

FOCUS

August 2016

Champions Again

Each year, the State Board of Health prepares a study to evaluate the health of the state's residents, based on certain key indicators. The findings of that report for the year 2004 were dismal, some might say even shocking. In the period from 1990 to 2002, Oklahoma was the only state in the nation where overall health was in decline as measured by those key health indicators — not improving and in fact, losing ground.

The bad news became a catalyst to address known health deficits and to seek practical solutions. A number of health partners pooled their respective resources and, among other acts, created the Champions of Health initiative, driven by the conviction that Oklahoma could do better. Oklahoma must do better. Since 2004, Champions of Health awards have recognized more than 100 health initiatives implemented by large and small businesses and organizations of every description, all striving to make a difference in communities across the state.

OU Physicians was recently named the 2016 Champion of Health in the large corporate category. This is our second Champions of Health award, the first recognition coming in 2010, only two years after the launch of the OU Fit program.

OU Fit has done much to help distinguish OU Physicians as an organization that invests in the health and well-being of its employees. The program was brainstormed and strategized for well over a year before the kick-off event took place in January 2008. Local celebrity-guests Sherrie Coale, head coach for the OU women's basketball team, and Josh Heupel, former Sooner football great made appearances that fueled the excitement.

Behind the fun and festivity were compelling and concrete reasons to develop a comprehensive program focused on healthier living. As a health care organization, how could we not embrace measures to encourage and promote the improved health of each individual?

Second, as the premier provider of health care services in the region, we could do no less than to make a statement internally if not publicly, that health is top priority beyond clinical exam rooms and diagnostic laboratories.

OU Fit has seen its share of evolutions in the eight years since its origin. We've watched the program gain momentum and seen a steady rise in participation. OU Fit has grown in the range of activities offered, the diversity of educational resources and enhanced potential to earn incentives. Because of its appeal and proven benefits, the program that began as an initiative by OU Physicians and for OU Physicians employees broadened its scope to include the OU Medicine enterprise. OU Fit and the organization as a whole are stronger for it.

The newest development that supports active lifestyles is the completion of NRGY, the fully equipped and beautifully appointed fitness facility in Nicholson Tower. OU Fit participants have full access to every amenity the facility has to offer. We're confident that it will be well used.

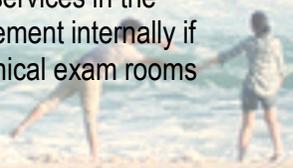
The program has been shaped to some extent not only by the vision and wisdom of organizational leaders, but through the feedback of employees who value the opportunities OU Fit offers and have realized benefits - not only of participation in a great program, but the greater benefits that come with measurably improved health and fitness.

Because of OU Fit, hundreds of OU Medicine employees participate in exercise and health education programs that promote physical fitness and encourage healthier living all around. It is empowering to be reminded that each of us will make choices with health consequences. OU Fit reinforces our commitment to make the best choices.

We're proud of our efforts to improve employee health; we'll keep pushing to make sure OU Physicians staff members have tools to help them live life to the fullest. The recognition that comes by way of the Champions of Health award is gratifying, of course. But the ultimate pride of success is realized as we see an engaged workforce where employees encourage and challenge each other to do better and be healthier and have fun in the process. Thanks for all you do and keep up the good work!



Brian L. Maddy
Chief Executive Officer



In This Issue

Page 2 - 5

Meet New Providers

Page 6

Top Doctors Update

Page 7

Pediatric Expertise Shared With Russians

Fitch Honored for Contributions

Page 8 - 10

Immunization Awareness Highlights Success

Page 11

Someone You Should Know

Page 12

A Partnership for Enhanced Care

Page 13

Technology Creates Clinical Solutions

Patient Portal Enhancements Ahead

Page 14

Technology, continued

Lunch and Language

Page 15

Diabetes Step 1

Page 16

Family Caregiving Workshops

Ovarian Cancer Symposium

Page 17

Bites and Stings: Tips From

Center for Poison & Drug Information

Page 18

OU Medicine Family Wellness Expo

Page 19

Supply Drive Benefits Cavett Kids

Page 20

Sibshops Offer Unique Support

Page 21

Executive Luncheon

Page 22

Wiggle Out Loud

Superhero Day

Page 23 - 24

HIPAA Hot Spot

Page 25

New Employees

Page 26

Dancing For a Miracle

Cancer Support Group for Young Adults

Page 27 - 30

Excel Banners Presented

Page 31 - 34

Live to Give Features

Page 35 - 37

OU Fit Features

Page 38 - 39

Support Groups

MEET OUR NEW PROVIDERS

Joseph Ghata, M.D., Nephrology



Nephrologist **Joseph Ghata, M.D.**, has established his practice with OU Physicians. He has also been named an associate professor for the University of Oklahoma College of Medicine.

Ghata completed a nephrology fellowship at the OU College of Medicine, where he also completed an internal medicine/pediatrics residency. He also earned his medical degree with the OU College of Medicine and his undergraduate degree in zoology from OU in Norman.

Kevin B. Spicer, M.D., Ph.D., Pediatric Infectious Diseases



Kevin B. Spicer, M.D., Ph.D., pediatric infectious diseases specialist, has established his practice with OU Children's Physicians. He has also been named an assistant professor with the University of Oklahoma College of Medicine.

Spicer is board certified in pediatrics and pediatric infectious diseases. He completed a fellowship in pediatric infectious diseases and a pediatric residency and internship at Nationwide Children's Hospital at The Ohio State University, Columbus.

Spicer earned a master's degree in public health at The Ohio State University. He earned his medical degree with high distinction at the University of Kentucky College of Medicine, Lexington. He earned a doctorate in psychology at Wayne State University, Detroit.

Spicer is a member of the American Academy of Pediatrics, Infectious Diseases Society of America, Pediatric Infectious Diseases Society and

Focus is a publication of



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

Yaolin Zhou, M.D.,
Pathology

Pathologist **Yaolin Zhou, M.D.**, has established her practice with OU Physicians. She has also been named an assistant professor for the University of Oklahoma College of Medicine.

Zhou is board certified in anatomic and clinical pathology and board eligible in molecular genetic pathology.

Zhou completed a fellowship in molecular genetic pathology at the Cleveland Clinic, Ohio. She completed her residency in anatomic and clinical pathology at the University of Alabama at Birmingham, and served as chief quality resident. She earned her medical degree from Mayo Medical School, Mayo Clinic, Rochester, Minnesota.

Zhou is a member of the Association for Molecular Pathologists, United States and Canadian Academy of Pathology, American Society for Clinical Pathology, College of American Pathology and Academy of Clinical Physicians and Scientists.

Jimmy L. Argo, M.D.,
Otolaryngology

Jimmy L. Argo, M.D., has established his practice with OU Physicians. Otolaryngologists treat patients for conditions relating to the ear, nose and throat.

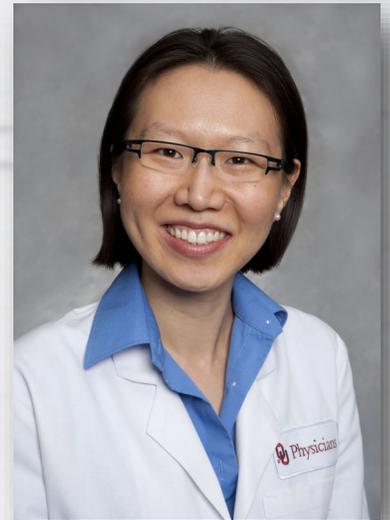
Argo completed an otolaryngology/head and neck surgery residency and earned his medical degree from the University of Oklahoma College of Medicine. He earned his undergraduate degree at OU in Norman.

He is a member of the American Academy of Otolaryngology Head and Neck Surgery and American Academy of Facial Plastic and Reconstructive Surgery.

Jeremy Johnson, M.D.,
Pediatric Surgery

Pediatric surgeon **Jeremy Johnson, M.D.**, has established his medical practice with OU Children's Physicians. He has also been named an assistant professor for the University of Oklahoma College of Medicine.

Johnson is board certified in general surgery and board eligible in pediatric surgery. He completed a pediatric surgery fellowship at the OU College of Medicine, where he also completed a general surgery residency and earned his medical degree.



New providers, continued



Lee Jennings, M.D., M.S.H.S.
Geriatric Medicine

Geriatrician **Lee A. Jennings, M.D., M.S.H.S.**, has established her medical practice with OU Physicians. She has also been named an assistant professor with the University of Oklahoma College of Medicine.

