

FOCUS

April 2016

OU Physicians: Best of the Best

It was 2007 when OU Physicians had its first experience with Press Ganey survey results. We say it often, and it's true, that there's always room for improvement, but those early survey results spoke loudly: Improvement is imperative.

Recently, physician leaders revisited the 2007 survey and compared results to the latest available data from the fourth quarter of 2015. Our current scores show a vivid contrast to the earlier survey, particularly as related to interactions between patients and their care providers. These questions target diverse aspects of the patient/provider experience, including:

- ★ Likelihood of recommending care provider
- ★ Patient's confidence in care provider
- ★ Care provider's courtesy and/or friendliness
- ★ Care provider's instructions for follow-up care
- ★ Problems explained thoroughly by care provider
- ★ Use of clear language by care provider
- ★ Efforts of care provider to include patient in decisions
- ★ Care provider's concern for patient's questions, worries

Looking at our scores in comparison with our comprehensive national peer group and our University Health Consortium peers, we're in fine standing:

Comprehensive **National Peer Ranking** for OU Physicians

2007, 1st quarter – 10th percentile

2015, 4th quarter – 94th percentile

Comprehensive **UHC Peer Ranking** for OU Physicians

2007, 1st quarter – 15th percentile

2015, 4th quarter – 98th percentile

To underscore how impressive these scores really are, consider that our peer group members include more than 100 academic medical systems, some of them quite prestigious: Mayo Clinic, Cleveland Clinic, Emory, Johns Hopkins, Stanford, Wake Forest, Yale, Penn, Mount Sinai, USC, UCLA and more - a host of elite entities.

Our comprehensive national peer group included these organizations and others, for a total of 1,058 health systems across the country.

These measurable results tell us we really are among the best of the best in providing a positive patient experience. It is a great tribute to the hundreds of men and women with great minds and keen skills who have chosen OU Medicine as a place to provide excellent and compassionate patient care, day in and day out.

Many of us begin each day in high gear with many responsibilities and demands on our time. Often it seems, the rapid pace of the health care environment

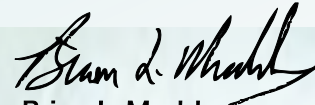
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requires our moment-to-moment attention to a relentless stream of needs. Our physicians take on multiple roles to practice here, as faculty members, researchers, clinicians and patient advocates. There's rarely an opportunity for quiet reflection to consider the advances our organization has made over several years, due in large part to the commitment of these physicians and advanced practice providers. Here's evidence that consistently offering our best is worth the effort. Likewise, our patients are worth the effort and deserving of this level of consideration and care.

Quality results are the product of the determined persistence of quality people. Thank you for every contribution made and for your continued efforts as we press on.


Brian L. Maddy
Chief Executive Officer

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Meet Our New Providers

Sofia Ghani, M.D., Hematology-Oncology

Sofia Ghani, M.D., a hematologist-oncologist, has established her medical practice with the Stephenson Cancer Center. She has also been named an assistant professor of hematology oncology for the University of Oklahoma College of Medicine.

Ghani has a special interest in diagnosing and treating patients with genitourinary malignancies including kidney, bladder, prostate and testicular cancer. She is board certified in medical oncology, hematology and internal medicine.

Ghani completed a fellowship in hematology/medical oncology at Roswell Park Cancer Institute, Buffalo, New York, where she also served as Chief Administrative Fellow. She completed an internal medicine residency at Weill Cornell Medical College of Cornell University, Brooklyn, New York. She earned her medical degree in Pakistan.

She is a member of the American Society of Clinical Oncology and American Society of Hematology.

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Access previous issues at <https://intranet.ouphysicians.com/newsletters/Focus/>



APRIL IS HEAD AND NECK CANCER AWARENESS MONTH



"Addictive behaviors can control a person's life. Many addictions, including tobacco, have the potential to destroy a person's life."

- Trinitia Cannon, M.D.

A Heads-Up On Increased Cancer Risk

According to Trinitia Cannon, M.D., oral, head and neck oncology specialist with Stephenson Cancer Center, smoking remains the single most critical risk factor in the development of oral cancers. In fact, smokers are 15 times more likely to experience oral, head or neck cancer than non-smokers.

Decades of research have made it impossible to ignore the lethal nature of tobacco use. Using tobacco products, including pipes, cigars, cigarettes and chewing tobacco/snuff, dramatically elevates risk for more than 25 different diseases. This fact alone positions tobacco use to have the greatest adverse impact on worldwide health than *any other single disease*.

"It doesn't always occur to people that smoking not only causes cancer, but also significantly undermines the body's ability to fight it," Cannon said. "The toxins in cigarette smoke weaken the immune system, making cancer cells harder to kill. As a result, cancer cells may grow out of control and virtually unchecked." She explained that DNA damage, known to occur as a result of tobacco exposure, alters the normal life cycle of cells. "Abnormalities in cell growth are a precursor to possible development of a cancerous tumor."

But smoke isn't the only danger. Smokeless tobacco poses a serious cancer threat, particularly in the esophagus, mouth and throat areas. "Oral, head and neck cancers tend to form where frequent contact with tobacco/alcohol products occurs - for example, where the cigarette sits on the lip, or where chewing tobacco is placed in the mouth," Cannon said. "People who use both tobacco and alcohol invite even higher risks for cancer." According to some estimates, at least 75 percent of head and neck cancers are caused by tobacco and/or alcohol use.

While there isn't adequate research to name e-cigarettes or vaping devices as cancer risks, there is compelling evidence that these "non-tobacco" products may also damage DNA.

For the purpose of simplicity, most public discussions refer somewhat generically to "oral cancer." Cannon explained that **oral cancers** are those occurring in the front areas of the oral cavity and are usually associated with tobacco use. **Oropharyngeal cancers** are located toward the back of the mouth — the area that includes tonsils, tonsillar pillars and crypts, base of tongue and the back of the oropharynx itself. These cancers are most often related to transmission of the human papilloma virus.

Advances in research and treatment along with greater adherence to screening recommendations are credited with lowering incidence and mortality rates in many types of cancers. However, the last 10 years have seen a significant increase in diagnosed oral cancers - 11 percent in 2007, and growing rapidly each year. Perhaps equally disturbing, the increase is occurring in a population of younger, otherwise healthy, non-smoking individuals.

Cannon cited research, which has established a direct link between the alarming rise of oropharyngeal cancer incidence in this population and oral sex practices that spread HPV.

- ⇒ More than 48,000 Americans will be diagnosed with pharyngeal cancer this year. That's about 132 individuals diagnosed every day in the U.S. alone. *Fewer than 50 percent will survive five years.*
- ⇒ Worldwide, more than 640,000 new cases of oral cancer are diagnosed annually.
- ⇒ Based on 2010 data, more than *\$3 billion is spent in the U.S. each year* on the treatment of head and neck cancers.
- ⇒ The death rate for oral cancer is higher than the rate for cervical cancer, Hodgkin's lymphoma, laryngeal cancer, testicular cancer and cancers of the endocrine system.
- ⇒ HPV may be related to more than *half of tonsil cancers.*
- ⇒ *Smokers who quit have a lower risk* of cancers of the lung, esophagus, larynx, hypopharynx oral cavity and oropharynx.
- ⇒ Late-stage diagnosis occurs not simply because most of these cancers are hard to discover, but due to lack of public awareness, coupled with the *lack of a national program for opportunistic screenings.* Such a program would likely result in earlier detection of cancer by medical/dental professionals.

Learn more:

www.headandneck.org
oralcancerfoundation.org
www.cancer.org
BeTobaccoFree.gov
 NCI Cancer Information Service
 1-800-422-6237
 Tobacco Quit Line
 1-800-QUIT-NOW
 (1-800-784-8669)

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"Annually, there are more than 10,000 new cases of oral, head and neck cancers in the U.S. that can be attributed to a particular strain of HPV," she said.

HPV does not spread through the bloodstream. It is only transmitted by direct contact, further establishing the oral sex connection to oral cancer. Having multiple sexual partners heightens the risk, but Cannon said even limited exposure to one infected partner can result in transmission of the virus.

"If there's anything positive about this trend, it may be that these younger, generally healthier patients will respond better to treatment, rebound more readily in recovery and experience more favorable outcomes," she said.

While there are often visible indicators of abnormalities in tissues of the oral cavity, early signs of HPV-related cancers are not readily seen during visual screenings. These cancers typically develop in the base of the tongue and tonsils, often growing undetected until the disease is advanced. Even so, routine dental care can be a preventive factor.

"Health professionals are trained to recognize an unusual lump, bump or lesion in the mouth," Cannon said. "A thorough dental/oral exam should always include a screening for any potentially dangerous abnormalities." It is not uncommon for oral cancers to thrive even when there is no pain or other noticeable symptoms. However, a medical professional should be made aware of any pain that doesn't go away— painful swallowing, ear pain, persistent sore throat and any unusual swelling under the chin, jaw, eyes and/or neck areas.

