Seniors 2010 Say Good Bye Russell Hall
Spring at the Capstone is not to be missed, but that is particularly true for spring 2010. If you have been on campus this spring, then you have seen our new building rising in the air on University Boulevard at the entrance to our campus. It is a beautiful building inside and out, but more importantly, it is designed to meet the learning needs of our students and the teaching and research needs of our faculty. In addition, our college alumni association is funding a beautiful garden on the east end of the building to be enjoyed by all.

We will be increasing our undergraduate enrollment beginning this summer. Our graduate programs continue to grow with 84 students in our masters program and 135 students in our joint DNP program. We also are partnering with the College of Education to offer a unique EdD for Nurse Educators. These EdD graduates will be well prepared to be nurse faculty in the future. All of this would not have been possible without the generosity of our supporters. I hope all of you will be with us on September 10th for the dedication of our wonderful new facility.

Sara Barger
Dean, Capstone College of Nursing

About the Cover
Good bye Russell Hall. Shown in the picture is the spring 2010 BSN graduating class. This will be the last class to graduate from Russell Hall.
VANDERMEER INDUCTED INTO ALABAMA NURSING HALL OF FAME

Dr. Jeanette VanderMeer, assistant professor and RN mobility coordinator in the Capstone College of Nursing as well as director of the Alabama Rural Health Association (ARHA), was inducted into the Alabama Nursing Hall of Fame October 15, 2009.

A graduate of Druid City Hospital School of Nursing, VanderMeer began her career at DCH’s emergency room. After receiving her BSN from the University of Alabama in Huntsville and her MSN from the University of Colorado, she returned to Alabama to develop an emergency medical services system for a 13-county area in north Alabama. VanderMeer received her D.S.N. in community health nursing from the University of Alabama in Birmingham, with a minor in health policy.

VanderMeer has been very active in her support of rural nursing. Her research interests are eldercare, family caregivers and the personal and financial costs of providing health, especially home care.

She is a member of the Alabama State Nurses’ Association, Sigma Theta Tau, National League for Nursing and Alabama League for Nursing, and also serves on the board of the Alabama Gerontological Association.

VANDERMEER HONORED WITH LAMPLIGHTER AWARD

Dr. Jeanette VanderMeer, was presented with the Alabama League for Nursing’s Lamplighter Award on March 4, 2010.

Believing that additional educational opportunities for rural nurses can improve health care in rural areas, as RN mobility coordinator she has sought partnerships with the state’s community colleges to make it easier for associate-degree RNs to continue their education. She also was instrumental in moving all courses for RNs to an online format.

The Lamplighter Award recognizes individuals who have made a substantial contribution to the cause of a better society. Contributions take the form of high professional/ethical standards in service to others, leadership, a caring attitude in delivering quality nursing care/health for the citizens of Alabama, support of the development and improvement of teaching, research, and service programs in nursing, and development of studies, projects and/or programs designed to impact the quality of life.
NURSES RALLY IN MONTGOMERY TO RESTORE STATE FUNDING

ONTGOMERY | Hundreds of professional nurses, nursing instructors and students rallied Wednesday on the steps of the State House, advocating changes in oversight and the restoration of $2.5 million that was stripped from their trust fund to help balance state budgets.

“I am a nurse, and I am proud of it,” Debbie Faulk, president of the Alabama State Nurses Association, said during a rally on the State House steps.

“We want Gov. Bob Riley and members of the Alabama Legislature to know about obstacles to providing quality health care to the citizens of Alabama,” said Faulk, who is also a professor at Auburn University Montgomery.

More than 500 nurses, students and instructors attended the rally to draw the attention of legislators who ultimately will pass budgets affecting nursing training and education.

Ruby Morrison, a past Alabama State Nurses Association president and current chairwoman of the Alabama Coalition of Nursing Organizations, said about 3,500 qualified nursing students are turned away from many Alabama schools every year because of lack of funding for instructors.

“All schools have been increasing enrollment, but we just don’t have the faculty,” she said.

Morrison, a nursing professor at the University of Alabama Capstone College of Nursing, said nurses want the Legislature to fund new scholarships for advanced nursing education.

Alice March, a nursing assistant professor at the Capstone College of Nursing, said that while UA may not have an instructor shortage, many other schools do.

“(The profession) just doesn’t have enough qualified nurses with teaching degrees to teach both undergraduate and graduate education,” March said.

