

IMPACTING LIVES

Level-1 Trauma Nurse

RECruITER SHOWCASE

See Our Ad on
Page 4 in This Issue

Established 2003



Cornerstone
Home Health, Inc.

"Where patients come first"

IMPACTING LIVES

Level-1 trauma center leads the way

By James Coburn, staff writer

When life is most vulnerable, OU Health University of Oklahoma Medical Center is there.

Ross Skillman, RN, brings his caring spirit to work as a Level-1 trauma nurse to the Oklahoma City hospital where he witnesses many of life's greatest challenges.

"I started in the ICU and decided that wasn't the route I wanted to go," Skillman said. "I had been a technician in the ER before the trauma-side of things and decided to switch in about a month. I've been a trauma nurse since — love it."

Oklahoma's leading Level-1 Trauma Center at OU Health serves as a comprehensive regional hub for trauma-related care available to all people of all ages, including children — total care for every aspect of injury.

In 2001 OU Health University of Oklahoma Medical Center (OU Medical Center) is distinguished by being the first level-1 trauma center in the state. Ascension St. John Medical Center in Tulsa officially became the second level-1 when opening its doors in 2025.

The OU trauma center responds to the worst of the worst injuries such as car and motorcycle wrecks and gunshot wounds, Skillman said. He meets people in a myriad of emotional states.

"We get the people that are having a really bad day and we're the only ones that can help them," he continued. "Some people come in calm and collected which is kind of a trauma response. Others will be in hysterics."

They enter the hospital in the trauma bay. Some patients have already had surgery before the trauma nurses see them. Patients may be sedated or on their first round of pain killers. So, they're usually not screaming before the trauma unit nurses safely and methodically care for them. Four or five trauma nurses are in the room a technician and providers.

Photos are taken of all injuries. Hemodynamic stability is assessed as well as pain level. Some patients may need to return to the OR.

Family members are reassured their loved one is being cared for. They are permitted in the trauma unit but are told things happen there that they cannot avoid seeing.

"It's everybody coming together to make things happen," he explained.

Skillman did not always want to become a nurse. As a boy he aspired to become an engineer. But something in medicine kept intriguing him, even after a career in petroleum engineering. Being an engineer and operations manager had him working 80 hours a week. He needed to improve his work/life balance. And, he had always felt more fulfilled when helping people who could not help themselves.

His empathy and concern for the welfare of others brought him to health care. Upon earning a Bachelor of Science degree in Nursing at the University of Central Oklahoma in 2024, he found teamwork among the staff deepened his love of nursing. He found that many experiences shape nurses working in trauma — both successes and circumstances that do not end favorably.

"You're impacting lives and their families and friends," Skillman said. "Those are always growing experiences, being able to be calm in all situations and compassionate at the same time, no matter what the circumstances are."

He found being a level-1 trauma nurse taught him that people are



Ross Skillman, RN, brings his skillful assets in trauma nursing to OU Health University of Oklahoma Medical Center in Oklahoma City.

always stronger than they think they are. After patients or family members get past their initial shock of what has happened, people come together. So, it's pretty impressive, Skillman said."

While there is a national nursing shortage, there are many reasons why registered nurses find satisfaction in caring for others and learning about advances in technology for improving outcomes. And OU Health University of Oklahoma Medical Center is a teaching hospital on the campus of OU Health Sciences Center.

"That's very attractive for nursing students," he said. "There's always more nurses coming through. I would say it's a better environment for nurses to be in a teaching hospital."

His career demands a calm demeanor, critical thinking skills and being able to think quickly on his feet.

Skillman has ways to wind down after his day is complete. He has an in-garage gym at home where stress is released without inviting workday stress into the house.

"I let my fiancé know I'm on my way home. And, that way I'll have some time to let my mind relax listening to some music. I get a quick 15-20 minute workout in the gym, he said."



TRIO Program Honored



Left to Right: Dr. Alfred R. Herrera Director Emeritus, Center for Community College Partnership UCLA, Crystal Mohammed—Director of TRIO Grant Programs, Dr. Aaron Brown—Executive Vice President for Council of Opportunity and Education, Dr. Mautra Staley Jones—President of Oklahoma City Community College, Jeffrey Kahlden—Board Chair for Council of Opportunity and Education, and Dr. Melissa Brevetti—Director of Grants

Oklahoma City Community College (OCCC) has been named a recipient of the inaugural Council for Opportunity in Education (COE) Award for Institutional Effectiveness, a national honor recognizing colleges that have successfully scaled TRIO Student Support Services (SSS) practices across their campuses to improve student outcomes.

“This recognition embodies OCCC’s commitment to building systems that support not just student success, but statewide economic growth,” said Dr. Mautra Staley Jones, President of Oklahoma City Community College.

Supported by ECMC Foundation, the award includes a \$10,000 grant and recognizes institutions that have transformed proven TRIO strategies—mentoring, academic coaching, and holistic advising—into institution-wide systems that drive measurable student success. Additionally, OCCC will present at the COE National Convening in September.

