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## A Smile to Sooth Patient Care: McBride Orthopedic Hospital Nurse Shines

Read Kelly's story on page 2

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# Kelly Colvin, RN

## A Life Changed by Nursing, Built on Loyalty, Love, and Laughter

story by James Coburn, Staff Writer

Having loyalty to a company is a hallmark of Kelly Colvin, a registered nurse at McBride Orthopedic Hospital in Oklahoma City. She serves as the pre-op, PACU, and post-op charge nurse there.

"In my nursing career of 23 years I've had two jobs," said Colvin, who is in her 16th year at McBride.

Loving your coworkers makes everything fall in place, she continued. Her career exposed her to a wide range of care, including orthopedic neurology and working at the Dean McGee Eye Surgery Center for 10 years on her days off from McBride.

Colvin spent the first year of her nursing career as a licensed practical nurse in 2003 after graduating from Joliet Junior College in Illinois. She's been with

McBride Orthopedic Hospital for 16 years.

Colvin did her final clinical rotation on an orthopedic floor of a Joliet hospital where her sister was a nurse. She fell in love with orthopedic nursing and got a job at the Joliet hospital after earning her Bachelor of Science degree in Nursing in Illinois.

The nursing population is aging, so it's important to mentor people who want to become nurses, she said. Colvin loves nursing students doing rotations. Being a hands-on person, she learned more by doing than from books, she said.

Nurses should be able to learn and think independently, Colvin noted. Because if she is not present, she wants them to be able to do it.

"I want them to know it. I

want the physicians to look at everybody and say, 'They know their stuff.' Not where's Kelly?" Colvin said.

Her drive to become a nurse came at ages 12-13 when Colvin moved in with her grandmother when she was in failing health.

"She had a tracheostomy and I remember her home health nurse let me help. She taught me how to suction and clean her trach - just simple little tasks like doing blood sugars," Colvin said.

Nursing has been a positive force in Colvin's life. She often tells herself, "I am who I am because of my career." And today there is plenty for Colvin to love about McBride.

"I love the people I work with, the physicians I work with. It's a family," she said. "You spend more time here than you do with your family 90 percent of the time. And I think the flow here with the people you work with is what makes it. There's quite a few of us who have longevity. We're all in the same mindset that you don't chase money. You work a career that you love. And I feel that McBride is a great place to work and a great place to learn."

Colvin said nobody wants their coworkers to be left behind.

McBride is a place where nurses choose to stay beyond their shift to help their coworkers when they become busy

"Every day in any aspect, we go above and beyond for our patients," Colvin explained. "We all pull together and just keep on going."

She described herself as the type of nurse she would want to care for herself if she was hospitalized. Whether it be just a smile or a kind word, Colvin wants to laugh before patients go into surgery because they're nervous. Being nervous is normal, she reassures her patients.

"I think laughter is great," she said. "I'm known as the jokester around here by everybody. I joke because it makes a hard day easier. I laugh because it makes the day go by."

Patient care is what a nurse puts into it. One must give nursing their undivided attention for the good of the patient, she said.

She recalls a back-to-back day of four surgeries when a high-profile patient came to McBride. The patient was in a lot of pain and uncomfortable.

Continued next page



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Kelly Colvin, RN, blends her meticulous nursing skills with humor as a charge nurse at McBride Orthopedic Hospital in Oklahoma City

COLVIN

Continued from Page 2

“I used my kindest words, my kindest voice and smiled,” Colvin said

She told him they needed to move him, but they would do it at his speed. The operating room was ready, but he would be moved when he was ready.

Last year a family member approached her at Whole Foods and asked if she worked at McBride. Colvin answered yes.

“I thought that was you, and you were the best nurse ever,”

the woman said.

Colvin said she doesn’t need praise, but that conversation was more of a thank you than anything.

When Colvin returns home from McBride, she leaves her workday behind to be with her 13-year-old daughter, two teenage stepsons and her husband. But she recalls her day to make sure every chartered detail was done.

For more information about McBride Orthopedic Hospital visit <https://mcboh.com> or call 405-230-9000

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# Beauty with Purpose:

## A Nurse's Mission Through Permanent Makeup

story and photo by Vickie Jenkins, Staff Writer

At 2000 E.15th Street, building 100, in Edmond, Oklahoma, clients stepping into Permanent Makeup by Lauren are immediately greeted by the warm smile and calming presence of Lauren Wade, CMM, LPN, CMA. As a specialist in permanent makeup and paramedical tattooing, Lauren brings a rare blend of clinical precision and artistic talent to every appointment. Yet, her journey to the world of aesthetics didn't begin with beauty, it began at the bedside.

Born and raised in Oklahoma City, Lauren was known in the community as the neighborhood dependable babysitter. Even at a young age, she was drawn to helping those in need, forming strong, personal connections with others. "My dad and grandma worked as respiratory therapists in hospital their whole lives which definitely drove my interest in working in the medical field and helping to shape my future in nursing," Lauren commented. After completing her education at Platt College and earning her CMA certification, she began working at Access Endocrinology in 2018. There, she developed a deep appreciation for patient care and the opportunity to play a hands-on role in improving lives.

Lauren also briefly worked at Oklahoma Pain Management, but like many healthcare workers, the challenges of 2020 shifted her path. "I chose to leave the medical field due to the likelihood of exposure to illnesses and not being able to see my dad while he was in ICU care, long term, leading up to his early passing from multiple genetic illnesses," Lauren commented. Despite the setback, Lauren's compassionate spirit found a new direction. In 2022, she began training in paramedical tattooing and permanent makeup, an artful way to help people reclaim their confidence and restore what they may have lost. A field that allowed her to share her clinical knowledge and her creative side. She began Permanent Makeup by Lauren. "My biggest challenge

was maintaining a proper work/patient relationship. I love being involved and helping in any way I can, and converting over to running my own business where I can dictate my relationship with my client. I feel happy and more fulfilled. I can now spend as much time with my clients that I choose and can have a much more meaningful relationship with them."

