

## Cutting Edge



Elaine Blackwell, MSN, BSN, RN helped develop HPI Community Hospital's cutting edge Total Joint Program.

## Community nurse drives program

by Bobby Anderson, RN, Staff Writer

When a renowned physician came to Community Hospital and wanted to bring something the metro had never seen before, T. Elaine Blackwell, MSN, RN was up for the job.

Community Hospital maintains a Center of Excellence with its Total Joint Program and Blackwell is the director.

Hips and knees are the majority of the surgical load for the first-of-its-kind program to Oklahoma.

The program got rolling in 2014 and was the brainchild of Orthopedic Surgeon Dr. Paul Jacob.

Community Hospital's Total Joint Program predates the Comprehensive Care for Joint Replacement program mandated by CMS in 2016.

Dr. Jacob was the driving force behind the program. The Cleveland Clinic-trained surgeon wanted the same level of excellence he had experienced during his fellowship to be available in the metro.

Jacob, Blackwell and the hospital's administration sat down for the first meeting.

"He and I - our mentality - just kind of clicked," she said. "The whole thing was optimize the patient before surgery, make them an active part of the team, make their family part of the team."

"We have them for a couple days after surgery, so education has to start early for the best possible outcome."

See BLACKWELL Page 3

## Blake Bell named as Honorary Board Member



Blake Bell, tight end for the Kansas City Chiefs and University of Oklahoma "Belldozer".

The Children's Center Rehabilitation Hospital, a nonprofit pediatric hospital, announced today that Blake Bell, tight end for the Kansas City Chiefs, will serve as a member of the Hospital's Honorary Board. Bell will be part of a public relations and marketing campaign for the hospital, including public service announcements, speaking engagements, and social media outreach.

Bell played college football at the University of Oklahoma, where he received the nickname Belldozer. On April 2nd, Bell signed with the Kansas City Chiefs. He became familiar with the Hospital after receiving an invitation to take a tour with a family friend.

"I really enjoyed my visit at The Children's Center Rehabilitation Hospital," said Bell. "It was eye opening to see how amazing the hospital is and all the resources they have for the patients and their families. I look forward to many more visits in the future and excited to be an honorary board member."

Other honorary board members include: Kelli O'Hara, Tony Award winning Broadway actress; Lincoln Riley, University of Oklahoma Football

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Blake Bell and Lyndsay Walter with Reese. Bell was recently named honorary board member at The Children's Center Rehabilitation Hospital.

## BELL

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Head Coach, Michael Fulmer, pitcher for the Detroit Tigers and the 2016 American League Rookie of the Year, J.T. Realmuto, catcher for the Philadelphia Phillies and two-time All-Star, Jordy Mercer, short stop for the Detroit Tigers, Ogbo Okoronkwo, defensive player for the Los Angeles Rams and Darci Lynne, winner of America's Got Talent Season 13.

The honorary board members serve as ambassadors for The Children's Center Rehabilitation Hospital, as well as support the Hospital's fundraising efforts through personal and community influence.

The Children's Center Rehabilitation Hospital is an innovative leader in offering medical services that can only be found in the region while also providing a promising pathway from hospital to home. The Children's Center Rehabilitation Hospital is more than a place where children come to heal. They come to learn and grow in a supportive, caring environment.



## BLACKWELL

Continued from Page 1

Blackwell drew on 23 years of ortho/neuro experience to bring the program to fruition. She moved to the metro from Tulsa to attend Southern Nazarene University master's in nursing program.

"When I came to Community Hospital, my priority was making the program very comprehensive, from developing a care pathway to standardizing as much as possible," Blackwell said. "Our nursing ratio is great, because we have a 4 to 1 patient to nurse ratio it's easier to give patients more nursing care."

The care pathway starts next door to Blackwell's office in pre-admission testing.

It's more than just labs.

"Our testing is based on patients medical history, medications, and activity level. When we have the opportunity to optimize the patient before surgery, they have a better recovery experience," Blackwell said.

Patients and their caregivers go through a pre-operative class that takes them through their surgery from beginning to end.

"We give our patients multiple

formats to engage with their medical team, from classes, to videos, to an online patient engagement platform," Blackwell describes. "We have to meet the learning preference of the patient and their caregivers, so providing them with several options, we see patients of all ages being an active participant in their total joint replacement journey."

Surgery takes place and rehabilitation begins on the day of surgery. Followup continues well beyond the time the patient leaves the hospital.

Technology has only made the program - which routinely boasts infection rates of less than one percent - even better.