At OCCC, these TRIO-informed practices are embedded into the college’s core student success model, reaching thousands of students annually through structured academic support, personalized advising, and workforce-aligned learning pathways.

“Institutions like Oklahoma Community College exemplify what it means to move from access to impact,” said COE President Kimberly Jones. “By embedding TRIO Student Support Services practices campus-wide, OCCC is improving outcomes for its students and strengthening economic mobility across the Oklahoma City region.

OCCC’s approach has delivered strong outcomes, particularly among first-generation and low-income students, including improved retention rates, increased course completion, and expanded transfer and workforce opportunities.

More than half of OCCC students are first-generation college students, many balancing work, family responsibilities, and financial barriers. By integrating proactive advising, mentorship, and academic coaching across the institution—not just within a single program—OCCC has created a scalable model that supports persistence, completion, and long-term success.

What This Looks Like in Action

At Oklahoma City Community College, TRIO-informed practices are embedded into the full student journey—not just one program.

Students receive proactive advising from the start, ongoing academic coaching and tutoring, and access to mentorship and support networks that help them stay on track. At the same time, OCCC connects students to workforce-aligned pathways, including internships, micro-credentials, and transfer opportunities.

The result is a coordinated system that supports persistence, improves completion rates, and prepares students for long-term success.

“Our goal was to take the proven TRIO blueprint—mentoring, academic coaching, and proactive advising—and make it the standard for every student at OCCC,” said Crystal Mohamed, Director of TRIO Grant Programs “This work ensures that these life-changing strategies are part of the everyday student experience.”

Located in one of the nation’s fastest-growing metropolitan areas, OCCC plays a critical role in advancing workforce readiness and economic development across Oklahoma. Through its focus on micro-credentials, industry partnerships, and transfer pathways, the college equips students for both immediate employment and continued academic achievement.

Established 2003



"Where patients come first"



- Nursing
- Therapy
- Aides
- Light Housekeeping
- Dressing/Bathing
- Transportation/ Shopping

**We are Veterans Servicing
Our Veterans**



405-354-5454
(Corporate Offices)

833-854-5454 Toll-Free

www.cornerstonehomehealthservices.com

OMRF Scientist awarded \$1.2 million VA grant for arthritis studies

Backed by a new four-year, \$1.2 million grant, an Oklahoma Medical Research Foundation physician-scientist will investigate why osteoarthritis develops and progresses differently from person to person.

Matlock Jeffries, M.D., received the grant from U.S. Department of Veterans Affairs. The project builds on previous research that identified long-lasting inflammatory changes in blood cells linked to progression of OA, the most common form of arthritis.

For his new study, Jeffries will analyze blood sample data and medical information from 25,000 veterans. The VA's Million Veteran Program, one of the world's largest research databases for health and genetics, will supply the data.

"This gives us access to a much larger and more powerful dataset than we've ever had before," said Jeffries, a rheumatologist who directs OMRF's Arthritis Research Center. "We can now test whether the biological patterns we discovered in smaller studies hold up across thousands of OA patients."

OA usually results from cartilage deterioration in the knees, hands, hips or spine. It is significantly more prevalent in veterans due to traumatic injuries sustained in training or combat. Veterans also tend to develop OA at younger ages, meaning they often live with the disease for decades longer than the general population.

Although OA has traditionally been viewed as a "wear-and-tear" condition, scientists increasingly believe that inflammation related to the immune system influences how joints deteriorate.

Jeffries hopes to better understand why some patients experience slow disease progression over decades while others decline within just a few years. He theorizes that OA progression is linked to changes in blood cells that influence how genes are turned on or off.

Jeffries' lab has already found these characteristic patterns in a previous, smaller study of OA patients. The new study in a much larger set of patients will confirm whether these patterns can help predict who is likely to develop OA, whose disease will worsen quickly, and who may eventually require joint replacement surgery.

A second aspect of Jeffries' study will use advanced computational methods to estimate the types of immune cells present in patients' blood samples. By analyzing these patterns, Jeffries hopes to identify specific immune cell populations linked to OA progression.

Currently, no drugs exist that alter the course of OA. The only treatments available focus on managing pain and improving joint function.

Although a handful of OA disease-modifying therapies are now undergoing clinical trials, most target individual joints through injections.

However, most OA patients have several joints affected. A more comprehensive understanding of immune changes in the blood could eventually lead to therapies that treat OA systemically rather than joint by joint, said OMRF Executive Vice President and Chief Medical Officer Judith James, M.D., Ph.D.

"This study shows potential to explain the factors behind OA progression," James said. "If Dr. Jeffries finds one particular immune cell or pathway driving disease, that could become a new therapeutic target."

This research is funded by VA grant No. IO1BX007116. It will build on research funded by grant No. R01AR076440 from the National Institute of Arthritis and Musculoskeletal and Skin Diseases, part of the National Institutes of Health.



Matlock Jeffries, M.D.



Grow Your Career at INTEGRIS Health

Join a team that values your skills, your voice and your future.

