TABLE OF CONTENTS

NEWS
4 Dr. Sara Barger
8 NP Program
9 Baby SIM
10 DCH
12 Walk the Talk
14 Better Living with Diabetes
17 Intergrating Transcultural Nursing
18 Peds Cup

RN MOBILITY
21 Get to Know

GRADUATE PROGRAM
22 Press Release
24 Michelle Cheshire
26 2013 Outstanding Service

FACULTY
28 The Frontier
28 New Faculty
30 Faculty Accomplishments

ALUMNI AND FRIENDS
32 President’s Message
34 Alumni Updates

In August I will step out of the position of dean and become a full time faculty member in the Capstone College of Nursing. And as I plan for this change in my life, I pondered what I wanted to say to alumni and friends of our college. Initially I thought I would summarize the changes that have occurred over the last 18 years - the faculty, the growth of enrollment, graduate programs, scholarships, and of course the new building.

Then I realized that what has made all of this possible are the things that have stayed the same. These are what attracted me here in the first place 18 years ago and they are equally true today. Our students continue to be bright and capable, but also sensitive and caring. A number of them will be traveling to Bolivia and China this summer in order to provide health care to underserved families. Some will travel to Japan to study the health care system there. Still others will participate in our summer internship programs where they will work with experienced nurses for eight weeks under the capable supervision of our faculty.

Our faculty have grown in numbers, certainly, but not in the characteristics that have made them the exact kind of people you want teaching and mentoring this next generation of nurses. Competent themselves, and willing to spend however much time it takes to help students to grasp that new concept, or explain something again that may just not have been clear the first time around. Our staff enjoys working with students and helping them work through their issues. And then of course there are our alumni and friends. They too have grown in numbers. What has not changed is the value they place on the college and their desire for it to be even better for this next generation of nurses.

Finally, I have thought about what I want to say to the next dean of the Capstone College of Nursing. It is a simple message. You have come to a good place. You will have the opportunity to work with excellent professional colleagues and students. Our Board of Visitors and alumni will support you in your hopes and dreams for the College, so dream big. And with their help, our college will be even better than it is today.
Leaving a Legacy

Dr. Sara Barger sums up her professional career with one simple Confucius proverb: “Choose a job you love, and you will never have to work a day in your life.” That is exactly what she did. After 45 years in the nursing profession, she is as excited about the field now as she was at 15 when she was a “Future Nurse” in high school.

“How many professions can you say that about?” asked Barger, the dean of The University of Alabama’s Capstone College of Nursing.

Her career has been one of change, adventure and new experiences. From the “freezing” winters of Illinois to the balmy summers of Georgia, she has increased her nursing knowledge at each stop. Now, Barger is once again ready to embark on another adventure.

After 18 years as UA’s nursing college dean, she is stepping down. Not quite ready to retire – “I have too much energy to retire” – she will take an academic year off and then return to the college in a new role.

“I’m looking forward to trying some new things, either through teaching, continuing to fundraise for the college or working with young nursing students,” Barger said. “I’m very willing to do whatever the new dean wants me to do.”

“Sara Barger has had a tremendous impact on the Capstone College...
of Nursing and The University of Alabama,” said UA President Judy Bonner. “You have only to look at the growth and success of the nursing program and the College’s beautiful new building to see how much her leadership has meant to the University and the nursing profession. We will miss her as dean, but we will look forward to her continued work on behalf of the College.”

Barger’s love for nursing first began in high school when she shadowed a public health nurse for a day. She was hooked, and from that day forward, she knew she wanted to be a public health nurse. Three days after graduating from nursing school at the University of Maryland, she began her first public health nursing job.

“I absolutely loved it. It was a great fit for me,” Barger said. “When you’re a nurse in a hospital and you have a patient lying in the bed, the patient is in a dependent position. It’s a world that’s not controlled by the patient at all.

“To me, the fascination about public health is people are in their own homes … and they don’t have to do anything you tell them to do. It’s a different mode of nursing, more about educating them to be able to do for themselves. What you give people through public health is an ability to control their own world and make that world better,” she added.

During her early career, Barger discovered a passion for creating nurse-run clinics, particularly in rural areas where people had little or no access to health care. At nearly every position she held, she started just such a clinic.

Over the years, she continued her education, and eventually earned a doctorate in public administration with a specialization in health policy and financial management from the University of Georgia. As her educational knowledge expanded, so did Barger’s professional experiences, and in 1983, she began her journey into the world of education.

“I never intended to end up in education. My philosophy was always why would you want to teach what you could do?” she said. “But Clemson University called and they needed someone to run their new clinic. I wanted to do what I loved, so I accepted.”

Her career path continued down the academic road as she advanced from one position to the next. After four years as chair of Northern Illinois University’s School of Nursing, and “four years of freezing to death,” Barger knew it was time to move back to the South. She applied for the dean position at UA in 1994 and was hired and started in July 1995.

“The one thing that stood out the most (about Barger) was she had a vision for where the college could go and it was clear to me that she possessed the willingness and strength of purpose to take the college to that place she envisioned,” said Dr. Roy Ann Sherrod, UA professor of nursing and chairwoman of the search committee that recommended Barger.

In her 18 years at the helm, the Capstone College of Nursing has grown both in faculty and students. When she started, there were 425 undergraduate students and no graduate program. Now, as of Fall 2012, UA’s nursing college has 1,562 undergraduates and 472 graduate students.

