It is hard to believe that I am approaching the end of my first year at the Capstone College of Nursing. In this relatively short period of time, I have formed several strong connections with colleagues across our campus, in our local community, and with our alumni and donors across the country. In particular, I have come to view my colleagues at CCN as family.

Like all families, we have our share of triumphs and tragedies. We delight in the successes of our students, faculty, staff and alumni. This year has been one of many great accomplishments by members of our CCN family. The awards and acknowledgements received are an indication of the outstanding quality of faculty and staff here at CCN.

Two of our faculty members, Dr. Alice March and Dr. Melondie Carter, rose within the ranks of our College to become Assistant Deans of Graduate and Undergraduate Programs, respectively. Dr. Norma Cuellar was appointed as the Editor-in-Chief of the Journal of Transcultural Nursing. Dr. Felicia Wood received the Lamplighter Award from the Alabama League for Nursing. Three CCN faculty members, Dr. Marsha Adams, Dr. Marietta Stanton, and I, were selected for induction as Fellows of the American Academy of Nursing; and our DNP graduates, Dr. Ernesto Perez and Dr. Mary Smith, were inducted as Fellows in the National Academies of Practice. Elizabeth Haley received the Randall Outstanding Award for Undergraduate Research. Among our staff, Katara Wilson was recognized as the university’s Outstanding Professional Advisor for 2014. Rita Doughty received the Outstanding Professional Award, given by the university’s Professional Staff Assembly; and Patrick McIntyre received the university’s Ricky Yanaura Crimson Spirit award. Finally, the College of Nursing was designated as a National Hartford Center of Gerontological Nursing Excellence.

We also dealt with a tremendous loss this year with the passing of our Assistant Dean Joe Burrage. While we miss his presence, we continue his legacy through the Joe Burrage Memorial Fund for Graduate Nursing. I invite those of you who knew him to make a gift in his memory and invest in the newest members of our CCN family—our students.

As families go, ours is large and far-reaching. We are pleased to share some of our family stories and legacies with you in this issue of the Capsule.
The Woodard family has a history of service in health care. Like many of the people featured in this issue of the Capsule, it just seems to be in their blood.

Dr. James Woodard grew up in Reform, Ala. not far from Tuscaloosa and the UA campus. Early in his college career at The University of Alabama, his summer breaks were spent working as a nursing assistant in a Mississippi hospital. It was there that he not only cultivated an interest in medicine, but also in a certain nurse, who later became Mrs. Woodard.

While attending UA, James applied to the newly formed Capstone College of Nursing and was accepted. A natural leader, James served as an officer in the Student Nurses Association and was chosen by the U.S. Department of Health, Education and Welfare to serve on the National Advisory Council on Nurse Training. One of only seven men in the first CCN graduating class, James and his fellow male classmates helped pave the way for other men at the college, including his own son.

After graduating, both James and his wife, Sandra, took nursing positions in Birmingham. The goal was for James to continue his education and ultimately become a registered nurse anesthetist. His career path changed however when a physician persuaded him to apply to medical school. He applied, was accepted, and graduated in 1985 from the University of Alabama School of Medicine in Birmingham.

James feels that his path through nursing to medical school was a good one. He often found that he “had a leg up” on some of the other medical students because of his experiences as a practicing nurse. The nursing background heightened his ability to empathize; not only with his patients but also with his nursing colleagues. Nursing made him a better physician.

After completing a residency in internal medicine at Carraway Methodist Medical Center in Birmingham, Dr. Woodard and his family moved to his wife’s hometown of Columbus, Mississippi. Sandra took a break from nursing to raise their two sons, John and Alex, while James established his medical practice. James practiced in Columbus until 2009 at which time became a hospitalist at Baptist Memorial Hospital-Golden Triangle. He stays involved in his alma mater serving as a member of the CCN Board of Visitors.

When the next generation of Woodard men headed to college, it was not surprising that Alex chose nursing school. Inspired by both parents, he was particularly influenced by the Saturdays of his childhood, when he and his brother would go on medical rounds.
with their dad. “My brother, John, couldn’t handle the blood so he became an accountant. But that’s ok, because he continued the family tradition and married a nurse!”

During Alex’s tenure at CCN, he exhibited the same leadership traits his father had shown years earlier. Active in the Capstone Chapter of the American Assembly for Men in Nursing, he was also an accomplished triathlete and member of The University of Alabama triathlon team. Alex graduated from the Capstone College of Nursing in December 2011. Currently working at Baptist Princeton Hospital in Birmingham with neurology patients in the ICU, he has found an area of medicine that he loves!

