

# health connection

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## TERI DRAY KNOWS ABOUT HEALTH CARE

  
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 JANE PHILLIPS  
MEDICAL CENTER

QUALITY CARE...CLOSE TO HOME

# TERI DRAY KNOWS ABOUT HEALTH CARE

***Teri Dray knows about fighting for her life while battling cancer and finally undergoing a heart transplant.***

She also knows the importance of maintaining and keeping a healthy lifestyle.

However, when she came to Jane Phillips Medical Center for care, all she knew was that she was really ill and very, very scared.

In December of 2005, Dray came to JPMC's Emergency Room with kidney failure and congestive heart failure—the beginning of a long battle to stay alive. She was hospitalized twice in the Critical Care Unit.

"I received excellent care and the nurses were great. They were very attentive to my needs," she said.

Dray was in and out of the hospital three times from December 2005 to January 2006. In January 2006, Dray was admitted to St. Luke's Mid-America Heart Institute in Kansas City, Missouri. She was carrying an extra 60 pounds of fluid in her body due to her congestive heart failure and was suffering from many other complications. The extra fluid was causing increased stress on her impaired heart. She was near death and her doctors did not have much hope for her.

Dray's doctors conducted a battery of tests to see if she would be a candidate for a heart transplant. Several weeks later, her doctor told her that she would not be an ideal candidate since she also had some lung damage.

"I was awake all night praying to

God asking Him to please spare my life," she said. "The next morning, my doctor came in and told me that a heart transplant would also fix my lung problem. My name was added to the waiting list to receive a new heart."

That was on a Friday and the following Wednesday, Dray had received her new heart.

"My doctor said it was a really good, strong heart, the best he had seen in a long time," she said.

After receiving her heart transplant, Dray was referred to Jane Phillips Medical Center for Cardiac Rehab.

"I was so weak that I could barely walk on the treadmill for three minutes."

Now she walks up to three miles a day, four to five times a week.

"The staff was just great and they made me feel so good. They were great encouragers, my very own cheerleaders cheering me onto victory even though it was really hard for me to walk," Dray said.

Due to the steroids she was taking, Teri became temporarily diabetic after she had her transplant. She attended classes at JPMC's Outpatient Diabetes Education.

"When I was told that I had diabetes, I was very nervous. It came on so quickly and I had heard many bad things about diabetes. The diabetes nurse and dietitian answered all my questions and helped to calm my fears," Dray said. After about a year, she was completely off the steroids and is no longer diabetic.

"We became friends and when a volunteer position opened up for



***“I received the very best care, support, and encouragement to continue my fight for my life right here in Bartlesville at Jane Phillips Medical Center.”***

# JPMC Thanks Its Nursing Staff During National Nurses Week

Nurses and nursing services staff will be honored by Jane Phillips Medical Center during National Nurses Week. The weeklong recognition begins on May 6 (RN Recognition Day) and concludes on May 12, which happens to be the birthday of Florence Nightingale, founder of nursing as a modern profession.

The theme for 2008 is "Nurses: Making a Difference Every Day."

"Today's nurses are devoted

care givers as well as responsible professionals," said Sharon Branham, MA, RN, JPMC Vice President of Nursing Services. "During National Nurses Week, we honor the men and women who have chosen this challenging and rewarding career."

The important role nurses play in the delivery of health care cannot be overestimated.

"Our facilities rely on their training, experience, and caring nature every day," said Branham.

"Nurses Week provides a wonderful opportunity to celebrate the spirit of nursing and acknowledge the tireless efforts of these vital health professionals."

"We are proud of all of our nurses and nursing staff and thank them for the important work they do everyday," said David R. Stire, President/CEO. "They tirelessly provide caring, strength, and courage to our patients. We thank them for their patience, compassion, and dedication. They

perform small miracles every day. We are truly privileged to represent the best health care professionals in the country." 



# JPMC Recognizes Nurses Clinical Excellence

Starting in the summer of 2007, a group of dedicated nurses worked through a process to design a nursing program to be implemented at Jane Phillips Medical Center. The Clinical Excellence Program (CEP) is an organized structure by which nurses can explore and expand their professional talents.