Morrison said nurses need at least $500,000 from the Legislature each year for scholarships. Faulk said nurses have only $57,000 in scholarship money now.

The Legislature last year at Riley’s urging transferred $2.5 million from the state board of nursing trust fund to this fiscal year’s General Fund budget. The fund contained $6.2 million previously.

Morrison said the reduction hurt their operations and planned upgrades to their computer system.

The nurses also rallied to support proposed legislation that would give them more control over nurse practitioner authority and responsibility, March said.

Faulk said physicians have too much control over regulations for nurse practitioners.

“Doctors should have a lesser role,” Faulk said. “We believe nurses should have control of nurse regulatory practices.”

Richard Whitaker, a lobbyist for the Alabama Medical Association, said a bill last year would have given nurses independence in advanced practices.

“They want to promote medicine absent of a collaborative process and we believe in the collaborative process,” Whitaker said.

Lori Lioce, president of the Nurse Practitioners Alliance of Alabama, said nurses this year are seeking the ability to prescribe schedule two to five medications. A nurse practitioner has at least a master’s degree in nursing and is nationally certified, Lioce said.
Dr. Susan Gaskins, professor in the Capstone College of Nursing, has received a $100,000 federal grant to study the impact of disclosing an AIDS diagnosis on rural African-American men. Dr. Pam Foster, assistant professor in the College of Community Health Sciences and deputy director of the Institute for Rural Health Research in the Department of Community Health Medicine, is co-investigator on the project.

During the two-year study, funded by the National Institute of Nursing Research at the National Institutes of Health, researchers will interview 40 HIV positive African-American men recruited from rural AIDS service organizations and clinics. Participants who have been diagnosed for at least six months will be interviewed about their disclosure decisions and the process of disclosing their HIV status.

Gaskins and Foster want to learn to whom the participants have disclosed their HIV diagnosis, what motivated them to disclose, the content of the disclosure message, and consequences and benefits of disclosure.

“The findings of this study will provide essential information for developing culturally relevant interventions to guide disclosure decisions which will be supportive of the health and quality of life of rural HIV-positive African-Americans,” Gaskins said. “These interventions will help educate health care providers and case workers as they assist individuals in managing their lives with HIV/AIDS.”

According to the HIV/AIDS fact sheet provided by the Centers for Disease Control, African-Americans are disproportionately represented among people with HIV/AIDS, accounting for 49 percent of the people with the disease, although they represent only 13 percent of the U.S. population. In the rural south, African-Americans account for 56 percent of all AIDS cases with men having the highest rate of HIV infection.

Living in rural areas compounds the problems associated with living with HIV/AIDS because of decreased or lack of services and resources, lack of transportation, and conservative cultural norms that result in shunning and stigmatization.

The purpose of this study is to explore the process and context of HIV disclosure by African-American men to partners and family, and the perceived health outcomes, benefits and consequences of the disclosure.
Student Highlights

CCN Student Creates System to Help Youths in Facilities

A student in lower division nursing and computer-based honors program at the University is trying to implement a new system that could help reduce youth incidents in treatment facilities around the state. Since August, Erin Jacobs, a sophomore majoring in nursing, has been working with the Alabama Disabilities Advocacy Program, a federally mandated protection and advocacy program. ADAP is located on campus and has helped put this program in to full motion. These facilities are required to give reports to ADAP describing the patients as well as any incident that has occurred.

“I created this database that houses all of the information for each patient and each incident, and from that what we’re starting to do now is run reports cross referencing those different circumstances to see if any of them are related,” Jacobs said. For example, Jacobs said, boys in the facilities might be more apt to act out on weekends in the mornings compared to any other time.

“This is just to figure out trends and hopefully through that we can decrease the number of incidents either by correcting things that staff member may be doing wrong or by preventing certain trends that we see and trying to control those different circumstances that cause those incidents,” Jacobs said.

Jacobs has been working with Christa Hackney, a senior case advocate in ADAP. Hackney described the part she played in helping Jacobs start this system. “Based on Erin’s semester contract goals, my role has been to provide weekly supervision and guidance in the development of this database and in the synthesis of data collected,” Hackney said. “Erin’s knowledge of specific database functions and her ability to modify the database to fit the unique needs of our agency has been invaluable.” The program itself is easy to use for employees at facilities and ADAP. It uses the program Microsoft Access, which comes with Microsoft Works.