Following in the footsteps of both his parents, has given them more common ground. Alex says they have great exchanges, just talking shop! He has plans to further his education and is considering either becoming a nurse anesthetist or nurse practitioner.

Alex finds nursing a very rewarding career and considers it a calling. He feels strongly that more men need to enter the nursing profession. “Men can learn a lot from nursing. It helps them to tap into their compassionate side.”

Just as health care is in the Woodard’s blood, so too are compassion and service. Both James and Alex have a keen interest in international medical missions. Alex completed a trip to Haiti last year and returned this year with his dad. The pair spent a week working with a medical team put together by their home church in Mississippi. It marks the first time they have worked alongside each other delivering medical care but it surely won’t be the last!

We celebrate James and Alex, our first CCN father-son graduates. What a wonderful example they set for other men in nursing!

An account of this father-son medical mission is on the following page.
Most of the patients we see here have the same illnesses that we have – colds, arthritis pain, hypertension and diabetes. Almost everyone has intestinal parasites due to the poor sanitation, so we dispense a lot of “worm medicine.” We have no lab, CT scans or sonograms but we are able to get blood glucose levels and blood pressure. History and physical exams are key in a clinic like this!

We see conditions that would be easy to treat in the U.S. but are much more difficult, if not impossible, here. Examples of these include a child with hydrocephalus, another with a large umbilical hernia and a woman with diabetes who needs daily insulin injections. While we could check gluoses and give insulin in the clinic, there was no way to provide this for her at home. The woman was already blind due to diabetes and was past the point of taking oral diabetic agents. Her gluoses were staying above 400. She probably won’t survive much longer.

One elderly man had suffered a stroke and was hemiplegic. He had several large pressure ulcers due to his immobility. He lived in a small hut with a thatch roof and spent most days lying on a piece of cardboard under a tree. He was cared for by friends, as he had no family. Alex took an interest in him and made several home visits to dress his wounds and minister to him.

Our trip has been short but very rewarding. It’s fun to work with Alex. He’s a very good nurse thanks to his education at CCN. I’m so proud of him and proud of our alma mater.
Susan Thomason wasn’t in the audience watching her daughter, Kelley Prentice, cross the stage at commencement; she was on stage with her. This mother-daughter duo received Doctorates of Nursing Practice from The University of Alabama Capstone College of Nursing on the same day in December 2013.

Both practicing nurses, the pair recognized that today’s dynamic and complex health care environment requires greater scientific and practical knowledge to achieve optimal patient outcomes. The American Association of Colleges of Nursing (AACN), dedicated to advancing nursing education in the U.S., established the goal of a Doctorate of Nursing Practice (DNP) for advanced practice nurses such as Nurse Practitioners, Clinical Nurse Specialists, Certified Midwives and Certified Nurse Anesthetists. Using distance learning, Drs. Prentice and Thomason were able to complete their classwork and over 500 hours each of practicum for the DNP over a two year period.

The mother-daughter team selected the DNP program at The University of Alabama (UA) in Tuscaloosa for multiple reasons. It is practice-focused and places emphasis on technology, research, health policy, and other aspects of health care that positively impact outcomes. Further, the Capstone College of Nursing has a stellar reputation and is accredited by the Commission on Collegiate Nursing Education. According to Thomason, “Faculty members at UA’s Capstone College are well qualified, objectives are clearly delineated, and the learning process is seamless.”

Dr. Prentice has been a Registered Nurse since 2004. She is currently a Nurse Practitioner/Clinical Coordinator for Heart Failure at the Shands Transplant Center at the University of Florida in Gainesville. She previously worked as a Nurse Practitioner for 6 years in a busy cardiology practice in Jacksonville, Fla.

Dr. Thomason has been a Registered Nurse for over 40 years and is now a Nurse Researcher at the Center of Innovation on Disability and Rehabilitation Research, and the Tampa VA Research and Education Training Foundation, Inc., in Tampa, Fla. She formerly retired from the James A. Haley Veterans Hospital in Tampa as a Clinical Nurse Specialist.
The Capstone College of Nursing (CCN) played host to nursing students from Japan’s Chiba University this spring. Chiba students and their advisor, Dr. Mia Kobayashi, were on campus for a week and a half in late February and early March. Their presence was part of a long-standing international exchange program between the two universities. Dr. Monika Wedgeworth coordinated the visit and arranged for the group to participate in a variety of social, academic and health care events.