Today, Lauren combines artistry with empathy, bringing a nurse's precision and a caregiver's heart to every procedure. Whether she's working with clients recovering from surgery, trauma or simply looking to enhance their appearance, her dedication is to the client. "I consider my strongest qualities to be empathy, compassion and attention to detail," Lauren explains. "These traits have guided me throughout my nursing career and continue to shape how I care for my clients. Being able to restore a sense of normalcy and confidence to individuals affected by cancer, infections, birth defects such as cleft palates, and other conditions is incredibly fulfilling. I take great pleasure in getting to know my clients personally, focusing on every detail to ensure their satisfaction. Whether I'm working in a clinical setting or performing permanent makeup, I always strive to make people feel seen, heard and supported."

"The most rewarding aspect of my work is helping clients reclaim something they've lost, especially those who have undergone challenging medical procedures like mastectomies, skin graft blending and trauma related scar camouflage, can be truly life changing," Lauren explained. "One of my goals is to make areola restoration and other paramedical tattooing services more accessible by working with insurance providers to help patients receive the care they deserve without financial barriers. Everyone deserves the chance to feel whole again."

Outside of her professional life Lauren is passionate about



Lauren Wade, CMM,LPN,CMA, combines her medical expertise with artistic skill to provide paramedical tattooing and permanent makeup services. Drawing from her nursing background, she helps people reclaim confidence, heal emotionally, and feel whole again.

empowering women through martial arts. She actively trains in Brazilian Jiu-Jitsu and she dedicates her time to leading women's self-defense classes, creating a safe and supportive space for women to build confidence and strength in what is traditionally a male-dominated sport. On weekends, Lauren can often be found on the mats, either training, competing or mentoring others. Beyond martial arts, she enjoys spending time with her beloved animals; Her 17 year-old German Shepherd, Myla, two cats named William and Honey, and

a fascinating collection of approximately 40 tarantulas keeps her life busy. Lauren finds fulfillment in the daily routines of caring for her animals, especially her spiders whose unique behaviors and needs have become a source of fascination. Her life is a blend of discipline, compassion, and resilience; a reflection of her commitment to both personal growth and the empowerment of others.

For more information about Permanent Makeup by Lauren visit <https://pmubylauren.glossgenius.com>





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# Growing Compassionate Care:

## Dee Grimmatt's Journey at Stillwater Medical

Dee Grimmatt's story is a testament to the power of perseverance, passion and purpose in healthcare. Her journey at Stillwater Medical Center spans two decades, weaving a narrative of dedication, personal growth and unwavering commitment to patient care.

Grimmatt's path to nursing wasn't straightforward. Initially deterred by family responsibilities and personal hesitations, she found her calling later in life. Her brother's battle with colon cancer became a pivotal moment, encouraging her to pursue nursing. At 42, she took a leap of faith, enrolling in nursing school with remarkable support from Stillwater Medical's leadership.

"I filled out the application, and Shelly Beatty, the recruiter from HR at the time, made an executive decision to sign my scholarship papers," Grimmatt recalls.

What seemed like a bureaucratic moment was actually a transformative opportunity. Within days, she went from application to orientation, believing this was part of a greater plan.

Her career at Stillwater Medical has been one of consistent growth. Starting in environmental services, she progressively moved through various departments - nursing, endoscopy, surgery center and ultimately finding her true calling in the intensive care unit. During the COVID-19 pandemic, despite having an autoimmune disorder and asthma, she remained committed to patient care. At the time, nurses were in high demand, and patients needed care; Dee did what she knew best and jumped in to help in the ICU. She describes that season as extremely challenging. She stayed committed to the ICU because of the dedicated nurses working alongside her and the outstanding leadership of Mary Beth Hunziker, director of critical care services and nursing administration.

What sets Grimmatt apart is her profound philosophy of care.

"I always ask God to let me touch someone's life positively," she explains.

This approach has guided her

interactions with patients from all walks of life, treating each with kindness, compassion, dignity and respect. Her advice to young nurses is simple yet powerful: professional appearance, attitude and the patient's environment matter. A clean room and well-presented nurse communicate care and professionalism. Treat your patients like you would want your loved ones, or yourself to be treated.

Family has been integral to her Stillwater Medical experience. At one point, every family member was employed at the hospital - her sons in various departments, her husband in facilities, creating a unique familial connection to the institution. When her husband passed away in August, the hospital's support was extraordinary, with leadership and colleagues attending his memorial service. These individuals were special to Dee because they have grown and developed together over the years. Working directly with Steven Taylor, now chief administrative officer, and Denise Webber, now president and CEO, gave Grimmatt a front-row seat to how to grow as a leader and mentor for others.

"Dee is a role model, not only for her family, but she's a role model for her work family," said Hunziker. "She mentors a lot of the younger staff."

Grimmatt's commitment to excellence extends beyond patient care. She's been instrumental in developing behavioral standards for the hospital and encouraging those who are just starting out. Her approach is about building, not breaking, new professionals. Her pride in Stillwater Medical is evident. She emphasizes the organization's family-oriented culture, educational support and genuine care for employees. When travelers come to work temporarily, she encourages them to consider permanent positions, showcasing the hospital's welcoming environment.

Recognized as Employee of the Year in 2010, Grimmatt represents the heart of healthcare - someone who sees nursing not just as a job, but as a



As Stillwater Medical continues to grow and evolve, employees like Dee Grimmatt remain its most valuable asset - living embodiments of the organization's commitment to exceptional, heartfelt care.

calling. After mentoring nursing students, the students requested Dee be the speaker at their Northern Oklahoma College RN and Meridian Technology and LPN pinning ceremonies. Dee was also chosen by her classmates to receive the Spirit of Nursing Award at Northern Oklahoma College.

"I'm here because nursing is in my heart," she says. "As long as I'm mentally and physically able, I want to take care of patients."

Her advice for those considering a healthcare career at Stillwater Medical is straightforward: be punctual, follow procedures, and understand that growth opportunities are abundant. "Don't be afraid," she tells aspiring nurses. "There's

always room to grow." Grimmatt encourages other nurses that you're never too old to learn, she encourages younger nurses to seek higher education. It took her longer than expected due to life change, but she obtained her Bachelors in Nursing from Oklahoma Panhandle State University.