Now hiring across Oklahoma City, Edmond, Yukon, Enid, Grove, Miami, Ponca City, Woodward and more.

View opportunities at integrityhealth.org/careers.

Registered Nurse/Cath Lab - Baptist Medical OKC ★ INTEGRIS Health Baptist Medical Center - OKC   Click Here For More Information Or To Apply (Digital Edition) Or Visit https://integrityhealth.org/careers	RN Nursing Supervisor Med Surg - Southwest Medical ★ INTEGRIS Health Southwest Medical Center - OKC   Click Here For More Information Or To Apply (Digital Edition) Or Visit https://integrityhealth.org/careers	Acute Care Nurse Practitioner - Hospitalist - 7on/7off Nights ☆ INTEGRIS Health Portland Avenue Medical Center - OKC   Click Here For More Information Or To Apply (Digital Edition) Or Visit https://integrityhealth.org/careers
Nursing Manager Surgery - Edmond ★ INTEGRIS Health - Edmond   Click Here For More Information Or To Apply (Digital Edition) Or Visit https://integrityhealth.org/careers	Registered Nurse / ICU - Yukon ★ INTEGRIS Health Canadian Valley Hospital - YUKON   Click Here For More Information Or To Apply (Digital Edition) Or Visit https://integrityhealth.org/careers	Clinic Nurse / Enid Primary Care ★ INTEGRIS Medical Group in Enid   Click Here For More Information Or To Apply (Digital Edition) Or Visit https://integrityhealth.org/careers
RN- Lakeside Women's Hospital ★ INTEGRIS Health Lakeside Women's Hospital - OKC   Click Here For More Information Or To Apply (Digital Edition) Or Visit https://integrityhealth.org/careers	Clinic Nurse / Float Pool - Enid ★ INTEGRIS Health Medical Group in Enid   Click Here For More Information Or To Apply (Digital Edition) Or Visit https://integrityhealth.org/careers	Registered Nurse / ICU ★ INTEGRIS Health - Woodward   Click Here For More Information Or To Apply (Digital Edition) Or Visit https://integrityhealth.org/careers
Nurse Tech / Med Surg - Ponca City ★ INTEGRIS Health Ponca City Hospital - PONCA CITY   Click Here For More Information Or To Apply (Digital Edition) Or Visit https://integrityhealth.org/careers	APRN - Express Care Clinic - Miami, OK ★ INTEGRIS Health - Miami Express Care Clinic   Click Here For More Information Or To Apply (Digital Edition) Or Visit https://integrityhealth.org/careers	APRN - Family Medicine/Primary Care - Grove, ★ Family Medicine/ Primary Care - Grove, OK   Click Here For More Information Or To Apply (Digital Edition) Or Visit https://integrityhealth.org/careers

OU Health Lands International Leader in Neuroradiology

After a competitive national search, Dr. Javier Villanueva-Meyer, M.D., has been named chair of the Department of Radiological Sciences at the University of Oklahoma College of Medicine and clinical service chief of radiology at OU Health, the University of Oklahoma’s academic health system. He will begin in September 2026, pending approval by the University of Oklahoma Board of Regents.

In addition to his clinical leadership at OU Health, Villanueva-Meyer will hold educational and research responsibilities for the university, advancing OU Health’s three-part mission of patient care, research and education.

The appointment comes at a pivotal time for the department. Radiology sits at the center of modern clinical care and serves as a foundation for discovery, education and the use of advanced technology, including artificial intelligence, theranostics and precision medicine.

An academic neuroradiologist and operational leader, he has built his career at the intersection of advanced imaging, quality and safety, technology, and multidisciplinary care. His research in brain tumor imaging, molecular neuroimaging and PET/MRI has earned him international recognition, and he is known for integrating emerging technology into clinical practice. His research program is supported by National Institutes of Health (NIH) R01, P01 and SPORE funding, and he has authored more than 160 peer-reviewed publications.

Villanueva-Meyer joins OU Health from the University of California, San Francisco, where he serves as associate professor of radiology, vice chair of quality and technology in the Department of Radiology



Dr. Javier Villanueva-Meyer, M.D.

and Biomedical Imaging, and medical director for radiology quality and safety at UCSF Health.

Villanueva-Meyer earned his medical degree from Baylor College of Medicine and completed a diagnostic radiology residency, an NIH T32-funded postdoctoral fellowship and a neuroradiology fellowship at UCSF. He is board certified by the American Board of Radiology and holds a Certificate of Added Qualification in neuroradiology.

“Dr. Villanueva-Meyer is an accomplished neuroradiologist and an operational leader who understands where modern radiology is headed,” said Dr. Ian F. Dunn, M.D., FACS, FAANS, professor and executive dean of the University of Oklahoma College of Medicine and OU Health chief physician executive. “His experience building academic programs, developing faculty and bringing emerging technology into patient care aligns directly with our aspirations for this department. He will be a tremendous addition to our community.”

Villanueva-Meyer succeeds Dr. Anthony Alleman, M.D., MPH, who served as chair for more than a decade and helped shape the department’s growth and direction. Dr. David Teague, M.D., served as interim chair during the transition.

