



Pulse

Healer Newsletter

January 2023



OU, Norman Regional Partner for New Cancer Center



at Norman Regional.

The state-of-art facility will combine the full spectrum of medical oncology and radiation oncology services under one roof. It will include two advanced linear accelerators to provide more targeted and precise radiation therapy treatment, as well as advanced diagnostic imaging services to improve detection and monitoring of treatment results. The facility is scheduled for completion in 2025.



Norman Regional Health System and OU Health are partnering to bring the highest level of cancer care to Norman by building a new cancer care facility. It will providing the expertise and convenience of Oklahoma's only National Cancer Institute-Designated Cancer Center, OU Health Stephenson Cancer Center, to the residents of the south metro and south central Oklahoma.

Located at the Norman Regional HealthPlex near I-35 and Tecumseh Road, the planned 50,000-square-foot facility will be named OU Health Stephenson Cancer

"This is an exciting day for our two health systems as we join together to offer high-quality, research-driven cancer care to people in Norman and from across southern Oklahoma," said Richard Lofgren, MD, MPH, president and CEO of OU Health. "We are pleased to welcome Norman's excellent oncologists to the OU Health team and to partner with them to provide National Cancer Institute-level care that is driven by research. This is a natural evolution for the long-standing relationship of our health systems."

OU, Norman Regional Partner for New Cancer Center

Cont.



OU Health Stephenson Cancer Center has assumed operations and management of Norman Regional's existing medical oncology services provided at Norman Regional's Porter campus. In 2025, with the opening of the new facility, Stephenson will begin providing radiation oncology services in partnership with Norman Regional. This provides patients access to a larger range of expertise.

"Norman Regional has a long history of excellence in cancer care. Partnering with Stephenson Cancer Center will elevate those services in a variety of ways

and allow patients to receive convenient care closer to their homes," said Richie Splitt, president and CEO of Norman Regional Health System. In addition to cancer treatments, patients in Norman will have access to other services offered through a National Cancer Institute-Designated Cancer Center, including clinical trials studying drugs for many types and stages of cancer.

Phase I clinical trials, in which humans receive a drug for the first time, will continue to be offered only at Stephenson Cancer Center in Oklahoma City. However, with the opening of the new facility, patients can enroll in Phase II and III clinical trials and receive their care in Norman.

Norman Regional also will offer patients an expanded range of supportive care services through Stephenson Cancer Center. This includes counseling services specific to cancer patients, nutritional services to support the body through cancer treatment, palliative care to manage cancer-related symptoms, cancer rehabilitation to recover function, and much more.

"We are excited to extend the reach of Stephenson Cancer Center and bring these opportunities to patients in Norman and surrounding communities," said Robert Mannel, MD, director of OU Health Stephenson Cancer Center. "This partnership represents Stephenson Cancer Center's first opportunity to begin expanding into a statewide network for the residents of Oklahoma, which is the charge that the Oklahoma Legislature has given us. Stephenson Cancer Center is the state's most comprehensive oncology practice, and we rank No. 1 among all cancer centers in the nation for the number of people participating in NCI-sponsored clinical trials. That means scientific breakthroughs are more readily translated into new treatment options that bring new hope to patients fighting cancer."

December Spirit of Wellness Winner, Kristin Potts, RN



The Spirit of Wellness award is a peer nominated award for healers who make healthy living a priority and help facilitate a culture of wellness. The categories include: exercise on a regular basis, healthy lifestyle changes, acts as a leader in wellness, joins others to raise awareness about health issues, promotes and actively practices stress reduction techniques, encourages others to live a healthier lifestyle, and more.

If you want to nominate someone or yourself for this award please [click here](#) to complete a simple checklist and form. Healers can be nominated more than once. All information is confidential.

Introducing our December NRHS Spirit of Wellness Award Winner Kristen Potts, RN!

Kristen has worked at NRHS for 13 years. She works in VAST (Vascular Access Specialist Team). She is nominated for exercising on a daily basis, improving nutrition habits, acting as a leader in wellness, practicing good sleep hygiene, and actively practicing stress reduction techniques. She works out at the Porter Fitness center four to five days per week and is always eating healthy at work.