Dee Grimmatt's story is more than a career trajectory; it's a blueprint for compassionate healthcare. Her journey illustrates that with support, dedication and a genuine desire to help others, one can transform not just individual lives, but entire healthcare environments.

For more information about Stillwater Medical Center visit <https://www.stillwater-medical.org> or call 405-372-1480



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## TCC Unveils Completed Nursing & Allied Health Facility Renovations

Tulsa Community College has completed a series of major renovations to its Nursing and Allied Health facilities, providing students with modernized training spaces designed to mirror real clinical environments.

TCC hosted Tulsa community and healthcare leaders at its Metro Campus to see inperson its new Nursing labs, Radiography Lab, expanded Nursing Medical Surgical Simulation Lab and new faculty offices. The projects are part of a series of renovations across the Metro and West campuses and includes new and reimagined learning spaces to support the growth of the region's healthcare workforce.

"TCC is committed to strengthening Oklahoma's healthcare workforce, and these renovations mark a significant advancement in how we prepare future healthcare professionals," said TCC President & CEO Leigh B. Goodson, Ph.D. "Our students graduate from TCC equipped with the skills to excel in clinical settings and provide high-quality patient care, and these renovations further enhance their training."

The projects, designed and overseen by GH2 Architects and

completed by Key Construction, were funded through \$4.7 million from the American Rescue Plan Act and \$1.8 million from the Health Resources and Services Administration. This includes \$866,000 specifically requested by the late Sen. Jim Inhofe in 2021 to support TCC's Nursing program.

"Expanding and modernizing our facilities allows us to accommodate more students and provide them with the best learning experiences," said Jenny Fields, DNP, RN, Dean of the School of Health Sciences. "These new and enhanced learning spaces will have a direct impact on the next generation of healthcare professionals, giving them the confidence and experience they need before stepping into real patient care settings."

**Metro Campus renovations include:**

- Maternal and Child Lab featuring an observation room, debrief room, medication preparation area, charting space and advanced simulation manikins, including infant and child models.
- Health Assessment Lab and three hospital rooms, storage, medication preparation area and handwashing stations.
- Radiography Lab featuring a new classroom and upgraded computer testing area with advanced technology.
- Expanded Nursing Medical Surgical Simulation Lab that includes a 10-bed simulation area, debrief and observation rooms, medication preparation area and handwashing stations.
- Faculty and student support spaces including nine individual offices and an 18-seat conference room for the School of Health Sciences, five Nursing offices and a computer classroom testing space with 66 computers.

**West Campus upgrades include:**

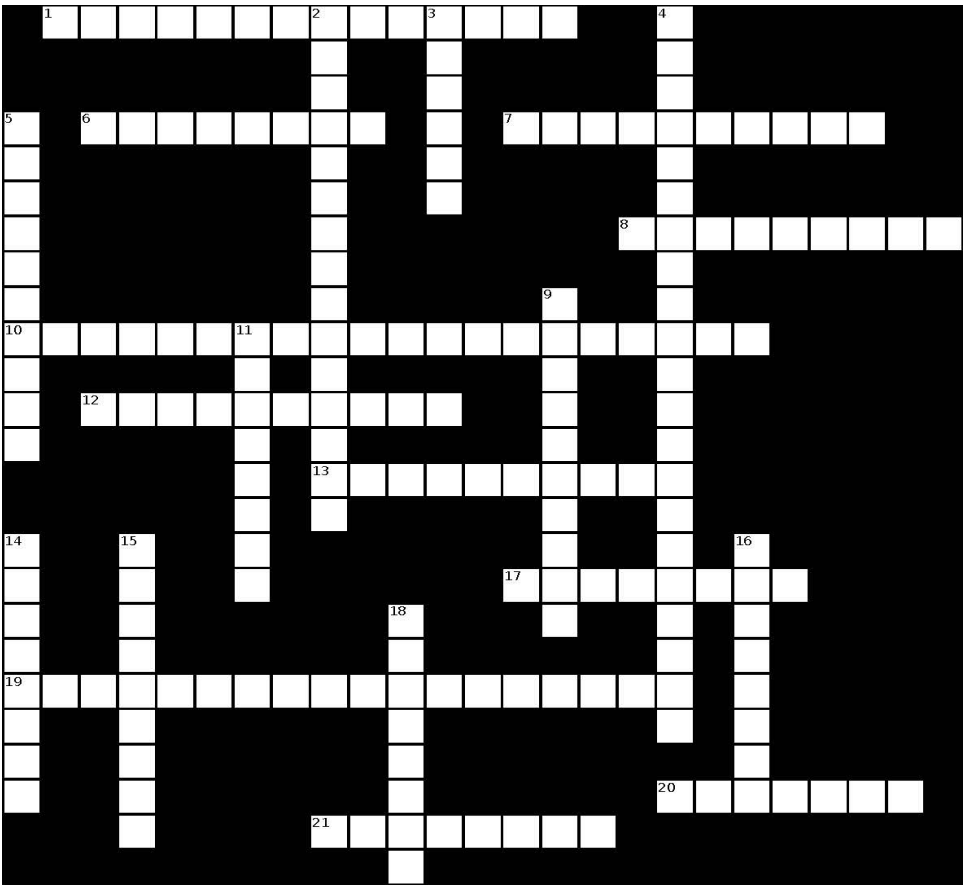
- Surgical Technology Simulation Space featuring two operating room areas, surgical instrument storage, laparoscopic simulation and upgraded surgical equipment.

The College's Nursing program continues to add student capacity each semester through Fall 2027 in an ongoing effort to reinforce the area's nursing workforce. This deadline reflects the end date of the ARPA grant used for renovations.

TCC's continued investment in its healthcare programs is a response to the growing demand for well-trained healthcare professionals. By providing students with high-tech simulation labs and interactive training environments, the College is equipping graduates with skills needed to deliver quality and compassionate patient care in hospitals, clinics and healthcare facilities across the region.

