THE CAPSULE

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New Faces
As the new dean, I feel it is important for those who are associated with the college to know some of my personal, as well as professional, history; because both play a crucial role in the way I conduct my work and relationships.

Having been raised in a family of humble means, I am a proud first-generation scholar. I started my career with an RN diploma from South Side Hospital School of Nursing in Pittsburgh, Pennsylvania, and went on to earn a bachelor’s degree from Villa Maria College in Erie, Pennsylvania. My master’s degree is from the Medical University of South Carolina; and my doctoral degree is from Texas Woman’s University. I also completed a Hartford Postdoctoral Fellowship at the University of Arkansas for Medical Sciences and a Nurse Executive Fellowship through the Robert Wood Johnson Foundation.

Over the course of my 33-year nursing career, I have worked as an ICU nurse, a clinical nurse specialist, a nursing administrator, a nurse researcher; and I progressed through the ranks as a faculty member. Most recently, I served as associate dean for practice and community engagement and nursing professor at the University of Kentucky College of Nursing.

While I am a passionate about the nursing profession, I am also passionate about my faith, and about being a wife, mother, and grandmother. My husband, Frank, and I recently celebrated our 30th wedding anniversary. We are blessed with two daughters, including one who is a registered nurse, and three grandchildren. From a social perspective, we are also passionate athletic fans.

Counting my blessings is a lifelong habit; but one that I am particularly mindful of now. I have a wonderfully supportive family who is excited about my opportunity to lead the Capstone College of Nursing. I am surrounded by a dedicated faculty, staff, and volunteer board. I can count on a strong alumni base eager to play active roles in the future of our college. Together, we have a challenging yet rewarding opportunity to educate the next generation of nurses who will play leading roles in health care across the state of Alabama and throughout the nation. I feel truly blessed!

As we approach the holiday season, I am counting my blessings. Each day as I enter the college I feel a tremendous sense of gratitude for the opportunity to lead our exceptional team of faculty and staff and our brilliant body of students. In recent years, my work as president of Sigma Theta Tau, the International Honor Society for Nursing, has taken me to colleges across the U.S. and around the globe. In my travels, I have not seen a college of nursing that is more impressive or better equipped than our Capstone College. It is a tremendous honor and privilege to work here. I am also grateful to follow in the footsteps of Dr. Sara Barger, an outstanding dean, who built and left the college in a very strong position. In a university with such a strong winning tradition, she is clearly one of Alabama’s champions.
All it took was one voice and a young woman’s future was forever changed.

Now, 35 years later, the newest Capstone College of Nursing Dean Suzanne Prevost could not imagine where her life would be had she chosen to ignore that voice and follow her childhood ambition of being an athlete and a physical education teacher.

“I was on a bus coming home from a basketball game; and I just had this sudden and, to me, audible message from God saying, ‘It’s my will for you to be a nurse,’” Prevost said. “It’s something I had never entertained or considered before. I didn’t know any nurses, but I just felt this sudden clear direction that that’s what I was supposed to do.”
No questions asked, she turned down another scholarship opportunity and pursued her nursing career. She became a registered nurse at the age of 20 and landed her first job in the intensive care unit at Montefiore Hospital in Pittsburgh. “I thought the ICU was the most exciting and challenging place to work; and I thought if I could be successful there, I could do anything,” she said.

Within six months, she also returned to college to complete her bachelor of science in nursing degree. For two years, Prevost went to school Monday through Thursday and worked every weekend. When she completed her degree, she was ready for an adventure. Working as a traveling nurse, Prevost had the opportunity to work in the Lake Tahoe area, the Pocono Mountains in Pennsylvania, and Beaumont, Texas, where she met her future husband.

For the next 12 years, Prevost moved five times, had two daughters and earned both a master’s degree and a doctorate. After consistently changing jobs to accommodate her husband’s career, a time came for the couple to make a move to further her career. In 1998, the family packed up and moved from Texas to Tennessee, where she became a nursing professor and the National HealthCare Chair in Geriatrics at Middle Tennessee State University.

Up until that point, Prevost worked in joint appointment positions, combining her nursing practice and educational roles. The Tennessee move was her first full-time teaching position. Teaching was not, however, one of her early career goals. She initially pursued her doctorate to develop stronger research skills to use in the practice environment; but over time she felt called to focus on teaching.

“My decision to pursue nursing was a spiritual calling. I felt that God was leading me and that notion has been repeatedly confirmed . . .”
“My decision to pursue nursing was a spiritual calling. I felt that God was leading me and that notion has been repeatedly confirmed over the past 30 years,” she said. “Many times over God has put in the place I needed to be at any given point and time; and I feel extremely grateful for having had 30 wonderful years of opportunities in the nursing profession.”

After 10 years at Middle Tennessee State, Prevost started looking toward the future and thought she might try her hand at academic administration. She applied for associate dean positions at several universities; but she chose the University of Kentucky so she could be closer to her older daughter and her grandchildren after her son-in-law was involved in a serious accident. Five years later, her career continued to evolve and, again, the timing felt right when she applied for the position at the University of Alabama.

In addition to her roles as associate dean in Kentucky and as dean of the Capstone College of Nursing, for the past two years, Prevost has served as president of Sigma Theta Tau, the International Honor Society for Nursing, a role she considers her most important accomplishment to date. With 130,000 members in 85 countries, her tenure as the organization’s president has seen a growth in membership, as well as the nature of the organization’s impact, she said.

“In the past two years, I have met with nurses and given presentations on six different continents. We’ve translated our membership materials into four different languages and we’ve developed nursing networks that help our members collaborate with other colleagues around the world,” Prevost said. “We have really expanded the organization in a global perspective.”

Through her journeys Prevost has faced many challenges. With many moves, she has learned patience and flexibility. Her experiences have taught her valuable lessons that contribute to her success in each new role.

“I really like a job that allows me to develop relationships, whether it’s patients and families or faculty and students, I enjoy getting to know people, learning about their backgrounds and understanding what motivates them,” she said.

And despite the challenges that arise, there are just as many rewards.