“I am honored to join OU Health and the University of Oklahoma College of Medicine at such a pivotal moment for our field,” said Dr. Villanueva-Meyer, M.D. “The department has a strong foundation anchored by talented faculty and a deep commitment to its patients and its mission. I look forward to working alongside this team to advance discovery, strengthen education and ensure the people of Oklahoma have access to the most advanced imaging care available.”

“Radiology touches nearly every patient’s care, from diagnosis through treatment,” said OU Health President and CEO Dr. Richard Lofgren, M.D., MPH. “Recruiting a leader of Dr. Villanueva-Meyer’s caliber reflects our commitment to building destination programs in Oklahoma, so that patients can receive advanced, research-driven care without leaving the state.”

JOIN ONA TODAY!

**State Advocacy**

Make your voice heard on critical issues impacting your profession.

**Local Networking**

Connect with peers through in-person and virtual events.

**Career Growth**

Gain access to education and resources to advance your career.

And so much more!

ONA focuses on practice, educational, political, and professional issues that impact registered nurses in Oklahoma. ONA does this for you by focusing on YOU!



STARTING AT
\$15.75
PER MONTH



Two Local Nurses Win National DAISY Awards

By James Coburn, staff writer

A National DAISY award was presented recently to Arianna Story, LPN, Bellevue Health & Rehabilitation Center, located in Oklahoma City.

The DAISY Award is destined for a nurse that exceeds their normal duties in the profession and deserves special recognition. Meadows chose a blind committee to score the winner. Guests, patients, nurses, providers, families, and employees were invited to nominate a deserving nurse who make a meaningful difference in patient care.

Soon after Story's honor was announced, a representative for the National Daisy award surprised Tamera Meadows, RN, DON, with a DAISY award for leadership. Both Meadows and Story have served at Bellevue for four years.

Meadows explained that patients expressed confidence in Story's ability to make them cared for. One resident expressed how much of a blessing Story has been to her and her family when she showed so much empathy for the resident's PTSD. All her peers say she works closely with them and is a team player.

Story was praised for her effective and rapid response to challenging wounds. Story is one of several nurses who are certified in wound care.

One patient and spouse wrote, "Ari shows enthusiasm for providing outstanding service and culture of excellence to patients and families alike."

They commended Story for creating a healing environment by showing extraordinary respect to family and patients.

When it comes to leadership, Meadows always tries to keep in mind that, "This whole job is about people," she explained. "Whether it's the families, the staff, the patients — they are all my customers. I have to balance patient care with the needs of the staff. They (the staff) all have their own individual strengths and weaknesses. They all have their own personal issues going on. I'm a firm believer in educating and re-educating. I don't think you can ever do enough training. And I think the other side is, you just have to be objective."

She complimented her staff for loving new challenges that benefit patient care. The nursing staff takes pride when being introduced to a new piece of equipment to learn about, Meadows said. Bellevue has a very large skilled unit addressing the needs of 60-70 skilled patients a day.

"We're not just nursing home nurses. We have a lot of skills for all kinds of patients," she continued.

It takes a village to address the diverse nature of patient care while continuously reviewing best practices and advances in care. It was a perfect fit for Story after graduating from Francis Tuttle Technology Center. Bellevue has offered her four years of skilled and long-term care. THE moment of winning the DAISY award touched her life.

"I feel very grateful for being recognized this way because I do my best to take care of my patients, Story said. "I make sure everything is in order, making sure everybody's ducks are in order. And if they're not, I line them back up. It was really very heartwarming to know that I was acknowledged for all of that."

Story's first calling was to become a veterinarian. But her mom sent her through CNA classes because I wanted to learn about physiology terminology, and it would help me."

So Story did her clinicals at a nursing home and served in memory care for five years.

"I fell in love with it. I never thought I would," Story continued. "And

then I came here." She found her niche in the skilled unit where she occasionally has "frequent flyers."

"When they see that I'm back on their hall and I'm their nurse, they get very excited about that. Some people will come back and request to be put on my hall. That really warms my heart, and to be acknowledged by family members and being told they appreciate me."

Her life as a nurse has influenced her views of humanity. Story has always been a nurturer. But her approach to patient care became tenacious, Meadows said.

"I really try to take care of my people. I try to take care of my CNAs, my nurse peers, all of that stuff," Story said.

She added that Meadows tries to make everybody feel part of a team and is the best director of nurses she has ever had.

"It's not just one shift. It's not just one nurse. It's everybody," Meadows explained. "It's amazing how one person who is not fitting in can mess things up to meet our standard. I try to tell them you've got to fit our standard here. In four years, we've come a long way."



At left, Director of Nursing Tamera Meadows, RN, and Arianna Story, LPN, were awarded National Daisy Awards at Bellevue Health & Rehabilitation Center, located in Oklahoma City.

NURSE

TALK

Would you accept a free trip to orbit Earth from outer space?



"No not me, I would stay on earth. I wouldn't want to leave my kids behind."



