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As I write this message, the college is engaged in one of the most exciting and intensive strategic planning processes I have ever witnessed or in which I have ever been engaged. It began last spring when the faculty, staff, students, and members of our Board of Visitors participated in a lecture and subsequent discussions with a health care futurist about health care, nursing and nursing education. In August, faculty exchanged views about directions and priorities at an all-day retreat and was guided in the process by an outstanding facilitator who encouraged us to put our needs and wants into big buckets. Once the buckets were identified we set up a “wiki” where faculty and staff could give opinions and share information about what was in these buckets that was important to them. From there, the Organizational Performance and Strategic Planning Committee sifted through the comments and distilled the ideas into nine key results areas. Faculty members who were particularly knowledgeable about an area were asked to present to the faculty where we were, what the opportunities were and in what direction we should go.

This process identified those individuals who were knowledgeable and/or passionate to have the college include this focus in the college’s plan for the next three to five years. Developing a global/international perspective, growing faculty leaders, and changing the process by which we select our students, were just a few of the priorities identified. Now members of our faculty are working in small groups to identify one and three year goals in each key results area and to pinpoint the activities it will take to get us there.

We are almost one year into the process with the desired outcome being a plan that will set this college’s course for the next three to five years. I have experienced some valuable life lessons through this process that I would like to share:

1. When people are passionate about getting something done, and believe they can make a difference, they do.
2. The use of technology to expand input when combined with real time interaction expands our ability for thoughtful deliberation.
3. Each of us is not good at everything, but together, we can accomplish anything for which we have the passion and persistence.

I look forward to sharing our plans for the college's future in the next issue of the Capsule.

-Dr. Sara Barger
Meet SAM II
A New Addition to Classroom/Clinical Teaching
by Karen Silliman

CCN students have welcomed a new member to their Fundamentals course. His name is SAM, and when he enters the room, he is quickly surrounded by interested students and faculty as they wait for him to break the silence. With stethoscopes ready, students listen as SAM gives the perfect imitation of a severe Aortic Stenosis with aortic thrill followed by the sounds of chronic bronchitis. SAM has the ability to play 72 bodily sounds because he is an auscultation trainer, more precisely named SAM II, the Student Auscultation Manikin manufactured by Cardionics. SAM II was a gift to the College from the CCN Board of Visitors, purchased from WorldPoint in November, 2011.

In the second semester of the traditional BSN program of study, CCN students are introduced to physical assessment. During the clinical practice laboratory (CPL) experience, nursing faculty teach students about auscultation and the ability to recognize heart, breath and lung sounds, both normal and abnormal. Then students have the opportunity to perform physical assessments on “real” patients in the hospital settings as well as in other clinical agencies. With SAM II, students can listen to the sounds in the classroom in advance of their clinicals. According to Dr. Amy Bigham, course leader for Fundamentals, “We are using Sam II in CPL to teach physical assessment of the heart and lungs. The auscultory findings on the SAM II are realistic sounds with anatomically correct placement of the sound. Having the students practice auscultating and palpating on a high fidelity simulator increases confidence in the clinical setting.”

For the instructor, SAM II is easy to use. He is accompanied by a laptop loaded with software for accessing the sounds. The instructor can select heart, lung or bowel sounds from the menu to play simultaneously, or one at a time for comparison. Students can move their stethoscopes around on SAM II, and the sounds present like on a “real” patient. A phonocardiogram and/or a phonopneumogram is displayed on the computer screen to correspond with the sound selection. Instructors have access to additional tools such as lesson guides and pre-programmable lectures.

What do CCN students think of SAM II? Kathryn Gonsewski, a second semester Fundamentals student said, “I enjoyed using SAM II during CPL because it allows us to actually hear the abnormal breath sounds instead of just reading about them in a book. On my very first day at the hospital, I could hear and recognize wheezes in my patient! I couldn't have done that without SAM II bringing these clinical sign to life.” Kathryn's classmate, Brittany Holston agrees, “Being in fundamentals this semester, SAM II has been a great addition to my learning experience here at the Capstone College of Nursing. It has become an active part of our learning in the classroom by studying about certain normal and abnormal sounds of the body. It is very influential to nursing students that we know the certain sounds before we work with patients in a clinical setting. My first day in the hospital, I was able to differentiate between a normal lung sound and an abnormal lung sound such as wheezing. At that moment I never second guessed myself on what I heard on the patient because I listened to the abnormal sounds on SAM II. SAM II is a great learning tool for nursing students to prepare us for the work we will do in the hospital.”

Since only recently joining CCN, SAM II has already become popular with both faculty and students in the classroom/CPL. His ability to introduce students to unfamiliar breath, heart and bowel sounds is resulting in increased student preparedness and confidence in the clinical setting, and this has made SAM II a welcome addition to the classroom. According to Dr. Marsha Adams, Assistant Dean of Undergraduate Programs, the College is fortunate to be able to provide students the opportunity to learn using equipment such as the SAM II which supports our vision of providing creative innovative use of technology to advance nursing practice in a student centered learning environment.

Karen Silliman, MSHES, is the Director of Technology and Distance Education at the Capstone College of Nursing.

