



Nov. 5, 2021

Native American Heritage Month

Native American Heritage Month is celebrated throughout the month of November. This is a time to celebrate rich and diverse cultures, traditions and histories and to appreciate the great contributions of Native Americans. This also allows us to spread awareness about tribes or to educate people about the various challenges faced by the Native Americans in the past and today.

Throughout the month of November our cafes will be featuring one authentic Native American dish each Wednesday. Please join us in celebrating!

Health@TheWell

Norman Regional is proud to have a home at The Well! We offer health classes, wellness and prevention opportunities and a functional medicine clinic called Health @ The Well. To schedule an appointment with providers at please call 405-912-3900.

We hope to see you:
3 p.m. to 4 p.m. Friday, Nov. 12
during our grand opening
Meet the Providers event.
Health @ The Well is located at

Important Changes to Durable Power of Attorney

I wanted to share with you a change in the use of a Durable Power of Attorney (DPOA) for Healthcare in Oklahoma.

On November 1, 2021, House Bill 2548 went into effect, specifically removing an individual's ability to proactively execute a durable power of attorney (DPOA) for healthcare purposes. Any DPOA for healthcare executed prior to 11/1/21 is still considered valid. However, NRHS will no longer assist with the completion of a DPOA for healthcare.

The elimination of the DPOA leaves Oklahoma residents and patients with limited options for appointing someone to make healthcare decisions. For those of you who are not familiar with this document, the DPOA provided a process for an individual to determine, prior to any incapacity, that certain individual(s) should be authorized to make healthcare decisions on their behalf. Some of the key elements of the DPOA gave:

- A patient the option to authorize the agent to serve as the patient's legal representative under the Oklahoma Do-Not-Resuscitate (DNR) Act
- The legal representative the ability to sign a DNR consent form on behalf of the patient
- Healthcare providers a duly appointed agent to change a patient's code status to do-not-resuscitate

The important point to share when asked by your patients, family and friends is, Oklahoma residents and patients can still:

- Execute an Advance Directive to document their wishes regarding withholding or withdrawing life-sustaining treatment
- Identify a health care proxy to make general healthcare decisions and sign a Do-Not-Resuscitate consent form

210 S. James Garner Ave.,
Norman OK 73069

Meet the providers in our functional medicine clinic Health @ The Well. Drs. Castel Santana MD; doctor of chiropractic care Angela Schmidt and nurse practitioner Nicole Garber will greet visitors and hand out some fun swag. Other areas within The Well facility will be welcoming guests as well.

The Norman Way Healer Nominations Open

Who inspires you to live The Norman Way? The Service Excellence Team invites you to think about your co-workers, physicians, advanced practice providers and volunteers who model The Norman Way and our ICARE values and nominate them to appear in the 2022 version of The Norman Way handbook. The deadline to submit your nomination is Tuesday, Nov. 16.

Please use this link to nominate that person today!

<https://www.surveymonkey.com/r/NormanWay2022>

Open Enrollment

The annual open enrollment for 2022 benefits will be from November 1 – November 19, 2021. Enrollment will be completed online through Time and Attendance / Staff Scheduling (TASS).

If you do not complete the online enrollment, you will remain covered by the same insurance benefits in 2022 that you currently have now, with the exception of the Flexible Spending Plans which require a new election to be made each year.

Contact our Pastoral Care department to assist patients with the completion of an Advance Directive and Do-Not-Resuscitate forms.

Pastoral Care can be reached at 405-307-1023.

Norman Regional Among Best Hospitals for Cardiovascular Care



Norman Regional Health System's Cardiovascular Center of Excellence was recognized by the American College of Cardiology (ACC) in the "Best Hospitals" issue of U.S. News & World Report for our dedication to our cardiovascular patients. We received the ACC's Accreditation seal of approval and were recognized for delivering the best inpatient care.

This cardiovascular accreditation supports the strategic plan of Inspire Health as our Centers of Excellence are an important part of this plan. While we enhance and expand our physical buildings, we are also enhancing the care provided within those buildings. Working together these core components and our Centers of Excellence will modernize healthcare for our community.

Patients and caregivers can trust hospitals and health systems that participate in the ACC's National Cardiovascular Data Registry (NCDR). By participation in the ACC's proven quality programs, we inform a robust quality improvement process using data to drive advancements in adherence to guideline recommendations and overall quality of care provided to our heart patients.

NRHS's Cardiovascular Center of Excellence is committed to providing top level care. Thank you to all of our healers for your dedicated focus, teamwork, and collaboration to achieve this outstanding recognition.

New Robotic, Colorectal Surgery Option for

[Please click here](#) for an Enrollment Guide which includes benefit changes, 2022 insurance rates, contact information for questions, step-by-step instructions for completing the enrollment online, as well as a Benefit Guide with a summary of benefits offered to NRHS employees.

November Wellness Happenings

Each quarter, the Wellness Team hosts an event or activity to promote health and wellness. November's happening is Diabetes Health Month. More than seven million people with diabetes are undiagnosed. Are you at risk? You can utilize our free A1c and lipid profile lab tests at any NRHS lab location to find out. (One per healer per year.) This could be your first step toward living a longer, healthier life.

Patients

The colorectal service line has been utilizing the new Xi Da Vinci robot which helps patients recover quicker by utilizing minimally invasive techniques.

Dr. Rahal Kahanda notes that with this technology he believes Norman Regional can become a regional leader for colorectal surgery. In fact, we were able to perform a "first-of-a-kind" procedure at Norman Regional – a Robotic Trans-anal Minimally Invasive Surgery or TAMIS.

Thank you to our team of healers for always exploring and innovating with new technology to bring cutting edge care to our patients.

Be Well,



*President & Chief Executive Officer
Norman Regional Health System*