Monica Mueggenborg, LPN

"That's really interesting. It would be fun but I think I would prefer to stay on earth."



Iris Rubalcaba, ACMA

"I like being an adventurer. I'd like going around...so a trip like that would be good."



Nikky Oimage-Carter, RN

OKNT

WORD SEARCH: VITAL SIGNS

K N P O N U Y O I Q N S C A U E T J S T Y D H V
B K X T D A L D V I U G E X S D Q W P A B P B M
C I X E R Y P I U M W N L W Z A P R X C U F D J
U R H I E E Q A P G P O U F F E G T F H K O R B
H Z Y B P R H Q X A R D K L B N D I B Y E S G W
Z Z P R O L A I D A R Z W K G P R U O C H H X X
W I E A C B B E L H O N C B S S V A X A M X F B
P S R C S D E Q R U S L E O T Y Y P V R R W S K
C T T H O B I K Y U J C N R M D X I J D F H U D
V N E I H D H A E W T F Z Z L O E C C I E E Q E
I R N A T Y K S S C N A C E R O S A L A R E M J
S R S L E V E D Z T I G R M U X L L V U U Z V B
X M I B T S U C B D O L S E J L U K S I S I O Y
W I O C S N B H W Y W L O S P N P H B N S N W I
P T N B W O Z L S T C E I T H M D X Z V E G E E
B A M I X I K L O E W B E C S Y E P Z J R H Y M
K Y S G J T H M B J H T P Q F Y P T L S P I Z K
Y T U E E A T B A F H J N Y M N S P I I D F H L
D V D N H R E G Y G V I T A L S I G N S O O L E
Z R W Y K I O R C L G Q V C I M R E H T O P Y H
M P X A N P V H D R E T E M O M R E H T L U F K
W G M C C S E X F I V F I T O Q V V N L B K N T
I K M J U E E T H N U X S H W T Y M P A N I C E
L G Z A X R D S P H Y G M O M A N O M E T E R B

- sphygmomanometer

blood pressure

hypertension

respirations

vital signs

stethoscope

tachycardia

hypothermic

thermometer

temperature

diastolic

systolic
- wheezing

brachial

tympanic

dyspnea

pyrexia

apical

radial

apnea

pulse



(AS PUBLISHED IN THE 2026 EDUCATION GUIDE TO NURSING)

UCO Bachelor's, Master's Programs Equip Future Nursing Leaders

For more than 50 years, the University of Central Oklahoma (UCO) has provided Oklahoma with highly skilled and educated nurses. Graduates of UCO's nursing programs are recognized among the best in the state and across the nation.

Accredited by the Commission on Collegiate Nursing Education (CCNE), UCO bachelor's and master's programs equip future nursing leaders with the expertise needed to excel in various healthcare settings. By offering both traditional and nontraditional pathways, Central supports aspiring nurses and experienced professionals alike to advance their careers and meet the growing demand for exceptional nursing care in Oklahoma.

Traditional Nursing Program, B.S.

Central's traditional, on-campus nursing program is for students who are not yet licensed to practice nursing as an RN.

When Abbie Yates transferred to Central, she could instantly feel that Central's nursing professors were invested in her education and success. "The professors at UCO take the opportunity to get to know their students and create connections. Nursing at UCO is a well-oiled program that is constantly improving based on the needs of their students," Yates said. Yates knows she will be prepared to enter the workforce. "UCO has one of the highest number of clinical hours compared to many nursing schools around Oklahoma, and I believe it better prepares us for entry into practice."

Online RN to B.S. in Nursing Track

Central's RN to B.S. track is available 100% online for RNs who want to further their nursing education. Upon successful completion, nurses earn a Bachelor of Science in nursing. With both part- and full-time options available and for as low as \$8,500, Central's program is designed to provide flexibility for students, with the option to complete the track in as little as 10 months.

Fast-Track B.S.

For those who have earned a traditional bachelor's degree in another field and are ready for a career in nursing, Central's Fast Track in nursing is for them. The fast-track program can be completed in just 16 months and provides the flexibility of hybrid courses. Upon successful completion, students will have earned a B.S. in nursing.

After Kanece Ham started her career in neuroscience research, she realized she wanted to combine her love for neurology and the complexity of the brain with helping people in their lives. That is when she decided to pursue Central's fast-track program to become a psychiatric nurse. "When researching programs, I was excited to see that UCO had a fast-track program, which would allow me to get my degree in nursing within 16 months-providing me the ability to reenter the workforce and begin working in the meaningful way I always had aspired to do," Ham said.

Online M.S. in Nursing

The Master of Science in nursing degree program at UCO offers



working RNs flexibility through fully online courses with both part- and full-time options available. The program can be completed in as little as 16 months, if pursued full time. The online Master of Science in nursing can be completed for as little as \$15,000. Nursing graduate students can choose from two tracks-nursing education or nursing leadership.

