

FOCUS

March 2016

Do Something Good

Volunteerism is alive and well at OU Medicine, no matter what the season. But beginning in March and continuing through summer, the diverse options and ways to become involved are nearly limitless.

This month, OU Medicine Live to Give volunteers, in partnership with Central Oklahoma Habitat for Humanity, will begin construction on another home for a deserving family. Our past builds have been in older, already established neighborhoods, where a random lot or two stood without a structure. This effort is a bit different.

Working with generous donors, Habitat has acquired a large tract of land in northwest Oklahoma City. Legacy Estates, south of Wilshire Boulevard on Council Road, will ultimately be a community including more than 140 homes. The home we help construct will be only the twelfth in the addition.

Our employees always respond enthusiastically to be part of Habitat projects, and about 170 individual volunteers are needed for a project of this magnitude. Besides the nearly immediate gratification of seeing the project take shape from the ground up, there are all kinds of work that require volunteers, skilled or not. Everybody has some ability that contributes to the end result. Habitat personnel provide comprehensive instructions to begin each work day, and they're always close at hand to walk through any new or unfamiliar assignment. Whether it's painting, framing, placing trusses or decking, installing siding or a full landscape, everyone can help.

This year, our build begins on March 19 and almost every Saturday through May 21 is a scheduled work day. A dedication ceremony, now set for June 11, marks the official completion of the project. The ceremony is a meaningful experience, which includes the giving of keys to the grateful family who will occupy the home.

Habitat's vision is simple: a world where everyone has a decent place to live. It is amazing to pause and consider that our efforts, at least in part, have made it possible for eight, and before summer ends, nine, deserving families to realize the dream of home ownership.

Another OU Medicine tradition embraced by volunteers is our annual water stop at mile marker 10 on the Oklahoma City Memorial Marathon route. A successful water stop requires more than 100 people to adequately support the runners. Hydration is critical, but there's more to do than hand out water and energy drinks. Water stop staffers cheer on and encourage runners; it makes a difference when resolve begins to crumple with fatigue. Water stop volunteers come away from the experience feeling good about their participation, and at the same time, are humbled and inspired by the efforts of others.

The Memorial Marathon is unique; its history and unparalleled community support are reasons why this marathon has achieved national status, with entries consistently exceeding 20,000 and gaining each year.

If hammers, nails and paint aren't your thing, the entire month of May is dedicated to our support of the Regional Food Bank. A major part of that support, a campus-wide food drive will offer at least seven designated drop-off locations that make it easy to donate non-perishable food items. Employees will challenge each other to spur the most donations in a clinic or department. For many people, these simple kitchen staples, like peanut butter and canned tuna, are the basis for the most nutrition-dense meals they will consume. On May 7, more than 200 volunteers will help sort and package food items at the Food Bank, preparing for distribution to those in need. The number of food-insufficient households right here in our own communities is an eye-opening reality that underscores the need for this kind of volunteer activity.

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The first weekend in June brings the much-anticipated, annual OU Medicine Corporate Challenge. This family-friendly, business-to-business athletic competition is the largest event of its kind in the area. Corporate Challenge succeeds in promoting health and fitness, as well as organizational team work and camaraderie among colleagues and co-workers. An evolution has occurred in the two-plus decades of Corporate Challenge history. Not only does Corporate Challenge now include a philanthropic fundraising piece that benefits the Endeavor Games, it also has made a place for volunteer support. Although athletic competition is at the heart of the energetic, weekend-long event, volunteer participation has become an essential element that helps ensure a great experience for all participants. And, like so many of our volunteer opportunities, there's a place where each individual can fit in — and fit well. Every contribution, however small it may seem, is significant and important to its overall success. OU Medicine Corporate Challenge builds and improves community, in different ways perhaps than other events. But its impact is huge, in the business community and beyond.

Each year, the University of Central Oklahoma hosts the Endeavor Games, an athletic competition for athletes with physical disabilities. In addition to the Corporate Challenge fundraising that supports Endeavor Games, Live to Give volunteers will be on hand for this event, too, helping with track and field competitions on Saturday, June 11.

These are just a few of the opportunities Live to Give coordinates for employees. More information will be available as all of these projects, and others, move forward. Activities are events are planned well beyond June's Endeavor Games. While not all volunteer activities accommodate children, a number of them will. Each volunteer opportunity is a chance to broaden your horizons - learn something new, meet interesting people, do something good — really good. We hope you'll consider every possibility.



Brian L. Maddy
Chief Executive Officer

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Meet Our New Providers



Hassan Hatoum, M.D., Hematology-Oncology

Hassan Hatoum, M.D., a hematologist-oncologist, has established his medical practice with the Stephenson Cancer Center. He has also been named an assistant professor with the University of Oklahoma College of Medicine.

Hatoum is board certified in internal medicine and board eligible in hematology-oncology. He completed a fellowship in hematology-oncology at the Roswell Park Cancer Institute, Buffalo, New York. He completed an internal medicine residency at Staten Island University Hospital, Staten Island, New York. He earned his medical degree and completed additional medical education in Beirut.

Hatoum is a member of the Associate in American College of Physicians, American Society of Clinical Oncology and American Society of Hematology.



Irina Baranskaya, M.D., Psychiatry & Behavioral Sciences

Irina Baranskaya, M.D., a board-certified psychiatrist, has established her practice with OU Physicians. Psychiatrists are medical doctors specifically trained in the diagnosis, treatment and prevention of mental, emotional and behavioral disorders.

Baranskaya specializes in working with adults, especially seniors. She completed a geriatric psychiatry fellowship at Cambridge Health Alliance, Cambridge, Massachusetts. She completed her psychiatry residency at the University of Oklahoma College of Medicine and an internship in psychiatry at St. Elizabeth's Medical Center, Boston. She earned a doctorate in geriatric psychiatry and her medical degree in Russia.

Baranskaya is a member of the Oklahoma Psychiatric Physicians Association and the American Psychiatric Association.

Celebrate Doctors' Day March 30

First observed in 1933 in Winder, Georgia, Doctors' Day became a national day of celebration in 1990, signed into law by President George H. W. Bush.

When you're a doctor, you know that every day you will touch lives — and that the lives of others may directly impact yours.

The caring and selfless attitudes of our physicians have brought great comfort and often, healing, to those who have entrusted themselves into that care.

To those who have dedicated their entire lives to helping others, accept our deep appreciation and gratitude for sharing for your skills, expertise and deeds with excellence and dedication.

Celebrating the
science of medicine,
the art of healing and
the humanity
of caring.

new providers, continued

Stephanie Bates, M.D., Pathology

Stephanie Bates, M.D., has established her pathology practice with OU Physicians.

Board certified in clinical pathology and blood banking/transfusion medicine, Bates comes to OU Physicians from Baylor St. Luke's Medical Center, Houston, where she was associate medical director of the Transfusion and Apheresis Service and Chemistry, Hematology and STAT laboratories for Gulf Coast Pathology Associates.

Bates completed a clinical fellowship in blood bank/transfusion medicine at Baylor College of Medicine, Houston, and a clinical pathology residency at The University of Texas Medical Branch at Galveston. She earned her medical degree from The University of Texas Health Science Center, Houston.

She is a member of the Society for the Advancement of Blood Management, South Central Association of Blood Banks, American Association of Blood Banks and College of American Pathologists.

Focus is a publication of



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



COLON CANCER ALLIANCE

Dress In Blue Day Friday, March 4

As part of Colon Cancer Awareness Month, the Colon Cancer Alliance encourages everyone to wear blue and unite for a future free of colon cancer.

According to the Centers for Disease Control and Prevention, screening is the primary strategy for preventing colorectal cancer deaths. This simple message that warrants the public's greater attention:

- Colorectal cancer can be prevented.
- Screening is essential- not optional.

Lowering the screening age for the "average-risk" population is a current topic of discussion among various cancer awareness and advocacy groups. However, the U.S. Preventative Services Task Force takes the position that evidence is insufficient to justify lowering the screening age to 40 years.

