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My parents had many “sayings” that were repeated frequently during my “growing up” years. If you missed their meaning the first time around, you knew they would be said again and again until you understood. One of these sayings was “To whom much is given, much is expected.” Now they were not talking about material things; rather they were meaning when you had special talents, special gifts, or a good education, then you needed to, and were even expected to give back.

It is clear to me that our 13 undergraduate students, one graduate student and two faculty members have grasped that concept as they joined a team of health care providers who were headed to the Amazon to provide health care to people in the small villages surrounding Iquitos Peru.

This was the first time our college had partnered with a faith based organization, e3 Medical Missions, a twenty-two year old missions organization that teams with universities and teaching hospitals for students in health professions to get mission field experience in a third world country.

For our nursing students and faculty, the trip provided a broad perspective of how health care is practiced around the world in its most basic form, without the technology and professional support typically available in the United States. It also provided a greater exposure to tropical medicine and community health initiatives so critical to developing areas.

In addition, our students were able to work on essential team building skills as they worked with team members from all levels of experience, backgrounds and cultures.

In this issue of the Capsule, our students will be sharing their experiences during this “medical mission” as seen through their lens and those of their cameras and cell phones. They have learned well and given much. The College is, and my parents would be proud of them.

Dr. Sara Barge

The University of Alabama 3
This year began a new adventure at CCN as we worked to provide a global health experience for interested nursing students. The college developed an affiliation with a faith-based organization, E3Partners, a group that leads medical mission trips throughout the world. Dr. Barger was extremely helpful as we worked through the process with the University and E3Partners. Our first trip took 13 undergraduate students, one graduate student, and two faculty members to the banks of the Amazon in the city of Iquitos, Peru.

On June 30th we arrived at the Birmingham Airport to embark on a nine day service learning trip. After meeting up with the rest of the medical mission team in Atlanta, we flew to Lima and subsequently to Iquitos, Peru. Everyone was tired but very excited to go to the clinics. One of the incredibly unique aspects of this trip was individual translators for each student and faculty member. This allowed students to explore the cultural, spiritual and healthcare aspects of life in Peru in a manner that could not have been accomplished in any didactic way. The first full day of our adventure ended with a great Peruvian meal and we all fell into bed!

Each day began with a planning and encouragement meeting. An open-air bus ride took us to our site, or to the “port” where we boarded a small, tightly packed boat for a short ride across the river. Most sites were local Christian churches. To say they were primitive is comparable to saying Alabama is just a football team. There were no screens or glass on any windows and doorways were simply an entry way with no actual door. No one seemed to mind and everyone busily transformed our place into a healthcare facility.
CCN students were divided into two groups, with one faculty for direction and supervision. The teams visited five different villages, providing medical, dental, and vision care.

A mix of students who had completed second, third, and fourth semesters in upper division were on each team. The cooperation and mentoring that occurred between the students was rewarding. Each student gave their all, all day, every day. Never once did we have to “find” them something to do, nor ask them to help. The healthcare experience they received could not be duplicated by any event here in the United States. Hand sanitizer was the only way to wash during the day, and with no running water toilet facilities were “unique”.

Students triaged patients, gave injections, provided dental hygiene teaching, assisted the local dentists, provided vision screening, fit people for reading glasses, and helped pass out
medications ordered by the providers. The providers were absolutely wonderful to involve students with patient care and making sure unique findings were shared. The feedback we got from the providers was that our students were absolutely the best group of student nurses they had worked with. They commented on the enthusiasm, eagerness to learn, and professionalism of all.

The students kept journals of their experiences. Many shared their journals with their faculty. These will be used for program evaluation. Several themes are seen in the journal entries. The faculty asked the students to consider the aspects of culture, healthcare, and spirituality.

The students spoke of understanding the culture and healthcare options for the people in Iquitos. They mentioned the slower approach to life, little regard for time, the importance of socializing with
“Today, I learned the power of a smile. If nothing else was right, I could at least smile and it seemed to be relaxing and comforting to the patients.”
"Being in Iquitos was such a lesson on how to stop, assess, and live in the moment."

"This was one of the hardest, most rewarding things I have ever done!"

"I believe this trip will help me be a better nurse, be able to connect with patients and provide the type of care they want, need, and deserve."

"I learned so much about travel, the nationals, how to interact with others of a different nationality, and I learned a lot about myself."

"I am sad to leave even though it is a dirty, hot, uncomfortable place. It is amazing how much of an attachment I felt in Iquitos.

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others, and the way the people depend on the land to supply their needs. The students were amazed at the difference in healthcare and living conditions in Iquitos and North America.

The people we saw lived in extreme poverty and had very limited contact with any healthcare providers. They used what natural remedies they could for their problems. They accepted the way they lived. Students spoke of being amazed and grateful as they considered the difference in their lives and the lives of the people of Iquitos. Students were encouraged to consider the both the physical and spiritual aspects of health in Iquitos. Students were able to decide upon their level of involvement in spiritual conversations.

Most of the students had decided to go on the trip because of the medical mission approach. Some students wrote of the eagerness of the people to discuss faith-based concepts. Some of the
nationals expressed that their faith was what helped them get through each day.

The last full day was our fun day. We cruised down the Amazon, played with monkeys and snakes, fished for piranha, and took a not so leisurely stroll through the rainforest. Although our trip home was very tiring, Dr. March and Dr. Handley will always remember seeing the great excitement and joy as they landed and the students began telling their families of the great adventure they had and the learning that occurred as they provided service to a very needy population. Everyone arrived back home with a new sense of appreciation for life as we know it in North America.

Plans for future trips are being developed. Ideally, CCN will provide opportunities to travel to different parts of the world. It is hoped that a variety of faculty will decide to accompany students on future trips.
Social Media has changed the way we communicate both as individuals and as institutions. Anyone with the Internet can share information instantly with friends and followers around the world. Blogging, podcasting, texting, instant messaging, and using Wikis are now common ways to quickly exchange information. Never before has there been more opportunity for social collaboration.

Like many other universities and colleges around the world, the Capstone College of Nursing is using social media to engage with students, parents, alumni, colleagues, and friends. Facebook, Twitter, and YouTube are effective tools that allow us to spread the word about news, events, and accomplishments here at the College. Increasing our online presence helps us build stronger relationships and connect in a way that was not possible a few years ago.

Social Media allows us to extend our Nursing community to the world.

The hallways of Capstone College of Nursing could easily be mistaken for a Hollywood movie stage as Professor Hideo Takahashi and his film crew created videos of our faculty, staff, and students. Professor Takahashi of the Center for Language Education and Graduate School of Engineering at Chiba University in Chiba, Japan visited in September to compile a collection of video clips that will be used as instructional resources in the English curriculum at Chiba.

Professor Takahashi helped develop the Computer-Assisted Language Learning (CALL) system used by Chiba University in their English language instruction to improve listening skills. So far, Takahashi has developed 16 teaching modules focusing on American culture, American daily life and working life. He has also created material about British, Canadian and Australian culture.

Professor Takahashi’s most recent project, and the reason for his trip to campus, is the production of new teaching modules featuring nursing science and education. He plans to use the material to prepare the Chiba students who plan to visit CCN, and hopes that the availability of the resource will encourage other Japanese university students to study English and visit the United States.

For this project, Takahashi and his crew enlisted the help of our students and faculty. Even Dean Barger Sara had a role in the project. Andrew McPhail, a college ambassador, led the cameras on a walking tour of the nursing building, beginning in the lobby and showcasing the technology in our classrooms and labs. Kaci Wilcox, a Semester 3 student, was filmed outside in the plaza area describing the history, demographics, and nursing programs offered at CCN.

