



## Feb. 10, 2023

### A Message from Our Chief People Officer Acknowledging Black History Month

Please take some time to read our CPO Keith Minnis' message acknowledging Black History Month. You can read it on Healer Hub by [clicking here](#).

Healer Hub also has a special page dedicated to Black History month. It features videos with some of our healers, a HealthStream Course, a Health Equity Challenge and much more. Please visit the dedicated page by [clicking here](#).

### Staff Door Closing at HealthPlex Saturday

Due to Inspire Health construction, the first floor staff door that leads to the tower staff elevators will be blocked for several hours beginning at 7 a.m. Saturday, Feb. 11. The work in that area is expected to take about eight hours. During that time, please instruct your healers to use the hallway by the NICU or the hallway that leads through outpatient services. Security will post someone in the area to assist with directions and to ensure that all EMS services can flow to the ED without issues. [Click here](#) to see a map indicating which door will be closed.

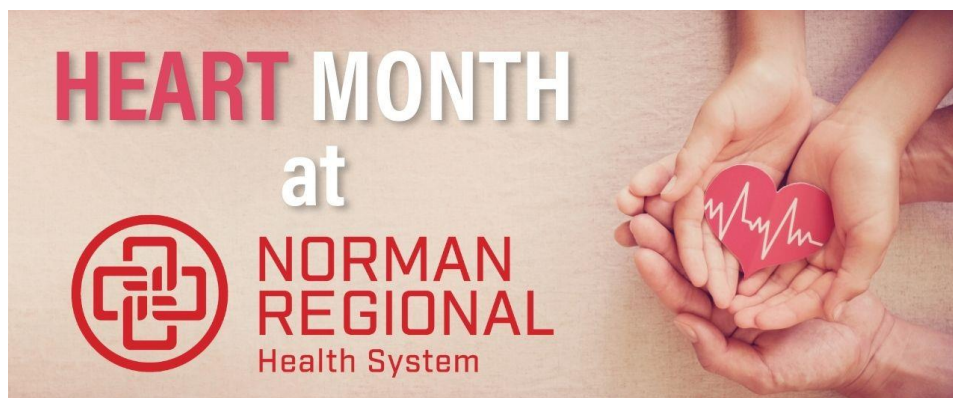
Thank you for your flexibility and patience during this time.

### NRHS's NMotion Clinic Offers IV Therapy

Whether you're an athlete or a non-athlete, IV therapy can provide a variety of health benefits and improve your overall wellness.

Intravenous (IV) therapy has become a popular and effective treatment option for a variety

## Celebrating Heart Month at Norman Regional



Heart disease is the leading cause of death for Oklahomans. More than 10,700 Oklahomans died from heart disease in 2017 alone. For healers, these are more than statistics. These are our patients, family, friends and neighbors.

That's why it's so important for us to combat heart disease at every opportunity – at the bedside, out in our community and at every chance we can.

Part of that is providing highly reliable patient care. Heart Services are a Center of Excellence, which means they've met national standards by governing bodies related to quality processes and outcomes.

I'm proud to announce just this week Norman Regional was honored in the [2023 US News & World Report "Best Hospitals" by the American College of Cardiology](#). In fact, we were awarded the most badges in the state of Oklahoma on The Heart of Quality Patient Care list in the publication! Norman Regional was recognized for the following accreditation services, registries and honors: CathPCI Registry, Chest Pain MI Registry, EP Device Implant Registry, LAAO Registry, STS/ACC TVT Registry, accreditation in both Cardiac Cath Lab and Chest Pain Center and the Chest Pain MI Registry Gold Honor!

Another way we can help improve heart health in Oklahoma is educating the public on heart attack warning signs and the proper response including CPR.

Norman Regional Health System, Norman Public Schools and Norman Regional Health Foundation are partnering together to bring free CPR to our community!

The Family & Friends CPR Course teaches lifesaving skills. Those skills are taught in a dynamic group environment using the AHA's research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time possible.

This day-long event will have three CPR classes starting at 9 a.m., 11 a.m. and 1 p.m. on Saturday, Feb. 25 in the Porter Education Center. There will be a potential fourth class added at 3p.m. if needed. We need volunteers to help at this event! Volunteer positions include

of health conditions and can also be used to improve overall wellness. It has established itself as a staple in functional medicine and sports medicine as both athletes and non-athletes can benefit from the quick and efficient delivery of nutrients, vitamins, and minerals directly into the bloodstream.

Norman Regional's functional sports medicine clinic, NMOTION, has improved the performance and well-being of many patients through the use of IV therapy.

[Click here to read the blog from NMotion.](#)

#### Ask a Dietitian: Dark Chocolate Healthy Treat

With Valentine's Day just around the corner, the first food that comes to mind for many is chocolate. While not all chocolates are created equally, it is the cocoa particles that bring numerous nutrients to the table. When picking chocolate with the purpose of finding a healthier sweet treat there are a few things to keep in mind. [Click here](#) to read an NRHS registered dietitian's tips on picking the healthiest options.

instructor/facilitator, assistant/prep, and check-ins.

To sign up to volunteer during the classes, [click here](#).

To sign up to take one of the classes available, please [click here](#).

## Behavioral Health Center Groundbreaking



Mark your calendars for another milestone in our Inspire Health Plan. Norman Regional and Oceans will host a groundbreaking for the new 48-bed Behavioral Health Center on the Porter campus.

Join us at 11 a.m. Wednesday, March 8. The groundbreaking will occur at the southern end of the Porter campus. This new center will expand our expert mental health services to reach even more Oklahomans. The 48-bed hospital will provide treatment for mood disorders, depression disorders and substance abuse.

## International Day of Women in Science Day

February 11 is International Day of Women and Girls in Science! For the day, The United Nations has a focus to "Bring Everyone Forward for Sustainable and Equitable Development." [Click here](#) to learn more about the internationally celebrated day of women and girls in science.

Norman Regional will celebrate this special day on social media and Healer Hub. I wanted to share one quote from healer Namali Pierson, MD with you about the achievements of women in science!

**DR. NAMALI PIERSON**  
Hematology / Oncology

International Day of Women and Girls in Science reminds us to root for our girls and to honor those women who have contributed so much to the field. There have been so many incredible ladies around the world who have worked to increase education for girls in science and technology, pioneered different cancer treatments, and contributed to the many advancements that we have seen in the last few years. Patients are doing better and living healthier lives as a result of their determination and sacrifice. I feel truly fortunate and blessed to be practicing medicine and particularly oncology during a time when scientific research is thriving.

Be Well,

President & Chief Executive Officer  
Norman Regional Health System