Treatment of head and neck cancers may vary greatly, depending on the original site of the cancer, its specific type and stage, as well as the person's age and general health. Other variables include whether the cancer is HPV-positive or HPV-negative. Cannon said, "Ongoing clinical trials suggest that non-smoking patients with HPV-positive oropharyngeal tumors have a better prognosis, and may require a less intense course of treatment."

Because treatment often includes some combination of surgery, radiation, chemotherapy or targeted therapy, a comprehensive treatment plan will draw upon the expertise of many specialists. Other specialty components may include oral-maxillofacial surgery, plastic/reconstructive surgery, nutrition education and speech therapy.

Cannon said rehabilitation and support options also depend largely on the location of the cancer and the type of treatment received. The process may include everything from dietary counseling and speech therapy to learning to care for a stoma, an opening in the windpipe to make breathing possible after a laryngectomy (surgical removal of the larynx).

"Eating, and therefore, adequate nutrition may become challenges patients will deal with after treatment," she said. Additionally, follow-up care will be crucial, as the chances of developing a new cancer are increased in patients who have had head and neck cancers, especially among patients who smoke. Cannon emphasized again, "Quit smoking. There are many programs and support resources to help you succeed."

Joyce To Accept Service Award

The Oklahoma State Medical Association Board of Trustees has selected Dan J. Joyce, D.O., as the recipient of the 2016 Gordon Deckert, M.D. Award for Community Service. Joyce practices with OU Physicians Family Medicine in Lawton.

Each year, this prestigious award is presented to an Oklahoma physician for making significant contributions to the medical community outside the scope of his or her current medical practice. The award recognizes physicians for reaching Oklahomans through actions and activities that improve the overall health and well-being of its citizens. Award recipients have demonstrated positive impact on both physicians and the patients they serve. Joyce was nominated by the OSMA Rural Section for his leadership in medicine over the years, as well as his continuing efforts and innovation to significantly improve health across the state.

Steven Crawford, M.D., chair, Department of Family and Preventive Medicine said this recognition of Joyce's service is particularly gratifying.

"Dr. Joyce is very deserving of this award. I commend his passion for the work of the Hearts That Care free clinic in Lawton, and his dedication to the patients it serves."

Joyce will accept the award at the OSMA Annual Meeting, Presidential Inauguration Dinner and Awards Ceremony on Saturday, April 16, at the Embassy Suites Medical Center, Oklahoma City.

Baker Elected OSMA President



Sherri S. Baker, M.D., OU Children's Physicians cardiology specialist, has been elected president of the Oklahoma State Medical Association. Inauguration and awards ceremony will take place Saturday, April 16, at the Embassy Suites Medical Center.

Baker completed her medical degree at the University of Oklahoma College of Medicine, Health Sciences Center. Pediatric internship and residency were completed at the University of Hawaii, after which she completed a fellowship in pediatric cardiology at Duke University Medical Center. She joined the

faculty at the OU College of Medicine, Department of Pediatrics, where she currently serves as associate professor in the section of Pediatric Cardiology. In 2008, Baker became Associate Dean for Admissions and currently coordinates all aspects of the admissions process. She also is involved in both medical student and resident education within the Department of Pediatrics.

Baker is an active member of the American Medical Association, Oklahoma State Medical Association and the Oklahoma County Medical Association. She currently serves as a delegate to the American Medical Association–House of Delegates. She is additionally an active member of the American Academy of Pediatrics, American College of Cardiology and American Society of Echocardiography.

Clinics Recognized For Achievement

While data for the current influenza season was still being compiled through the end of March, it was already clear that three OU Physicians clinics had exceeded benchmark goals for rates of influenza vaccination.

Organization-wide, one of the pillar goals of the OU Physicians practice was to increase to 80 percent the number of patients, ages 6 months and older, who received an influenza immunization. In clinical analysis of data from October 1, 2015, through February 14, 2016, three clinics had influenza vaccination rates higher than 80 percent.

OU Children's Physicians Latino Clinic immunized 86.5 percent of its patients. The OU Physicians Health & Wellness Clinic ended the subject period with 83.2 percent of patients immunized, and the Infectious Disease Institute clinic had immunized 81 percent.

National quality measures allow the removal of numbers representing declined immunizations, resulting in fairly high rates in measured, pillar-goal performance by clinic. OU Physicians however, opted to consider actual influenza immunization rates overall, including patients who chose not to be immunized. Among all OU Physicians- and department-managed clinics, and with the inclusion of data related to opportunities declined by patients, these three clinics held their actual immunization rates above 80 percent.

Congratulations to all providers and staff whose efforts made this impressive achievement possible.



*OU Physicians
Health & Wellness Clinic*



OU Children's Physicians Latino Clinic



OU Physicians Infectious Disease Institute

Medical Volunteers Needed To Support Sports Physicals Program

For the second consecutive year, OU Physicians is partnering with Oklahoma City Public Schools, the Oklahoma City-County Health Department and the Fields for Futures Foundation to provide sports physicals to student athletes in the OKC public schools district.

Many students in the district have no regular health care provider and consequently, no way to obtain an annual sports physical, which is required for participation in schools' athletic programs.

In an effort to address the situation, sports physicals will be made available to students on three dates at two locations:

Friday, May 13, 1:30 – 5 p.m.,
Capitol Hill High School, 500 SW 36th

Monday, May 16, 4 – 8 p.m.,
Capitol Hill High School

Wednesday, May 18, 4 – 8 p.m.,
NE Health and Wellness Center, 2600 NE 63rd,
north of the Oklahoma City Zoo and Remington Park

As many as 2,000 sports physicals may be conducted during this event, making a large volunteer force necessary. It is imperative that we secure commitments from volunteers as quickly as possible. Staffing needs are:

- 10 providers per day (faculty and resident MDs/DOs and advanced practice providers)
- 10-12 physical therapists or medical students
- 6 clinical staff members (RNs, LPNs or medical assistants)
- 1 medical social worker (LCSW)
- 4 clerical staff (PSRs or receptionists)
- 1 coordinator (clinic manager or team lead - will receive pre-session training)

If possible, volunteers are asked to work full shifts as scheduled. However, program leaders will work to accommodate those whose schedules demand fewer hours.

Food and refreshments will be provided to all volunteers at each session.

Contact Shannon McEntire, program coordinator,
shannon-mcentire@ouhsc.edu
to sign up for a session that fits your schedule.



Ideas for Focus?

Contact the editor:
valerie-pautsch@ouhsc.edu

April 16 National Healthcare Decisions Day

In the event you or a loved one should become incapacitated, are you comfortable with allowing state statutes to determine your health care options and decisions?

National Healthcare Decisions Day is a national initiative to encourage adults of all ages to make plans in advance for their health care preferences in the event of an unforeseen health crisis.

Having your wishes in writing gives the gift of peace of mind to families, relieving them of the responsibility of making a "best guess" regarding what their loved ones might have wanted should they become unable to communicate those desires.

Because these situations often occur under adverse circumstances, people need to be prepared so that critical decisions may be made thoughtfully and without added pressure or extreme emotional distress. An advance directive helps make that possible.

Forms are available at no cost from the following websites:

Oklahoma Palliative Care Resource Center

<https://www.oumedicine.com/family-medicine/oklahoma-palliative-care-resource-center/advance-directives>

Oklahoma Bar Association www.okbar.org

Senior Law Resource Center <http://www.seniorlawresources>

What Everyone Needs To Know About Advance Directives For Health Care

An advance directive includes three sections:

- ◆ **Living Will**, where your treatment preferences are specified. There are also provisions for writing additional instructions to address events and circumstances, such as pregnancy, hospice care authorization, pain management measures and more.
- ◆ **Appointment of Health Care Proxy**, where you designate the person who will make all health care decisions that you would make if you were able. Your health care proxy is legally bound to follow the instructions set forth in the Living Will section.
- ◆ The **Anatomical Gifts** section provides for donation of the entire body or designated parts for transplantation or research.

An advance directive doesn't take effect *unless or until a person is incapacitated*. The instructions it contains may be revoked at any time, in whole or in part. Realize that *the person closest to you may not be your best choice* as a health care proxy. In addition to emotional involvement and guilt, family disputes may become legal battles.

Review your advance directive periodically. Your values and choices at age 25 will likely be quite different when you're 45. *Use the "Five Ds" as a guide for review:*

- ◆ At each new **Decade** of your life
- ◆ Following the **Death** of a loved one
- ◆ After a **Divorce**
- ◆ After a significant **Diagnosis**
- ◆ After any significant **Decline** in health or function

Staff Senate Hosts Annual OUHSC Staff Week

April 18 -22 promises to be a week of fun activity as Staff Senate finds unique and clever ways to express appreciation to HSC employees across campus.

Each day, a random drawing will be held — your chance to win some really excellent prizes.

Other highlights of the week:

Tuesday, April 19

Afternoon snack on the patio
at Bird Library
Nachos and bottled water

Thursday, April 21

Breakfast on the library patio
Kolaches and bottled water

Friday, April 22

Picnic on the library patio
Root beer, brats and chips

And there's more:

Photo Booth
Cool giveaways

Watch for details about
the Best Baked Beans contest.