Board of Visitor members got a hands-on demonstration of SAM at their spring meeting.
“...it allows us to actually hear the abnormal breath sounds instead of just reading about them in a book.”

-Kathryn Gonsewski
I had many doubts at first, but what I learned is that it only takes one person to make a difference. The trip cost was $4,000, I needed 16 days off work, and I needed to take some of my tests early, but everything I needed for this trip was taken care of. I learned that if you are told to do something the one who told you will give you what you need. Arriving in India with slight jet lag and culture shock my journey begins. I met up with 15 other Americans who were on my team. Unity immediately set in as we started to meet the nationals from India. They taught us about Indian culture and prepared us for the week. Thankfully smiling is a universal language because we did a lot of that. We depended on our nationals to translate for us everywhere we went. Our first day at our clinic was very busy. For once in my life I stuck out. We were in a remote village where some had never received medical care. Our team had a doctor, dentist, Ophthalmologist, and a few nurses. Everything at the clinic was free. We gave out eye glasses, toothbrushes, basic medicines, and taught community health. Everyone who came through our clinic had an opportunity to hear the Gospel. There were so many people we ran out of medicine. This gave me and a few others the opportunity for community health education. This was a reminder that medicines will run out, but education can be used to make lifestyle changes. We taught things like: hand washing, proper body mechanics, healthy eating, boiling water, dental hygiene, smoking cessation, and helpful hints for common medical problems. We had to keep in mind the
resources they had. One example for those who struggle with GERD, we taught they could take some bricks and prop the head of their bed up and what foods to avoid. My favorite was teaching women’s health. One thing I learned is that women are women wherever you go. They were dealing with hurt, thoughts of unworthiness, and stress. We were able to tell them of a love that covers all and ways to deal with stresses. We were only able to have the medical clinic for two days, because we were stopped by local gang members. They did not like it that we were Christians. My team was able to escape on a roof. God’s hand of protection was on us. He kept us safe. The reality is that it is not a peaceful world, but we still need to shine on. As each day would end there would still be people who were waiting. There was no way we could see every single patient. This reminded me of Matthew 9:37 when Jesus said the harvest is plentiful, but the workers are few. Maybe some of you feel called to go, I hope you do.

Jada Whitaker is an RN mobility student from Hartselle, AL.

“The harvest is plentiful but the workers are few.”

Matthew 9:37
The University of Alabama’s Capstone College of Nursing and Chiba University continued a long-standing tradition of international exchange when fourteen students and a faculty member visited our campus. The Chiba University students and their advisor, Akiko Nosaki, were here from February 27th until March 8th, 2012. During that time, the English Language Institute provided classes each afternoon in English. The students had some experience in the English language prior to coming, however improving their speaking ability was a major goal for the students. It was rewarding to hear the gains they had made in the short time they were with us. A major factor that contributed to their success was interaction with our students and faculty. A variety of opportunities were available and our students were great to attend.

Selected CCN faculty members presented a variety of topics ranging from cultural diversity in the workforce to common medical problems in the U.S., such as diabetes. Interesting enough, diabetes is also a significant health problem in Japan. The Chiba students toured healthcare institutions around Tuscaloosa, including Druid City Hospital, Northport Medical Center, and the Public Health Department. Employees in each of these institutions shared interesting aspects of their facilities. Faculty members such as Linda Patterson and Michelle Cheshire assisted with the tours. A special thanks to Hiroko Smith from NMC who conducted the tour there.

The Learning Resource Center was an interesting place during their visit. The students toured the center and were able to interact with our simulators. They have some simulators in Japan, but were impressed at the capacity of our center and how it was used in teaching nursing students. The students spent the weekend with host families from the University and Tuscaloosa community. This was a high point in the experience. The students returned to campus describing events as varied as attending sporting events, going on picnics, time at the lake, and attending church with the host families. Each event gave the students insight into the lives of Americans.

The students had many opportunities to experience a variety of foods while in Tuscaloosa. When asked, their favorite foods were hotdogs, hamburgers, and pizza. They met the host families early in the visit and shared dinner at a local restaurant. Riverfront dining was also exciting to them as they experienced fried catfish, smoked chicken, or steak. One comment I heard was the portions were so large. It was quickly learned that the Japanese students do not include many sweet items in their diet, preferring fruit to rich desserts. An exception to this might have been the almond ball ice cream served on their last day in Tuscaloosa at the University Club. This site was very interesting to them as we explained the history of the building to them.

An optional tour to Bryant-Denny Stadium was a great success! It was obvious that they had read about Alabama football back home. At the Dean’s dinner, the CCN Ambassadors gave them T-shirts and shakers and taught the Chiba students the Alabama “fight song”. The Chiba students shared the song, “Sukiyaki”. The lyrics tell the story of a man who looks up and whistles while he is walking so that his tears won’t fall. Everyone was impressed at the pleasant, smiling students who shared their time with us. Japan and Tuscaloosa have had experiences of sadness during this last year. I think this song emphasizes the importance of focusing on the positive points in life. The Chiba students always give us an example and a reason to smile.

