

# FOCUS

April 2017

## **Important Changes Ahead in OU Medicine's Continuing Journey to Excellence**

More than 10 years ago, OU Medicine was in a time of significant change. In an effort to instill a culture of excellence in everything we did and elevate the practice to a higher level, we launched the Excel initiative. By setting goals, establishing accountability and providing essential tools and resources to physicians, Excel helped spur a number of successes, including nationally recognized patient satisfaction scores, improved quality and clinical growth. No matter how successful the program, OU Medicine leaders always stressed that the practice's journey to excellence would be a continuous process.

Fast forward to today when significant change is in the air once again. As we prepare for a transition with our hospital partner, we are also reviewing every aspect of our clinical practice to ensure it is positioned to thrive in the rapidly changing health care environment. In the spirit of the Excel program, physicians and staff are helping guide the way by leading task forces and work groups to identify opportunities to enhance physician integration and optimize administrative functions so our practice can operate as a true multi-specialty group with standardized procedures that maximize efficiency. Guided by ECG Management Consultants, a national expert in health care optimization, we are fine-tuning an already accomplished organization to make it nimbler and better prepared to adapt with the changing times.

One of our first steps is to enhance our billing and business services. By standardizing practices across the enterprise and bringing staff together to collaborate, we can improve the billing process, collect additional revenue currently lost to the practice and enhance the overall patient experience.

Many academic practices across the country have already adopted a standardized model to improve efficiencies, and we will benefit from implementing similar best practices in our organization. In the weeks to come, our work groups will increase their efforts on this front and we will communicate more details to affected staff members.

As we work to optimize administrative services, we are also evaluating the basic structure of our practice to ensure it is prepared for the road ahead. A physician task force recently concluded a top-to-bottom review of practice bylaws and recommended changes to modernize our management structure. The proposals support a practice design now favored by most academic medical institutions – an integrated practice model with leaders reporting to a physician president who organizes, manages and leads the practice as a single entity with standardized administrative support services. The changes will help us create a true group practice, resulting in better care, better access and a better overall working environment. Physician leaders are now reviewing the proposed changes and considering next steps.

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Just like 10 years ago, our practice is at a crossroads and must choose the right path to chart a successful course to the future.

We are aware the changes under consideration will not be easy to implement, but we also know they are critical to our practice's future viability. Change is never completely comfortable, but we remain confident that our final destination will be worth the journey. Thank you to everyone who is involved in this important process and we look forward to continuing to move forward together.

Sincerely,

*R J Postier, MD*

Russell Postier, M.D.,  
Interim Executive Dean, OU College of Medicine

*Brian D. Maddy*

Brian Maddy,  
Chief Executive Officer, OU Physicians

## In This Issue

### Page 3

Maddy Selected to Serve  
Competency Fair Well Received

### Page 4 - 5

Health Care Decisions –Your Choice

### Page 6

Bowen Heads OSUA  
Taking Care of Our Own  
Staff Senate Employee of the Month

### Page 7 - 8

Standardization For Infection Prevention  
AAAHC Visit Nears

### Page 9

Pediatrics Research Day  
Ready for the Challenge

### Page 10

Easter Seals Big 3 Event  
Staff Week Preview  
Get Booted For a Cause

### Page 11

Breakfast Success Aids Literacy Effort  
New Affiliation Promotes Access

### Page 12

Executive Luncheon

### Page 13 - 14

HIPAA Hot Spot

### Page 15

Special Grand Rounds  
Brain Tumor Summit

### Page 16

Advances in Pediatrics

### Page 17

Primary Care Update

### Page 18

Geriatric Medicine Update

### Page 19

Wheelchair Basketball  
Farmers Market

### Page 20

EXCEL Banners Presented

### Page 21

Bladder Cancer Walk  
Melanoma Monday Coming in May  
Free Head & Neck Cancer Screening

### Page 22

Velvet Visits JEC Patients  
Aiming for Miracles

### Page 23

Seasonal Weather Safety

### Page 24

Welcome New Employees

### Page 25 - 27

Live to Give Features

### Page 28 - 31

OU Fit Features

### Page 32 - 33

Support Groups

Focus is a publication of

 **Physicians**

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

## Maddy Selected To Serve

Brian Maddy, chief executive officer, OU Physicians, was recently selected to serve as a member of the steering committee for the Group on Faculty Practice. The select committee of six physicians and administrative leaders manages the affairs of the GFP.



GFP members are physician leaders and administrative executives from academic faculty practices. The group works to advance the clinical mission of academic medical centers. The Association of American Medical Colleges provides support to institutional leaders and leaders of practice plans. By bringing them together, they work to find ways to transform their institutions in order to meet the challenges of providing health care as delivery and payment systems change.

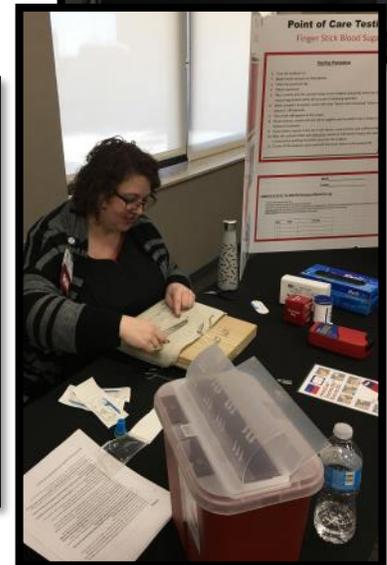
Maddy was selected for membership by peers across the country. Prospective nominees are solicited for membership, and those who express interest in standing for membership may then be nominated by active GFP members.

Maddy was among nominees selected by the current steering committee to serve in this capacity.

## Training and Development Hosts Clinical Competency Fair

The OU Physicians Clinical Competency Fair held in February marked another first for our organization. OU Physicians Training & Development, aided by 72 volunteers filling more than 100 shifts, stepped 295 clinical staff members through the three-day event.

Participants were assessed on their clinical skills, and additional education regarding clinical competencies was provided as well. Previously, these assessments were completed by individual clinics. This model allows for better assessment of overall clinical skills of our staff and helps to identify trends and training needs. Volunteers who contributed to the success of the event included physician leaders, registered nurses and clinic managers. Based on the success of this inaugural event, the competency fair is likely to become an annual training opportunity.



## Healthcare Decisions Week April 16—22

2017 Theme: "It always seems too early - until it is too late."



*Above: Annette Prince, director, Oklahoma Palliative Care Resource Center, pictured with Catcher, a soft-coated Wheaten Terrier and trained therapy dog.*

*"No matter how often you say it, or how many people have heard you verbalize what you want, it will have no effect if your preferences are not documented."  
- Annette Prince*

Research suggests that more than 25 percent of elderly Americans lack the capacity to make medical decisions for themselves as they approach the end of life.

## Shaping Your Health Care Future

On its tenth anniversary, National Healthcare Decisions Day has become 2017 National Healthcare Decisions Week. Beginning April 16, the extended emphasis speaks to the importance of making sure one's health care preferences are known, documented and respected, if or when the ability to voice those preferences is lost.

The Oklahoma Advance Directive for Health Care is a legal form that allows patients with sufficient mental capacity to give directions to health providers and to appoint a proxy to communicate their wishes for life-sustaining treatment in the event that they experience a serious, life-limiting illness. The document serves to define personal values about life and death, suffering and quality of life, and how those values are integrated into a person's health care. The ACD also provides for individual preferences regarding organ donation and even allows individuals to specify where they want to be as life ends - home or hospital.

One focus of the week is to encourage health care providers to take a more active role in encouraging patients to complete advance care directives. Director of the Oklahoma Palliative Care Resource Center, Annette Prince, J.D., M.A., L.C.S.W., wants people to understand that planning for end-of-life care isn't a simple matter of telling a family member or friend what you want. "No matter how often you say it, or how many people have heard you verbalize what you want, it will have no effect if your preferences are not documented."

Despite known health benefits of advance care planning, nearly 75 percent of adults do not complete an advance directive or discuss end-of-life concerns with family members. It is hoped that Healthcare Decisions Week will serve as a catalyst for candid discussions between family members and others who have close relationships. "Research indicates that patients and families that have an ACD in place experience significantly less stress, anxiety and even depression as they face end-of-life situations," said Prince.

Many experts believe that these candid and authentic conversations are one of the most valuable attributes of advance care planning. "These discussions may deepen relationships, or at least, promote greater understanding between family members," said Prince. "An advance care directive is a means of empowerment for both the individual and his or her family members, who will be able to act without fear and guilt, confident that they are honoring your wishes."