Serving the HSC campus since 1973

OUHSC Staff Senate is composed of OUHSC staff members from designated groups on campus. Senators and alternates are elected annually from the constituents of their groups.

Staff Senate typically meets the first Thursday of each month at 10 a.m., in the Bird Library Auditorium.

Staff Senate meetings are open
and all staff members are
welcome to attend.

New Facility Serves Community Health

The Oklahoma City-County Health Department welcomed guests and dignitaries to a ribbon-cutting ceremony held last month, celebrating the grand opening of the Gary Cox Partner Building.

The Partner Building represents a one-of-kind collaboration that brings a range of community programs together to serve multiple areas of need. OU Physicians provides the primary care component, with other agency support that includes preventive health services, workforce development, mental health, domestic violence counseling and education resources are provided at 2600 N.E. 63rd Street.

In addition to OU Physicians, collaborating agencies include NorthCare, YWCA, Regional Food Bank and Wellness Now. The building will also house pharmacy services in the near future.



OU Physicians clinic staff pictured above, back row from left: Shannon McEntire, Brandi Boucher, Anne Barthel, Tom Ray, Wendy Glos. Front row, from left: Tersetta Williams, Barbara Langthorn, Jewetta Haywood.

Photo below left, from left: Margaret Wilson, senior clinics administrator; Holly Adams, executive director of operations; Lynn Mitchell, M.D., chief medical officer.

Photo below, right: representatives from collaborating entities prepare to cut the ribbon.



Wheelchair Basketball Tournament Returns

The annual Wheelchair Basketball Tournament returns for another epic event, when the Oklahoma Blaze, representing the **Oklahoma Adaptive Sports Association**, (formerly, Greater Oklahoma Disabled Sports Association), will challenge OU Medicine teams in an athletic contest like no other.



Thursday, April 28

5:30 - 9 p.m.

Oklahoma City University,
Freede Wellness Center.

Admission is free.

Donations are welcomed.

Expect plenty of food and lots of fun entertainment: silent auction, Thunder Drummers, Thunder Girls, Rumble, super-cool t-shirts and more. Teams preparing now to face the Oklahoma Blaze include:

Administration Anesthesiology
ENT Neurosurgery OR
Orthopedics
Urology 180 Medical

Your support has helped make this event a major annual fundraiser for OKASA. This year's goal is to exceed the \$20,000 raised last year. Every dollar raised directly benefits athletes to provide adaptive sports equipment, pay facility fees and transportation, travel and lodging expenses for tournaments.

OKASA is a non-profit organization, funded through gifts, donations and fundraising activities. Your support is vital.

Study Participants Needed

Pregnant women are currently being recruited for a study designed to determine if breast milk quality is affected by maternal changes in body composition and weight during pregnancy. Funded by a National Institutes of Health grant, the study, Mothers and Infants Linked for Health (MILK), will also consider whether those maternal changes impact infant health in significant ways.

Eligible participants must be:

- ◆ Between 21 and 45 years of age
- ◆ Non-diabetic
- ◆ In second or third trimester of pregnancy when study begins
- ◆ Planning to breastfeed infants to at least three months of age
- ◆ Able to make three study-related visits to The Children's Hospital

Eligible participants will be compensated for time and travel expense.

The ultimate goal of the research is to support women during a crucial phase in which life-long health risks may develop.

The current breastfeeding recommendation is that all infants up to six months of age should receive breast milk exclusively. However, little is known about the influence of maternal obesity on milk composition, and whether infant growth and health are altered as a result.

With a goal to enroll 360 participants, this is the largest study to date that seeks to link maternal body composition to breast milk quality and its impact on infant metabolism



For more information,
contact Principal Investigator David A. Fields, Ph.D.,
405-271-8001, ext. 42792 or BabyPeas@ouhsc.edu

IRB Number: 4282

Losing just 5 to 7 percent of your body weight can slow or even reverse prediabetes. (If you weigh 200 pounds, that's only 10 or 15 pounds).

Between 15 and 30 percent of people with prediabetes will develop type 2 diabetes within five years.

If one or more of these items apply, you are at risk for prediabetes and type 2 diabetes:

- Family history of diabetes
- Older than 40
- Overweight
- High blood pressure
- History of gestational diabetes, (diabetes/ high blood sugar during pregnancy)

29.1 million people in the U.S. have diabetes. That's 9.3 percent of this country's population.

Of those individuals, 8.1 million (27.8 percent) are undiagnosed.

Diabetes was the seventh leading cause of death, or underlying cause of death, in the U.S. in 2010.

Diabetes was the primary cause of kidney failure in 44 percent of all new cases in 2011.

The affects of diabetes may compromise many bodily functions or systems. In addition to heart disease and stroke, other complications may include:

- Loss of vision
- Kidney failure
- Lower-limb amputation
- Nerve disease
- Non-alcoholic fatty liver disease
- Periodontal disease
- Hearing loss
- Erectile dysfunction
- Complicated pregnancy

SO...DO I HAVE PREDIABETES?

One in three American adults does, and most of them don't know it.

What is it and why does it matter?

Prediabetes develops when a person's blood glucose level is higher than normal, but doesn't yet fall within the defined type 2 diabetes range. If you have prediabetes, you're already headed toward type 2 diabetes *and* the heightened risk for any of the serious health problems it can bring, including stroke and heart disease.

In collaboration with the Centers for Disease Control and Prevention, the Harold Hamm Diabetes Center is part of a national diabetes prevention program with participating sites throughout the nation.

Early detection is the key to prevention of type 2 diabetes. It only takes a minute to find out. **Take the risk test (<https://doihaveprediabetes.org/>)**

Using scientifically proven and effective lifestyle change programs, the CDC-led National Diabetes Prevention Program can help people delay, or maybe even prevent type 2 diabetes:

- Learn how to make better food choices
- Find ways to be more physically active
- Learn to cope with stress and problems
- Work with a trained lifestyle coach
- Participate in a small group of people with the same goals

The program continues for a year, included weekly meetings for the first six months. You can participate in person or online.

In most cases your doctor can tell you if you qualify for participation. You may also qualify based on the results of the online risk test.

Insurance providers may or may not cover the cost of the program. Ask your employer or insurance provider if the program is a covered benefit for you. In some cases, discounted rates may apply based on income.



**HAROLD HAMM
DIABETES CENTER** SM

Learn more:

www.DoIHavePrediabetes.org

Free resources for health care providers at

PreventDiabetesStat.com

Are You Ready For The Challenge?

It's one of the biggest highlights of the year—not only at OU Medicine but within business organizations across the metro area. The annual **OU Medicine Corporate Challenge** brings a full weekend of non-stop competition in the largest business-to-business athletic event of its kind, beginning Friday, June 3, through Sunday, June 5.

The wide range of individual and team events offers fun opportunities for all, from the most avid athlete to the enthusiastic weekend warrior—and kids, too. Below is just a partial list of available events:

Men's/Women's 5K and 10K

Men's/Women's basketball

Men's/Women's Mile

800 M Women's relay

1600 M Men's Relay

Shuttle relay

Total Fitness Challenge

Dodgeball

Kids' Fitness Challenge

Cycling

Obstacle course

Freestyle swim relay

OU Medicine will have one team and all are welcome to participate. Past Corporate Challenge experience is a plus, but not required. There's also a place for enthusiastic volunteer support (you don't have to be an athlete to be a member of the OU Medicine team!).

Contact **OUMTeam@ouhsc** for more information, to obtain the required registration and medical release forms, and to see a complete schedule of events for the entire Corporate Challenge weekend.

If interested in participating, respond via email on or before **Friday, April 8.**

Together we can make a difference in our community by encouraging physical wellness, as well as raise money and awareness for the UCO Endeavor Games.

In every physical activity we experience "resistance and momentum," and so it is in life. The resistance makes us stronger, and the momentum pushes us onward.



It's A Birthday Party And Everyone's Invited

Guess who's going to be four years old? None other than Chipper the Chick, the fuzzy, yellow-feathered mascot for The Children's Hospital at OU Medical Center. And we're all invited to join in the celebration!



Wednesday, April 6
11 a.m. - 12:30 p.m.
The Children's Atrium

Cake & Punch
Party Hats
Coloring Sheets

SUCCESS For Life

In collaboration with Lead. Learn. Live., Tulsa Center for Child Psychology, Down Syndrome Association of Central Oklahoma, Oklahoma Community of Practice and the Oklahoma Disability Law Center, Sooner Success will host **SUCCESS for Life**, an event focused on post-secondary education for students with intellectual or developmental disabilities. This special event, set for **Thursday, April 21**, is specifically for families, professionals, educators, legislators and other supporters of students with disabilities with an interest in bringing successful college programs to Oklahoma.

While many of these students are interested and would likely benefit from college education and experience, they are typically excluded from pursuing higher education, or need the appropriate supports in order to succeed.

