

# The Building Block

An e-newsletter of the J. D. McCarty Center for children with developmental disabilities

## McCarty Center Rotation Valuable to Nursing Students

For the last seventeen years the J. D. McCarty Center has been a clinical rotation stop for registered nursing students from the Oklahoma Baptist University School of Nursing in Shawnee.

“What makes this rotation so unique from acute care rotations is that the students get exposure to rehab, pediatrics and a different approach to care,” says Valerie Watts, RN, MSN, assistant professor of nursing at OBU.

That different approach to care is the multidisciplinary team approach practiced by the clinical staff of the McCarty Center. According to Watts and some of her students, it’s an approach that is not always seen in other rotations.

The multidisciplinary team that is involved in the treatment and care of inpatients at the McCarty Center include an RN; a direct care specialist; a physical, occupational, speech and language therapist; a nutritionist; a social worker; a psychologist; a pediatrician and medical specialists as required.

This team meets regularly to review the progress of the patient and to make additions or deletions in the patient’s care plan.



*Michelle Hastings, RN, shows OBU nursing students Abby Raney (left) and Michelle Gettel some of the finer points of medical record documentation in a rehab setting.*

While nursing students are at the McCarty Center they are assigned to a patient to follow during the rotation. They will review that patient’s chart, do an analysis of the chart and do a nursing assessment of the patient. In addition, the students will attend

patient staffing meetings, learn how rehab nurses chart and the differences between acute care and rehab nursing. “The McCarty Center is very flexible in working with the students to give them multiple experiences,” said Watts. “The nurses welcome the students and you don’t always see that in other places.”

Senior nursing student Jacob Gipson of Newcastle, Oklahoma, is one of only three men in his class. When asked why he chose nursing as a career Gipson had this to say: “I come from a big family. My parents divorced when I was three. As I got older, my sister and I took up the slack in helping mom care for my younger brothers and sisters. I’ve always like taking care of people.” Gipson has also seen nursing as a career choice through his mom’s own career as an RN and BSN.

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# OBU Nursing Students

Caitlin Balmos, senior nursing student from Meridian, Texas, came to OBU by way of Texas A & M where she earned a bachelors degree in health education. "I've always been interested in healthcare," said Balmos. "My mom is a nurse. I like the hands on aspect of nursing care."

Balmos wants to work in pediatrics. She found the multidisiplinary approach of the McCarty Center and the rehab hospital setting to be very interesting.

Kimberli Robberson, RN, has been a nurse since 1983. Her specialty is pediatrics and community health. She is the registered nurse technical supervisor for the Oklahoma County SoonerStart program. She is also a Masters of

Science in Nursing candidate at OBU.

"I think this clinical rotation is particularly good for these nursing students," Robberson said. "They get to see rehab, the collaboration of disciplines, follow one patient, see what the different therapies do and how they interact and they get to see multidisciplinary team work in action. They don't always get to see that in an acute care setting. Acute care can be very territorial."

Our staff is geared to teaching and sharing knowledge," explained Becky Melsek, RN, BSN, director of nursing at the McCarty Center. "That's what makes us a very good clinical rotation for nursing students. Students, whether they're nursing students or therapy students, can follow a patient over a long period of time and see changes in them. They can't do that in an acute care setting where patients are here and gone so quickly."

The OBU School of Nursing officially opened in 1911. In 1952, the school of nursing became the first baccalaureate nursing program in Oklahoma. The first class of eleven students graduated in 1956. The OBU nursing program was first accredited by the National League of Nursing in 1960. This accreditation has continued without interruption.

For more information about the Oklahoma Baptist School of Nursing visit [www.okbu.edu](http://www.okbu.edu).



*New Cerebral Palsy Commissioner  
Chuck Thompson*

## New Commissioner Appointed

Chuck Thompson, president and CEO of Republic Bank and Trust in Norman, Oklahoma, has been appointed to serve a three-year term on the Cerebral Palsy Commission (CPC) by Governor Brad Henry. The CPC is the governing board of directors for the J. D. McCarty Center for children with developmental disabilities in Norman.

Thompson brings many years of volunteer board experience to the commission having sat on a number of community and state boards, including stints on the board of directors of Norman Regional Hospital, where he served as chairman for four years.

"When I was approached about being nominated to the commission I didn't have to think twice about it," said Thompson. "I've had a personal connection to the McCarty Center all my life. My great grandfather, Jude Lewis, was a member of the 40 et 8 and one of the original founders of the hospital. I've known about this place my entire life."

## The Building Block

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# Therapeutic Listening Added to the McCarty Center's Treatment Toolbox

Caryl Hennen, speech-language pathologist, and Stacy Angermeier, occupational therapist, at the McCarty Center have recently completed a workshop to become certified to implement a therapeutic listening program. A third therapist, Candace Munson, occupational therapist, who joined the McCarty Center Staff recently has been certified for four years.

