CELEBRATING OUR NURSES
2011 NURSE APPRECIATION WEEK

+ NURSE OF THE YEAR
+ I.O.N. AWARD RECIPIENTS
+ NURSES IN THE COMMUNITY
Experience nursing excellence at northeast Oklahoma’s only Magnet®-recognized facility.

We understand the vital role our nurses play. As a result, nurses have been empowered to provide quality patient care and explore opportunities for health care improvements.

St. John nurses enjoy many benefits and programs such as flexible scheduling, a clinical ladder, paid onsite certification courses, and shared leadership in a collaborative and professional environment.

Experience St. John nursing in any specialty with our Nurse Shadow Program. For more information, contact our Career Center at 1-800-811-5017.
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Dear Nurses,

As Nurse Appreciation Week 2011 comes to a close, it is my honor and privilege to address you as Magnet® nurses. You should take pride in the contributions you have made in earning such special recognition. Thank you for all that you do to strengthen shared leadership at St. John, and your tireless contributions to improving patient care and satisfaction.

I commend you on your commitment to our patients, families, colleagues and community.

Jessie Dragoo, RN, MS, NEA-BC
Vice President of Nursing
Dear St. John Nurses,

The Recruitment and Retention Council wishes you a happy Nurse’s Week. We think that nursing is so important that a single celebratory day is not enough, so we celebrate for an entire week! This year, Nurse’s Week is literally on the heels of our hospital participation in the NDNQI RN Satisfaction Survey. For the survey we chose the theme, “Are We There Yet?” to signify our desire to have a high participation in the survey. For Nurse’s Week we chose the theme, “Destination, St. John: Celebrating the Nurse’s Who Put Us on the Map!”, because each and every one of you has been a part of making St. John a Magnet® facility. Whether or not you came from another country, state, city or were born here at St. John, we celebrate you!

This year, the R&R council has banded together with both the Magnet and Research committees to have a celebratory award luncheon on May 13, 2011. Research honored three SOS poster presentations, and gave an award to the outstanding nurse champion for EBP/research. The Magnet committee honored several ION candidates, as well as their managers and directors. The festivities were capped off with the first ION Nurse of the Year award presentation by Jessie Dragoo.

It is our privilege to commend and celebrate each and every nurse who makes St. John the hospital of choice. Thank you for bringing your service, presence, wisdom, and ability to preserve human dignity as you practice nursing here at St. John.

Sincerely,

Elaine Banks, RNC-NIC
Chair, R&R Council
Nurse Appreciation Week 2011

Appreciation Gram Sales
April 25-May 8
Gift Shop

Tulsa World Appreciation Week Ad
Friday, May 6
Celebrate the seven St. John Medical Center nurses honored in the Tulsa World's Nurse Appreciation Week section. Copies will be delivered to nursing units.

Live Radio Remote
Friday, May 13 • 10 a.m. – 1 p.m.
Mary K. Chapman Health Plaza, Robinson/Lafortune Rooms
Tune to 96.5 FM to enjoy music and interviews from several St. John nurses broadcast live from the Mary K. Chapman Health Plaza.

Nurse Appreciation Lunch
Friday, May 13 • 10:30 a.m. - 3 p.m.
Mary K. Chapman Health Plaza, Robinson/Lafortune Rooms
Enjoy Mexican food at the annual nurse appreciation luncheon. State of the Science poster awards and the Evidence Based Practice Researcher award will be presented at 11:30 a.m.

Image of Nursing (ION) Nurse of the Year Award Presentation
Friday, May 13 • 11:30 a.m.
Mary K. Chapman Health Plaza, Robinson/Lafortune Rooms
The first ION Nurse of the Year will be announced during the nurse appreciation luncheon. Join us as we celebrate our candidates and nursing excellence at St. John.

Nurse Appreciation Dinner
Friday, May 13 • 11 p.m.-1 a.m.
J.A. Chapman Tower, Meeting Room 1
The fiesta continues during a Mexican-inspired appreciation dinner.

Appreciation Snacks
Saturday, May 14
J.A. Chapman Tower, Meeting Room 1
11 a.m. – 2 p.m.
11 p.m. – 1 a.m.
Stop by for spicy snacks and hearty thanks.
A SPECIAL NURSING MEMORY

Cindy DeLay, BSN, RN, IBCLC
St. John Medical Center
Lactation Consultant

As a certified lactation consultant, I have many, many special “nursing” memories. My most special memory was not as a lactation consultant, but when I worked in the newborn nursery. One day, I was told that I would have a particular baby. I began to wonder, were there problems with the family? Are they not happy with their care?