"It is a self-enrichment program that not only recognizes individual nurses, but also benefits our patients, the individual nursing units, and Jane Phillips Medical Center," said Sharon Branham, MA, RN, Vice President Nursing Services. "The CEP provides

an avenue for clinical (bedside) nurses, both registered nurses and licensed practical nurses, to receive recognition and rewards for the knowledge, quality performance and experience in their chosen field of practice," said Branham.

The objectives of the program are to:

- Provide opportunities for professional growth and increase satisfaction for the bedside nurse.
- Recognize and reward bedside professional nurses who choose to develop excellence.
- Recognize and reward clinical

expertise and excellence in clinical practice.

- Recruit and retain highly competent nurses to the bedside.
- Improve patient outcomes through the professional practice of nursing.

CEP objectives are outlined in a detailed document that describes required components and the possible point values assigned to these components. Expectations, responsibilities, and financial bonus awards are based on the number of points accrued. Progression through the program is open-ended and based on clinical and educational criteria.

"CEP participants must demonstrate performance that is over and above expectations that are defined for a particular job description," said Branham.


"Emphasis is placed on exceptional continuing professional development by the individual nurse."

For the spring of 2008, the following eight nurses have been accepted into the Clinical Excellence Program.

#### Clinician I


- Susan Windholz, RN—PICC Team

#### Clinician II

- Candi Barlow, RN, BSN—CCU
- Geri Busch, RN, BSN—Dialysis
- Kori Coast, RN, BSN—6 Tower
- Sara Foote, RN, BSN—One Day Surgery
- Leanne Gronemeyer, RN, CNS—Family Services
- Julie Parsons, RN—PACU
- Heather Pollet, RN—10 Tower 




Front row left to right: Geri Busch, Sara Foote, Kori Coast, and Candi Barlow.  
Back row left to right: Leanne Gronemeyer, Julie Parsons, Heather Pollet, and Susan Windholz.



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# JPMC's Mammography Upgraded To Digital

JPMC will upgrade all existing film mammography equipment to the latest in digital technology. This transition from film mammography services to digital has been completed at Medical Park Center and will be completed at Jane Phillips Medical Center by the end of May. The upgrade will extend the availability of digital mammography services to three locations throughout Bartlesville including the JP Imaging Center at 2661 SE Washington Boulevard.

"We believe that mammography remains a strong and important tool for the early detection of breast cancer and that early detection saves lives," said Bob Walker, JPMC Diagnostic

Imaging Center Manager.

The Hologic Selenia Digital Mammography system provides physicians with clear and precise all-digital images rather than X-ray film images.

This new and powerful technology helps physicians detect and diagnose breast cancer. Mammograms are among the best early detection methods yet 13 million women 40 years of age or older have never had a mammogram, according to the National Breast Cancer Foundation, Inc.

"Providing the best diagnostic equipment possible to patients is a vital step toward good preventive


health and one we take seriously," said Walker.

There are many advantages to a digital mammography system. The images are clear and easy to read and the technology offers a better view of the breast, especially near the skin line, chest wall and in women with diverse breast tissue types.