The program is obviously working. Community Hospital has been awarded the designation of excellence in hip and knee replacements from multiple major insurance providers. These designations are awarded for quality outcomes, patient satisfaction and nationally recognized certifications.

### Better get MAKO

Community Hospital in Oklahoma City is proud to offer MAKO Robotic-Arm Assisted Surgery, the latest advancement in robotic-assisted joint replacement surgery for partial and total knee and total hip replacement surgery. This advanced technology is

the latest tool in the battle against knee and hip pain.

The MAKO system provides unmatched surgical accuracy, allowing for the precise placement of implants, while surrounding tissue is undisturbed.

The robotic arm provides surgeons with a 3-D model to help prepare them for the upcoming surgery, and enables them to plan the placement of the knee or hip implants prior to surgery.

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From there, the surgeon uses the MAKO to assist in performing surgery based on the patients personalized pre-operative plan. The MAKO system also allows the surgeon to make adjustments to the plan during surgery as needed. When the surgeon prepares the bone for the implant, the MAKO system guides the surgeon within the pre-defined area and helps prevent the surgeon from moving outside the planned boundaries. This helps provide more accurate placement and alignment of the implant.

Less cutting means less healing time.

"The CT makes a map so the surgeon knows where he can take off bone, where he can spare bone so it's not as traumatic to the bone," Blackwell said. "Patients really like that, too."

The MAKO procedure enables Community Hospital surgeons to reach a new level of precision using the latest technology.

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The outcomes are amazing for patients. They're pretty amazing for Blackwell, too.

"They're my patients," she said. "I love ortho, neuro and surgery."

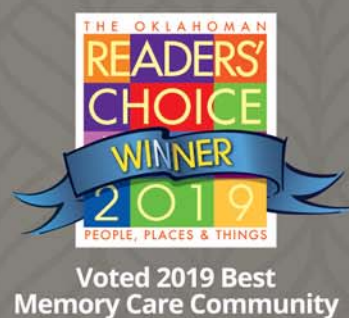
"(My patients) are my friends. By the time they have surgery, and after I've talked to them up to six months to a year after surgery, I know their whole life history. I'm genuinely vested in their hospital experience and personal best outcome."

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# CAREERS IN NURSING

## DRIVEN TO GO THE EXTRA MILE: BELLEVUE HEALTH AND REHAB

by Vickie Jenkins - Writer/Photographer

Founded in 1954, Bellevue, located in Oklahoma City, OK continues to grow. Today, Bellevue Health and Rehabilitation Center offers a full continuum of care, from temporary respite stays, to short-term rehabilitation, to long-term skilled nursing care.

Meet Mary Yellow Wolf, LPN, and one of the unit managers at Bellevue. Ever since Mary was a little girl, she knew that she wanted to go into healthcare. "At first, I wanted to be a doctor but decided on being a nurse," she said. "I have been a nurse for eleven years and have been here at Bellevue for almost four years. I love caring for others," she added.

Growing up in Dallas, TX and then moving to another state, Mary attended nursing school in Kansas. "My first job as a nurse was in a rural hospital. There were only eight beds," she laughed. "Even

though it was small, I worked with some wonderful doctors and nurses and I feel like I got plenty of medical experience there. We pretty much knew everyone that came in to see us; we were the only hospital around for miles. It was actually kind of fun working in a small hospital like that," Mary commented.

What qualities make a good nurse? "I think the number one quality is they need to have critical thinking. They need to be driven and a hard worker; their patients are depending on them. They need to be caring and keep their attention focused on the patient," Mary replied.

Mary's favorite part of her job is the reward she gets from helping others. "It is so rewarding when I see the patients get stronger and they get to go home. That makes me feel so good knowing that I

helped in their recovery," Mary said. "On the other hand, the biggest challenge here at work is the shortage of nurses. When there is a shortage of staffing and nurses in one of the hallways, it just makes the other nurses take care of more patients. I think a lot of hospitals and health care facilities deal with the same problem," Mary added.

When I asked Mary to describe herself, she paused for a moment and told me that she was definitely a pretty bubbly person. "I love to meet people; I'm a real people person. I'm a very caring person and I will give my heart to the patient if that's what it takes. I definitely fall in love with all of my patients and I will do anything for them. I am very energetic and friendly and get along with others," she said with a smile.