Before long, I found out that the baby had been born with a syndrome not compatible with life. The first time I took that little man in to see his mommy; he began to cry. She looked at me and said, “What do I do? I don’t even know if he can see or hear me…” I told her, “Sing to him, he knows who you are.”

And she began to sing, “Jesus loves me, this I know, for the Bible tells me so…” She sang and sang to that baby boy. There wasn’t a dry eye in the room. As I slipped out of that hospital room, I knew that even though his life on this earth may not be long, he was so loved.

WHY I WOULD ENCOURAGE OTHERS TO BECOME A NURSE

Kristy Fugate, RN
St. John Medical Center
Postpartum Unit

I’ve been an RN for 20 years. I have seen major economic and health care changes. While I believe nurses work extremely hard and face daily challenges, this is offset by the opportunity to offer physical, spiritual, and emotional support, often during the most vulnerable time in a patient’s life. As advocates for our patients, nurses have a voice in patient care. It is a privilege to participate in that patient-based care relationship. The Magnet® designation for St. John Medical Center is a testament to our nurses and their dedication to quality and professionalism.

Nursing is more than a paycheck. Most nurses are in this service-oriented profession because of their compassionate nature and the opportunities that await them.

WHAT DOES NURSING MEAN TO ME?

Margaret Bickers, RNC-NIC
St. John Medical Center
Neonatal Intensive Care Unit

I’ve heard it thousands of times “Oh, you’re a nurse. Where do you work?” When I tell them in the neonatal intensive care unit (NICU) the responses are almost always the same. People think the NICU is a sad place, but I think of it as a healing place. Teaching and empowering parents to navigate through their neonatal intensive care experience is so rewarding. To take a family through the frightening beginnings of this journey and see them blossom into their role as parents is what we do here at St. John.

To me, it is not just a job, it is a ministry. It is showing compassion and care to people who find themselves in a situation so unexpected and overwhelming. Many of our babies are with us for weeks, and it is such an honor when a parent trusts you enough to say “goodnight” and entrust the care of their little one to you. Our goal is simple. To get these babies home, as safely and quickly as possible.

They say “home is where the heart is.” I like to think it starts long before they get home.
A MISSION TO HAITI

Amos Adesokan, RN, BSN
St. John Medical Center
Relief House Manager

As a nurse, I’ve had the opportunity to care for patients in our community as well as in other countries. I was asked by the Tulsa-based In His Image group to be the spiritual leader of a team of about 11 healthcare professionals on a disaster relief project after the earthquake in Haiti.

Among our patients were two victims of a motor vehicle accident brought to our clinic. One sustained a terrible closed head injury; the other had severe injuries to his chest cavity. Quick decisions had to be made to release the air and blood collections. We had two Foley catheters, one with a collection bag, the other without. The single catheter was used for his bladder. The other was used as a chest tube.

We managed to get both patients to the U.S. military hospital. Sadly, the young man with the head injury did not survive, but the other man did. I was glad to use my training to provide care under challenging circumstances.

ON BECOMING A NURSE

Lauren Jones, RN, OCN
St. John Medical Center
Oncology Unit

It is because of the small moments of this job that I would encourage others to become a nurse. These small moments happen when there is a connection between the patient and the nurse that honors our humanity. They come in many different forms - as feelings of admiration when witnessing the courage of a patient facing insurmountable odds, or celebrating with a patient after enduring fearful hours when good news is delivered. They can also come while sharing a laugh or maybe a tear or two with a family as they reflect on the sweet memories of a life well lived as their loved one approaches death.

There are tough parts about nursing, but just when it gets to be too much, one of those small moments reminds me this work can be so rewarding. The patient-nurse relationship often does not last long, but those small shared moments do. Nursing is a job that gives back in surprising and unexpected ways, and can kindle the spirit.
WHY I BECAME A NURSE

Becky Courtney, RN
St. John Medical Center
Family Care Specialist, Neuro Trauma Surgical ICU

As a young girl, I always played the part of the nurse, and my younger sister was the patient. My mother and aunt were both nurses, and my grandmother worked as a nurse aide.