## OKNT CROSSWORD: WOUND CARE

- Across**
- Continued bleeding
  - Fartherst away from body
  - Torn or irregular edges wound
  - Injury to soft tissue/bruise
  - Clear dresssing
  - Shallow crater of missing skin
  - Surface of the skin or mucus membrane no longer intact
  - Covers the wound
  - Involving the entire body
  - Holds dressing in place
  - Pus-like drainage
- Down**
- Involving a particular area usually skin or wound
  - Closest to body
  - Added material to dressing usually gelatin, pectin
  - Water logged appearance of a wound
  - Dressing used for healing wounds
  - Surface layer of skin
- ANSWERS ON PAGE 14



- scraped away
14. Tearing away of skin and underlying tissue
15. Liquid harmful to new tissue or growth
16. Clean separation of the skin
18. Opening of underlying tissue with hard pointed object



# Leadership in Action: Building the Future at Bethany Children's Health Center

story and photo by  
Vickie Jenkins, Staff Writer

Amber McKinzie currently serves as Chief of Hospital Services and Chief Nursing Executive at Bethany Children's Health Center. She began the journey with the organization in 2011 as a staff registered nurse. Over the years, she steadily advanced through leadership roles, becoming Patient Care Coordinator and then manager of Patient Care Services from 2012 to 2015. Her dedication and expertise led her to the role of Director of Outpatient Services in 2016, and by 2020, she was promoted to Executive Vice President and Chief Nursing Officer. Amber holds both a Bachelor of Science in Nursing and a Masters of Science in Nursing from the University of Oklahoma Health Science Center.

An Oklahoma native, Amber devoted nearly 15 years to the nursing profession, with 14 of those years spent faithfully serving at Bethany Children's Health Center. Her journey began when she came to the hospital for clinical rotations during nursing school. The children pulled at her heartstrings from the very first day. She picked up an application that same day and never looked back.

Over the years, Amber has embraced a range of responsibilities, including environmental services, infection prevention, dietary services, nursing education, case management and outpatient care, just to name a few. Her passion for helping others has guided her through various roles, allowing her to grow alongside the hospital. Amber is deeply committed to ensuring that everything runs smoothly and that the children receive the best possible care. "I believe that my path has been shaped by God's guidance and I am grateful for where I am today," Amber said. "As the hospital embarks on its next chapter, I am excited to see the continued growth and the development of new spaces to serve more children," she added. Amber states that her biggest reward has been working with the children. "They're truly the heart of what I do. I also have a passion for teaching which I get to fulfill by working as an instructor at

Southwestern University, helping future nurses discover their potential, understand their purpose, and strive for excellence."

Founded as an Oklahoma orphanage in 1898, Bethany Children's Health Center has evolved into a nationally recognized leader in pediatric rehabilitation and 24-hour complex care. Today, the demand for specialized medical services continues to grow steadily, reflecting the critical role Bethany Children's Health Center plays in pediatric healthcare.

Living in Oklahoma offers a unique blend of rich history and modern innovation, something clearly reflected in the growth of Bethany Children's Health Center, located along the iconic Route 66. If you've driven past the center recently you've probably noticed the major construction underway. This expansion represents a significant milestone in the hospital's growth, entering the next phase of outpatient services, marking an exciting new chapter in the hospital's development, focusing on the next phase of outpatient services. The project aims to reduce wait lists, broaden access to specialized care and enhance collaboration among multiple healthcare teams. With cutting edge technology and advanced medical equipment, the new facility will not only serve as the core for the pediatric care but also a center for education, innovation, and expert collaboration and will have a place as a landmark on historic Route 66.

Guided by the creative visions of Storyland Studios and the architectural expertise of Rees Architects, the design concept for a 200,000-square-foot tower at Bethany Children's Health Center is both imaginative and meaningful. Strategically positioned along



Amber McKinzie, MSN, RN, CPN, NE-BC is helping shape the future of Bethany Children's Health Center as it expands to serve more children and families. With the new outpatient tower underway, Amber and the Bethany team are paving the way for the next generation of pediatric care.

historic Route 66, the tower is set to become a striking landmark, one that reflects the heart of the hospital's mission. At the center of the design will be a bold and vibrant four-story caterpillar, symbolizing the powerful transformation children undergo through specialized care. Just as a caterpillar evolves into a butterfly, the children treated at Bethany Children's Health Center are nurtured, strengthened and prepared to soar into the next chapter of their lives. The whimsical yet deeply symbolic structure will not only capture attention but also represents hope, healing and forward movement, a fitting tribute to the journey of every young patient who passes through its doors. Completion set for 2027.

As Bethany Children's Health Center continues to grow, it remains grounded in its mission to provide compassion, specialized care to children across Oklahoma and beyond. Amber and the others have shown their leadership, experience and unwavering dedication in helping to guide the center through every phase of its journey, pledging the very spirit of the hospital, a place where healing, hope and transformation take center stage.

For more information about Bethany Children's Health Center visit <https://www.bethanychildrens.org> or call 405-789-6711



# SSM Health St. Anthony Hospital Breaks Ground on New Love Family Entrance

**Transformation of the hospital's west entrance made possible by generous support of the Tom and Judy Love Family**

SSM Health St. Anthony Hospital has announced the beginning of construction for a new west entrance to be named the Love Family Entrance. Lead donors for the project were honored today during a groundbreaking ceremony that signals the beginning of a 22-month project to improve accessibility to the hospital's services for patients, guests, physicians and employees.

The groundbreaking ceremony also marked the next phase of the SaintsForward capital campaign. Fundraising efforts are necessary to bring the entrance to the finish line as well as support additional planned multi-year projects to expand the hospital's Mission in the thriving Midtown Oklahoma City area.