**For additional information, visit
the Colon Cancer Alliance
www.ccalliance.org**

Trend Sounds New Alarm

Educational efforts, such as observing March as National Colorectal Cancer Awareness month, have had positive impact in generating more mainstream conversation about colorectal cancers. For obvious reasons, the topic can be delicate and awkward.



There is good news in colorectal cancer detection and treatment. The rate of mortality from these cancers has declined in both men and women for the last two decades. Statistically, colorectal cancer remains the third most common and second most lethal cancer in the U.S. However, research has identified new areas of concern related to onset, detection and treatment of colorectal cancers in patients younger than 50 years of age.

Gary Dunn, M.D., OU Physicians surgeon specializing in colorectal surgery, cited an

article published in the November 2014 issue of the *Journal of the American Medical Association-Surgery*, as well as more recent research projects. The findings of these studies document considerably increased incidents of colorectal cancers in young adults under the age of 50, with the most significant increase seen in patients between the ages of 20 and 34 years.

CRC is typically considered a disease of an older, aging population; patients 50 years of age and older are known to be at higher risk. However, a steady drop in mortality rates in this patient population seems to be a continuing trend, attributed to greater compliance with screening recommendations, more effective screening methods and improved treatment options.

"At the same time, for reasons that remain unclear, new cases of CRC in the 20 to 50 age group are on the rise. It is in fact, the only population in which incidence rates are climbing. And although the number is statistically small, it translates to upwards of 13,000 new cases annually," Dunn said.

In addition to increased numbers of cases, the mortality rate in young adults is also high, quite likely due to diagnosis that often occurs only when the disease is advanced. Because of the age factor, young adults may not be alert to the symptoms of CRC, and lacking awareness, are less likely to seek medical attention promptly. Physicians, too, may overlook symptoms and misdiagnose on the basis of the patient's age. "The likelihood that both physicians and patients don't look for CRC, or don't consider it a possibility, contributes to the late-stage discovery, and

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Colorectal Cancer Facts

More than 75 percent of colorectal cancers happen to people *with no known risk factors*, one reason why screening is vitally important.

A family history of colon cancer or colon polyps can increase one's risk of developing colon cancer.

People with an immediate family member (parent, sibling or child) with colorectal cancer are two to three times more likely to develop the disease, compared to those with no family history.

CRC is the leading cause of cancer-related deaths among nonsmokers.

Other factors that increase risk.

- Physical inactivity
- Being overweight
- Being obese
- Tobacco smoking
- Alcohol consumption - individuals who have a lifetime average of two to four alcoholic drinks per day increase their risk by 23 percent.

How to reduce risk:

- Maintain a healthy weight
- Adopt/maintain a physically active lifestyle
- Consume a healthy diet with emphasis on plant sources, specifically:
 - * Five or more servings of a *variety* of vegetables and fruits each day
 - * Choose *whole grain* in preference to processed (refined) grains
 - * Limit consumption of *processed and red meats*.

Being screened regularly is the best way to reduce risk.

Learn more about the

Never Too Young Coalition

<http://www.ccalliance.org/young-and-brave/coalition/>

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higher mortality as a result," said Dunn. One study found that 86 percent of adults 50 years or younger were symptomatic when diagnosed. Compounding the danger, initial misdiagnosis occurs in anywhere from 15 to 50 percent of cases, according to researchers.

The increasing rates are troubling on multiple levels, as the entire biology and behavior of CRC in younger adults has distinctive elements, the reasons for which are largely unknown or not well understood. For years, CRC in young adults has been most often linked to hereditary factors, in particular, Lynch syndrome. Yet research has determined that more than 75 percent of CRC cases in younger patients are those where no family history of the disease. Additionally no known genetic predispositions, such as Lynch syndrome, were detected in these cases. Further, Dunn pointed out, "Characteristically, tumor growth associated with Lynch syndrome occurs on the right side of the colon. For the most part, these nonhereditary, early-onset cancers tend to grow on the left side of the colon and in the rectum."

Other trends being studied are large increases in obesity rates and diabetes in young adults that seem to closely mirror the increasing incidence of CRC in that population. Dunn said the mirroring of CRC, obesity and diabetes may be coincidental. "It is also possible that obesity and diabetes are causal factors. The parallels are too significant to dismiss without closer scrutiny."

Screening continues to be a driving force in the reduction of CRC incidents in the average-risk group of patients 50 and older. In a 20-year period, adherence to screening guidelines increased to nearly 65 percent among individuals between 50 and 70 years of age.

Dunn said, "While more epidemiologic research is needed to gain a better understanding, the absence of routine screening in young adults almost certainly accounts for the disparities between age-related CRC incidence and mortality trends."

Experts have predicted that without more research, and unless educational efforts among consumers and physicians are accelerated, CRC in young adults will become a major health issue by 2030. Dunn cited the work of the Never Too Young Coalition, a collaborative initiative united in its support of research and public awareness. The coalition's key focus is on physician education in the area of early-onset CRC. Among other pursuits, the coalition has partnered with cancer research groups to fund research fellowships aimed at discovering the causes of CRC in young adults, with a specific emphasis on discovering the biological signatures of tumors.

"What has now been labeled as early-onset CRC is also being called an emerging disease subtype," said Dunn. "We must take aggressive steps to facilitate earlier diagnosis, which will inevitably save lives."

New Support Group

EMPOWER!



Meeting at noon on the second Thursday of each month, this special support group is specifically designed for metastatic breast cancer patients and the people who care for them.

Participants are welcome to bring their own lunches to the meeting.

Stephenson Cancer Center
800 NE 10th Street, Suite 5058

For more information, contact
Kristen Squires, R.N., C.N.-B.N.,
271-8001, ext. 48527

Training & Development Welcomes New Manager

Welcome Mikel LaPorte, who recently joined the OU Physicians leadership team as manager of Training & Development. LaPorte stepped into the role last month.

LaPorte's extensive background includes 20 years of experience in the training and development field, 10 years of which are in health care organizations. He has served as an internal and external consultant, focusing on leadership development, talent selection and talent management.



LaPorte comes to OU Physicians from his previous post at The University of Texas Southwestern Medical Center in Dallas, where he played a supporting role to faculty, leadership and staff for the medical school and research and clinical enterprises. His accomplishments include the development, creation and implementation of a broad range of leadership enrichment programs, diversity education, pre-hiring assessment and behavioral interviewing techniques.

LaPorte earned his bachelor degree from Oklahoma Baptist University in Shawnee. He also has a master of science degree from Southern Methodist University and a master of business administration from the University of Phoenix-Oklahoma City.

An Oklahoma native, LaPorte is happy to be returning to his roots. "I am excited to be leading a team of accomplished and well-respected individuals, and building on the legacy left by Susan Updegraff," said LaPorte. "Susan has laid a great foundation of success, and I look forward to the challenge of moving forward with the same spirit."



Oklahoma Center for Poison & Drug Information

(800) 222-1222

National Poison
Prevention Week
March 20 – 26

National Poison Prevention Week will include two events in the metro area, where those attending will find not only valuable medication safety information, but will also enjoy free food, prizes and games. Drop boxes for partially used or expired medications will be available at both events.

Saturday, March 19
Del City Police Department
4517 SE 29
10 a.m. - 1 p.m.

Saturday, March 26
Buy For Less
1104 SE 44th, Oklahoma City
10 a.m. - 1 p.m.

March is an important month for the Oklahoma Center for Poison & Drug Information, as National Poison Prevention Week is held annually during the third full week of March to raise awareness of poisoning hazards.

Each year, more than two million poisonings are reported nationwide; more than 90 percent of these poisonings occur in the home. In 2015, the Oklahoma Poison Center received nearly 41,000 calls, with 32,184 human exposures. In Oklahoma, 64 percent of all calls to the Poison Center involved medication.