The film crew recorded Dr. Leslie Cole, Assistant Professor in the undergraduate program, as she presented a lecture about nursing education in the United States.

For a view of student life at UA, Waseem Hussaini, a Semester 3 student, and Cara Anne Nachtman, President of ANS, were asked about campus life, their interests, and their home town. The interviews were conducted by two UA non-nursing students, Katie Bauer and Derek Brazzell, who both met Takahashi while studying at Chiba University.

The highlight of the production was Dean Barger who told the story of April 27, 2011 when our faculty and students helped Tuscaloosa residents affected by a devastating tornado. Dean Barger said that our nurses came to their neighbors’ aid, just as nurses in Japan must have reacted after the destruction from their tsunami.

On the last day of filming, Professor Takahashi said that he received more recording time and better quality of material than he expected, and he expressed his gratitude to our students and faculty for contributing their time and expertise to the project.
**Cami Sullivan**  
**Summer Internship-St. Vincents**

The most meaningful thing that I have gained from this internship is the ability to manage, prioritize and organize my day. By working on a medical-surgical floor where a nurse can care for up to 6 patients at a time, I have seen the difference that being organized and having good time management skills can make. I found a way of organizing my time, that worked the best for me, to help me efficiently care for my patients. I believe that the time management and organizational skills that I learned throughout this internship will be pivotal as I begin my nursing career. The confidence I gained from this internship will benefit me as a new nurse. I am so thankful for the opportunity to gain so much clinical experience with the absolute best nurses. The nurses on 7 Main at St. Vincent’s are amazing. Every nurse I worked with took a genuine interest in helping me improve my skills. Not only do these nurses care about their patients, they care about the students they work with also. I cannot tell you the number of times Megan Howell asked me if I needed anything, when I felt like it should have been the other way around. Megan took the time out of her day to show me how to do everyday thinks like check off doctors’ orders in the chart, call reports, take phone reports and discharge patients. All the things I learned during this internship will stick with me and benefit me immensely when I graduate and begin my nursing career. I cannot adequately express my thanks and gratitude for this opportunity. Thank you to the staff at St. Vincent’s that made this experience, hands down, the best clinical experience I have ever had.

**Chris Williams**  
**“Two Strokes”**

One of the most interesting things in the summer internship was getting to see both side of a code stroke: thrombotic and hemorrhagic. I observed neurologic signs and deficits associated with a hemorrhagic stroke like posturing, unequal pupils, and unlocalized reaction to pain. The thrombotic stroke demonstrated signs such as aphasia, right sided weakness, and facial droop. It was vastly different to see these things in clinical practice after studying them in class and learning the skills of physical assessment. My neurological assessment skills have greatly improved. I watched a ventriculostomy performed at the bedside in the neuroscience intensive care. I learned how to level it to the tragus of the ear and to watch the waveform, check the pop off, and monitor the intracranial pressure. In the thrombotic stroke the patient had the risk factor of smoking. In the hemorrhagic stroke the patient had discontinued his blood pressure medications. The thrombotic stroke symptoms reversed when given TPA. The hemorrhagic stroke patient did not recover consciousness and was allowed to die. Watching patients is more than learning about the statistics, or signs and symptoms. Being with the two patients and their families gave me insight that can only be gleaned by sharing their journey.
Initially going into this internship, I anticipated a normal clinical experience. However, it has been far more than that! I have been exposed to so much, and I feel it has helped me get one step closer to becoming a “nurse.” It has given me chances to learn, and more importantly care for those in critical conditions. The event that I have learned the most from and that has helped me grow as a soon-to-be-nurse is when one of my patients coded.

I had been caring for the patient for three days so felt I knew him well. He was considered to be “stable”, or at least more so than the other patients on the step-down unit. No more than two minutes after I had been in the room, his heart rate had dropped to 35 and he became unconscious without a pulse. Emergency procedures ensued. After about twenty minutes of CPR, a pulse was obtained and he was moved to ICU. After it ended I couldn’t help but replay the event over and over in my head for days. I felt so responsible even though I was assured it wasn’t caused by my care.

After opening this up for discussion with my instructor, Ms. Ambrose, I learned that it was not only normal to review, reflect and critique all of my actions, but THAT is precisely what must occur in order for novice nurses to eventually become expert nurses. It is the thing that I must have the courage and strength to do that will set me apart from other nurses who don’t progress to become experienced and expert nurses. It is the thing that I must learn about but may not be able to actually see during a clinical rotation. I am grateful for the many experiences this internship has allowed me to have.

The summer internship has provided me with more of a learning experience that I had ever imagined. Of the many experiences I’ve had, a day in the Emergency Department stands out to me the most. I was able to take care of a man after he had an unexpected allergic reaction to a bee sting. The man presented to the Emergency Department at Princeton with textbook angioedema, tongue swelling, and a sudden rise in heart rate and drop in blood pressure. The ED doctors prescribed Epinephrine, Benadryl, and Decadron. After I gave these medications the symptoms began to resolve within minutes and the patient was discharged after a few hours of observation. This was a situation all students

Katie Fortenberry
“The Book Describes But the Patient Explains”

Rachel Hudson
“Stable is Not Forever”
One of the more defining moments of my internship this summer came when a patient on the step-down unit was admitted for respiratory failure and altered mental status. When I first spoke with and assessed the patient he was definitely confused, however, he was alert. He had restraints on both his wrists and ankles because of his confusion. I was told in report that he pulled his NG tube from his nose and would pull at his tracheostomy tube (trach) when his wrist restraints were off.

I knew from the beginning that it would be important to continue to reorient him when I was in the room since getting the restraints off is one important step towards discharge. His wife arrived before lunch to spend the day with him and we were able to take his restraints off while she remained at the bedside. At first he would pull at his trach but each time the two of us would talk to him to get him to leave it alone. We didn’t grab his arms or hands, and when we explained to him why he needed the trach he complied with our requests. He never got confused when I was with him and would only make a move towards his trach when he was getting medications or trach care. I coached him to cough through his trach and reassured him. I emphasized to him the most important thing was for him to strengthen his lungs.

Although he was not my patient the next day, I made sure to check on him. I learned that the doctors would be taking his trach out within the next couple of days. After talking to his wife, she said that she really believed that the coaching I gave, plus the continuity of the coaching that my classmate gave the following day, was the reason her husband was progressing so well.

This summer during my internship I have had the opportunity to rotate among well baby nursery, NICU, labor and delivery, OB, and pediatrics. I would like to share with you the most memorable experience I had.

It happened on the second week when I was working in NICU. There was a new mother who had come to see her son. Although I had only been there a few days and her child was not one of my patients, I recognized her immediately. She was one who came in every day and sat in her child’s room for hours. On this particular day the nurse called me into the room, saying that she needed a hand. I went into the room where the mother and nurse were both standing over this tiny baby boy, lying there with more cords connected to him than he was weeks old.

I was told to lift up all of the cords while the mother picked up her child. She held him in the palms of her hands while she spoke softly to him. It was the first time she had ever held him. I’ve never performed a more simple skill. It only took a minute and there was nothing medical about it. However, I felt honored to be part of such a special moment. It’s moments like this that made me realize that when all the excitement of seeing new things and performing new skills wear off, the joy of serving others will remain. Being able to see firsthand that what I will be doing as a nurse truly makes a difference has been comforting to me.
The University of Alabama has always aimed to find ways to utilize campus partnerships, combine resources and coordinate efforts so students gain a more enriching, unique but personalized experience at the Capstone. One such combined effort exists between the Capstone College of Nursing and The Army ROTC program. In the College of Nursing, students must take their first two years of prerequisite courses prior to applying to promote to the clinical portion of the program. The process of promotion is extremely competitive and only 96 students are allowed to promote at two separate times per year.