The Tom and Judy Love Family made the first lead donation to jump start the philanthropy efforts to fund the SaintsForward campaign to make the Love Family Entrance a reality. The donation continues the legacy of the Love Family to support the care at St. Anthony Hospital. Tom's parents, F.C. and Margaret Love, were notable volunteers and benefactors of the hospital. Margaret Love was a member of the St. Anthony volunteer league for 44 years. Margaret's seven children were born at St. Anthony Hospital, including Tom Love. F.C. served on the St. Anthony Hospital board. In 2023, on behalf of the Love Family, Judy committed \$5 million to support the project and in deep gratitude to the St. Anthony Hospital physicians and caregivers for generations of exceptional care of their family members.

"We are grateful for the decades of support and visionary leadership of the Love Family," stated Joe Hodges, Regional President, SSM Health Oklahoma. "The Love Family has a legacy of supporting our Mission to bring health, hope and healing to Oklahomans, especially those who are most vulnerable. As such, the Love Family pledged the single largest donation to the St. Anthony Foundation in its 62-year history. We appreciate the additional donors who are following the Love



Family's lead, including The Chickasaw Nation, among others."

St. Anthony Hospital was the first hospital established in Oklahoma and has been caring for Oklahomans since 1898. The current west entrance was built more than 60 years ago. Accessibility issues, including steep stairs and sloped sidewalks, represent challenges for the hospital's most vulnerable patients crossing the street from the parking garage across N. Lee Avenue. The entrance serves thousands of patients, visitors, physicians and employees each year. For the safety, comfort and ease of patient access, Lee Avenue will close, and a building with a spacious enclosed lobby, nearly four times the size of the existing lobby, will connect the ground floor of the parking garage to the hospital's main floor and entrance.

SSM Health St. Anthony Hospital and Bone & Joint Hospital President Tammy Powell acknowledged the impact of the new entrance. "Great attention has been given to every detail associated with the Love Family Entrance project, including features of comfort and safety," she stated. "South of the new entrance will be an outdoor courtyard and spacious lawn to serve as a respite for patients, families or staff who want to enjoy a welcoming outdoor experience. We have been thoughtful about what is needed to move Saints forward into the future and mindful of being good stewards of the funds donated to us for this purpose to



have a lasting impact for our patients and community."

St. Anthony collaborated closely with Miller Architect to develop a modern, efficient and aesthetically pleasing design that will also include an upgraded parking garage, new patient-drop off traffic flow, two new parking garage elevators and modern stair tower. The design also provides for patient, visitor and employee safety and wellbeing with features including control access and embedded measures to prevent weapons from entering the healing environment.

The generosity of the hospital's lead donors, the Love Family and Chickasaw Nation, has positioned the hospital to break ground and begin construction. However, to bring the project home, St. Anthony Hospital urgently needs the community's help and support, as it has since the hospital was established in the Oklahoma Territory

more than 126 years ago.

St. Anthony Hospital is excited to announce a transformative opportunity, thanks to a generous \$2 million challenge grant from the Mabee Foundation. This grant brings the hospital one step closer to its vision of enhancing patient care through an expanded, accessible, and welcoming environment. However, to fully unlock this funding, the hospital needs the support of the community to raise the remaining \$1.5 million. This is more than just a donation—it's a chance to make a lasting impact on the hospital's future, ensuring a space where patients, families, and caregivers can receive the best care possible. With the community's assistance, this transformation vision can be a reality.

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NURSE

TALK

If you were a cartoon character, who would you be?

Bethany Children's Health Center

*"I would be Kim Possible because she was always working to solve problems with a positive attitude."*



Callie Rinehart, Nurse Director

*"Chili, Bluey's mom. She's kind, empathetic and helps solve problems with imagination."*



Melissa Knight, Nurse EPM

*Rapunzel....She is fun, adventurous and stands up for herself."*



Leah Burns, Nursing EDU MGR

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# Nurses Applaud Reintroduction of Federal Legislation to Prevent Workplace Violence in Health Care, Social Service Settings

## Reintroduction comes amidst a wave of violent attacks on nurses

National Nurses United (NNU), the nation's largest union of registered nurses, announced its support for the Workplace Violence Prevention for Health Care and Social Service Workers Act, reintroduced today by Rep. Joe Courtney (CT-2) and Sen. Tammy Baldwin (S-WI). The bipartisan bill would mandate health care and social service employers develop and implement a comprehensive workplace violence prevention plan.

The bill's reintroduction comes as nurses and hospital staff face an epidemic of violence. Just this year, nurses and hospital staff have been violently attacked at UPMC Memorial in Pennsylvania, HCA Florida Palms West Hospital, and HCA Florida Fawcett Hospital. Many more incidents go unreported or are pushed aside by hospital management.

"Nurses need federal lawmakers to take swift action to protect us and our patients from preventable violence," said **Nancy Hagans, RN and president of NNU**. "For years, employers have refused to work with us to implement workplace violence prevention plans and to address the staffing crisis that creates the conditions for workplace violence. Congress can support frontline health care workers by requiring employers to invest in proven measures to prevent violence in our workplaces."

Health care and social service workers have some of the most dangerous jobs in the United States - they are nearly five times more likely to experience injuries due to workplace violence than any other profession.

According to a February 2024 NNU survey, eight in 10 nurses (81.6 percent) have experienced at least one type of workplace violence within the past year. Nearly half of nurses (45.5 percent) reported an increase in workplace violence in their units in the previous year.

**Hagans** continued, "We applaud Rep. Courtney and Sen. Baldwin for reintroducing this critical legislation that will save so many lives. Studies have shown that the most effective way to reduce health care violence is to have a plan in place before violence occurs. Nurses across the country urge Congress to use its power to save lives and swiftly pass the Workplace Violence Prevention for Health Care and Social Service Workers Act."

"No worker-especially those we rely on for care-should be injured or killed on the job. Unfortunately, this workforce endures more violence than any other workforce in America. Tragically, a dedicated nurse from eastern Connecticut was murdered on the job in 2023 during a solo home-health visit to an extremely high risk patient with a criminal history of violence. Joyce's preventable death was a reminder of the urgent need for Congress to buck up and act," said **Rep. Courtney**. "Our legislation would put proven tactics into practice in hospitals and health care settings across the country to prevent violence before it happens. I'm grateful for the bipartisan coalition-backed by the support of the workers directly affected by this violence-who has worked tirelessly to move this legislation forward year after year."