She has hiked her fourth "14er", Mount Elbert, a 14,439 foot summit and the highest in Colorado this past September. Her life motto is "don't be afraid of being a beginner, we all have to start somewhere." Her favorite healthy snack is smoothies and salads and her favorite physical activities are hiking, skiing, and weight-lifting.

Her tip for others is to track your progress. "There is nothing more motivating than seeing and feeling progress towards a goal. Keep a journal, take pictures, or use an app," said Kristin.

Link to the healer hub post

<https://healerhub.nrh-ok.com/mlink/post/NzU5>

Blood Donors Needed for February Blood Drives



**Our
Blood
Institute**

Shortages in blood supply are affecting not only Norman Regional, but also the community as a whole. Our Blood Institute, formerly known as Oklahoma Blood Institute, faces a dangerous emergency blood shortage and is issuing an immediate call for donors of all blood types.

Weather cancellations are pouring in across Oklahoma on top of an already critically low blood supply. Our Blood Institute typically has a three-to five-day supply of lifesaving blood available, but it is well below that level now.

Most importantly, donating blood will provide health and healing for local patients in need. But, donating blood has some nice additional perks, too!

- At each donation, you receive a mini health screening, including checks of your blood pressure and cholesterol levels.
- As a thank you for your donation, you'll get a free t-shirt and snacks, as well as any partner giveaway we have at the time.
- For each donation, you'll receive donor rewards points, which can be redeemed in the Our Blood Institute donor reward store at various times during the year.

Dates & Times

- **Norman Regional Hospital**
 - Tuesday, February 21 from 8 a.m. to 2:30 p.m. in Education Center
 - Schedule appointment [here](#)
- **Norman Regional HealthPlex**
 - Tuesday, February 21 from 9 a.m. to 2 p.m. on the bloodmobile
 - Schedule appointment [here](#)
- **Norman Regional Nine**
 - Tuesday, Feb 21 from 8:30 a.m. to 11 a.m. on the bloodmobile
 - Schedule appointment [here](#)
- **Norman Regional Moore**
 - Wednesday, Feb 22 from 10 a.m. to 12:30 p.m. on the bloodmobile
 - Schedule appointment [here](#)

High School Interns Wrap Up First Semester at NRHS



Congratulations to Abby Gray and Billy Tran who just completed the first semester (Fall 2022) of the new High School Observation Internship at NRHS. They spent the semester rotating through several areas including Laboratory, Imaging Services, Primary Care Clinics and more! NRHS continues to offer this program to local high school students completing their ICAP (Individual Career Academic Plan).

Students learn about internship opportunities from their counselors at their schools. Norman Regional shared the internship/observation information with Norman Public Schools, Moore, Lexington and Dimensions, because they had all reached out requesting internship opportunities.

There is a Fall semester session and a Spring semester session. Students attend for one hour each day Monday through Friday for the semester, rotating through locations each week.

A few comments from Abby and Billy last semester:

"People were very welcoming."

"It was a great experience to be able to observe the lab workers run tests and examine specimens. Loved observing first hand."

"Make sure to give future students the opportunity to observe a Cath Lab. It is incredibly interesting and allows the student to really know if they're squeamish around blood or not."

Celebrating 2,598 New Lives in 2022



2022 was a busy year for our labor and delivery team as they brought a total of 2,598 new lives into the world last year! All new lives deserve to be celebrated and all of your hard work and dedication to our tiniest patients does not go unnoticed! Thank you for all you do!

Nurse of the Year Awards- 2022



Nurse of the Year winner Sheila Monson stands with Erin Barnhart, executive director of the Norman Regional Health Foundation, and Lana Nelson, DO, a bariatric surgeon with Journey Clinic.

Norman Regional Health System (NRHS) physicians and practitioners are reminded every day that they couldn't serve and heal our community without the network of nurses supporting them in their duties. Since 2010, NRHS physicians have nominated and funded Norman Regional's Nurse of the Year awards, recognizing the nurses who stand out for their exceptional work and can-do attitude.