Jennings is board certified in geriatrics and internal medicine. She completed a geriatrics fellowship at the University of California Los Angeles division of Geriatrics, where she also completed a National Research Service Award Primary Care Health Services Research Fellowship with the division of General Internal Medicine and Health Services Research. She completed a residency and served as chief resident at the University of California-San Francisco. She earned her medical degree at Eastern Virginia Medical School, Norfolk. She also earned a master's degree in health services at UCLA Fielding School of Public Health.

Jennings is also serving as the clinical director for the central region of the Oklahoma Healthy Aging Initiative, a program dedicated to enhancing the health of Oklahoma's seniors.



Chad Douglas, M.D.,
Family Medicine

Chad Douglas, M.D., Pharm.D., has established his medical practice with OU Physicians. He will serve as medical director of the University of Oklahoma Health Sciences Center Student Health, Employee Health and Express Care Clinic. Douglas has also been named a clinical assistant professor in the department of Family Medicine and Preventive Medicine at the University of Oklahoma College of Medicine.

Douglas is board certified in family medicine. He has been practicing as a family medicine provider in the Oklahoma City area for several years and was previously a pharmacist with Oklahoma Poison Control.

Douglas completed a family medicine residency and served as chief resident at the OU College of Medicine, where he also completed an internal medicine internship and earned his medical degree. He earned his pharmacy degree from the OU College of Pharmacy and completed his undergraduate studies at OU in Norman.

Douglas is a member of the American Academy of Family Physicians and Oklahoma State Medical Association.

New providers, continued



**Joseph Sisk, M.D.,
Pediatric Anesthesiology**

Pediatric Anesthesiologist **Joseph Sisk, M.D.**, has established his medical practice with OU Children's Physicians. He has also been named an assistant professor of anesthesiology for the University of Oklahoma College of Medicine.

Sisk is board certified in anesthesiology. He completed a fellowship in pediatric anesthesiology and served as Chief Fellow at University of Michigan, Ann Arbor. He completed an anesthesiology residency at the University of Toledo Medical Center, Ohio, where he also earned his medical degree.

Sisk is a member of the American Society of Anesthesiologists and Society for Pediatric Anesthesia.

More From Top Doctors

The 20th Anniversary issue of *Oklahoma Magazine*, published in June 2016, included a list of "Top Doctors,"

as previously published by Castle Connolly Medical Ltd. Unfortunately and for unknown reasons, the list was incomplete with regard to OU Physicians.

Please note and congratulate the physicians listed at right, whose names were erroneously omitted from the magazine's published content.

CASTLE CONNOLLY TOP DOCTORS

Cardiology

Warren Jackman, M.D.

Cardiothoracic Surgery

Harold Burkhardt, M.D.

Dermatology

Pamela Allen, M.D.

Developmental Pediatrics

Laura McGuinn, M.D.

Mark Wolraich, M.D.

Endocrinology

Mary Zoe Baker, M.D.

Gastroenterology

Ralph Guild, M.D.

William Tierney, M.D.

Internal Medicine

Steve Blevins, M.D.

George Tardibono, M.D.

Nephrology

Satish Kumar, M.D.

Obstetrics-Gynecology

Elisa Crouse, M.D.

Robert Wild, M.D.

Ophthalmology

Cynthia Bradford, M.D.

Reagan Bradford, Jr., M.D.

Bradley Farris, M.D.

Stephen Fransen, M.D.

Steven Sarkisian, M.D.

Ann Warn, M.D.

Orthopedics

David Teague, M.D.

Pathology

Kar-Ming Fung, M.D.

Pediatric Diabetes-Endocrinology

Laura Chalmers, M.D.

Pediatric Orthopedics

William Herndon, M.D.

Pediatric Radiology

Faridali Ramji, M.D.

Pulmonary Medicine

David Levin, M.D.

Radiation Oncology

Ozer Algan, M.D.

Fitch Receives National, International Honors



Jane C.K. Fitch, M.D., OU Physicians anesthesiologist and chair, Department of Anesthesiology, was recently made an honorary member of the Romania Society of Anesthesiology and Intensive Care.

In recognition, Fitch was presented with an honorary member diploma, acknowledging her long history and exceptional cooperation with SRATI. Fitch and colleague Teodora Nicolescu, M.D., originally from Romania, were invited speakers at the SRATI congress in Sinaia, Romania.

An additional honor was bestowed in June, as Fitch was invited to deliver the Richard N. Terry, M.D. graduation address for the Class of 2016, State University of New York, Buffalo.

Fitch is the John L. Plewes Professor and Chair of Anesthesiology at the University of Oklahoma College of Medicine. John L. Plewes, M.D., Ph.D., enjoyed a career of distinction at OU from 1984 until his death in 1992. He earned his Ph.D. at SUNY, Buffalo, in 1975. Faculty attending the recent graduation included several who knew and worked with Plewes.

Pediatrics Faculty Members Receive Awards

Susan Schmidt, Ph.D., Department of Pediatrics, Section of Developmental and Behavioral Pediatrics, received the C.V. Ramana Award in May, during the Children's Behavioral Health Conference, held at Embassy Suites in Norman. The award has become the most prestigious honor professionals in the field of pediatric therapy. Both the conference and award are sponsored by the Oklahoma Department of Mental Health and Substance Abuse Services.

The C.V. Ramana Award was established by ODMHSAS in 1992 to reinforce history and tradition in the state's children's mental health community. Schmidt joins the ranks of other award recipients of note, including the late Powl W. Toussieng, Jr., M.D., child psychiatrist and professor emeritus, University of Oklahoma College of Medicine.



Those given consideration for the award are mental health veterans with at least 20 years of experience, who have played exceptional roles in enhancing awareness of the mental health needs of children. They are recognized as outspoken advocates for ethical and humane treatment of children with mental illness and have made significant contributions to the mental health of Oklahoma's children. They must be involved in the training of future mental health professionals and exemplify the ethics and integrity modeled by the award's namesake.



Tricia D. Gardner, J.D., associate professor and section administrator, Developmental and Behavioral Pediatrics, recently transitioned to the position of president of the American Professional Society on the Abuse of Children, at its annual colloquium, held in New Orleans.

APSAC is the leading national organization supporting professionals who serve children and families affected by child maltreatment and violence.

Gardner's goals for this two-year appointment include expanding training opportunities and membership services provided by APSAC, and overseeing a joint venture between APSAC and the New York Foundling, a charity with a range of programs that serve children, adolescents, adults and families

APSAC envisions a world where all maltreated or at-risk children and their families have access to the highest level of professional commitment and service. Find more information about APSAC at www.apsac.org.



VACCINES

are not just for kids.



"No mother wants to deny her child the benefit of an immunization at age 11, when in fact, that vaccination could save her daughter's life at age 35."

- Joan Walker, M.D.,
Gynecologic Oncology

"It is critical that people understand that to not vaccinate is also an active decision, and unfortunately, one with potentially grave consequences. It is a decision you cannot change once you (or your children) have become ill."

-Amy Middleman, M.D.,
Adolescent Medicine



Effective immunization programs and policies are fundamental to ensure public health. It's an issue subject to debate and not without controversy. Steven Crawford, M.D., chair, Department of Family and Preventive Medicine is concerned about widespread complacency that assumes dreaded diseases and epidemics are part of ancient history. That complacency, paired with the anti-vaccine sentiment that exists in areas of the country, may create unintended adverse outcomes.

The current childhood immunization schedule in the U.S. for children from birth to six years of

age recommends 10 vaccines that afford protection against 14 different diseases. While that may seem like a lot of vaccines administered before a child's sixth birthday, consider that each of the 14 diseases has the potential to cause serious illness, even death, for unvaccinated individuals and populations. Adults in general may have stronger immune systems, but they also should consider the benefits of appropriate vaccinations.

Some question the rationale behind immunizing against diseases that are extremely rare. Crawford responds, "Most of the diseases we now consider rare were once all too common not so very long ago. Often, the outcomes were devastating. It is only through successful immunization efforts that we can use words like eliminated, eradicated or rare."

For example, in 1988, polio caused paralysis in 1,000 children worldwide — every day. Today, global immunization programs have brought polio to the brink of eradication. This success is attributable to the cooperation of more than 200 countries, 200 million volunteers and an international investment of \$13.5 billion over nearly three decades. Still, polio is endemic in Pakistan, Afghanistan and bordering regions, accounting for the existence of the last 1 percent of disease outbreaks. "But polio anywhere is a threat everywhere; the same is true of dozens of other diseases," Crawford said. "Given the relative ease of travel and transportation, and less aggressive immunization policies abroad, some 'rare' diseases are merely one airfare away from U.S. citizens."