Guest speaker for the event, Edie Cusack, is an award winning, nationally board-certified teacher with more than 30 years of experience as an educator and advocate for students with intellectual and developmental disabilities. Cusack also created and developed the REACH program at College of Charleston, a fully-inclusive certificate program for students with mild intellectual and/or developmental disabilities. REACH promotes the advancement of skill and knowledge in academics, socialization, independent living and career development, and has been nationally recognized for its commitment to full-inclusion and self-determination.

There are two locations and opportunities to participate:

OUHSC: Samis Family Education Center,
Conference Room B3, 1200 Children's Avenue, **6 -7:30 p.m.**

Tulsa: Schusterman Center, Innovation Commons,
4502 E. 41st Street, **noon - 1 p.m.**

A light meal will be provided. There is no charge to attend, but space is limited and registration is required.

Register for the event at the appropriate location:

www.psemodelprogramtulsa.eventbrite.com

www.psemodelprogramokc.eventbrite.com

Address any questions to

Julie Lackey, founder, Lead. Learn. Live.,
jlackey.leadlearnlive@gmail.com, or call
1-877-441-0434

For more information, visit soonersuccess.ouhsc.edu



Pot of Gold Contest Benefits Angel Tree

The mythical pot of gold, said to be found at the end of a rainbow, was actually found at OU Physicians Canyon Park.



Clinic staff, left to right: Erin Fox, Regena Gale, Tonya Keith, Kathy Putthoff.

Clinic employees won the contest by raising the most money in support of the annual OU Physicians Angel Tree project.

Thanks to all who participated in this contest. Each Pot of Gold helps Angel Tree and is appreciated!

BREAST IMAGING & DIAGNOSTICS Breast Health Network



Take Care of Our Own

Breast Health Network is helping us take care of our health by dedicating a day for OU Physicians, OU Medical Center and all Oklahoma Health Center employees to schedule an annual screening mammogram *at a location convenient to you.*

All day, Thursday, April 21
Complimentary Refreshments Provided

If you are 40 years of age or more and have not received a routine, screening mammogram within the last 12 months, don't miss this opportunity.

Decide which location is most convenient and schedule your appointment at clinic location you prefer.

Breast Health Network-Central, OU Physicians Building

For an appointment at this location, email your preferred time to:
breast-institute@ouhsc.edu or call 271-4514

Or schedule online:

<http://www.oumedicine.com/breast-health-network/metro-locations/breast-health-network-central>

Breast Health Network-Edmond, 2601 Kelley Pointe Parkway, Edmond

For an appointment at this location, call 844-2601

Or schedule online:

<http://www.oumedicine.com/breast-health-network/metro-locations/breast-health-network-edmond>

Breast Health Network-Northwest, 13509 N. Meridian

For an appointment at this location, call 755-2273

Or schedule online:

<http://www.oumedicine.com/breast-health-network/metro-locations/breast-health-network-northwest>

Breast Health Network-Southwest, 2601 SW 119th St., Suite A

For an appointment at this location, call 814-2273

Or schedule online:

<http://www.oumedicine.com/breast-health-network/metro-locations/breast-health-network-southwest>

REGISTER TODAY – available appointments will fill quickly.

Mammograms are not free and will be filed with your insurance carrier. Consult your supervisor regarding your appointment time. Only routine screening mammograms will be done at this event and patients will not be examined by a physician. If you're having a breast problem or concern, call today to schedule a diagnostic mammogram.

Lunch & Language

An initiative of the OU Medicine Diversity program, this educational and fun event is held each month on a selected Friday.

Participants gain better insights into the distinctive characteristics and customs observed in the various cultures represented in our patient population.



Lunch and Language sessions ordinarily are held in the Samis Family Education Center, however, watch for announcements regarding changes that may become necessary due to scheduling conflicts.

Lunch is provided and group size is limited, so sign up quickly to hold your place.

For more information or to make your reservation, contact
Krystin Corrujedo
Sylvia-Corrujedo@ouhsc.

UCO Clinic Hosts Grand Opening

The OU Physicians clinic on the University of Central Oklahoma campus opened in January to serve faculty, students, employees as well as the general public. Last month, a real celebration was held to officially mark the opening of the clinic. Guests were welcomed to see the facility, meet the staff and enjoy refreshments.



Clinic staff pictured above, from left: Robin Presley P.A.-C., ShaRondia Myers, clinic manager, Megan Short, patient services rep and Liz Balanos, senior medical assistant.



Photo at left: Holly Adams, executive director of operations; Margaret Wilson, senior clinics administrator; and Ryan Siler, UCO.



Oklahoma City Memorial Marathon

The Oklahoma City Memorial Marathon is a uniquely Oklahoma event, this year set for **Sunday, April 24**.

There are many exciting ways to be part of the Memorial Marathon activities and spirit. In addition to the remarkable "Run to Remember," OU Medicine is the major sponsor of the annual **Memorial Marathon Health & Fitness Expo**, at which hundreds of vendors promote their services and products to an audience of thousands. Kicking off the marathon weekend, the Expo is the center of activity where runners pick up their race packets. It begins **Friday, April 22, 11 a.m. to 8 p.m.**, continuing through Saturday, 9 a.m. to 6 p.m., and there's something for everyone.

If you participate in any of the events —marathon, half-marathon, relay —look for your colleagues and co-workers at the **OU Medicine water stop**. Each year, OU Medicine employees look forward to providing their support at Mile Marker 10, near Wilshire and McKinley. This year's water stop theme is "Crazy Carnival" and promises to be unique and fun.

OU Physicians Accepts Award

OU Physicians was recently named a Champion of Youth by the board of directors of Boys & Girls Clubs of Oklahoma County. The award was presented at a Champions of Youth celebration event held last month.

An award is presented each year to an individual and a business entity or organization in recognition of efforts to make a positive difference with lasting impact in the lives of young people. The selection is made by the board, together with a Champions of Youth planning committee.

All Boys & Girls Clubs programs incorporate a youth development approach that fosters a sense of belonging, competence and worth among young people. The programs help young people develop self-confidence and self-esteem. The clubs currently serve 800 children and youth on a daily basis.



***At left**, club members perform a song for gala guests.*

***Below**, pictured from left to right: Jane Sutter, executive director, Boys & Girls Clubs; Rick Nagle, board member. Accepting the award on behalf of OU Children's Physicians: at the podium, Kenneth Copeland, M.D. pediatric diabetes and endocrinology; and T.R. Lewis, M.D., pediatric orthopedics.*



**BOYS & GIRLS CLUBS
OF OKLAHOMA COUNTY**

"To inspire and enable young people, especially those who need us most, to realize their full potential as productive, responsible and caring citizens."

ONE
Sooner[®]
CAN MAKE A DIFFERENCE

Active Bystander Training

It only takes one Sooner
to speak out.

Everyone's active engagement is needed to ensure a campus free from sexual misconduct and other forms of gender-based discrimination. In this one-hour session, learn the **Active Bystander concept**—how to use your personal influence in informal peer-to-peer conversations to help bring an end to gender-based harassment, including sexual assault and sexual misconduct.

Receive a free lunch and t-shirt
when you attend.

Sign up today:

students@ouhsc.edu

Include your name,
t-shirt size and OU affiliation.

David L. Boren Student Union
Room 205

11:45 a.m.– 1 p.m.

Training dates:

Monday, April 11

Tuesday, May 5

Tuesday, June 14

Please RSVP one week in advance for
the session you plan to attend.

THOUSANDS STRONG

Turn your academic dreams into realities using the latest
tool for raising money at the University of Oklahoma



Have a great idea
for a research
project?



Want to raise
money for
scholarship support?



Looking to fund a
student experience?

Harness the power of the OU
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With **THOUSANDS STRONG**,
students, faculty, staff, and
the OU community have the
opportunity to use their social
networks and connections
to build support for projects,
research, academic programs,
and more!

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contact: Laura VanGundy | Lvangundy@ou.edu | 405.325.8106

Urology Clinic Celebrates Enhancements

Last month, staff and providers in the OU Physicians adult urology clinic welcomed a host of colleagues and co-workers to an open house, celebrating the completion of an extensive renovation. The highlight of the event was a ribbon-cutting ceremony to officially mark the occasion.

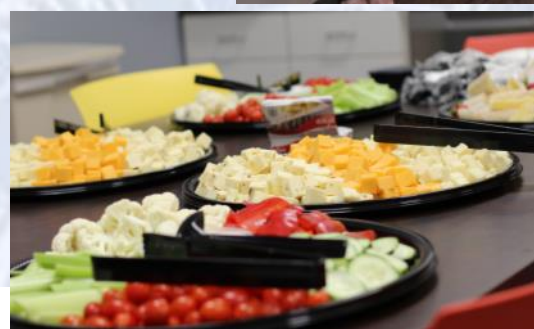
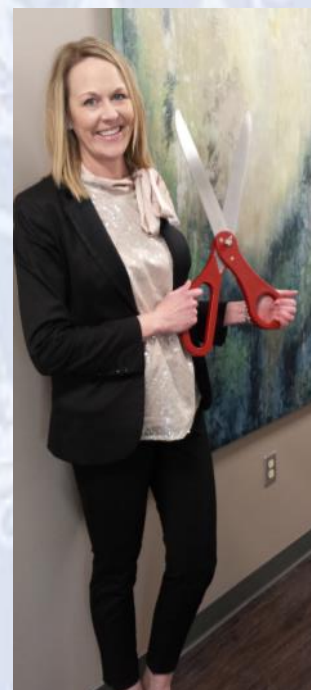
M. Dewayne Andrews, M.D., executive dean, OU College of Medicine, took a few moments to address guests and staff who gathered, as did Michael Cookson, M.D., chair, Department of Urology. Both expressed gratitude to the University Hospitals Authority & Trust for its support of the project.