Nurse of the year finalists for 2022 were surprised in early January with a visit by Dr. Lana Nelson and Foundation members at their respective hospital or clinics. Three nurses were given the exciting news that they were selected as finalists, with one runner-up and ultimately, the award winner.

Sheila Monson, RN, Emergency Department (ED) at our Moore Campus, is a prime example of the Norman Way and the official NRHS 2022 Nurse of the Year. Her nomination included how her patient-care efforts go beyond the ED into the regional communities we serve.

Nurse of the Year Awards- 2022 Contd.

“She has really made an impact through her work addressing human trafficking. This was an area that we were woefully behind the times in, and she single-handedly developed a program and has championed this throughout the hospital.” Monson started her career at NRHS in 2009, and currently serves as the chair of the unit based council. Her nominator wanted Monson to be acknowledged for her leadership over the ED. “Beyond the excellent work she does as a nurse, she is a department leader. Her patients and coworkers love her and are so glad she is there to think in an innovative way and to make positive changes. ”

Runner-up for NRHS' Nurse of the Year was bestowed on Diana Hughes, LPN, Headache Center. Hughes has been a healer for nearly 30 years and was recognized for going above and beyond for her patients on a daily basis, particularly for returning patient calls quickly and efficiently. Her nominator said, “Many of our patients brag on her, not a week goes by where a patient doesn't comment about how wonderful she is. I have been around a long time now, and I have never seen or worked with a better nurse.”



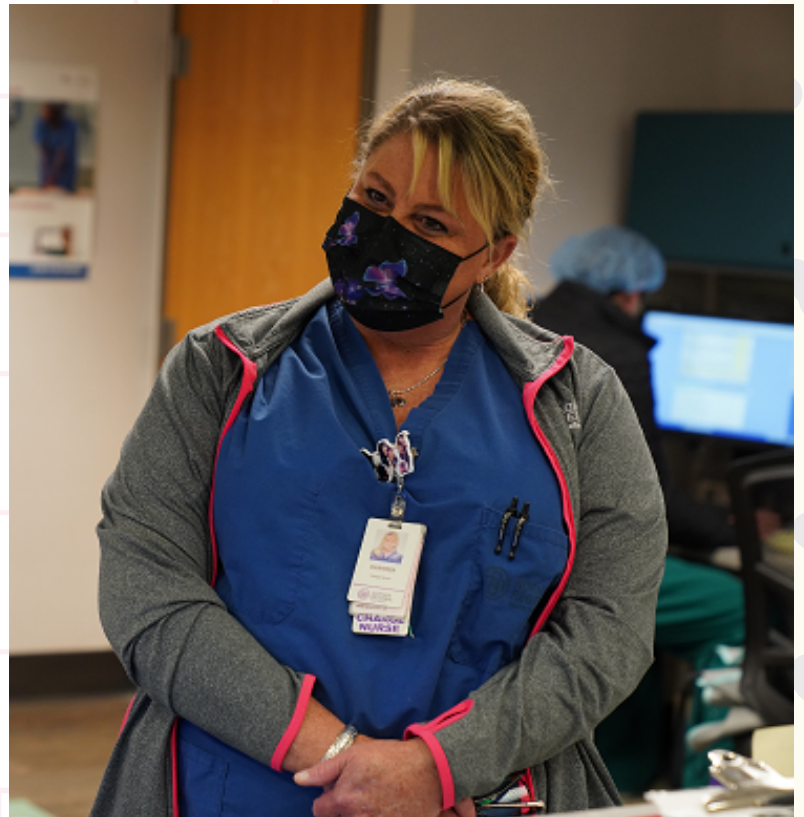
From left: Brittni McGill, Chief Nursing Officer, with Erin, Diana Hughes and Dr. Nelson.

Nurse of the Year Awards- 2022 Contd.



Finalist Katie Gilmore, RN, a float/flex nurse at the HealthPlex, was nominated for being a smart and outstanding nurse who is flexible at all times. Her nominator also shared, "She is calm under pressure and is always willing to go the extra mile for her patients." (Gilmore is pictured to the left, in the middle of Dr. Nelson and Erin.)