Micaela Carothers is a cardiac nurse who graduated from UCO's traditional nursing program. The compassion and dedication she received from UCO nursing faculty inspired her to continue her nursing education at Central. The M.S. in nursing provided her with the flexibility she needed to succeed. "With the program being online, the classes were very flexible around my workdays," Carothers said. "I feel that I am effectively able to meet the class expectations and continue working without feeling overwhelmed."

The Future of Nursing

All UCO nursing programs offer real-world instruction from supportive nursing faculty who are experts in their fields. Graduates from UCO nursing programs are recognized within the health care community for their knowledge, professionalism and leadership potential. Central prides itself as a smart investment for success and for preparing future leaders in an opportunity-rich environment. For more information about Central's nursing programs, visit go.uco.edu/nursing.



Scan QR Code

(AS PUBLISHED IN THE 2026 EDUCATION GUIDE TO NURSING)

NURSES READY FOR MOVEMENT

Oklahoma's workforce needs nurses who are ready to move. Whether you're stepping into nursing for the first time or advancing your practice, UCO offers programs that keep your momentum strong and your impact growing.



UNIVERSITY OF
**Central
Oklahoma**

From Voice to Action: How Political Self-Efficacy Can Strengthen Nursing Advocacy



By Angela Archer, MSN, RN

Nurses are consistently ranked among the most trusted professionals in the United States. Every day, nurses advocate for patients, families, and communities by promoting safety, coordinating care, providing education, and addressing barriers to health. Advocacy is deeply embedded within the nursing profession. Yet despite representing the largest segment of the healthcare workforce, nurses remain underrepresented in healthcare policy development

and political decision-making processes (Vandenhouten et al., 2011). We have a big profession, but a little voice. This disconnect raises an important question: Why do some nurses actively engage in policy and advocacy efforts while others do not? One possible explanation lies in the concept of political self-efficacy.

Political self-efficacy refers to an individual’s belief in their ability to understand, participate in, and influence political and policy processes (Niemi et al., 1991). This is the confidence that one’s voice can make a difference. Research has shown that individuals who believe they can influence decisions are more likely to participate in civic and political activities than those who feel disconnected from decision-making systems (Verba et al., 1995). Most nurses may not understand that advocacy is a professional responsibility. The American Nurses Association identifies advocacy as a fundamental component of nursing practice and professional ethics (ANA, 2025). Yet understanding the importance of advocacy does not always translate into participation. Political self-efficacy helps explain the gap between recognizing the importance of advocacy and taking action. Advocacy begins at the bedside. When a nurse questions an unsafe order, coordinates resources for a vulnerable patient, speaks up about safety concerns, or ensures a patient’s needs are addressed, that nurse is advocating. The skills used to advocate for individual patients are the same skills needed to advocate for communities, healthcare systems, and public policy (Fyffe, 2009).

Political advocacy should not be viewed as separate from nursing practice. Rather, it represents an extension of the advocacy nurses already provide every day (Hall-Long, 2009). Community engagement further develops confidence and influence. Whether participating in health fairs, volunteering with community organizations, serving on nursing boards (such as the Oklahoma Nurses Association regions), or supporting public health initiatives, nurses contribute valuable expertise that helps shape our community’s and our profession’s well-being. Advocacy exists on a continuum: Bedside Advocacy → Community Advocacy → Policy Advocacy. Political self-efficacy serves as a connection in these levels of advocacy. It transforms nursing expertise and experience into actions that are meaningful to our profession and community.

Healthcare systems continue to face workforce shortages, healthcare disparities, rising costs, and public health concerns. Nurses witness the effects of these challenges every day. Because nurses spend more time with patients than any other healthcare professional, we possess unique insights into how policies affect individuals, families, and communities. Policymakers need these perspectives.

My experiences as a member of the Oklahoma Nurses Association, an active participant in my ONA region, a nursing educator, and a doctoral student studying political self-efficacy have reinforced the importance of nursing engagement in policy discussions. We possess the expertise and credibility to influence healthcare decisions when we choose to participate.

Political self-efficacy reminds us that advocacy begins with believing our contributions matter. Every nurse has the capacity to influence change—whether at the bedside, within the community, or in the policy arena. It is time for nursing to move from voice to action.

100% ONLINE
MS in Nursing
RN to BS in Nursing

MOVE
YOUR NURSING
CAREER FORWARD



UNIVERSITY OF
Central
Oklahoma

uco.edu

ucobronchos

uco.bronchos

UCOBronchos

2026 OKSLA ANNUAL
CONVENTION & TRADESHOW

This Aint Our First Rodeo!