“That’s a pretty big leap, but we can’t take credit for a lot of that,” Barger said. “When you look at the past 18 years and what has happened with technology, nursing has had to change to keep up with that technology. We just capitalized on the technology that became available.”

The college not only has a successful master’s program, it also started a doctor of nursing practice program several years ago with the University of Alabama at Birmingham and the University of Alabama in Huntsville.

Many nursing faculty and students will attest to the fact that Barger is a great believer in collaborative ventures, and she is always looking for other organizations to partner.

“She is very creative and innovative and felt we should take advantage of opportunities when they arose,” said Dr. Donna Packa, senior associate dean and professor emerita who recently retired from UA’s nursing college. “She was always looking ahead to the next thing.”

Barger, of course, stayed true to her background and started a nursing clinic in Parrish, Ala. She also was instrumental in creating a diverse and successful board of visitors. That board is the reason the nursing school is now housed in the beautiful building across from DCH Regional Medical Center, Barger said.

“It took 10 years from start to finish,” she said. “People told us that you can’t raise money for a building and we didn’t buy that. What we did learn is that you don’t get all of the funds from one source.” Barger also learned during her 18-year tenure as dean that to succeed in leadership takes persistence and the realization that “you can’t do anything by yourself.”

“When you get knocked down, you pick yourself up, shake yourself off and go at it again,” she said. “Fortunately, I’ve been surrounded by people, both above me and within the college, who wanted the college to be successful.

“It’s people that make any job. The reason we’ve been able to do all of these things is because the faculty were willing and open to new things. We also have amazing students. They’re bright, they’re capable, but even more than that, they really care about people and they want to make a difference,” she added.

Her passion for change and compassion for people are seen by those around her every day. Packa said she admires Barger’s calm and caring attitude during difficult situations, as well as her ability to find humor in almost every situation.

“She strives for continuous improvement and the best educational environment for our students,” Packa said. “She is an outstanding leader in education.” Sherrod will miss the honest feedback Barger was always known to give, her humble attitude and her strong backbone.

“Maybe the college would have changed over the years, but I don’t believe we could have grown and prospered in the ways that we have without her leadership,” Sherrod said. “I wish she were not going, but she has left the college in excellent, excellent shape.”

“She is very creative and innovative and felt we should take advantage of opportunities when they arose. She was always looking ahead to the next thing.”
The Capstone College of Nursing now has a Nurse Practitioner Concentration in our MSN Program! In August 2012, the college welcomed six students to our new dual certification option in the Nurse Practitioner Concentration in Psychiatric Mental Health and Primary Care for Rural Populations. Students completing this innovative NP concentration will be eligible to sit for dual national certification as both a Psychiatric Mental Health NP and a Family Nurse Practitioner.

The NP concentration program of study can be completed in two years of full-time study. Students are admitted one time a year in the Fall semester. Students enrolled in the NP concentration will complete the majority of their coursework online and attend on-campus activities as often as three times a semester. The Capstone College of Nursing arranges clinical sites and preceptors for required NP clinical rotations. The specialty focus of this concentration is addressing the healthcare needs of rural populations. Additional information, including admission requirements and the plan of study are provided on our new webpage: http://nursing.ua.edu/graduate_academic_programs_np.htm.

NP students receive education on cutting-edge healthcare technology and will utilize telemedicine during their clinical rotations. Graduates will be prepared to address the multidimensional mental and physical healthcare needs of rural populations.

All current NP students and the NP developmental workgroup, composed of Dr. Susan Appel, Dr. Alice March, Dr. Anthony Roberson, and Dr. Leigh Ann Poole, recently attended an Alabama Statewide AHEC program titled: Painting a Moving Train: Working with Veterans of Iraq and Afghanistan and Their Families. This was one of several activities planned as part of the RHETP grant.

For more information contact the Coordinator of the NP Concentration, Dr. Leigh Ann Chandler Poole, or email the graduate programs records office at graduatenursinginfo.ua.edu, or call 205-348-3071 and ask to speak with Ms. Pat McCullar.

The Simulation Center for Clinical Excellence has added a new infant-sized patient simulator, BabySIM from CAE Healthcare, for the practice of life-saving care. Weighing 16 pounds, BabySIM coos, giggles and cries, and has life-like anatomical features such as blinking eyes, heart, bowel and breath sounds.

According to Andrea Sartain, Instructor and Human Patient Simulation Specialist, "We've incorporated BabySIM into our pediatric simulation experience and, as with all of our patient simulators, will prepare our students for success after graduation.

Students can simulate infant trauma management with BabySIM's realistic model of an infant airway and spontaneous ventilation. This new simulator is being integrated into our pediatric simulation experience and, along with a variety of learning opportunities."
The transition from nursing school to actual practice is a difficult one for many new nurses. In an effort to help smooth that transition, DCH Regional Medical Center partnered with UA’s Capstone College of Nursing to establish a nurse residency program at the hospital.

The benefits for both DCH and UA are significant. Training a new RN who then leaves in the first year costs the hospital about $88,000, said Daidone.

“That’s a big chunk of change,” she said. “Data shows participation in a residency program greatly improves those turnover rates. If we can keep them through that first year, then they’ll stay longer and become our leaders and managers and directors in the hospital.”

It also helps the hospital with their recruitment efforts in hiring baccalaureate-prepared nurses and improves the overall atmosphere of the hospital with new ideas and ways of thinking.