Asking Mary what her biggest contribution to her work at Bellevue,

she replied, "I think it is the fact that I am driven to further myself, no matter what it is. I like to learn and feel like my knowledge is the biggest asset that I have to offer. I have worked in several hospitals and worked for several home health agencies so I feel like I have some experience in different areas behind me. I am very straightforward and I tend to delegate and work efficiently with ease. I always try to be positive and encouraging to everyone," she added.

What advice would you give to someone going into the medical field? "I know when I was a new nurse, I was overwhelmed; there was so much to learn, and I was afraid I would make a mistake. Everything you learn in school is straight from the book. It took a lot of hands-on to get the experience.

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Brendon McLarty was a 16-year-old boy who had a passion for sports. He was selfless and appreciated the small things in life. When he died in 2012, his parents honored his decision and saved others' lives through organ donation.

After his death, Lori McLarty, Brendon's mom and Jennifer Blair, Brendon's aunt, bonded together to embrace Brendon's legacy. Together they have walked the Oklahoma City Memorial Marathon in his honor and started a foundation to support asthma education, while sharing Brendon's lifesaving story.

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Mary Yellow Wolf, LPN always knew that she wanted to go into healthcare. With desire and determination, she sets goal and succeeds.

## BELLEVUE

Continued from Page 4

I was so afraid that I would make a mistake but soon realized there was always someone to help me through the tough times, answering any questions that I had. You need to believe in yourself and absorb everything you can. Perhaps that is why I tell all of the new nurses that I will be there for them, no matter what. I have been in their

shoes and I know how they feel. I will never forget one special nurse that helped me along the way; her name is Dana Lloyd, RN working in Kansas," Mary replied.

Mary is a go-getter. She plans to further her education to become an RN. "Who knows where I will go from there?" she said. I have a feeling Mary will succeed in anything she sets out to do. Summing up Mary's life in one word, "WONDERFUL," she said.

## American Cancer Society of Oklahoma launches Breast Cancer Awareness Campaign and Events

The American Cancer Society of Oklahoma kicks off its Making Strides Against Breast Cancer campaign this month with two main events.

The Real Men Wear Pink Kickoff Party will be Thursday, Aug. 15 at the Paramount Room, 701 W. Sheridan Ave in Oklahoma City beginning at 6 p.m.



Every year, an elite group of Oklahoma City businessmen join the fight against breast cancer by pledging to wear pink every day throughout October. It can be a shirt, pocket square, even socks. These ambassadors will create awareness about the Walk, and they will also commit to raising a minimum of \$2,500.

"When someone makes the comment about the pink, it is our opportunity to educate and spread the word of how every dollar helps," said Randy Nance, Chair of this year's campaign. "If we do not find a cure, many women and men we all know and love are subject to being stricken with this terrible disease."

Nance says while the monetary goal is vital, so is raising awareness and bringing more people into the mix.

"If volunteers can give of their time, talent and resources toward finding a cure, in my books that is just as much a win and a successful campaign," he said. "My wife lost one sister to breast cancer, and she has another sister who had a double mastectomy, so the gene is one that is prevalent in her family. I am greatly concerned about her health and would welcome the discovery of a cure sooner rather than later. That's why I am committed to supporting ACS and Real Men Wear Pink."

The second event is the Making Strides Against Breast Cancer Kickoff Breakfast. It will be Thursday, Aug. 22 at 21C Hotel, 900 W. Main St, in Oklahoma City beginning at 7 a.m.

"This breakfast is a fun yet touching way to bring together cancer survivors as well as honor those we have lost," said Alicia Jackson, ACS Community Development Manager. "We carefully select individuals each year to serve as our 'Portraits of Hope,' and this is our first year to select a male survivor. These ambassadors will share their journey and offer guidance to others who may be going through the same experience. The breakfast is always a lot of fun, so we hope cancer survivors will come out and join us."

Both the Real Men Wear Pink and the Making Strides Against Breast Cancer kickoff events are free and open to the public. For additional information or to RSVP, contact Alicia Jackson at [Alicia.Jackson@cancer.org](mailto:Alicia.Jackson@cancer.org).

The Making Strides Against Breast Cancer 5 K Walk will be held Saturday, Oct. 19 at the Wheeler District, 1701 S. Western, beginning at 8 a.m.

Additional information on the American Cancer Society and its services can be found at [www.cancer.org](http://www.cancer.org).

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OMRF Dr. Gabriel Pardo and OMRF employee and patient Chrissy Brady.

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For Chrissy Brady, the first signal of illness came when her left leg went numb. A month-long migraine followed. When a subsequent MRI showed lesions scattered through her brain, it left no doubt that she was suffering from multiple sclerosis.