This year for National Poison Prevention Week, the center's staff members are working with community partners on two community Medication Safety Rx Take Back Events. See event details at left. These events promote the use of medication safety drop boxes already located across the state as well as the metro area. Drop boxes provide safe places to dispose of unused, expired or unwanted medications. Statewide, there are dozens of drop boxes for such medications, permanently placed and always available. Using zip code information, convenient locations may be found at the Oklahoma Bureau of Narcotics website: <https://portal.obn.ok.gov/takeback>.

The center's managing director, toxicologist Scott Schaeffer, R.Ph., DABAT, said the Oklahoma Poison Control Center has a new name, but its mission has not changed. Now known as the **Oklahoma Center for Poison & Drug Information**, the name change more accurately reflects the duties of the center's specialists. "The previous name was the original, in use since the center began in 1962," Schaeffer explained. "It wasn't until 1994, with the creation of the Oklahoma Poison Control Act, that the Oklahoma State Legislature mandated the existence of the center and officially made it a program of the University of Oklahoma College of Pharmacy." The Oklahoma Center for Poison & Drug Information is one of 55 accredited regional poison control centers in the United States.

With their knowledge and significant resources, the center's pharmacists and nurse specialists are ideally equipped to answer questions regarding the safe and appropriate use of both prescription and over-the-counter medications. Schaeffer said, "Unfortunately, the old name led some members of the public to believe that the center is a regulatory agency, when in fact its purpose is to provide drug and poison information for patients, caregivers and medical professionals."

The intent of the name change is to focus on the center as an information resource for members of the public as well as health care professionals. Calls from health care professionals comprise 20 percent of total calls to the center. Schaeffer emphasized that people seeking information regarding prescription or over-the-counter medication need not search the Internet for information that may be confusing and potentially dangerous. Instead, they have 24-hour-a-day access to the expertise of trained professionals who are prepared to answer questions regarding medication and poisons.

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There is no “typical” call to the center. Questions handled on a daily basis routinely include bites and stings, plant exposures, occupational exposures, adverse reactions, exposures to prescription and over-the-counter medications and even suicide attempts.

The type of questions answered will not change. Questions the center’s specialists may answer will include “Can I take these two medications together?” and, “Am I having an adverse reaction to my medication?” It is anticipated that additional data regarding adverse drug reactions will be collected and analyzed in near-real time by the National Poison Data System. Schaeffer said, “We want everyone to be aware of the ability and availability of specialists to answer this broad scope of relevant questions.”

Exposures can and do happen almost anywhere, not just at home. For this reason, consider programming the center’s same toll-free number, **800-222-1222**, into your mobile device. When dialed from anywhere in the United States, you’ll be put in contact with the local center. There’s still no cost to contact poison control specialists 24 hours a day, 365 days a year.

Visit our website at
Oklahomapoison.org for more information on
Poison Prevention Week
and medication drop box locations.

For more information on National Poison Prevention Week and the Oklahoma Center for Poison & Drug Information or to order educational materials for your clients, clinics or office, or even to schedule a presentation or training, call Laura Brennan, state education coordinator, at 405-271-5062.

Someone You Should Know

Charlie Ward, University Hospitals Authority & Trust



Charlie Ward came to University Hospitals Authority & Trust two years ago, overseeing security. Now, Ward manages access controls as well as the new 1CALLNOW work order management system. It's a system he has heavily customized and tailored to meet a range of maintenance, housekeeping, construction, signage and security needs. In short, Ward ensures that UHAT tenants have a secure environment in which to work.

He identified the most rewarding aspect of his work as being also the most challenging. In a word: people. He's not new to campus, having worked for OUHSC as an IT support analyst.

Ward lives life on the edge: "I love to rappel off the side of cliffs...head first."

Hidden talent: Ward likes to sew and he's really good at it. Good enough to turn it into a business venture. See below.

...and he's an entrepreneur: He established his own technology accessory business, creating iPhone, iPad and MacBook sleeves. "Some famous Oklahoma athletes have purchased some of my stuff."

The Outdoorsman: Hunting and fishing are high on Ward's list. He's planning a future Alaskan adventure, which will include these activities.

The Indoorsman: He also likes to refinish and build furniture. And tinker with technology. And create digital multimedia. And... there's a lot more. Just ask him.

All-time favorite movie: Braveheart. "It showcases a humble man's natural inclination to live and die for freedom, to step up and lead when no one else has the strength or desire. The character loves with his whole heart in all he does."

If he had won the recent billion-dollar lottery: "Never thought about the lottery. I'm too busy living the now instead of dreaming of what-ifs."

Before coming to OUHSC: "I worked as a Genius at the Apple store."

Interesting, little-known fact: "I spoke with Steve Jobs in person at the Apple corporate offices in Cupertino, California, when I was there for training."

Sports enthusiast? "No, but I love to compete."

The vehicle that best matches his personality: It's the one he owns— Jeep Wrangler. "You can trudge through mud, snow and ice without issue and get down into the nitty gritty."

Family status: Married with two beautiful daughters, Murphee and Tucker.

The Bucket List: "Being there to walk those girls down the aisle when each marries."

Fiscally frugal: "I used to be...but I'm married now!"

Favorite splurge: Jeep accessories and power tools.

What Mom and Dad always said that Ward has found to be true: "Work harder than your peers. Always be honest, no matter the consequences. Help others in need. Love everyone no matter their vices. Don't cut corners. Do it right the first time...and everything else will fall into place."

International Exstrophy Conference



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

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

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

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

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

Registration fees, before and after April 15:

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

Register now at:

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

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/>

Camp Champ Challenge

4.30.2016



Camp Champ Challenge April 30, 2016

What began as a dream and a single camp has become a program that serves more than 300 children with chronic and life-threatening conditions. Cavett Kids Foundation now offers six camps and a variety of camping experiences for kids who otherwise would have limited opportunities.

One such camp, Camp Champ Challenge, begins Saturday, April 30.

Campers who have experienced Ski Camp, Heart Camp or Camp Champ Challenge, make statements like this:

"Camp taught me to

- * face fears,
- * have the best day of my life,
- * embrace scars,
- * try new things,
- * to fail but get back up
- * and keep swinging, and
- * I don't have to always win the race to be a champion in life."

For more information about the camp, camp activities and eligibility criteria, visit www.cavettkids.org.



Medical Questions? Watch Web Chats Online Fridays at 10 a.m.

March 4

Colorectal Cancer

William Tierney, M.D., gastroenterology,

March 11

Brain Matters

Michael Sughrue, M.D., neurosurgery

March 18

Poison Safety in the Home

Laura Brennan,

State education coordinator,

Oklahoma Center for Poison & Drug Information

March 25

The Jimmy Everest Center:

Helping Kids with Cancer

William Meyer, M.D.,

Pediatric hematology-oncology

April 1

Advances in Cancer:

What's Happening at Stephenson Cancer Center

Adam S. Asch, M.D.,

Hematology-Oncology



BOYS & GIRLS CLUBS OF OKLAHOMA COUNTY

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

Established in 1995, Boys & Girls Clubs serve youth, ages 6 to 18. Club members participate in five core programs, designed to empower youth so that they may become productive, responsible and caring citizens:

- ◆ Health & Life Skills
- ◆ Education & Career Development
- ◆ Character & Leadership
- ◆ Arts & Sports
- ◆ Fitness & Recreation

In addition to the traditional school term, clubs also support kids by providing programming during the summer and holiday breaks.

In the three schools where clubs meet, benchmark test results have improved, including reading and math scores.

A National Youth Outcomes Initiative survey of club members indicated 96 percent expect to complete high school; 90 percent have college plans; 71 percent believe school is very important; and 90 percent are on grade-level performance for their ages.

Decreased crime rates have been documented in at least one community served by the clubs.

OU Children's Physicians Honored

The board of directors of Boys & Girls Clubs of Oklahoma County has named OU Children's Physicians a Champion of Youth in the corporate category. The award will be presented at a dinner March 3.

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

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



Conference presenters and topics include:

Lu-Ann Papile, M.D., F.A.A.P.