"This renovation of our clinic makes it not only very aesthetically pleasing, but sets the tone for patient-centered care that we believe very strongly in," said Cookson. "It's not just making more space, but also having state-of-the-art equipment that will allow us to provide excellent patient care for years to come."

The clinic's providers now have access to more advanced diagnostic equipment to facilitate patient care, including the use of cystoscopy, ultrasound and video urodynamics. The more spacious and well-equipped clinic space has been further enhanced with the addition of exquisite art and furnishings, creating not only a pleasant work environment for staff and providers, but also communicating to patients that quality is an integral part of all we do.



Below, Stephanie Harding, senior clinic manager, looks on as Gennady Slobodov, M.D., F.A.C.S.; Brian Maddy, OU Physicians chief executive officer; Michael Cookson, M.D., chair, Department of Urology; Dean Gandy, executive director, University Hospitals Authority & Trust; and M. Dewayne Andrews, M.D., executive dean, OU College of Medicine, prepare for, then execute the ribbon cutting.



HIPAA Hot Spot

April HIPAA Hipster:

Elaine K. Davis, OU Physicians Fountain Lake

In November, the University's Office of Compliance hired a full-time HIPAA Security Officer who has already begun visiting clinics to assess compliance with HIPAA security policies and to provide HIPAA security training, much as we do for HIPAA privacy.

One such assessment took place recently at OU Physicians Fountain Lake clinic. Elaine Davis, clinic manager, has embraced the University's new HIPAA security initiatives and had already implemented the HIPAA security recommendations provided by an outside reviewer last year. Davis took the necessary steps to ensure the security practices of her clinic, such as facility access control procedures, were fully implemented. Following the recent HIPAA security assessment at Fountain Lake, Davis did more than just address the very few recommendations – she invited the HIPAA Security Officer and OU Physicians HIPAA Coordinator to make a return visit to conduct a more thorough walk-through. She also arranged for a HIPAA Security training presentation at the next staff meeting. These proactive steps will ensure Fountain Lake is on top of HIPAA Security issues. Thanks to Elaine Davis and her staff!

HIPAA Privacy Tip of the Month:

Releasing PHI to Non-Patients? Too Risky to Guess!

- Is it OK to share PHI with a police officer or the medical examiner?
- If the DEA demands patient records *right now*, can you share them?
- Can you discuss a patient with DHS personnel or the attorney general's office?

The answer to these questions is usually NO, unless the individual can provide appropriate documentation at the time of the request. That documentation will most likely be a subpoena, a special form or a court order to obtain written or verbal PHI. HIPAA Privacy Policy 25 "Required by Law" (available on the HIPAA webpage) addresses each of the above scenarios and many others, as do the HIPAA FAQs, available at <http://www.ouhsc.edu/hipaa/faqs/>.

Jill Raines, Assistant General Counsel and University Privacy Official, offers her best advice, based on expertise and experience: "If or when you receive a request for PHI from a non-patient, don't guess. Don't assume. Ask!" she said. "You are not *legally authorized* to share PHI simply because the person making the request is an official representing an agency. Should you decide to share PHI under these circumstances, *you may be held individually responsible for a HIPAA breach.*" Raines said rather than take that risk, review the Required by Law policy and FAQs or call the Office of Legal Counsel to eliminate any guesswork in responding to requests for PHI.

The HIPAA Hot Spot is featured periodically in the Focus newsletter.

Each Hot Spot will include a useful HIPAA Tip, and will highlight employees in work areas that are making a big difference in our HIPAA compliance program.

Have a Tip you'd like to see in Focus?

Or is there a HIPAA Hipster you'd like to nominate for recognition?

Email jill-raines@ouhsc.edu

Don't take a risk.

Need answers?

Help is readily available.

Contact:

Jill Raines,

Assistant General

Counsel and

University Privacy Official,

jill-raines@ouhsc.edu;

271-2033

Sally Duckett,

OU Physicians Health Information Management and

HIPAA Administrator,

sally-duckett@ouhsc.edu;

271-8001, ext. 46947

Mary Milano,

HIPAA Compliance Auditor,

Office of Compliance,

mary-milano@ouhsc.edu;

271-2511

2016 Special Features

Tuesday, May 3

Keynote speaker:

David Lee Gordon, M.D.

"Advances in the Prevention & Treatment of Stroke"

Charles Olson, M.D.

"Medical Response to Disaster and Active Shooter"

Lunch Topic: "Preparedness and Survival Tips"

Wednesday, May 4

Lunch speaker: Paula Escalante

"Update Oklahoma Prescription Monitoring Program (PMP)"

Thursday, May 5

Christian Sinclair, M.D.

"Palliative Care," and

"Care at the Close of Life"

Lunch speaker:

Robert Salinas, M.D.

"Compensation for Coordinating Care and Advance Care Planning"

Friday May 6

Keynote speaker:

Robin Germany, M.D.

"2016 Management of Congestive Heart Failure"

Keynote speaker:

Lt. Col. J. Brian Lanier, M.D.

"What's New: Treatments for Burn Patients"

Keynote speaker:

Col. Michael Cohen, D.O.

"War Injuries Post Traumatic Stress Disorder (PTSD)"

Saturday, May 7

Keynote and lunch speaker:

Andrew Go Lee, M.D.

"Commonly Missed Neuro-Ophthalmic Emergencies," and

Lunch Topic: "Neuro-Ophthalmology of Space Flight"

Primary Care Update

The 19th annual Primary Care Update

Tuesday, May 3 - Saturday, May 7

Reed Conference Center,

5800 Will Rogers Road, Midwest City

Earn up to 60.50 AMA PRA Category 1 Credits™

This fast-paced course combines best-practice strategies and education through case studies and lectures. General objectives are improved competence and performance in these areas:

- ⇒ **Identify** new diagnostic modalities and rational for selection of those appropriate for each patient
- ⇒ **Assess** commonly overlooked diagnostic evidence in primary care
- ⇒ **Defend** rationale for the selection of therapies, based upon currently available, evidence-based information and consideration of individual patients.
- ⇒ **Classify** the use of new medications, recommended uses, unique characteristics, side effects, interactions, dosage and costs, among other considerations.

The intensive five-day course is taught by more than **35 faculty members** selected for their expertise in areas related to the successful delivery of family health care and patient outcomes.

This event aims to improve care of patients seen in primary care settings by closing common clinical practice gaps identified across the country. Presentations in major subject areas in the field of family medicine will benefit family physicians, general internists, physician assistants, advanced practice providers and other practitioners who provide primary care.

Optional programs, some of which require an additional fee, are available in concurrent evening sessions, Tuesday, Wednesday and Thursday.

Registration fees shown below, **before and after April 11:**

Physician (M.D., D.O., Fellow)	\$1,045	\$1,106
P.A., Nurse practitioner, other health care professional	\$ 966	\$1,028

Register at cme.ouhsc.edu

For complete conference details, including syllabus materials and formats, and optional programs and dinners, go to cme.ouhsc.edu



CONTINUING PROFESSIONAL
DEVELOPMENT



Guest Speakers Include:

John Carment, M.D.
 Rebecca Crow, D.O.
 Andrew Dentino, M.D.
 Timothy Hursh, M.D.
 Stefani Madison, M.D.
 Bich-Thy Ngo, M.D.
 Germaine Odenheimer, M.D.
 Laurence Rubenstein, M.D.
 Eugene Steinberg, M.D.
 Panayotis Tsitouras, M.D.

See complete
 Geriatric Medicine Update
 details online and
 register here:
cme.ouhsc.edu

 THE UNIVERSITY OF OKLAHOMA®
**College of
 Medicine**
 CONTINUING PROFESSIONAL
 DEVELOPMENT



Geriatric Medicine Update

The 15th Geriatric Medicine Update for Primary Care Providers promises to be a highly informative, fast-paced course. Its goal is to improve clinical competencies of primary care providers who manage the health care needs of a diverse population, including older adults who often have complex health issues.

Monday, May 2

Reed Conference Center

5800 Will Rogers Road, Midwest City

Registration, Continental Breakfast 7:30 -7:50 a.m.

Conference concludes at 5:20 p.m.

Nationally recognized for their expertise in chronic disease management, local and invited faculty will present a broad range of topics with specific relevance to the care of an aging patient population. Each presentation is 40 to 60 minutes and every session includes time for questions and answers.