The Capstone College of Nursing will only consider a student’s science GPA, overall curriculum GPA and their native status when determining their promotion. In the summer of 2012 our college saw an average overall GPA of 3.9 and an average science GPA of 3.87. In the fall of 2012 the averages were 3.7 overall and 3.5 in the sciences. Maintaining these competitive averages requires that nursing students be dedicated to their studies in order to achieve high academic standards not only to survive promotion but also to complete the rigorous clinical portion of the upper division from the moment they begin as freshmen at UA.

The Army ROTC program also requires that students maintain high academic standards. They also combine academics with skills in leadership, team work, and management that are crucial in the military as well as all industries. It is because of these similarities that both programs have joined together to provide students with a unique opportunity to achieve excellence and earn scholarship toward the cost of education.

Army ROTC prepares students for commissioning as officers in the US Army and to be our country’s future leaders. In addition, it presents students with an exceptionally lucrative opportunity to earn a four, three, or two year scholarship that pays: 100% of resident and nonresident tuition at the University of Alabama; $900 per year for books; and a monthly tax-free stipend for 10 months of the year ($300/month for freshmen, 350 a month for sophomores, $450 for juniors and $500 per month for seniors).

Army ROTC is open to all students on campus and their courses are considered elective courses. Students can participate in Army ROTC

“NURSES IN THE ARMY ARE PREPARING FOR THEIR FUTURES BY TRAINING IN MILITARY HOSPITALS AROUND THE COUNTRY.”
without any commitment to the military at all during their first year. Once a student receives a scholarship through the Army ROTC, they will incur a commitment to the US Army. That commitment is quite different than what you may imagine for the average cadet. Nurses in the army are preparing for their futures by training in military hospitals around the country.

Some of the places that students will have opportunities to train are: Evans Army Hospital in Fort Carson, CO; Brooke Army Medical Center in Fort Sam Houston, TX; Tripler Army Medical Center in Honolulu, HI; Womack Army Hospital in Fort Bragg, NC and Madigan Army Medical Center, in Fort Lewis, WA. Scholarship recipients will go through a 120 hour summer nurse training program that provides them with a clinical training opportunity in one of these types of facilities.

They receive one-on-one training with an RN in a hospital setting in addition to learning a junior officer role. After students complete the summer nurse training program and then are promoted into the upper division of the College of Nursing, their goal is to take and pass the NCLEX upon the first attempt. After graduation these scholarship students will commission in the US Army Nurse Corps as a 2nd Lieutenant.

They will attend basic training camp in Fort Sam Houston in San Antonio, TX prior to a 1 year residency program at any of the fine Army Medical facilities located all over the US. Scholarship recipients do incur an obligation to the US Army of 8 years however the first four years include the aforementioned residency and training and after four years the student may choose to go inactive. After the first year service commitment an individual may also choose to continue their education by pursuing clinical specialty courses in perioperative nursing, psychiatrics/mental health, obstetrics/gynecology, critical care areas, community health or emergency nursing.

Graduate school opportunities are also available in anesthesia, nurse midwife, hospital administration, family nurse practitioner and other MSN level areas. While the student is in graduate school they will receive 100% tuition coverage as well as their Army salary and benefits. These benefits provide excellent opportunities for students to learn, follow their dream of being a nurse and to find a way to pay for their education as well as to learn a living.

“THESE BENEFITS PROVIDE EXCELLENT OPPORTUNITIES FOR STUDENTS TO LEARN, FOLLOW THEIR DREAM OF BEING A NURSE AND TO FIND A WAY TO PAY FOR THEIR EDUCATION AS WELL AS TO LEARN A LIVING.”

The Capstone College of Nursing was privileged to meet with a prospective student from Huntsville, AL named Brad Hollihan. Brad and his father, Jon, came to campus to tour the College of Engineering and the College of Nursing. Like most bright young students, Brad was contemplating many areas of study.

Brad and his father toured the simulation labs at CCN and learned about the options he had with the College of Nursing. He also toured the facilities at the College of Engineering.
however he ultimately decided to declare nursing as his major.

We are confident that after seeing our high tech facility and excellent resources Brad couldn’t possibly choose any other major than Nursing. After learning of the relationship between CCN and Army ROTC, Brad applied for and won a four year scholarship with Army ROTC. He is a freshman this fall at the Capstone and while his schedule is full, he still finds time to unwind by cheering for the Crimson Tide or taking a relaxing swim at the Natatorium.

The summer prior to starting school this fall, Brad completed training for and took the EMS National Registry test. He passed the exam and is now a licensed EMT. All of us at the College of Nursing along with the Army ROTC program are proud to call him our own.

If you know of any student who is interested in pursuing a career in nursing please contact the Office of Nursing Student Services at 205-348-6639. For more information regarding the Army ROTC and participation in their programs contact Major John Dollar by calling 205-348-1056 or emailing jrdollar@bama.ua.edu. Access their site by following this link: http://armyrotc.ua.edu/about-rotc/
The American Assembly for Men in Nursing (AAMN) Capstone Chapter has experienced an exciting and active year. The chapter is comprised primarily of male students enrolled at the Capstone College of Nursing. However, professional RNs and Capstone College of Nursing faculty and staff also comprise the membership of the organization, including several females. Our chapter was officially established in October 2011, the first such chapter in the State of Alabama, by Dr. Anthony Roberson and Mr. Andrew Lee, who both serve on the faculty at the UA Capstone College of Nursing, and Mr. Steve Galvez, who is a local Nurse Practitioner. These three served as officers for the first year academic year of the chapter’s existence. The current chapter officers, which were elected in August 2012, consist of Capstone College of Nursing students Chris Williams (President), Matt Matala and Evan King (Co-Vice Presidents), Tucker Reeves (Secretary) and Kirk Naugher (Treasurer).

In general, the national organization has as its mission and goals to provide a framework for nurses to discuss and influence factors which affect men as nurses. Specifically, we encourage men of all ages to become nurses and join together with all nurses in strengthening and humanizing health care.

In addition, we support men who are nurses to grow professionally and demonstrate to each other and to society the increasing contributions being made by men within the nursing profession. Further, we advocate for continued research, education and dissemination of information about men’s health issues, men in

Specifically, we encourage men of all ages to become nurses and join together with all nurses in strengthening and humanizing health care.
nursing, and nursing knowledge at the local and national levels.

In line with the mission and goals of the national organization, the Capstone Chapter held their First Annual Men’s Health Screening in April 2012 at the Alabama vs. Vanderbilt baseball game. The local chapter worked closely with the UA athletic department to coordinate the event. The screening was intended to provide participants information about their general health status. For example, we checked individual blood pressure, heart rate, glucose and cholesterol levels.

Also, we evaluated Body Mass Index along with providing health promotion and education based on the individual’s screening result. We provided health screenings for approximately 35 men at the event. Students and professional RN chapter members conducted the screenings.