Their trip would not have been complete without shopping opportunities. They enjoyed Midtown and stopped by the Galleria in Hoover as they prepared to leave for home. The experience culminated at the Farewell Ceremony on Wednesday night when faculty, host families, and CCN students who had worked with the Chiba students said our official good-byes. A great time was enjoyed by all as the students from Chiba shared a Japanese fishing song. They wore a traditional jacket that symbolized the connection between Chiba University and Alabama’s Capstone College of Nursing. At the completion, several of the students presented their jackets to individuals from the Alabama group. I know we will treasure them.

Thanks go to the students who served as van drivers, the Ambassadors, and the faculty and staff who assisted in so many ways. A special thank you goes to our Dean, Dr. Sara Barger. Without her help the program would not be possible.

Marilyn Handley, PhD, RN, CNE is an Associate Professor at the Capstone College of Nursing.
Homecoming at the Capstone College of Nursing is a very special occasion. This event marks a time where the college as a whole can come together and celebrate its wonderful tradition. From students, to faculty and alumni, there is something for everyone to enjoy. None of this would be possible without the diligent efforts of the Capstone College of Nursing Ambassadors. It is our duty to unite different members of the College through various activities. In the weeks before Homecoming, we begin planning the float, which represents the College in the annual Homecoming parade. This is a task we do not take lightly. The CCN parade float has won first place for design for the past 6 years and we are very proud of this accomplishment. We ensure that we have an excellent design and order the supplies with plenty of time to get started. Construction begins the first Sunday of Homecoming week and is usually completed late Friday night before the parade on Saturday morning. Construction is located in the bottom floor of DCH Regional Medical Center and turns into “the place to be” during that week. Nursing students from every semester gather together to study, chat, eat, and work on the float. This is an excellent time to bond with fellow classmates and I know it is a time that I never forget.

Homecoming week also has other events in which the Ambassadors and students partake. The Ambassadors organize students into teams to compete with other organizations on campus in various activities. Among these include Roll Tide Run, dodge ball, basketball, and bowling. We also compete in Paint the Town Red, which is a competition between organizations to see who can create and paint the best window design in front of a local business. The final competition is designing and building a lawn decoration that is judged at the end of the week. The theme usually goes along with what is designed on the float - last year’s theme being “The Tradition Rolls On.” The lawn decoration is placed outside of the Nursing Building and is left on display for the entire week. These events are great ways to show our school spirit and represent the Nursing College.

Homecoming week concludes with a BBQ on the lawn of the Capstone College of Nursing. Everyone is invited to this event, including students, faculty, and alumni. Hosted by the CCN Alumni Association, the BBQ is a great way to bring Homecoming week to a close. Alumni from varying years are invited back to reunite with old friends and instructors. Students are also given the opportunity to network and meet people who have graduated from the program. Outside of the BBQ tent, we park the parade float for everyone to enjoy. The culmination of our efforts pays off when you see everyone admiring the hard work the Ambassadors, students, and faculty have put in over the entire week.

This past year’s homecoming was especially memorable for the College of Nursing. Not only did we win the Homecoming Spirit Cup and the best parade float, but we also had two students running for Homecoming Queen. Ambassador President Maegan Taylor, and nursing student Emily McLaughlin both ran for the crown, and our very own Emily McLaughlin won the competition. Bringing these honors to the College is a truly unique way to unite and show the tradition that is found within our school.

Andrew McPhail is a second semester nursing student and is the president-elect of the nursing ambassadors.
Alabama Nursing Hall of Fame: Is it a Success?

by Wayne Hogg

2011 inductees: Betty Anne Cleino, Carol J. Ratcliffe, Regina Yarbrough, Elizabeth Morris, and Gregory Eagerton
In the year 2000 it was suggested to Dean Sara Barger that she start a Nursing Hall of Fame at the Capstone College of Nursing. Dean Barger liked the idea however she wanted additional information. Therefore, Dr. Barger and the members of the CCN Board of Visitors met with other colleges at the University of Alabama which conducted a Hall of Fame. After many fact finding meetings, Dean Barger and a Board of Visitors committee met to begin plans for starting a Nursing Hall of Fame. The first order of business was to define the purpose for the Hall of Fame. The unanimous decision was to honor those individuals that had brought honor to the profession of nursing and the state of Alabama. Thus, the name would be the Alabama Nursing Hall of Fame. It was also felt that the Hall of Fame would help provide excellent public relations for CCN at a time when preliminary discussions were underway to build a new nursing building. So with much committee enthusiasm, the Alabama Nursing Hall of Fame was born. Now all that remained was, “How do we put together a Hall of Fame ceremony?” After many more meetings and research, the inexperienced committee (8 people) recommended twelve outstanding potential inductees to the entire Board of Visitors for approval. Once approved, the committee met constantly to plan THE BIG EVENT for October 2001. With no previous track record (committee experience), there was plenty of anxiety in preparing for the event. It was well known on campus that you must attract at least one hundred attendees to consider your event a success (this added pressure). However, this H.O.F. committee displayed enough enthusiasm to plan a National Championship game. The night finally arrived and it was very exciting. The Hall of Fame committee, faculty, and friends had beautifully decorated the North River Yacht Club. Smiles were everywhere. At the front of the banquet room were twelve golden easels with framed pictures of each inductee matted in crimson and white - it was impressive. Dr. Barger was the perfect Master of Ceremonies as she introduced and greeted each inductee with their biographical accomplishments. All present agreed the highlight of the night was the acceptance comments of each inductee. Their interesting remarks and stories brought laughter and tears as each emphasized their appreciation to the many people that had encouraged and assisted in their careers. It was easy to see that the profession of nursing and the State of Alabama had benefited from each of their achievements. The ceremony came to an end all too soon. It was enjoyable and that night 149 people were in attendance!!! In subsequent years, five more enjoyable Hall of Fame ceremonies have been conducted resulting in 47 total inductees. Some of the inductees, or their family members, are now members of the Board of Visitors. Some are giving scholarships to CCN, while others have made contributions toward the new state of the art nursing building dedicated in fall of 2010. The Alabama Nursing Hall of Fame gallery is permanently located in the new Capstone College of Nursing Building. At the most recent ceremony in 2011, Brenda Ladun, ABC 33/40 TV personality, did a memorable job as Master of Ceremonies. Five outstanding individuals were inducted with 292 people in attendance! It was an unforgettable evening. Since the first induction ceremony in 2001, the Alabama Nursing Hall of Fame has honored the best. It has brought positive publicity to the Capstone College of Nursing and assisted in providing scholarships and raising money for the new nursing building. Is the Alabama Nursing Hall of Fame a success? In the words of a famous Alabama coach, “Ain’t nothing but a winner.”