In MS, immune cells attack the protective covering of nerves in the brain, causing vision problems, tremors, paralysis, painful spasms, imbalance and cognitive changes. It's difficult to diagnose and treat, and the cause is unknown.

Brady receives treatment for her disease at the Oklahoma Medical Research Foundation's Multiple Sclerosis Center of Excellence, one of the preeminent centers for

MS research and treatment in the world.

And Brady visits there every day, not because of her disease, but because she also works at OMRF.

In the foundation's accounting department, Brady handles clinical billing, production reports and other clinic-related tasks. Working down the hall from where she receives treatment, she said, has an added bonus: empowerment.

"It's not an accident that I ended up working here. It gives me a real sense of ownership over MS," said Brady. "I think about the research at OMRF every day when I come to work. I'm working shoulder-to-shoulder with people making

See BRADY page 10



# Equipping leaders in a professional community

Since 1975, the mission of Harding University Carr College of Nursing has been to develop nurses as Christian servants. Faculty and staff are eager to get to know new students and nurture their journey through the program. The University's mission permeates classroom and clinical instruction taught by highly trained professionals from a Christ-centered worldview. Close faculty-student relationships and mentorships foster personal, academic and professional growth. Offering undergraduate and graduate programs prepares students to perform well in any health care setting. Read more to see why you belong at Harding.

**What sets Harding trained nurses apart from other nursing schools?**

Harding's nursing graduates are well-equipped to enter the field, with high job placement rates and a 100 percent first-time Family Nurse Practitioner National Certification pass rate since the program's first graduates in 2017. The undergraduate nursing program has a 100 percent first-time NCLEX-RN pass rate since 2015 and

has been ranked the No. 1 Nursing Program in Arkansas by RegisteredNursing.org for two years in a row. This ranking is based on how well a program supports students toward licensure and beyond.

**What undergraduate nursing tracks does Harding offer?**

The undergraduate tracks are designed to meet the individualized needs of students, all leading to a Bachelor of Science in Nursing degree.

**These include:**

- Four-year, full-time/part-time traditional track
- 18-month accelerated second-degree program
- Individualized track for students who hold a current unencumbered nursing license without a bachelor's degree. An individualized degree completion plan is collaboratively designed with the student (full-time/part-time available)
- Honors classes

**What if I have a degree in another field but have decided health care is my passion?** Harding University has launched an Accelerated Second Degree BSN option and it is a great path for students who already have a bachelor's in another area of study.

**What graduate programs are available?** For our fast paced, online world, Harding offers a Master of Science in Nursing (FNP) Family Nurse Practitioner program in a hybrid format. Students gain the required knowledge via weekly online lectures plus on-campus intensives three to five days per semester. Upon completion, students have the opportunity to sit for the national certification exam.

**How does the program interact with the community?** Students assist in a local Christian clinic that serves the medically and economically disadvantaged.



They also provide health screenings at area churches and various university sponsored events.

**Does Harding offer a study abroad program?** For more than 40 years, Harding has been training nurses not only for a career in traditional health care settings but also to work in health missions. Medical mission opportunities exist locally and abroad in short-term and long-term options. Opportunities are open to graduate and undergraduate students.





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## BRADY

Continued from Page 8

progress on the very disease I have."

Brady made the decision to follow her doctor, Gabriel Pardo, M.D., to OMRF when he was hired to helm OMRF's new MS Center in 2011.

"Dr. Pardo is like my guardian angel," she said. "I trust him with my life."

Brady is one of more than 3,000 patients seen by Pardo, the Center's director, and his team.

In addition to patient care, the MS Center is devoted to the advancement of scientific knowledge through clinical and basic research to gain a deeper understanding of these conditions, which can improve clinical outcomes for MS patients worldwide.

Despite the unpredictable nature of the disease, Pardo was able to identify the right treatment strategy

for Brady, including switching her medication to ocrelizumab a year ago. The drug, which went through clinical trials at OMRF, is the first treatment designed specifically for the type of MS Brady has.

"MS is such a complex disease, and each patient presents a unique challenge," said Pardo. "So it's quite rewarding to help someone unravel this puzzling disease like we have with Chrissy."

Under Pardo's care, Brady has not experienced a relapse in more than five years.

"My bosses knew that I had MS before hiring me," she said. "For them, it was a gamble. But I'm forever grateful that they took a chance on me. That shows how special OMRF really is, and I never take it—or the care I get here—for granted."