As recently as May 2014, the World Health Organization declared a public health emergency due to the international spread of wild poliovirus. The Emergency Committee met earlier this year, and noted strong progress toward limiting the international spread of the virus. However, the committee also cited the existence globally of significant vulnerable areas and populations where immunization is inadequate. The reasons are

- The FDA approved HPV vaccination in 2006. Since 2006, the CDC has recommended routine HPV vaccination for boys and girls at age 11 - 12. The vaccine is typically covered by private insurance, and is available through the Vaccines for Children Program.
- In 2012, 85 women died from cervical cancer in Oklahoma. These cancers may have been prevented by HPV vaccination.
- The effectiveness of most vaccines is high.
 - ◊ After receiving the second dose of the measles, mumps and rubella vaccine, or the stand-alone measles vaccine, **99.7 percent** of vaccinated persons are immune to measles.
 - ◊ The inactivated polio vaccine offers **99 percent effectiveness** after three doses.
 - ◊ The varicella (chickenpox) vaccine is between **85-90 percent effective** in preventing all varicella infections, but **100 percent effective in preventing moderate and severe outbreaks of chicken pox.**
- On rare occasions, a vaccination may cause medical complications. The CDC estimates that fewer than **one in a million** vaccinations will result in a severe reaction. Statistically, you're six times more likely to be struck by lightning and 9,000 times more likely to die in a motor vehicle accident.

Continued from previous page

complex—regional conflict, insecurity and poor coverage related to weak immunization programs.

In the absence of comprehensive immunization programs, the reappearance of eradicated diseases is not only possible but likely. And it can happen with amazing speed, according to Crawford. "Where vaccination rates decline or immunization programs have been cut, we've seen a resurgence of disease outbreaks," he said.

Furthermore, outbreaks of formerly rare diseases aren't limited to third world regions or underdeveloped countries. Former U.S. Surgeon General David Satcher, M.D., Ph.D., cited the national experiences of Australia, Germany, Great Britain, Ireland, Italy, Japan and Russia some years back. Each of these countries limited or discontinued their immunization programs, primarily due to budget pressures. "In what can now be documented as a direct result of cutbacks, infectious diseases returned with a vengeance," said Crawford. "Ultimately, these countries reinstated their immunization programs at some level, only after it became painfully clear that taking preventive action through immunization was far more cost effective than providing treatment for rampant disease and addressing the aftermath."

The vaccine that fights the human papilloma virus must be administered in adolescence in order to afford protection against HPV-related cancers that may strike in adulthood, and are in fact increasing at an alarming rate. An average of 38,793 cases of such cancers were diagnosed annually in the United States between 2008-2012. Although women are affected at a higher rate, these cancers are not gender specific. CDC estimates suggest that 28,500 of these cancers are attributable to HPV types that are preventable with the 9-valent HPV vaccine. "Through the miracle of vaccines, there are opportunities for cancer prevention—as many as 30,000 cases in boys and girls between the ages of 9 and 26. It's a reality that was unfathomable just a decade ago," Crawford said.

There is no federal mandate for vaccination in the U.S., and the range of requirements is variable from state to state. But all 50 states and the District of Columbia require evidence of vaccination against certain diseases as a condition of school entry. Exemptions from vaccination are classified as medical, religious and philosophical. All 50 states and D.C. grant exemption from vaccination for medical reasons, defined in Oklahoma as the existence of a physical condition such that immunization would endanger life or health of the child. Personal belief exemptions, where they exist, allow parents to "opt out" or refuse immunization of their children, based on cultural, philosophical or religious beliefs. As of 2015, 31 states had made medical reasons the only basis for exemption, citing the higher priority to safeguard public health.

Continued, next page

- In 2000, the CDC reported that measles had been eradicated in the U.S. In the 70s, pertussis (whooping cough), was declared eradicated. **These preventable diseases are now on the rise in the U.S.**

- ◊ In 2014 alone, more than 600 cases of measles and nearly 33,000 cases of whooping cough were reported in the U.S.

- ◊ Last year, in Oklahoma, a 2-month-old infant in Oklahoma died of whooping cough.

- Influenza and whooping cough can be dangerous or fatal for babies and mothers. Protection passes to babies during pregnancy. **Pregnant women** should get:

- ◊ Flu vaccine as soon as possible
- ◊ Tdap (whooping cough) vaccine in the third trimester of every pregnancy.

Adults should consider being immunized against these serious diseases:

- Influenza
- Pneumonia
- Tetanus
- Pertussis
- Herpes Zoster (shingles)
- Hepatitis A and B

Continued from previous page

Studies confirm that in geographic areas where personal belief exemptions are allowed, the rate of disease outbreaks is significantly higher. While Crawford is sensitive to the issue of parental rights, he's keenly aware of far-reaching consequences. "Rights are not without responsibilities," he said, "and the truth is, this is more than a matter of individual rights. Some decisions parents make constitute a potentially deadly threat to others, especially vulnerable populations."

These vulnerable populations include all persons who are not, or cannot, be immunized: infants and very young children, the elderly or ill, and anyone who's immunity is already compromised due to medical conditions or treatments such as chemotherapy.

Crawford said new scientific evidence continues to support the conclusion that vaccines are safe and effective. "Now as never before, public health is truly a matter of global health."

Adolescents and adults,
take the Vaccine Quiz here:

<http://www2.cdc.gov/nip/adultimmsched/>

Someone You Should Know

Chelsea Mooneyhan, Stephenson Cancer Center

Ask Chelsea Mooneyhan what her dream job is, and she might say, "The one I have." But the response is more than just the right thing to say to your boss or co-workers. Mooneyhan said she toured the Stephenson Cancer Center soon after it opened, and a dream was born — one that came true when she joined the staff at Stephenson last December. "It is a blessing to love what you do and to know that it makes a difference," she said. "Each day is meaningful; I am constantly reminded of what a privilege it is to help serve the mission of the cancer center."

Home is: Where the Husky is. More specifically, Tiberius, who Mooneyhan describes as "the happiest person I've ever met." Tiberius is a pushover for peanut butter, but his favorite special treat is Braum's vanilla fro-yo. "Tiberius and I love to spend quality time together running, playing or watching Netflix. He's a breath of fresh air — someone who really helps me keep things in perspective."

The most daring thing she's done: "I have run 15 full marathons in the last seven years and have no intention of stopping any time soon!" Mooneyhan said her only claim to fame — and one of the greatest accomplishments of her life (so far) — is the completion of seven marathons in the 2012 Rock n' Roll Marathon Series.

The Rock Legend: It's the title she earned for completing the marathon series mentioned above.

Collector of quotes: Around her work area, Mooneyhan posts a variety of quotes that serve to encourage and inspire. Her favorite is from the late Erma Bombeck, humorist and writer: "When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left, and could say, 'I used everything you gave me.'"

Reading preference: Nonfiction books. "They describe real events in a vulnerable and authentic way which helps the reader develop new perspectives."

Karaoke Night: Mooneyhan will enthusiastically perform her rendition of Queen's "Bohemian Rhapsody."

"Who Run the World?" It has more to offer than bad grammar, and it's Mooneyhan's favorite Beyonce song.

Her definition of Heaven: Chocolate Mousse Cake from La Baguette. "My favorite dessert on the planet tastes like pure heaven and is also tied to many fun road trip memories." See below.

Little known fact and fun road trip memory: As a 23-year-old flower girl, Mooneyhan was the designated driver to deliver six Chocolate Mousse Cakes from Oklahoma to a wedding reception in Colorado.

Do you have an all-time favorite movie? Shawshank Redemption. Mooneyhan admires the main character, who was imprisoned for a crime he didn't commit, yet remained hopeful. "When he finally found a way out, he was a better person for all he had experienced and suffered."



New Agreement Promises Enhanced Care

OU Physicians and CareATC, Inc., a Tulsa-based provider of on-site employer health clinics, today announced an affiliation agreement designed to enhance care at future Oklahoma City clinic locations.

With its more than 950 doctors and advanced practice providers, OU Physicians delivers expert care in almost every adult and child specialty. CareATC provides direct primary care and wellness services to more than 30 employers in Oklahoma. The affiliation will give CareATC patients access to the more specialized services offered by providers who practice with OU Physicians.

Brian Maddy, chief executive officer of OU Physicians, reaffirmed the group's commitment to the efficient delivery of comprehensive, high-quality health care. "By collaborating with CareATC and sharing our expertise, we can provide services to a larger population of patients and make sure more Oklahomans get the resources they need to lead healthier lives," he said. "We are very excited about the collaboration and the positive results it will produce."

Both entities believe the collaboration will increase access to health care services and enhance quality, safety and efficiency in care delivery.