Wayne Hogg is the chair of the Hall of Fame committee and has served on the Capstone College of Nursing Board of Visitors since 1999.
Regina Yarbrough and family

Elizabeth Morris with her daughter
This semester, through the first ever Alabama state chapter of the American Assembly for Men in Nursing, nursing majors at the University of Alabama are working to promote men’s health and break down stereotypes about males in the nursing industry.

The Capstone chapter of AAMN will work like other chapters around the country to “provide a framework for nurses, as a group, to meet, to discuss and influence factors, which affect men as nurses,” according to the national website.

“The overall purpose is for us to meet and talk about the factors that influence men in nursing,” said Dr. Tony Roberson, president of the Capstone chapter and faculty member at the Capstone College of Nursing. “Our objectives are to encourage men to become nurses and join together to strengthen the healthcare system and support men who are already nurses to grow professionally.”

Dr. Roberson said the group would advocate for research and education about men’s health issues in addition to issues specifically relevant to men in the nursing career field.

The group is open to both men and women in the field, but is primarily made up of male nursing students, recent graduates of the program and local nursing professionals in Tuscaloosa.

“We’re open to both men and women, but we’re working to show that nursing is not only a major or career for women,” said Andrew McPhail, a junior majoring in nursing and an active member of the AAMN Capstone chapter. “We’re hoping that if we have events that are mainly focused on men’s health and mainly run by male nursing students, it will help change the perspective people have had on a mostly female career.”

The group, which was officially launched in October of last year, currently has about 25 members and is continuing to grow quickly. Membership is primarily geared towards students in upper-division nursing and professionals, but some lower-division students are getting a head start to get involved.

“The chapter is a great way to network in terms of obtaining a job right after graduation and if you’re looking to apply to graduate schools,” Dr. Roberson said.

This semester, the main goal of the group is to raise funds and hold a men’s health fair to benefit the community and spread knowledge of men’s health to Tuscaloosa residents.
The event will take place during the UA baseball game versus Vanderbilt in April and will have students actively performing health screenings.

Students who are interested in joining the group can attend one of the chapter meetings, which normally take place every third Thursday of the month. Students must fill out an application and pay $30 in national and local dues per year to join.

“We’re trying to increase awareness that there is a need for diversity in nurses,” Dr. Roberson said. “I think that's a national focus right now. We're looking to increase gender diversity in nursing and this type of organization really pushes and emphasizes that initiative.”

Caleb Gray, a sophomore majoring in nursing, said he plans to look into joining the AAMN Capstone chapter, as it seems to be an organization with a purpose he is passionate about.

“I think that this organization having a Tuscaloosa chapter is really beneficial to the University of Alabama Nursing Program,” Gray said. “It spreads knowledge about the roles of men in nursing and could potentially increase the likelihood of men in our program.”