Prince said it is common for people to avoid or resist these conversations because they find the topic unpleasant or awkward. "It is essential to discover and determine one's life values and priorities, as these ultimately define treatment choices, a process that only occurs through direct and forthright communication."

Most Americans (80 percent) say they would rather die at home among friends and family, than employ artificial means to delay death in hospitals or nursing homes. In reality, only about 25 percent of Americans 65 and older die at home.

For Oklahomans, a discussion about tube feeding related to end-of-life care is particularly important. *The current state law on this matter assumes that patients will want feeding tubes to sustain life* if they lack capacity to accept or refuse on their own, and if there is no health care proxy to make that decision.

The Aspen Health Strategies Group, chaired by two former United States secretaries of Health and Human Services, Kathleen Sebelius and Tommy Thompson, recently published a report, *Improving Care at the End of Life*. The publication explores key issues related to the topic and identified specific areas where improvement is needed. Based on the report's findings, AHSB recommends:

- ◆ Build the development and updating of an advance care plan into the fabric of life.
- ◆ Redefine Medicare coverage in a way that meets the complex needs of people with serious illnesses.
- ◆ Develop a set of quality metrics related to end-of-life care that can be used for accountability, transparency, improvement and payment.
- ◆ Increase the number and types of health professionals who can meet the growing needs of an aging population.
- ◆ Support model communities embracing fundamental change in the design and delivery of care for people with advanced illness.

"Of course, each of us has a right *not* to plan in advance. We are within our rights to choose the possibility of prolonged death and permit the law to determine under what circumstances we will live our final days."

Prince acknowledges that traditional medical training is focused primarily on treatments and cures. But providers hold to the overarching goal not only to help, but also to do no harm. "One of the most important ways to accomplish this is to provide patients with information that assists them in making medical decisions before they lose the capacity to do so."

To facilitate a conversation, providers should use common words and terms when presenting the information. To ensure their patients have a good grasp of the information, a provider might ask a patient to repeat in summary or paraphrase what they have understood. It may be helpful to reinforce information and enhance understanding with written materials sent home for later review. "Details shared briefly with little explanation during a clinic or hospital visit are easily lost amid other pressing details on patients' minds."

Providing patients with the best-case and worst-case scenarios helps them to consider the important balance between maintaining quality of life, and prolonging life when no cure is possible. "We might be surprised to learn how many people choose fewer days well-lived rather than an extended biological/physical life of marginal quality."

Research confirms that such life-sustaining procedures as artificially administered nutrition and hydration near the end of life can actually create discomfort and, in some cases, does not bring about the intended result of extending life. Prince said, "Without sufficient information from their health care providers, patients cannot make informed decisions that will reflect their true wishes."

"We have rights, protected by law, to experience 'good death' — and we also have a right to choose something else. Perhaps more important, we can also determine what makes life worth living and we have the means to define whatever that is for ourselves," said Prince. "There's no precise timeline for 'end-of-life' events. That's another reason to protect your right to ensure the best possible quality of life for whatever that period may be, whenever it might come."

## Bowen Assumes Leadership Role



Congratulations are in order for Ashley Bowen, M.D., urology specialist, recently elected to serve the Oklahoma State Urological Association as its board president for 2017-2018.

Members of the Oklahoma State Urological Association are academic and private practice urologists and other professionals throughout the state. OSUA's purpose is to provide a quality support system for urologic physicians, improve the practice and elevate standards of urology, and disseminate knowledge of urology within the medical profession.

Bowen sees patients in Edmond at OU Physicians Fountain Lake clinic.

## Take Care of Our Own



OU Medicine Breast Health Network is helping each of us take care of our health by dedicating a day for employees of OU Physicians, OU Medical System and Oklahoma Health Center to conveniently schedule an annual screening mammogram. If you're 40 or older, and haven't had a routine screening mammogram in the last 12 months, don't miss this opportunity.

### Thursday, April 20 Complimentary Refreshments

Use the contact information below to schedule an appointment at the Breast Health Network location you prefer. These appointments are for screening mammograms only.

Schedule your appointment online:

[http://www.oumedicine.com/  
breast-health-network](http://www.oumedicine.com/breast-health-network) .

**Breast Health Network Central  
OU Physicians Building**

**Breast Health Network Edmond  
2601 Kelley Pointe Parkway**

**Breast Health Network Southwest  
2607 SW 119th Street**

**Breast Health Network Northwest  
13401 N MacArthur Blvd.**

*Appointments will fill quickly. Register today. Mammograms are not free of charge and will be filed with your insurance carrier. Patients will not be examined by a physician during these appointments. If you have a concern, schedule a diagnostic mammogram at any Breast Health Network location. Please consult your supervisor regarding your absence for this appointment.*

## Staff Senate Announces Employee The Month



### Tanya Smith

**Clinical Business Administrator,  
College of Medicine, Department  
of Urology**

Patience. Dedication. Compassion. Cooperation. These are just a few of the attributes that characterize Tanya Smith, clinical business administrator, College of Medicine, Department of Urology, according to colleagues and co-workers.

Smith is skilled in anticipating and meeting needs, often before others realize needs exist. Her leadership qualities and work ethic contributed to easier transition in a time when the department faced many changes. Smith's achievements include implementation of a monthly administration meeting, during which staff members have opportunities to share a personal or professional highpoint of the month. Smith views the department's clinical and academic goals as part of the larger whole, and works with other entities to ensure success. As a supervisor, she encourages staff to expand their work knowledge through training courses offered on campus, as well as personally taking time to help. A reception was held in her honor on March 30.

## Accreditation Surveyors Arriving Next Month

Given the level of activity and the spirit of collaboration and teamwork that has been demonstrated throughout the organization, we have every reason to be confident about our reaccreditation survey next month.

As we continue to prepare and enhance our readiness, be alert to whatever contribution you can make to see that we achieve our goal.

Thanks to all for a dedicated effort.

*Accredited by the*



ACCREDITATION  
ASSOCIATION  
*for* AMBULATORY  
HEALTH CARE, INC.

## Standardization For Enhanced Infection Prevention

On any given day, our hands come in contact with thousands of hard surfaces, many of which provide safe haven for the growth of bacteria, viruses and fungi. In a health care environment, these touch points are not considered casual contacts, because each holds the potential for the spread of infection.

Throughout the enterprise, a comprehensive and consistent approach to infection prevention will help us reduce preventable infections, contain health care costs more effectively and most important— prevent loss of life. This month, clinic staff will be part of an educational initiative developed and implemented through the collaborative efforts of Quality, Training and Development, and Patient Safety and Risk Management departments. The broad goal is improved quality in patient care. That goal is supported when clinical staff gain a thorough understanding of the proper use of a broad range of antibacterial and disinfectant agents.

A growing volume of research shows that surfaces and frequently used medical equipment in the health care environment become contaminated by a variety of organisms, both pathogenic and nonpathogenic.

The fight against infection is aided by the availability of so many products proven effective against bacteria. But studies show that these products are often not used in compliance with established protocols, rendering them ineffective, or only marginally effective. A major thrust of the Infection Prevention Initiative is making staff members aware of the different products, which specific organisms are vulnerable to them, and ensuring that staff members are confident and competent to use these products appropriately.

Proper use is imperative to ensure effective disinfection, and contact time — the length of time a treated surface must remain wet—is critical. A common practice is to apply the disinfectant to a surface and allow it to air dry. For disinfection to occur, the surface must remain wet for the entire disinfection contact time as directed on the product's label. Otherwise, disinfection activity is incomplete.

Our organization is introducing and educating staff to a system of disinfection products widely used in health care systems. The system helps staff identify which product is appropriate for use in a variety of specific conditions common to the health care environment, such as:

**In a patient room**, whether a clinical or hospital setting, a mixed patient population is normal, as is the constant flow of visitors and health care professionals in a patient room. Portable and/or fixed equipment as well as surfaces are in frequent contact with patients and providers.

**In the operating room**, high oxygen levels and airflow sensitivities are present, as well as equipment and hard surfaces that are sensitive to alcohol.

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**In an oncology setting**, highly sensitive patient populations as well as a high volume of visitors require diligence to keep an area clean.

**For isolation purposes**, such as a confirmed case of clostridium difficile or Norovirus, precautions are related to gastrointestinal infection and targeted disinfectant products are necessary.

A range of variables exists in any health care setting. There is no single product that can successfully be used in every situation. For example, bleach is a trusted disinfectant for use in critical circumstances, but it is not appropriate for facility-wide disinfection.