For UA, the benefit comes in the research that is done while the program is ongoing.

Dr. Alice March, a UA associate professor of nursing and academic liaison, facilitator and advisory board member for the nurse residency program, is responsible for the research piece. By surveying the residents and observing their skills throughout the program, they are able to see how prepared the nurses are when first entering the world of practice and find ways to help better prepare in those challenging areas, March said.

“When our graduates are successful, it also reflects well on our nursing program,” said Linda Patterson, a UA instructor of nursing and an academic liaison with the nurse residency program.

“We have the reputation of turning out people who have good potential, university of choice for the best and brightest students. UA, the state’s flagship university, is an academic community united in its commitment to enhancing the quality of life for all Alabamians.”
Last summer, I walked into the Capstone College of Nursing and saw a group of students in the lobby. I saw a face that looked familiar—it was my Spinning Instructor from the Recreation Center. It took me a while to recognize who she was. She was looking at me as well, smiling, like we had made a connection. When I asked who she was and how I knew her, she told me she was a first semester nursing student and taught exercise classes at the Recreation Center. She said she had previously recognized me in her spinning class as a faculty member but hadn’t said hello to me. The student’s name was Amanda Carden.

I was so happy to know that this young woman, one of my fitness teachers, was in our nursing program. She is so full of positive energy and enthusiasm—you can feel her energy when you are around her. As I talked with Amanda further, she told me that she teaches classes at the Rec Center every day—including spin class, strength and training, boot camp, kickboxing, turbo kick, water aerobics, and HIIT (high intensity interval training). She teaches 8 classes per week! How can a nursing student do this? We always assume that once you start the nursing program (junior and senior year of college at UA), all your waking hours are spent studying. But Amanda has a totally different perspective on exercise and studying.

Amanda believes that exercise gives her more time to study efficiently and effectively. The benefits of exercising, especially in students, have been reported in literature. Exercise can help maintain your weight, boost your immune system, improve your sleep, and decrease stress. It can improve circulation to the brain, thereby, improving cognitive performance. Amanda says that after she exercises, she is better able to focus on her studies and is more efficient in her time while she studies. While other students spend hours studying, she says that she does not have to because exercise improves her ability to concentrate and eliminates the stress in her life that may prevent her from focusing on school work. On top of exercising at least one hour every day, Amanda is an Ambassador for the Capstone College of Nursing. She is actively involved in her church at Calvary Baptist Church in Tuscaloosa. She says she has free time because of her belief that life is about being in balance. She has learned time management, studying 4 hours every day. She never forfeits this time for anything else and is very focused on her studies during this time. When needed, she may study more but usually to come and exercise with her but she says most of the time they do not. Amanda believes if the faculty encouraged students to exercise more, it would be considered a higher priority by the students. “Students are being taught from elements of fear. Fear of not passing keeps us from exercising. Students don’t realize how much exercise will help them. They are scared to take any time for themselves and choose not to exercise, not realizing how much it helps.”

Amanda walks the talk. You can just talk to Amanda and know that “balance” is a priority for her through her physical, mental, and emotional health. “Well done is better than well said” was first quoted from Benjamin Franklin. She doesn’t have to tell anyone that she eats healthy, exercises, has a strong spiritual and emotional grounding. You can see it in everything she does. Amanda is a great example for all of us to take time to take care of yourself—even when you think you don’t have time.

AMANDA BELIEVES THAT EXERCISE GIVES HER MORE TIME TO STUDY EFFICIENTLY AND EFFECTIVELY.
Thanks to a grant from the Walker Area Community Foundation with support from the Walker Area Transformational Coalition for Health (WATCH 2020) and the Capstone College of Nursing, the Better Living with Diabetes iPod Touch app (application) now includes professional videos and is ready for pilot testing. Dr. Felecia Wood has worked with undergraduate students from the Computer Based Honors Program and technical experts from E-Tech of the College of Arts and Sciences to develop an interactive app that provides a comprehensive resource to promote self-management for those adults living with type 2 diabetes and their families, particularly those living in rural areas and those who struggle with the complex terminology of health care. The app is based on the “Standards of Medical Care in Diabetes – 2012” as published by the American Diabetes Association in Diabetes Care.

The app allows people to readily review important concepts about diabetes self-management. It is a “native app” meaning that the internet is not required to operate the app, thus people living in rural areas where internet service is not always available, can still use the app. When first opening the app, reminders “pop up” to encourage users to perform regular health maintenance like checking blood sugar or having regular eye exams. Health literacy is important to everyone, so the app includes a Diabetes Dictionary – health care terminology can seem like a foreign language to those who don’t deal with these words each day. The dictionary includes, not only printed definitions of 50 commonly used...
Food is probably the greatest concern of people newly diagnosed with diabetes and even those who have lived with diabetes for years. Food is probably the greatest concern of people newly diagnosed with diabetes and even those who have lived with diabetes for years. Food is probably the greatest concern of people newly diagnosed with diabetes and even those who have lived with diabetes for years. Food is probably the greatest concern of people newly diagnosed with diabetes and even those who have lived with diabetes for years.

by those who are healthy enough. For that reason, a series of evidence-based questions are included in the app as a guide, with the recommendation that if any of the questions are answered “yes”, an appointment with a health care provider should be made before beginning an activity program.