I was influenced by them, but originally I became a respiratory therapist. After working a short time, I realized I wanted to be able to really care for the whole patient. I enjoy people and like to make a difference in their lives. Being a nurse is a very hands-on way to help people, and you can make a difference not only physically but mentally and spiritually as well.

WHY I WOULD ENCOURAGE OTHERS TO BECOME A NURSE

Daniel O’Barr, BSN, RN
St. John Medical System
Neuro Trauma Surgical ICU

The ability to care, help, comfort and heal those that are hurting is a wonderful feeling. If you have ever thought about becoming a nurse, I would encourage you to volunteer in a hospital or healthcare facility and shadow several nurses in different areas.

Nursing is a vast and widely arrayed field and there are many specialties that abound in nursing. You can choose from working in a private doctors’ office, a nursing home, hospice, school, hospitals, prisons, wound care, nursing education, children’s camps, the military, helicopter transport, legal or clinics. There are also plenty of ways to advance in the field of nursing: many young nurses currently are looking to become nurse practitioners or nurse anesthetists. You can feel secure in knowing that there are always nursing positions available somewhere.

I have been a nurse for five years now, there is not a day that goes by that I don’t learn something new and I have never regretted choosing to be a nurse. There is no better field than nursing if you want to help others and take pride in your work!
MEET OUR I.O.N. NURSE OF THE YEAR AWARD CANDIDATES

Debby Delk-Kerlin, RN, CAPA
Pre-admission Testing
Certified Ambulatory Peri-anesthesia Nurse
Outstanding practitioner
Smile that lasts all day long
Member of ASPAN
Member of OSPAN
Secretary of NEOSPAN
Fire and Safety Officer
Member Patient Teaching Committee
UBC Secretary
Alzheimer’s Association Volunteer

Melanie Dickey, RN, BSN, CRN, CPAN
Radiology
Baccalaureate Degree in Nursing
Certified Peri-anesthesia Nurse
Certified Radiology Nurse
Preceptor
Team player
Balanced
True professional
Keen sense of humor
Member Education Council
Volunteers in the community
Mary LaGarde, RN, BC, CAPA
One Day Surgery Unit
Certified Ambulatory Peri-anesthesia Nurse
Board Certified Medical-Surgical Registered Nurse
Employee of the Year 2007
Member QI Council
Former Member Leadership Council
Instituted Nursing Grand Rounds
Member Magnet Champion Committee
Valued resource person for staff
Highly respected by physicians
Neighbor to Neighbor Volunteer

Sharon Pollok, RN
Newborn Nursery
Member Magnet Champion Committee Former Chair
Member Practice Council
Member Cerner Documentation Council
NE Oklahoma Chapter Leader – AWHONN
Member ONA
UBC Chair
Promotes nurse accountability
Encourages evidence based practice
Community: Margaret Hudson Foundation, Komen Race for the Cure, March of Dimes
Good Samaritan Mobile Clinic Volunteer

Carissa Shaw, RNC-OB
Clinical Instructor, L&D
Baccalaureate Degree in Nursing
Certified Inpatient Obstetric Nurse
Member Perinatal Practice Committee
Preceptor
Mentor and advocate for new nurses
True role model for the professional nurse
Immersed in unit’s PI projects
Outstanding work ethic
Efficient
Detail oriented
I.O.N. NURSE OF THE YEAR AWARD WINNER

Julie Shaffer, BSN, RN-C
Manager, 8 West

Baccalaureate Degree in Nursing
Certified Pain Management Nurse
Positive attitude
Professional manner
Leads by example

Goes the extra mile to attain customer satisfaction
Trusted and respected
Spends extra time with patients
Exhibits great integrity
Community – Heart Walk
CARLAE DUFFIELD SELECTED AS ONA NURSE OF THE DAY IN HONOR OF REBECCA ANDERSON

Carlae Duffield, charge nurse on 11 West, is a member of the Oklahoma Nurse Association. At a recent ONA event, she was encouraged to participate in the Nurse of the Day program which affords ONA members the opportunity to interface with representatives and senators in the State Capitol. Exploring the ONA website to learn more about the Nurse of the Day program, she ran across a special opportunity. As part of the program, a few exceptions have been created to commemorate special people; one of these is Nurse of the Day in Honor of Rebecca Anderson.

Last year, the Oklahoma Legislature passed a resolution to honor the memory of Rebecca Anderson, a nurse who responded to the call for help during the Oklahoma City bombing. Tragically, Nurse Anderson succumbed to fatal injuries that day; because she was an organ donor, in passing, she shared the gift of life with three organ recipients. The resolution was passed on April 19 which marked the 16th anniversary of the bombing and the observance of National Organ Donation Month.