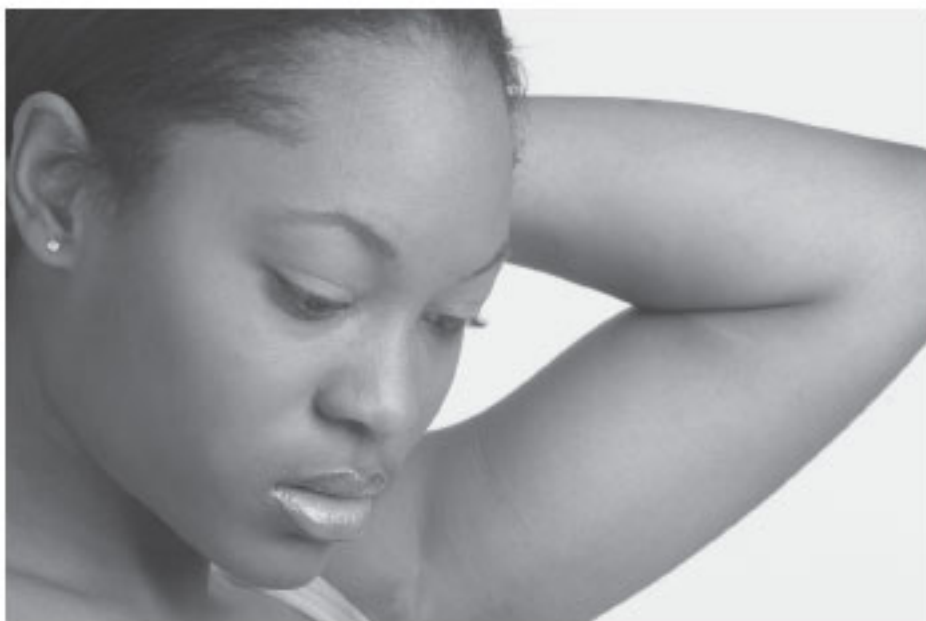
"The digital image is ready to read within 10 seconds," Walker said. "Patients no longer need to wait for film development before knowing whether the images are usable."

Digital mammograms roughly take half the time of film. And if a second opinion is needed, the image can be sent electronically

to a consulting physician virtually instantaneously.

Walker said patients desire state-of-the-art technology when it comes to imaging services and that JPMC is committed to maintaining high standards for screening and early detection. 

To schedule your mammogram, please call JPMC'S Diagnostic Imaging at 918/331-1598.



## Guidelines for Early Breast Cancer Detection:

The American Cancer Society recommends the following guidelines for finding breast cancer early in women without symptoms:

**Mammogram:** Women age 40 and older should have a mammogram every year and should continue to do so for as long as they are in good health. While mammograms can miss some cancers, they are still a very good way to find breast cancer.

**Clinical breast exam:** Women in their 20s and 30s should have a clinical breast exam (CBE) as part of a regular exam by a health expert, preferably every 3 years. After age 40, women should have a CBE by a health expert every year. It might be a good idea to have the CBE shortly before the mammogram. You can use the exam to learn what your own breasts feel like.

**Breast awareness and breast self-exam (BSE):** BSE is an option for women starting in their 20s. Women should be told about the benefits and limitations of BSE. Women should report any changes in how their breasts look or feel to their health professional right away. If you decide to do BSE, you should have your doctor or nurse check your method to make sure you are doing it right. If you do BSE on a regular basis, you get to know how your breasts normally look and feel. Then you can more easily notice changes.

The most important thing is to see your doctor right away if you notice any of these changes: a lump or swelling, skin irritation or dimpling, nipple pain or the nipple turning inward, redness or scaliness of the nipple or breast skin, or a discharge other than breast milk. But remember that most of the time these breast changes are not cancer.

**Women at high risk:** Women with a higher risk of breast cancer should talk with their doctor about the best approach for them. They may benefit from starting mammograms when they are younger, having them more often, or having other tests. If you are at higher risk, your doctor might recommend ultrasound or MRI (magnetic resonance imaging).

# TAKING AIM

## IMRT Targets Tumors and Helps Spare Healthy Tissue

Radiation therapy is a powerful and highly effective cancer treatment—it can kill malignant cells and dramatically shrink life-threatening tumors. But the targeted tissue is almost always surrounded by healthy tissue, which does not need radiation. Knowing this, radiation oncologists are always looking for new ways to target the tumor and limit radiation exposure to normal cells.

### Precision treatment

One relatively new treatment method, known as intensity-modulated radiation therapy (IMRT), uses highly-specialized software and medical expertise to deliver doses of radiation customized to each patient's

precise need.

"Prior to IMRT and image-guided radiation therapy, it was very difficult to isolate the radiation to cancer cells and limit the exposure to normal, healthy cells," said Maurice Krause, MD, Radiation Oncologist at Jane Phillips Cancer Center. "IMRT changes that by using sophisticated technology to vary the shape and intensity of radiation that is delivered to different parts of the treatment area, essentially targeting a tumor."