"Nurses, doctors, and anyone who is working to give our families health care deserve to work in a place that they are safe and free from violence, but in recent years we've seen workplace violence skyrocket," said **Sen. Baldwin**. "We rely on our health care workers every day to protect our communities, and in turn, we need to protect them from senseless acts of violence. That's why I am introducing legislation to give our health care professionals long-overdue basic protections, helping address our healthcare workforce shortage and keeping our frontline heroes safe."

The Workplace Violence Prevention for Health Care and Social Service Workers Act follows California's groundbreaking health care workplace violence OSHA standard, which was the result of state legislation sponsored by the California Nurses Association/National Nurses United. Previous iterations of this legislation were passed by the House of Representatives with strong bipartisan support in the 116th and 117th Congress.

Workplace Violence Prevention for Health Care and Social Service Workers Act Overview

- Requires federal OSHA to create a federal workplace violence prevention standard mandating employers develop comprehensive, workplace-specific plans to prevent violence before it happens.
- Covers a wide variety of workplaces, including hospitals, residential treatment facilities, non-residential treatment settings, medical treatment or social service settings in correctional or detention facilities, psychiatric treatment facilities, substance use disorder treatment centers, community care settings such as group homes and mental health clinics, and federal health care facilities such as those operated by the Veterans Administration and the Indian Health Service, as well as field work settings such as home care and home-based hospice, and emergency services and transport services.
- Sets a quick timeline on implementation to ensure timely protection for health care workers.
- Sets minimum requirements for the standard and for employers' workplace violence prevention plans, based on the groundbreaking California legislation. These requirements include unit-specific assessments and implementation of prevention measures, including physical changes to the environment, staffing for patient care and security, employee involvement in all steps of the plan, hands-on training, robust record keeping requirements including a violent incident log, protections for employees to report WPV to their employer and law enforcement, among other requirements.

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# OKLAHOMA STATE UNIVERSITY

## NEWS RELEASE

# OSU Nursing Program Dedicates Mary K. Chapman Nursing Simulation Laboratory

Ribbon cutting event celebrates major donors

The nursing lab on Oklahoma State University's Stillwater campus has been dedicated as the Mary K. Chapman Nursing Simulation Laboratory.

The College of Education and Human Sciences unveiled the name Tuesday at an event celebrating the project's major gift donors.

The lab is located in the former Scott-Parker-Wentz cafeteria, which has been transformed into a state-of-the-art facility. It has been in use since early 2025, ensuring students are prepared to meet the dynamic health care needs of individuals, families and their communities.

A four-year Bachelor of Science in Nursing degree began being offered at the Stillwater campus in the 2023-24 academic year. The program is crucial for Oklahoma, which is facing a critical shortage of nurses. Students in the program have hands-on experience with both rural and urban settings, including 600 hours of clinical experience.

"Thanks to the generosity of donors and the work of our incredible faculty and students, the future of OSU Nursing is very bright," said Dr. Jon Pedersen, College of Education and Human Sciences dean. "We are truly grateful to the Chapman Foundation, the Pedigo family and the Masonic Charity Foundation of Oklahoma. They are providing first-class facilities, top-of-the-line equipment and scholarship support for students, and their early commitment has been vital in building momentum for the program."

The H.A. and Mary K. Chapman Foundation supported the initiative with a \$1.5 million gift. Mary K. Chapman was born in Oklahoma where she worked as a nurse, later establishing the Tulsa-based foundation before her death in 2002.

"The H.A. & Mary K. Chapman Foundation is honored to support Oklahoma State University's Nursing Simulation Lab, continuing our longstanding dedication to advancing health care in Oklahoma," said Craig Willis, Chapman Foundation program officer. "As a former nurse, Mrs. Chapman deeply valued the profession, and this grant reflects our commitment to training the next generation of medical professionals. We hope this state-of-the-art facility provides students with the hands-on experience and confidence needed to deliver exceptional patient care in our communities."

Rick and Terri Pedigo, whose daughter attended OSU, were also early investors in the Stillwater nursing program. Pedigo Products Inc., a medical



The ribbon-cutting event featured remarks from OSU Interim President Jim Hess and Pedersen. Attendees were offered tours of the simulation lab, getting a first-hand look at the experiential learning opportunities it provides students.

equipment manufacturer, donated more than \$100,000 in equipment to outfit the new lab - including stretchers, IV poles and more.

"We are proud to support the new OSU Nursing program by providing state-of-the-art medical equipment that will directly transform the educational experience of future health care professionals," Rick Pedigo said. "Nurses offer invaluable insights into how medical products can revolutionize patient and staff safety, improve clinical outcomes and streamline delivery."

"With this substantial donation, we're not just providing equipment - we're supporting the professionals who will save lives, comfort patients and care for our families. It's an investment in patient care, health care innovation and the next generation of nursing excellence."

Additionally, the Masonic Charity Foundation of Oklahoma donated more than \$250,000 to support the lab, including funds to purchase several high-fidelity simulation manikins.

Along with honoring major donors, a ribbon-cutting event featured remarks from OSU Interim President Jim Hess and Pedersen. Attendees were offered tours of the simulation lab, getting a first-hand look at the experiential learning opportunities it provides students.

For more information on how to make an impact within OSU's Nursing Program, visit <https://osugiving.com>.



# Infection Preventionists celebrate World Hand Hygiene Day

By Debbie Dahl, MSN, RN, CIC  
SSM Health Midwest

Oklahoma Infection Preventionists are excited to announce World Hand Hygiene Day on May 5, 2025, emphasizing the importance of hand hygiene in preventing infections and saving lives. This year's World Hand Hygiene Day theme, "It might be gloves, it's always hand hygiene," underscores the importance of hand hygiene even when gloves are worn, emphasizing that hand hygiene is essential at all times.

"Hand hygiene is a simple yet powerful tool for protecting our health, especially in healthcare settings," says Debbie Dahl of SSM Health Midwest. "By promoting proper hand hygiene practices, we can significantly reduce the spread of infectious diseases and save lives."