Professional videos were created with grant support to present a realistic representation of life with type 2 diabetes. The five videos were all filmed in Walker County with Walker County residents as actors. Each video is preceded by a relevant question in the app. If the person incorrectly answers the question, the video immediately begins. If the person answers the question correctly, the person has an option to view the video.

The first video, entitled How am I Doing? depicts a person with diabetes meeting with her health care provider. People with diabetes spend, on average, nearly 3 hours each day managing this chronic health problem. Regular appointments to monitor diabetes are critical. The next video focuses on activity for the person with diabetes. Walker Baptist Medical Center, like many communities, has a beautiful walking track where people can safely engage in physical activity. Food is probably the greatest concern of people newly diagnosed with diabetes and even those who have lived with diabetes for years. Helping people learn how to cook with an emphasis on health and wellness must figure out how to “live with diabetes”. The final video shares some of the common concerns of individuals such as eating, monitoring, becoming active, and dealing with the emotions that are a part of changing one’s lifestyle when living with diabetes.

A debut of the videos and the overall app was held in Jasper in November attended by actors and community leaders. A pilot study of the “Better Living with Diabetes” app is projected to begin later this spring in Walker County, AL. Once the pilot is completed, appropriate revisions will be made, and the app will hopefully be freely available in the Apple App store soon.

Both the Chiba students and CCN students were excited to have the unusual opportunity to learn about nursing and culture in Alabama. In order to meet the need of continuing education and practice nursing alongside one another while allowing for meaningful interaction and exchange of transcultural nursing skills, both the Chiba students and CCN students participated in clinical activities that included the clinical practice lab, simulators, and also allowed Chiba students to shadow CCN students to various community-based clinical sites.

Early each spring semester, the Capstone College of Nursing plays host to a group of nursing students and instructors from Chiba University in Japan. This year a total of 14 nursing students and 2 instructors traveled to the Capstone for the Transcultural Nursing Program. This program was initially started for the Japanese students to have an opportunity to learn about nursing curricula, CCN instructors Monika Wedgeworth and Rebecca Owings developed a student-led and student-centered visit in which CCN students and Chiba students were able to interact in classroom, clinical, and social settings. While in the classroom, Chiba students provided presentations to CCN students related to healthcare and nursing and also allowed Chiba students to shadow CCN students to various community-based clinical sites.

Both the Chiba students and CCN students were excited to have the unusual opportunity to learn and practice nursing alongside one another while allowing for meaningful interaction and exchange of transcultural nursing skills.
Capstone College of Nursing students enrolled in NUR 420: Nursing of Children participated in the first ever “Peds Cup” during the fall 2012 semester. Student-chosen teams competed in real-life scenarios using CCN’s state-of-the-art infant and pediatric patient simulators. The goals of the competition were to give students the opportunity to learn in a controlled environment, encourage students to work together to accomplish a goal, and to allow them an opportunity to enjoy patient simulation.

Once students began their pediatric clinical rotation, they were instructed to choose a team to sign up for. Teams had a maximum of three students in order to ensure that every student fully participated and none were given the opportunity to “hide” behind the work of their fellow teammates. They then had to decide upon a team name. Names were to be creative and the fall 2012 teams did not disappoint. From The Care Bears, IV Leaguers, Kid Crusaders to The Lifesavers, the names showed creativity and originality with many representing the personalities of the team members.

The next step was to do the preparation work. Students had to complete an online module based on the emergency care of children. They also were given three topics for which their scenario could be based upon. They had to research each topic, learning the pathophysiology, treatment and nursing care required for each. Students were not told which scenario they would be given and did not know if they would be using the child or infant simulator. Therefore, they had to be prepared for each age and each medical condition.

Teams met for days and weeks to prepare with some becoming even more competitive as their competition day drew closer.

Once they arrived to the simulation center on their assigned competition day, they were told that their patient had just arrived to the emergency department.
Q: Why did you choose UA for your RN to BSN Degree?
A: In my search for RN to BSN Degree programs, I looked at the program flexibility while at the same time giving me challenging coursework that would enable me to become a well-rounded nurse professional. When I came across what the University of Alabama had to offer, I was blown away at your reputation as a nursing program and how you focus on educating students with applicable information and skills a nurse can use to advance their career. I have heard so many positive things from current and former students that I would have been remiss to ignore this great path towards my destiny. This program allows me to work while taking BSN courses online. We all know that nurses work long hours and the thought of taking on a load of coursework can be daunting. However, I would tell any nurse that the RN to BSN Degree at the University of Alabama is one positive step in the right direction.

Q: What about the RN to BSN Track do you feel has been most beneficial to you?
A: The professors at the Capstone College of Nursing understand what we go through as adult students. They are just a phone call or email away. You do not get an automated message, but someone who has been in your shoes. The program requires commitment and dedication as a student, and these same qualities are reciprocated by the faculty as well. The University Of Alabama Capstone College Of Nursing does not give you more than you can bear, but you will find rigorous course content coupled with the tools to be successful.

Q: How will your BSN degree impact your career?
A: The BSN degree will impact my career in so many ways. Hospitals are looking for qualified nurses who have been trained by excellent programs. I know that when they see that I have been educated at the University of Alabama, they will know that they are dealing with a knowledgeable person who knows the importance of caring for the lives of individuals. I am confident that this degree will increase my marketability in the field of nursing.