The course combines best practice strategies and education through case studies and lectures. A full syllabus of educational materials will be provided as a resource for today's primary care practices.

Registration fees, before and after April 11:

♦ Physician (M.D., D.O., Fellow)	\$274	\$324
♦ P.A., Nurse Practitioner, other health care professional	\$224	\$274

Optional evening program: *Fall Prevention and Gait Assessment*

Speaker: Laurence Rubenstein, M.D.

Dinner and session, \$30, or

Session only, \$25.

Conference presentations include:

Clinical Changes with Aging
 Comprehensive Geriatric Assessment
 Nutrition/Malnutrition
 Wound Care
 Syncope in Older Adults
 Geriatric Community Health
 Misdiagnosis of Cognitive Disorders
 Primary Care Approach to Assessing Decision-Making Capacity
 Pain in the Elderly
 Greatest Gift: Advance Care Planning and Advance Directives
 Clinical Ethics in Geriatrics

Earn up to a total of 9.50 AMA PRA Category 1 Credits™.

BALANCE YOUR ACT

Community Asthma Day

The Children's Hospital at OU Medical Center hosts
Balance Your Act Community Asthma Day
in the Children's Atrium,
Saturday, April 30,
from 9 a.m. - noon.

The event is specifically designed for children ages 5 to 14, and includes fun and educational activities:

- ★ Interactive play
- ★ Activity booths
- ★ Asthma care information
- ★ Visit with experts available to answer questions



International Exstrophy Conference



Registration is now open for the International Exstrophy Conference which begins at 6 p.m., Friday, July 8, and concludes at 11 a.m., Sunday, July 10, in Oklahoma City. The conference will be held in the Samis Education Center.

Hosted by OU Children's Physicians and the Association for the Bladder Exstrophy Community, the theme of the 2016 conference is "Living and Thriving with Exstrophy." Topics presented will include:

- ◇ Developing positive self-identity with bladder exstrophy
- ◇ Effectively engaging with medical providers throughout life
- ◇ Appreciating and promoting resiliency in affected individuals and families
- ◇ The patient experience: what patients want doctors to know
- ◇ The importance of advocating for patients and families: why and how
- ◇ Questions, answers, research updates and more

OU Children's Physicians pediatric urologists Brad Kropp, M.D., and William Reiner, M.D., are among the conference speakers. Others are:

- Barbara Neilson, M.S.W., RES. Dip.S.W., R.S.W., clinical social worker, Pediatric Urology, The Hospital for Sick Children, Toronto, Ontario
- Brittany Freeman and Thomas Exler, adults with bladder exstrophy
- Cindy Coney, Lupus Foundation
- Diane Price, L.C.S.W., clinical social worker, Department of Urology, Boston Children's Hospital
- Doug Canning, M.D., chief, Division of Urology, Children's Hospital of Philadelphia
- Antoine Khoury, M.D., chief of Pediatric Urology, Children's Hospital of Orange County and Children's Urology Center, University of California-Irvine Medical Center
- Primod Reddy, M.D., chief of Pediatric Urology, Cincinnati Children's Hospital
- Pamela Block, executive director, Association for the Bladder Exstrophy Community

Registration fees, **before and after April 15:**

Individual	\$35	\$45
Family	\$50	\$60

Register now at:

<http://www.bladderexstrophy.com/conference/registration/>

The Clinic That Works Where You Do

The OU Physicians **Express Care Clinic** offers high-quality care that is also fast, convenient and easily accessible to employees across the Oklahoma Health Center. The clinic, located in Suite 4A, OU Physicians Building, treats common health conditions, including:

- ◆ Bronchitis
- ◆ Colds or flu
- ◆ Conjunctivitis
- ◆ Ear and throat infections
- ◆ Gastroenteritis/stomach flu
- ◆ Lacerations
- ◆ Muscle aches and pains
- ◆ Seasonal allergies
- ◆ Sinus infections
- ◆ Skin rashes
- ◆ Simple sprains and strains
- ◆ Travel-related medicine
- ◆ Upper respiratory infections
- ◆ Urinary tract infections

The clinic accepts OU insurance and other plans. Employees should bring their insurance cards to any clinic appointments. Appointments are encouraged; walk-ins are welcomed.

Weekdays, 7 a.m. - 5 p.m.

 **Physicians**

EXPRESS CARE CLINIC

For more information,
call
405-271-9675



Medical Questions?

Watch Web Chats Online Fridays at 10 a.m.

April 8

Child Abuse Prevention

Ryan Brown, M.D.,
Pediatric emergency medicine

April 15

Radiation Oncology

Terence Herman, M.D.,
Stephenson Cancer Center

April 22

Topic and speaker
to be announced

April 29

Making Patient Care Even Better

Dale Bratzler, D.O.,
Chief quality officer, OU Physicians



**American
Heart
Association®**
life is why™

Heart Walk®

Heart Walk Sign-Up Announced

When: Saturday, April 9

Where: Chickasaw Bricktown Ballpark

Why: To support American Heart Association's mission to build healthier lives, free of cardiovascular diseases and stroke, currently the nation's Number 1 and Number 5 killers.

Event Schedule:

Opening Ceremony 9 a.m.

Main 5k Walk 9:30 a.m.

Kids Heart Challenge 10:30 a.m.

(half-mile course with obstacles for kids ages 5 to 12 - \$10 donation per child for participation)

The first 100 donors will receive a **free OU Medicine Heart Walk t-shirt** for every \$25 donated to the Heart Walk.

All t-shirts have been pre-ordered in a range of sizes.
Shirts will be distributed on a first come, first served basis.
(T-shirt pick-up date to be announced.)

Here's how to register:

- ♥ Log onto this website:
<http://heartwalk.kintera.org/faf/home/default.asp?ievent=1141099>.
- ♥ Select "Register" (gray box, middle of the screen).
- ♥ Select "Join a Team" in a red box.
- ♥ Find "OU Medicine" on the drop-down menu and click "Select."
- ♥ **Select the "OU Physicians - Wellness" team.**
- ♥ Select "Join Team" to the right of the team name.
- ♥ Sign in or create an account.
- ♥ Complete your profile.
- ♥ Share "Why You Walk."
- ♥ Complete the optional donation section.
- ♥ Set your goals.
- ♥ Agree / Decline to the waiver/agreement.



OU Fit Participants:

Upload proof of participation, earn 200 OU Fit points!

*Please print and post this
issue of Focus for those in your
area who may not have
computer access.*

Everyone Is Invited



Hosted by University Hospitals Authority & Trust, Super Hero Friday takes place in the Children's Atrium every other Friday, 10 to 11:30 a.m.

Enjoy complimentary, fresh-popped popcorn and visit with some famous Super Heroes in our midst. You never know who might drop in.....

April 8 and April 22



camp★champ CHALLENGE

DO YOU HAVE WHAT IT TAKES?

This fun, interactive competition showcases teams of five competing for the title of "Camp Champs." It is the perfect team-building event for friends or family—an evening of fun and entertaining activities for teams and spectators alike, including:

- ★ Silent auction
- ★ Complimentary happy hour
- ★ Photo booth
- ★ The most entertaining and hilarious competition anywhere

Saturday, April 30
Riverwind Casino's Showplace Theatre
Norman, OK

Enjoy happy hour and pre-competition activities, food and more, beginning at **5 p.m.** Then, at **6 p.m.**, the much-anticipated, main-event competition begins. Half-time brings yet another competitive event: the **Royalty Competition**. Royalty candidates raise money to earn the prestigious title of Cavett Kids Royalty. The Prince & Princess competition is for our very special Cavett Kids, but the King & Queen competition is open to all. Last year, royalty candidates raised over \$20,000 by using their Fundly.com personalized pages; individual teams earn bonus points when a King or Queen candidate is part of the team. All you have to do is share on social media and let your friends and family help you become the next Cavett Kids Royalty!

Sponsorship opportunities benefit Cavett Kids Foundation:

- ★ **COOLEST SPONSOR EVER \$10,000**
- ★ **AWESOME SPONSOR \$5,000**
- ★ **FAB SPONSOR \$2,500**
- ★ **TEAM ENTRY \$1,000**
- ★ **CHALLENGE SPONSOR \$500**
- ★ **INDIVIDUAL TICKETS \$50**

Build a team * Be a sponsor * Volunteer* Donate

Learn more at <http://www.cavettkids.org/>

Take advantage of the wealth of resources provided by Healthy Sooners to inform and educate employees. Online workshops are scheduled through the end of the year; a few are listed below. All sessions are one hour, from 11:30 a.m. to 12:30 p.m. and there is no cost to participate.

Check the HR training calendar for more information.

<https://apps.hr.ou.edu/ClassCalendar>

April 6

Sandwich Generation

Many mature adults find themselves caught in the middle—raising young children, supporting a grown child, and/or caring for an elderly parent. The stress can be overwhelming. This training acquaints employees with common caregiver concerns and ways to effectively deal with them. Also, hear tips for preserving marriage and other relationships, personal and professional life while being a caregiver.