For more information about OMRF's Multiple Sclerosis Center of Excellence, visit [omrf.org/multiple-sclerosis](http://omrf.org/multiple-sclerosis) or call 405-271-6242.

[WWW.OKNURSINGTIMES.COM](http://WWW.OKNURSINGTIMES.COM)



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# NURSE TALK



*I have a baby now  
so she keeps me cool.  
She's my anti-stress.*



Justin Simon, RN

*I walk my dog and  
garden. If I had a  
pool I'd live in it.*



Kathy Holland, RN,  
Case Manager

**HPI**  
**COMMUNITY**  
**HOSPITAL**  
Community  
Hospital

*Stay inside where it's  
dark and sip cool  
drinks.*



Kevin Frantz, PT

*Stay inside with the  
A/C, my Yorkie Poos  
and Dachshund*



Susie Moore, RN

## Oklahoma hospitals meet 96 percent influenza vaccine challenge

Forty-seven Oklahoma hospitals and hospital specialty units have met a challenge from the Oklahoma Hospital Association to achieve a health care worker influenza vaccination rate of 96 percent or higher during the 2018-2019 flu season.

According to the U.S. Centers for Disease Control and Prevention (CDC): "Influenza places a substantial burden on the health of people in the United States each year. CDC estimates that influenza has resulted in between 9.2 million and 35.6 million illnesses, between 140,000 and 710,000 hospitalizations and between 12,000 and 56,000 deaths annually since 2010."

"And the risk of complications from influenza is higher among the types of people who are admitted to our hospitals," said LaWanna Halstead, vice president of quality and clinical initiatives, Oklahoma Hospital Association. "These hospitals have developed policies and processes that ensure their patients and employees are protected."

Hospitalized patients are particularly vulnerable to the dangers of influenza because their immune systems are often compromised by the illness that caused their admission or by the treatments they are undergoing. Vaccination of health care personnel (HCPs) has been shown to prevent illness and death in patients and reduce influenza and absenteeism among HCPs. The CDC has recommended annual vaccination of HCPs since 1984.

Several key national professional organizations have endorsed mandatory policies for influenza vaccination as a condition of employment within health care facilities, including the American

Hospital Association. In 2011, the Oklahoma Hospital Association board of trustees developed a position statement urging mandatory influenza policies.

Hospitals meeting the 96 percent challenge are:

Arbuckle Memorial Hospital, Sulphur - Bailey Medical Center, Owasso - Blackwell Regional Hospital - Cherokee Nation W.W. Hastings Indian Hospital, Tahlequah - Chickasaw Nation Department of Health, Ada - Choctaw Nation Health Services Authority, Tahlequah - Creek Nation Community Hospital, Okemah - Eastern Oklahoma Medical Center, Poteau - Grady Memorial Hospital, Chickasha - Hillcrest Hospital Claremore - Hillcrest Hospital Cushing - Hillcrest Hospital Pryor - INTEGRIS Bass Pavilion, Enid - INTEGRIS Canadian Valley Hospital, Yukon - INTEGRIS Jim Thorpe Rehabilitation, Oklahoma City - INTEGRIS Southwest Medical Center, Oklahoma City - Jackson County Memorial Hospital, Altus - McAlester Regional Health Center - McBride Orthopedic Hospital, Oklahoma City - Mercy Hospital Ada - Mercy Hospital Ardmore - Acute Care - Mercy Hospital Ardmore - Rehab-IRF - Mercy Hospital Ardmore Senior Behavioral Health-IPF - Mercy Health Love County, Marietta - Mercy Hospital Healdton - Mercy Hospital Kingfisher - Mercy Hospital Logan County, Guthrie - Mercy Hospital Oklahoma City - Mercy Rehabilitation Hospital Oklahoma City - Norman Regional Health System - Norman Regional HealthPlex - Okeene Municipal Hospital and Medical Clinic - Oklahoma Heart Hospital, Oklahoma City - Oklahoma Heart Hospital South, Oklahoma City - Oklahoma Surgical Hospital, Tulsa - Purcell Municipal Hospital - Seiling Regional Medical Center - Select Specialty Hospital Oklahoma City - Share Medical Center, Alva - SSM Health St. Anthony Hospital - Oklahoma City - SSM Health St. Anthony Hospital - Shawnee - St. John Broken Arrow - St. John Medical Center, Tulsa - St. John Owasso - St. John Sapulpa - St. Mary's Regional Medical Center, Enid - Stillwater Medical, Perry - Stillwater Medical Center - The Children's Rehabilitation Hospital, Bethany - Wagoner Community Hospital



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