



Jan. 26, 2023

January is Cervical Cancer Awareness Month

Oklahoma leads the United States for cervical cancer deaths. January is Cervical Cancer Awareness Month, a time to raise awareness about the importance of early detection and prevention of cervical cancer.

Read this question and answer with Amber Duncan, APRN, WHNP-BC, a women's health nurse practitioner at Norman Regional, to get her take on some of the most common questions that arise with cervical cancer prevention and education.

[Click here to read it.](#)

National Croissant Day

The Daily Grind has missed its healers at the HealthPlex! They will celebrate National Croissant Day, Monday, Jan. 30 with a pop up shop outside the Gift Shop at the HealthPlex. Stop by from 7:30 a.m. to 9:30 a.m. to purchase a treat from La Baguette. More details can be [found here.](#)

Hydration Challenge Begins In February

It is time to drink more water! Many of us don't drink enough water as we should on a daily basis. Drinking water is one of the easiest ways to ensure that your body is happy and healthy. That is why the February wellness challenge is to drink more water in place of sugary drinks and caffeine for the next five weeks!

Challenge dates are Feb. 1 to March 7. To qualify for prizes you must log 200 points or 25 full days of water consumption.

Nurse of the Year Awards Honor Healers

Norman Regional physicians and practitioners couldn't serve and heal our community without the network of nurses supporting them in their duties. Since 2010, NRHS physicians nominate and fund 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 by a visit by Lana Nelson, DO and Foundation members at their respective hospital and 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. "She has really made an impact through her work with 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 gives of her time 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 co-workers love her and are so glad she is there to think in an innovative way and to make positive changes."



Nurse of the Year winner Sheila Monson stands with Erin Barnhart, executive director of the Norman Regional Health Foundation, and Dr. Nelson.

To download the water log or learn more, [click here](#).

Volunteer at Norman Regional

It's a new year and a great time to get involved! If you know an adult interested in volunteering, please encourage them to attend one of the Auxiliary's recruitment events this month!

As an incentive - if you recruit a new volunteer and they remain active for six months, you'll receive a \$25 gift card to the Daily Grind or Gift Shop. Just make sure they list you as a reference when they apply.

The volunteer application can be found on our webpage: <https://www.normanregional.com/volunteer-opportunities>

Updated PowerPoint Slides on Healer Hub

The PowerPoint Templates have been updated for your presentations! The edits include listing Norman Regional Nine as a location on the slides.

You will find them on Healer Hub within Libraries > Marketing Resources > PowerPoint Templates.

Here's the link to the folder: <https://healerhub.nrh-ok.com/user/libraries?cat=84>

Registration Open for 2023 OKC Memorial Marathon

Norman Regional is proud to pay a portion of a healer's and one household member's registration fee for the OKC Memorial Marathon (Racers must be over the age of 18).

The Run to Remember is more than a race: it's a celebration of life that unites people from around the world. The Run to Remember brings together runners and spectators from around the world to honor those who were killed, those who survived and those changed forever in the 1995 Oklahoma City bombing. Each race begins with 168 seconds of silence in honor of those who were killed.

In 2023, the 5K will be on Saturday, April 29. The Full Marathon, Half Marathon, and Relay Team on Sunday, April 30.

[Click here](#) for instructions to register and pricing!

Runner-up for NRHS' Nurse of the Year was bestowed on **Diana Hughes, LPN**, Headache Center at the clinics. 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.

Katie Gilmore, RN, a float/flex nurse at the HealthPlex was a finalist nominated for being a smart and outstanding nurse who is willing to be 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."



Kate Gilmore with her leadership team and Dr. Nelson.

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."

2023 Jackpot Challenge

Join the Norman Regional Health System Jackpot Challenge and stay motivated to get healthy! This 12-week challenge is the perfect opportunity to lose some weight, win some money, and have fun! The challenge kicks off January 27, 2023.

[Click here](#) for more information and to sign up for only \$70! Everyone's registration fee goes into the pot. The more participants, the bigger the pot! Create a team of 4-9 of your co-healers, family, or friends. Every team that averages a 6% weight loss wins!



Charissa Gowens with her leadership team, Dr. Nelson and Erin Barnhart.

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.



Amy Hawley with her leadership team, Brittini and Dr. Nelson.

Congratulations to these outstanding nurses!

Healer Highlights Shines Light On Best of Clinical Team

Check out the latest issue of Healer Highlights! This is a quarterly newsletter dedicated to news about Norman Regional’s clinical team. It covers topics related to: wellbeing, transitions to practice, recognition, professional development, and clinical excellence.

[Click here to read the Quarter Two newsletter.](#)

Be Well,



Richie Splitt

*President & Chief Executive Officer
Norman Regional Health System*