Standardization is a key part of successful infection prevention practices. The goal of incorporating a specific system and providing comprehensive education for its optimal use is improved patient outcomes as well as greater efficiency.

Implementing the use of standardized products applied in the appropriate situation by knowledgeable staff members ensures that we will be compliant with regulatory requirements and be well-prepared for surveys from regulatory organizations.

Hand hygiene remains an absolute necessity for patient safety. It must be practiced consistently by patients and healthcare providers as the first line of defense against the spread of infection. As the Infection Prevention Initiative moves forward, we can all realize benefits from the wealth of information and educational content it promises to provide.

*Ideas for Focus?*

*Contact the Editor:*

valerie-pautsch@ouhsc.edu



## Eleventh Annual Department of Pediatrics Research Day

Following ten years of successful events, the eleventh annual Department of Pediatrics Research Day promises to highlight a wide and varied range of research initiatives. More than 70 abstracts were presented at last year's event, and the level of enthusiasm and participation continues to grow.

The primary goals of Research Day are to showcase the various types of research, advocacy and quality improvement projects active in the department, share mutual interests and develop intra- and interdepartmental collaborations. Plan now to attend.

Friday, May 12

Samis Family Education Center



7 a.m. - 3 p.m.

General poster viewing

*Samis Center First and second floors*

Noon

Lunch provided

12:15 - 1:30 p.m.

Trainee oral abstract presentations

*Rainbolt Family Auditorium, Samis Center, second level*

1:30 - 3 p.m.

Poster session - Authors at their boards



PEDIATRICS

You've been thinking about it since last year. Now, it's time to prepare for OU Medicine Corporate Challenge 2017. Event plans are well underway and we're ready to build a winning OU Medicine team. This year, the weekend-long athletic competition includes more opportunities for participation and **new competitive events**.

All the important details are coming your way on April 12.

In the meantime, be aware that you must register **on or before May 3**, the deadline for ordering Corporate Challenge t-shirts.

Some events are predictably popular and rosters fill quickly. Try-outs may be held in order to include as many as possible for the greatest team advantage.

Contact one of these OU Medicine team captains for more information:

**Lawrence Beasley**

lawrence.beasley@hcahealthcare.com

**Krystin Corrujedo**

sylvia-corrujedo@ouhsc.edu

**Taylor Hurst**

taylor-hurst@ouhsc.edu

**Clare Ibach**

clare-ibach@ouhsc.edu

**Angela Russell**

angela-russell@ouhsc.edu

**April Sandefer**

april-sandefer@ouhsc.edu

**Pam Smith**

Pam.Smith@hcahealthcare.com

## Easter Seals To Host Big 3 Event



"The Big 3" Event is coming to Easter Seals, 701 NE 13th Street. Circle the date on your calendar and join with community, family and friends (the Big 3) on **Friday, April 21**, 5 to 6:30 p.m.

Enjoy live music provided by the **Sugar Free Allstars**, including a special performance at 5:45 p.m. There will be food by **Green & Grilled, Mutts Amazing Hot Dogs** and **Kona Ice**. A portion of all food truck sales will be donated to "Easter Seals Oklahoma. Other activities and features of the event include:

Miniature therapy horse

Face painting

Bounce house

Games

Tours



RSVP on or before  
Tuesday, April 18.  
Call 405-239-2525

## Sneak Peek At Staff Week

One of the favorite events of spring, **Staff Week**, sponsored and hosted each year by the OUHSC Staff Senate, begins **Monday, May 1**, and concludes **Friday, May 5**.

Coming emails will supply details of each day's activities so watch your inbox. In the meantime, here's a thumbnail summary of Staff Week 2017.

### Monday

Kick-off email announcement and give-away information

### Tuesday

Kolache Breakfast  
7:30 - 8:30 a.m.

### Wednesday

Lime bars – after-lunch snack  
12:30 - 1:30 p.m.

### Thursday

Healthy Sooners Day

### Friday

Lunch at noon  
Picnic on the Patio with a  
Cinco de Mayo theme

Don't miss these fun ways to be appreciated!



FOCUS APRIL 2017 PAGE 10

## Western Boot Drive

Getting booted isn't always a bad thing. The goal: 100 pairs of western boots — new or used, youth or adult, all sizes are needed. No matter what condition they're in, the boots will be well used around the ranch. Donations are welcome through the month of April.

Children with special needs are frequent guests at the Hope Retreat Ranch in Choctaw. Donated boots enhance the experiences young riders by making each feel more like a "real" cowboy or cowgirl during therapeutic riding sessions at the ranch.



### Drop Box Locations:

#### **Sooner Success**

940 N.E. 13th, Nicholson Tower,  
Suite 3800  
(call 271-5700, Ext. 47801  
for curbside pick-up)

#### **Oklahoma County OSU Cooperative Extension Office**

2500 N.E. 63rd Street

#### **Jones Hardware**

109 W. Main,  
Jones, Oklahoma

For more information, contact  
Halle Barker  
kkbarker@tds.net

*Hope Retreat Ranch is a 501c3  
non-profit located in Choctaw,  
Oklahoma.*

## New Affiliation Benefits Physicians, Patients

In an increasingly competitive health care market, external physician referrals have great significance and importance to our practice. To keep referrals flowing to our clinics, OU Physicians has entered a new clinical affiliation agreement with Express Wellness Urgent Care.

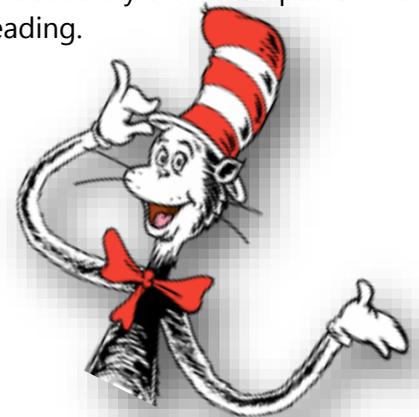
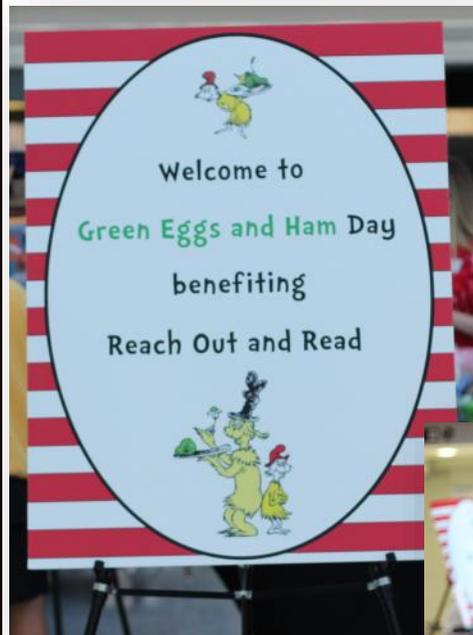
The Oklahoma-based health care company provides walk-in treatment for non-life threatening illnesses or injuries, sports physicals and employer health services at locations in Oklahoma and Kansas, including Chickasha, Elk City, Enid, Lawton, Muskogee, Sapulpa, Shawnee, Weatherford, Woodward and Andover, Kansas.

Rapid changes in today's health care environment make it all the more critical for OU Physicians to explore smart, innovative ways to reach more patients. By collaborating with Express Wellness and sharing expertise, the OU Physicians reach can expand across the state to ensure that more Oklahomans have the resources they need to lead healthier lives. We are very excited about the clinical affiliation and the positive results it will produce.

## Green Eggs and Ham Breakfast

Dr. Seuss' birthday was celebrated last month by many who came not only to eat an unconventional breakfast of green eggs and ham, but also to join in a variety of activities. The annual event, hosted by OU Children's Physicians clinics, promotes early literacy through the Reach Out and Read program. Thanks to loyal support, this year's breakfast and other activities raised more than \$13,000.

The event also included games, crafts and a silent auction. Proceeds from breakfasts purchased, silent auction sales and donations are used to purchase books that are provided to children as they come to see their pediatricians at OU Children's Physicians. Providers take advantage of the opportunity to help parents understand the importance of reading with their children regularly. Studies show that young children whose parents read to them and with them are more prepared to learn when they begin school, and have a far greater range of vocabulary than their peers who haven't been consistently exposed to reading.