After NICU — Outcomes of Infants Born Preterm

Bonnie McBride, Ph.D.

Autism Screening

Arlen Foulks, D.O.

Newborn Stabilization for Transport

Raja Nandyal, M.D.

NICU Graduates—What's So Special

Becky Mannel

Human Milk Feeding; Oklahoma's Milk Bank

Tim Proctor

Pediatric Medical Home: Fundamentals

Bobby Thomas, Kendra Pride,

Tricia Belcher

ICD -10 and Coding

Concurrent Breakout Sessions:

NRP Skills Station-Neonatal Resuscitation Program Refresher (certification optional)

NRP Megacode - Neonatal Resuscitation Program Refresher (certification optional)

Safe Newborn Hospital Discharge: Are We There Yet?

When Parents Refuse: Medico-legal Implications of Declining Medications

Breakout Session Faculty:

Anne Wlodaver, M.D.

Doug Dannaway, M.D.

Arlen Foulks, D.O.

Abhishek Makkar, M.D.

Birju Shah, M.D., M.P.H.

Michelle Blunt, M.S., A.P.R.N., C.N.P.

Patricia Williams, M.D.

Kimberly Ernst, M.D.

William Wells, M.D.

Benazir Drabu, M.D.

Marjorie Makoni, M.D.

Susana Chavez-Bueno, M.D.

Frederico Vieira, M.D.

Heather McClure, J.D., LL.M., C.P.H.R.M.

Angela Hornsby

Advances In Pediatrics: Newborn Care

The University of Oklahoma College of Medicine Department of Pediatrics and the Irwin H. Brown Office of Continuing Professional Development presents the 42nd annual Advances in Pediatrics Update on Newborn Care - Welcoming the New Kid in Town. The event is scheduled for all day, Friday, April 22, adjourning at 12:30 p.m., Saturday, April 23. Lu-An Papile, M.D., F.A.A.P., professor of pediatrics, Indiana University School of Medicine, will be the keynote speaker.

Designed to foster improvements in physician knowledge, competence and performance in neonatal-perinatal medicine, this activity explores what constitutes ideal evidence-based practice, and application of that ideal across a range of health care arenas. The course will be fast-paced, augmenting a traditional lecture format with panel discussions and breakout sessions that enhance knowledge base and skill set.

Pediatricians, family medicine practitioners, maternal-fetal medicine practitioners and other providers caring for children will be exposed to current evidence-based practice guidelines relevant to the field of neonatal-perinatal medicine.

Registration fees, before and after April 8:

OKAAP, OAFP, AAP or AAFP Members	\$200	\$250
Non-Member Physician	\$225	\$275
PPN, PA and other allied health	\$125	\$175
Friday only	\$185	\$185
Saturday only	\$ 95	\$ 95
Residents and students	Free	Free
Preceptors of third-year pediatric clerkship students	Free	Free

Participants may earn up to 10.75 AMA PRA Category 1 Credits™.

Register online now:
cme.ouhsc.edu

For more information and an event brochure,
contact Cathy Compton, cathy-compton@ouhsc.edu



2016 Special Features

Tuesday, May 3

Keynote speaker:

David Lee Gordon, M.D.

"Advances in the Prevention & Treatment of Stroke"

Charles Olson, M.D.

"Medical Response to Disaster and Active Shooter"

Lunch Topic: "Preparedness and Survival Tips"

Wednesday, May 4

Lunch speaker: Paula Escalante

"Update Oklahoma Prescription Monitoring Program (PMP)"

Thursday, May 5

Christian Sinclair, M.D.

"Palliative Care" and
"Care at the Close of Life"

Lunch speaker:

Robert Salinas, M.D.

"Compensation for Coordinating Care and Advance Care Planning"

Friday May 6

Keynote speaker:

Robin Germany, M.D.

"2016 Management of Congestive Heart Failure"

Keynote speaker:

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

"What's New: Treatments for Burn Patients"

Keynote speaker:

Col. Michael Cohen, D.O.

"War Injuries Post Traumatic Stress Disorder (PTSD)"

Saturday, May 7

Keynote and lunch speaker:

Andrew Go Lee, M.D.

"Commonly Missed Neuro-Ophthalmic Emergencies" and

Lunch Topic: "Neuro-Ophthalmology of Space Flight"

Primary Care Update

The 19th annual Primary Care Update

Tuesday, May 3 - Saturday, May 7

Reed Conference Center,

5800 Will Rogers Road, Midwest City

Earn up to *60.50 AMA PRA Category 1 Credits™*

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

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

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

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

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

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

Physician (MD, DO, Fellow)	\$1,045	\$1,106
PA, Nurse practitioner, other health care professional	\$ 966	\$1,028

Register at cme.ouhsc.edu

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



CONTINUING PROFESSIONAL
DEVELOPMENT

Geriatric Medicine Update

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

Monday, May 2

Reed Conference Center

5800 Will Rogers Road, Midwest City

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

Conference concludes at 5:20 p.m.

Guest Speakers Include:

John Carment, M.D.

Rebecca Crow, D.O.

Andrew Dentino, M.D.

Timothy Hursh, M.D.

Stefani Madison, M.D.

Bich-Thy Ngo, M.D.

Germaine Odenheimer, M.D.

Laurence Rubenstein, M.D.

Eugene Steinberg, M.D.

Panayoitis Tsitouras, M.D.

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

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

Registration fees, before and after April 11:

◆ Physician (M.D., DO., Fellow)	\$274	\$324
◆ PAs, Nurse Practitioners, and other health care professionals	\$224	\$274

Optional evening program: *Fall Prevention and Gait Assessment*

Speaker: Laurence Rubenstein, M.D.

Dinner and session, \$30, or

Session only, \$25.

Conference presentations include:

Clinical Changes with Aging

Comprehensive Geriatric Assessment

Nutrition/Malnutrition

Wound Care

Syncope in Older Adults

Geriatric Community Health

Misdiagnosis of Cognitive Disorders

Primary Care Approach to Assessing Decision-Making Capacity

Pain in the Elderly

Greatest Gift: Advance Care Planning and Advance Directives

Clinical Ethics in Geriatrics

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

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



CONTINUING PROFESSIONAL
DEVELOPMENT



Register Now For OUCHA Health Dash

The seventh annual running of the OU Community Health Alliance's Health Dash is set for **Saturday, April 2, at 9 a.m.**



The Health Dash is a philanthropic project, benefiting the Good Shepherd free clinic, affiliated with OUCHA.

The Health Dash offers events for both adults and children. The 5k and 10k races are sanctioned by the USA Track and Field Association. Registration fees include a Health Dash t-shirt:

Adult Events:

10k \$30

5k \$25

1-mile Fun Run/Walk \$20

10k 4-person relay team
\$25 per person

Kids' events

(12 and younger)

10k \$30

5k \$25

1-mile Fun Run/Walk \$20

<https://www.signmeup.com/site/reg/register.aspx?fid=SN2VNH7>



Oklahoma City Memorial Marathon

There are many events and activities associated with the Oklahoma City Memorial Marathon, this year set for **Sunday, April 24.**

Each year, OU Medicine employees look forward to supporting the Memorial Marathon and all its participants by staffing the **OU Medicine water stop** along the marathon route. Watch for more information coming soon about opportunities. If you think you might have an interest in being part of this fun and rewarding event, contact **Kelli Hayward Walsh**, kelli-HaywardWalsh@ouhsc.edu.

In addition to the remarkable "Run to Remember," OU Medicine is the major sponsor of the annual **Memorial Marathon Health & Fitness Expo**, at which hundreds of vendors promote their services and products to an audience of thousands. Kicking off the marathon weekend, the Expo is a hive of activity where runners pick up their race packets. It begins Friday, April 22, 11 a.m. to 8 p.m., continuing through Saturday, 9 a.m. to 6 p.m.