The key to successfully completing the scenario was to follow the nursing process: assess, analyze, plan, implement and evaluate.
Press Release

University of Alabama Alumnus Awarded Sole Scholarship to Attend Nurse In Washington Internship

By Kim Eaton

STARKVILLE, MS, February 22, 2013—Starkville, MS nurse practitioner, Mary Atkinson Smith, DNP, FNP-BC, has been named the sole recipient of a full scholarship to attend the Nurse in Washington Internship (NIWI) held by the Nursing Organizations Alliance (The Alliance) in Washington, DC, March 17 – March 19, 2013.

This is the only scholarship of this type awarded. She will meet more than 70 conference attendees, including registered nurses and nursing students from several different states. NIWI provides nurses the opportunity to learn how to influence health care through the legislative and regulatory processes. She will have the opportunity to attend informative and educational sessions, learn from expert nursing advocates and government officials and network with other nurses. All of these activities will culminate with visits to her members of Congress on Capitol Hill.

“Attending the 2013 Nurse in Washington Internship will be a valuable experience for me personally and professionally. This dynamic setting will be ideal for educational activities and networking with other nurses from across the nation,” says Smith. “I’m also looking forward to utilizing the knowledge I gain from this internship to further enhance my influence on health care legislation.”

Dr. Smith is a board certified family nurse practitioner and has additional certifications in orthopaedics and perioperative nursing. She is the Director of Health Care Services for the Golden Triangle Planning and Development District in Starkville, MS where she has recently incorporated her house call and transitional program that serves elderly and disabled homebound patients across a seven county area.

Dr. Smith received her Bachelor of Science in Nursing from the Mississippi University for Women in Columbus, MS, in addition to being adjunct faculty with the University of Alabama Capstone College of Nursing in Tuscaloosa, AL. She is an active member of several professional nursing organizations and has successfully published in various nursing journals. She has served as the past Mississippi Nurses Association District 18 President and is currently chair of the National Association of Orthopaedic Nurses Evidence-Based Practice and Research Committee.

Dr. Smith received her Bachelor of Science in Nursing from the University of Alabama for Women, her Master of Science in Nursing from the University of Mississippi School of Nursing, and her Doctor of Nursing Practice from the University of Alabama Capstone College of Nursing in Tuscaloosa, AL. The Nursing Organizations Alliance is a coalition of nursing organizations united to create a strong voice for nurses. The Alliance provides a forum for identification, education, and collaboration, building on issues of common interest to advance the nursing profession.

For more information about The Alliance or the Nurse in Washington Internship, please contact the Alliance headquarters at (859) 514-9157, alliance@amrms.com or visit our website at www.nursing-alliance.org.
Michelle Cheshire
“The Judy Bonner Doctor of Education for Nurse Educators Student Award”
2013 Recipient

The College of Education and the Capstone College of Nursing at The University of Alabama are proud to recognize the achievements of Ms. Michelle Cheshire, 2013 recipient of The Judy Bonner Doctor of Education for Nurse Educators Student Award. Ms. Cheshire is in the dissertation phase of the EdD for Nurse Educator program at The University of Alabama. Ms. Cheshire’s high level of professionalism transcends her every day interactions in and out of the classroom. The student recipient of the award must have evidenced the traits of integrity, enthusiasm, creative leadership, and have a commitment to excellence in education as exemplified by Dr. Bonner. Ms. Cheshire embodies these criteria while balancing school, work and home, with exuberance that is infectious. According to Dr. Marsha Adams, Senior Associate Dean, Ms. Cheshire is a dynamic, personable individual who is valued by traditional and RN/BSN students for her strong clinical expertise as well as her ability to clinically teach community health principles and techniques. Her leadership as the RN Mobility Coordinator has lead to innovative changes for this track. She is viewed by the faculty as a contributing member who embraces nursing education and the nursing faculty role.

Ms. Cheshire has a perpetual interest in bringing things to a new and higher level and she invests the time and energy required to meet this goal. She has published numerous articles in quality publications and is an accomplished presenter in her field. Ms. Cheshire was also nominated to the AACC Novice Faculty Excellence in Clinical Teaching Award in 2011 and for Community Health for Registered Nurses for Blackboard Exemplary Course Program award in 2011 and has been honored by The College of Continuing Studies as a “Faculty Content Expert.” Since 2009, Ms. Cheshire has also been the recipient of the Alabama Board of Nursing Nurse Educator Scholarship. The list of Mrs. Cheshire’s service to CCN and leadership activities in our field are too numerous to list here.

Ms. Cheshire’s path to her doctorate is best told in her own words: “I am probably the most reluctant doctoral student this program has ever seen. I have been employed by CCN for over 18 years either part time or full time. I said a million times over those first 13 years…’I will NEVER go back to get my doctorate’. Well obviously I did and it has been an amazing journey. I truly believe that this doctoral program was tailor-made for me.

The combination of having courses taught by faculty in the College of Education and the Capstone College of Nursing is perfect. I believe having the expertise of faculty from both disciplines has had a positive impact on my role as a nurse educator. The opportunities that I have been afforded because of this doctoral program are allowing me to continue to do what I love…. Share my passion of nursing with the next generation.”