"At CareATC, we believe that healthcare doesn't have to be complicated. That's why we simplify and enhance the patient experience by offering convenient access to exceptional primary care services - free of barriers and full of value," said Philip Kurtz, chief executive officer of CareATC. "The affiliation with OU Physicians will strengthen our ability to improve the health of Oklahoma's working class by opening more doors for our members beyond the scope of primary care. We are very optimistic about the results that this collaboration could produce."

The affiliation agreement covers future CareATC clinic locations that are added in the Oklahoma City metropolitan area. CareATC is recognized as a national leader in workforce health, serving over 100 employer groups in 22 states.

Ideas for Focus?
Contact the Editor:
valerie-pautsch@ouhsc.edu

Enhanced Portal Serves Patients



OU Physicians will soon implement an initiative to improve patient access to test results and enhance efficiencies in clinics. We currently communicate with many patients via the online OU Physicians patient portal at www.MyOUMedicine.com.

Beginning September 1, lab and imaging results will automatically be loaded into a patient's secure online file as soon as they are available, giving the patient easy access to the data and reducing the amount of staff time spent contacting individuals with results. OU Medical System already shares its test results in this manner through its patient portal.

To maximize the benefits of the improved features, staff will be trained to encourage patients to use the portal and help them register for a portal account. OU Physicians Training and Development will craft talking points for staff and the marketing department will provide patient-directed brochures that explain portal benefits and the registration process.

As more patients and payers push for expanded online access to health information, it is important for our practice to stay current with best practices. New federal quality initiatives also measure portal usage and could impact reimbursements depending on the level of patient enrollment. We are excited about the potential of the portal's new features and believe they will be a great asset to our clinics and our patients.

Security, Systems, Solutions

When more than 100 physicians and their staffs occupied the brand new, state-of-the-art OU Children's Physicians Building in 2009, the organization invested heavily in technology to enhance not only clinical efficiencies but also to create a more positive experience in patient-physician interaction. Every exam room was equipped with a computer, and with the computer, a system for securing information was required.

The product of choice at the time was a proximity-based logon system. Each user wore a proximity badge; the first user of the day logged on, and for the rest of the day, each user's proximity badge signaled the computer to logon and logoff each person entering or exiting the exam room. Duane Keller, Information Systems, said, "In theory, the process was seamless and for the most part functioned well." But frequent glitches including lock-outs began to frustrate users seeking greater ease and efficiency the system had promised. Charting in the exam room largely stopped.

The wizards of OUPSYS went back to the drawing board. Because some clinics were still utilizing the original system, the team believed minor changes could significantly enhance and expand. The Information Systems' mock exam room was the site of much testing and experimenting with several other products. Ultimately, the team selected Caradigm.

Keller explained that choosing the Caradigm system also meant a change in work flows and philosophies. "Caradigm utilizes the user's building access card to enable what's called a 'Tap and Go' function. A card tapped on the keyboard produces a log-on prompt, not unlike the previous system." From that point forward, anytime the keyboard is tapped, each user is logged on, and a similar "Tap Out" logs them out.

The true beauty of Caradigm, and a feature that makes it far superior to the former system, is Single Sign-On, which allows user access to other apps routinely used in the exam room: including EMR, PACS and Meditech. Caradigm can leave EMR running on the exam room PCs leave EMR running. Any time a user taps in, he or she is auto logged on to EMR and the previous user is logged out in a matter of seconds.

Sooner Pediatrics has been the largest implementation to date. Before Caradigm, staff members couldn't input patient vitals with consistency or ensure that all vitals were taken and that the risk form was correctly completed. Caradigm minimizes check-in time because staff members don't have to record information and go to a different workstation to do the input. Kyli Fitzgerald, clinic manager, said providers also benefit when all the necessary patient information at their fingertips, and connectivity issues have been resolved. "The clinic has been impacted in a positive way with this change," she said. "I have much happier staff and providers when it comes to technology in clinic."

Continued, next page

Lunch & Language

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

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



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

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

For more information or to make your reservation, contact

Krystin Corrujedo
Sylvia-Corrujedo@ouhsc

Continued from previous page

The Women's Pelvic & Bladder Health Center uses Caradigm in a different context, but one that demonstrates the system's versatility.

Jessica Moates, clinic manager, described the technical issues staff routinely faced when taking patients' vitals. Simply switching users would cause the system to stop working — an impediment to patient satisfaction as well as clinical efficiency. A solution was much needed.

"We've been using this system at our vital signs station for several weeks now. It has significantly decreased patient check-in time," Moates said. "Not only do we have Caradigm connected to the computer, we also have our patient link hooked up to make our vital signs station very efficient. Our team members find this process very valuable; from a medical perspective, it's easier to manage the check-in process."

For assistance with housekeeping or maintenance needs in the OU Physicians Building or OU Children's Physicians Building, contact



271-CALL
(271-2255)

or

submit your service request
online at
<http://271call.com/>

Diabetes Step 1

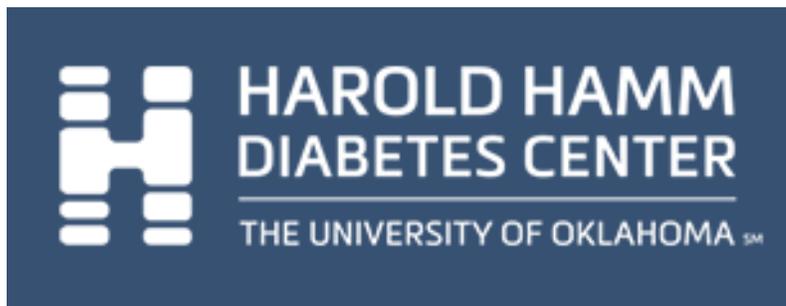
The Harold Hamm Diabetes Center offers free seminars to help you find and utilize good resources and make the commitment to establish healthy habits. The next free seminar is set for **Tuesday, September 6**, from 12:15 until 1 p.m., at the Harold Hamm Diabetes Center, Meinders Atrium, northeast corner of Lincoln and NE 10th Street.

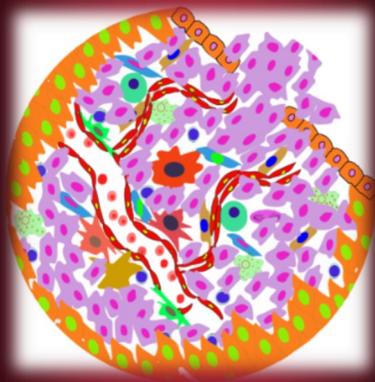
In less than an hour, you'll be introduced to the care programs available at the Harold Hamm Diabetes Center and guided toward the care plan most suited to your needs.

Professional caregivers are on hand during the seminar to answer your questions. Come as your are, be at ease and feel free to bring a loved one. No RSVP is required.

Another Diabetes Step 1 seminar will be held on Tuesday, November 1. The final session of 2016 is schedule for Monday, November 7, at 5:30 p.m.

Call 405-271-7000 for more information.





**Third Annual
International Ovarian
Cancer Consortium**
in conjunction with the
**International
Symposium on Tumor
Microenvironment and
Therapy Resistance**

Hosted by the Stephenson
Cancer Center
Sunday, August 28, to
Tuesday, August 30

Registration is now open for this
conference, which moves research
forward through collaboration
discussion and learning.

The three-day event will include
presentations by 32 speakers from
across the globe representing the
world's top researchers and
scientists. For more information
and to register, go to

[http://www.ovariancancer
conference.com/#info-2](http://www.ovariancancerconference.com/#info-2)

Family Caregiver Training

The Oklahoma Healthy Aging Initiative offers family caregiver training at various location across the state including Oklahoma City, Tulsa and Lawton. Often, family members are thrust into their caregiver roles with little lead time and less preparation. It is possible to learn new skills and enhance existing skills; the result is a more confident caregiver and better care for the person who needs it.



The program consists of two six-hour courses that cover many essentials of daily living for older adults, including:

- ⇒ Communication with health care providers
- ⇒ Proper use of assistive devices
- ⇒ Assistance with meals
- ⇒ Body mechanics
- ⇒ Dietary needs
- ⇒ Infection control
- ⇒ Medication safety
- ⇒ Healthy skin maintenance
- ⇒ Personal care
- ⇒ Chronic disease management

The skills learned may be a key to helping older adults maintain independence and lifestyle, as well as allowing them to remain in their own homes. But caregiving opportunities aren't limited to the elderly. Under some circumstances, it may be a parent, spouse or child who will require an extended period of special care. Caregiver training can be a valuable resource in all these possible situations. Family caregiver training also includes a workshop on learning the special skills needed to care for a person with dementia, covering effective communication, helpful activities, dealing with abnormal behaviors and utilizing support groups.