This year, our visitors shadowed CCN nursing students for a more intimate look at college life at Bama. A welcome reception in the nursing school’s rotunda kicked off their visit. They toured DCH Hospital Northport, viewed demos of an ambulance and a life flight helicopter, participated in clinicals with CCN students and attended community health class. They watched Alabama's gymnasts defeat Florida at Coleman Coliseum, spent time with UA’s Japanese Club members, shopped around town and enjoyed other sporting and social events with CCN guides. Dean Prevost treated them to a dinner at Mellow Mushroom and they ended their visit with a farewell celebration at the College. This exchange program provides a great learning experience for visitors and hosts alike!
The Capstone College of Nursing, in association with the Veterans Affairs Medical Center and DCH Health System, hosted an all-day event in March, asking the question, “What would health care be like if Disney ran your hospital?” The event explored ways to improve customer service and satisfaction, not only in the nursing field but in all areas of health care.

The program was made possible by The Donna Cox Bridger Endowed Lectureship in Nursing and Health Care. In the past, topics such as pain management, access to health care and palliative care have been addressed.

This year Fred Lee was enlisted to teach us about improving patient perception. Lee, who has been both a senior vice president of a major medical center and a cast member at Disney University, drew from what he has learned in both of his fields of work. His book, *If Disney Ran Your Hospital*, was awarded the 2005 Book of the Year from the American College of Healthcare Executives.

Established by Joseph C. Bridger in 2002 to honor the memory of his wife, Donna, the lectureship promotes awareness of current topics in nursing and health care from an interdisciplinary perspective.
The Capstone College of Nursing faculty and staff are dedicated to the nursing profession. According to our in-house survey, so are quite a few of their family members!

47% have a parent, who is a child, or spouse

60% have nursing grandparents, siblings, or other relatives

43 responded to CCN’s All in the Family Survey
Students at the Capstone College of Nursing develop and deliver a health promotion program as part of their community health clinical class (NUR 422). Led by Drs. Paige Johnson and Michele Montgomery, they presented a two-part injury prevention program on bicycle safety to students in Tuscaloosa One Place after school programs for grades 1-5.

Tuscaloosa One Place, a local family resource center, provides after school programs in area elementary, middle and high schools, in addition to other programs.

CCN students spent the first session delivering an interactive injury prevention program. One of the more interesting demonstrations used a Jell-O brain to show what trauma does to the brain with and without a helmet.

On the second visit, they reinforced information taught the previous week and distributed bicycle helmets to students. These helmets were donated by the Capstone College of Nursing Alumni Association (UACCNAA).

Teresa Costanzo, the director at Tuscaloosa One Place, said that both teachers and students enjoyed the presentation. Ms. Costanzo spoke to students at one school CCN visited and reported that not one of the children she talked to had a helmet, so this opportunity could be a life-saving one for them!
WellBAMA:
WellBAMA, the University of Alabama’s signature health screening and health coaching program, operates in a collaborative model, using partnerships with the Capstone College of Nursing (CCN) and the Office of Health Promotion & Wellness (OHPW). Melondie Carter, assistant dean for undergraduate programs at CCN, serves as the Assistant Director of research for the OHPW. Dr. Michele Montgomery and Dr. Paige Johnson of the CCN community health faculty are instrumental in making WellBAMA effective by scheduling clinical rotations and providing clinical supervision and training.

Community health nursing students encourage employees to make and sustain healthy behaviors. The program offers onsite health screening and assessments, timely health advising sessions, and assistance in setting and monitoring individual health goals to promote improved health. In addition, the program affords an innovative opportunity for nursing students to provide health promotion within an inter-professional framework while improving their clinical and communication skills.

WellBAMA was introduced to employees through a campus wide outreach in January 2009. The outreach has been delivered to all 17 colleges or divisions multiple times, and more than 2,000 employees have participated. An incentive program, WellBAMA rewards, was offered to employees in 2012 and improved health risks have been significant.

To date, over 500 nursing students have rotated through the WellBAMA clinical experience. Student’s comments have been very positive regarding the experience. One nursing student stated, “I found WellBAMA to be a meaningful clinical experience. With the growing need for emphasis on prevention, this was a great opportunity to work in a collaborative health promotion model. This experience will shape how I teach my future patients in any clinical setting”.

Additionally, health promotion NCLEX scores have increased.

In the spirit of health and wellness, our Dean Suzanne Prevost, has encouraged several healthy activities this year. In addition to participating and encouraging others to participate in the WellBAMA program, Dean Prevost has provided leadership for the West Alabama Heart Walk, hosted a heart healthy luncheon in the college, participated in the Strive for Five program and has installed a treadmill workstation in her conference room for faculty and staff use.