Fast, Convenient,
High-Quality Care



The OU Physicians **Express Care Clinic** offers more efficient and convenient care for employees across the Oklahoma Health Center. The clinic, located in Suite 4A, OU Physicians Building, treats common health conditions including:

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

The clinic accepts OU insurance and other plans. Employees should bring their insurance cards to any clinic appointments. Appointments are encouraged, but walk-ins are welcomed. The clinic serves patients weekdays from 7 a.m. to 6 p.m.

For more information,
call
405-271-9675

**OU Fit, HealthySooners
and the
Student Dietetic Association
Invite You To Participate
in these
National Nutrition Month Events**

March 7: "Eat Right For Life"

Seminar with MS student
Heather Hargrave.
Noon – 1 p.m.

Samis Education Center, Room B3

Presented by OU Fit and SDA

100 OU Fit Points

March 8 – 10: Hummus Bar

Tuesday, 3/8: Noon -1 p.m.

Wednesday, 3/9: 11 a.m.-1 p.m.

Thursday, 3/10: 11 a.m. – 1 p.m.

David Boren Student Union

Presented by OU Fit and SDA

**March 14: Eat Right For Life
incentive program starts**

10-week incentive program

Five phases, two weeks each

presented by Healthy Sooners

**March 23: "Nutrition Myth
Busting" Seminar with**

Diana & Julie, dietetic students

Noon - 1 p.m.

OU Children's Physicians Building

Conference Room #9995

Presented by OU Fit and SDA

100 OU Fit Points

March 30: "Sports Nutrition"

seminar with Samantha,

dietetic student

Noon -1 p.m.

OU Children's Physicians Building

Conference Room #9995

presented by OU Fit and SDA.

100 OU Fit Points

Questions?

oufit@ouhsc.edu

Ready For A Challenge?

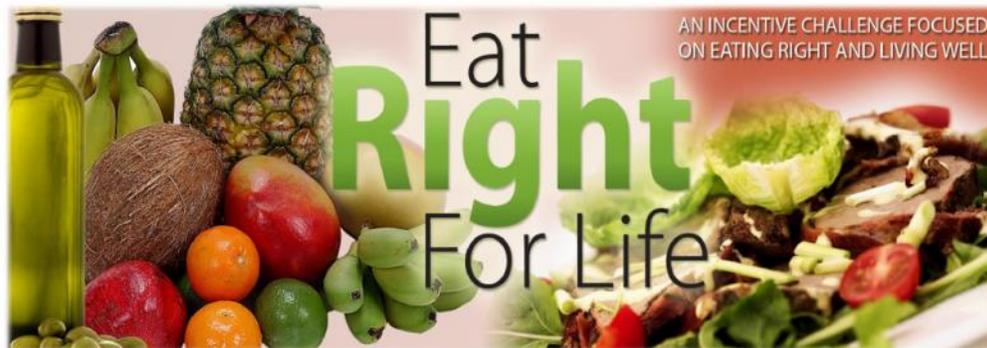
Everybody loves a challenge, especially when there's an incentive involved. The Eat Right For Life challenge, based on the book by Ann Kulze, M.D., is an initiative of Healthy Sooners, using a team approach, and **focused on eating right and living well**. Is it even possible to do one without the other?

Here's what you need to know:

- ◆ The challenge begins March 14, and continues through May 20
- ◆ Teams are composed of three to five *OU employees*
- ◆ Each team's captain will register the team at healthy-sooners@ouhsc.edu

The Eat Right for Life Challenge will teach participants how to:

- ➔ Conquer Your Carbs
- ➔ Give Yourself an Oil Change
- ➔ Get Obsessed with Fruits and Veggies
- ➔ Select the Healthy Proteins
- ➔ Drink the Right Beverages



Start recruiting your teammates now.

To sign up or ask questions, contact Lindsay Mitchell at healthy-sooners@ouhsc.edu.



Great Hoops, Serious Fun

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



Thursday, April 28

5:30 - 9 p.m.

Oklahoma City University,
Freede Wellness Center.

Admission is free.

Donations are welcomed.

Expect plenty of food, along with lots of fun and entertainment: silent auction, Thunder Drummers, Thunder Girls, Rumble, t-shirts and more.

OU teams preparing now to face the Oklahoma Blaze include:

Administration Anesthesiology
ENT Neurosurgery
OR Orthopedics
Urology 180 Medical

Your support has helped make this event a major annual fundraiser for GODSA. This year's goal is simply to exceed the \$20,000 raised last year. Funding is needed to purchase adaptive equipment, support routine operational expenses, and to provide transportation to various camps and tournaments.

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

Caped KIDSaders Kickoff

The Children's Hospital at OU Medical Center will introduce a new and innovative program to enhance the patient experience through an entertaining book, authored by Alonzo Cannon, president and founder of Caped KIDSaders. The foundation's goal is to help hospitalized children feel empowered and "cape-able" of beating whatever their health obstacles are.

The objective of Cannon's new book, *That Medicine I Will Not Take!* is to help children understand why it's important to take medicine as directed to feel better and to get well.

The Children's Atrium will provide a festive and interactive environment for the event, which will feature:

- 📖 A celebrity book reader
- 📖 Book signing
- 🎵 Music
- 🥤 Refreshments
- 🎨 Crafts and coloring
- 🛒 Toy cart loaded with Caped KIDSaders capes and books
- 🐦 Chipper the Bird, wearing the official Caped KIDSaders cape



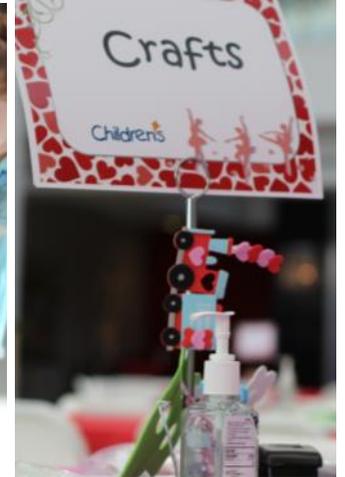
March 9, 2016

11:00 a.m. - 1 p.m.

The Children's Atrium

Valentine Celebration Draws Kids

About 150 kids gathered in the Children's Atrium last month to celebrate Valentine's Day. They were in good company, with OU mascot Sooner, the OU Spirit (cheer, pom and roughnecks) as well as dancers with the OKC Ballet. Add face painters, balloon animals from Bricktown Clowns, and stuffed animals given by AAA, snacks, crafts, and more.





Everyone Is Invited

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

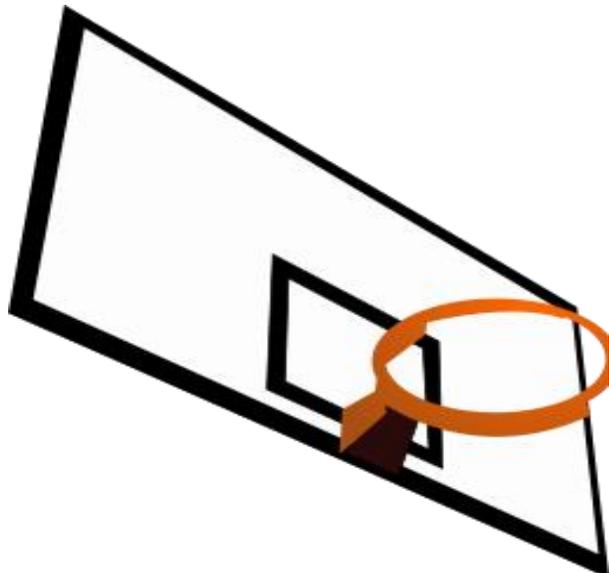
Friday, March 11
Friday, March 25

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



Support the Thunder and have a little extra fun when you drop by the OU Children's Physicians Thunder Kids Zone at Chesapeake Arena. Located near section 113, the OU Children's Physicians Thunder Kids Zone is a place kids and parents go for some pre-game fun.

Clever, fun or practical giveaways, such as the lunch box and logo sleeve pictured above, keep OU Children's Physicians in view even after the game, enhancing our opportunities to become the chosen provider of health care services for more families with children. The zone has been a big hit with fans the last few years and has helped raised awareness of the unique services our physicians provide.