Another idea behind this is that since it is a federally mandated program, they have different funding streams, and in order to continue to receive those funds, they have to give them any information that they ask for,” Jacobs said. “This will help them kind of be able to come up with that information a lot more quickly and a lot easier.” Hackney said this system can really benefit the facilities and help control the incidents that occur. “Having a mechanism to analyze data from incident reports will hopefully help to identify any systemic issues and trends regarding safety and treatment provision of youth in PRTFs in Alabama,” Hackney said. “A primary goal for ADAP is to ensure the safety of these residents and to protect them against abuse and neglect.” Jacobs plans to enter her system into the Undergraduate Research and Creative Activity Conference competition on April 15. The project will be one of 260 projects that are scheduled to enter the competition.

“Students from all different disciplines enter projects under their colleges,” Jacobs said. “These can be anything from what I’m doing to people doing laboratory research. It’s basically a way to present your research, kind of like you did at a science fair when you were in elementary school, with the hopes of being recognized.” Along with submitting it to the competition, her advisor, Hackney will be attending the Training and Advocacy Support Center Annual Conference in June to present Jacob’s program. Jacobs said she was excited to break into the field of psychology through a back door. “I knew that I wanted to do something that had to do with any aspect of healthcare,” Jacobs said. “This one just seemed the most interesting to me, because psychiatrics isn’t really something that you can’t easily get your foot in to without having certain schooling or skills. This was an indirect way to kind of learn about the field of psychiatrics.”

After this new system is slowly being implemented into ADAP and facilities, Jacobs said she hopes the program can expand into other facilities. Jacobs said she never imagined herself doing something like this program and hopes that other students can take a chance. “The idea that no matter what your interests are, you can find a way to make an impact and don’t be afraid to thin outside of the box,” she said. “I never would have thought that I would be writing a database for anything that had to do with nursing. It’s just cool to see that you can do that especially when you’re on campus.” Erin has applied for upper division for summer 2010.
Capstone College of Nursing won first place in the homecoming float competition and the Spirit Bowl...

...and second place in the lawn decoration.
Near the end of the fourth quarter of the SEC Championship against Florida, we had already begun asking ourselves how we were going to get to the National Championship game in Pasadena. Nate, Mary Nell, Ashley and I threw around the idea of flying and driving. Little did we know then that we would be renting an enormous RV and turning the week into a road trip that we will not soon forget.

The four of us, along with my Mom and Dad departed on January 2 out of Birmingham and drove to Checotah, Oklahoma where we spent the night. The next day we drove and drove, and then we drove some more. We passed the time by playing Spades, Apples to Apples and Skip-Bo. We stayed in Holbrook, Arizona that night, where snow was on the ground and it was expected to drop down to 6 degrees by the next morning. Before then, I had never experienced what 6 degrees felt like, and I don’t care to again anytime soon. We had fun saying “Roll Tide!” to other Bama fans in the RV park; we were surprised to see others in Arizona on the way out, but they were everywhere. It was incredible.

We left that morning headed for the Grand Canyon. We got there early in the afternoon, and I was not prepared for what I was about to see. It was gorgeous! I had never seen anything like it. We spent a while there and then headed for Las Vegas, Nevada for the night. We had been joking that no matter how late we got to Las Vegas, we were going to get a steak dinner. As we approached Las Vegas at nearly 11pm that night, we thought...
surely there would be no place open at this time of night. We were incorrect. It truly is the “city that never sleeps.” Low and behold we wandered into one of the casinos and got a satisfying steak dinner. The next day we spent sightseeing in Las Vegas—a very unique place! We saw the light show at the Bellagio, and some real lions at the MGM Grand. We all agreed that we would like to go back some day.

The next morning we got up and headed for LA where we were able to sightsee. We also got to see the sunset on the Pacific Ocean in Santa Monica. Unforgettable! That night we all started getting anxious, as the next day would be the National Championship game. We set our clocks in anticipation of the big day. That morning was a blur. It was unbelievable that our Crimson Tide was about to play in the big game, and we were there to see it. We had come so far, but this is what the whole trip had been for—to see Bama beat Texas.