May 4

Managing Workplace Stress

Some life stresses are normal and often help increase productivity or may fuel determination to reach a goal. This training shows employees how to manage excessive workplace stress by planning effectively and learning how to break bad habits that might be contributing to stress, along with quick tips to diffuse stress.

June 6

Create a Positive Outlook

Studies show that personality traits, including optimism and pessimism, can affect areas of health and well-being. Some people find it difficult to maintain an optimistic attitude. Even if it's not a natural personality trait, optimism can be developed. Participants in this training will learn and practice skills to help create a more positive perspective.

YOU ARE INVITED!



MEET@THEWALK

What promises to become a new tradition on the OUHSC campus, MEET@THEWALK is hosted by the OUHSC Student Government Association, in collaboration with the Staff Senate, Faculty Senate, OU Physicians and Health Sciences Student Affairs.

This campus-community event offers opportunities for students, staff and faculty members to bring their families to campus, where they'll enjoy live music, food trucks, games and more.

◀.....▶ STANTON L. YOUNG WALK ▶.....▶
◀.....▶ RAIN OR SHINE ▶.....▶

Thursday, April 7, 2016 | 4:30-7:30 PM

A Celebration of Spring

Kids —somewhere between 150 and 200 of them— attended the OU Children's Physicians Easter Party and had tons of fun. Lines formed for photos with the one-and-only Easter Bunny, who was joined by OU Spirit for some great fun. OUHSC law enforcement officers did crafts with kids and helped facilitate the many interactive games for the young at heart. The children enjoyed snack and each received a bag of goodies to take home.



Executive Luncheon

OU Physicians employees who consistently demonstrate excellence in their work are guests of honor at a monthly Executive Luncheon. These luncheons provide opportunities for senior leaders to personally acknowledge employees for their commitment to excellence in every area of job performance. Those attending the most recent luncheon are pictured below.



Seated, from left:
Kay Recher,
Anesthesiology
Sheila Downey,
Family Medicine
Heather McClelland,
Edmond - Fountain Lake
Kahla Newman,
Obstetrics & Gynecology
Second row, left to right:
Maureen Spencer
Urology
Judy Lorenzen
Pain Medicine
Jane Lanzner,
W. Facial Aesthetics

Cynthia Hernandez,
Family Medicine
Patricia Adams,
Family Medicine
Londa Hollowell,
General Internal Medicine
Sonja Hall,
Obstetrics & Gynecology
Back row, left to right:
Mandy Newman,
The DOC
Robert Story, Jr.,
EMR
Kelly Horan,
Urology

Welcome New Employees

Attending last month's **New Employee Orientation** conducted by OU Physicians Training and Development, these new team members were introduced to the environment, culture and special initiatives that make OU Physicians the only multispecialty group practice of its kind in the state. Be sure to extend a warm welcome when you have an opportunity.



Back row, from left: **Brandi Argel**, Stephenson Cancer Center; **Camista Coyle**, Stephenson Cancer Center; **Melissa Mercer**, Pain Medicine; **Laura Lofftus**, Pediatric Orthopedics; **Brittany Turner**, Stephenson Cancer Center; **Kimberly Potts**, Stephenson Cancer Center; **Margarita Gonzalez**, Sooner Pediatrics. Seated, from left: **Mandy Hargues**, Neurology Patient Accounts; **Eunice Solis-Acosta**, Family Medicine; **Lizeth Guillen-Tovar**, Prenatal Diagnostic Center; **Magali Ochoa**, Plastic Surgery.



Back row, from left: **Andrene Evans**, Pediatric Urology; **Trisha Miller**, Neurology Patient Accounts; **Kristy Key**, Neurology Patient Accounts; **Meagan Andrus**, Stephenson Cancer Center; **Mary Beard**, Orthopedics; **Kristen Reddick**, Stephenson Cancer Center; **Stephanie Williams**, Pediatric Urology. Seated from left: **Neftali Arriga**, Pediatric Latino Clinic; **Ruby Medrano**, Pediatric Latino Clinic; **Kathie Eno**, Stephenson Cancer Center; **Siboney Gonzales**, Stephenson Cancer Center.



Back row, from left: **Ashley Davis**, Sooner Pediatrics; **Alyssa Reese**, Anesthesiology Patient Accounts; **Nicolette Polite**, OU Physicians float; **Heather Chenoweth**, Pediatric Orthopedics; **Mercedes Miley**, Stephenson Cancer Center Patient Services; **Ashley Fleming**, Otolaryngology; **Martin Chavarria**, Urogynecology. Seated, from left: **Jordan Adelizzi**, OU Cardiovascular Institute; **Sandra Martinez**, Gynecologic Oncology; **Kelsey Oliphant**, Pediatric Otolaryngology; **Stormi Ballard**, Sooner Pediatrics.



Back row, from left: **Jessica Mattox**, Stephenson Cancer Center; **Brandon Garcia**, Family Medicine; **Mikel LaPorte**, Training and Development; **Bridget Waddell**, Family Medicine; **Anthony Taylor**, Sooner Pediatrics; **Krystal Elliott**, Stephenson Cancer Center. Seated, from left: **Malocca Cook**, OU Physicians Edmond; **Phylecia Singleton**, Family Medicine; **Amanda Swann**, OU Physicians Edmond; **Robin McElhaney**, Stephenson Cancer Center.

Don't Miss It!



First Thursday Monthly

11 a.m. - 2 p.m.
The Children's Atrium
First Floor

Featured vendors may vary
from month to month.

Look for these local
merchants and others:

Manchester St. Coffee
(freshly roasted coffees, local and
international)

High Tides & Green Fields
(produce, herbs, rubs, salts)

Jennifer Webster
(produce, essential oils, herbs)

Sweet Spirit Foods
(barbecue sauces)

Twisted Oak foods
(salsas, rubs, spices)

Lovera's Market
(cheeses)

Mittie's Kitchen
(homemade breads, cookies, jams,
fruit butters, local honey)

Pizza Makes Miracles Happen

Support Children's Hospital Foundation and Children's Miracle Network Hospitals when you order Papa John's Pizza online. You save 40 percent off the regular menu price—and Papa John's donates 10 percent to further pediatric research and education programs that will promote improved children's health and help children receive the best health care available.

Order online at papajohns.com.

Use promo code: **MIRACLES**



Aiming For Miracles

The Edmond Kiwanis Club presents its 5th annual Aiming for Miracles sporting clay event, a fundraiser benefiting Children's Miracle Network Hospitals, Friday, April 22.

The event, from noon until 5 p.m., will take place at Silverleaf Shotgun Sports, 8513 S. Douglas Boulevard, in Guthrie. Both teams and individuals will be awarded first, second and third place honors.

Registration fees:

\$600 - team of 4

\$150 - individual

Register at okchf.org

For more information
contact:

Al Warren, 405-642-2771,

or

Bob Edwards, 405-255-4028



LIVE to GIVE



OU Medicine

Live to Give volunteers previously selected as Volunteers of the Month may also be considered for recognition as Volunteer of the Year, an honor that includes a \$500 award.

Live to Give Recognizes April Volunteer Of The Month **Jessica Wade,** OU Physicians Molecular Pathology



Jessica Wade, molecular pathology lab, has volunteered at a number of Live to Give events, but the recent Animal Welfare Expo in Norman was especially significant to her. "I have a soft spot for animals, and it was great to see the community come together to adopt animals and spread awareness about local animal welfare initiatives."

She said the Suited for Success workday was another incredible experience. "It's an awesome program that does great work on behalf of disadvantaged men and women." Wade also looks forward to helping build this year's Habitat for Humanity house. "I just hope I don't get paint everywhere!"

In addition to her participation with Live to Give, Wade recently began volunteering for the Pioneer Library System literacy program. "I'm helping students who are learning English as a second language improve their skills."

Wade said the way Live to Give coordinates numerous events is great, in that it allows more people to be involved. Unlike packing up for a week-long project away from home, Live to Give events are local and accessible.

"Single-day opportunities are great for anyone who wants to give back but is crunched for time," she said. "I also love the diversity of the events; it feels like there's really a program for anyone."

According to Wade, volunteering with Live to Give is a great experience that she hopes others will discover. "You get to meet people from all over campus, united for a day to make the community better."

LIVE to GIVE



CU Medicine

Live to Give: Building Community

When they arrived, Live to Give volunteers found a concrete slab and lots of supplies, ready and waiting. When the day ended, a structure stood on the foundation—the future home of a deserving family. More workdays follow through May. Watch for details - there's room for more volunteers.





OU Fit Star of the Month

Adam McGann, Data Analysis



Each OU Fit Star receives
OU Fit logo
merchandise or apparel
valued at \$50.

Adam McGann quite literally ran into physical fitness as a college student. Seeking a means of managing stress, McGann began jogging and found a certain affinity for running—what some might consider a natural ability. Soon, he had eased comfortably into running six miles a day. It was a logical progression then, to take on the challenges of half and full marathons. Long runs are still something he enjoys today.