## 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.



*Front row, from left:*

**Rebecca Chadwick,**

*Family Medicine*

**Anna-Marie Winkenwerder,**

*Women's Pelvic & Bladder Health*

**Stacey Wicker,**

*Neurology*

*Second row, from left:*

**Ashley Fleming,**

*Otolaryngology*

**MacKenzie Bauer,**

*Family Med*

**Natosha Ball,**

*Pediatric Orthopedic Surgery*

**D'Nell Hayes,**

*Contracting*

**Angela Smith,**

*Sooner Pediatrics*

*Third row, from left:*

**Jennifer Bryen,**

*Family Medicine*

**Susand Rodriguez,**

*OU Physicians at UCO*

**Roxanna Tijerina,**

*Stephenson Cancer Center*

**Cambria Cotner**

*Medical Records*

**Melissa Long,**

*Patient Accounts*

*Back row:*

**Larry Liddell,**

*OU Cardiovascular Institute*

The HIPAA Hot Spot is featured periodically in the Focus newsletter. Each Hot Spot includes a useful HIPAA Tip, and highlights employees and work areas that are making a big difference in our HIPAA compliance program.

**HIPAA Hotline**  
**271-2223**  
**866-836-3150**

## HIPAA Hot Spot

### April HIPAA Hipsters: Stephanie Akers, Manager, and OU Children's Physicians Sooner Pediatrics Staff

OU Children's Physicians Sooner Pediatrics clinic is a busy clinic, with a high volume of patients daily. Says Sally Duckett, OU Physicians Health Information Management and HIPAA Administrator, "Despite how busy the clinic staff is, you won't see PHI unattended in this clinic. That's due in large part to the hard work of Stephanie Akers and her staff." Akers checks work areas regularly to make sure patient information is protected. Mary Milano, HIPAA Compliance Auditor notes, "If Stephanie sees an issue, she takes the time to talk to staff and address that issue."

The Sooner Pediatrics staff has made protecting patient privacy part of the daily clinic practice. As you walk through the clinic areas, for example, you will see staff members using HIPAA cover sheets in their work spaces and notice that if a staff member leaves a workstation for lunch, or even for a short break, PHI is secured. "Stephanie regularly provides her staff with HIPAA Privacy and Security updates, as she receives them from my office," says Duckett, "so her staff members are aware immediately of policy changes and recommendations for best practices." A successful HIPAA compliance program is not only dependent on a staff that's knowledgeable regarding HIPAA practices, but also on the involvement of a manager who communicates and incorporates those practices into clinical processes. Sooner Pediatrics has a successful program, thanks to the efforts of Akers and her staff.

#### HIPAA Tip: Hey, Big *SENDER* - Where is Your Email Going? Ask These Three Questions to be Certain!

The University provides an ouhsc.edu email account to each employee for use in conducting University business. Users who email messages or attachments that include patient or research-participant information should send and receive those email messages only through their ouhsc.edu accounts.

Sometimes, it is necessary and appropriate to forward email from an ouhsc.edu account to an external colleague or a vendor. Before you hit FORWARD, seriously consider the following questions:

- ♣ Does the message or attachment *contain any* PHI? Examples: images, schedules, notes, identifiable billing information, research-participant data.
- ♣ If there is PHI in the message or attachment, is the message being sent securely? (Use [secure] in the subject line or use a secure portal, for example.)
- ♣ Is the recipient authorized to receive the patient's PHI? For example, is the recipient another covered entity or a business associate? Not sure? Ask your HCC contact for help.

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

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

Email [jill-raines@ouhsc.edu](mailto:jill-raines@ouhsc.edu)

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Please note that if a user auto-forwards or redirects all ouhsc.edu email messages to a non-university email account, the user cannot evaluate the security requirements for each message. This means that the user is likely sending email messages that contain PHI without ensuring that the message is being sent securely. Depending on where a user's personal messages are stored, there may be additional security issues. Be sure your messages are protected -- **do not set up your ouhsc.edu email account to automatically forward or redirect your messages to a non-university email account.**

If you have questions about this or any other HIPAA issue, please contact any of us in the HIPAA Compliance Program – we are eager to help you with HIPAA compliance!

**Need answers? Help is readily available.**

**Contact:**

**Jill Raines,**

Assistant General Counsel and University Privacy Official,  
[jill-raines@ouhsc.edu](mailto:jill-raines@ouhsc.edu)  
271-2033

**Sally Duckett,**

OU Physicians Health Information Management  
and HIPAA Administrator,  
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[mary-milano@ouhsc.edu](mailto:mary-milano@ouhsc.edu)  
271-2511

**Marty Walton,**

Assistant, University Privacy Official  
and Associate General Counsel,  
[marty-walton@ouhsc.edu](mailto:marty-walton@ouhsc.edu)  
271-2033

**Valerie Golden,**

HIPAA Security Officer  
[valerie-golden@ouhsc.edu](mailto:valerie-golden@ouhsc.edu)  
extension 46456



# BRAIN TUMOR SUMMIT

Join the Stephenson Cancer Center for a summit on brain tumors, including basic and translational research, clinical trials, supportive care and patient advocacy.

Saturday, May 6

8 a.m. - 4 p.m.

Stephenson Cancer Center

Register and submit an abstract or project proposal by April 7:  
[stephensoncancercenter.org/  
braintumorsummit](http://stephensoncancercenter.org/braintumorsummit)



The office of the Vice Provost for Academic Affairs and Faculty Development extends an invitation to attend a *special ground rounds event* focusing on this topic related to teaching and learning in the health sciences.

## Developing Patient-Centered Health Care Professionals: What Can We Do as Educators?

Presented by **Melissa Craft, Ph.D., R.N., A.O.C.N.,**

Assistant professor and Interprofessional Education Collaborative core faculty, OUHSC Fran and Earl Ziegler College of Nursing

Friday, April 14

Noon-1 p.m.

Bird Library Auditorium

Attendees will discuss the impact of interprofessional education on patient-centered care and identify challenges in providing didactic and clinical experiences in interprofessional education. Opportunities for innovative methods to develop patient-centered health care professionals will be explored as well. Light lunch available on a first-come first-served basis.

For more information visit our website at

[www.ouhsc.edu/egr](http://www.ouhsc.edu/egr)

or email Laura Fentem, [laura-fentem@ouhsc.edu](mailto:laura-fentem@ouhsc.edu)

## Conference Presentations Include These Topics:

Adolescents & Confidentiality  
What's New in Asthma Treatment  
LFTs: Yellow Means Caution  
Treating Adolescent Depression  
How to Treat MRS  
Hypertension: When to Refer  
Attention Deficit Hyperactivity  
Disorder  
Autism

## Advances in Pediatrics

The 43rd annual Advances in Pediatrics conference is set for Friday, April 21, and will be held in the Samis Family Education Center. This one-day event will focus on the theme, **Encounters of the Common Kind: Reviews and Expert Discussion**, featuring keynote speaker Denise Dowd, M.D., M.P.H., professor of pediatrics, University of Missouri -Kansas City School of Medicine, Children's Mercy Hospital.

Sponsored by the University of Oklahoma College of Medicine, Department of Pediatrics, in conjunction with the Oklahoma chapter of the American Academy of Pediatrics and the department of Continuing Professional Development, this fast-paced course will include expert panel discussions and breakout sessions that enhance knowledge base and skill set.

Pediatricians and family medicine practitioners will find the course particularly valuable.

This course provides current evidence-based practice guidelines to physicians and other providers who care for children. These guidelines are relevant to the field of general pediatrics medicine, and augment the skill set and knowledge base needed for the care of patients in primary care practices.

**Registration is open now:**  
[cme.ouhsc.edu](http://cme.ouhsc.edu)

### Bring Your Cases to the Experts

These five case-based sessions with discussions facilitated by experts in their respective fields are scheduled concurrently. However, there will be three presentations of each session throughout the afternoon:

3:30 - 4:15 p.m.

4:20 - 5:30 p.m.

5:15 - 6 p.m.

### Autism Resources and Other Behavioral Concerns

Bonnie McBride, Ph.D., B.C.B.A.-D., and Laura MGuinn, M.D.

### Obesity Management

Ashley Weedn, M.D., M.P.H., and Katy Soper, M.S., R.D., L.D.

### Pediatric GI - Common Issues

Sirish Palle, M.D.

### Oklahoma Children's Health Research Network: Pediatric Research: What Is (or Should Be) Happening

Paul Darden, M.D., F.A.A.P.

### Tough Adolescent Cases: Challenge the Experts

Amy Middleman, M.D., M.S.Ed., M.P.H.; Kelly Curran, M.D., M.A.;  
Paulette Pitt, Ph.D.; Patrick Butler, Ph.D., L.C.S.W., M.S.W.