In order to financially support the screening event, specifically in purchasing the supplies for the glucose and cholesterol screenings, the chapter members solicited donations from Tuscaloosa businesses and UA organizations, including DCH, The Nut Shop, Wintzell’s, Smoothie King, and UA Student Health. In addition, Game Day Events provided a tent, tables and chairs for our use in conducting the health screenings. We are grateful and fortunate to have received the financial support of the Tuscaloosa and UA communities, as our chapter has limited financial resources. This event would not have been possible or a success without their generous contributions.

Men are least likely than any other population to seek preventive healthcare. Health screenings that are held where men congregate (i.e. sporting events) are the ideal places to reach a large number of this population. Therefore, our goal as a chapter is to provide at least one health screening per year within the Tuscaloosa community, and our focus will continue to be on increasing awareness for improved men’s health.

Another more recent successful event for the chapter was a fundraiser that was held in collaboration with Cold Stone Creamery on the Strip. The chapter members served ice cream to hundreds of patrons in order to raise money for the local chapter. The money raised will be utilized to support the cost of future health screenings and community projects that focus on increasing awareness and the overall health of men who live in Tuscaloosa, the surrounding areas, and the State of Alabama. We are fortunate as a UA college organization to have local and university partners that share in our mission and goals.

We look forward to working with these and other Tuscaloosa and UA organizations who will support the initiatives of the AAMN Capstone Chapter in addressing the healthcare needs of men, along with supporting men who choose nursing as a profession.

Our goal as a chapter is to provide at least one health screening per year within the Tuscaloosa community, and our focus will continue to be on increasing awareness for improved men’s health.
On April 9th the Fifth Annual University of Alabama (UA) Undergraduate Research and Creative Activity Conference was held at the Bryant Conference Center. Over 400 students representing a variety of academic disciplines participated. Of the 400 students presenting at the conference, 79 were representatives of the Capstone College of Nursing (CCN).

CCN faculty have worked together to provide opportunities for undergraduate nursing students to engage in research, discovery and creative endeavors that can further define their academic experience at UA. The faculty members who mentored the student presenters for the 2012 conference deserve special thanks. Because of their efforts many students may well begin a journey of scholarly achievement.

Congratulations are in order to each participant for their collective contributions to help CCN standout as a college (see next page). Two senior students from Semester V had individual poster presentations and two Computer-Based Honors students gave oral presentations. A total of 73 students from Semester III: Nursing 372: Professional Nursing Practice · Adults worked in 10 groups to prepare poster presentations:

Kayla Glass, Nursing, Honors College  
Faculty mentor: Ann Graves, Nursing  
Poster Presentation: Hand hygiene: Lowering Neonatal Nosocomial Infections

Rachael Vaughn, Nursing, Honors College  
Faculty mentor: Ann Graves, Nursing  
Poster Presentation: Quality Improvement: Family Presence during Resuscitation

Mallory Thompson, Nursing  
Michael Robson, Computer Science  
Faculty mentor: Felecia Wood, Nursing  
Oral presentation: Creating and Piloting an iOS App for Diabetes Self-Management: From Coding to Clinical Practice

Dean Sara Barger supported the CCN participation with monetary awards for first, second and third place and visited each of the poster presentations individually.

Undergraduate Research and Creative Activity Conference 2012 Nursing Awardees

Presentations  
1st Place: Rachael Vaughn  
Faculty mentor: Dr. Ann Graves  
Poster presentation: Quality Improvement: Family Presence during Resuscitation  
2nd Place: Mallory Thompson, Michael Robson  
Faculty mentor: Dr. Felecia Wood  
Oral presentation: Creating and Piloting an iOS App for Diabetes Self-Management: From Coding to Clinical Practice  
3rd Place: Christy Perkins, Christopher Williams, Chanley Wynn, Caroline Dondi, Carli Patrick, Brittany Clay, Camille Sullivan  
Faculty mentor: Paige Johnson  
Poster presentation: Privacy Curtains: Are Current Cleaning Practices of Hospital Privacy Curtains Enough to Prevent Infections?
NUR 372: PROFESSIONAL NURSING PRACTICE -- ADULTS
UNDERGRADUATE RESEARCH CONFERENCE GROUPS
SPRING 2012

FACULTY MENTOR:
Ms. Becky Owings
Promoting Quality of Life Through Consistently Scheduled Activities for Dementia Patients
Alexandra Carroll
Amanda Shaw
Amy Kirkpatrick
Brittany Morgan
Elizabeth Gilbert
Kelsey Lightfoot
Lauren Williams
Polly Gleneck

FACULTY MENTOR:
Ms. Paige Johnson
Privacy Curtains: Are Current Cleaning Practices of Hospital Privacy Curtains Enough to Prevent Infections?
Brittany Clay
Camille Sullivan
Carli Patrick
Caroline Dondi
Chanley Wynn
Christopher Williams
Christy Perkins

FACULTY MENTOR:
Dr. Leslie Cole
Guidelines to Decrease Hospital Acquired Infections
Brittany Longosz
Erin Tracy
Evan King
Paron Barnes
Haley Mullins
Holly Harmon
Jade Obrien
Jeana Parker

FACULTY MENTOR:
Ms. Sandi Ambrose
The Importance of Proper Hand-Off Communication
Amanda Kirkley
Amy Galloway
Anna Almand
Ashley Lott
Audrey Inman
Bethany Holcomb
Lauren Wilkes

FACULTY MENTOR:
Dr. Leslie Cole
An Intervention to Promote Nursing Adherence to Contact Precaution Policies in a Hospital Setting
Clifton Wilson
Courtney Lee
Demi Lamb
Elaina Tirador
Elizabeth Gee
Emily Williamson
Katy Wilson

FACULTY MENTOR:
Ms. Stephanie Ragland
Spread the News: Cap that Tube!
Malissa Pettis
Jessie Love
Joshua Meadows
Kelsey Boswell
Katie Adock
Kayla Krininger
Erica Hesse
Rachel Hudson

FACULTY MENTOR:
Ms. Meridith Rice
Proper Care and Maintenance of Jackson-Pratt Bulb Drains
Alexandria Giannini

FACULTY MENTOR:
Mr. Jeff Beans
Preventing Central Venous Catheter (CVC) Blood Stream Infections (BSIs) in Hospitalized Patients
Rylee Landers
Lindsey Strader
Mary Clanton
Mathew Matala
Megan Widmer
Meredith Barrett
Natalie Johnston
Kelly Bond

FACULTY MENTOR:
Mr. Jek Samson
Patient Safety: Improving High Nurse to Patient Ratios
Katherine Holbrook
Kelsey Williamson
Laura Swann
Madeline Lamon
Maegen Lamb
Marie Sarris
Martha Hibbett

FACULTY MENTOR:
Ms. Heather Reeves
Rapid Response Team
Josh Sawyer
Sarah Black
Meredithe Sawyer
Sahar Vali
Stephanie Whiting
Sara Lewis
Shelby Woltjen
The University of Alabama Medical Center, Student Health Center, and our very own Capstone College Nursing Students partnered to initiate the No Flu Zone Campaign. This campaign began on September 4th and continued until September 28th. Semester II nursing students, in Fundamentals of Professional Nursing Practice, took the campus by storm armed with 8,000 flu shots!
Free flu shots were available to UA faculty, staff, and students. Nursing faculty partnered with students, as well as UMC staff, and visited every building on campus to administer injections. Our Fundamentals nursing students were thrilled to participate in the No Flu Zone Campaign and gained valuable nursing experience. We are so proud and excited that our nursing students were involved in such a fantastic event.