The responsibilities of a caregiver take an emotional and physical toll. Family caregiver training provides tools and resources to help manage the stresses that come with the caregiver role.

For information on class times and enrollment opportunities,
call 855-227-5928, or contact OHAI at ohai@ouhsc.edu



The Oklahoma Healthy Aging Initiative is a program of the Donald W. Reynolds Department of Geriatric Medicine at the University of Oklahoma and is supported by a grant from the Donald W. Reynolds Foundation.



Poison Prevention Home Checklist

- Place poisons out of your child's sight and reach. Use child safety locks on cabinets in all areas of your home.
- Always use medicines and household products with child-resistant caps. Child-resistant is not the same as child-proof, and may only slow children down.
- Keep medicines in a locked box (a tool or tackle box, for example). Place box high on a shelf out of sight and reach of young children.
- Don't leave a child alone in a room with cleaning products, chemicals or medicines. Poisoning can occur in seconds. If the phone rings or doorbell sounds, take the child with you.
- Never refer to medicine as "candy." Children often mistake medicine for candy.
- Avoid taking medications in front of children. Children like to imitate adult behavior.
- Keep purses, diaper bags and backpacks out of your child's reach. They could contain medicine or other potential poisons and choking hazards.
- Keep indoor plants out of reach and be watchful of children playing outdoors. Keep original identification tags on or near all indoor/outdoor plants.
- Keep medicines, cleaning products and chemicals in original containers. Many products can be mistaken for something to eat or drink if poured into a glass or bottle.
- Always read the label before using cleaning products, chemicals or giving any medicine. If you have questions, call poison control.
- Never store chemicals, cleaning products and medicines in the pantry or near food products.
- Empty containers may contain trace amounts of liquids. Rinse empty containers before throwing away.

What to do about stings and bites? The fair-weather seasons are prime time for exposure, but there are year-round opportunities for bites and stings. The Oklahoma Center for Poison & Drug Information provides these practical tips and steps to take.

Immediate treatment:

- ⇒ Wash the bite or sting area well with soap and water.
- ⇒ Place an ice pack or cold compress on the wound intermittently (15 minutes on, 15 minutes off). Never place ice directly on the skin.
- ⇒ Elevate and rest the wounded area to minimize swelling. Do not use heat.

What a normal reaction looks like:

- ⇒ Within minutes, a small red area appears at the injury site.
- ⇒ It is gradually surrounded by a whitish and reddish flare.
- ⇒ A wheal or raised area forms, which may itch or be hot to the touch, and feels irritated.
- ⇒ With a few exceptions, these symptoms usually subside in a few hours.

The wound should be observed for several days. If these symptoms occur, contact a physician immediately. Watch for

- ⇒ Increasing pain,
- ⇒ Persistent swelling, or
- ⇒ Any other symptoms outside the immediate area of injury, such as
 - Flu-like symptoms
 - Fever

Observe for signs of severe allergic reaction.

If these symptoms are noted, seek medical attention immediately:

- Wheezing, difficulty breathing
- Rapid or severe swelling
- Abdominal cramps, vomiting
- Dizziness
- Chest tightness
- Hoarseness
- Blue discoloration to lips

Those at high risk for complications include children under three years of age; heart patients; diabetic patients; debilitated patients; persons with allergies.

Multiple stings or bites—especially to head and neck areas—may be particularly serious. Consult a physician in these cases.

Do not handle biting or stinging creatures. When possible, save the animal/insect/spider for later identification. Identification may be important for appropriate treatment and predicting any diseases these creatures may carry.

Do not take a live specimen to the emergency room.

Do not waste time trying to catch snakes.



Family Health & Wellness Expo

The Family Health and Wellness Expo 2016 was likely the most successful in the event's history, with an estimated attendance of 2,000+. Each year, the expo offers opportunities to demonstrate OU Medicine's commitment to community, health and wellness. The expo showcased the holistic approach to health and wellness as well as diet and exercise. In addition to sports, physical activity and health care, vendors and exhibits reflected an emphasis on emotional and spiritual well-being and financial health.



Art and School Supply Drive

for Cavett Kids (Diversionary Play Supplies)

August 1st - August 31st

CRAFT SUPPLIES

- Acrylic Paints
- Beads/Beading Kits**
- Buttons**
- Canvas (small/large)**
- Canvas Bags**
- Clay Tools (hand-held)**
- Coloring Books
- Crayons
- Deco- Mesh (for wreaths)**
- Drawing Pads**
- Duct Tape
- Face Paints**
- Feather Boas
- Feathers
- Foam Stickers
- Glitter
- Glue Dots**
- Hot Glue Guns
- Hot Glue Sticks
- Markers
- Mod Podge
- Modeling Clay
- Oil Pastels**
- Paint Brushes**
- Pipe Cleaner
- Pom-Pom Balls
- Puff Paints**

- Raw Wood Crafts**
- Rhinestones
- Ribbon

- Scented Markers
- Scissors (Adult & Child)
- Sequins
- Sharpie Markers
- Styrofoam Balls
- Styrofoam Wreaths**
- Watercolor Paper
- Wiggly Eyes
- Wire Wreath Frames**
- Wooden Cutouts**
- Wooden Letters

OFFICE SUPPLIES

- Bowls & Plates (Disposable)
- Clorox Wipes**
- Disposable Table Cloths**
- Extension Cords**
- Gas Cards**
- Grocery Store Cards**
- Hand Sanitizer (Any Size)**
- Highlighters
- Kleenex**
- Packing Tape**

- Page Protectors**
- Post-It Notes
- Scotch Tape
- Standard Staples
- Staplers**
- Tape Guns**
- Zip-Lock Baggies (Clear)

PRIZES & GIFTS FOR THE KIDS

- Baby Toys
- Books (Ages 1-18)
- Boys Toys
- Candy (Indiv. Wrapped)**
- Card Games
- Dolls & Barbie Dolls**
- DVDs (Rated G or PG)**
- Games (handheld or board)
- Girls Toys**
- Hobby Lobby Gift Cards**
- Lip Glosses
- Target Gift Cards**
- Toys R Us Gift Cards**
- Visa Gift Cards**
- Wal Mart Gift Cards**

**Items most needed by Cavett Kids Foundation.



The Community Outreach Committee of OUHSC Staff Senate is collecting **NEW AND UNUSED** art and school supplies for Cavett Kids. The items listed above are needed for children awaiting surgery and for those dealing with life-threatening or chronic illnesses; visit www.cavettkidsfoundation.org for information.

Collection boxes are located across campus.

Look for designated collection sites across campus.

Collection sites include, but are not limited to:

- ◆ OU Physicians Building, 2nd floor lobby area
- ◆ O'Donoghue Research Building, 1st floor
- ◆ Stephenson Cancer Center, 1st floor reception area
 - ◆ Williams Pavilion, Room 2140
- ◆ OU Physicians Family Medicine Center, 2nd floor breakroom

Sibshops Communities and Contacts

Bethany/OKC

Amanda Peters
amanda@stmarksbethany.com
405-789-9033

Claremore

Tallery Raglin
mscpdirector@gmail.com
918-342-4585

Edmond

Cindy Gould
cindy-gould@ouhsc.edu
405-620-7501

***Enid**

Galela Leckie
gleckie70@yahoo.com
580-402-5988

Guthrie

Brandy Parks
Brandy-parks@ouhsc.edu
405-613-0042

***Guymon**

Monica Ronne
Monica.ronne@ptsi.net
580-380-5383

***Muskogee**

Kellie Blankenship
hopekidsoutreachkb@gmail.com
918-913-5494

***Mustang**

Rebecka Lyman
rl19950430@gmail.com
405-201-8880

Norman

Andrea Williams
normansibshops@gmail.com
910-478-6510

Poteau

Kodey Toney
kodeytoney@hotmail.com
918-658-5076

Pryor

Leann Hill, leefrog@msn.com
918-232-3408

***Shawnee**

Amy Cathey, amy-cathey@ouhsc.edu
405-596-1245

***Stillwater**

Courtney Parks
courtjpark@gmail.com
or Rona Tracy 405-880-2634

Tinker Air Force Base

Julie Franklin
julie.franklin@tinker.af.mil
405-734-5690

Tulsa

Lora Roberts, lorar@ofn.mobi
918-227-1797

***Sibshops Respite Programs**

Oklahoma



Sibshops are opportunities for brothers and sisters of children with disabilities to obtain peer support and education in a casual and fun setting. These supportive groups emphasize lively recreational activities along with information and discussion opportunities.

The three-hour events are open to school-aged children from 5 to 15. The workshops celebrate the many contributions made by brothers and sisters of kids with special health needs, developmental, intellectual or physical disabilities, as well as mental health and behavioral issues.