HIPAA Hot Spot

March HIPAA Hipster:

Darren Northcutt, OU Breast Institute

As patient services coordinator, Darren Northcutt has worked very hard to keep HIPAA compliance a priority in the OU Breast Institute. Mary Milano, who conducts the HIPAA audits for the Office of Compliance, recently said, "Because he is so involved with HIPAA compliance, when we walked into an area during the HIPAA audit of this clinic, Darren had confidence that everything would be HIPAA-compliant." This confidence comes from knowing that the clinic's staff is prepared for an audit every day. After last year's audit indicated the need for additional secure storage, Northcutt helped ensure that each office area has a locking drawer or cabinet for PHI, and he regularly checks to make sure they are locked when they are supposed to be. This is a small step that all employees can take in their areas to make a big difference for the entire organization.

HIPAA is part of every-day conversations in the clinic, Northcutt says. We hope Northcutt and all OU Physicians employees will keep the conversations going. HIPAA compliance is everyone's business. Let's talk it up!

HIPAA Privacy Tip of the Month: Minimum Necessary is Maximum Compliance

The Minimum Necessary standard in HIPAA requires that all OU Physicians employees make reasonable efforts to limit uses, disclosures and requests for PHI to the minimum amount of information necessary to accomplish the intended purpose. In a nutshell: *need-to-know* situations. A few examples follow:

- Access only those records you need to do your job. Can you access your spouse's record? Yes, if access is necessary to do your job (but *not* if you're just impatient to obtain notification of test results).
- Access records only for permitted purposes of your job. Can you access a patient's record to obtain her address? Yes, if you need the address to perform a clinic function, such as mailing a lab result (but *not* if you need the address to invite the patient to your Tupperware party).
- Disclose PHI with co-workers/trainees only for authorized purposes. Can you discuss a patient's diagnosis with a clinic nurse? Yes, if the discussion is related to the patient's treatment, such as the need for a follow-up call (but *not* if you are simply curious about whether the patient, who is your neighbor, is pregnant).
- Request only the PHI needed for the intended purpose. Can you request an entire medical record of a patient who is the subject of a clinical consult? Yes, if the entire medical record is needed. However, if the consult is limited to a particular scan, you may access only the records related to that scan.

continued, next page

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

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

continued from previous page

It's actually a HIPAA violation to access, use or disclose PHI beyond the minimum amount necessary to do your job. But if you limit your uses and disclosures and requests to the minimum amount of PHI necessary for the job at hand, you'll always be in compliance with the Minimum Necessary standard.

If you have any questions about the Minimum Necessary standard or any other HIPAA matter, please contact us. We are happy to discuss any concerns related to HIPAA compliance.

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

Sally Duckett, OU Physicians HIM and HIPAA Administrator,
sally-duckett@ouhsc.edu or 271-8001, ext. 46947

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

*Have a Tip you'd like to see
or
a HIPAA Hipster
you'd like to nominate?
Email jill-raines@ouhsc.edu*

Lunch and Language

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

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

Lunch and Language is usually held in the Samis Education Center. Watch for announcements of any 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.

**Family Night With
Oklahoma City
Dodgers**



Mark your calendar for Thursday, April 21, 7:05 p.m., and enjoy Family Night for OUHSC faculty and staff at the Oklahoma City Dodgers game. Your ticket includes:

- Field seats with faculty/staff families
- Free limited-edition Dodgers baseball cap
- PlayBall! game program
- OUHSC video board display

Tickets: \$13, non-refundable, subject to availability.

**Deadline to order:
Friday, March 18**

For additional information, contact
Lauren Clouston, 405-218-2157, or
lauren.clouston@okcdodgers.com

Don't Miss It!



**Monthly on the first
Thursday**

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

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

- Twisted Oak foods*
- Lovera's Market*
- Organic Squeeze*
- Lasley Family Farm*
- High Tides & Green Fields*
- Sweet Spirit Foods*
- Popcorn Gals*
- Mittie's Kitchen*
- Kize Concepts*

Executive Luncheon

OU Physicians employees who consistently demonstrate excellence in their work are guests of honor at a monthly Executive Luncheon. These luncheons are occasions when senior leaders 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:

Angela McKibben,

Family Medicine

Debra Turner,

Dermatology

April Hunter,

General Internal Medicine

Mary Cannady,

Surgery

Second row, from left:

Tynisha Brown,

Family Medicine

Hilda Martinez,

OU Breast Institute

Andrea Ross,

Dermatology

Third row, from left:

Jenny Martinez

Obstetrics & Gynecology

Kimberly Melton,

Obstetrics & Gynecology

Ellen Campbell

Health & Wellness

Jessica Zuza,

Stephenson Cancer Center

Back row, from left:

Ryan Bui

Gynecologic Oncology

Jorge Martinez,

Urogynecology

Samantha Bates,

Obstetrics & Gynecology



In Recognition Of Excellence

In addition to those recognized earlier, staff members in these clinics were also acknowledged for achieving high patient satisfaction scores during the fiscal year quarters listed at left.

Banner presentations were made by senior leaders who visited each clinic in January.

Pictured at right:

W Facial Aesthetics

FY14, Quarter 4 and FY15, Quarter 1

Reproductive Endocrinology & Infertility

FY15, Quarters 3, 4

Photos unavailable:

Mid-Del Family Medicine
Community Health Clinic South
Community Health Clinic West
FY15, Quarters 3, 4

OU Physicians Fountain Lake
Urology
FY15, Quarters 3, FY16, Quarter 1



W Facial Aesthetics



Reproductive Endocrinology & Infertility



RONALD McDONALD HOUSE CHARITIES OF OKLAHOMA CITY®
OUR WISH LIST. WE APPRECIATE YOUR HELP.

WE WISH

Collection bin locations:

Allied Health Building, Room 1009

Biomedical Sciences Building,
Room 374

Biomedical Research Center,
1st Floor Reception

College of Public Health,
Room 165

OU Children's Physician Building,
Suite 3200

College of Nursing, Room 109

College of Dentistry, Room 510

College of Pharmacy, Room 133

Family Medicine,
2nd Floor Breakroom

University Health Club, 1st Floor

Library Circulation Desk, 2nd Floor

O'Donoghue Research Building,
1st Floor

Oklahoma Allergy Clinic, 2nd Floor

OU Physicians Building,
2nd Floor Reception area

Stephenson Cancer Center,
1st Floor reception area

Rogers Building, Room 202

Service Center, 1st Floor

Williams Pavilion, Room 2140
(outside Dept. of Surgery Office)

OUHSC Police Department

Ronald McDonald House provides a haven of home-like comfort for families whose children are hospitalized and away from home. People who are willing to donate any items on our wish lists help us provide these comforts.

Collections continue through March 11. We can always use household staples like the ones listed below. *All items must be new for the safety of our guests and volunteers. Please, no used clothing.*

Kitchen:

Paper plates, bowls and plastic utensils
Disposable coffee cups
Snacks (single-serve preferred)
Milk (2% or whole)
Lunchmeat
Juice boxes
Sliced cheese
Breakfast items: cereal, Pop-Tarts, breakfast bars
Cookies, brownies or cake mixes
Frozen dinners/breakfast items-single serve
Tea, other powdered drink mixes
Sugar, coffee creamer
Disposable food-handling gloves
Parchment paper
New pots and pans
Food storage containers such as Rubbermaid

Office:

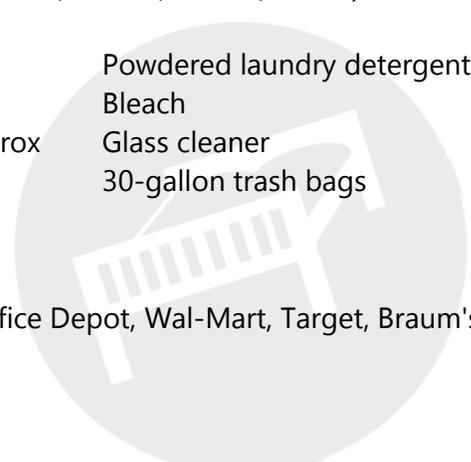
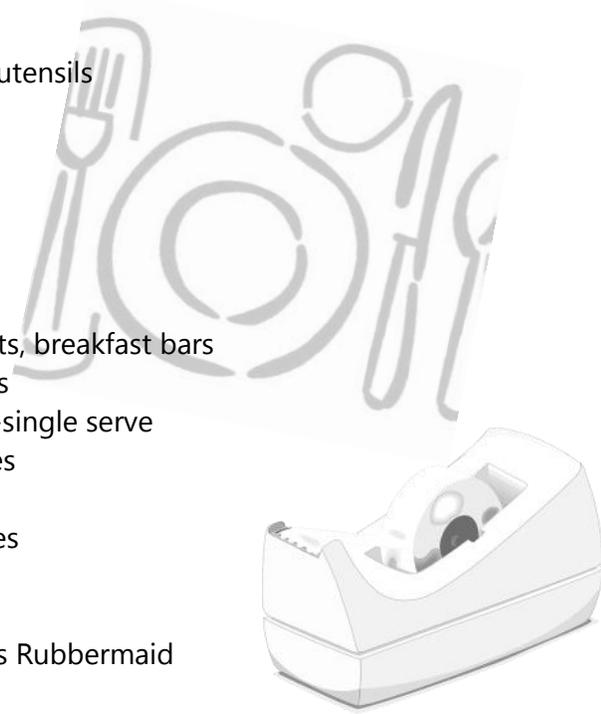
Copy paper
Industrial-grade shredder
Scotch tape refill rolls
Printer cartridges (74XL, 88XL, 95, 98, 940, 940 XL, 950 XL, 951XL)

Household:

Disinfectant spray, such as Lysol
Disinfectant cleaner, liquid or spray
Disinfectant wipes, such as Lysol, Clorox
Bath towel sets—white (need 30)
Queen sheet sets—white (need 10)
Twin sheet sets—tan (need 20)

Powdered laundry detergent
Bleach
Glass cleaner
30-gallon trash bags

Gift Cards are always welcome: Office Depot, Wal-Mart, Target, Braum's, Lowe's, Home Depot, Office Max.



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: **Notosha Ball**, Pediatric Orthopedics; **Kimberly Goodrich**, Stephenson Cancer Center; **KaShara Stewart**, Pediatric Diabetes-Endocrinology; **Julia Taylor**, Obstetrics & Gynecology. *Standing, from left:* **Eva Cooley**, Stephenson Cancer Center; **Jennifer Dutton**, OU Physicians at Canyon Park; **Julie Frost**, Psychiatry and Behavioral Sciences; **Brooke Martin**, Financial Services; **Lauren Atkinson**, Family Medicine.



Seated, from left: **Jennifer Tarwater**, Orthopedics; **Hannah Farthing**, Family Medicine; **Shanicka Johnson**, General Internal Medicine; **Randi Rose**, OU Physicians Fountain Lake. *Back row, from left:* **Callie Jones**, Obstetrics & Gynecology; **Kimberly Potts**, Stephenson Cancer Center; **Jenifer Hatcher**, Orthotics & Prosthetics; **Eboni Lofton**, Pain Medicine; **Katherine Glenn**, Anesthesiology.

Live to Give Recognizes March Volunteer Of The Month Quanisha Gatewood, OU Physicians Surgery



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

Quanisha Gatewood has been a part of nearly every Live to Give volunteer opportunity. The only activities for which she hasn't been present are those that had only limited space for so many bodies onsite. Otherwise, count on Gatewood's steadfast volunteer spirit.

She said every event in which she's participated has been "amazing." But there are a couple that stand out sharply in her mind: Jammin' Hoopsfest Volunteer Night, and the more recent opportunity to help at the YWCA's Santa Store.

Jammin' Hoopsfest is an Oklahoma City police department initiative that engages kids from 8 to 18 in a variety of activities. The program includes basketball as well as education, music and food. The YWCA offers women and their children a safe refuge from domestic violence. Clothes, toys and other items donated to the Santa Store allow displaced families to shop for gifts and experience a brighter holiday.

"I loved seeing the first responders at Hoopsfest interacting with and actually getting to know the children and teenagers in their community," Gatewood said. "And just being able to help single mothers give their children a Christmas is always a great feeling."

Gatewood said, "What I enjoy the most about the Live to Give program is just helping out at these events. I see smiles on everyone's faces. When communities come together as one, it's a great experience."

Gatewood recommends the Live to Give program to all employees campus-wide, and listed the reasons why volunteering is for everybody:

- It's a learning experience,
- where you can meet new people,
- and do something really different,
- all while helping out your community!"

LIVE to GIVE



 Medicine

LIVE to GIVE



 Medicine

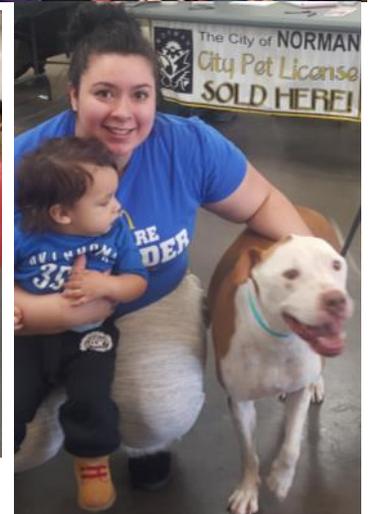
Live to Give Volunteer Events Norman Animal Expo

Another successful Live to Give Event occurred early last month, with 50 volunteers working several hours at the Norman Animal Welfare Expo. Volunteer tasks spanned a broad range of activities, from education and kids' programming, to microchipping and adoption-process assistance. Five of seven available canines found their 'forever homes.'

Kelli Hayward Walsh, Live to Give project coordinator, specifically commended Golda Slawinski, Live to Give participant, committee member and previous Volunteer of the Month. "She brought this organization and the upcoming event to our attention and helped plan the volunteer portion," Walsh said, noting that employee recommendations and suggestions are always welcome. "If there's a cause or organization that is near and dear to your heart, we'll be happy to explore the possibility of volunteer support."



Pictured above, "Desi" was adopted by OU Physicians employee Karen Brinkley.





Benefiting Children's Hospital Foundation and Children's Miracle Network Hospitals, the 6th annual Wings to Fly Run is set for **Saturday, March 19**, at historic Fort Reno, approximately four miles west of the city of El Reno.

The event includes a 15k, 5k and the noncompetitive Miracle Mile. The course is USATF-sanctioned and will be the venue for the Oklahoma Road Runners Club of America state championship race. Visitors are also encouraged to explore the historic fort and enjoy refreshments and free entertainment.

Registration and packet pick-up:

Friday, March 18, 9 a.m. - 4 p.m.

Children's Hospital Foundation

6501 N. Broadway Extension, Suite 190

You may also register and pick up a packet on race day, Saturday, March 19, between 7:15 and 8:30 a.m.

Race Day Event Schedule:

7:15 a.m. - registration opens

8:30 a.m. - registration closes

9:00 a.m. - 15k race begins

9:15 a.m. - 5k race begins

9:25 a.m. - Miracle Mile begins

Register now at www.chfkids.com

OU Fit participants: Earn points when you participate in this event!

www.oufit@ouhsc.edu

Pancakes With Purpose

Another way to support Children's Hospital Foundation, affiliated with the Children's Miracle Network Hospitals, is through your participation in National Pancake Day, set for Tuesday, March 8, from 7 a.m. to 7 p.m.

National Pancake Day is IHOP's biggest philanthropic even of the year. More than 1,500 IHOP restaurants across the country will offer each guest a complimentary stack of their signature buttermilk pancakes. Guests are encouraged to make a donation for Children's Miracle Network Hospitals.

Dine-in only. One free short stack per guest, while supplies last. Not valid with other offers, coupons or discounts.