NUR 345: The Surgical Experience

Under the clinical instruction of Dr. Leslie Cole and Ms. Becky Owings, five BSN students participated in a three week intensive Summer Interim Operating Room course at DCH. Capstone College of Nursing students from various Upper Division semesters united in order to learn the role of the perioperative nurse.

New BSN graduates lack the specialized preparation to practice in the intraoperative setting upon graduation. This course will now prepare new graduates to pursue a career in a surgical setting immediately following graduation. Students who elected to take this course all had a shared interest in this very specialized role.

This elective course was designed to give students an opportunity to participate in the multiple roles of the professional nurse along the perioperative continuum, identify the unique safety issues associated with the operative and anesthesia environments, and practice the elements of surgical and medical asepsis specific to the operating room. Faculty planned activities to enrich students’ knowledge and provide application of concepts relevant to operative and anesthesia standards of care.

Students rotated through many roles: including scrub nurse, circulating nurse, scrub technician, recovery room nurse, and sterile processing technician. This hands-on course was a success for the students, faculty, and staff who participated in this learning opportunity. DCH staff embraced the course, providing a preceptor-like, tailored experience for each student.
**Why did you decide to pursue your DNP degree?**

Healthcare is an ever evolving entity that requires a coalescence of knowledge from multiple disciplines. The ability to diagnose and treat a health problem is just part of the equation. Healthcare practitioners must have a thorough understanding of the nuances of the entire system to affect positive change on the individual level as well as the population. The DNP gives the individual practitioner the tools to effectively adapt to the dynamic healthcare environment. I continue to be amazed at the equanimity of the nursing profession. My goal is always to be at the pinnacle of what I am doing and the DNP allows me to do this.

**What was your greatest success in the program? What worked best for you?**

My greatest success was completing the program while adapting to multiple changes in my life in general. The key to success was time management. The program requires a substantial time commitment. I approached the program by beginning with a very structured schedule with times allocated for course work. Obviously, flexibility is necessary but remaining on task is key to success.

**What were some of your challenges you faced?**

One of the main challenges that I faced was secondary to my rural location. My internet was through a radio receiver, and I have no cell service at home. Upon initiating the program, a severe storm damaged the mountain that contained the ISP tower. Service was never the same often requiring me to drive 30 minutes to access the internet.

**Were there any faculty/staff who stood out who made your experience so positive?**

At the very beginning of the program, I faced a serious health issue. I was extremely impressed by the faculty and staff and was treated like a member of an extended family. I received “get well” cards during treatments and numerous e-mails. My wife was amazed at the kindness shown and often commented about the uniqueness of the program. I could not believe that people who did not know me personally would take the time to do such things. My experience with Ms. McCullar was exceptional beginning with the application process. I had spoken with numerous program contacts in the US and had compiled a comparison graph based on those initial interactions. Each question that I asked Ms. McCullar resulted in a comprehensive and definitive answer. Doctoral education is a significant commitment and a competitive endeavor. I felt Ms. McCullar was beyond reproach when compared to some of my other experiences. This extended beyond the application and acceptance process. Following my diagnosis, she talked extensively with me via telephone offering support. She often sent e-mails to check on my status and offered suggestions throughout the program to facilitate success. Dr. Stanton frequently contacted me through e-mail and demonstrated a commitment to excellence from inception to completion. It made me appreciate and respect the program even more. Dr. Wood would regularly meet with me through teleconferencing or call me if something needed my immediate attention. The IRB process was seamless due to her anticipatory planning and timeline adherence.
Twelve UA students in the Instructional Leadership (Ed.D.) program ranging from cohorts Two through Five traveled with their professor, Dr. Steven Tomlinson for thirteen days of study at The University of York, UK.

These nurse educators attended a Socratic Dialogue class on the water, sat in on a live nursing class, listened to research presentations by the university faculty, toured three hospitals, visited two simulations labs, visited a medical museum, and the list goes on. Students enrolled in the study abroad class kept journals of their visit, completed required readings and attended class locally twice in preparation of making the trip abroad.

This valuable learning experience is one that these students will value for the rest of their lives and take with them into the classroom and workplace.
The Office of Scholarly Affairs of the College of Nursing is pleased to share more exciting research projects conducted by our faculty. Associate Professor Marilyn Handley’s clinical experience spans multiple decades of providing care to women and infants with a specialty in maternal-infant nursing. Her recent research is on the improvement of pregnancy outcomes, primarily focused on education and intervention to reduce the use of substances such as smoking, alcohol, or drugs that are related to poor pregnancy outcomes.

In 2011, Dr. Handley conducted the study, “Knowledge, Beliefs, and Barriers to Smoking Cessation in Pregnancy,” to learn more about what pregnant smokers know and believe. A significant percentage of women continue to smoke during pregnancy despite widespread public awareness campaigns urging smoking cessation. Dr. Handley believes the individuals must value smoking cessation more than the reason they smoke if they are going to be successful. That led to her interest in the women’s perceptions of why they continue to smoke.

“As data is analyzed from the first study, we’re identifying useful information about why pregnant women smoke and some of the
As data is analyzed from the first study, we’re identifying useful information about why pregnant women smoke and some of the barriers they perceive to smoking cessation,” Dr. Handley said. As a follow-up to this preliminary study, Dr. Handley was awarded funding by the Alabama Chapter of March of Dimes to study risk reduction education with her project, “Incorporating Smoking Cessation into Obstetrical Practice.” She is currently working with Co-Principal Investigator, Dr. Daniel Avery, Department Chair at the University Medical Center Obstetrical Clinic. The main components are to provide professional education to the clinic staff and equip them to provide education and support to all patients who smoke.

Dr. Handley is working with staff at the University Medical Center Obstetrical Clinic to emphasize the importance of smoking cessation toward improving pregnancy outcomes. She expects that the staff will adopt as a best practice the routine distribution of smoking cessation materials to patients who have identified themselves as smokers.

“Everyone at the Obstetric Clinic has been awesome to work with,” Dr. Handley praised. “The staff has been attentive, eager, and helpful in providing the educational materials to patients. They are just as excited as I am to learn how we can change attitudes about smoking and pregnancy.”

Dr. Handley has the clinic’s cooperation to stock exam rooms with pamphlets created by the March of Dimes and the Alabama Department of Public Health (ADPH), so that patients can easily access the educational material about smoking and smoking cessation. All patients will be screened regarding their smoking behaviors. Those who smoke are provided advice, educational materials, assistance and referrals as necessary. The prime referral is to the ADPH’s QuitLine.

Dr. Handley is also surveying patients post-pregnancy to look for changes in their attitudes about quitting smoking, based on the educational materials they receive during regular clinic visits. The study will continue into 2013. At the conclusion, she expects that incorporating smoking cessation into the standard of care will decrease the number of patients who smoke. Pregnancy outcomes will be evaluated to see if there is a reduction in poor outcomes such as prematurity and low birth weight after the program is implemented.

“Another outcome is to identify interventions and significant roles (physician, nurse, friend, family) that assist women to quit smoking. This will be an important contribution to planning the next research project that I do,” Dr. Handley added.