Tuesday, August 4th

• 12:30pm-3:00pm

Wednesday, August 5th

• 8:30am-5:00pm

Thursday, August 6th

• 8:30am-12:30pm

OKANA

RESORT & INDOOR WATERPARK

ON THE SCIENCE OF KINDNESS

KEY NOTE SPEAKER
DR CHRIS CULVER



ATTENDEE
REGISTRATION



VENDOR
REGISTRATION



• Opening reception with silent auction

• Multiple educational offerings

• Caregiver of the Year Awards

• Vendor Trade Show

• Sponsorship opportunities

• Both CEU and Non CEU options available

• Full event and daily registration options for attendees

OKNT

Puzzle Answers: Vital Signs Word Search

K	N	P	O	N	U	Y	O	I	Q	N	S	C	A	U	E	T	J	S	T	Y	D	H	V
B	K	X	T	D	A	L	D	V	I	U	G	E	X	S	D	Q	W	P	A	B	P	B	M
C	I	X	E	R	Y	P	I	U	M	W	N	L	W	Z	A	P	R	X	C	U	F	D	J
U	R	H	I	E	E	Q	A	P	G	P	O	U	F	F	E	G	T	F	H	K	O	R	B
H	Z	Y	B	P	R	H	Q	X	A	R	D	K	L	B	N	D	I	B	Y	E	S	G	W
Z	Z	P	R	O	L	A	I	D	A	R	Z	W	K	G	P	R	U	O	C	H	H	X	X
W	I	E	A	C	B	B	E	L	H	O	N	C	B	S	S	V	A	X	A	M	X	F	B
P	S	R	C	S	D	E	Q	R	U	S	L	E	O	T	Y	Y	P	V	R	R	W	S	K
C	T	T	H	O	B	I	K	Y	U	J	C	N	R	M	D	X	I	J	D	F	H	U	D
V	N	E	I	H	D	H	A	E	W	T	F	Z	Z	L	O	E	C	C	I	E	E	Q	E
I	R	N	A	T	Y	K	S	S	C	N	A	C	E	R	O	S	A	L	A	R	E	M	J
S	R	S	L	E	V	E	D	Z	T	I	G	R	M	U	X	L	I	V	U	Z	V	B	
X	M	I	B	T	S	U	C	B	D	O	L	S	E	J	L	U	K	S	I	S	I	O	Y
W	I	O	C	S	N	B	H	W	Y	W	L	O	S	P	N	P	H	B	N	S	N	W	I
P	T	N	B	W	O	Z	L	S	T	C	E	I	T	H	M	D	X	Z	V	E	G	E	E
B	A	M	I	X	I	K	L	O	E	W	B	E	C	S	Y	E	P	Z	J	R	H	Y	M
K	Y	S	G	J	T	H	M	B	J	H	T	P	Q	F	Y	P	T	L	S	P	I	Z	K
Y	T	U	E	E	A	T	B	A	F	H	J	N	Y	M	N	S	P	I	I	D	F	H	L
D	V	D	N	H	R	E	G	Y	G	V	I	T	A	L	S	I	G	N	S	O	O	L	E
Z	R	W	Y	K	I	O	R	C	L	G	Q	V	C	I	M	R	E	H	T	O	P	Y	H
M	P	X	A	N	P	V	H	D	R	E	T	E	M	O	M	R	E	H	T	L	U	F	K
W	G	M	C	C	S	E	X	F	I	V	F	I	T	O	Q	V	V	N	L	B	K	N	T
I	K	M	J	U	E	E	T	H	N	U	X	S	H	W	T	Y	M	P	A	N	I	C	E
L	G	Z	A	X	R	D	S	P	H	Y	G	M	O	M	A	N	O	M	E	T	E	R	B

Have Questions?
New to Medicare?
Start With Us

PERSONALIZED SERVICE

SIBLEY

INSURANCE GROUP

EXPERIENCED • COMPASSIONATE

Your Trusted Medicare Resource

Visit us at www.sibleyinsures.com

WE CAN HELP!

Christina Sibley, EMT/RMA
Medicare Products Broker
BS Health Studies – Gerontology
405-655-6098 call or text

Steven Sibley, US Army RET/DAV
Medicare Products for Veterans
MBA – Healthcare Administration
405-850-1569 call or text

Your Trusted Medicare Resource

Disabled Veteran | Native American | Woman Owned

• Licensed Independent Brokers

• Medicare Education

• Medicare Insurance Products

• In-home or in-office appointments

• No charge to meet with us,
no pressure, just help.

Contact us for information on our upcoming educational only events (or to request an event) covering general Medicare education, Medicare premium help programs, Medicare with other insurance (Employer insurance, Tricare 4 Life, veteran's healthcare). Food Provided. For accommodation of persons with special needs at meetings call 405-655-6098, TTY 800-522-8506.

BBB
ACCREDITED BUSINESS

Medicare Required Disclaimer: We do not offer every plan available in your area. Currently we represent 8 organizations which offer 73 products in your area. Please contact Medicare.gov or 1-800-MEDICARE, or your local State Health Insurance Program to get information on all your options.



(AS PUBLISHED IN THE 2026 EDUCATION GUIDE TO NURSING)

OC Offers Unique Nursing Program that Combining Faith, Firsthand Experience

Oklahoma Christian University in Edmond offers a unique nursing program that combines faith and firsthand experience preparing students with a well-rounded education.

“Our first graduating class was 2008, and now we have an enrollment that’s nearing just over 450,” Dr. Toni Davis, DNP, RN, Oklahoma Christian University Chair of Nursing, Assistant Professor of Nursing said. “We are unique in the fact that we are a small Christian school. We have a diverse population of students, and we have a diverse population of faculty. We have 10 students to one professor. That is pretty good.”