Graduate faculty member Dr. Susan Gaskins noted: “As she learned new teaching strategies and innovative uses of technology in the EdD program, Ms. Cheshire was quick to incorporate them into the courses she was teaching.” Ms. Cheshire’s own students confirm what the Nurse Educator faculty has been able to deduce from their assessment of her academic work. Ms. Cheshire is viewed by students as being enthusiastic about clinical teaching. She is high energy and students find her positive approach to patient care contagious. Students comment on her ability to mitigate learning in a non-threatening manner. One student stated, “Ms. Cheshire taught me in a manner that lifted me up and encouraged me, even if I didn’t do everything perfect the first time.” Ms. Cheshire has spent a great deal of time working on innovative teaching/learning strategies that enhance students learning and produces positive student outcomes. Her real-life in the program.

Working in the community is a passion of Mrs. Cheshire. She serves as a board member for the Good Samaritan Clinic and has given countless hours toward service in the community. She took students to the Tuscaloosa County Health Department (TCHD) for many years when she taught in Community Health. Angie Dubose, Nurse Manager at the TCHD described Mrs. Cheshire as a “Go getter for the students. She is always looking for something for the students to experience and learn. The staff at the health department absolutely loves her.” Sallie Shipman, former employee of the TCHD and Instructor at CCN presently, stated “Michelle is one of the best teachers that I know. She displays a love for the students that is unmatched and an infectious optimism. I admire her and have learned much from her. I took students for Michelle for many years on home baby visits and prenatal classes. She inspired students to have a love for public health.”

In addition to being a student in the EdD in Instructional Leadership for Nurse Educators, Ms. Cheshire has been a full time faculty member for traditional and RN Mobility Track students at the Capstone and she is currently the RN Mobility Coordinator.

Despite the pride she takes from beginning her career with a BSN, from Auburn University, we are thrilled that she has chosen to call The Capstone College of Nursing her home.

“I truly believe that this doctoral program was tailor-made for me. The combination of having courses taught by faculty in the College of Education and the Capstone College of Nursing is perfect.”
An August 2012 graduate of our Doctor of Nursing Practice program, Dr. Rosemary J. Clement won the 2013 award for Outstanding Service by a Graduate Student. Dr. Clement’s Scholarly Project was entitled, “Identifying Women at Risk for Hereditary Breast and Ovarian Cancer Syndrome Utilizing Breast Care Nurse Navigation at Mammography and Imaging Centers.” She is a longtime volunteer and advocate for breast cancer awareness and cancer prevention among women.

Dr. Clement is a Clinical Nurse Specialist in Public Health, a Certified Breast Health Navigator, and is credentialed by the Oncology Nursing Certification Corporation (ONCC). She has tirelessly worked both at the local community level within South Carolina and on the international scene. Voluntarily she has gone to Ghana, Africa twice to assist in preparing nurses and physicians to acquire the skills which foster increased breast cancer awareness, prevention and diagnosis.

While in Africa, Dr. Clement presented seminal information on the roles of Breast Care Navigator to numerous healthcare providers. During her two trips to Africa she served as a volunteer Faculty member for the Breast Health Global Initiative whose purpose was to assist a fractured healthcare system in Accra and Kumasei, Ghana, Africa. She adapted the principles of Breast Health Navigation to the foundation and American Cancer Society. Dr. Clement conducts bimonthly support groups for women who have had cancer.

She established, “The Breast Screening Source of Your County,” which consist of two separate 501 © breast cancer funds to support women who cannot afford a mammogram.

An exemplar of her commitment and passion to care of those affected with cancer has been exhibited with her pet therapy work assisted by Remy a certified therapy dog. Interestingly enough, Dr. Clement’s career has not been without her own special challenges. For instance, she herself is a breast cancer survivor. Ironically, while in our DNP program last December 2012, Dr. Clement had to face the tragic loss of her beloved therapy dog Remy to cancer. Although, she has always been an excellent student and a go getter this loss profoundly affected her and the community in South Carolina where Remy was so well loved. Consequently, as time has gone on Dr. Clement is now training a new therapy dog Ciroc (see picture).
Reflections on Broadband Connectivity and Healthcare in Rural America
By Dr. Kay Sackett

Broad business requires broadband to interact with consumers and suppliers. Healthcare is big business. The resultant provision of “E-healthcare services” requires broadband with bandwidth capable of moving huge amounts of data and graphics intensive content within and between consumers and providers in all types of healthcare organizations throughout the United States. Stated differently, “e-healthcare services” require access by consumers and providers via fiber optic cable rather than the traditional copper wire used to “dial-up” the Internet. The significance of this disparity in access to wired or wireless broadband access in rural America, without basic, or better yet, exceptional broadband access via the Internet, rural consumers, healthcare providers, and healthcare organizations that provide services, remain at a distinct disadvantage when attempting to access “e healthcare services.”

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In summary, the need for rapid transmission of health information is stymied by limited to no Internet access in rural America. Without basic, or better yet, exceptional broadband access via the Internet, rural consumers, healthcare providers, and healthcare organizations that provide services, remain at a distinct disadvantage when attempting to access “e healthcare services”.

New Faculty

Jasmine Hoggle received her BSN from Troy University in 2004. She received her MSN in 2007 from The University of Alabama at Birmingham with a focus on acute care pediatrics where she was also awarded graduate student of the year. She is certified by the Pediatric Nursing Certification Board as a pediatric nurse practitioner. Mrs. Hoggle has extensive experience in acute and primary care pediatric nursing. She joined the faculty of the Capstone College of Nursing in 2012 after eight years with Children’s of Alabama. Her areas of interest include children with hematological and oncological diagnosis. She is a member of Sigma Theta Tau International and the National Association of Pediatric Nurse Practitioners.