Kelsey Hendrix is a writer with the Crimson White. This article was in the paper published on February 29, 2012.
Mentoring is a dynamic relationship between individuals. It creates opportunities for guidance, collaboration, partnerships, career development, personal growth, problem solving, and scholarly advancement among others. The power of mentoring was as important in ancient times as it is today. During the 2011 Doctor of Nursing Practice (DNP) Intensive at the University of Alabama in Tuscaloosa, three Capstone College of Nursing DNP students, Leigh Ann Keith, Michelle Swanson, and Ernesto Perez, met in person for the first time. From that meeting, the idea for a CCN mentoring program was born. After August of 2011 graduation, Dr. Perez drafted an outline identifying the purpose of the mentoring program, the goals, and the procedures to follow. He discussed the idea with Dr. Marietta Stanton who was extremely receptive and very interested in instituting such program to benefit DNP students, mentors, faculty members, and staff. The program was accepted unanimously by the CCN faculty and endorsed by Dean Sara Barger and the Graduate School. A call for mentors to the August 2011 graduating class yielded an enthusiastic response and six more were added to the original group of three alumni. On February 6, 2012 the CCN Mentoring program was officially implemented during a faculty meeting. There was a lot of excitement among the faculty and mentors that day. Most of the mentors traveled to campus to be part of the celebration. A mentor (recent DNP graduate) is assigned to a faculty member to assist in advising students about processes and procedures associated with clinical contracts, registration, IRB procedures, health and administrative requirements, preparation of portfolio, graduation planning and procedures, etc. Mentors do not assist or get involved with any of the course content. That is solely the responsibility of the faculty member and the student. Student participation in this program is voluntary. Some of the outcomes of a solid mentoring program are producing a higher satisfaction rate among the students, alumni, faculty, and staff, to facilitate a timely graduation, to lessen the reality shock of returning to school after being in practice for a number of years, and to foster professional development, scholarly competency, leadership opportunities, and collegial relationships. The ultimate goals are to provide the DNP students with an atmosphere of trust, to be role models, to facilitate a successful graduation from the program, and to create an ongoing professional mentoring culture at the Capstone College of Nursing. We look forward to increasing the number of mentors for the 2012-2013 academic year.

Ernesto C. Perez, DNP, CRNA, ARNP, graduated from the DNP program in August 2011. He has been a practicing Certified Registered Nurse Anesthetist for seventeen years and has taught clinically and academically at three nurse anesthesia programs in the country. Currently, he resides in the Tampa Bay area of Florida and works as an independent practitioner, contracting anesthesia services to outpatient surgery centers.
I thoroughly enjoyed my time as a student at the Capstone. Being a mentor has given me the opportunity to not only stay tied in with the College and the faculty, but also continue learning by helping another generation of DNP students navigate the program successfully.

As a mentor, I believe everyone has natural gifts they can share with others and this sharing is a form of learning that creates the invaluable benefits of knowledge, wisdom, and understanding. As Winston Churchill said, ‘We make a living by what we get, we make a life by what we give.’
Nurse Educator Graduates 2011
When the Nurse Educator Program began in 2007, graduation seemed far away for the students embarking on their MSN and Doctorate of Education journey. In August of 2011, the Nurse Educator Program welcomed its 5th class of students and graduated the first two students in the history of the program. Dr. Susan Welch of Grantsville, Georgia and Dr. Myrna Williamson of Crossville, Alabama both received their Doctorate of Education in Nursing Education. Dr. Williamson and Dr. Welch are now both teaching full time and utilizing their hard earned degree from the University of Alabama. A few short months later, five more nurse educator students graduated in December of 2011. This group of graduates also included the first two graduates of the combined MSN/EdD Nursing Education degree, Dr. John Hankins of Montgomery, Alabama and Dr. Rosemary Richardson of Birmingham, Alabama. The three December graduates receiving their Doctorate of Education in Nursing Education were Dr. Tera Kirkman of Florence, Alabama, Dr. LaTonya Pringle of Phenix City, Alabama and Vicki Pierce of Florence, Alabama. All students who graduated in December, like the August graduates, are employed as full time faculty at various academic institutions. Our Nurse Educator Program at the University of Alabama is a unique and specialized degree that is not offered at most universities. The faculty is confident that each graduate of this program will take the valuable information they learn and use it to aid in the shortage of nurse educators nationwide.

Nurse Educator Conference, January 2012
The Nurse Educator Program kicked off the spring semester on January 13th, 2012. Our spring meeting featured specialized breakout sessions and Nurse Educator graduates, Dr. Susan Welch and Dr. Myrna Williamson, as guest speakers. In addition, a poster presentation session, titled the Nurse Educator Conference 2012, was available for students from Cohorts 2-4. The conference was a huge success as various CCN faculty, College of Education Faculty and students from the Nurse Educator Program attended. Students who presented their posters were able to gain valuable learning experience which will be beneficial with future presentations.
Tuscaloosa Nurses Celebrate 30 Years of Nursing Excellence

Nursing Leaders Speak at Anniversary Celebration

On April 5, 2012, Dr. Betty Ann Cleino, Dr. Felecia Wood, and Dr. Linda Olivet presented a panel discussion program at the Capstone College of Nursing in celebration of the 30th year anniversary of the Epsilon Omega Chapter of the Honor Society of Nursing, Sigma Theta Tau International. Drs. Cleino, Wood and Olivet were three of the original charter members bringing a wealth of experience and expertise to share. The presentation was a part of the annual Induction Ceremony and served to reflect on the past history of the society and chapter as well as to encourage members. Newly inducted members were encouraged to GIVE BACK TO MOVE FORWARD using the following avenues: Create Your Legacy; Engage in Collaboration; Respond to Vulnerable Populations; and Embrace Technology.