Over the course of the event, an exhaustive scope of material will cover relevant and timely topics, including these and many more:

- Opioid chronic pain
- Updates in caregiving
- Immunization update
- Screening for domestic violence
- Zika virus update
- HPV and cervical cancer update
- Detection and treatment of skin cancers
- Update on tobacco use, cessation and prevention
- Acute stroke management and secondary stroke prevention
- Transgender health
- Palliative care
- Aortic stenosis and TAVR procedures
- Navigating new technologies in imaging
- Glaucoma for primary care
- Management of ischemic heart
- Male/female infertility

A complete course syllabus of more than 800 pages is available online for no additional fee.

A hard copy of the syllabus is available for an additional charge of \$60. See registration information to order.

Optional Evening Programs are scheduled throughout the week. These programs are included in the Primary Care registration price. There is a \$25 fee per program to attend only the evening programs.

May 2 - 6

Reed Conference Center

5800 Will Rogers Road, Midwest City

The 20th annual Primary Care Update promises to be an intensive and very fast-paced course, featuring more than 40 faculty members selected for their expertise in areas related to the successful delivery of family health care and patient outcomes.

Conference participation will benefit all health care professionals who provide primary care services. These may include family physicians, general internists, physician assistants, advance practice nurses and other health care professionals. The purpose of this educational activity is to improve the care of patients seen in primary care settings by closing identified gaps common in clinical practice across the country.

Most speakers will utilize an audience response system to provide participants with immediate feedback to reinforce comprehension and retention of key learning objectives. Each session will include question-and-answer opportunities. The conference will serve to help participants improve competence and performance by enhancing the ability to:

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

Attend one or all conference days

Earn up to 60.00 AMA PRA Category 1 Credits™

Register online at [cme.ouhsc.edu](http://cme.ouhsc.edu)





## Geriatric Medicine Update

The 16th Geriatric Medicine Update for Primary Care Providers is a fast-paced, one-day event that aims to improve clinical competencies among primary care providers to improve management of care for older adults. Primary care physicians have a diverse patient population that includes young children to older adults. Specifically designed to meet educational needs of these professionals, the course combines best practice strategies and education through case studies and lectures.

Monday, May 1

Reed Conference Center

5800 Will Rogers Road, Midwest City

### Conference Registration Fees

#### Physician (MD, DO, Fellow)

On or before April 10 \$275

**After April 10 \$325**

#### Advance practice providers, other health care professionals

On or before April 10 \$225

**After April 10 \$275**

See complete details and register online at [cme.ouhsc.edu](http://cme.ouhsc.edu)

Attendees may earn up to 9.50 *AMA PRA Category 1 Credits™* for participation in this activity.

The **evening program** is included in the Geriatric Medicine Update price. There is a \$25 fee to attend only the evening program.

#### Geriatrics as a Team Sport: Inter-Professional Care Paradigm

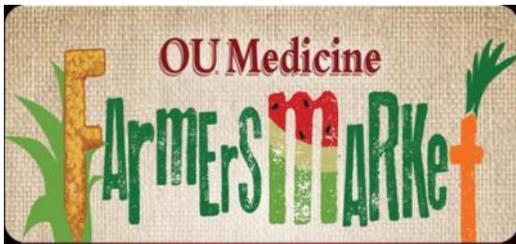
6:30-8:15 p.m.

**Speakers:** Carrie Ciro, Ph.D.; Andrew Dentino, M.D.; Roberto Medina, M.D.; Cyndy Robinson, Ph.D.; Kristen Sorocco, Ph.D.

This workshop addresses the need for those treating patients to coordinate care and comprehend the holistic nature of treating older adults through inter-professional competencies of primary care medicine, geropsychology and physical therapy.

- 7:30–7:45 a.m. Registration, Continental Breakfast–Exhibits
- 7:45–8 a.m. **Welcome, Housekeeping, Introductions**
- 8–9 a.m. **Medicare Chronic Care Management Services – Coding and Implementation**  
John Carment, M.D.
- 9–10 a.m. **Geriatric Oral Health**  
Kay Beavers, D.D.S.
- 10–10:15 a.m. Morning Break–Visit Exhibitors
- 10:15–11:15 a.m. **Medication Management Considerations for the Older Patient - 2017**  
Mark Stratton, Pharm.D.
- 11:15 a.m.–12:15 p.m. **Geropsychology and the Three Ds: Dementia, Delirium, and Depression**  
Chandini Sharma, M.D.
- 12:15–1:15 p.m. Lunch, Visit Exhibitors
- 1:15–2:15 p.m. **Geriatrics and the Nursing Home: The Nursing Home Dilemma**  
Moncy Varkey, D.O.
- 2:15–3:15 p.m. **Primary Care of the Older Woman**  
Jill Vilaythong, M.D.
- 3:15–3:30 p.m. Afternoon Break–Visit Exhibitors
- 3:30–4:30 p.m. **Primary Care of the Older Man**  
Imran Plumb, M.D.
- 4:30–5:30 p.m. **Management of Dementia in Primary Care**  
Lee Jennings, M.D.





The OU Medicine Farmers Market comes to the first floor of the Children's Atrium the first Thursday of each month from 11 a.m. until 2 p.m. Find different ways to think about fresh and healthy.

Featured vendors may vary from month to month. Look for these local merchants and others:

**Healthy Cravings**

*("Superfood"-based snacks)*

**High Tides & Green Fields**

*(produce, herbs, rubs, salts)*

**Lovera's Market**

*(cheeses)*

**Manchester St. Coffee**

*(freshly roasted coffees, local and international)*

**Mittie's Kitchen**

*(homemade breads, cookies, jams, fruit butter, local honey)*

**Renrick's**

*(plants, greeting cards, prints)*

**Sweet Spirit Foods**

*(barbecue sauces)*

**Twisted Oak foods**

*(salsas, rubs, spices)*

**Ninth Annual Wheelchair Basketball Tournament**



Save the date and plan now to attend the ninth annual Wheelchair Basketball Tournament.

A competitive event like no other, this tournament pits the Oklahoma Blaze, representing the Oklahoma Adaptive Sports Association, against teams from various OU Physicians

clinics and specialty practices. Among teams that will take on the Blaze, Anesthesiology, Orthopedics, Neurosurgery, Pediatric Surgery and Urology, to name a few.

**Thursday, April 27, 5:30 - 9 p.m.**

**Oklahoma City University Freede Wellness Center**

**2501 N. Blackwelder**

In addition to the action on the court, other fun and entertaining activities help support the fundraising effort, including:

**Silent auction \$ Really cool t-shirts \$ OKC Thunder drummers**

The mission of OKASA is to develop, sponsor and promote recreational and competitive athletic opportunities for individuals with physical challenges. All funds raised go toward the purchase of sports equipment and travel expenses for OKASA athletes competing in national tournaments.



**Center for Learning and Leadership**

Oklahoma's University Center for Excellence in Developmental Disabilities (UCEDD)  
University of Oklahoma Health Sciences Center – College of Medicine



Clinics Earn Four- and Five-Star Excel Banners  
For Patient Satisfaction, 2nd Quarter, Fiscal Year 2017

OU Children's Physicians  
*Orthotics and Prosthetics*

OU Physicians  
*General Internal Medicine*

*Women's Pelvic & Bladder Health*

*Reproductive Endocrinology  
& Infertility*

*Student-Employee Health and  
Wellness/Occupational Medicine*

*Devon Onsite Clinic*

Stephenson Cancer Center  
*Urologic Oncology  
Breast Oncology*



Orthotics & Prosthetics



General Internal Medicine



Women's Pelvic & Bladder Health



Reproductive Endocrinology & Infertility



Health & Wellness



Urologic Oncology



Devon Onsite Clinic



Breast Oncology

## Don't Miss These Special Events!

### Melanoma Monday

Because May is National Skin Cancer Awareness Month, Stephenson Cancer Center will hold a kick-off event on May 1 - "Melanoma Monday: Donut Forget to Wear Sunscreen."

Volunteer students from the Dermatology Interest Group will staff four different locations across the OUHSC campus to provide **educational materials, free sunscreen and donuts** to employees, patients and guests.