“The thing I really enjoy is when I have students or employees who I can challenge to stretch their capacity and to achieve successes that they might not have imagined for themselves,” Prevost said. “It is so rewarding to get the news from one of my former students or former employees to hear that they’ve completed an advanced degree, received a promotion, published a paper, or received a grant. It makes me feel I’m doing my job when I see people that have worked for me or with me become highly successful in their own careers.”

Prevost may not have had childhood dreams of becoming a nurse, but this was definitely the field for her. “When people ask me – What would you be, if you were not a nurse? I tell them, I can’t imagine anything I would rather do.”

“Roll Tide Roll!”
Jack and Angie Giambalvo

A Legacy of Leadership

Written by Dr. Sara Barger & Photographed by Patrick McIntyre
Why would a couple from York, Pennsylvania decide to contribute over $1 million dollars to The University of Alabama and establish the Angelyn Adams Giambalvo Dean's Endowed Chair in Nursing? In order to answer that question, we traveled to York, Pennsylvania to talk with Angie and Jack and their four children, Michael, Beth, John and Jodi. We learned a lot about this family, not only about their success, but also about their values, and what matters most in life.
Jack grew up in York, one of three sons of a father who worked as a presser in a garment factory. The family was lower middle class and fell upon extreme hard times when Jack was a teenager. At age 15, Jack got a job in housekeeping cleaning floors at York Hospital. After a few months he became an orderly. That allowed him to live in the residence hall occupied by the MD interns. One of those interns, Dr. Altland, had accepted a residency at the University of Alabama at Birmingham. Dr. Altland encouraged Jack to become a nurse and then a nurse anesthetist. Dr. Altland told him that if he could get the $750 for tuition at UAB’s nursing school, Jack could live with him and his wife and go to nursing school. With difficulty, Jack and his parents came up with the money and Jack boarded the train in York for Birmingham, Alabama. Upon arrival in Birmingham, he walked to the School of Nursing and began his new life as a nursing student. The arrangement to live with Dr. Altland and his family fell apart when Dr. Altland’s plans changed and Dr. Altland returned to York. Still determined to be a nurse, Jack moved into a dorm.

One day he was on the third floor looking out the window when he spotted three girls walking down the sidewalk. One particularly caught his eye. He asked his friend who she was and was told that was Angelyn Adams. He asked her out several times and she always refused. However one day in the cafeteria she came up to him and asked what a boy from Pennsylvania was doing going to nursing school in Alabama. While Jack doesn’t remember his answer, he does remember that he asked her out for coffee, and this time she accepted. They started dating in October. Without the housing support from Dr. Altland, Jack dropped out of school after one semester and returned to York where he, again, worked at York Hospital. He quickly returned to Tuscaloosa to be with Angie. He got jobs selling everything from pots and pans to encyclopedias. They were married in April of the following year, six months after their first date.

Hoping to get back in school, Jack borrowed money so that he could enroll at The University of Alabama as a business major. When Jack and Angie learned she was pregnant, Jack knew he had to get to work. He now had a family to support and a wife who was starting her senior year in nursing school in Tuscaloosa.

Angie knew she wanted to be a nurse from the age of eight. Her father had died when she was three. Her mother went to work as a nurse’s aide in the hospital in Enterprise. When her mother was promoted to be head of housekeeping at the hospital, Angie was in the fifth grade and she and her mother moved to a house on the hospital grounds. Her mother’s staff washed the scrubs for the surgical staff and Angie tried to help with the ironing and embroidering little rose buds on the newborns’ clothing. She was very happy with her life at the hospital, but her mother became ill with lung cancer and died when Angie was only twelve. Now without a mother or a father, Angie went to live with her older sister on the farm. In high school, Angie’s principal loaded up his car with her and other students he felt showed a lot of academic promise and brought them to see The University of Alabama. While visiting, Angie applied for admission as a nursing student and for a scholarship. Angie received the Pearl Sparks Scholarship through the Pilot Club for $500 and the $100 Essie Russ Scholarship from Enterprise. In addition, Angie’s mother had bought an educational insurance policy that helped. While all of these sources made
As a senior, she returned to Tuscaloosa. Her last course was community health nursing. The fact that the clinical experience was outside the hospital made it possible to graduate when she was seven months pregnant. In fact, while 42 students had enrolled with Angie, only 13 graduated.

When the young couple returned to York, Jack held three jobs to support his young family. Eventually, he got a “real” job selling tires for a B.F. Goodrich distributor to corporate accounts. One of these was Bratton Buick. One day Bob Bratton called him and offered him the position of Used Car Sales Manager. Later R.W. Bowman hired him as the Used Car Sales Manager for GMC and American Motors where he worked for more than five years.

Angie took her state boards, had Michael, and then went to work for the Visiting Nurse Association. She left the VNA to do private duty nursing. After having her second child, Beth, she worked in a nursing home. Then she worked swing shifts on the surgical floor at York Hospital. When Memorial Hospital across town offered her a straight day shift with one weekend a month, she jumped at the chance because she had two children at home.

This time she worked on a general medical surgical nursing floor.

In 1966, a friend urged Angie to go with her to take the civil service test for the Pennsylvania Department of Public Health. In the health department, she worked in well baby, crippled children, and TB clinics among others. She left the health department in December, 1967 when she was pregnant with her third child, John, who was born in June. The following year she returned to the health department where she worked until 1972. Pregnant with Jodi, Angie left the health department in 1972 and Jodi was born in 1973. Angie intended to return to the health department but the state froze all health department jobs.

At the time, Jack heard that the Pontiac –Buick dealership in Red Lion, Pennsylvania, about ten miles from York was up for sale. The price was $235,000. Jack didn’t have $235,000 so he went to see Jack Moore who owned the Cadillac dealership in town. Jack Moore asked “Can you do this?” and young Jack assured him he could. Jack Moore told him if he could come up with $25,000, he would loan him the rest. To come up with the necessary funds, he borrowed $7,000 on his life insurance policy, $10,000 from a friend who owned a local business, $5,000 from his physician and $3,000 from a childhood friend, Jef Gibson. Since Jack was buying the dealership, it was even more important that Angie return to work. While she couldn’t return to the health department because of the job freeze, she did return to the VNA.