IMRT equipment includes a computer-controlled linear accelerator that generates tightly focused photon beams or x-rays that can be specially molded to conform to the shape of a tumor or even target specific points

inside a tumor.

A sophisticated computer-generated blocking technology, multi-leaf collimation (MLC) replaces the use of lead blocks to protect normal structures during radiation treatments. The collimator generates digital blocks for the accelerator in just a few minutes time.

A powerful computer program optimizes a treatment plan based on a physician's dose instructions as well as information about tumor size, shape and location in the body. A medical linear accelerator, equipped with a multi-leaf collimator that shapes the radiation beam, delivers the radiation in accordance with the treatment plan. The equipment can be rotated around the patient to send radiation beams from the most favorable angles for giving the tumor a high dose while preserving important healthy tissues.

IMRT can be used to treat tumors that might have been considered untreatable in the past due to close proximity of vital organs and structures.

The equipment can be rotated around the patient so that the beams are delivered from the best angles. The beams also are adjustable, allowing higher doses of radiation to the tumor with less exposure to nearby healthy tissue than with more conventional radiation treatment.

### Painless procedure

Like standard radiation, IMRT is


painless. And while side effects are the same as with conventional radiation therapy, they occur less often and with less intensity.

"Patients are so grateful for a targeted treatment that offers a higher overall cure rate and results in fewer side effects, especially those who have undergone radiation for prior diagnoses," Dr. Krause noted. "It adds to a better quality of life for the patient."

Compared with conventional radiation treatment, fewer IMRT treatments may be needed. But since each treatment is more complex, individual sessions may last a little longer. Patients usually are scheduled for 30-minute IMRT treatments five days a week for six weeks.

IMRT is being used to treat patients at Jane Phillips Cancer Center who have localized prostate, intra-abdominal, head and neck, brain, and gynecological malignancies. For patients with head and neck cancers, IMRT provides the ability to deliver high doses to the tumor volume and to spare critical normal structures such as the parotid gland, oral cavity, mucosa, brain stem, spinal cord, orbit, and lens.

IMRT is especially useful in the treatment of nasopharynx and paranasal sinus malignancies.

For more information about IMRT or to schedule a consultation, please call Jane Phillips Cancer Center at 918/331-1703. 



# Celebrating National Hospital Week Thank You JPMC Employees

**D**edication to quality and safety is a guiding principle at Jane Phillips Medical Center. It combines all available resources to deliver the highest possible standard of care. During National Hospital Week, Jane Phillips Medical Center celebrates the staff, physicians, and volunteers who dedicate themselves to providing quality patient care each and every day.

In the past two years, JPMC has seen many advances in technology and safety and a burst of activity in patient care, physician recruitment, construction, and the addition of services. These innovative services are intended to meet the ever growing health care needs of patients.

"None of these accomplishments would be possible without the hard work and dedication from the more than 1,000 people in the hospital—from employees to physicians to volunteers—that make up the hospital's heart," said David R. Stire, President/CEO.

Jane Phillips Medical Center invites the community to join together to say "thank you" to the nurses, technicians, therapists, and many other healthcare workers who serve the healthcare needs of the community on a daily basis. JPMC will celebrate Hospital Week May 11-17. The theme of this year's celebration is "Where Healing

Happens Every Day."

The designation signals a time to celebrate and thank the men and women who contribute to the important work our nation's hospitals accomplish every day. It recognizes that each thoughtful gesture, gentle touch, and caring word performed by nurses, technicians, ancillary professionals, and other hospital team members who provide comfort and healing for JPMC patients.

Stire said that all caregivers and hospital

employees provide a vital service to the community, day and night throughout the year.

"Their work is more than a job; it is a calling to serve those in need.

It takes more than just education

and skills to be a caregiver. It also takes a generous spirit, a compassionate nature, and dedication to helping those in need." **JP**



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## Guild Named VP Clinical Services

Samuel T. Guild (Sam), CPA, has been named Vice President of Clinical Services at Jane Phillips Medical Center.