Research in Progress

The Capstone College of Nursing faculty continues to contribute to The University of Alabama’s emphasis on research. In addition to Dr. Handley’s work in progress, recently funded projects in progress at the University of Alabama include:

• Susan Appel (PI): “Conference-Call Diabetes Educational Support Group for Older Rural African American Women,” funded by the American Academy of Nurse Practitioners with assistance from the Walker Area Community Foundation, the College of Nursing, and the Capstone Rural Health Center
• Heather Carter-Templeton (PI): “Access of Evidence-Based Information via Mobile Devices within a Rural Health Clinic,” funded by University of Alabama Research Grants Committee

Role in Prostate Cancer Screening Decisions by Rural African American Men” funded by National Institute of Nursing Research
• Tony Roberson (PI): “Psychiatric Needs of Adolescents,” funded by University of Alabama Research Grants Committee
• Marietta Stanton (PI) and Dara Warren (Associate PI), with Linda Dunn, Mike Parker and Rick Houser (Consultants): “Reintegration of Military Nurses,” funded by TriService Nursing Research Program, U.S. Department of Defense
• Felecia Wood (PI): “Interactive Multimedia Tailored to Improve Diabetes Self-Management,” funded by the Walker Area Community Foundation with assistance from WATCH 2020 and the College of Nursing
The fall season is my favorite time of the year, for many reasons. It brings back memories of school starting, cooler weather, hectic schedules, and of course, Alabama football (Roll Tide). Adding to my reasons for loving fall is that this year the UACCNAA is awarding its first nursing scholarship. It has been a long-term goal of the UACCNAA to create a nursing scholarship. The recipient of the scholarship is Cara Nachtman. Cara is a senior nursing student at the Capstone College of Nursing.

I want to share with you what the scholarship means to Cara. Here are a few thoughts from her:

Beginning the final semester at the Capstone College of nursing is always a mixture of excitement and pure fear. The big final HESI, Dr. Collin’s infamous midterm, and preceptorship all loomed before me. In addition to these academic stressors, my family was in a very rocky place financially. I visited financial aid and tried to get help with my tuition and books but my bill was coming due in October, and it was all I could think about. I took on extra shifts at my job as a clinical aide at Children’s of Alabama in Birmingham. I didn’t know if I could make enough money for the semester but I was going to try. My clinical instructor found out how often I was working and was curious about why. After I explained my situation she put me in contact with the Office of Student Services for scholarship information. When I heard I had been awarded the CCN Alumni Association Scholarship I immediately started to cry. I am so blessed, and cannot adequately express in words how thankful I am. Unless you have been in a similar situation there is no way to understand how it feels to have that kind of burden lifted. I cannot thank you enough for allowing me to live out my passion for nursing every day, and to be able give back to those who need it most.

On behalf of the UACCNAA, I would like to “thank you” for your support. Scholarships would not be possible without generous donors. We will continue to work hard to create more scholarships to help our students achieve their dreams at the Capstone College of Nursing.

—Phillip Fikes
Tell us about your family.

I was born and raised in Montgomery, AL. After graduating from the Capstone, I went to work in Birmingham at UAB in the Regional Newborn Intensive Care Unit (RNICU). In Birmingham, I met my husband, Carlyle. After a few years in the big city, we decided to move to Montgomery. I worked at Baptist Medical Center South in the Neonatal Intensive Care Unit and also worked as a part time school nurse at The Montgomery Academy. Now I am an American Heart Association Basic Lifesaving instructor for Baptist Health, but my primary focus in my family. I have a 10 year old daughter, Margaret, who is in the 5th grade and a 7 year old son, Carlyle, who is in the 2nd grade. They are being raised to love nurses and the University of Alabama!

What was the last book you read?

The last book I read was The Paris Wife: A Novel by Paula McLain. It is a fabulous novel about the life of Hadley Richardson who was Ernest Hemingway’s first wife. This book and many of Ernest Hemingway’s works that I love are portrayals of life in the 1920's. The 1920's would definitely be the one time period I would want to go check out if I could travel back in time.

Where is your favorite place to travel?

I have been blessed with many fabulous opportunities to travel. It is such fun to pick a destination, learn about it, plan adventures, and immerse yourself in the culture. As for a faraway destination, France would have to be one of my favorites. The list of reasons could go on forever, but the language, the food, the art, the landscape, and the history, are just a few. As for a close to home destination, my favorite place to vacation is off of Perdido Bay on Soldiers Creek in Lillian, Alabama. It is our family’s little piece of heaven where we can truly relax and appreciate the beauty of the Alabama Gulf coast.

What does the Capstone College of Nursing mean to you?

I never realized the importance of declaring a major in college until I chose nursing. From the first day of upper division, I knew nursing was the right path for me. CCN was and continues to be an outstanding program for preparing you to be a nurse. You gain the hands-on and technical skills needed to be an outstanding nurse through the classroom and clinical settings. More importantly, you learn the core values of what it really means to be a nurse through observing and interacting with a top notch set of faculty. There is a genuine interest in every individual student that walks through the doors of CCN. This is what makes me proud to say I am a nurse who graduated from the Capstone College of Nursing.
Drs. Terry and Linda Olivet enjoyed lunch with their scholarship recipients at the University Club.

It’s Easier Than You Think!

Capstone College of Nursing is growing and the need for scholarship support is greater than ever. Establishing a named fund is easier than you think. A pledge of $20,000 ($4,000/year over five years) creates an endowed nursing scholarship that will last forever. We are happy to talk to you about tailoring a gift that is best suited to your circumstances. Contact Shelley Jordan at (205) 348-9876 or sdjordan@ua.edu for more information.

‘61

Angelyn Giambalvo graduated from the UA School of Nursing in 1961. For the next 17 years she worked as a nurse for the PA State Health Department, York Hospital, and Memorial Hospital. In 1977 she retired from nursing to travel with her husband who owned his own business. At that time Angelyn was working for the Visiting Nurse Association in Pennsylvania. She and her husband, Jack, have been married 52 years and have 4 children, 9 grandchildren, and 1 great grandchild. They have a winter home in Naples, FL, a summer home in Bethany Beach, DE and the rest of the year and holidays are spent in York, PA. They will be attending homecoming this year with their children, spouses, and 6 of their grandchildren. She and Jack will be riding in the parade to represent the College of Nursing and some of their grandchildren will be riding on the float. They are expecting a great time! Roll Tide.

‘86

Carol Ratcliffe was named an Ida V. Moffett Living Legacy and was recognized during an awards gala on October 13, 2012.
Becki Bryant Jolly is currently working as a nurse practitioner for Matrix Medical Network where she performs in-home health and wellness assessments. She has a 6 year old son, Curran, who is in the first grade and her husband, Pradeep, is an oncologist with Georgia Cancer Specialists. Becki has an entertainment website called JollyBuzz and a free iPhone app that goes with it. She reviews movies, TV shows, books, and music. Recently, she started attending the Sandy Spring Citizen Police Academy where she will train for their Citizen On Patrol program. Becki will be volunteering with the police department to assist them on certain types of calls (such as roadblocks, traffic accidents, etc.) so that they can get back out and keep our community safe.

Jason Farley is an assistant professor at the Johns Hopkins School of Nursing in the Department of Community—Public Health. Also he is a nurse practitioner in the Division of Infectious Diseases within the Johns Hopkins AIDS Service, and holds an adjunct faculty appointment at Stellenbosch University in Cape Town, South Africa. At the XIX International AIDS Conference in Washington DC in July, Dr. Farley spoke at the session Nurse Models of HIV Care and Treatment: Addressing Health Workforce Shortages for Long-Term Sustainability. After his presentation he was interviewed by Medscape to discuss the role and opportunities for nurses in HIV/AIDS care over the past 30 years and going forward.

Cynthia Parnell Maldonado and her husband welcomed their first child, Lucas, on June 20, 2012.