Both Jack and Angie believe that nursing gave their family the ability to buy the dealership. As Jack describes their situation, he says, “Angie worked and this allowed the family to live on what she made and for me to pay back what I owed.” In fact, he was able to pay everyone back by 1980, only seven years after that initial purchase. His next acquisition was the Pontiac dealership in York followed by the Isuzu and Mazda dealerships within a year. Now the Giambalvo family’s holdings include three dealerships with eight franchises and commercial real estate holdings as well. Two of the eight franchises are businesses where he had worked as a young man.

To what does this family attribute their success? Jack says that a willingness to take risks was important. Both Jack and Angie believe that Angie’s nursing career gave them the financial security to provide for their growing family, and make it possible to get their first dealership. They also credit people who helped them along the way; Angie’s high school principal, and Jack Moore, the Cadillac dealer who gave Jack the opportunity to get his first dealership among others. Jack and Angie also
it possible for the couple to buy the first dealership. She also says that nursing knowledge helped her raise her four children. Now she says nursing enables her to be a full participant in her own care and to share that nursing knowledge with friends and family. She identifies the core characteristics of nurses as caring, intelligence and a gentle touch.

For both Jack and Angie, family comes first and the family is heavily involved in the Giambalvo automobile business. From John who holds the position of President & CEO of Jack Giambalvo Motor Company, Inc., Mike and Beth who have worked in the business for over 30 years to grandchildren who have worked there over the years. Family values have also been passed on. Daughter Beth describes them simply as, “Do the right thing, even when it’s hard,” honesty, integrity, and of course, that family work ethic.

The eldest son, Mike, says his dad is still one of the best sales people he knows. His Dad believed in himself and that failure was just not an option, says the younger son, John. Also instilled in this family is the importance of giving back. The family actively supports a number of charities in the York area including the Special Olympics, Distinguished Young Women, USO, American Cancer Society, among many others. John, who was named a Regional Finalist for the 2010 Time Magazine Dealer of the Year (which emphasizes community service), says it is a norm in their family to give back to their community. The family adds that the gift of the Dean’s Chair is “normal, it’s just a little bigger.” The Giambalvos already have two scholarships at The University of Alabama and provided support for the Nursing Building.

When asked what advice would the couple have for new dean, Dr. Suzanne Prevost, who incidentally is also a native of Pennsylvania, both Angie and Jack were thoughtful in their responses. Angie said the Dean needs to see the overall picture, the curriculum, and the financial picture. The curriculum must be current and the professors well qualified. And Dr. Prevost needs to make sure we do not go back to the “old ways.” In addition, it was important to be fair, strict, and to make sure you “inspect what you expect”.

The children of Angie and Jack did have a final word of advice for the new dean, “Look at all of your students, know, and help them know, that this (looking at their family) is what can happen. Your impact on the lives of your students goes far beyond the academics.”
2013 has been a year to celebrate at The University of Alabama. Thanks to the generosity and dedication of our supporters, UA continues to set the standard of excellence in academics, research and service. With your renewed support, there is no limit to what we can accomplish.

Help us make 2014 even better. Visit onlinegiving.ua.edu to make your gift today.
There are many times in life when you get to be or do something but wonder if it is truly what you deserve. Pondering your worthiness is perhaps natural but what is important is what you do with that “something” whether you deserve it or not. This question is one that I faced when asked to share my personal perspective as the first African American graduate of the first class at the Capstone College of Nursing.

The University of Alabama is commemorating the 50th anniversary of the Stand in the Schoolhouse Door throughout 2013, with a series of activities and events designed to honor the desegregation of the University in June 1963; to honor the courage and dedication of the two African-American students, Vivian Malone Jones and James Hood, who enrolled in the University on June 11, 1963; to honor the University’s ongoing commitment to change over the past 50 years; and to continue progress in the next 50 years. As I reflect back on my journey, it is difficult for me to comprehend that slightly more than a decade later I would walk out of the University with a degree. It took courage, change and progress in a number of ways for that to happen and I would like to share my perspective using those three concepts.

COURAGE ~ Just because you are first, it does not necessarily mean that you have courage, but it certainly means that at some point you had to use courage. Ambrose Redmoon noted that “Courage is not the absence of fear, but rather the judgment that something else is more important than fear”. I guess that something else for me may have been when my parents said “We are not going to take care of you forever. You are going to have to do that for yourself”. Not being able to do so outweighed any reservation I may have had about completing my education.

CHANGE ~ When you are first, you are either changed or you create change. I can definitely say that I was changed inexplicably from being the first African-American graduate of the Capstone College of Nursing. I had an enhanced sense of what is possible, and was changed from a perspective of “I think I can” like The Little Engine That Could to a perspective of “I know I can.” Undergoing this change provided me with a sense of responsibility to help others make it through the doors of whatever hopes, dreams or aspirations they may have.

PROGRESS ~ The University has certainly made progress during the last 50 years, but there is still much to be done. As a part of that progress, I have had the opportunity to experience being first in a number of other ways including the first African-American female to serve as the Assistant to the President of the University and secretary of the University Faculty Senate. This progress for me personally has not been without challenges such as questioning of who you are by your peers; of why you are where you are by colleagues; and of what you have done with your opportunities by others. William Shakespeare noted “To thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man.” Regardless of what others might think, I can honestly say that during this journey through the many doors of opportunity I have been true to my sense of courage, change and progress.
Invaluable Experience Gained from Internships
Learning to Love
by Carly Evans

One of the things that moved me most while at Children’s of Alabama is the nurses’ love for their patients. I remember walking onto my unit the first day and seeing children on trachs and vents with severe neurological deficits and other issues and thinking, first, “I am scared to death,” and, second, “How can these nurses love these children so much?” Yet, all I ever saw were nurses going in and out of patients’ rooms “oohing” and “aahing” over children who are far from what anyone would imagine a child to look like.

One patient helped me understand. Caring for this baby day after day has increased my involvement in his life and my concern over his well-being. Understanding more about the way he normally behaves makes me very excited when he does anything out of the norm. He moved my heart in a special way that I hadn’t experienced before.