Look for activity at these locations:

- 10th and Phillips
- David L. Boren Student Union
- 12th and Stonewall
- VA Medical Center

### Free Head and Neck Cancer Screenings

**Date:** Thursday, May 18, and Friday, May 19

**Time:** 1 p.m. – 4:30 p.m.

**Location:** Head and Neck Cancers Clinic, 4th floor

Appointment availability is limited. Use this link to sign up:

<http://www.signupgenius.com/go/10c0b4eaaa728a5f58-head1>

# BLADDER CANCER WALK



Stephenson  
CANCER CENTER  
The UNIVERSITY of OKLAHOMA

Patients, survivors, caregivers and friends are invited to join the Stephenson Cancer Center for a bladder cancer awareness walk. It's a casual course featuring half-mile and one-mile routes. There is no cost to participate, but there's a t-shirt for those who make a \$25 donation.



Saturday, May 20, 8 a.m.  
Stephenson Cancer Center  
800 N.E. 10th Street  
Garage parking available.

**Register and donate:**

[stephensoncancercenter.org/bladdercancerwalk](http://stephensoncancercenter.org/bladdercancerwalk)

**Call 405-271-4880 for more information**

*The Bladder Cancer Support Group meets the fourth Tuesday of each month at 5:30 p.m., Conference Room 6012, in the Stephenson Cancer Center. For more information, email [bladdercansg@gmail.com](mailto:bladdercansg@gmail.com) or call 405-271-8384.*



## Making Wishes Come True

When the Make-A-Wish Foundation receives a request from a child who has been diagnosed with a life-threatening medical condition, the organization's staff and thousands of volunteers, donors and supporters make it their mission to ensure the wish is granted. Molly Tucker, a patient at the Jimmy Everest Center, has a big wish that the foundation is working to fulfill, but because her dream is several months away, the foundation granted a sort of "interim" wish for Molly.

Velvet is a therapy horse, whose visit to the Jimmy Everest Center was made possible through arrangements made by Make-A-Wish. Undergoing treatment recently at JEC, Molly was surprised and pleased when Velvet came to visit. Velvet also spent time with other patients as well as JEC staff members.

Molly, wearing the pink hat, is pictured below with her grandfather, James Tucker.

Sponsored by Edmond Kiwanis Club, the 6th Annual 2017 **Aiming For Miracles Sporting Clay Event** will be held on Friday, April 21, 2017. Hosted by Silverleaf Shotgun Sports, 8513 S. Douglas Boulevard, the event is from noon until 5 p.m. Lunch, shotgun shells and necessary eye and ear protection are provided.

**\$600 team of four**  
**\$150 per individual**

Teams and individuals compete for first, second and third place awards. **Register at [www.chfKids.com](http://www.chfKids.com)**

Every dollar raised by this event will support Children's Hospital Foundation and its efforts to provide greater funding for pediatric research and clinical care for the ill children of our state.

Each year, children from all 77 Oklahoma counties account for more than 223,000 patient visits to The Children's Hospital at OU Medical Center. No child is ever turned away on the basis of financial circumstances.

**For more information, contact Al Warren at 405-642-2771.**



# Know Your Shelter Area

In Oklahoma, we have a fifth season: Tornado Season. And because we live in Oklahoma, we're more likely to stay alert and be prepared. In a time and place where severe storms occur almost routinely, it makes sense to review the available shelter areas in our workplaces.

Fortunately, buildings on the OUHSC campus are well-constructed and many have underground working areas that can also be used as shelters during severe weather events (see OU emergency operations map below).

To be fully prepared, ask your supervisor where your official shelter area is located and be sure to stay tuned to campus safety announcements.

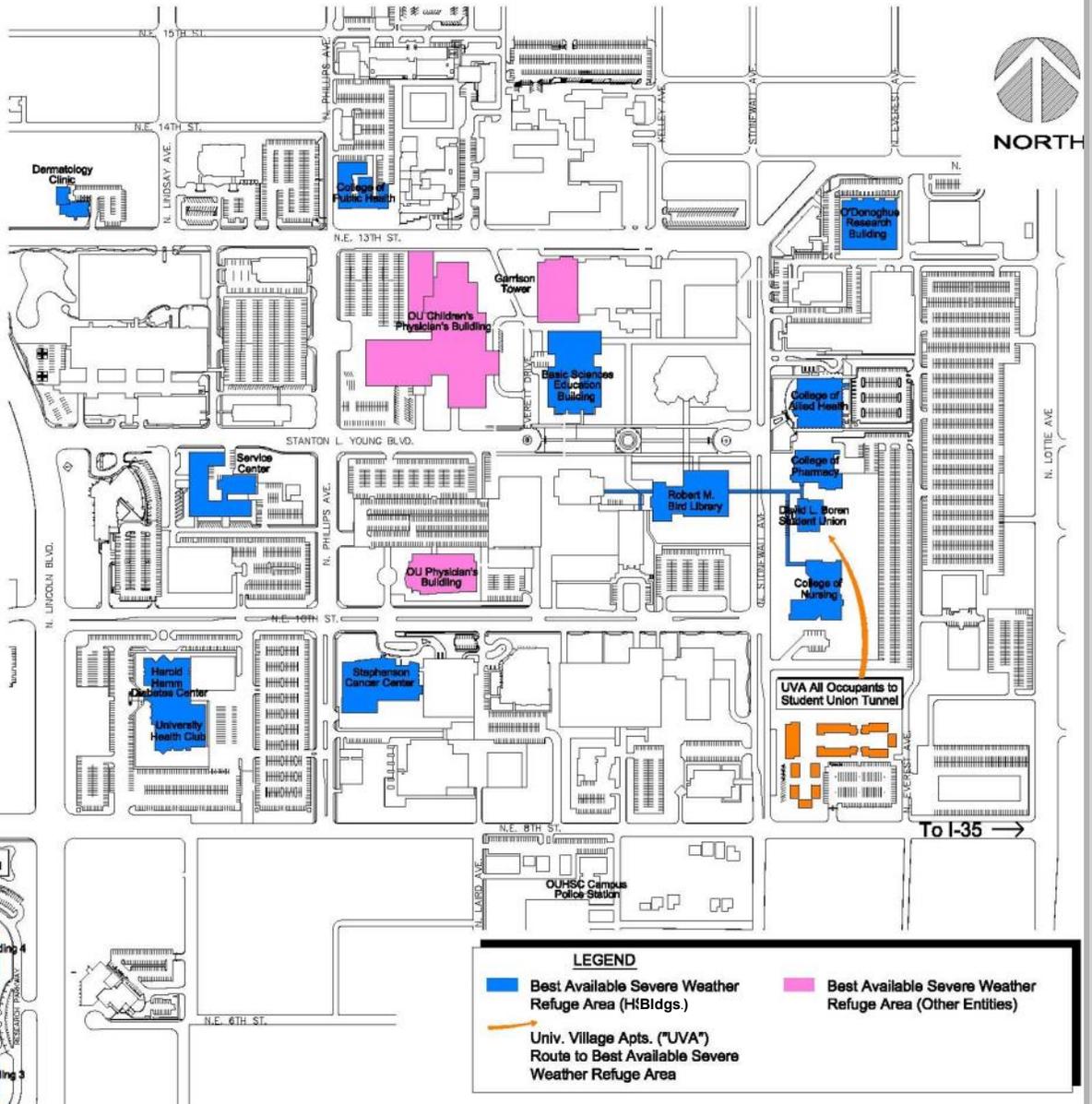
### IN CASE OF A TORNADO WARNING

- **"GET INDOORS, GET DOWN, COVER UP"**  
Immediately move to the place identified in your building's tornado plan.
- If you are unclear where that is, seek an interior space in the lowest available level of the building away from windows, with as many walls between you and the storm.
- After a tornado warning is issued it may be too late to seek the Best Available Severe Weather Refuge Area.

### IN CASE OF ADVANCED NOTICE BEFORE A TORNADO WARNING IS ISSUED:

- There may be days identified by the National Weather Service as a "Potentially Dangerous Situation" where the potential for tornadoes is highly likely OUHSC may take precaution on these days in advance of a tornado warning and close operations to allow people to seek Best Available Severe Weather Refuge Areas.
- The attached map shows the route from your building to the Best Available Severe Weather Refuge Area.
- Do not wait until a tornado warning is issued to move. After a tornado warning is issued it may be too late to seek the Best Available Severe Weather Refuge Area.