On the ONA website, Carlae was drawn to the requirements for being appointed Nurse of the Day in Honor of Rebecca Anderson. Her career path was very much aligned with the criteria for application. She submitted an essay which described her experience with trauma patients and her affiliation with organ donation services. We invite you to read her winning essay:
I have been a nurse for 30 years and have worked directly with LifeShare, in Tulsa, for some seven years. I worked ER/Trauma and was on the trauma team numerous times working directly with organ donor issues. The first trauma I worked was a triple homicide which included a young woman that was shot three times in the base of the skull. I assisted the neurosurgeon in preparing and preserving her on the ventilator so that she could be transferred to ICU until the harvesting team could fly in. I am currently the charge nurse at St John Medical Center, in Tulsa, and I am the one who approaches the families to discuss organ and tissue donation. I make all of the calls to LifeShare when there is a death on my floor. I am an organ donor as well as my children. Many times I pray to God for strength to approach a family that is devastated and so sad to discuss something as sensitive as organ donation. I feel that it takes a strong, confident, and compassionate person to deal with this situation and I try and be all of these. I feel that nurses are the ones that can successfully and compassionately assist a family in making a decision that can save another life. I feel that it is very important for these issues to be handled professionally and respectfully that may allow a loved ones memory to live on in a life that they have saved with donation.

Carlae's essay was reviewed by a panel comprised of ONA members and LifeShare Transplant Donor Services of Oklahoma staff. She was notified at the beginning of April that she had been selected to be Nurse of the Day in Honor of Rebecca Anderson. On April 19 she was honored at the State Capitol and was presented with a citation from the Oklahoma Legislature which contained excerpts from her essay. Afterwards, Carlae was invited to address our senators and representatives. True to her beliefs, she made use of this opportunity to encourage members of the audience to become organ donors. Carlae states that the experience was, “one of the highlights of my career.”

Thank you Carlae for your dedication and practice and for promoting a positive image of St. John Nursing. Congratulations on your recent and much deserved recognition.
PATIENT LETTER

I wanted to comment on St. John associate Ben Edwards. I recently lost my mother here at St. John. It is one of those times in life you experience but are never really prepared for. St. John associate Ben Edwards was her main caregiver during most of the time my family and I were there.

I cannot say enough about Ben. He is a caring, compassionate and very knowledgeable person. He is very much an asset and an excellent representative of St. John. He cares for his patients and knows how to visit with family members. He kept us informed as to the path of care for our loved one.

The Values of St. John are Service, Presence, Human Dignity and Wisdom, and I believe these all apply to Ben. He made a very difficult time with the illness and passing of my mother less traumatic by his kind and gentle manner. I think he is an outstanding employee. I also wish to thank the countless others who cared for my mother. Everyone on the unit we came in contact with was so nice and caring. Sister Julie (Manternach) was also a comforting presence to us at the end of my mother’s life. My mom just missed her 90th birthday. I am very grateful for St. John.

BREAKFAST CLUB

St. John Medical Center recognizes employees named in a Press-Ganey patient satisfaction survey or letter with the monthly Breakfast Club. The breakfast is hosted by Jessie Dragoo, vice president of Nursing, Charles Anderson, president and CEO, and Kathy Smarinsky, vice president of Clinical Services. Congratulations to the many nurses who have been honored over the last five months!
TUNED IN TO THE COMMUNITY

Nurses Rachel Baker, Jenni Friederich, Susan Reeder, Cynthia DeLay, Mona Keeline and Gaye Rotrammel appeared on KTUL News Channel 8 this year serving as healthcare experts for a variety of topics, including car seat safety, lactation services, patient safety measures and Magnet®.

HEART WALK

The St. John Health System was recognized at the American Heart Association and American Stroke Association’s 2011 Heart Walk as the largest team and second-largest fundraiser on April 2. St. John raised $55,117.66. This was a 77 percent increase over donations in 2010. St. John was also inducted into the $50,000 Club, one of only two organizations in Tulsa to be so honored. More than 1,100 employees and friends walked for the St. John team. In addition, the St. John Heart Institute and St. John Stroke Center hosted health education booths at the event, promoting heart disease and stroke risks, warning signs and prevention information.