After eight weeks at Children’s, I understood why these nurses love these patients so much. The more time I spend with them, the more I feel like they are my own. I rejoice in their milestones and their “good days.” I realize now that my love and attention is sometimes the only love these children receive.

My special patient was born prematurely with lung issues then later had a brain bleed, which left him neurologically impaired and mostly blind. He is 18 months old. He has never eaten, sucked on a pacifier, walked, crawled or uttered even one word. His mom works two jobs and comes by for only a few hours a day. Aside from her visits, I am the only one who touches him, holds him, talks to him, and plays with him. Just like any child, he needs love and attention. Understanding the stories of these patients and their family backgrounds makes me understand how valuable my role is as a nurse. I am so thankful for the nurses and patients who have taught me how to love in a new way. I believe it has changed the way I will view and interact with all of my patients in the future.

More Than a Checklist
by Kilee Saxe

A 92 year old man was admitted with multiple organ system failure. Fragile, arms wrapped in gauze so as not to tear. Nothing to eat or drink because every swallow went into the lungs. Struggling to breath, dwarfed behind an oxygen mask. Multiple interventions made the numbers and vital signs look good but not the patient. He drifted away from me, becoming unable to communicate. I chose to stay in this room; his eyes were kind and seemed to have a lesson that I needed to learn. Surrounding by a precious family, I yearned to spend extra moments with them, so as to milk everything I could out of my last hours caring for him.

I felt as if I were losing something dear to me, but I disciplined myself to respect the family’s privacy during his final days. He passed surrounded by all who loved him. Death will never stop stinging me, but hopefully this experience will have prepared me for future patients. I don’t think I will ever forget this patient and his family of complete angels. In the end, they were telling me how much they loved me and reminded them of one of the grandchildren. How rewarding it is to see the power of nursing.
This summer, I had the opportunity to work in the operating room. I was nervous at first. Even though I had gained confidence providing care for pre- and post-op patients in clinicals, I had zero experience caring for them during their operations. This quickly changed as I was placed right in the middle of surgery, gaining experience both circulating and scrubbing.

These opportunities have allowed me to connect the dots, giving me a deeper understanding of each patient’s needs. Feeling the thump of blood against the occlusion, watching Dr. Drummond remove it, and then seeing the return of color to the patient’s toes was unforgettable. It allowed me to more fully grasp the concepts I have been taught.

Before this internship, I heard that at Baptist Princeton Medical Center, Christian ideals of love and compassion are more than just words on the wall. The day to day attitudes expressed by its employees are more than enough to show any patient that this is true.

One of many times I saw this was during a thoracotomy. An elderly patient and her family were very nervous in the patient holding area. We were about to take her to the operating room, giving her family a few minutes to wish her good luck when she made a request.

While many patients ask for medication and quick sedation to calm their nerves, this patient simply asked that her prayer cloth be left in her hand during the surgery. I thought this was sweet, but I half expected it to be removed after she went to sleep.

When we got to the room, I was stunned by the dedication of the staff in keeping their promise to this woman. The compassion they displayed taping her prayer cloth safely in her hand and making sure it stayed through the entire surgery was mind blowing. She would have never known if it had not been there, but the nurses and doctors knew it was important to her, and they didn’t even consider letting that cloth fall out of her hands.

I really hope that I can be half as kind and compassionate as the nurses at this hospital. They are one of a kind and I am beyond grateful for the warmth and welcome they showed me and for the love they show each patient who comes through the door.

Thanks to our healthcare partners for allowing students

Children’s of Alabama, DCH Regional Medical

18 Capstone College of Nursing
It became too much for her and she informed me and the nurse working with me, Lisa Mills, that she had required a nasogastric tube (NG) just last week during a similar episode. After a phone call to the attending physician, an additional dose of Zofran along with NG tube placement was ordered.

Ms. Mills and I accompanied the patient to radiology for placement. While we were waiting, I learned much more about Mrs. D. She mentioned that she rarely gets to see her children and that I reminded her of her youngest grandson in South Carolina. We also discovered that her husband passed away several years ago after living with Alzheimer’s for eight years. Learning about her circumstances made me appreciate the stress she was feeling.

During week six, I cared for an eighty five year old female who had an impact on me. Mrs. D came to the ED early in the morning for abdominal pain and vomiting. She arrived in my unit shortly after our shift began. During my assessment, I learned she had a decade-long history of a hiatal hernia and had recently experienced multiple episodes of nausea and vomiting.

I spent much of the day trying to keep Mrs. D comfortable, working to care for her nausea and severe anxiety. With no family coming to visit, I understood why she wanted someone in her room throughout the day.

Radiology successfully placed the NG tube. I returned with Mrs. D to our unit and prepared her for the night.

The next day I had the same assignment. When I arrived to assess Mrs. D, she told me she felt she had a bad experience overnight. I promised to do everything I could to make her day better. After that, she seemed much more comfortable and less anxious. The surgeon decided to move her scheduled surgery up which made her even happier. When I was leaving that day, I went to tell Mrs. D goodbye. She asked if I would be back tomorrow. I explained to her that today was my last day for the week. She thanked me for taking care of her but said she wished I was coming back.

Ms. D taught me a great deal during the time I cared for her. I learned about her condition and procedures used to treat it. More importantly, I learned to always listen to my patients and find out about their lives as it likely explains much of their behavior. I worked with many wonderful nurses on my unit this summer who showed me that there is truly an art to the science of nursing. This was the best way I could have spent my summer. I would like to thank everyone who made it possible for me to participate in this valuable experience.
The Road Less Traveled
To paraphrase Robert Frost, we took the road less traveled and that has made all the difference in the lives of students, teachers and the wonderful people we served in China and Bolivia.

With successful international medical trips in 2012, we decided to continue our global learning experiences for Capstone College of Nursing students in partnership with e3 Ministries. With the support of the Capstone College of Nursing and The University of Alabama, two international trips took place, one in Southwest China, another in Cochabamba, Bolivia.

All students expressed the same thing regarding these trips: it was a life-changing experience!