**What is therapeutic listening?** Technically therapeutic listening is an expansion of sensory integration. It is an auditory intervention that uses the organized sound patterns inherent in music to impact all levels of the nervous system. Auditory information from therapeutic listening CDs provide direct input to both the vestibular and the auditory portions of the vestibular-cochlear continuum. The emphasis of therapeutic listening is on blending sound intervention strategies with vestibulo-proprioceptive, core development and breath activities so as to sustain grounding and centering of the body and mind in space and time. Providing these postural, movement and respiratory activities as a part of the therapeutic listening program is critical.

Therapeutic listening utilizes numerous CDs that vary in musical style, types of filtering and level of complexity. The music on therapeutic listening CDs are electronically altered to elicit the orienting response that sets up the body for sustained attention and active listening.

More simply stated, “therapeutic listening helps a child learn to listen,” explains Hennen. “It tunes their brain into listening. What happens is this: The patient is listening to music using headphones. At different points in the music either high or low frequencies are filtered out.



*Therapists Candace Munson (left), Caryl Hennen (right) and Stacy Angermeier are certified in therapeutic listening.*

This triggers the brain to listen harder, because it has noticed something is missing. This causes the patient to become more focused in their listening.”

Therapeutic listening is good for kids with Autism spectrum disorder, auditory processing difficulties, attention deficit hyperactivity disorder and Down's Syndrome. “It's a tool to help

patients get ready to listen and learn,” reminded Hennen. “It's not a cure all. It's just another tool we have available.”

Occupational therapists work a lot with sensory integration issues in patients. Listening is a key component to sensory integration. “Therapeutic listening is another sensory tool we now have to use,” said Angermeier. “It's both auditory and vestibular. It helps to prepare our patient's sensory systems to pay attention and learn.”

Listening is a voluntary, survival-related, whole brain, whole body process. “Listening is the process of detecting sound and then organizing it for use with other sensory information.” explains Munson. “It is the key to our overall ability to orient to people, places and things in everyday life. Listening is both conscious and unconscious. We listen all the time. Listening is a part of our primal survival skills.”

“I've been using therapeutic listening tools for four years,” said Munson. “I'm passionate about this tool and the results I've seen with it. Kids with sensory delays lack a background beat and rhythm that is a key to development. Therapeutic listening promotes rhythm, movement and body coordination that in turn improves higher cognitive levels,” she added.

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# Therapeutic Listening

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Changes that might occur in patients in a therapeutic listening program might include: increased attention and awareness of sounds; decreased sound sensitivity; increased desire to express wants and needs; improved self regulation; improved coordination; improved posture and body awareness; improved sleeping and eating patterns; decrease in ear infections; improvements in overall affect and mood; improvements in social skills; and improvements in language.

According to the therapeutic listening program web site, Vitallincs.net, Hennen, Angermiere and Munson are three of only 20 certified therapeutic listening therapists in Oklahoma.



Members of Kappa Kappa Gamma sorority from the University of Oklahoma present a check in the amount of \$17,800 to Uwe von Schamann, director of development for the McCarty Center. The donation represents proceeds from the 12th annual Kappa Klassic golf tournament. The Kappas made the McCarty Center their local philanthropy project in 1998 and support the hospital through their generous financial donations and volunteer time. Presenting the check are: (l-r) Callie Gordon, philanthropy chair, Madeline Taylor, Madison White and Caylee Cantrell.

## Gutter Dance 7 Is Scheduled

The seventh annual Gutter Dance charity bowling event is scheduled for Thursday, May 6 at the Sooner Bowling Center, 550 24th Avenue NW, in Norman.

“This event has developed quite a following,” explained Uwe von Schamann, director of development for the McCarty Center. “We have teams that come back each year to just bowl in this event. Some of the teams don’t bowl but once a year. Others are very active bowlers. That’s the great thing about this event. Everyone has fun regardless of their bowling skill level.”

The festivities begin at 6:00 p.m. with registration and a free dinner for the bowlers. Dinner this year is provided by the RibCrib BBQ and Grill.

Bowling begins at 7:00 p.m. with the awards presentation at 9:00 p.m.

The highlight of the Gutter Dance is the 7-10 split roll off. The top ten individual bowlers get one opportunity to pick up a 7-10 split. The first bowler to pick up the split wins a 2010 Chevrolet Cobalt SS courtesy of Marc Heitz Chevrolet in Norman.

Bowlers have an opportunity to improve their games by hiring a ringer. For \$10 a bowler can buy the services of local “king pin” with a high average to bowl up to two frames for them during the course of the evening.

Bowling teams are composed of four members. The cost is \$200 per team. Interested bowlers can get an entry form by contacting Uwe von Schamann at 405.307.2804. He will mail or e-mail you the entry form.

All the money from this event will go to the Camp ClapHans scholarship fund.