part of what we do with the patients. Even if it's just for two days and they go home, it's an important two days to establish a relationship through communication," she said. "It makes them feel more like a person and not just a bed number or a diagnosis."

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NURSE TALK



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PC Cancer Classic run to benefit OMRF is April 20

Registration is open for the 15th annual PC Cancer Classic 5K race and fun run/walk to benefit cancer research at the Oklahoma Medical Research Foundation.

Event details: When: 9 a.m. Saturday, April 20, Where: Eldon Lyon Park, 7400 NW 36th Street in Bethany, Cost: \$30 for 5K, \$20 for fun run/walk

Participants in either event will receive a short-sleeve T-shirt with run logo while supplies last. First-place male and female runners in the 5K will receive a gift card. Awards will be presented at 9:50 a.m.

Students, parents and teachers in the Putnam City district have raised nearly \$4 million for cancer research at OMRF since its Cancer Fund Drive began in 1975. In addition to purchasing lab equipment and supplies, the cancer drive also established the Putnam City Schools Distinguished Chair in Cancer Research at OMRF, held by scientist Linda Thompson, Ph.D. For more information or to register:

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(AS PUBLISHED IN THE 2023 EDUCATION GUIDE TO NURSING)

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Graceland University's history of educating nurses dates back more than 50 years. The Division of Nursing became the sixth academic area of Graceland in 1969 when administrators of the diploma nursing program at the Independence Sanitarium and Hospital in Independence, Missouri, collaborated with Graceland to move its educational base into the four-year collegiate setting.

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Love Family Women's Center Revolutionizes Health Care for Women in Oklahoma City

For the first time in 50 years, Mercy will welcome new life and care for women in a new women's center on the campus of Mercy Hospital Oklahoma City. The Love Family Women's Center will open April 7, offering a host of new services for families and women of all ages.

Nearly half, or \$43 million, of the \$98 million project was funded by philanthropy, including a \$10 million donation from the Tom and Judy Love family, making Mercy's decade-long dream a reality.

The hospital's labor and delivery and postpartum services have been at capacity for years, limiting Mercy's ability to serve more patients. The Love Family Women's Center has 15 large labor and delivery rooms, seven antepartum rooms, 47 postpartum rooms and three cesarean section rooms with pre- and post-operative recovery rooms. The additional space allows Mercy to increase from 4,000 to 6,000 births annually.

An obstetrics emergency department staffed by obstetricians

who can address urgent pregnancy-related concerns will be open 24/7. This ER will be the first of its kind in Oklahoma City.

"Pregnancy is such a vulnerable time for women. We know those sudden onset symptoms can be scary, and patients want to be seen quickly to be sure mom and baby are okay," said Dr. Tori O'Daniel, obstetrician hospitalist and chair of obstetrics and gynecology Mercy Hospital Oklahoma City. "Our obstetrics ER will be there to provide immediate access for patients who are at least 20 weeks pregnant or up to six weeks postpartum. Patients will be seen by obstetrician hospitalists who are physician experts in pregnancy, giving them peace of mind."

The state's first hospital-based low intervention birth unit is also located on the first floor of the Love Family Women's Center. This unique space has four large labor and delivery suites, each with a queen-size bed and labor tub. Care for mom and baby will be led by a Mercy certified



The Love Family Women's Center opened to patients April 7th.

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nurse midwife in a space designed to give families a natural, home-like experience just steps away from a higher level of care in the event of an emergency.

The center connects to the hospital via a sky bridge. This allows moms of babies needing a higher level of care to have quick, direct elevator access to Mercy's neonatal intensive care unit on the fifth floor.

"The work we do is truly sacred, and the Love Family Women's Center is such a special place to serve families," said Laura Beck, Mercy's executive director of nursing for women and infant services. "Our physicians and nurses helped design this building based on what is best for patients. Our teams have been working to develop programs and processes to best serve families and provide a safe, warm, welcoming and comfortable experience they'll feel when they walk in the door."

The center will also house outpatient services for women including appointments with lactation experts and a midwifery clinic where Mercy's certified nurse midwives will provide care from pre-conception to early pregnancy, prenatal health, delivery and beyond.

An outpatient pelvic floor therapy

department staffed by highly trained female physical therapists is also located on the first floor. The clinic has a therapy gym and four private consultation rooms to serve women of all ages and stages experiencing pelvic pain, urinary incontinence, pelvic organ prolapse, chronic constipation and more.

The center, the result of the largest fundraising campaign in Mercy's history, has been made possible by a long list of generous donors who funded nearly half of the project. In addition to the lead donation from the Love family, campaign co-chairs Judy Love and Cathy Keating led the way in raising more than \$33 million additional dollars for a donation total of \$43.5 million.

"This campaign was led by women, for generations of women to come and there could be no better campaign co-chairs than Judy Love and Cathy Keating," said Lori Cummins, vice president of Mercy Health Foundation communities. "They took this project head on just three months before a worldwide pandemic brought economic uncertainty, but it didn't stop the enormous outpouring of support from our community and beyond. We could not be more grateful."

First Baby Born at Love Family Women's Center

The Love Family Women's Center at Mercy Hospital Oklahoma City opened to serve patients Sunday, April 7 at 7 a.m.

Baby girl Lois was the first baby born at the Love Family Women's Center just after 9 a.m. Her parents, Lauren and Logan of Arcadia, Oklahoma, were excited to welcome their first baby girl. Lois has two older brothers.