Students started each day with breakfast, a planning meeting for the day and encouragement from trip leaders. They loaded buses for long rides into the village they were assigned. Clinics were located in local church buildings, factories, and businesses. Many people would walk from their homes to receive medical care each day. Students participated in triage, taking vital signs, documenting chief complaints, working in the pharmacy, helping in eye and dental clinics, and working side by side with health care providers. When the clinic slowed down, students and providers went into the village to provide care to those who had not made it to the clinic. They advised people on a variety of health topics including hand washing, back pain and nutrition. In addition, students took blood pressures and handed out vitamins and antibiotics if needed.

After returning from the villages, students were fed interesting meals specific to the culture. Later they took time to wind down and reflect on the day by keeping a journal of their experiences.

Not only did these trips allow students to experience cultures outside of their own, it gave them the opportunity to provide holistic care. Students were encouraged to meet the physical, mental and spiritual needs of the people they encountered. The experience required them to ask for help when needed, especially if there was uncertainty about patient requests. This is exactly what we expect in the hospital setting.

The trips brought true hands-on experience to the holistic care we teach in the classroom. The power of touch has such a healing effect, students were encouraged to love on these people. Teaching caring behaviors can be difficult in the classroom setting but in Bolivia and China, students were able to put what they learn into practice.

It was truly an amazing experience for everyone involved. The Capstone College of Nursing is excited to see what the future holds for further global medical trips!
“While I know we made a difference in their lives today, they made an impact on me that I will cherish forever.”

“This trip has only given me more passion to care for people who cannot care for themselves.”

“This trip opened my eyes to culturally competent care in a way that a textbook could not achieve.”

“I learned to never overlook showing kindness and hospitality to strangers.”

“. . .it taught me how to truly provide holistic care to my patients.”
"I know that this trip will make me a better nurse in the future."

"A woman was overcome with happiness when she was fitted with a pair of glasses, because she had not been able to see to read in over 20 years."

"This experience taught me not just to care for patients but to show them love and compassion as well."

"A simple smile from me almost always elicits a warm smile in return."

"I'm bittersweet coming home, pieces of my heart are still in China."
A Transcultural Nursing Experience for UA Nursing Students at Chiba University in Chiba, Japan

Four UA students completed a 10-day transcultural nursing experience this summer through Capstone International’s Study Abroad program. The three undergraduate students’ were Julia Meneghetti, Catherine Raulston and Kimiko Clayton. The fourth was a graduate DNP student, Jordan Maguran.

Highlights of the trip included interacting with Japanese faculty and students and experiencing Japanese nursing education first hand. Students visited a Nurse Midwife owned birthing center, group homes, a free clinic, and various departments at a 1000 bed teaching hospital where students observed open heart surgery and visited pediatric and psychiatric units.

The students, faculty member and an instructional designer were also afforded a unique opportunity to participate in an invited international presentation via
Polycom © to the deans, faculty and students from the University of Kochi, University of Hyogo, Tokyo Medical Dental University, The Japanese Red Cross University, and Chiba University, Chiba, Japan. The title of the topic was Experiencing Distance Learning at the University of Alabama Capstone College of Nursing: Faculty, Students and Instructional Design Perspectives.

Let’s not forget some of the other activities in which students’ and faculty participated; wearing a kimono and participating in a tea ceremony, singing karaoke, seeing “Yuka” a one million year old perfectly preserved woolly mammoth, a cruise in Yokohama Bay, a “less than a minute” elevator ride 68 stories up for a panoramic view of metropolitan Tokyo and Mt. Fuji in the distance, visits to temples, shrines and gardens, shopping (of course) and a visit to Tokyo Disneyland.

After our return to the states, some of the students who participated shared their experiences with others. During football season this fall, we had a return visit from a Chiba University member, Dr. Akiko Nosaki.

Please consider joining me for the 2014 Summer Study Abroad Program at Chiba University in Chiba, Japan.

Dr. Kay Sackett, Program Director
The Board of Visitors of the Capstone College of Nursing established the Alabama Nursing Hall of Fame in 2001 to honor nurses and others who, through their work and accomplishments, have brought honor and fame to the profession of nursing and the state of Alabama. This year’s ceremony took place at the Bryant Conference Center on the University of Alabama campus.

What a distinguished group of inductees into the Alabama Nursing Hall of Fame! Individually and collectively they have greatly influenced the profession of nursing and health care in the state of Alabama and the nation. To honor them is to honor the most noble of professions—nursing.

Dr. Sara E. Barger’s dedication to nursing spans 45 years. In public health and academic settings, she worked tirelessly to improve the quality of health care delivery. Her leadership as Dean of the Capstone College of Nursing propelled the school to a higher level of excellence marked by unprecedented growth, the completion of a state-of-the-art facility and new degree programs. She was a pioneer in the area of nurse managed clinics, leading the efforts to decrease barriers for the disadvantaged. Sara has garnered numerous honors and awards, but her most notable accomplishment is the effect her influence will have on nursing education for many generations to come.

Dr. Delois Skipwith Guy has dedicated her life to service for those who need it most, epitomizing the best of nursing. Delois began her career in Tuscaloosa at Druid City Hospital (DCH). In 1969, her professional journey led her to The University of Alabama at Birmingham School of Nursing where she overcame barriers to become the first African-American faculty member. With a wealth of knowledge in gerontology and mental health, Delois was able to effectively carry her passions forward into the next generation, mentoring and nurturing students. She has published extensively, and is described as a national leader in research dealing with aging and the elderly. Delois Guy is a selfless advocate and whole-hearted champion for the field of nursing.