Dr. Wadas is an assistant professor at the University of Alabama with an expertise in cardiovascular and critical care practice. She is board certified as a family, acute, and critical care practitioner. She has worked in various advanced practice roles, which include unit director for cardiovascular surgery, cardiovascular clinical specialist, and outcomes manager. Her clinical expertise encompasses both surgical and medical cardiovascular and critical care services. She has successfully implemented quality improvement endeavors within service lines as well as within hospital wide systems. She has also served on various national, regional, and statewide committees and task forces as an advocate for advanced practice. Dr. Wadas received the Doctorate of Nursing Practice with a specialty in Adult Acute Care Nurse Practitioner Practice from the University of Southern Indiana and is currently a PhD candidate at the University of Arizona. Dr. Wadas’ research interests include symptom management in cardiovascular care, inflammatory and genetic mechanisms related to cardiovascular disease, and advanced practice.

The Frontier: Floating in the Cloud and Networking in an Internet Connected World

By Dr. Jasmine Hoggle

Businesses and rural and urban dwellers ability to access the Internet (National Broadband Map, 2012). The disparity in Internet access impacts rural dweller’s opportunity to participate in healthcare. The invention and adoption of new technologies that require access to the Internet continue to proliferate. Selected examples of Internet based technologies include tele health initiatives for e-diagnosis, e-prescribing, e-imaging, e mental health and psychiatry visits, e support groups and other “e healthcare services” including the ability of consumers to access their EHRs and dialogue with healthcare providers via web based portals. The need for improved broadband access in rural areas also effects continued adoption of EHRs by hospitals, clinics and physicians offices that is crucial to further healthcare reform.

A collaborative report generated by the Robert Wood Johnson Foundation, MATHEMATICA Policy Research and the Harvard School of Public Health extrapolated information from two 2011 surveys: The National Ambulatory Medical Care Survey: Electronic Medical Records Supplement sent to office based practicing physicians excluding pathologists, radiologists and anesthesiologists and the American Hospital Association Health Information Technology Supplemental Survey sent to hospital CEOs or their designee.

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Faculty Accomplishments

Dr. Cassandra Ford, Dr. Alice March, Michelle Cheshire, and Dr. Marsha Adams authored “Live versus DVD mock trial: Are cognitive and affective changes different” for Nursing Education Perspectives.

Dr. Roy Ann Sherrod and Dr. Marietta Stanton along with Dr. Linda Dunn (retired) and Dr. Donna Packa (retired) were authors on the article “Creating a Successful Environment for Preparing Doctoral-Level Nurse Educators” in the Journal of Nursing Education.

Dr. Cassandra Ford and Dr. Alice March wrote “Perceptions of Community Resources and Insights for Program Development from Southern, Rural Hypertensive Women” in International Research Scholarly Network.

Dr. Susan Gaskins authored “Making Decisions: The Process of HIV Disclosures for Rural African American Men” which was printed in the November 2012 issue of the American Journal of Men’s Health. Dr. Gaskins also was an author on “Clinical skill and knowledge requirements of 45 health care providers caring for children in disaster, humanitarian and civil assistance 46 operations” an integrative review of literature” for Prehospital Disaster Med.

Dr. Susan Appel was an author on “Latent autoimmune diabetes of adulthood: A case presentation” in Nurse Practitioner. She was selected as a moderator for “Biomarkers and lipids in studies of multiracial populations” at the American Heart Association: Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism 2013 Scientific Sessions in New Orleans.

Dr. Marietta Stanton received a grant provided by the Health Resources and Services Administration for Scholarships for Disadvantaged Graduate Students to The University of Alabama.

Dr. Marilyn Handley was selected as a Faculty Fellow in Service-Learning Program sponsored by the Center for Ethics & Social Responsibility at The University of Alabama.

Dr. Norma Cuellar was appointed to the Board of Directors for the National Coalition of Ethnic Minority Nurses Association as a representative for the National Association of Hispanic Nurses. She was also selected to the Diversity and Inclusivity Committee for the American Academy of Nursing. Dr. Cuellar was an author on “Development of an evidence-based clinical guideline for age-appropriate screening, prevention and management of bone abnormalities in children post hematopoietic stem cell transplant” in the Journal of Pediatric Oncology Nursing.

Dr. Kay Sackett was published in the Online Journal of Nursing Informatics for “Urban, rural, frontier and technology: Defining terms and setting the stage for future columns.”

Dr. JoAnn Oliver received a grant of $23,046 from the UAB Deep South Resource Center for Minority Aging Research for “Exploring Health Care Providers’ Perception of their Communication about Cancer.” She was also an author on “Gender differences in colon cancer treatment” in the Journal of Women’s Health.

Dr. Cassandra Ford wrote “Reflections on a family health history assignment for undergraduate public health and nursing students” in the International Journal for the Scholarship of Teaching and Learning. She also authored “Building from within: Pastoral insights into community resources and assets” in Public Health Nursing.

Dr. Graham McDougall wrote “Impaired Memory” for the Nursing diagnosis handbook: An evidenced-based guide to planning care 10th edition.

Dr. Heather Carter-Templeton wrote “Nurses’ information appraisal within the clinical setting” for CIN: Computers, Informatics, Nursing.