World Hand Hygiene Day is an annual campaign led by the World Health Organization (WHO) to promote hand hygiene in healthcare and beyond. The campaign encourages healthcare workers, policymakers, and the public to prioritize hand hygiene as a cornerstone of infection prevention

and control.

The practice of handwashing, while now a fundamental part of hygiene and disease prevention, didn't become a standard practice in medical settings until the mid-19th century. Ignaz Semmelweis was a Hungarian doctor who, in 1847, implemented mandatory handwashing with chlorine for doctors and students in Vienna after noticing a dramatic decrease in childbed fever rates after they started washing their hands. Before Semmelweis, there was little awareness of the importance of hand hygiene in preventing the spread of disease. Semmelweis noticed that doctors and medical students who performed autopsies and then examined patients in the maternity ward were more likely to spread infection than midwives, who didn't handle corpses.

While Semmelweis's ideas were initially met with resistance, the practice of handwashing was eventually adopted, especially after Joseph Lister advocated for handwashing and sterilization of instruments in surgical procedures.

Florence Nightingale also played a significant role in promoting handwashing and other hygiene practices during the Crimean War.

**Impact and Modern Practice:**

**Reduction in Hospital Infections:**  
Handwashing became a cornerstone of infection control in hospitals, leading to a significant reduction in hospital-acquired infections.

**Global Awareness:**

The COVID-19 pandemic highlighted the importance of handwashing and raised global awareness about the need for frequent and proper hand hygiene.

**Continued Advancements:**

Research continues to explore the effectiveness of handwashing and other hygiene practices in preventing the spread of various infectious diseases.

**Key Messages:**

- Hand hygiene is essential for preventing healthcare-associated infections.
- Even when gloves are worn, proper hand hygiene is crucial.
- Hand hygiene saves lives and reduces healthcare costs.
- Proper handwashing techniques include using soap and water and scrubbing hands thoroughly for at least 20 seconds.

"By working together, we can create a healthier and safer environment for everyone," said Debbie Dahl



Debbie Dahl, MSN, RN, CIC

## OKNT Puzzle Answers: Wound Control





# Your Brain is Lying to You-And It's Costing You Breakthroughs

By Susan Robertson

**Leadership today can feel like flying a plane through dense fog.** You're managing priorities, pressures, and people. You're flying through turbulence-and the instruments keep changing. And still, you're expected to chart a clear course, adapt to change in real time, and help others do the same.

But what if the biggest threat to your trajectory isn't external? What if it's how your own experience shapes what you can no longer see?

## When Experience Becomes a Blindfold

The Curse of Knowledge is a cognitive bias that happens when we become so familiar with something that we stop examining it. Once we "know" something, our brains tag it as settled. We make it part of the mental autopilot.

That's helpful for getting through a busy day. But it's dangerous in an environment that demands change.

Here's how it shows up:

- "That's how we've always done it."
- "We already tried that."
- "Our customers wouldn't go for it."

These aren't facts. They're filters - installed by past experience, running quietly in the background. We don't notice them because they feel like truth. But the real problem is that we stop questioning them.

The Curse of Knowledge makes it harder to see new solutions, new paths, and new ways to solve the new challenges you're facing.

And in a business like yours - where competition is fierce, timelines are tight, and customer expectations keep evolving - that can cost you dearly.

## From Obstacle Thinking to Possibility Thinking

There's a different way to lead through uncertainty. And it starts with possibility thinking.

Possibility thinkers don't assume that the first roadblock is the end of the road. They're willing to look again. To question what seems fixed. To ask, "What else could be true?"

This isn't wishful thinking. It's

disciplined curiosity.

And in industries balancing new technologies, workforce dynamics, economic pressures, and rapid change - curiosity is one of the most underutilized competitive advantages available.

Here are three practical ways to break out of the Curse of Knowledge and shift from "obstacle" to "opportunity":

### 1. Assumption Smashing

Most of what limits your thinking isn't a real rule. It's a made-up one. It's created by your brain based on all your past experience and expertise.

People absorb assumptions from their own history: what's worked, what hasn't, what got praised, what got shut down. But just because something was true once doesn't mean it's true now.

Assumption smashing is the act of surfacing those invisible "rules" and breaking them on purpose.

In innovation sessions, it often takes just one bold move - and it shifts the entire room. Once someone questions what others were treating as non-negotiable, it unlocks the permission to do the same.

One person's reframing can become everyone's breakthrough.

As a leader, that person needs to be you. You go first - and show others that it's not only allowed to question assumptions, it's expected.

### 2. Change the Question

If a team is stuck, the problem might not be the problem. It might be how it's being defined.

Small changes in language lead to big differences in thinking. Let's say the goal is to reduce customer churn. It could be framed as:

- "How can we retain customers?" ...or:
- "How can we surprise our customers?"
- "How might we create something they'd brag about?"
- "What would make them stay, even if a competitor charged less?"

Each question sends the brain down a different path.

The goal isn't to wordsmith. It's to find the frame that leads to fresh



Susan Robertson, Instructor of Applied Creativity at Harvard

possibility.

### 3. Borrow a Brain

Sometimes teams are simply too close to the problem.

That's why bringing in someone who doesn't "know how it works here" can be so powerful. They're not stuck inside the same patterns. They don't carry the same assumptions.

Invite a colleague from another department. Pair up a veteran with a next-gen team member. Ask a new hire what they see.

Fresh eyes can expose what the Curse of Knowledge has hidden.

### You're Already Flying. Just Don't Forget to Check the Map.

Pilots check their instruments constantly. They don't assume. They cross-check. They adjust course when needed.

As a leader, that same discipline matters.

The Curse of Knowledge isn't a flaw. It's a cognitive bias - a natural part of how human brains work. But it doesn't have to decide what's possible. It can be challenged - and others can be led to do the same.

You're already flying the plane.

Now ask yourself: Are you still headed in the right direction?


The most dangerous limits are rarely external.

They're the ones that go unquestioned.