McGann acknowledged the challenges that often undermine good intentions in pursuit of fitness. “Unfortunately, establishing healthy eating habits and regular exercise can become a low priority in my day-to-day life, but OU Fit is a great tool to remind me of the importance of these in my daily living,” he said. “The program provides an excellent support system that encourages and motivates me to live a healthy lifestyle.”

One of McGann’s efforts toward improved health includes multiple short walks incorporated throughout the work day. “As we learn more about the negative effects of sedentary lifestyles, I really appreciate having access to employee wellness centers to take short breaks and walk on a treadmill.”

While McGann continues to do the distance running he enjoys, the mainstay of his exercise routine is the cardio workout and erging—indoor rowing using an ergometer. “For me, erging provides an excellent total-body workout that does not place the physical strain and pavement-pounding demands that long-distance running requires.

For the past four years, McGann has been a member of the OU Medicine rowing team, Row U, and has served as captain of the co-ed teams. This year, however, he’s making a change for “the greater good.”

“This year, I’ve decided to participate as a substitute rower so that another OU Medicine employee can enjoy this wonderful benefit, but I fully intend to erg as often as possible.”

On the matter of rewards and motivation, McGann said, “I’m intrinsically motivated and don’t look toward objective measures when it comes to my health. I think this characteristic has led me to maintain my fitness level.” He is convinced that well-being is not determined by focusing on numbers on a scale or final standings in a race. “I find that if enjoyment of the activity is your motivation, positive results will typically follow.”

"When 'i' is replaced by 'we,' even 'illness' becomes 'wellness.'"

- Anonymous

Find a time, a place and an activity and make these ingredients part of your recipe for fitness success. These FitStart Challenge teams are doing what it takes—eating right, exercising regularly and practicing positive reinforcement—and motivating their way to improved health and wellness. They met not only in fitness facilities, but also made use of conference rooms and hallways, during lunch hours, after work and using work-day breaks to give the Challenge their best efforts.

The 2016 FitStart Challenge wrapped up on March 18. Final results, outcomes and winners will be announced at an April 14 celebration luncheon. Watch for details.



recipe refresh

Recipe Refresh is held the first Tuesday every month. It's a hands-on experience in healthy preparation techniques using healthy foods. Space is limited and fills quickly. For more information contact OUFit@ouhsc.edu

OU Fit Featured Recipe Honey-Mustard Tofu Tenders



The coating of panko crumbs gives these tofu "tenders" their appealing crunch. If you're not a honey-mustard fan, use your favorite dip or sauce. No poultry seasoning? Make your own blend using equal amounts of dried sage, thyme, marjoram, black pepper, crushed rosemary and crushed celery seed.

Servings: 4

Serving size: 5 tenders, 3 Tbsp. sauce

- 1 14-ounce package extra-firm water-packed tofu, drained
- 2 large eggs
- 2 teaspoons hot sauce, optional
- 1 teaspoon garlic powder
- 1 teaspoon poultry seasoning
- 3/4 cup panko breadcrumbs, preferably whole-wheat
- 1/4 teaspoon salt plus 1/8 teaspoon
- 1/4 teaspoon freshly ground pepper
- Canola oil cooking spray
- 1/3 cup nonfat, plain Greek yogurt
- 3 tablespoons Dijon mustard
- 3 tablespoons honey
- 2 teaspoons lemon juice

Preheat oven to 425°F. Coat a large baking sheet with cooking spray.

Cut tofu block in half crosswise. Cut each piece in half horizontally, then cut each stack crosswise again into 5 "tenders." You will have 20, 2 x 1-inch strips. Pat the tofu dry with paper towels.

Combine eggs, hot sauce, garlic powder and poultry seasoning in shallow dish. Combine panko, 1/4 teaspoon salt and pepper in another shallow dish. Dip tofu strips into egg, then coat with panko mixture. (Discard any leftover egg and panko.) Arrange tofu in a single layer on prepared baking sheet. Generously coat tofu with cooking spray.

Bake tofu for 10 minutes. Flip tenders and continue baking until crisp and golden, about 10 minutes more. Immediately sprinkle with remaining 1/8 teaspoon salt.

Meanwhile, whisk yogurt, mustard, honey and lemon juice in small bowl. Serve tofu with dipping sauce.

Nutritional Information

Calories	225	Carbs	25g	Fat	8g
Protein	15g	Cholesterol	47mg	Sodium	369mg

Support Groups

Blood & Marrow Transplant (BMT) Gathering

When: Wednesdays, noon until 1 p.m.

Where: Stephenson Cancer Center,
1st floor Family Lounge

Who's Invited: Patients, family members
and caregivers

Light lunch provided. Please RSVP.

Contact: Crystal Gazaway, **405-271-3402**

HOPE in Oklahoma Gynecologic Cancer Support Group

When: Saturday, April 2

(first Saturday monthly, **10 a.m.**)

Where: Stephenson Cancer Center,
1st floor lobby

Who's Invited: Patients, caregivers
and survivors

Contact: Odra Pratt, **405-694-9517**

Women's Incontinence and Sexual Health (WISH)

⇒ *new day and time*

When: Wednesday, April 6

(first Wednesday monthly, **noon**)

Where: OU Physicians Building,
825 NE 10th Street. 5D

Who's invited: Women who experience
incontinence, prolapse, pelvic pain
or related conditions

Contact: Jessica Moates,
405-271-9493, ext. 37007

or jessica-moates@ouhsc.edu

SOS Breast Cancer Support Group

When: Thursday, April 7

(first Thursday monthly at **noon**)

Where: Stephenson Cancer Center,
Seminar Room 5058

Who's Invited: Patients, survivors,
families and friends of breast cancer patients

Contact: Kristen Squires,
405-271-4514, ext. 48527

Lunch is provided. *RSVPs requested*

Parents of Children With Cancer

When: Tuesday, April 12 and 26

(second / fourth Tuesdays monthly at **noon**)

Where: The Jimmy Everest Center
OU Children's Physicians Building, 10A
1200 Children's Avenue

Who's Invited: Parents whose
children have cancer

Contact: Danny Cavett, **405-271-5758**

Empower! Metastatic Breast Cancer Support Group

When: Thursday, April 14

(second Thursday monthly, **noon**)

Where: Stephenson Cancer Center,
Seminar Room 5058

Who's Invited: Stage 4 patients and
those who care for them

Participants may bring their own lunches

Contact: Kristen Squires, R.N., C.N.-B.N.,
405-271-8001, extension 48527

Tobacco Cessation Support Group

When: Thursday, April 14

(second Thursday monthly, **6 p.m.**)

Where: Stephenson Cancer Center,
1st floor, Family Lounge

What: Hear different strategies for quitting,
from successful tobacco-free quitters

Contact: Leslie Chandler, **405-271-1640**

or leslie-chandler@ouhsc.edu

Light refreshments served

Brain Tumor Support Group

When: Thursday, April 21

(third Thursday monthly, **6 p.m.**)

Where: Oklahoma Brain Tumor Foundation
720 W Wilshire Blvd, Suite 101A

Who's Invited: Patients and survivors,
and their families

Contact: Jan Rush, **405-843-4673**

Us TOO! Prostate Cancer Support Group

When: Tuesday, May 17

(third Tuesday, *every other month*, **6 p.m.**)

Where: Stephenson Cancer Center, 1st floor
Family Lounge

Who's Invited: Patients and survivors,
and their families

Light meal provided.

Contact: Dane Libart, L.C.S.W.,
405-595-7217,

or dlibart@odmhsas.org

Support Group for Adults with Diabetes

When: Tuesday, April 26

(Last Tuesday monthly, **5:30 p.m.**)

Where: Harold Hamm Diabetes Center
1000 N Lincoln Blvd., Suite 2900

Who's Invited: Diabetes patients, their
friends and family members

Contact: **405-271-5642** or email
groups@haroldhamm.org
RSVPs requested

Caregiver Support Group

When: Wednesday, April 27

(fourth Wednesday monthly,
noon to 1:30 p.m.)

Where: Easter Seals Oklahoma,
701 NE 13th Street

Who's Invited: Those caring for patients
with long-term or chronic illnesses

Contact: Samantha Pascoe, **405-239-2525,**
or spascoe@eastersealsoklahoma.org

Lunch provided, *RSVPs requested*

[www.eastersealsok.org/
caregiver-support-group/](http://www.eastersealsok.org/caregiver-support-group/)

Pancreatic Cancer Support Group

When: Thursday, April 28

(last Thursday monthly, **6 p.m.**)

Where: David L. Boren Student Union
1106 N Stonewall, Room 214

Who's Invited: Patients, their friends
and families

Contact: Dan Brackett, **405-380-8236**
Refreshments provided

Spanish-Speaking Cancer Support Group

When: Friday, April 29

(last Friday, monthly, **5:30 p.m.**)

Where: Stephenson Cancer Center,
Seminar Room 5058

Contact: Carmen Soriano, R.N.,
405-417-2438 or

Celia Hollis, **405-236-0589**

Support & Education for People with Head & Neck Cancers

Online support Group

Contact: Jessica Linke, **405-271-6809**
or www.okhnc.org