We walked into the historic Rose Bowl and were surrounded by other students that had made the journey as well. The game went by quickly until the end, when the seconds seemed to drag on and on. Then, as the clock went to 0:00 we all began jumping up and down in excitement for our team. We had beat Texas 37-21. Everyone joined in singing the fight song, especially emphasizing “Remember the Rose Bowl, We’ll Win THEN!” I high-fived and hugged a lot of people at that moment, mostly strangers. All I knew was that they were wearing crimson and cheering for the Tide as well. We stayed to watch the ceremony afterwards and were in no hurry to leave. It seemed like we all kept repeating, “I can’t believe this.” We all realized how fortunate we were to make the trip out to Pasadena and see our team win the National Championship during our Senior year of college at UA, much like my Dad had done in 1979 during his Senior year at UA. We all agreed on one thing: we made memories during this trip that none of us will ever forget. Roll Tide! ✤
Alumni News

CCN Alumni board member and former Big Al, Justin Carroll, was accepted into Samford’s Nurse Anesthesia School. You never know, one day Big Al may put you to sleep!

Dara Warren and Jeff Ensinger are MSN graduates stationed in Afghanistan. Dara is currently enrolled in the DNP program. Jeff works in the Intermediate Care Ward and Dara works in the Intensive Care Unit.

The Robert Wood Johnson Foundation (RWJF) and the Center for Creative Leadership (CCL) has awarded MSN graduate, Lisa Hatcher, AQAF’s Care Transitions Program Manager, a fellowship in the Ladder to Leadership Program, a national initiative to train the next generation of community health leaders in nine different U.S. communities. The RWJF Ladder to Leadership Program aims to boost the skills and capabilities of early-to-mid-level professionals working in health and health related nonprofit organizations so they will be positioned to lead organizations as many nonprofit leaders retire.

In the most recent announcements from the Association of Nurses in AIDS Care (ANAC), an article (New Policy Document from WHO to Address TB Infection Control) by our former student, Jason Farley, was featured. He serves on the Global HIV/AIDS Nursing Specialty Committee.
The University of Alabama Capstone College of Nursing Alumni Association (UACCNAA) is making history! The CCN Alumni Garden is presently being built adjacent to the new nursing facility. The garden will feature a beautifully landscaped formal area with benches, planters, and a water feature.

Thank you UACCNAA for your generous gift and for providing this sanctuary for students, faculty, alumni and friends to enjoy for years to come. If you would like more information about the Alumni Garden, please contact Shelley Jordan at 348-9876 or sdjordan@ua.edu.
Faculty News

DR. ALICE MARCH has been certified as a nurse educator.


DR. ROY ANN SHERROD had the article “Coronary Artery Disease and Smoking Cessation Intervention by Primary Care Providers in a Rural Clinic,” published in the Online Journal of Rural Nursing and Health Care. Her co-authors were Jeremy A. Kelley and Patsy Smyth.

STEPHANIE WYNN and Dr. Roy Ann Sherrod had a guest editorial “Providing Optimal Care for Veterans: Preparing Psychiatric Nurses for Complex Care,” published in the Journal of Psychosocial and Mental Health Nursing.

DR. LINDA DUNN had the article, “Making a Difference: Initiating and Maintaining a Faith-Based Free Health Clinic,” published in Family & Community Health, October-December 2009.

DR. JERI DUNKIN and Dr. Linda Dunn published an article entitled “Spiritual Perspectives and Health: A Random Survey in a Southern State,” in the Online Journal of Rural Nursing and Health Care, 9(2), 19-28, December 2009.


Dr. Marietta Stanton was inducted into Phi Kappa Phi honor society. Phi Kappa Phi membership is by invitation only to the top 10 percent of seniors and graduate students and 7.5 percent of juniors. Faculty, professional staff and alumni who have achieved scholarly distinction also qualify.
Every year the Graduate School sponsors the “Last Lecture Series” in which nominations are solicited from students for the professor they would most like to hear deliver a lecture based on the premise: “If this were your last time to address a group of students at the Capstone, what would you say to them?” Five nursing professors were nominated:

**DR. ANGELA COLLINS**
**DR. MARIETTA STANTON**
**DR. MARSHA ADAMS**
**DR. MELODIE CARTER**
**DR. RUBY MORRISON**

**MARCIA CLIFTON**
was awarded the 2009 Board of Visitors' Outstanding Commitment to Teaching Award. Board member Laurie Gautney, presented a check for $500 to Marcia at the CCN Honor's Day luncheon on April 9 at the Hotel Capstone.

**NEW FACULTY**

**NORMA G. CUELLAR, DSN, RN**
Professor, Graduate Program

Dr. Norma Cuellar received her baccalaureate degree in nursing from University of Southern Mississippi, her masters degree in nursing from Louisiana Health Sciences Center, and her doctorate of science in nursing from University of Alabama at Birmingham. She completed a post doctoral fellowship from the University of Virginia in Complementary and Alternative Medicine.