Jennifer Reed Chandler, a charge nurse on the 5 West oncology unit at Princeton Baptist, was the recipient of the hospital’s Ida V. Moffett Nursing Excellence Award.

Brandy Webb Lacky has started her Masters in Health Informatics at University of Illinois, Chicago.

Amanda Wester graduated from the Acute Care Nurse program at UAB in May of 2012.

Allison King Estes was named top 112 surgery center administrators to know and the 145 Great Women Leaders in the ASC Industry lists by Becker’s ACS Review.

Tiffany Ann Golub is working in labor and delivery at Huntsville Hospital in Huntsville, AL. She is an active member of AWHONN and teaches fetal monitoring classes to nursing staff and childbirth classes to pregnant patients and their spouses.

Charles Moore received his commission in the U.S. Navy after serving ten years of enlisted service. He took his first set of orders to Bethesda MD to work in the SICU at Walter Reed National Medical Center in Bethesda, Maryland. During this time, Charles had the honor of taking care of Wounded Warriors returning from combat. He is currently on an eight month development attached to his U.S. Marines at FOB Shukvani Afghanistan. Upon his return to the States next year, he will be transferring to Naval Hospital Pensacola, FL ICU.
Jeanette VanderMeer Retires after 29 years of service at CCN

Dr. Jeanette VanderMeer has been a major contributor to the success of CCN for the past 29 years. She has used her vision, expertise and passion to build the RN Mobility Track at CCN. This track has allowed hundreds of ADN prepared nurses to obtain their BSN. Dr. VanderMeer served as a mentor and role model for many faculty and staff over the years.

One of the faculty members who has benefited from her mentoring is Michelle Cheshire. Ms. Cheshire has been appointed to replace Dr. VanderMeer as RN Mobility Coordinator. Michelle states “It will be impossible to fill Jeanette's shoes. She will be missed by the college, the students and the faculty”.

Dr. VanderMeer has been looking forward to her retirement. She has big plans to do more fishing, more gardening, and has said “It will be nice to be able to read the newspaper on the day it comes!!”

Dr. VanderMeer we wish you the best and we will be forever grateful for your contribution to our college.

Donna Packa retires after 15 years of service at CCN

As Professor and Senior Associate Dean at the Capstone College of Nursing, Dr. Donna Packa mentored nursing faculty, as well as staff, with her calm leadership and tireless work ethic. She was the ultimate professional. Beginning her career as a staff nurse and later moving into nursing education, and finally as Senior Associate Dean, she collaborated with our other faculty and administrators in providing curricula for our students.

When our students had academic concerns during the course of their studies she was always available to give them counsel. Dr. Donna Packa was at the forefront of nursing education and has been an asset to our state while promoting our nursing profession. Dr. Packa was the instrumental factor in our Commission on Collegiate Nursing Education (CCNE) accreditation and renewals.

She had countless publications, presentations, and committee and professional memberships. Most recently she received the Janet S. Awtrey Distinguished Nursing Leader Award 2012.

Dr. Packa has been looking forward to her retirement with plans of spending time with her family, especially her granddaughter Reagan, and traveling.
New Faculty

Dr. Regina Bentley, Assistant Dean for Undergraduate Programs

Dr. Bentley received a BSN from Jacksonville State University, MSN from Troy University in Montgomery and EdD from Auburn University. She presently serves as Assistant Dean for Undergraduate Programs at the Capstone College of Nursing. She received her Certification in Nursing Education from the National League for Nursing and is recognized as a Fellow in Leadership for Academic Nursing by the American Association of Colleges of Nursing. Prior positions include Associate Professor at Auburn University, Associate Dean at the Texas A&M Health Science Center College of Nursing as well as Associate Vice President for Academic Affairs. Prior to moving to Texas she served as President of the Alabama League for Nursing where she received the Lamplighter Award.

Dr. Bentley’s research interests and publications have focused on nursing education as well as international service learning, global health and interprofessional education. She has accompanied students on international teams to Ecuador and Bolivia where they assisted in caring for patients in less than ideal situations. Her most recent trips consisted of interprofessional healthcare teams. Professional memberships include National League for Nursing, Sigma Theta Tau, American Nurses Association, International Nursing Association for Clinical Simulation and Learning, Phi Kappa Phi, and the Association of Women’s Health, Obstetric and Neonatal Nursing.

Dr. Graham McDougall, Martha Saxon Endowed Chair in Nursing

Dr. McDougall was born and raised in New Orleans, LA. He earned his graduate degree at the LSU Health Science Center where he majored in Geriatric Psychiatric Nursing and received a National Institutes of Mental Health Fellowship. He was employed in both inpatient Neuro-Psychiatry at Charity Hospital and outpatient Psychiatric Nursing at Associated Catholic Charities in New Orleans, LA. Through his advanced nursing practice, he earned dual national certifications as an adult psychiatric clinical specialist and gerontological nurse practitioner. He went on to receive his PhD degree in Education and Cognition at The University of Texas at Austin. His doctoral research, under the mentorship of Drs. Claire Ellen Weinstein and Oscar Mink, focused on the subjective evaluation of memory and implications for cognitive changes in normal aging.

A major focus of his research has been to understand the aging brain and how the subjective evaluation of memory may lead to cognitive decline. The research explains the cognitive difficulties experienced by older adults who are worried about memory loss. The research shifted the emphasis of cognitive aging from traditional models emphasizing decrements and losses to potential and gains. He received the National Institute of Mental Health, Mental Disorders of Aging Branch Faculty Scholar Award under the mentorship of Dr. May Wykle at the Frances Payne Bolton School of Nursing at Case Western Reserve University as an assistant professor. In addition, NINR funded an AREA research award. He then joined the nursing faculty at The University of Texas at Austin.

A unique memory training intervention called SeniorWISE (Wisdom Is Simply Exploration) was tested in a Phase III randomized clinical trial funded by the National Institutes on Aging. SeniorWISE is registered with the U.S. Patent and Trademark Office. The model has been tested with over 1000 older adults who have participated in various health promotion interventions in which they have learned strategies for successful aging.

Dr. Regina Bentley

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Dr. Regina Bentley

Dr. Graham McDougall
He has authored over 60 scientific articles and 25 chapters, delivered almost 200 invited presentations and his research and perspectives have been profiled in high-impact media: The Today Show and O, The Oprah Magazine. Awards and honors for his research include the Mind Alert Award for Mental Fitness from the American Society on Aging and MetLife Foundation; the Edge Runner from the American Academy Nursing; National Academies Keck Futures Initiative; Nurse Scientists: Committed to the Public Trust, Johnson & Johnson: Nurse Scientist Award, Friends of the National Institute of Nursing Research; and Media Award, American Academy Nursing.

Dr. Marsha Howell Adams, Senior Associate Dean

Dr. Marsha Howell Adams was named the Senior Associate Dean of Academic Programs effective on June 1, 2012. Dr. Adams has served the College of Nursing for the last 29 years in the role of Assistant Dean of the Undergraduate Programs, Director of the Undergraduate Programs, and as graduate and undergraduate faculty.

Presently, she is also serving as the Interim Assistant Dean of Graduate Programs. Dr. Adams received a BSN, MSN, and DSN-Nursing Administration from the University of Alabama, School of Nursing at Birmingham. She earned a Post-Master’s Certificate in Rural Case Management from the University of Alabama, Capstone College of Nursing. Dr. Adams is President-elect of the National League for Nursing and is recognized as an Academy of Nursing Education Fellow.