She was delivered by OB/GYN Dr. Jennifer Strebel who was assisted by her dad, Dr. Gary Strebel. Dr. Gary Strebel is also an

OB/GYN and delivered the first baby at Mercy Hospital Oklahoma City 50 years ago - in 1974 - when the hospital opened at its current location in northwest Oklahoma City. **VIEW MORE PICS HERE:** <https://oknursingtimes.com/>



Baby Lois was born two hours after opening.

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HSC College of Nursing Earns Key Approvals for First Degree Programs

The University of North Texas Health Science Center at Fort Worth's new College of Nursing has received the necessary approvals to accept students to its first undergraduate and graduate nursing degree programs this fall.

Both the Texas Higher Education Coordinating Board and the Southern Association of Colleges and Schools Commission on Colleges recently approved a Registered Nurse to Bachelor of Science in Nursing (RN to BSN) and a Master of Science in Nursing (MSN) in Nursing Practice Innovation. Applications for both programs close July 1, and the first nursing students will start classes in August.

"HSC's focus with our College of Nursing is to create the next generation of nursing professionals who are innovators," said Cindy

Weston, DNP, APRN, FNP-BC, CHSE, FAANP, FAAN, founding dean of the college. "With these approvals, we are ready to educate new nurses and retain current nursing professionals through upskilling and reskilling to improve the health of our communities."

The RN to BSN is for registered nurses with an associate degree whose next step is to earn a Bachelor of Science in Nursing. Students can earn their degree in two semesters after completing 30 credit hours. All coursework will be delivered online with some clinical experiences provided at HSC's on-campus Regional Simulation Center.

The online MSN in Nursing Practice Innovation is for nursing professionals with a BSN wanting to continue and expand their education. It will incorporate five,



16-week semesters and condensed part-time option also is available, 12-week summer semesters. A **Continued on next page**

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ANA Doubles Down on Advocacy Work During Workplace Violence Prevention Awareness Month



Today, the American Nurses Association (ANA) submitted a sign-on letter, with the support of numerous nursing affiliates and partner associations, to leaders of the Occupational Safety and Health Administration (OSHA) urging them to immediately release their proposed workplace prevention standard. April 1 marks the first day of Workplace Violence Prevention Awareness Month, and ANA continues to raise awareness and inspire action through its advocacy and policy work.

This letter to OSHA comes a year after the agency officially began its rulemaking process to address workplace violence in health care. As workplace violence continues to spike across the country, ANA is gathering voices from across the nursing profession and country to push OSHA to finish this critical work and implement a national standard that comprehensive workplace violence prevention programs in all settings of care. 59 constituent state nurse associations, organizational affiliates, and partner nursing organizations all joined in support of this letter to demand action.

"Workplace violence against health care professionals is wholly unacceptable, yet 1 in 4 nurses are assaulted at work. This never-ending battle to end the decades-long issue of workplace violence in health care, requires urgent support from all leaders in policy, congress and among health care employers as well as the enforcement of zero-tolerance policies in every practice setting," said ANA President Jennifer Mensik Kennedy, PhD, MBA, RN, NEA, FAAN.

ANA Capitol Hill Briefing

On March 22, ANA led a Capitol Hill briefing, along with the leaders of other professional organizations, to advocate for passage of federal legislation to mitigate the frequency and severity of workplace violence in health care. ANA leaders shared first-hand accounts and relevant data to illustrate the significance of two bills pending in Congress – The Workplace Violence Prevention for Health Care and Social Service Workers Act and the Senate's Safety From Violence for Healthcare Employees Act.

ANA's Workplace Violence Committee

The National Workplace Violence Prevention Committee was created to put practice into action by developing evidence-based solutions which can be implemented within all organizations and health systems at the organizational level. The committee is comprised of a diverse group of experts who intend to move the needle to help health systems state-by-state to reduce their workplace violence rates. The first official convening of this



ANA President Jennifer Mensik Kennedy, PhD, MBA, RN, NEA, FAAN

committee was on November 2023 with regular meetings scheduled throughout the year.

"The time to act is now. We are trying to send the message that we will not sit back and allow nurses to suffer any longer from a preventable, but very serious issue. Numerous lives have been negatively impacted and even lost to workplace violence

within the health care setting. ANA will continue to pull every lever and exhaust every resource to end this tragic cycle of violence," said, ANA Acting Chief Executive Officer and Chief Nursing Officer Debbie Hatmaker, PhD, RN, FAAN.

You can read the complete sign-on letter that was delivered to OSHA [HERE](#).

HSC COLLEGE

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extending the program into seven semesters. Students also will have the flexibility to pursue certification aligned with their area of specialization.

The UNT System Board of Regents approved the creation of the HSC College of Nursing in February 2023 to help address the shortage of nurses in Texas. In August, it approved the RN to BSN and the MSN in Nursing Practice Innovation. The Texas Higher Education Coordinating Board approved the degrees in February. Approval by the Southern Association of Colleges and Schools Commission on Colleges was the next step in the process,

and the HSC College of Nursing learned the good news last week.

The College of Nursing also is expected to offer two additional degrees starting fall 2025. A traditional BSN and an MSN in Psychiatric Mental Health Nurse Practitioner are pending approval from the Texas Board of Nursing, the Texas Higher Education Coordinating Board and the Southern Association of Colleges and Schools Commission on Colleges.

HSC offers nursing scholarships and awards that may cover up to 100% of students' out-of-pocket tuition costs.

To apply or learn more about HSC's College of Nursing please visit

<https://www.unthsc.edu/nursing>

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