Dr. James L. Harris began his career working at the bedside, specializing in mental health nursing. James provided direction and leadership to hospitals, academic institutions and governmental entities throughout his extensive career, which began in Alabama. Since 2009, he has served as the Deputy Chief Nursing Officer for the Department of Veterans Affairs in Washington, D.C where he is responsible for the planning and formulation of national policies and activities for over 80,000 nursing staff who deliver health care to veterans. He is an experienced nursing professor, clinical practitioner, scholarly author and the national expert on Clinical Nurse Leaders. With a true servant’s heart, James Harris’ selfless dedication to patients with psychiatric illnesses and our military veterans is nothing short of admirable.
Dr. Martha G. Lavender has dedicated her career to proactive leadership and personal investment in those around her. She has a strong passion for women and children’s health, but her impact on other nursing disciplines is felt internationally through her tireless community service, frequent publications, professional organizational involvement and speaking engagements. After working as a clinical nurse, her career turned to educating the future generation of nurses. Martha’s national influence came to the forefront when The Center for Domestic Preparedness tapped her to provide training oversight for governmental entities including FEMA and the Department of Homeland Security. She is a Visiting Professor at UAB School of Nursing, President of the Alabama Board of Nursing, and Owner and President of MGL Consulting, Inc. With an expansive career, Martha Lavender has genuinely made a difference in the future of Alabama and the nation.

Dr. Nena Frost Sanders has a multifaceted career in nursing that spans more than three decades. She has made a significant impact on the profession, both in the state of Alabama and across the nation. Her leadership and guidance in nursing education has paved the way for thousands of nurses to enter the workforce prepared to excel in their various roles. As the Ralph W. Beeson Dean and Professor at Ida V. Moffett School of Nursing at Samford University, she led the program through the most ambitious and productive era of expansion in its 90 year history. Under her direction the nursing school increased enrollment and developed new academic programs and initiatives. Active in healthcare policy development at the national level, Nena willingly shares her expertise and is a leader in the field. The legacy of Dr. Nena Sanders is her commitment, vision and enduring spirit that are reflected in those she has influenced.
As a new learning simulation, 5th semester UA nursing students collaborated with pharmacy students at UT’s Memphis and Knoxville campuses. In this telemedicine exercise, students used telehealth devices and iPads. Together, students successfully problem-solved elements that were preventing an elderly patient from being weaned from the ventilator.

The objective of this unique partnership between schools was to improve the communication skills and knowledge of each discipline’s contribution to patient care. The role of the faculty was to model and direct the students’ attention to the fact that patient care is a team effort. Knowledge of the skills of each discipline assist the novice nurse to collaborate to improve patient outcomes.

This partnership was a result of the work of Dr. Regina Bentley, Assistant Dean of the Undergraduate program at the University of Alabama Capstone College of Nursing (CCN), Dr. Leslie Hamilton, Assistant Professor at the University of Tennessee College of Pharmacy-Knoxville, and Dr. Angela Collins at CCN.
Dr. Marsha Howell Adams, Professor and Senior Associate Dean of Academic Programs at The University of Alabama Capstone College of Nursing, was inducted as President of the National League for Nursing (NLN) during the NLN Educational Summit in September 2013. Dr. Adams will serve as president for two years.

Dedicated to excellence in nursing education, the NLN is the preferred membership organization for nurse faculty and leaders in nursing education. NLN members include nurse educators, education agencies, health care agencies and interested members of the public.

The NLN offers faculty development programs, networking opportunities, testing and assessment, nursing research grants and public policy initiatives to its 39,000 individual and 1,200 institutional members. Cited by the American Society of Association Executives for the “will to govern well,” the NLN is committed to delivering improved, enhanced and expanded services to its members and championing the pursuit of quality nursing education for all types of nursing programs.

The National League for Nursing, headquartered in Washington, D.C., is led by a board of governors elected at-large by the membership for three-year terms. The volunteer president and president-elect of the board work closely with the NLN’s chief executive officer.

Dr. Adams has been an NLN member since 1983. During this time, she served on the Board of Governors for two three-year terms, as President-elect for two years and on the Academic Nurse Educator Certification Commission. She has chaired numerous task forces focusing on nursing education standards and excellence initiatives in nursing education.
UA Takes Collaborative Approach to Help Patients with Multiple Chronic Conditions
By Kim Eaton

University of Alabama students are learning the value behind the “two heads are better than one” concept when addressing the health-care needs of rural communities.

The Capstone College of Nursing received a $997,173 grant from the U.S. Department of Health and Human Services to implement a collaborative, team-based approach to working with patients who have multiple chronic conditions.

Chronic conditions are conditions that last a year or more and require ongoing medical attention. They include both physical conditions – arthritis, cancer, HIV infection – as well as mental and cognitive disorders, such as ongoing depression, substance addiction and dementia. Multiple chronic conditions are two or more chronic conditions that affect a person at the same time.

“People are living longer, but they are getting sicker earlier,” said Dr. Leigh Ann Chandler Poole, UA assistant professor in nursing and coordinator of the Nurse Practitioner Concentration in Mental Health and Primary Care for Rural Populations. “What we’re doing is not working, so we’re moving to models that use interprofessional teams to provide quality, patient-centered care.”

The program is an innovative, interprofessional collaboration between the Colleges of Nursing, Community Health Sciences, Human Environmental Sciences and the School of Social Work, working closely with community partners Baptist Health Systems of Alabama and Zelia Baugh, its executive director of psychiatric services, and the University Medical Center.

The primary component of the three-year grant is the development of interprofessional grand round teams. These teams will be comprised of graduate-level students from the various disciplines, with nurse practitioner students in the Capstone College of Nursing taking lead on this project.

Each nurse practitioner student will be assigned patients, from rural areas, who have multiple chronic conditions, and they will follow those patients for up to a year. Nurse practitioner students will meet with their patients, do the initial workup and then present the patient to the interprofessional grand round team via telemedicine.

The team will meet on a weekly basis to come up with a plan on how to improve the patient’s quality of life and decrease problems associated with the multiple chronic conditions. That plan will then be presented to the patient’s primary care provider who will ultimately decide whether or not to implement the recommendations made by the team.

“This incorporates all disciplines, working together as a team, learning from each other and from the patient to develop best evidenced-based practice plans for the patient,” Poole said. “The patient needs to be part of the process of deciding what will work for them. The providers need to know their patient and their motivations to determine how to best help the patient achieve their health-related goals.”

According to the Department of Health and Human Services, multiple chronic conditions are associated with substantial health-care costs in the United States. Approximately 66 percent of total health-care spending is associated with care for over one in four Americans with multiple chronic conditions.