Charissa Gowens, RN, oversees the Same Day Surgery Department as charge nurse on the Porter Campus. Employed with NRHS since 1998, her nominator states that Gowens should be commended for her demeanor, leadership, compassion and commitment to patient care. Gowen's nominator also shared, "She remains calm in the midst of a busy, chaotic ambulatory care unit." (Gowens pictured on right.)



Nurse of the Year Awards- 2022 Contd.

Amy Hawley, RN, a nursing supervisor over Labor & Delivery at the HealthPlex, rounded out the trio of finalists recognized for NRHS's Nurse of the Year. Her nomination stated, "She is an individual who demonstrates excellence in nursing advocacy, patient advocacy and leadership; she serves as a champion for the nursing profession and actively seeks to improve nursing management." Hawley's nomination also stated that she often goes above and beyond to meet everyone's needs while working tirelessly and asking for little in return. (Hawley pictured below with with her leadership team, Brittni and Dr. Nelson.)



Amber Parris Named December Healer of the Month



December Healer of the Month

Amber Parris



**NORMAN
REGIONAL**
Health System

Congratulations to Amber Parris for being named Norman Regional's Healer of the Month for December! Amber has worked at Norman Regional for five years now and has been an MA at Rheumatology Associates and Oklahoma Surgical Associates in that time. Prior to joining Norman Regional, Amber was an MA and handled pre and post op patient care at OU Health.

Amber has lived in the Moore area for seven years now and lived in Mustang prior to that where she graduated from Mustang High School. In her free time, Amber loves to travel and spend time with her family. Her two boys keep her busy with their sports and she enjoys music, dirt bikes and motocross.

Her favorite thing about working at Norman Regional is taking care of her patients and her colorectal surgery family and everyone else at her clinic.

Congratulations again, Amber!

New Faces



Farhad Aminzadeh, MD

Farhad Aminzadeh, MD, is a board-certified family medicine physician accepting new patients at Primary Care – Norman Regional Nine. Dr. Aminzadeh was inspired to “learn the art of healing,” and become a medical doctor after 16 years of working as a neighborhood pharmacist.

His special interests include:

- Acute illnesses
- Annual physicals
- Asthma
- COPD
- Diabetes
- Hypertension
- Minor clinical procedures
- Management of chronic conditions
- Wellness visits
- Preventive medicine

He shares he was motivated by his pharmacy patients to reach out to their communities and learn about their needs, becoming a better healer in the process.

“My patients can expect to receive the care that my family members, or I, would expect from our own doctor,” Dr. Aminzadeh stated.

Dr. Aminzadeh is a healthy, home-cooked meal enthusiast and former competitive ballroom dancer.

December Promotions

EMPLOYEE	TO
Katelyn Andres	Case Manager Social Work
Aimee Brown	LPN IV
Parker Brown	Paramedic Extern IV
Toby Clampitt	Paramedic Extern II
Megan Cloud	Coordinator Billing Review
Tiffany Cowan	Nurse Resident
Care Dixon	Supervisor Patient Access
Kelly Greene	UR/TOC, Denials Registered Nurse
John Hughes	Paramedic Extern IV
Jack Jewell	Assistant Departmental
Marzieh Khandani	Supervisor Nursing
April Leon-Medina	Clerk-Lab Assistant
Shannon Lugafet	Clerk Insurance Billing

December Promotions Promotions Cont.

EMPLOYEE

TO

Mark Madden

Charge Nurse III

Jennifer McPherson

Nurse Resident

Megan Nguyen

Provisional Respiratory Therapist

David Palmer

Paramedic PRN II

Julie Pool

Cashier

Shae Orcutt-Richardson

Paramedic Extern IV

Cameron Stanford

Paramedic Extern II

Skye Tatum

**Technical Sterile Processing,
Non- Certified**

Heather Tipps

LPN PRN III

Staci Tunnell

Clerk Lead Lab Business Service

Jennifer Volkner

Food Service Worker II

Jordan Washington

Clerk-lab Assistant

Pamela Wilbur

Charge Nurse IV