In 1979, fifteen nursing faculty and students and nursing leaders in the community met to establish an honor society at the Capstone College of Nursing. Six months later fifty-eight members were inducted into the Capstone College of Nursing Honor Society. In 1982, the Epsilon Omega Chapter of Sigma Theta Tau was granted a charter. The chapter has grown over the years in both membership and involvement.

The Honor society of Nursing, Sigma Theta Tau International (STTI) is a nonprofit organization whose mission is to support the learning, knowledge and professional development of nurses committed to making a difference in health worldwide. More information about STTI can be found online at www.nursingsociety.org.

Celebrate the... 30th Anniversary of Epsilon Omega

Presenting the “Picnic” basket as the 2012 Sigma Theta Tau International Epsilon Omega Limited Edition Collector Basket. The baskets are custom made exclusively by the American Traditions Basket Company in Canal Fulton, Ohio. Each basket is hand woven with expert craftsmanship. There will be a limited number of baskets made with each one being numbered individually. Order yours today to celebrate the 30th Anniversary of Epsilon Omega.

Name: __________________________
Address: _________________________
Phone: __________________________

For more information contact Susan Gaskins at (205) 348-1027

$65 + $12.50 shipping

Thank you for your support of Epsilon Omega. All proceeds help support the Chapter’s programs and activities.

Please make checks payable to Epsilon Omega and mail to:
Capstone College of Nursing
Ann Graves
Box 870358
Tuscaloosa, AL 35487
Nursing Informatics
by Dr. Heather Carter-Templeton

Project Team Members:
Heather Carter-Templeton, Patrick A. McIntyre, Mangala Krishnamurthy, Alice March, Andrea Sartain, Karen Silliman
Nursing informatics courses provide students with valuable content regarding the use of information and technology in the patient care settings. Informatics courses taught at the Capstone College of Nursing are offered online, limiting the hands on application of the content addressed in the courses. As a result, students often didn't see a connection between the tools and skills they were learning in informatics and the clinical environment. Therefore, informatics faculty along with Capstone College of Nursing simulation lab personnel worked to create a realistic human patient simulation in video format to be used in informatics courses. The purpose of the video was to draw interest and to demonstrate the utility of the content taught in the course by illustrating the need for informatics skills in the clinical environment. Minimal literature exists to provide guidance for the development of video-recorded patient simulations. The informatics faculty collaborated with simulation lab personnel and a University of Alabama librarian faculty to create a real-life human patient simulation scenario designed to highlight the use of informatics tools and competencies to support decision making and patient safety in the clinical environment.

The video, recorded in the Capstone’s Simulation Center for Clinical Excellence, depicts a nurse providing care to a high fidelity simulation patient. The video focuses on the questions and thought processes a nurse might experience during care delivery. In the video scenario, the nurse character experiences questions such as unfamiliar diagnoses, medication administration, and assessment while delivering care. As the scenario progresses, the nurse character uses informatics skills and technology to augment the care being provided to the patient.

Allowing students the opportunity to visualize a realistic and life-like scenario such as this may assist in their understanding related to practical applications of the skills they have learned in informatics courses. Additionally, video-recorded human patient simulation scenarios may offer a unique opportunity to share information to a large number of nurses at all levels in a cost-effective manner. Our video has been previewed by several faculty and simulation lab personnel. Feedback was taken into consideration for development purposes. The video will be available to all students enrolled in nursing informatics courses. In addition, information about the project was presented at the CIT Faculty Technology Showcase on The University of Alabama campus (A232 Gordon Palmer Hall) on March 31st and will be presented at the International Nursing Simulation/Learning Resource Centers Conference in June in San Antonio, TX.
Dr. Olivia May and Mrs. Haley Strickland performed an oral presentation entitled, *Innovations in Education: Utilizing Human Patient Simulation*, at the national annual Human Patient Simulation Network (HPSN) conference in February. The HPSN conference allows a spectacular group of people from all over the world and from every level of healthcare come together to exchange ideas on how to push the envelope of medical simulation to improve learning, competency and ultimately, save lives. The presentation concluded by performing an actual simulated scenario in which three of our own Capstone College of Nursing seniors participated: Ashley Gattozzi, Cameron Nichols, and Justin Foulks. This scenario focused on utilizing patient simulation in a non-clinical nursing course (ie. Pharmacology). Throughout the scenario students were given medication orders and were expected to perform safe medication administration as well as recognize the signs and symptoms of adverse drug reactions. These students did an outstanding job representing the college and received numerous compliments from attendees of the presentation.

“The METI conference is a definite benefit to overall nursing education for students because of the diversity we were able to see while in attendance. Being able to give and hear opinions from other students and instructors is a great way to further our personal nursing knowledge and witness the awesome technological changes occurring every day in the medical field. I was highly impressed and had a great time at the conference.” – Cameron Nichols

“I was recently asked to attend the METI conference in Tampa, FL. It was an honor to be asked but also an honor to represent the Capstone College of Nursing. Not only was I able to represent the college in a presentation about METI simulation, I also attended various sessions that allowed me to learn in areas that would otherwise not be available. I would like to thank everyone involved within the CCN family for allowing me this opportunity.” – Ashley Gattozzi
The Office of Scholarly Affairs of the Capstone College of Nursing is sharing another example of how our faculty continue to move forward in research. Assistant Professor Dr. JoAnn Oliver is conducting a two-year research project, “Advocates’ Role in Prostate Screening Decisions by Rural African Americans,” funded by the National Institute of Nursing Research.