\* Map provided by:  
Emergency Management Operations  
Contact: 271-6963



**LEGEND**

|  |  |
|--|--|
| <span style="color: blue;">■</span> Best Available Severe Weather Refuge Area (H-Bldgs.)                             | <span style="color: pink;">■</span> Best Available Severe Weather Refuge Area (Other Entities) |
| <span style="color: orange;">→</span> Univ. Village Apts. ("UVA") Route to Best Available Severe Weather Refuge Area |  |

# 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.

*Standing, from left:*

**Jose Garcia,**  
General Internal Medicine

**Sara Buzzetto,**  
Dermatology

**Carson Wright,**  
OU Cardiovascular Institute

**Erin Schones,**  
General Internal Medicine

**Darin Selby,**  
Stephenson Cancer Center

*Seated, from left:*

**Mallory Koenig,**  
Orthotics & Prosthetics

**Nicollette Oldham,**  
Financial Services

**Carolina Robinson,**  
Urology



*Standing, from left:*

**Jasmine Jones,**  
Family Medicine

**Kaylie Stogsdill,**  
Human Resources

**John LeaMond,**  
Pediatric Otolaryngology

**Carrie Kaul,**  
Orthopedics

*Seated, from left:*

**Amber Delargy,**  
Adolescent Medicine

**LaShell Winston,**  
Psychiatry & Behavioral Sciences

**Donna Rollins,**  
Psychiatry & Behavioral Sciences



# LIVE to GIVE



 Medicine



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

## Live to Give Volunteer Of The Month **Kimberly Hyatt, Department of Obstetrics & Gynecology**

For years, Kimberly Hyatt had a strong desire to volunteer but wasn't sure what steps to take on her own. Then, she became aware of the Live to Give program and its initiatives in serving the community.

"Live to Give has established connections and opportunities that make it easy to just sign up," Hyatt said. "We even get a cool t-shirt!"

Hyatt said she had always wanted to be a Habitat for Humanity volunteer, but hadn't yet found an opportunity. "When I received an e-mail from Kelli Walsh about a Live to Give Habitat House, it was a dream come true!"

The Live to Give program helped Hyatt realize another volunteering dream — to help at a place like a soup kitchen or a food pantry. "So the next time I volunteered, it was a Live to Give activity at the Regional Food Bank," she said. Having taken that step, Hyatt continues to volunteer regularly at the Food Bank. She has also enjoyed volunteer activities associated with OK Kids Korral and most recently, at Edwards Elementary.

"I love working with kids, particularly elementary-school age, and it's been especially rewarding to volunteer at Edwards." Hyatt has observed the principal and staff at Edwards, and has found their kindness and love for the children inspirational. Our developing partnership with Edwards elementary promises to give a new dimension to the work of volunteering. "At Edwards, we are enabled to go beyond an initial connection to forming relationships," said Hyatt. "The last time I volunteered, the kids recognized and remembered me! They have touched my heart so much, but I didn't know how much our presence mattered to them as well."

In addition to supporting the OU Medicine Corporate Challenge as a volunteer, Hyatt is also part of a larger community network to support the Oklahoma City Memorial Marathon through her church. "We host a free pancake breakfast, children's play area and a massage table for the runners. I enjoy volunteering in the dining room, serving the runners, visitors and families."

What gives Hyatt the most satisfaction is connecting with and investing in people through Live to Give community events. "It's so amazing to get to be part of something bigger than myself and see a small investment make such a difference."

Participating in the program also brings opportunities to meet new people in the OU community and work environment. Participating as a Live to Give volunteer has brought Hyatt in contact with employees across campus and from a range of departments. "As a volunteer, you also get to see the generosity of our OU community and join a great team with a great mission." Mirroring the volunteering experiences others have shared, Hyatt said it's more than sacrificing a few hours of personal time. "I realized how I'm the one who has been truly blessed by, and in, all these opportunities to volunteer. I'm indebted and grateful for the program, its partnerships and those who coordinate it."

# LIVE to GIVE



 Medicine

## Habitat For Humanity: A New Beginning

What had been an empty infield lot at 820 N.E. 32<sup>nd</sup> Street is already taking on the appearance of a house. Live to Give volunteers, undaunted by the cool start and a little mud on the first Habitat work day, made great progress in building this home for a deserving family.



LIVE to GIVE



 Medicine

## For The Love Of Animals

The March Live to Give event at the Animal Welfare Expo in Norman drew more than 40 volunteers and animal lovers. The Norman Animal Welfare mission is to reunite lost pets with their families. The organization also seeks to ensure that all pets are properly vaccinated. Partnering this year with the Hands Helping Paws and North Shore Animal League organizations, the expo offered a great deal of variety.

Volunteers managed various outreach tables offering a range of relevant information to pet owners. There was also a raffle table to raise funds for the programs, pet microchipping and a pet photo booth, to name just a few offerings of the event.



## OU Fit Star of the Month

Caley Ferguson, L.P.N., OU Physicians General Surgery

Caley Ferguson cited his biggest fitness challenge as the ability to stay motivated despite a disability associated with his military service. "My physical condition had declined substantially as a result of the disability, but participation in the OU Fit program has made a difference."

Ferguson said he became more aware of the importance of an active lifestyle after nursing school graduation and enrollment in OU Fit. "The program encourages me to keep up a healthy level of daily activity, and the various fitness challenges it offers keep me focused on goals that help me improve."



*Being healthy and fit isn't  
a fad or a trend.  
Instead, it's a lifestyle.*

A list of the OU Fit benefits Ferguson has realized might look something like this:

- Feeling more energized
- Burning more calories
- Decreased risk of illness
- Reduced inflammation
- Enhanced recovery time from past injuries
- Improving cardiovascular endurance
- Greater flexibility
- Increased lean body mass

According to Ferguson, OU Fit has had a direct impact on his overall well-being. "My diet has changed considerably and I eat out less often," he said. "I exercise more, and am considerably more active. I work out or do some sort of exercise most every day at lunch and most days after work."

His favorite ways to stay active include walking, biking and strength training.

The OU Fit program has also influenced Ferguson's domestic life. "My wife makes healthier meals, exercises more often and is more conscious of her own dietary intake and physical condition."

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

## CERTIFIED HEALTHY OKLAHOMA

*Photo below, pictured from left to right: Krystin Corrujedo, Angela Russell, Anna Schilling, Mark Fuelling, Clare Ibach, Taylor Hurst, Kaylie Stogsdill and Alicia Rambo.*

Recently, OU Physicians was named a 2016 Oklahoma Certified Healthy Business. Last month, representatives of OU Physicians, the OU Fit program and OU Fit participants attended an awards presentation and luncheon celebrating the positive examples that shape brighter futures for Oklahoma.

Certified Healthy recipients are recognized for promoting health and wellness where Oklahomans live, work, learn and play. The Certified Healthy Oklahoma Program began in 2003 as a collaborative initiative with four founding partners: the Oklahoma Turning Point Council, the Oklahoma Academy for State Goals, Oklahoma State Chamber of Commerce and the Oklahoma State Department of Health.

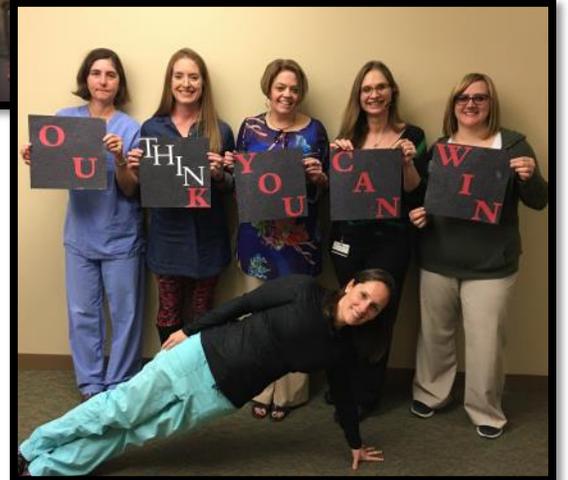
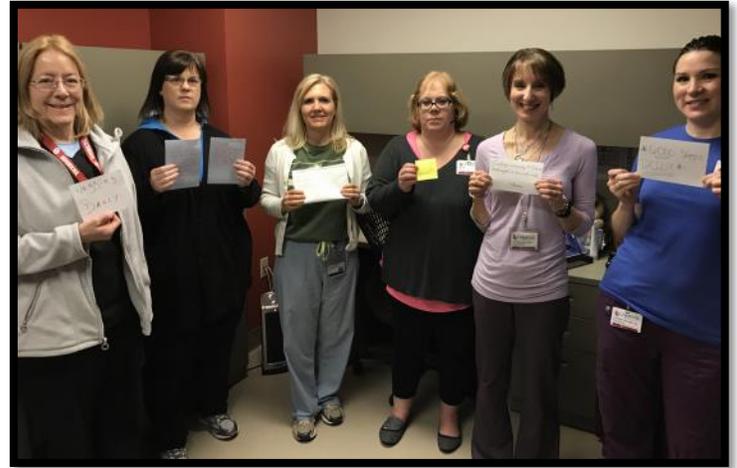
The award is a source of organizational pride in being recognized for our passion to improve individual health and to help build a better future for generations of Oklahomans.