Under normal circumstances, children are likely to outlive their parents. This means that relationships siblings build with each other are probably the most long-lasting of their lives. This fact alone shows the importance and value of sibling support. Nearly 75 percent of siblings involved in Sibshops say the program positively affected their adult lives.

Early in life, many brothers and sisters worry about future obligations they may have toward their siblings. When typically developing siblings are supported as they grow up, they are more likely to remain involved with their special-need siblings into adulthood. Family-centered services are at the heart of Sibshops.

The Sibshops program was established more than 30 years ago and now has an international presence, with more than 400 groups worldwide. The communities listed at left have active Sibshops groups that will meet throughout the traditional school term. Specific meeting dates have not been determined at this time. Call one of these local coordinators to learn more.

Sibshops is looking for much-needed volunteers for metro-area activities, including Oklahoma City/Bethany, Edmond, Mustang and Shawnee. Time involvement is typically a few hours on a Friday night or Saturday morning, once a month. Training is available, the experience, rewarding and the benefits — priceless!

Learn more about volunteer opportunities. Contact
Robyn A. Boswell, MS., special programs coordinator,
Sooner Success, 405-271-5700, ext. 47801.

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:

Cierra Dan

Family Medicine

Tamara Tryon

Family Medicine

Pauline Nguyen

OU Cardiovascular Institute

Virginia Lorance

Patient Accounts

Middle row, from left:

Amanda McCurdy

Urology

Leslie Lopez

Family Medicine

Allison Morris

Urogynecology

April Vela

Information Systems

Patricia Lozano

Pediatric Cardiology

Back row, from left:

April Hale

OU Cardiovascular Institute

Paige Ryan

Pediatric Orthopedics

Antonia Smith

Family Medicine

Stephanie Harding

Urology

Adam McGann

EMR



Superhero Day

Enjoy freshly popped popcorn and mingle with superheroes as the University Hospitals Authority & Trust hosts Superhero Days.

Formerly on Fridays, this month's super-special Superhero Days are set for Thursday mornings:

Thursday, August 11

10 - 11:30 a.m.

The Children's Atrium
2nd Level



Presented by The Children's Hospital and benefiting The Children's Hospital Volunteers, Wiggle Out Loud is Oklahoma City's free, active-family music festival — a celebration of healthy lifestyles, aiming to get kids, whether young, or not so young, on track for healthier lives. This event is all about movement and fun for all ages, featuring music, activities, artwork and more.

Myriad Botanical Gardens Great Lawn 301 W Reno 11 a.m. to 6 p.m. Sunday, September, 18

Top local, regional and national touring acts will create an upbeat soundtrack for a variety of health and fitness-related activities throughout the park. A second stage will feature local musicians and performing artists, including:

- ◆ Sugar Free Allstars
- ◆ Aaron Nigel Smith
- ◆ Secret Agent 23 Skidoo
- ◆ Alegria Real
- ◆ Lucas Ross
- ◆ Andrew & Polly
- ◆ ...and more to be announced soon!

Locally owned businesses will offer a variety of healthy foods and beverages for maximum energy all day long. Collaborations with arts organizations add color and texture to the festival atmosphere with creative activities that inspire.

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.

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

HIPAA Hot Spot

August HIPAA Hipster: Heather Simon,
Sr. Clinics and Billing Administrator, Stephenson Cancer Center

Communication is key to any compliance effort, and this month's HIPAA Hipster is a great example. In her position with the Stephenson Cancer Center, Heather Simon has been instrumental in leading the SCC clinic management team in compliance efforts., communicating regularly on HIPAA privacy issues, policies and updates. She promptly shares with the staff all email communications distributed by the university privacy official and OU Physicians HIPAA administrator.

Simon also promotes HIPAA awareness among her clinic leaders and ensures that clinic leaders stay informed about HIPAA privacy in various ways, such as having a standing agenda item for HIPAA on the monthly manager meeting agendas. Release of information protocol, patient complaint reporting and policy updates are among topics Simon has requested for presentation at meetings. Simon uses available HIPAA resources and shares those with clinic leaders, communicating her way to more effective HIPAA compliance in the cancer center's clinics.

Helpful HIPAA TIP:

To BA or Not to BA – That is the Question

A business associate is a person or company that uses the University's PHI to perform a service for the University — billing patients, for example. Very recently, the Office for Civil Rights settled a legal action with a business association of nursing homes for more than \$600,000 for specific HIPAA violations. Several nursing homes hired the BA to perform management and IT services that required the use of resident-patient information. The PHI was stored on an unencrypted device, which the BA lost. Fortunately, the nursing homes had an agreement in place that required the BA to comply with HIPAA. Without this agreement, the *nursing homes* would have been responsible for not one, but two HIPAA violations: the BA's use of an unencrypted device to store PHI, and having no agreement requiring the BA to protect PHI.

If your area or clinic shares PHI with a vendor or service provider, **you must have a BA agreement**, or BAA, in place. Every time PHI is shared with a vendor or service provider without such an agreement, a HIPAA violation has occurred.

For example, if PHI were shared once a day for a week without the benefit of a BAA, five separate HIPAA violations would result. You must know who is sharing the PHI in your area or clinic. In addition to clinic management personnel, vendors or providers of these products are considered business associates: software service; cloud storage; billing and collections; patient surveys; transcription; appointment reminders; moving services; and copier services.

Need answers?

Help is readily available.

Contact:

Jill Raines, Assistant General
Counsel and University
Privacy Official,
jill-raines@ouhsc.edu
271-2033

Sally Duckett, OU Physicians
Health Information
Management and
HIPAA Administrator,
sally-duckett@ouhsc.edu
271-8001, ext. 46947

Mary Milano,
HIPAA Compliance Auditor,
Office of Compliance,
mary-milano@ouhsc.edu
271-2511

Marty Walton,
Assistant to the University
Privacy Official and to
Associate General Counsel,
marty-walton@ouhsc.edu
271-2033

Continued from previous page

Don't despair... If you route your contracts through Purchasing and note that PHI will be involved, Purchasing will add the BAA for you.

But be aware!

- If you use a Pcard, *don't use it for services that involve PHI*. There is no BAA for Pcard transactions.
- If you have a service agreement in place now and you don't know if there is a BAA with it, contact Purchasing and ask. Purchasing can obtain one if necessary.
- If you work with a vendor but don't have a service agreement in place, contact Purchasing so an agreement and a BAA can be obtained.
- Finally, be sure that PHI is not shared with a vendor unless or until a BAA is in place.

As with all things HIPAA, it is better to ask than to guess; if you are not sure whether to "BA or not to BA," please take one minute to make the call and find out.

For help with any HIPAA issue, refer to the list of contacts at left. Call us! We are always glad to help.

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.



Seated, from left:
Martha Lansinger

Family Medicine

Kristin Kelly

Family Medicine

Whitney Schrader

Obstetrics & Gynecology

Jasmine Wilson

Stephenson Cancer Center

Standing, from left:

Rebekah Caban

Population Health

Emily Hefner

Pediatric Specialties

Chernea Thomas

Family Medicine

Braden Teller

Orthotics & Prosthetics

Alyse Leshar

Stephenson Cancer Center

Sheila Samandi

Urology

Angela Percy,

Student Health & Wellness Clinic

Cilicia Gissandaner

Urology

Cancer Support Group For Young Adults

More than a dozen young adult cancer survivors, caregivers and friends made the June kick-off event of this new support group a great success.

Those attending were welcomed by Dr. Mohammad Ramadan; they also heard from a young adult cancer survivor. This group will focus on the support needs of the young adult population.

The August meeting of the Young Adult Cancer Support Group is set for Thursday, August 11, from 6 to 7 p.m., at Stephenson Cancer Center.

A cake decorating class is planned for the evening. Space is limited to 15 participants.

RSVP on or before
Thursday, August 4:
yasgoklahoma@gmail.com

Dancing For A Miracle

The 9th annual Dancing for a Miracle gala to benefit Children's Hospital Foundation promises to be an unforgettable evening of glamour, fun and inspiration.

This signature fundraising event will be held at the Embassy Suites Norman, **Saturday, August 20, 2016.**

Events kick off at 6 p.m., and the evening includes a cocktail reception, live and silent auctions, a seated dinner and incredible entertainment.

Ten local celebrities, each paired with a professional dancer, will take the stage, in an effort to raise funds to support pediatric research and education programs.

Learn more about the event and visit the fundraising pages of each celebrity-volunteer here: <https://okchf.ejoinme.org/dfam2016>

Make your reservations early to attend one of the most highly anticipated events of the summer. It's sure to be a sell-out.

