

# Norman Regional



With **Richie Splitt**  
President & CEO



**August 6, 2021**

### **EAP Services Available**

The Employee Assistance Program or EAP includes many resources to help healers stay well during this time, as well as including six free visits with a counselor. The EAP has resources for every occasion in life and is available to you free of charge 24/7. Simply visit <https://www.feieap.com/> and use the username **NRHS**.

### **Helping Hands**

Our acute care areas need your help. The health system is seeing an increase in patients. These patients are not only hospitalized for COVID, but also RSV, stroke, gastrointestinal bleeds, and other chronic health conditions.

Please consider signing up for the re-launched Helping Hands program. Norman Regional is offering all healers the opportunity to work extra shifts as PRN to assist with current needs. Both hourly and exempt employees are eligible to work these extra shifts and will be paid at the same rate of pay as they currently make in their home department.

To sign up please click the link that best applies to you:

## **Our Purpose, Our Passion and Our Mission**



Over the recent weeks, I've been thinking a lot about all Norman Regional healers. You have been on my mind specifically because this past year served as a continuous reminder as to why I, and you, chose healthcare as a career – a career that requires great dedication and discipline. You and I chose to help people when they are at their most vulnerable - physically, mentally and spiritually. Our courage, caring and compassion has helped thousands of patients through the healing process.

The image above reminds us that each of us is a stakeholder in the delivery of high quality and safe patient care. Our co-workers, patients and community members depend on us to care for them as a family. Each and every day we are developing treatment plans of care, caring for the critically ill at the bedside, supporting end-of-life decisions, being present for grieving families, preparing nutritious meals, sanitizing rooms for the next patient, repairing equipment, delivering supplies, transporting patients to the car for a ride home and so much more. When we do these things, we are individually and collectively standing in the gap between the hurt and the healing, and each of these acts

CLINICAL:

<https://www.signupgenius.com/go/clinicalhh>

NON-CLINICAL:

<https://www.signupgenius.com/go/nonclinicalhh>

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### **Construction Noise and Vibration at the HealthPlex**

Starting this Friday, August 6, heavy construction including the demolition of the former Emergency Entrance will occur at the HealthPlex.

Construction noise and vibrations will increase during this time. Construction firm JE Dunn is working diligently to reduce the construction noise and vibrations and keep patient comfort in mind as work continues.

To help with patient comfort:

- The Registration Department will distribute a card to patients and visitors. It outlines noise-reduction protocols, sound testing, tools and equipment authorization and more.
- Noise-reducing ear protection is available to patients.
- If noise/vibration becomes a safety risk, there is a procedure in place to halt construction for a defined time.

As always, our patients' safety and comfort is our top priority. This temporary inconvenience will allow us to expand and better serve our community.

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### **Day of Caring Sign Up**

The United Way Day of Caring kicks off at 8 a.m. on Sept. 17! The deadline for volunteers from NRHS to fill out forms is August 13. Volunteer forms can be found here-

<https://www.unitedwaynorman.org/DOCVolunteerForm>

You can find more information and key dates for this year's Day of Caring here-

breathe life into our mission to serve our community as the leader in health and wellness care.

So much of why we work at Norman Regional has to do with our personal passion and calling to care – to be part of something bigger than ourselves and going home each day knowing our work contributed to our mission.

There is power and peace in knowing that you and I spend our time and energy making a difference in the lives of others. I couldn't be prouder of the healers at NRHS who courageously show up every day to serve our patients, families and communities.

As we end another work week, a question to consider... **What is your calling and how does your work at Norman Regional contribute to that calling?**

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## **Welcome Dr. Aaron Smathers**

Please join me in welcoming Aaron Smathers, MD, MS, a board-certified sports medicine physician, to the Norman Regional team. Dr. Smathers joins Norman Regional's Ortho Central clinic at the Norman and Midwest City Clinic locations.

Dr. Smathers graduated from the University of Oklahoma College of Medicine. He completed his residency in family medicine and his fellowship in sports medicine at the University of Oklahoma Health Science Center.

Dr. Smathers has an extensive athletic background himself, having competed in numerous sports growing up and as a professional cyclist with multiple overall competition wins. His background as an athlete is what motivated him to become a sports medicine physician, allowing him to help other athletes overcome the challenges associated with competing that he has faced himself.



Dr. Smathers said his patients can expect a well-rounded sports medicine physician prepared to take care of any and all active populations to achieve their goals, whether returning from injury or pushing their own personal limits. His special interests include endurance sports performance and preparation, ultrasound guided joint and soft tissue injections, acute fracture care, acute and chronic injury care, cardiovascular fitness and preparation, and concussion management.

<https://www.unitedwaynorman.org/dayofcaringinformation>

Please contact Sara Raney if you have any questions:  
[sraney@nrh-ok.com](mailto:sraney@nrh-ok.com) or 405-307-2143.

#### **Gomer Jones Help Needed**

Norman Regional needs to staff 6 cooling zones with at least 2 people for 4-5 home OU games at the Gomer Jones medical clinic. The clinic will be serving fans, providing them shade, water and fans. The dates are September 11, 18 and 25, October 16 and potentially Oct. 30.

Staff must be in good standing with their departments and are required to work the full 8-hour shifts. Staff will be provided a NRHS shirt, lunch and the hours worked are paid as well.

Anybody interested should contact Stephanie Gehrke at [sgehrke@nrh-ok.com](mailto:sgehrke@nrh-ok.com).

#### **Biggest Winner Registration Open**

We invite you to participate in the new NRHS wellness team BIG event, the Biggest Winner Contest! Three NRHS healers who lose the highest percentage of body fat (with a bonus of any skeletal muscle mass gain) WIN! Depending on how many healers register the prize money can get really BIG!

[Click here](#) for the one page information sheet!  
[Click here](#) to fill out the registration form. Send all forms to [abrowning@nrh-ok.com](mailto:abrowning@nrh-ok.com). Fax to 405.307.3179, or internal mail to Health Promotion, Porter.

In his free time, Dr. Smathers enjoys spending time with his family, mountain and road biking, working on vintage cars and playing the guitar.

To schedule an appointment with Dr. Smathers at either the Norman or Midwest City locations, call 405-360-6764.

## **Vaccine Information**

If you are not yet vaccinated against COVID-19, please get the vaccine. Consult with your physician, ask questions and follow the science. The COVID vaccines offer safe and an effective way to keep you and your family safe. They are safe, they work and they help us all.

[This flyer](#) has information on where you can get the vaccine. Norman Regional's Primary Care clinics offer the COVID vaccine to all established patients.

If you don't have a healthcare provider, Norman Regional can match you with one in your area. We have clinics in Moore, south Oklahoma City, Norman, Newcastle, Blanchard, Noble and more. Call our referral line at 405-515-5000 to make an appointment today.

You don't have to get the vaccine from Norman Regional Health System. There are several ways you can look for vaccination providers near you.

- Visit [Vaccines.gov](https://www.vaccines.gov) to find vaccination providers near you.
- Text your ZIP code to 438829 or call 1-800-232-0233 to find vaccine locations near you in the United States.

Unless you were previously vaccinated at NRHS, please provide a record of vaccination to Employee Health.

Be Well,



*President & Chief Executive Officer  
Norman Regional Health System*