## FitStart Finishers Reflect

Congratulations to everyone who completed the FitStart Challenge and made strides to keep improving health and well-being. Look for all the details about overall FitStart results coming soon.



## OU Fit Featured Recipe *Avocado-Corn Salsa*



With only a few ingredients, none of which are rare or exotic, and no cooking, you can create a tasty and refreshing salad-salsa in a mere blink of an eye.

### Ingredients

- 1 avocado, halved, seeded, peeled and diced
- 1 jalapeño, seeded and diced
- 2 cups frozen corn kernels, thawed
- 1/4 cup diced red onion
- 2 tablespoons fresh cilantro leaves, chopped
- 2 tablespoons lime juice, or to taste
- Salt to taste

Combine corn, jalapeño, lime juice, cilantro, onion in a small bowl. Add avocado. Add salt to taste. Serve immediately.

### Editor's Note:

*It was brought to our attention that last month's nationally produced "Eat This, Not That" feature contained inaccurate and questionable nutritional information regarding the consumption of pasteurized milk and tofu, among other things. The information in the article fell short of the high standards consistent with an academic medical practice and for that we apologize.*

## 2017 Walka Walka Challenge Friday, May 19, 11 a.m. - 1 p.m.

Walking 30 to 60 minutes each day can greatly reduce your risk of dying from heart disease, diabetes and some cancers. In addition to being a good preventive measure for health, other benefits include enhanced mood, improved sleep and opportunities for social interaction. When you incorporate walking in your daily routine, you realize proven health benefits.

All employees are encouraged to participate. OU Fit participants earn 200 points for this activity.

- ❖ Online registration *is not* required.
- ❖ On the day of the challenge, register with a member of the Wellness staff at either end of the Skywalk that joins the OU Children's Physicians Building and OU Medical Center.
- ❖ Pick up a Walka Walka Challenge tracking card.
- ❖ Start walking and complete two laps (down and back = 1 lap) on the Skywalk. Ask a member of the Wellness team to sign off after each 0.5 lap.
- ❖ After your final lap, a member of the Wellness team will need to initial your completed tracking card.

### OU Fit Participants:

- ❖ Take a picture of your tracking card and upload it to your personal OU Fit account to redeem the 200 OU Fit points.

### Instructions for uploading pictures:

- ❖ Log onto your OU Fit account: [www.oufit.fitthumb.com](http://www.oufit.fitthumb.com)
- ❖ Scroll down to the "Event" section.
- ❖ Locate "Walka Walka Challenge" and select "Click to Complete" in the blue box on the right hand side.
- ❖ Select "Choose File" and upload the picture of your completed tracking card.
- ❖ Answer the additional questions.
- ❖ Select "Submit" in the green box at the bottom.

# Support Groups

## Project 31 Breast Cancer Support Group

**When:** Tuesday, April 4

(first Tuesday monthly, 6:30 - 8:30 p.m.)

**Where:** Stephenson Cancer Center, Living Room, Floor 1

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

**Contact:** Sarah McLean, [sarah@project3one.org](mailto:sarah@project3one.org)

## Hep-C Support Group

**When:** Tuesday, April 4

(first Tuesday monthly, 4 - 5 p.m.)

**Where:** Presbyterian Professional Building, 711 S.L. Young Blvd, 4th floor

**Who's Invited:** Patients, friends, families and caregivers affected by Hep-C  
Snacks provided; RSVP requested.

**Contact:** Michelle Price, 405-271-4024,  
or [michelle-price@ouhsc.edu](mailto:michelle-price@ouhsc.edu)

## Blood & Marrow Transplant (BMT) Gathering

**When:** Wednesday, April 19

(Third Wednesday monthly, noon)

**Where:** Stephenson Cancer Center, 5th floor, Room 5058

**Who's Invited:** Patients, family members and caregivers

**Contact:** Stephanie Sponsler, L.M.S.W., 405-271-3402

## SOS Breast Cancer Support Group

**When:** Thursday, April 6

(first Thursday monthly at noon)

**Where:** Stephenson Cancer Center, 5th floor, Room 5058

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

**Contact:** Kristen Squires, R.N, C.N.-B.N.  
405-271-4514, ext. 48527

## HOPE in Oklahoma

### Gynecologic Cancer Support Group

**When:** Saturday, May 6

(first Saturday monthly, 10 a.m. - noon)

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

**Who's Invited:** Patients, caregivers and survivors

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

## Cochlear Implant Support Group

**When:** Wednesday, April 12

(second Wednesday monthly, noon-1:30 p.m.)

**Where:** OU Physicians Building 2nd floor, Conference room 2107

**Contact:** Carolyn Messick, MS., CCC/SLP

405-271-1368 or [carolyn-messick@ouhsc.edu](mailto:carolyn-messick@ouhsc.edu)

## Empower!

## Metastatic Breast Cancer Support Group

**When:** Thursday, April 13

(second Thursday monthly, noon)

**Where:** Stephenson Cancer Center, 5th floor, 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

## Brain Tumor Support Group

**When:** Thursday, April 13

(second Thursday monthly, 6 to 8 p.m.)

**Where:** Oklahoma Brain Tumor Foundation  
4024 N Lincoln Blvd, Suite 220

**Who's Invited:** Patients, families, survivors

**Contact:** Cassandra, 405-843-4673

## Us TOO! Prostate Cancer Support Group

**When:** Tuesday, April 18

(third Tuesday monthly, 6 p.m.)

**Where:** Stephenson Cancer Center  
Conference Room 6012, Floor 6

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

**Contact:** Dane Libart, L.C.S.W., 405-595-7217, or visit [ustoo.org](http://ustoo.org)

## Parents of Children With Cancer

**When:** Tuesday April 25

(Fourth Tuesday 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

## Bladder Cancer Support Group

**New Meeting Time**

**When:** Tuesday, April 26

(Fourth Tuesday monthly, 5:30 - 6:30 p.m.)

**Where:** Stephenson Cancer Center,  
Conference Room 6012, Floor 6

**Who's invited:** fighters, survivors, caregivers and advocates

**Contact:** Lisa at [bladdercansg@gmail.com](mailto:bladdercansg@gmail.com)

## Caregiver Support Group

**When:** Wednesday, April 26

(fourth Wednesday monthly, Noon - 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:** Tony Lippe, 405-239-2525,  
or [info@eastersealsoklahoma.org](mailto:info@eastersealsoklahoma.org)

Lunch provided. Please RSVP

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



## *More Support Groups*

### **Pancreatic Cancer Support Group**

**When:** Thursday, April 27

(last Thursday monthly, 6 p.m.)

**Where:** David L. Boren Student Union, 1106 N Stonewall, Room 260

**Who's Invited:** Patients, their friends and families.

Refreshments provided.

**Contact:** Dan Brackett, 405-380-8236, or Julie Linse, 405-250-1835

### **Spanish-Speaking Cancer Support Group**

**When:** Friday, April 28

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

**Where:** Stephenson Cancer Center, Seminar Room 5058

**Who's Invited:** Spanish-speaking cancer patients, survivors and their guests or caregivers

**Contact:** Carmen Soriano, R.N., 405-41-2438 or Celia Hollis, 405-236-0589

### **These groups meet every other month:**

#### **Young Adult Cancer Support Group**

**When:** Thursday, May 25

(designated Thursday every other month, 5:30 p.m.)

**Where:** The Barrel, 4308 N Western Avenue

**Who's Invited:** Young adult cancer survivors and patients

*Date and locations may vary from month to month.*

Contact [yasgoklahoma@gmail.com](mailto:yasgoklahoma@gmail.com) to be included in email distribution

#### **Support Group for Adults with Diabetes**

**When:** Friday, May 26

(fourth Friday, every other month, 1 p.m.)

Cooking class follows at 2 p.m.

**Where:** Harold Hamm Diabetes Center, 1000 N Lincoln Blvd., Suite 3200

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

**Contact:** 405-271-5642 or [groups@haroldhamm.org](mailto:groups@haroldhamm.org)

RSVPs requested in order to ensure availability of materials.