OU Fit Star of the Month Mark Fuelling, College of Pharmacy

Never underestimate the influence of a good, healthy friend. Mark Fuelling, College of Pharmacy, had such a friend who introduced him to the joys and benefits of regular exercise and healthy eating years ago. "Fitness and nutrition have been part of my lifestyle goals ever since," Fuelling said.

Fuelling is committed to a healthy lifestyle. That's why he appreciates the emphasis OU Fit brings to workplaces across campus. "Being involved in OUHSC campus activities has been important to me," he said. "My management team at Pharmacy Management Consultants encourages my participation in OU Fit and other campus activities. The program enhances my ability to keep focused on health and wellness as part of a team." He also appreciates the element of fun the OU Fit program brings to the whole fitness concept. "It's fun being part of the OU Fit team and engaging in activities with peers who help keep each other motivated."

Fuelling has taken some serious steps to ensure good nutrition by largely eliminating refined carbohydrates from his diet. "No white flour, white rice, white sugar and no artificial sweeteners," he said. "Eat Green. Choose plant foods to crowd out unhealthy choices, including processed foods, sweets and those refined carbohydrates."

Fuelling cites a trend he's observed among others who are serious about health and well-being. "The healthiest people seem to eat nutritionally dense food every day and regularly engage in strenuous exercise. Eating healthy along with regular exercise help me to have better control of my overall health, fitness and wellness."

Most mornings, Fuelling begins the day on the floor, doing pushups, crunches and stretching. "My supervisors encourage walking breaks at work and I walk with one of our walking groups three or four days each week." Fuelling also enjoys running three days a week.

In terms of family support and participation, Fuelling and his brother share similar health and fitness goals. "My brother runs and also bikes, and we're paired on an app that records our running; we each know what the other is doing, and we then encourage each other through the app."

Rewards of a material or edible nature don't particularly interest Fuelling. "When my favorite dress slacks fit well, I feel good," he said.



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



Give This A Place
On Your Calendar:

Blood Drive
Thursday, March 31

The Oklahoma Blood Institute will bring its mobile units to selected sites on campus.

Watch for locations and sign-up details coming soon.

Is Rowing For You?

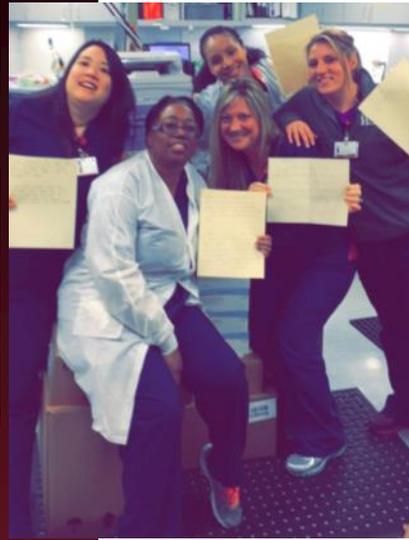
OU Fit is looking for interested rowers for the upcoming season. Practices are held from 6:30 – 8 p.m., each Friday at the OKC Boathouse District.

Rowers will participate in either spring (March 21 – June 20) or fall season (July 11 – September 26), and will compete in a regatta against other corporate teams of similar experience.



Cost is \$100 and includes a dry-fit shirt and access to the Boathouse wellness facility from March 2016 – February 2017.

If you're interested in participating in OKC's fastest growing sport, contact OUFit@ouhsc.edu for more information.



FitStart 2016 enters its final weeks, at least as far as the formal competition goes. With everything the challengers have learned and practiced, healthy lifestyle habits are just the beginning.

From learning important nutritional facts to discovering "hidden truth" about our teammates, the experience has been enlightening, from start to finish.



OU Fit Featured Recipe Grapefruit Chicken Satay Salad

recipe
refresh

- 2 large pink or ruby red grapefruits
- 1 pound boneless skinless chicken breasts, cut into strips 1/4" wide
- 1 teaspoon dry mustard
- 1 teaspoon garlic powder
- 1 teaspoon ground cinnamon
- 1 teaspoon ground coriander
- 1 teaspoon ground ginger
- 1 teaspoon freshly ground pepper
- 1/2 teaspoon salt
- 1/4 cup smooth natural peanut butter
- 2 tablespoons reduced-sodium soy sauce
- 1 teaspoon sugar
- 1/4 teaspoon hot sauce, or to taste
- 8 cups roughly chopped romaine lettuce (about 2 hearts)
- 1 cup sliced radishes (about 8)



Using a sharp knife, remove peel and white pith from grapefruits and discard. Cut grapefruit segments from surrounding membranes, letting them drop into a small bowl. Working over a large bowl, squeeze remaining membranes to extract juice. Set segments and juice aside, keeping them separate.

Position rack in upper third of oven; preheat broiler. Line broiler pan or baking sheet with foil.

Toss chicken, dry mustard, garlic powder, cinnamon, coriander, ginger, pepper and salt in large bowl until chicken is well coated. Place on prepared pan in single layer. Broil chicken until cooked through, about 5 minutes.

Meanwhile, whisk peanut butter, soy sauce, sugar and hot sauce into the reserved grapefruit juice until smooth. Add cooked chicken and lettuce; toss to combine. Serve salad topped with radishes and reserved grapefruit segments.

Four Servings

Serving Size: 2 cups

Nutritional Information

Calories	313
Fat	11 g
Saturated	2 g
Mono fat	1 g
Cholesterol	63 g
Carbohydrates	24 g
Dietary Fiber	6 g
Protein	30 g
Sodium	627 mg
Potassium	692 mg

Recipe Refresh is held the first Tuesday every month. It's a hands-on experience in healthy preparation techniques using healthy foods. Space is limited and fills quickly.

For more information contact
OUFit@ouhsc.edu

Support Groups

Blood & Marrow Transplant (BMT) Gathering

When: Wednesdays, noon until 1 p.m.

Where: Stephenson Cancer Center, 1st floor Family Lounge

Who's Invited: Patients, family members and caregivers

Light lunch provided. Please RSVP.

Contact: Crystal Gazaway, 405-271-3402

SOS Breast Cancer Support Group

When: Thursday, March 3

(first Thursday monthly at noon)

Where: Stephenson Cancer Center, Seminar Room 5058

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

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

Lunch is provided. *RSVPs requested*

HOPE in Oklahoma Gynecologic Cancer Support Group

When: Saturday, March 5

(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

Parents of Children With Cancer

When: Tuesday, 8 and 22

(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, March 10

(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, March 10

(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, March 17

(third Thursday monthly, 6 p.m.)

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

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

Contact: Jan Rush, 405-843-4673

Us TOO! Prostate Cancer Support Group

When: Tuesday, March 15

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

Where: Stephenson Cancer Center, 1st floor Family Lounge

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

Light meal provided.

Contact: Dane Libart, L.C.S.W.,

405-595-7217,

or dlibart@odmhsas.org

Support Group for Adults with Diabetes

When: Tuesday, March 29

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

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

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

Contact: 405-271-5642 or email

groups@haroldhamm.org

RSVPs requested

Caregiver Support Group

When: Wednesday, March 23

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

Where: Easter Seals Oklahoma, 701 NE 13th Street

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

Contact: Vicki Wood, 405-239-2525, or vwood@eastersealsoklahoma.org

Lunch provided, *RSVPs requested*
www.eastersealsok.org/caregiver-support-group/

Pancreatic Cancer Support Group

When: Thursday, March 24

(fourth Thursday monthly, 6 p.m.)

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

Who's Invited: Patients, their friends and families

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

Spanish-Speaking Cancer Support Group

When: Friday, March 25

(last Friday, monthly at 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

Women's Incontinence and Sexual Health (WISH)

When: Friday, March 25

(last Friday monthly, 6 p.m.)

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

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

Contact: Jessica Moates, 405-271-9493, ext. 37007 or jessica-moates@ouhsc.edu

Support & Education for People with Head & Neck Cancers

Online support Group

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