She is also a Fellow in the University of Alabama and Southeastern Leadership Conference. She is recognized as a Nursing Academic Fellow by the American Association of Colleges of Nursing. Dr. Adams is presently on the Editorial Boards for Nursing Education Perspectives and Journal of Community Engagement and Scholarship. She has been the recipient of the CCN Board of Visitors Commitment to Teaching Award, the University of Alabama National Alumni Association Outstanding Commitment to Teaching Award, the Alabama League for Nursing Lamplighter Award and the Alabama State Nurses Association Outstanding Nurse Educator/Academe Award. Dr. Adams has served as a rural nursing consultant for over 25 years. Clinical research interests and publications have focused on rural women and children and nursing education.

Sara Kaylor

Sara Kaylor received her BSN from The University of Alabama Capstone College of Nursing in 2005, and in 2011, received her Master of Science in Nursing in the Rural Case Management track, also from the Capstone College of Nursing. Ms. Kaylor is a current doctoral Ed.D candidate at The University of Alabama, and is completing her dissertation entitled, The Experiences of Nursing Care for Female Medicaid Recipients.

Her areas of research interests include qualitative phenomenology, critical and feminist theoretical approaches, exploring the perspectives of individuals within vulnerable populations, and innovative teaching strategies for promoting diversity education among nursing students.

Ms. Kaylor has six years of experience as a trauma/surgical critical care nurse. She joined the faculty at the Capstone College of Nursing in 2009 as a part-time clinical instructor for Fundamentals, and in the Fall of 2012, she joined the faculty full-time and currently teaches Fundamentals of Professional Nursing Practice and Pharmacology for Nursing Practice.

Dr. Cynthia Kelly

In August of 2012 Dr. Kelly joined the University of Alabama as an Associate Professor of Nursing teaching both the masters and doctoral courses. She received her BSN, MSN, and PhD
from the University of Cincinnati in Cincinnati, Ohio. Her career began in 1981 in the neonatal unit of Charlotte Memorial Hospital. From that beginning, her career has including pediatric intensive care, adult medical surgical care, labor, delivery, mother and infant care, occupational health and education. She has worked as a staff nurse, unit supervisor, manager, and researcher as well as appointed and elected positions on numerous committees.

While at Xavier University Dr. Kelly became tenured and promoted to Associate Professor of Nursing and was the concentration coordinator for nursing forensics and informatics specialties. Her main research aim is to help patients adhere to treatment protocols. Her research began by replicating Prochaska and DeClementi’s seminal and ground breaking Stages of Change research. Findings from Dr. Kelly’s research resulted in the identification of a new middle range theory “Commitment to Health Theory”, a scale and intervention bundle. More research is needed to refine the scale, and theory testing. Dr. Kelly is certified as a CNL (Clinical Nurse Leader and CCP (Chronic Care Professional).

Dr. Leigh Ann Poole
Dr. Leigh Ann Chandler Poole has a PhD in Nursing from Duquesne University (2008), a MSN with specialization as a Family Nurse Practitioner from UAB (1998), a BSN from the University of Alabama (1995), an ADN from Jefferson State (1991), and a PN degree from Shelton State Community College (1990).

Dr. Poole holds national certification as a Family Nurse Practitioner from the American Nurses Credentialing Center. She specializes in Nurse Practitioner education. Dr. Poole is a primary care provider, a specialist in health care policy, advanced health assessment, advanced pharmacology, and online education.

Her nursing experience includes emergency, labor and deliver, neonatal ICU, disaster relief, student health, international missions, and travel nursing. Dr. Poole has an extensive history of online curriculum and program development, strategic planning, assessment and evaluation, and accreditation preparation. Dr. Poole’s clinical research interests are in telehealth and health seeking behaviors in vulnerable populations.

Dr. Stephanie Turner
Dr. Stephanie Turner is an Assistant Professor in the undergraduate program at the Capstone College of Nursing (CCN). She earned her Bachelor of Science (BSN) in 1995 and her Master of Science in Nursing (MSN) in Family Nurse Practitioner in 1999. Both degrees were obtained from the University of Alabama in Birmingham.

In 2008, Dr. Turner earned a Doctor of Education (Ed.D) from the University of Alabama. Dr. Turner’s background includes emergency medicine and critical care.

Dr. Chrystal Lewis
Dr. Chrystal Lewis is an instructor in the undergraduate program. She received her BSN from the University of Alabama at Birmingham in 2007. She received her MSN in Nurse Educator from the University of Missouri – St. Louis in 2009. She is currently a doctoral candidate at the University of Missouri-St. Louis. Her background is adult medical surgical intensive care nursing. She currently teaches in NUR 471 Complex Client and is the course leader for NUR 475 Preparation for Licensure. She received a grant from Sigma Theta Tau International in 2011 for research in standardized testing remediation for NCLEX-RN preparation. Her research interests are using web-based education programs for family members of ICU patients and psychological distress experienced by family members of ICU patients.
Dr. Susan Appel was an author on the manuscript “Detecting and treating hypoglycemia in patients with diabetes” in Nursing2012. She is also a co-investigator for “Ghrelin, PAI-1 and their Associations with Adipokines and Obesity Indices, CVD and Fat Mass Distribution in the Jackson Heath Study” as a part of a NIH P20 grant.

Dr. Heather Carter-Templeton received her Board Certification in Nursing Informatics from ANCC.

Dr. Norma Cuellar was an author for two chapters in Research for Advanced Practice Nurses. They were “Reporting results through publications” and “Reporting results through presentations.” She was also appointed to the Board of Directors for the National Association of Hispanic Nurses.

Dr. Susan Gaskins was selected by the American Academy of Nursing to serve on the Expert Panel for Infectious Diseases.

Dr. Ann Graves was selected as Faculty Fellow in Service Learning Program sponsored by the Center for Ethics and Social Responsibility at the University of Alabama.

Dr. Karl Hamner was awarded a $20,000 research grant for “Alabama Broadband Initiative Monitoring and Evaluation Framework Development” by the Alabama Department of Economic and Community Affairs.

Dr. JoAnn Oliver was an author on the manuscript “A Randomized Trial Evaluating ‘I Can Cope’ in Low Income Cancer Survivors” in the Journal of Health Communication. She also was an author on “Does religiousness and
spirituality moderate the relations between physical and mental health among aging prisoners?” for the Journal of Geriatric Psychiatry. Dr. Oliver also was an author of the chapter entitled “Advance directive: Planning for the end of life” in Counseling Clients Near End of Life: Practical Perspectives on Fundamental Issues.

**Dr. Anthony J. Roberson** authored the section on “Poverty, Adolescence, and Mental Health” in the Encyclopedia of Adolescence. He was also an author on “Adolescents’ perceptions of their consent to mental health treatment” in the Journal of Nursing Scholarship. Dr. Roberson’s also authored “The evaluation of the relaxation training and sleep hygiene education for insomnia of depressed patients” for the Clinical Scholars Review.

**Dr. Kay Sackett** was selected as Senior Editor for Online Journal Nursing Informatics. She will have a column geared toward technology use in rural areas published three times per year.

**Dr. Marietta Stanton** an author on manuscript “Smart Phone Preventive Health Care: Parental Use of an Immunization Reminder System Based on Health Belief Model” in the Journal of Pediatric Health Care.

**Dr. Felicia Wood** was awarded a $10,000 research grant for “Interactive Multimedia Tailored to Improve Diabetes Self-Management” funded by the Walker Area Community Foundation.

**Dr. Roy Ann Sherrod** was the recipient of the 2012 Board of Visitors teaching award.