Reserve tickets at www.chfKids.com
or call 405 271 8430, ext. 2, for tickets and more information.

For sponsorship information,
contact Jan Dunham at 405-271-8430 or
jan-dunham@ouhsc.edu.





Clinics Excel In Patient Satisfaction

Banner presentations were made last month in those clinics earning four- and five-star patient satisfaction ratings during the second and third quarters of fiscal year 2016. Congratulate the staff members and clinic leaders, listed below and at left, for this outstanding achievement. Photos of team members follow on the next pages.

Off-site Clinics

Four stars 3rd quarter
Grand Prairie Pediatrics**

Four stars 3rd quarter
Community Health Northeast**

Five stars 3rd quarter
Community Health South**
Community Health West**

*Five stars 2nd quarter
and
Four stars 3rd quarter*
Community Health 23rd Street**

*Five stars 3rd quarter
and
Four stars 2nd quarter*
Devon On-site clinic (DOC)*

Four stars 3rd quarter
Dermatology at DOC*

Five stars 2nd and 3rd quarters
W Facial Aesthetics*

OU Children's Physicians
Four stars 2nd quarter
Dentistry

*Four stars 2nd quarter and
Five stars 3rd quarter*
Urology
Four stars 2nd and 3rd quarters
General Surgery

Five stars 3rd quarter
Plastic Surgery

Four stars 3rd quarter
Cardiology

Four stars 2nd quarter
Orthotics & Prosthetics

OU Physicians
Four stars 2nd quarter
Student Health & Wellness

Five stars 3rd quarter
General Internal Medicine

Four stars 3rd quarter
OU Breast Institute
Plastic Surgery

Four stars 3rd quarter
Dermatology

Four stars 2nd and 3rd quarters
Reproductive Medicine

Stephenson Cancer Center

Four Stars 3rd quarter
Gynecologic Oncology

Five Stars 3rd quarter
Supportive Care

Four Stars 3rd quarter
Breast Oncology

Four Stars 2nd quarter
Phase 1/Phase 1 Infusion

Four Stars 3rd quarter
Urologic Cancer

*photos unavailable

**Banner presentations pending

EXCEL

Clinics Excel In Patient Satisfaction



Family Dentistry



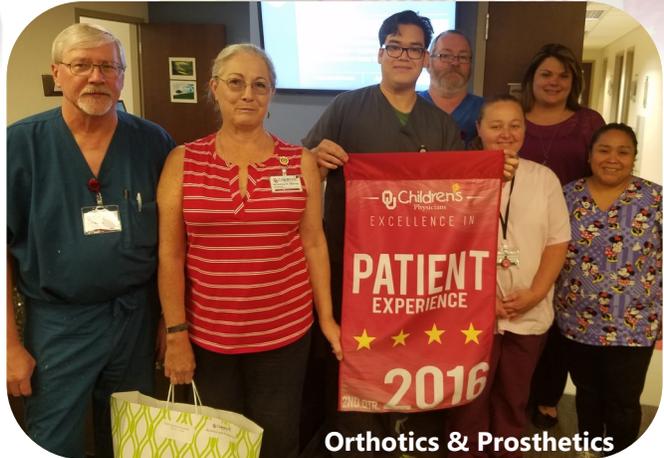
Pediatric Urology



Pediatric Surgery



Pediatric Cardiology



Orthotics & Prosthetics



Student Health & Wellness



General Internal Medicine

EXCEL

Clinics Excel In Patient Satisfaction



OU Breast Institute



Plastic Surgery



SCC Gynecologic Oncology



SCC Supportive Care



SCC Breast Oncology



SCC Urologic Oncology



SCC Phase 1/Phase 1 Infusion



Clinics Excel In Patient Satisfaction



Dermatology



Reproductive Endocrinology & Infertility

LIVE to GIVE



 Medicine

Chelsie Roland, 2015-16 Volunteer of the Year

During the fiscal year,
Chelsie logged 26 volunteer hours,
participating in
six Live to Give events:

Wiggle Out Loud
Sibshops

Cavett Kids Got Talent
YWCA Santa Store

Edwards Elementary Super Kids Day
UCO Endeavor Games

Chelsie was Live to Give's
Volunteer of the Month for
January 2016.

The Live to Give committee,
comprised of employees from across
campus, considered 11 candidates in
a blind selection process.

Volunteers of the Month 2015-16

Linda Burris - July

Jessica Johnson - August

Sheila Curtis - October

Golda Slawinski - November

Michelle Hopkins - December

Chelsie Roland - January

Hillary Stickler - February

Quanisha Gatewood - March

Jessica Wade - April

Amy Isbill - May

Ana Balderas Beccera - June

Volunteer Of The Year Announced Chelsie Roland, OU Physicians Plastic Surgery



*Chelsie Roland with Dale Bratzler, D.O.,
chief quality officer*



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

McKenzie Phillips, Stephenson Cancer Center



McKenzie Phillips' support of the Live to Give program has been steadfast. Her dedication is evident in her consistent participation in a wide range of activities that serve to strengthen the community.

From Positive Tomorrows and the Regional Food Bank, to clean-up in city parks and Hoops Fest, Phillips is drawn to these events because they have such potential for good. "Interacting with people, especially children, is an opportunity to have a positive impact on lives," she said. "I also participate in the Angel Tree program during Christmas each year." She believes when you're

helping people, hearing their life stories and simply being a friend, there are amazing opportunities for positive influence. "A small act of kindness shown to someone may be a huge act of kindness in their eyes, and that makes me happy."

What she appreciates most about the program is how Live to Give paves the way to help people who need it. "I enjoy giving my time and love to people, and showing others that someone cares for them unconditionally," Phillips said, noting that most people have financial limitations, but the gift of time has great value. "When I can give my time to help someone else, that brings joy to my heart." Even doing park clean-up, something that might have less direct personal impact, is a positive demonstration that she cares. "I can't wait until my kids are old enough to come help with these events. I want them to know how powerful it is to help the community."

Phillips encourages everyone to participate in Live to Give because even what appears to be a minor effort can have major impact. At a time when our culture and nation are in turmoil, she described Live to Give as a chance to put some good back into the world. "It's the least we can do—to provide a positive influence and give back to our community." If that weren't enough, she said the program does so much more, including engendering a sense of gratitude. "Being a Live to Give volunteer will make you thankful for your life, and that makes you want to continue your positive influence outside the program. It's heartwarming when I see the joy on kids' faces when I've just given them a hotdog, a snow cone, clothes or simply a smile and hug," she said.

Whether it's boxing up food at the food bank or building a Habitat house, everyone can make a difference in the world and someone's life. "That alone should be enough to make someone want to get involved," she said. "If you haven't volunteered I encourage everyone to do so; this program is AMAZING!"

LIVE to GIVE



 Medicine

From one family's determination to make a difference at a grassroots level, Jammin' Hoops Fest was born, launched in 2010 as part of the Family Awareness and Community Teamwork unit. Initially anchored by the Oklahoma City Police Department, the Timmons and Bell families, and substantial support by volunteers from OU Medical Center injury prevention personnel, Jammin' Hoops Fest has become a hugely successful gang-prevention and mentoring program that is also a weekly, late-night basketball outreach. The initiative is now so expansive that the FACT program takes the primary lead, engaging many community partners. Supported by volunteers, including a significant OUMC Trauma presence, the event is held every Thursday night during the summer and the hot dogs, popcorn, sno-cones and activities are totally free. The program highlights positive character development and connects youth with positive, caring adults as well as plain clothes police officers.

More than two dozen OU Medicine Live to Give volunteers were on hand performing a number of needed tasks, from distributing snacks to collecting litter.

Live to Give at Jammin' Hoops Fest



LIVE to GIVE



OU Medicine

Jammin' Hoops Fest, continued



Direct your questions about the Live to Give program to Kelli Hayward Walsh: Kelli-HaywardWalsh@ouhsc.edu





If you're interested in joining OU Fit, contact wellness manager Krystal Floyd at OUFit@ouhsc.edu

"Ahh...A Good Night's Sleep"

Presented by
Roynell Rawson from
Relax the Back

Tuesday, August 16,
Noon-1 p.m.

Samis Family
Education Center
Conference Room B1-2

Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.

- Thomas Edison

The logo for Champions of Health, featuring the words 'Champions of Health' in a gold, serif font, with a gold apple icon to the right of the word 'Health'.