In this role, he will be responsible for the administrative operations of the cancer center, clinical laboratory, diagnostic imaging, heart/vascular center, neuroscience lab, pharmacy, outpatient and inpatient physical medicine, respiratory therapy and the wellness/cardiac and pulmonary rehab

programs.

Prior to joining JPMC, Guild worked at Hillcrest Healthcare Systems and Community Partners, LLC where he served as CEO for Cleveland Area Hospital, Fairfax Memorial Hospital and Pawnee Municipal Hospital.

He previously worked for Jane Phillips Medical Center for eight years as regional administrator for the Pawhuska Hospital Inc., Sedan City Hospital, and Jane Phillips

Nowata Health Center. He was also responsible for the clinics in Barnsdall and South Coffeyville in Oklahoma, and Caney and Sedan in Kansas.

Guild received his master's of business administration and master's of science degree in accounting from Oklahoma City University. He also received his bachelor's of business administration degree from Oklahoma City University. **JP**

## JPMC Teams Gearing Up For Relay For Life

Jane Phillips Medical Center teams are gearing up for Relay for Life on Friday, June 27 at Bulldogger Stadium in Dewey at 6 p.m. Relay for Life is the American Cancer Society's signature fundraising activity. It offers everyone in the Bartlesville, Nowata and Pawhuska areas and surrounding communities an opportunity to participate in the fight against cancer. Teams of people camp out at the football field and take turns walking or running around the track. People from all walks of life have fun while raising much-needed funds to fight cancer and raise awareness of cancer prevention and treatment.

Relay celebrates the lives of people who have battled cancer. The strength of survivors inspires others to continue their fight.

Relay remembers loved ones lost to the cancer. At Relay, people who have walked alongside others battling cancer can grieve and find healing.

Relay is a way to fight back because so many people have been touched by cancer and desperately want to put an end to the disease.

Cancer survivors are the heart of Relay for Life event, and their presence is a powerful declaration that cancer can be beaten. Relay begins with a celebratory lap in which survivors walk the track as they are cheered on by family, friends, and Relay for Life participants.

A special part of Relay for Life is the Luminaria Ceremony. The ceremony takes place around dusk as

thousands of luminarias are placed in honor of or in memory of someone who has been touched by cancer, and many are adorned with pictures and personal messages of inspiration and love.

"The Washington County Relay for Life event represents hope that those lost to cancer will never be forgotten, that those who face cancer will be supported, and that one day cancer will be eliminated," said Lee Ann McDougan, Relay for Life Chair.

in Relay for Life," said McDougan.

To form a team, contact Jamie Hardesty at 918/337-7701. To serve as a sponsor for Relay, contact Kim Northcutt at 918/661-7923. To make a donation to Relay for Life, call Shelly Rigdon-Purdum at 918/661-1560 or mail donations to P.O. Box 1094, Bartlesville, OK 74005, or to register as a survivor, please contact Cancer Care Associates at 918/331-1760.

To purchase luminarias

our family and friends by fighting back with all we have. One such threat that has struck virtually every family in America is cancer. This terrible disease is an enemy to all of us and must be defeated. We invite everyone to join us in this fight against cancer at Relay for Life on June 27 at 6 p.m. at Bulldogger Stadium in Dewey." **JP**

**CELEBRATE, REMEMBER  
FIGHT BACK!**  
**For a Cure for Cancer**  
**2008 Washington County  
Relay For Life**

One in three people will be diagnosed with cancer during their lifetime. The funds raised at Relay for the American Cancer Society save lives by funding cutting-edge cancer research, early detection and prevention education, advocacy efforts, and life-affirming patient services.

"It's time to take action now to join the fight against cancer by serving as a sponsor, forming a team, donating money, or by participating

at \$5 each, please call Cathy Carrasco at 918/661-7415 or stop by Jane Phillips Cancer Center or the 66 Federal Credit Union for luminaria forms.

For additional information about how you can become involved with Relay, call Lee Ann McDougan at 918/337-7707.

"We are not in the habit of standing idly by when loved ones are threatened or harmed," said McDougan. "Our instinct is to protect



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## TERI DRAY KNOWS ABOUT HEALTH CARE

diabetes education, they called to make me an offer I couldn't refuse. I wanted to give back to others what had been done for me," she said.