### About the Author:

Susan Robertson empowers individuals, teams, and organizations to more nimbly adapt to change, by transforming thinking from "why we can't" to "how might we?" She is a creative thinking expert with over 20 years of experience speaking and coaching in Fortune 500 companies. As an instructor on applied creativity at Harvard, Susan brings a scientific foundation to enhancing human creativity. To learn more, please go to: <https://www.susanrobertsonspeaker.com/>.





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# Mercy Hospital Oklahoma City Ranks Among Newsweek's World's Best Hospitals

## It's the second straight year for the hospital to make the prestigious list

Oklahoma City residents can get care at one of the world's best hospitals without leaving home. For the second consecutive year, Newsweek magazine named Mercy Hospital Oklahoma City one of the World's Best Hospitals. Mercy is the top-ranked Oklahoma City hospital on the list, coming in fourth across Oklahoma.

"We're proud to rank so highly among our peers throughout the world, but we're not satisfied," said Bennett Geister, president of Mercy Oklahoma City Communities. "Mercy's caregivers come to work every day determined to provide the best medical care available and do it with uncommon compassion. We're driven every day to provide the best of ourselves for our patients and their families. We are blessed to be blessings to them."

Newsweek partners with Statista to analyze four types of data sources to select and rank the best hospitals in 30 countries with comparable data. The methodology included recommendations from medical experts; patient satisfaction surveys; hospital quality metrics on quality of care, hygiene, patient safety and waiting times; and an optional Statista patient-reported outcome measures survey.

The World's Best Hospitals 2025 ranking includes hospitals from the U.S., Germany, Japan, France, Italy, United Kingdom, South Korea, Brazil, India, Spain, Canada, Australia, Mexico, Colombia, Netherlands, Saudi Arabia, Switzerland, Taiwan, United Arab Emirates, Austria, Belgium, Chile, Malaysia, Thailand, Sweden, Denmark, Finland, Norway, Israel and Singapore.

Newsweek also named three other Mercy hospitals among the World's Best Hospitals: Northwest Arkansas, St. Louis and Springfield. You can see the awards list on Newsweek's website.

In addition to the Newsweek ranking, Mercy Hospital Oklahoma City has a top safety grade from The Leapfrog Group, and been recognized as U.S. News & World Report's top OKC maternity hospital and a Gallagher Best-in-Class Employer.





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(AS PUBLISHED IN THE 2024 EDUCATION GUIDE TO NURSING)

# Oklahoma Heart Hospital

## Shaping the Future of Patient Care

A registered nurse is the caregiver patients see most during a hospital stay, and the quality and competence of nursing staff directly affects the quality of care and overall patient experience. Oklahoma Heart Hospital takes care of the team that takes care of patients.

"Our mission is serving the state and leading the nation," said Cindy Miller, RN, MSN, who serves as Director of Transformation for OHH. "We serve every county in Oklahoma plus many surrounding states, and we've also had patients travel from other countries. I think it goes without saying this is the place to work if you want to take good care of people."

The nurse externship and internship programs at OHH help build skills and confidence for new nurses. A low nurse-to-patient ratio and nursing pod layout enable nurses to provide exceptional patient care, and the collaborative culture gives every employee a voice in shaping patient care.

### Learning Opportunities for New Nurses

The OHH nurse extern program is a fantastic opportunity for hands-on learning prior to the final year of nursing school. Full-time winter and summer externships are available, as well as non-traditional externship opportunities when needed. Some externs continue with part-time employment at OHH during their final year of school.

Recent graduates can apply to any open RN position at OHH and will be paired with a preceptor for 6-12 weeks of customized training for their specific role to ensure new nurses have the skills and confidence needed to provide outstanding patient care.

"They're willing to educate, teach you, and show you because they know what it's like to be in your shoes," said Alex Greenhoward, a nurse in the PCCU. "I've never felt afraid to ask anybody for help. That's big for me. It's hard being new in an always-changing environment and not knowing who you can go to when you need help."

### Low Nurse-to-Patient Ratio

Nurses benefit from working in a place that builds them up and puts their skill and knowledge to use. Nurses have a maximum of four patients at one time in general nursing, and as few as one or two patients in critical care units.

"The patient is the center of everything we do, and that's important for nurses to know that they are making a difference," Miller said. "We have the best nurse-to-patient ratios probably in the nation. That's a big commitment to allow for better patient care and job satisfaction for our nurses."

Designed by its physician owners, OHH's two hospital locations use a nursing pod layout with patient rooms clustered around each nursing station. This intentional design plus fully stocked supplies in each room help streamline patient care and save time for nurses.



### Collaborative Culture to Shape Patient Care

OHH is big on communication and teamwork, and that results in high-quality, individualized care for each patient. The entire staff - including doctors, nurses, and members of the allied health and support staff teams - collaborates to continuously improve patient care. This enables nurses to care for patients in a responsive, timely manner rather than wait for approval or assistance for routine patient needs. Nurses also play a key role in creating new policies and procedures to shape the future of patient care.

### Competitive Benefits and Continuing Education

OHH takes care of its team members with a competitive benefits package that includes signing bonuses, tuition reimbursement, and much more. These benefits help attract and retain a talented, well-educated nursing staff. Continuing education supports each individual's career goals and ensures the team is current on the latest information and techniques in patient care.

Nursing team members at OHH also love the self-scheduling approach that gives them the flexibility they need to balance work and life.

Oklahoma Heart Hospital is physician owned and designed by cardiologists. With two hospital locations and 60+ clinics across the state, OHH provides outstanding cardiovascular care to patients throughout Oklahoma and patients who travel from across the country. Learn more about nursing opportunities at OHH at <https://careers.okheart.com>.



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The Oklahoma Heart Hospital is physician owned and brings world-class medical expertise and compassion to every patient. As an Oklahoma Heart Hospital team member, you will be a part of an award-winning team of professionals devoted to providing high-quality and compassionate patient care.

Our nurses are involved in every aspect of their patients' care and provide hope, compassion and healing to patients and their families. Nurses have unparalleled opportunities to help shape the way OHH operates with the purpose of providing high-quality, safe, patient-focused care.

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