Champions of Health

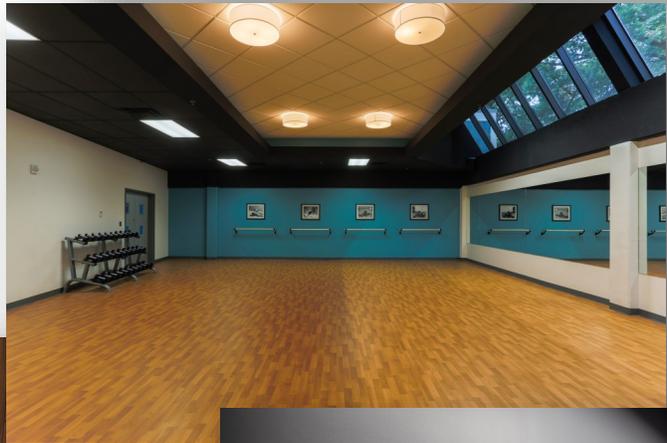
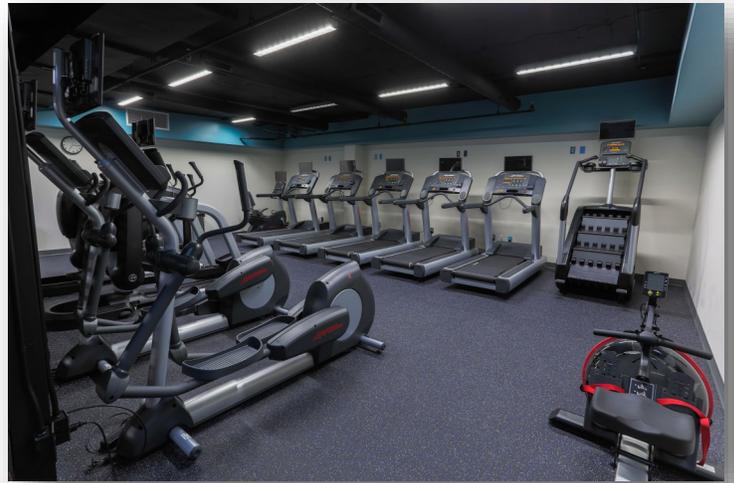
The OU Medicine commitment to high-quality care and health education for patients as well as staff was recognized last month, with the announcement of 2016 Champions of Health award winners. Our OU Fit program has been named the 2016 Corporate Health Champion by Oklahoma Champions of Health, a health and fitness consortium led by Blue Cross Blue Shield of Oklahoma in partnership with other agencies, associations and foundations.

Award winners will be honored at the 13th annual Champions of Health gala September 27 at the National Cowboy and Western Heritage Museum in Oklahoma City.

The 2016 Champions of Health gala benefits The Oklahoma Caring Foundation, a 501(c)(3) organization that provides Oklahoma children with immunizations at no charge. Actor and author Rob Lowe will be the keynote speaker. Individual tickets and sponsorships are available.

For information, call 855-628-8642 or visit championsofhealth.org

OU Fit participants flocked to the NRGY Fitness Center open house last month and had opportunities to visit with a range of local health-conscious vendors and tour the facility. Information about group fitness classes and other activities was readily available with staff on hand to answer questions. The facility currently provides space for a number of exercise classes and is available to participants in the OU Fit program.



See What You're Missing!



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:

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

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

Jennifer Webster
(produce, essential oils, herbs)

Sweet Spirit Foods
(barbecue sauces)

Twisted Oak foods
(salsas, rubs, spices)

Lovera's Market
(cheeses)

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

OU Fit Featured Recipe Vegetarian Spinach Enchiladas

This recipe is week-night friendly, meaning fast and easy. Skip the time and trouble of rolling enchiladas and stack them instead, layering ingredients much like you would lasagna. It's oven-ready in 20 minutes.



Ingredients:

- 1 14-ounce can diced tomatoes
- 1 small onion
- 3 teaspoons minced canned chipotle chilies
- 1/3 teaspoon salt
- 1 1/2 C low-fat, reduced-sodium cottage cheese
- 1 10-ounce package frozen chopped spinach
- 1 C shredded Monterey Jack cheese
- 1 bunch scallions
- 1/2 teaspoon garlic powder
- 8- 6" corn tortillas

Preheat oven to 450° F. Coat 8-inch square baking dish with cooking spray.

Place tomatoes, onion, 2 teaspoons chipotle and salt in blender. Puree until smooth. Mash cottage cheese in medium bowl. Stir in spinach, 1/2 C cheese, scallion whites, garlic powder and remaining 1 teaspoon chipotle.

Spread 1/4 C of tomato sauce in prepared baking dish. Cover with 4 tortillas (they will overlap). Spread 1/2 C sauce over tortillas, following with all the spinach filling. Top with another 1/4 C sauce. Layer remaining 4 tortillas and remaining 1 C sauce. Sprinkle remaining 1/2 C cheese on top.

Bake casserole until cheese is melted and filling is hot, about 25 minutes. Sprinkle with 2 tablespoons reserved scallion greens.

Tip: Chipotle chile peppers in adobo sauce are smoked jalapenos packed in a flavorful, spicy sauce. Find the small cans with the Mexican foods at large supermarkets. Once opened, they'll keep for two weeks in the refrigerator or six months in freezer.

Nutritional Information

Makes: 4 servings

Serving Size: 4-inch square

326	35g	11g
Cals	Carbs	Fat
24g	29mg	551mg
Protein	Cholesterol	Sodium

Detailed Nutritional Information

Calories	326
Carbohydrates	35 g
Dietary fiber	7 g
Fat	11 g
Saturated fat	6 g
Mono Fat	3 g
Protein	24 g
Cholesterol	29 mg
Sodium	551 mg
Sugars	7 g
Potassium	709 mg

Support Groups

Hep-C Support Group

When: Tuesday, August 2

(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@ouhse.edu.

Blood & Marrow Transplant (BMT) Gathering

When: Every other Wednesday,
noon until 1 p.m. (August 3, 17)

Where: Stephenson Cancer Center,
1st floor Family Lounge

Who's Invited: Patients, family members
and caregivers

Light lunch provided. Please RSVP.

Contact: Crystal Gazaway, 405-271-3402

Women's Incontinence and Sexual Health (WISH)

When: Wednesday, August 3

(first Wednesday, monthly at noon)

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

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

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

SOS Breast Cancer Support Group

When: Thursday, August 4

(first Thursday monthly at noon)

Where: Stephenson Cancer Center,
Seminar Room 5058

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

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

Lunch is provided. RSVPs requested.

HOPE in Oklahoma Gynecologic Cancer Support Group

When: Saturday, August 6

(first Saturday monthly, 10 a.m.)

Where: Stephenson Cancer Center,
1st floor lobby

Who's Invited: Patients, caregivers
and survivors

Contact: Odra Pratt, 405-694-9517
or jessica-moates@ouhsc.edu

Cochlear Implant Support Group

When: Wednesday, August 10

(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

Parents of Children With Cancer

When: Tuesday, August 9 and 23

(second and fourth Tuesdays
monthly at noon)

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

Who's Invited: Parents whose
children have cancer

Contact: Danny Cavett, 405-271-5758

Empower!

Metastatic Breast Cancer Support Group

When: Thursday, August 11

(second Thursday monthly, noon)

Where: Stephenson Cancer Center,
Seminar Room 5058

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

Participants may bring their own lunches

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

Tobacco Cessation Support Group

When: Thursday, August 11

(second Thursday monthly, 6 p.m.)

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

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

Contact: Leslie Chandler, 405-271-1640

or leslie-chandler@ouhsc.edu

Light refreshments served

Brain Tumor Support Group

When: Thursday, August 11

(second Thursday monthly, 6 p.m.)

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

Who's Invited: Patients, families, survivors

Contact: Cassandra, 405-843-4673

Support Groups, continued

Us TOO! Prostate Cancer Support Group

When: **Thursday, August 18**
(third Thursday monthly, **6 p.m.**)

Where: Stephenson Cancer Center,
1st floor Family Lounge

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

Contact: Dane Libart, L.C.S.W.,
405-599-7217, or dlibart@odmhsas.org

Caregiver Support Group

When: **Wednesday, August 24**
(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: Samantha Pascoe, **405-239-2525**,
or spascoe@eastersealsoklahoma.org
Lunch provided. RSVPs requested.

www.eastersealsok.org/caregiver-support-group/

Pancreatic Cancer Support Group

When: **Thursday, August 25**
(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, August 26**
(last Friday, monthly, **5:30 p.m.**)

Where: Stephenson Cancer Center,
Seminar Room 5058

Contact: Carmen Soriano, R.N.,
405-417-2438 or
Celia Hollis, **405-236-0589**

Support Group for Adults with Diabetes

When: **Tuesday, August 30**
(last Tuesday monthly, **5:30 p.m.**)

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

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

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