Dray graduated from Cardiac Rehab and is now an active member of the Jane Phillips Wellness Connection. She can be found working out four to five days a week.

"I actually enjoy working out and I am increasing my activity level on a daily basis."

Dray believes she is still here because of God's mercy and grace and she knows He has a plan for her life.

"He sent me guardian angel nurses to help me get through this season in my life and I do not believe that I would have been able to make it without their care and support."

Dray is now cooking meals at First Baptist Church in Dewey where she is a member. She serves as the chairman of the kitchen committee and is even going to camp this summer to cook meals for the youth.

"I received the very best care, support, and encouragement to continue my fight for my life right here in Bartlesville at Jane Phillips Medical Center," she said. "Those who cared for me at JPMC are the ones with the

big hearts! Bartlesville is truly blessed to have such a grand health facility with caring, kind, compassionate and encouraging staff who care for each person's health care needs. JPMC provided all the quality services that I needed for a full recovery close to home and to continue my healthy lifestyle for a long time."

Dray recently met her donor's family. Her donor was 42-years-old and an accomplished architect. He had run 13 marathons and died of a brain aneurysm during a run. Teri was able to meet her donor's twin brother, parents, wife, and daughter.

Now, Teri is back to enjoying exercising, traveling, hitting golf balls with her husband, playing volleyball, volunteering at Jane Phillips Medical Center, singing in the choir, playing cards and socializing with friends and families.

"I am also looking forward to hiking, bowling, and whatever else comes my way."

By looking at her and watching her exercise, one would never guess that once upon a time just walking to the mailbox left her exhausted and out of breath. **JP**

## Jane Phillips Medical Center Welcomes



### Medical Oncologist Jeffrey S. DeLo, MD

Cancer Care Associates  
Jane Phillips Cancer Center  
3470 S.E. Frank Phillips Blvd.  
Bartlesville, OK 74006

- Medical Degree—West Virginia University—Graduated Magna Cum Laude.
- Fellowship—Medical hematology and oncology at the Penn State University Hershey Medical Center.
- Residency—Internal medicine residency at York Hospital in York, Pennsylvania.
- Board Certified: Internal Medicine and Medical Oncology.
- Previous Experience: Served as the director of the Patterson Cancer Care Center, in Coudersport, Pennsylvania. He also served as director of hospice and was a member of the board of directors at Charles Cole Memorial Hospital.

For an appointment, please call 918/331-1760.

## Radiologist Joins JPMC's Medical Staff

John Anthony Yeabower, MD, recently joined JPMC's medical staff as a radiologist with Radiological Services, Inc.

Dr. Yeabower received his medical degree from the University of Oklahoma College of Medicine.

He completed residency training at the University of Missouri, Columbia.

Dr. Yeabower is board certified by the American Board of Radiology. **JP**



## Excellence In Health Care

- Licensed for 144 beds
- Cancer Center, fully accredited as a comprehensive cancer center by the American College of Surgeons, offering both radiation therapy and chemotherapy
- Heart & Vascular Center
  - Diagnostic Services—including heart catheterization lab, echocardiography, nuclear SPECT studies, noninvasive vascular lab, and pulmonary function testing lab
  - Cardiopulmonary Rehabilitation and Wellness Facilities
  - Cardiac Unit—16-bed inpatient unit
- Emergency Services
- Critical Care Services
- Renal Dialysis
- Family-Centered Maternity Care
- Surgical Services—inpatient and outpatient units
- Diagnostic Services, including CT, MRI, nuclear medicine, angio-interventional radiology, needle biopsy, digital mammography, ultrasound, X-ray, and fluoroscopy
- Home Health Services—Offices in Bartlesville, OK and Caney, KS
- Physical Medicine Center, including physical therapy, occupational therapy, sports medicine, communication disorders, aquatic therapy, and work performance
- Rehabilitation Services—16-bed inpatient unit
- Behavioral Services
- Pain Management Clinic
- Long-Term Acute Care
- Physician Information Line 918/331-1297

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