



Feb. 3, 2023

January Pulse Now Live

The January issue of our Pulse newsletter is now live! In it find stories about:

- Healer of the Month
- OU, NRHS Partnering for a new cancer center
- Spirit of Wellness winner
- High school interns

And more! Read it by [clicking here](#). Do you have a story idea for the Pulse? Submit it [here](#).

Keep the Beat: Friends and Family CPR

Norman Regional Health System, Norman Public Schools and Norman Regional Health Foundation are partnering together to bring free CPR to our community! This day-long CPR class will start at 9 a.m. on Saturday, Feb. 25 in the Porter Education Center.

Norman Regional supports the American Heart Association and its important mission to increase survival from cardiac arrest. The Family & Friends CPR Course teaches the lifesaving skills. 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. The course is NOT a certification and there is no certification card issued.

We need volunteers to help at this event! Volunteers who sign up before Feb. 10 will receive a free t-shirt. Positions needed include instructor/facilitator, assistant/prep, and check-ins. Please sign up by [clicking here](#).

There are three separate classes. To sign up for the class, please [click here](#).

New and Established Healer Breakfasts Offer Way to Connect

Last year, Norman Regional started hosting special breakfasts for new healers. It is a way for our newest team members to connect with the executive team, leadership and each other. It's a chance to share a meal, ask questions and learn more about Norman Regional and its culture. The idea from the breakfasts came from our Recruitment and Retention Committee.

The breakfasts are hosted from 8 a.m. to 9 a.m. at either the Porter Education Center or HealthPlex cafeteria. New healers sign up for the breakfast at orientation or through [this link](#).

Upcoming new healer breakfasts are scheduled for:

- March 22 at Porter
- March 24 at HealthPlex

The new healer breakfasts have been so successful we've expanded to established healers as well! Established healers receive an invite to the breakfasts that is close to their anniversary month.

Upcoming established healer breakfasts are set for:

- April 19 at Porter
- April 28 at HealthPlex

These breakfasts spark great conversations! Questions include: What made you choose Norman Regional as a place to work? What excites you about coming to work every day?

I hope to see you at a breakfast in the future.

Healer Referral Program Reintroduced

Another program aimed at both recruitment and retention is our Healer Referral Program. This simple process offers current healers the opportunity to refer the great people you know to work at Norman Regional. This program presents the potential of earning a bonus on your paycheck if the person you refer is hired to work at Norman Regional!

Now is a great time to reintroduce and go over the program and how it works.

- The current healer (let's call them "Ima Healer") must submit a Healer Referral Form. This form can be filled out **prior to the candidate's application submission, but not later than the start date** of the applicant. This form notifies HR that someone has either applied for employment with NRHS or is someone suitable

Oklahoma Colon Cancer Walk

The Association of Pakistani Physicians of North America - Oklahoma Chapter (APPNA-OK) is hosting its second annual Colon Cancer Walk in Oklahoma City. The walk will start at 1 p.m. Sunday, March 5, 2023 at Scissortail Park, with Norman Regional Health System being a Silver Sponsor for the event!

This event is free and open to the public, with no registration or entry necessary. There will be food trucks, a pet walk, face painting, a kid's poster competition and a live DJ.

Improving Outcomes for Patients with Atrial Fibrillation Webinar

Norman Regional Health System and the Heart Failure and Dysrhythmia Center of Excellence are excited to offer this free webinar event from American Heart Association to our healers! It will be from noon to 1 p.m. Tuesday, February 21 via WebEx. Please register by clicking the link. A meeting invite and link to the event will be provided after registration.

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

One Continuing Education (CE) is available to those participants who are registered and attend the live session (physicians, physician assistants, nurse practitioners, nurses, and pharmacists).

If you have any questions, please email Ashley Taylor antaylor@nrh-ok.com.

for being actively recruited by NRHS, and also referred by Ima Healer.

- The person applying (“Abbie Applicant”) MUST state on their application that Ima Healer is the established healer who referred them to apply for employment at NRHS.
- If Abbie Applicant is hired by Norman Regional, there will be a bonus applied to Ima Healer’s paycheck, according to a specific tier-based payout schedule. The position or department that Abbie Applicant joins at NRHS determines what bonus tier the established healer will receive for the referral.



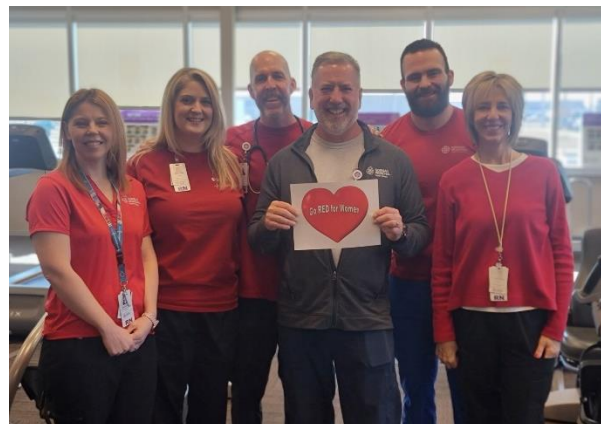
[Click here](#) to watch a fun video about our Healer Referral Program.

The reward for referring a healer ranges from \$200 to \$5,000. [Click here](#) to view the current bonus incentive levels.

You can find more about the program, including the form to submit on [Healer Hub](#).

Wear Red Day Today!

Thank you to our healers for wearing red to raise awareness about heart health.



Outpatient Cardio Rehab



Heart Plaza Imaging

HealthPlex Heart Hospital



HealthPlex Healers have a heart!



Porter Healers show the love!

Be Well,

Richie Speltz

*President & Chief Executive Officer
Norman Regional Health System*