Her clinical background began in coronary care ICU in 1984. Since then, she has practiced in a variety of health care settings including home health, incarceration, school health, and long term care facilities.

Dr. Cuellar has taught since 1989 in a variety of nursing programs. Her focus in teaching has been leadership, research, gerontology, and sleep. She has developed and taught several educational courses and seminars in Complementary and Alternative Health.

Dr. Cuellar has published in peer review journals as well as several book chapters related to her research area: Restless Legs Syndrome, Sleep, Complementary and Alternative Health Care, and Cultural Diversity Issues. She has received NIH funding for a randomized, clinical trial to study the use of valerian, an herb used to promote sleep, in persons with Restless Legs Syndrome. She has also examined the impact of RLS in persons with type 2 diabetes and has been funded to study the implication of genetics in persons with RLS and type 2 diabetes. Her most recent research project includes examining sleep in Hispanics in rural Alabama.
Honors Day
April 9, 2010

The Awards for Sigma Theta Tau, Epsilon Omega Charter

Outstanding Undergraduate Student
Joshua B. Thomas

Outstanding Rn Mobility Student
Kathleen M. Crowe

Outstanding Graduate Student
John L. Hankins

Professional Development Awards
Charity R. Bogard
Miranda L. Winter

Clinical Excellence in Nursing Awards
Lauren M. Allshouse
Kalin E. Gurley
Nicholas B. Lemaster
Katherine E. McGiffert

Capstone College of Nursing Leadership Awards
Kayla B. Cates
Serena M. Howes

Kathryn M. Crossland
Outstanding Student Awards
Kayla B. Cates
Megan M. Pyper
CAPSTONE COLLEGE OF NURSING ALUMNI ASSOCIATION

Promoting the profession of nursing and quality nursing education requires commitment. Membership in the University of Alabama Capstone College of Nursing Alumni Association is one way to demonstrate your commitment to the University of Alabama’s Capstone College of Nursing. Your membership is an important way to help provide scholarships, reward student excellence, and increase the financial base that allows us to engage in activities beyond day-to-day operations. If you have any questions about the University of Alabama Nursing Alumni Association, call us at (205) 348-6639 or write to us at the address below.

Name ___________________________ first middle last

If you are UA alumnus/a, please indicate the following:

Date Degree was awarded _______________ (month/year) Last name at graduation ____________________________

Address ____________________________ street

city state ZIP

Employment ___________________________ Employer’s Address ____________________________

E-mail ____________________________

Home Phone ____________________________ Business Phone ____________________________

Spouse’s Name ____________________________

Spouse’s Employer ____________________________

My annual membership gift is as follows:

( ) ____________________________ $60 – $99 Support Group Membership
( ) ____________________________ $100 – $249 Century Circle
( ) ____________________________ $250 – $499 Crimson Circle
( ) ____________________________ $500 – $999 Ivory Circle
( ) ____________________________ $1000 – $4,999 Denny Chimes Circle
( ) ____________________________ $5,000 – $9,999 Capstone Circle
( ) ____________________________ $10,000 – and above: The 1831 Circle

Family memberships are encouraged:

( ) ____________________________ Minimum of $75 .........UACCNA Alumni Association Family Membership

Matching Gifts Program

Matching gifts are an excellent way to double your support to the College.

Does your or your spouse’s employer have a matching gift program? ( ) yes ( ) no

If yes, please provide the name and address of the organization:

Make checks payable to the University of Alabama Capstone College of Nursing Alumni Association Fund and mail to The University of Alabama, Office of Advancement Services, Box 870101, Tuscaloosa, AL 35487-0101. (Your gift is tax-deductible to the extent allowed by law. You will receive an official receipt of your donation by the end of the calendar year from The University of Alabama Office of Advancement Services.)

THANK YOU FOR SUPPORTING THE CAPSTONE COLLEGE OF NURSING!
EVENTS

TBA
UACCNAAA BOARD MEETING
AUGUST 18
CLASSES BEGIN
SEPTEMBER 10
BUILDING DEDICATION & OPEN HOUSE
OCTOBER 14–15
BOARD OF VISITORS MEETING
OCTOBER 16
HOMECOMING ON THE LAWN

To contribute to the Capstone College of Nursing’s scholarships, programs, and activities, email sdjordan@bama.ua.edu or call (205) 348-9876.