With the Affordable Care Act, health care providers have to prove what they’re doing works in order to get reimbursed, Poole said. For instance, if someone with congestive heart failure is readmitted to the hospital within 30 days, the hospital will not be reimbursed. But they still have to provide the care.

“We hope to provide quality, team-oriented care, and find evidence that this process works in improving the patient’s quality of life and health status and, at the same time, decreases the financial burden associated with multiple chronic conditions,” Poole said.
Why did you choose UA for your RN to BSN degree?

It has always been a dream of mine to attend The University of Alabama. I live in Minnesota, so I was certain that dream would not become a reality. I was incredibly excited to learn that UA offered a RN-BSN online program. I chose The University of Alabama’s RN to BSN program for several reasons. I really identified with the Mission, Vision, and Core Values that the Capstone College of Nursing subscribes to. When I was researching RN to BSN programs I was looking for a flexible, completely online program that was innovative, creative, and incorporated Nursing Informatics. In addition, it was important that the school would take most of my previous college credits. I was very impressed by the faculty’s dedication not only to their students’ education, but their own as well. I was encouraged that so many faculty members had been awarded, or were soon to be awarded, doctoral degrees. I want to learn from the best, and by attending The Capstone College of Nursing at The University of Alabama, I am!

What has your experience been with this degree program that is offered totally online?

My experience with the RN-BSN online program has been wonderful. From day one I have felt welcome, engaged, and I have learned more than I ever thought I would. I really like that it is structured in semesters. I feel that I am able to absorb more of the material over the course of the term, rather than 6 or 8 week courses that I found at other schools. The faculty is frequently available and communicates often. I have always felt that I knew what was expected of me, when tasks were due, and have access to the proper tools to accomplish those tasks. This is extremely important because in addition to going to school I work full time. Also, I am married and we have 2 small children. It is great to be able to juggle all that and still be successful in school. Along with the academic experience as a Distance Learning Student it has been incredible to feel like I have become a part of The University of Alabama campus. I know I am never required to come to campus, but I cannot wait for an opportunity to do so.

How will your BSN degree impact your career?

One reason I chose to go into nursing was because of all the different areas that you can explore. Completing my BSN degree will allow me to explore more areas in greater depth. A few areas that I am interested in are Informatics, Management and Clinical Education. I am honored to be completing my BSN degree from the Capstone College of Nursing because I can only imagine how many opportunities and new experiences that will come from it.

Jen Nash
Giving... You’ve heard the saying, “It’s better to give than receive.” Here at the Capstone, we are so thankful for our generous donors. Your generosity has provided the opportunity for some of our students to complete their nursing degree.

Last year, the UACCCNA endowed its first nursing scholarship to one of our upper division nursing students. Due to our generous alumni, this year the UACCCNA was able to establish a second scholarship for an RN mobility student.

Matthew Tyler is the first RN Mobility student to receive this award from the CCNAA. He is in the first semester of the RN Mobility Tracks curriculum and is slated to graduate in August 2014. Matthew lives in Thomasville, Alabama and received his Associate Degree in Nursing from Alabama Southern Community College.

Raven McWilliams is the recipient of the CCNAA award for traditional students. Raven is a semester 3 student from Atmore, Alabama who transferred to UA as a sophomore. Raven has a strong desire to help those less fortunate. Raven experienced difficulties growing up but she used them as motivation for a career in nursing.

The board of directors for the UACCCNA has a long term goal to provide a scholarship for every degree tract at the Capstone. We are well on our way, thanks to you! Currently, there are two scholarships available for CCN students to apply. One is for an upper division nursing student and the other is for an RN mobility student.

On behalf of our scholarship recipients and the board of directors, I would like to “Thank You” for your continued giving. You are making a tremendous difference in the lives of CCN students. If you would like more information on ways to give or endow your own personal scholarship, please contact Shelley Jordan at 205-348-9876 or sdjordan@ua.edu.

Again, thank you! We appreciate all that you do for the Capstone College of Nursing. As always, Roll Tide!

Philip B. Fikes, CRNA, MNA
President UACCCNA

Alums Honored

Five Capstone College of Nursing RN Mobility alumni received the “Excellence in Nursing Award” sponsored by B Metro Magazine. These students were nominated and chosen based on their hard work, dedication, compassion and leadership in the nursing field. The CCN alumni were honored at a banquet in August held at the Birmingham Botanical Gardens and featured in the August 2013 edition of the B Metro Magazine. Congratulations to all!

From left to right are Jada Whitaker Jones, Tina Sudduth, Michelle Cheshire (RN Mobility Coordinator), Rhonda Gonzalez and Kathy Crowe. (Not pictured, Richard Gibbs.)
Alumni Updates

‘95
Roger Kirk left full-time practice as a pediatric nurse practitioner and began as Assistant Professor at Troy University in the BSN program, January 2013. He is keeping a part-time practice at Phenix City Children, a private pediatric practice in Phenix City, Alabama.

‘09
Katie Hyde Bailey recently accepted a job as the Chief Nursing Officer of Select Specialty Hospital in Lexington, Kentucky where she oversees all clinical operations of a 41 bed, long-term acute care hospital.

‘11
Mikkii Swanson was accepted as a 2013 Society of Hospital Medicine Fellow in Hospital Medicine (FHM). Those who earn the FHM designation have demonstrated a commitment to hospital medicine, system change and quality improvement principles.

‘11
Mary Atkinson Smith has been selected for the National Rural Health Associations’ (NRHA) Rural Health Fellows (RHF) program of 2014. RHF is a year-long, intensive program that develops leaders who can articulate a clear and compelling vision for rural America.

‘12

‘12

Induction into the American Academy of Nurses
Two CCN graduates have been selected as Fellows in the American Academy of Nurses Class of 2013. Academy Fellows include hospital and government administrators, college deans, and renowned scientific researchers. “Selection for fellowship in the Academy is one of the most prestigious honors in the field of nursing,” said Academy president Joanne Disch, PhD, RN, FAAN. Congratulations to Drs. Farley and Monroe!