VESTIDO ROJO

The St. John Stroke Center served as the American Heart Association and American Stroke Association’s community education sponsor at the annual Go Red event for the Spanish-speaking community, Vestido Rojo. St. John featured a stroke education booth staffed by nurses Justin Cole, Liz Bell, Kim Vessells, Mike Zahner and nurse assistant Deya Gonzales along with physician assistant Sonja Boswell and St. John Heart Institute representative Ron Johnson. Blanca Charles, RN, presented diet and nutrition information, and Martha Manning, LSW, spoke about exercise and healthy living.

BABY FEST

The St. John Center for Women’s Health participated in the 2011 Babyfest and Family Expo on March 5 greeting more than 5,000 attendees. St. John sponsored a large children’s area with inflatables, a dancing area and obstacle course. The St. John booth area featured experts on breastfeeding and car seat safety.
CARING FOR PATIENTS IN TULSA AND ABROAD

ASSOCIATION OF WOMEN’S HEALTH, OBSTETRIC AND NEONATAL NURSES (AWONN)

The 2011 AWHONN Oklahoma Section Conference was held April 8-9 at St. John Medical Center. One hundred ten nurses from the state attended, along with 17 vendors.

The conference featured two internationally recognized experts in the field of nursing. Anne Katz, PhD, RN, a clinical nurse specialist and sexuality counselor at the Prostate Center of Cancer Care in Canada, is also the editor for AWHONN’s Nursing for Women’s Health magazine. She discussed exploring the boundaries of a modern nursing career and emphasized the importance of the nursing profession.

Michele Deck, RN, BSN, specializes in the field of healthcare education and training. Michele brought new ideas on teaching the “iPod generation,” and encouraged the group with her session on “Finding the Hero Within.”

The conference enlisted local physicians and nurses to present up-to-date evidence-based practice presentations, including St. John physician Edward Gustavson, MD, who discussed the effects of methamphetamine use on neonates.

Each year the organization picks a local charity to sponsor. This year the Xavier House was the recipient of a monetary donation. The organization also awards three $750 scholarships to nurses who are working toward higher degrees. This year, two SJMC nurses received scholarships. Gaye Rotramel is pursuing her master’s in nursing, and Yesenia Saldivar is pursuing her bachelor’s in nursing.
9 WEST RECEIVES ST. JOHN WAY TROPHY

Congratulations to the staff of 9 West, recipients of the St. John Way Trophy in April. The trophy honors adherence to the “St. John Way,” a program designed to reinforce key safety, courtesy and communication responsibilities when dealing with patients.

The protocol for any employee visiting a patient is:

- Wash in
- Always knock before entering
- Announce who you are by name and title
- Tell the patient the purpose of your visit
- Call the patient by name
- Before leaving, ask the patient if you can do anything else for them
- Wash out

Charles Anderson, president and CEO of St. John Medical Center, and Kathy Smarinsky, vice president of Clinical Services, helped Pam Kiser, director of Nursing Practice, to present the award. Anderson expressed the importance of the St. John Way protocol, as well as other initiatives, like hourly rounding and bedside reporting, in assuring patient safety and satisfaction.

Jessica Heppel is the winner of the electronic health record contest drawing and a new iPad. Congratulations, Jessica! The electronic health record was named on March 15.
5 WEST HONORED FOR HAND HYGIENE

Greg Garcia, RN
5 West Nurse Manager

5 West was recently honored for its hand hygiene compliance after audits were performed by “secret shoppers.” Greg Garcia, 5 West nurse manager, shares some of the unit’s measures to ensure consistent hand hygiene.

Keeping our patients, staff and the community safe ranks as a top priority on 5 West. We always strive to provide the best and safest medical care possible. Hand hygiene plays a big part in our commitment to provide safe and effective care within the constantly evolving healthcare system.

5 West nurses are dedicated advocates for patient safety. It was decided by our unit-based council that patient safety is a collaborative goal that requires a concerted effort from the patient, family, friends and all members of the healthcare team. One way we have nurtured our commitment to safety is by placing signs on patient doors, reminding all visitors and staff to wash in and out prior to entering or leaving a patient’s room. By actively involving others in patient safety, 5 West is able to foster communication between the patient, nurse and other healthcare members which leads to a safer environment and better patient outcomes.

Our professional commitment to hand hygiene continues to positively influence overall patient safety and overall patient care quality.
Celebrating
85 Years of Medical Excellence and Compassionate Care

St. John

1926-2011