The interdisciplinary project research team led by Dr. Oliver includes her co-Principal Investigator Dr. Rebecca Allen as well as Dr. Debra McCallum, Director of UA’s Institute for Social Science Research, and Dr. Michelle Y. Martin, Assistant Professor of Medicine at The University of Alabama at Birmingham. They are studying how and why rural African American males decide to be screened for prostate cancer, focusing on the role that their health care advocates play in that decision.

This research addresses a critical health issue in the United States, where more than two times as many African American men die from prostate cancer as Caucasian men. Understanding how and why African American men decide whether to get screened for prostate cancer, along with the influence their health care advocates have on their decision, is critical to understanding why they are diagnosed at later stages and die more often from prostate cancer.

“The goal is not to influence their choice on whether to be screened for prostate cancer, but rather provide education, and increase their awareness of the issues surrounding prostate cancer and screening. Dr. Oliver explained. “We are empowering men in regards to making an informed decision about screening.”

Dr. Oliver’s research team is first interviewing African American males and their advocates separately about prostate cancer, to look for patterns and themes on how these men make cancer screening decisions. The health care advocate may be a spouse, sibling, an adult offspring, or even a parent; in fact, the researchers are finding that advocates are primarily female. The team is also interested in what both people think about the advocates’ influence on the males’ decisions.

Next, Dr. Oliver and her team will contact the male participants at six months and one year later to find out whether the men chose to be screened for prostate cancer. They also wanted to learn about what factors influence cancer screening decisions.

“Although research can be challenging on many levels, it is also very rewarding. Though outcomes are important, engaging participants in dialogue about prostate cancer makes me feel like something is being accomplished. There is this sense that you are giving back to the community.” Dr. Oliver said.

Dr. Oliver and the team of researchers are currently working to analyze the statistical information they have collected thus far. Using the data analysis, they can determine what they have learned from the research and how they can apply this new information to clinical practice. They will present information from this project in Chicago at the Association for Psychological Science in May 2012. When the project wraps up in 2013, Dr. Oliver’s team expects to expand on the results with a larger follow-up study.

Stay tuned for more information on other exciting faculty research projects.
DR. MARSHA HOWELL ADAMS ELECTED PRESIDENT-ELECT OF THE NATIONAL LEAGUE FOR NURSING

Dr. Marsha Howell Adams, Professor and Assistant Dean of Undergraduate Programs at The University of Alabama Capstone College of Nursing has been elected President-elect of the National League for Nursing (NLN). 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 33,000 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 education programs. The National League for Nursing, headquartered in New York City, 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 has served on the Board of Governors for two three year terms 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. Dr. Adams will serve in the president-elect position from 2011-2013 and then will move into the office of President from 2013-2015.

Welcome New Faculty

Kay Sackett, Associate Professor
Dr. Sackett joined CCN in January 2012. Dr. Sackett received her BSN, MEd, and EdD from Temple University and her MSN from Widener University. She practiced in a variety of settings ranging from medical-surgical, community and home health, nursing quality assurance, case management, nursing administration, research, and undergraduate and graduate education. She spent several years working for the United Nations/UNESCO in Nigeria. Her primary research interests and publications have focused on case management, managed care, nursing leadership and management, Evidence Based Practice, healthcare/nursing informatics most specifically the diffusion of innovation and technology across the profession of Nursing and Healing Touch.
Dr. Susan Appel was awarded the Sanofi-Aventis Research grant from the American Association of Nurse Practitioners for her proposal entitled “Conference Call Diabetes Educational Support Group for Older Rural African American Women.”

Dr. Norma Cuellar was selected as a McNair Scholars Faculty Fellow. She also is serving on a technical expert panel on comparative effectiveness of treatments for RLS, for the Agency for Healthcare Research and Quality. In addition, Dr. Cuellar was an author on “Melatonin Pharmacokinetics Following Two Different Oral Surge-Sustained Release Doses in Older Adults in the Journal of Pineal Research.”

Dr. Heather Carter-Templeton wrote a chapter on Translation of Evidence into Nursing Practice for the 5th Edition of Essentials of Nursing Informatics.

Dr. Marsha Adams wrote a chapter on Accreditation of Nursing Programs for the 4th edition of Teaching in Nursing: A Guide for Faculty.

Dr. Melondie Carter was the first author on the manuscript “A Collaborative University Model for Employee Wellness” in the Journal of American College Health.


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Dr. Melondie Carter was the first author on the manuscript “A Collaborative University Model for Employee Wellness” in the Journal of American College Health.

Dr. Marilyn Handley received a grant from the Alabama Chapter of the March of Dimes for her submission entitled, "Incorporating Smoking Cessation into Obstetrical Practice." She also received a Faculty Research award from the Capstone College of Nursing.