Dr. Roy Ann Sherrod was an author on “How Effective is ‘Code Freeze’ in Post-Cardiac Arrest Patients?” in Dimensions of Critical Care Nursing. She was also an author on “Providing Mental Health Care to Veterans in Rural Areas: Using Telehealth in Mobile Clinics” which was in the Journal of Psychosocial Nursing and Mental Health Services.

Dr. Graham McDougall

Dr. Heather Carter-Templeton

Dr. Norma Cuellar

Dr. Cassandra Ford

Dr. Alice March

Dr. Susan Gaskins

Dr. JoAnn Oliver

Dr. Linda Dunn

Dr. Dr. Marsha Adam

Dr. Michelle Cheshire

Dr. Dr. Susan Gaskins

Dr. Dr. Sasan Appel

Dr. Dr. Alice March

Dr. Roy Ann Sherrod

Dr. Dr. Marilyn Handley

Dr. Dr. Marsha Adams

Dr. Dr. Maria Stanton
Alumni Tradition, as defined by Webster's New World College Dictionary, is the passing down of elements of a culture from generation to generation, year after year. Here at the University of Alabama, we are all aware of the word “Tradition.” It is etched in stone all over campus. Tradition is just part of our culture.

The University of Alabama Capstone College of Nursing Alumni Association is doing its part to preserve tradition. We are promoting nursing education through endowed scholarships. An endowment is a gift that is intended to permanently support a program, in this case scholarships for nursing students. The endowment fund remains intact in perpetuity, while its earnings support the students as specified by the donor.

In June of 2011, the UACCNAA contributed over $20,000.00 for our first endowed nursing scholarship to support an upper division nursing student.

The alumni board met January 30, 2013 and approved a second scholarship to support an RN Mobility student. The UACCNAA contributed $25,000 to fund the “Capstone College of Nursing Alumni Association Endowed RN Mobility Scholarship”. The scholarship shall be given to students enrolled in the RN Mobility tract 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.

We are thankful for the financial support that our members, board of directors, Board of Visitors, faculty, staff and friends provide our college. Scholarships would not be possible without your generous giving and support. Thank you!

–Philip B. Fikes, CRNA, MNA
President UACCNAA

A Message from the President

The Sara E. Barger Endowed Technology Fund

To honor Dean Sarn Barger, the Board of Visitors of the Capstone College of Nursing endowed the Sara E. Barger Technology Fund. This endowment will support the efforts of our college as we continue to integrate cutting-edge technology into nursing education. What a meaningful way to honor Dean Barger and continue her legacy.

If you would like to contribute to the Sara E. Barger Technology Fund, please send honorariums to:

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

Shelley Jordan
Director of Advancement

Friends &
Angelyn Giambalvo, class of 1961, and her husband, Jack, represented the college in the 2012 UA Homecoming Parade.

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Shelley Jordan
Director of Advancement
Dr. Vanda Scott has been named to the American College of Healthcare Executives (ACHE) Board of Governors for a three year term.

Jean Singleton Brannon works at Cahaba Hospice of Selma, AL. She enjoys her hobby of riding and showing Tennessee Walking Horses. Two of her horses won high point championships in the state with Alabama Show Horse Association. This year, she and her husband Robert will celebrate their 20th wedding anniversary. They live on a farm in south Dallas County with 11 horses, 5 dogs, and 3 cats.

Laurie Gautney graduated with her DNP from CCN in August 2012.

Layne Lowrey decided to go back to school in 1999 to become a CRNA. After two and a half years she graduated and passed her boards. In 2008, she formed Citrus Anesthesia Providers, LLC, an all CRNA practice group. In November 2010, Layne began the role of acting ASC administrator during a management transition. Because of their remarkable team of nursing and support personnel, she has continued in the administrator role in a part-time capacity and have successfully lead the corporation through both AAAHC and AHCA/CMS surveys within the last year.

Vann Wilhite finished his MSN in NSA at UAB in 1995. He married Rachel Tucker from Linden, AL. Vann is currently enrolled at BSOL and should graduate in 2014.

Anne Brandon recently completed her Legal Nurse Consultant certification. She works for GlaxoSmithKline as an account manager/clinical liaison covering Alabama.

Wes Hudson is a CRNA at Russell Medical Center. He is married to his wife Julie who he met at UA. They have three children, two of which are students at the university.

Libby Box Harvey has been a staff nurse at St. Vincent’s East Center for Ambulatory Services in Birmingham. She is married and has two children.

Michele Talley is a faculty member at UAB School of Nursing teaching Adult Gerontological and Continuing Nurse Practitioner Program. Michele is also the program coordinator for the Acute Care NP track and RNFA track. She is also the MSN Adult Division Manager. Michele is also currently pursuing her PhD in nursing.

Lori Carden works in Perinatal services at Williamson Medical Center in Franklin, TN as a Labor and Delivery Nurse.

Tara Bertulfo presented her DNP research at the National Association of Nurse Practitioners in Women’s Health annual conference in October 2012 and received the “Women’s Health Research Award.” The study was entitled “A Text Message Reminder to Increase Adherence to Breast Self-Exam/Breast Self-Awareness in College Aged Women.” Tara is currently preparing the manuscript for publication in the Journal of the American Association of Nurse Practitioners.

Jenny Kelly Collier had her baby girl on September 22.