OC offers a Nursing (B.S.N., Pre-Licensure) program with both on-campus and online learning.

An OC graduate with a Bachelor of Science in Nursing degree will:

1. Exemplify Christian principles of compassion, service, integrity, and respect for the well-being of clients, peers, and self.
2. Synthesize critical thinking skills for professional nursing practice.
3. Communicate clearly, effectively, and appropriately with clients and other healthcare providers to promote positive client outcomes.
4. Provide appropriate and safe nursing care (clinically competent) to clients.
5. Demonstrate a leadership style consistent with academic preparation while adhering to the standards of the nursing profession.
6. Provide nursing care based on knowledge and appreciation of unique cultural variations.



OKLAHOMA
CHRISTIAN
UNIVERSITY



Students must complete a minimum of 123 hours including the major, core, and minor if required. Additional elective hours may be required to reach a total of 123 hours.

Davis said OC offers a state-of-the-art simulation lab for nursing students.

“We have an amazing simulation lab,” she said. “We’re able to teach students about how to take care of patients with mannequins. That is unique for a small school like ours.”

Davis said OC nursing students can earn their degree online, if desired.

“We have an online program that’s one of a kind,” she said. “There’s not one like this anywhere where a student can get a four-year degree in nursing all online. We have three starting dates. You can start in the fall, you can start in the spring, and you can start in the summertime. The online program does allow for those who are working adults to have the flexibility to take classes online. They do have to come on campus to do some validation of skills and go to clinicals in the hospitals. Over 660 hours of clinical hours that’s required for Oklahoma Christian for these students to graduate and be ready for the workforce. That’s for both online and in-person.”

Davis said OC nursing students can learn through mission trips.

“We offer international and domestic mission trips for all students to have that opportunity to do that, which is unique as well,” she said.

Davis said OC tackles specialties of nursing, namely critical care, pediatrics, and obstetrics.

“We cover most medical specialties,” she said. “Med-Surg nursing, critical care, pediatrics, mental health. There are schools that combine those classes. Not Oklahoma Christian. We have those classes one at a time.” Davis said OC does community health services.

“We serve the community. We do school screenings, we work at public health agencies across the state,” she said.

OC nursing students do clinical training.

“They’re getting in and doing the job. When these students go to clinicals, they’re assigned a nurse every clinical shift, which can be between eight- and 12-hours shift,” Davis said. “It is not really a following or a shadowing. The clinical training is where they do the work as a nurse under the supervision of their clinical instructor and the preceptor, the nurse they’re assigned.”

Davis said before a student is accepted to the OC nursing school,

they must take four introductory classes.

“That’s when we introduce the simulation lab to them,” she said. “We’ve got four introductory courses that we give them teaching the early skills of taking care of patients. It is hands-on from the beginning. We teach them how to take care of patients before they enter the nursing program. That is unique.”

Gabriel Jeter, an OC senior, said the OC School of Nursing is the most supportive faculty on campus.

“I’ve never met a group of professors who have cared more about their students, their health and their overall well-being,” he said. “I will be a better nurse because of my experience here at OC!”

Davis said faith plays a key role in OC’s students’ lives.

“It’s no secret everywhere that nursing is tough,” she said. “What makes us unique, though, is that we instruct our students not really to bear it but just to seek Christ in all of your endeavors and all the things that you do with patients. That sets us aside from everyone else.”



Scan QR Code

For more information about OC visit

<https://www.oc.edu/academics/college-of-sciences-education/nursing>

(AS PUBLISHED IN THE 2026 EDUCATION GUIDE TO NURSING)

OKLAHOMA CHRISTIAN UNIVERSITY



CLOSE TO HOME,

MILES AHEAD IN CARE

Oklahoma Christian University's Christ-centered School of Nursing produces graduates in high demand at top hospitals and health care organizations.

Personalized Attention – 10:1 student-faculty ratio.

Proven Results – 91% NCLEX pass rate (2023).

Real Experience – 660 hands-on clinical/simulation hours.

Global Impact – 100% student participation in medical missions.

Nationally Certified Educators.

Employer connections before graduation.

Your future in health care starts here.

oc.edu/nursing

WE ARE A KINGDOM UNIVERSITY.



NEUROPATHY PAIN AND NUMBNESS CAN BE TREATED

**Welcome to a New Medical
Treatment covered
by Medicare**

- **Diabetic Neuropathy**
- **Chemo-Induced Neuropathy**
- **General Peripheral Neuropathy**



This FDA cleared treatment solution relieves pain & restores feeling without medications or surgery and is covered by Medicare, Medicaid, the VA and most private insurances. Call today.

**View our testimonials at
nerverenewalnow.com**

 **Nerve Renewal**
NEUROPATHY CLINIC
405.422.9518

Over 80% of patients report a significant reduction in pain. So don't feel trapped by pain. Get back to moving and exercising with your family and friends!