‘02
Dr. Todd Monroe, a MSN graduate of CCN, is currently a John A. Hartford Foundation and Atlantic Philanthropies Claire M. Fagin Fellow in the Vanderbilt University School of Nursing and the Vanderbilt University Institute of Imaging Science. Dr. Monroe’s contribution to health policy focused on alternative treatment strategies for nurses dealing with addiction and was featured in an article in The Tennessean.

Scan with your smartphone or visit http://nursing.ua.edu/alumni_update.htm to fill out the alumni update form and look for your news in the next edition of the Capsule.
Dr. Regina Bentley, Project Director, and Andrea Sartain, Co-writer, received a $5,944.00 grant from The University of Alabama Research Grant Committee for Decreasing Anxiety in the Clinical Setting and Improving Health Assessment Skills in Nursing Students Using Standardized Patients. Project period: June 1, 2013-May 31, 2014.

Dr. Heather Carter-Templeton was selected for the UA Junior Investigators program and as an Item Writer by the ANCC for the Nursing Informatics Certification Exam.

Dr. Michelle Cheshire was one of five graduate students recognized at the B-Metro Excellence in Nursing Program at the Botanical Gardens in Birmingham, Alabama on August 22, 2013. She also completed her doctoral degree at the University of Alabama in the fall of 2013.

Dr. Norma Cuellar received the 2nd Place, Mary Hanna Memorial Journalism Award presented by The Journal of Perianesthesia Nursing.

Dr. Cassandra Ford, Principal Investigator, received a $2,500 Faculty Research Award from The University of Alabama Capstone College of Nursing for Get to Goal: Utilization of the American Heart Association’s Online Program for Blood Pressure Management, 2013-2014.

Dr. Susan Gaskins, co-investigator, received a R21 award of $275,000 from the National Institute of Nursing Research, NIH for End of Life Needs of People Living with HIV/AIDS in Appalachia Tennessee and Alabama, 2013-2015.

Dr. Louann Friend received her PhD with the successful defense of her dissertation at the University of Southern Mississippi in the fall of 2013.

Dr. Karl Hamner received the CCBP 2013 Distinguished Achievement Award – Faculty/Staff presented by The University of Alabama’s Center for Community-Based Partnerships (CCBP).
Dr. Marilyn Handley & Dr. Marietta Stanton received Outstanding Commitment to Teaching Awards presented by the Capstone College of Nursing Board of Visitors.

Dr. JoAnn Oliver was appointed to the Executive Committee of the Center for Mental Health and Aging – University of Alabama. As Principal Investigator, she received a $5,800 grant from The University of Alabama - Center for Mental Health and Aging for Exploring health care providers’ perception of their communication about cancer and screening with older urban African-American men, 2013-2014.

Dr. Graham McDougall, Jr., was appointed to represent the Capstone College Nursing on The University of Alabama Research Advisory Committee, 2013-2014. He was also quoted in an essay “5 must-do’s as age wave bears down on the USA” in the Health and Wellness section of USA Today.

Dr. Leigh Ann Chandler Poole, Project Director. Dr. Regina Bentley (co-writer), Dr. Alice March (co-writer), Dantzler, J. (co-writer), and Dr. Karl Hamner (co-writer) received a Fiscal Year 2013 grant for $997,173 over three years for Advancing Nursing Education: Interprofessional Collaboration Addressing Multiple Chronic Conditions in Rural Communities. Projected project period: July 1, 2013 – June 30, 2016. Funded by the Bureau of Health Professions, Division of Nursing.

Dr. Leigh Ann Chandler Poole received the Outstanding Nurse Educator Award at the Nurse Practitioner Alliance of Alabama Annual Conference held September 11-12, 2013 in Birmingham, Alabama.

Dr. Monika Gragg Wedgeworth was selected as an Outstanding Content Expert by the College of Continuing Studies, University of Alabama for work with NUR 319, Summer 2013. Dr. Wedgeworth earned her EdD for Nurse Educators at the University of Alabama in the fall of 2013.
Dr. Joe Burrage comes to University of Alabama Capstone College of Nursing from Indiana University School of Nursing with extensive experience in nursing administration and education. He held faculty positions at LSU Health Sciences Center in New Orleans, Louisiana, University of Alabama at Birmingham, and Indiana University School of Nursing.

Prior to joining CCN, he coordinated and taught courses in the Nursing Leadership MSN track and led the IUPUI Undergraduate Honors Program. He was a key participant in the development and implementation of the Doctor of Nursing Practice degree program at IUPUI. For the past 6 years, he held a joint appointment between IU School of Nursing and Wishard Health Services as Nurse Scientist for Evidence-Based Practice and Research.

His background includes leadership in national nursing organizations such as the Association of Nurses in AIDS Care and the American Academy of Nursing and international consultations/teaching in Uganda, Rwanda and Thailand.

His current research has evolved from the development of methods to evaluate psychosocial programs offered by community-based AIDS service organizations. Focusing on HIV prevention, he is now developing a theory-based, cell phone delivered, HIV risk reduction intervention for HIV negative African-American adults.

Brandon Chalmers is the Coordinator of Student Recruitment for MSN/EdD and EdD Nurse Educator Programs for the Capstone College of Nursing. Brandon works closely with students during the application process and serves as a resource for them throughout the program. He received his Bachelor’s degree in English literature from The University of Alabama in 2010 and is currently working toward his Master’s degree in Higher Education Administration. He has worked for the University of Alabama since 2010 and joined CCN in May of 2013.

Tabby Hinton Brown joined the Capstone College of Nursing in September 2013. In her role as Communications Specialist for CCN, she focuses on increasing the visibility of the school and its faculty. She designs and produces The Capsule, as well as other printed and digital public relations materials. She also assists in producing special events for the College. She received her B.A. in Communications from The University of Alabama. She worked as a public relations professional in the hospitality industry before coming to CCN.
The Olivia Mills Global Outreach Fund has been established to support the Capstone College of Nursing’s international medical missions and honor Olivia’s passion for mission work.

If you would like to contribute to this fund, please send memorials to:

Capstone College of Nursing  
c/o Shelley Jordan  
Box 870358  
Tuscaloosa, AL 35487