Dr. Marietta Stanton co-authored with Sallie Shipman "The Integration of the CNL Role into Public Health Setting" in the Journal of Professional Nursing. She also was an author on "Alabama Veterans Rural Health Initiative: A Preliminary Evaluation of Unmet Health Care Needs" in the Journal of Rural Social Sciences.

Dr. Karl Hamner was an author on "Alabama Veterans Rural Health Initiative: A Preliminary Evaluation of Unmet Health Care Needs" in the Journal of Rural Social Sciences.

Sallie Shipman co-authored with Dr. Marietta Stanton "The Integration of the CNL Role into Public Health Setting" in the Journal of Professional Nursing.

Dr. Olivia May was awarded the Cindajo Overton Outstanding Educator Award from the Alabama State Nurses Association.
Dr. Angela Collins received the Courage to Care award from the Ida V. Moffett School of Nursing at Samford University. Dr. Collins was nominated for her adherence to the Moffett Maxims; the revered nursing educator was noted for her statement: “It takes courage to care, to open the heart and act with sympathy and compassion.”

“It takes courage to care, to open the heart and act with sympathy and compassion.”

-Ida V. Moffett
In 2011, Tuscaloosa was changed forever. The April tornadoes ravaged our campus and city taking part of us with it. Our citizens of Tuscaloosa and volunteers from across the country united to help piece back together what was left of Tuscaloosa.

The University of Alabama Capstone College of Nursing Alumni Association is doing our part to help those in need. On June 17, 2011, the UACCNAA contributed over $25,000 for “The Capstone College of Nursing Alumni Association Endowed Nursing Scholarship.” The scholarship will be given to students of junior or senior standing who are enrolled in upper division classes in the Capstone College of Nursing, who possess a 3.0 minimum grade point average on a 4.0 scale, and who demonstrate financial need.

I am humbled by our alumni and friends who had the vision to provide financial assistance to our student(s) in need. Personally, the scholarship means so much to me. I was a student in need many years ago. During my sophomore year of college my father died. I moved back home to help care for my mother. I worked full-time and attended college. Thankfully, I was the recipient of a scholarship which allowed me to complete my degree. Had it not been for that scholarship, I would not be where I am today.

Scholarships can be life changing. I want to say “Thank You” to all who made this scholarship possible. The Board of Directors for the UACCNAA is looking forward to helping change someone's life this fall. Thank You!

Roll Tide!
Philip B. Fikes, CRNA, MNA
President, UACCNAA
Homecoming on the Lawn
2011
Patricia Graham McCullar will complete her MSN from the Capstone College of Nursing in August 2012. She works as the Graduate Recruitment and Retention Liaison for the college.

Dr. Carol Ratcliffe was inducted into the Alabama Nursing Hall of Fame in October 2011. She also received the 2011 Outstanding Nursing Administrator Award from the Alabama State Nurses Association. Dr. Ratcliffe co-authored “Trends Shaping Nursing Leadership Implications for Education and Practice,” “Conceptualizing Professional Nursing Practice,” and “Transformational Leadership and Evidence-Based Management in a Changing World” with Dr. Linda Roussel, RN in her book entitled, Management and Leadership for Nurse Administrators. “Designing Optimal Models for the Future: Something Old, Something New, Something Borrowed?” was co-presented with Nan Priest, MBA, RN at the conference “Tomorrow’s Health Care System Today” Dr. Ratcliffe submitted an abstract highlighting how philanthropy can be used to enhance the number of certified specialty nurses collaboratively to The American Association of Critical-Care Nurses. The abstract “The Value of Certification” was chosen as one of two national best practices and will be presented at The National Teaching Institute and Critical Care Symposium (NTI) in May 2012 in Orlando, FL.

Carrie Webb Jones will complete her MSN in August 2012 and plans to finish her EdD in 2014.

Cynthia Parnell works at St. Vincent’s Hospital in Birmingham as a Certified Registered Nurse Anesthetist. On April 1, 2012, she married Victor Allen Maldonado.

Amy Gillis Bogue lives in Bentonville, AR with her husband and son. She works as a PRN on a step down cardiac unit at Northwest Medical Center. She and her husband are expecting their second child this fall.

Staci Hardwick graduated in December with her MSN from UAB. She is working with Alabama Dermatology Associates in Tuscaloosa.

Kristin Binion works at DCH Health Systems as a RN Case Manager.

Betty Rotich Chambers works in critical care at Springhill Hospital in Mobile, AL.

Carley Tatum works in the Labor and Delivery Unit at Piedmont Hospital in Atlanta, GA.

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.
Congratulations

Graduates!!
Fall 2011

OF NURSING

Congratulations Fall 2011 Graduates!!!
Save the Date
Homecoming on the Lawn
Alabama vs. Mississippi State

October 27, 2012
2 hours before kickoff

The Capstone College of Nursing has a long-standing tradition of providing quality nursing education. Our success at educating future generations of caring nurses can be attributed largely to alumni and friends who have provided generous gifts through their will or other estate plan.

For more information about giving opportunities without obligations, visit giving.ua.edu or contact Shelley Jordan at (205) 348-9876 or our Planned Giving staff at (888) 875-4438.
Leave Your Legacy

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