The Capstone College of Nursing is practicing what we teach!
How did both of you end up in nursing?

Kimberly: I was drawn to nursing after having medical issues of my own and spending many hours visiting doctors. I am undiagnosed and many nurses held my hand and guided me as I quickly realized that textbooks/doctors do not have all the answers. I hope to be an advocate for my patients and guide them as many nurses did for me.

Christine: In the 8th grade, I babysat over the summer for a 2 year-old boy who was diagnosed with cancer a few months later. I witnessed the importance of a receptive, empathetic, and caring nurse. This has greatly influenced the type of care I want to administer to my patients.

Why did you choose Alabama?

Christine: I toured the campus once, fell in love and knew I wanted to spend my college years here. The prestigious nursing program was also an incentive.

Kimberly: Christine would like to claim that I followed her here but I have a different side of the story. During the college application process, I was trying to decide whether my major would be pre-pharmacy or nursing. After applying to other schools, I decided that I wanted to pursue a degree in nursing. When visiting my older sister who was already here at UA, I fell in love with the campus and made my decision.

What is the best thing about being in the same program as your twin?

Kimberly & Christine: You always have someone you can practice on and talk through different situations with. Talking through long days at the hospital and being able to relate to each other’s struggles and frustrations is also very therapeutic. You are able to encourage and push each other in a way that only sisters can do to better each other. We have been athletes our entire life and see many things as a competition. The competition is very healthy, such as: if you are studying, I better be!

What are your interests outside of nursing?

Kimberly & Christine: Outside of nursing, we enjoy traveling. Our favorite activities include boating, hiking, snow skiing and playing volleyball. We recently picked up gardening. We were raised in the Christian faith and both have passions for taking nursing abroad, but we are not sure what that will look like yet.

Even though we do enjoy the same activities, we are excited to graduate and move to different areas to see where our individual callings are in life. Christine has a passion for pediatrics and critical care whereas Kimberly is not sure where she fits in yet but is interested in the OR.
How did both of you end up in nursing?

Megan: Over the years I’ve found that I receive the most joy by doing things for other people and I felt like a career in nursing would give me the opportunity to do this on a daily basis. Math and sciences were always my favorite subjects growing up, so I felt like the medical field was an area I would enjoy.

Morgan: Being the oldest of five siblings, I have a natural tendency to help care for others and have always enjoyed doing so. I’ve also been fascinated with the medical field for as long as I can remember. Needless to say, I felt like nursing was the obvious choice for me.

Why did you choose Alabama?

Megan: Our dad went to Alabama, and we were pretty familiar with Tuscaloosa since we grew up coming to football games. Morgan and I have always loved the campus and knew it would be nice to be only an hour away from home. Although we thought about going to separate colleges, after learning how great the nursing program was, we both felt like choosing UA was an easy decision.

What is the best thing about being in the same program as your twin?

Megan: Nursing school obviously isn’t easy, so I would say the best part about being in the same program is constantly having someone who understands what you are going through.

Morgan: I agree with what Megan said. I also like the fact that I always have someone to help me balance assignment deadlines, tests coming up, and other nursing school responsibilities.

What are your interests outside of nursing?

Megan: My faith has always been a big part of my life, and I’m pretty active in the college ministry at my church. A few of my favorite things to do in my spare time are spending time with friends and family, reading, and painting. I’ve also really enjoyed making video projects throughout high school and college. It’s something I’m passionate about and would love to continue doing in the future.

Morgan: I enjoy spending time outside, which may involve hiking, running, or just reading a good book. Other countries fascinate me, and I love the idea of traveling abroad whether it’s to explore a different culture, provide medical care, or share my faith. Medical missions are something close to my heart, and Megan and I both had the incredible opportunity to go on the Bolivia medical mission trip through CCN last summer.
I worked as a paramedic/firefighter and a flight paramedic in Florida for about 17 years. When I left for nursing school, I was a shift lieutenant and over half-way to retirement. Having done OR clinicals in paramedic school, I developed an interest in a career as a CRNA. Many years passed before I finally decided to follow that path.

I finished a paramedic to RN bridge program and have been employed at Flowers Hospital in Dothan, Alabama in the coronary care and cardiovascular ICU (CCU/CVICU) units. I had always wanted to graduate from The University of Alabama, so there was no other choice when I decided on a BSN program. My plan is to begin the application process for CRNA programs after completing the RN Mobility program.

My wife, Lindsey, and I both work as RN’s at the same hospital. She is employed in the cardiac rehabilitation department so we care for many of the same patients. I actually met her on Thanksgiving about 7 years ago when she worked in the ER. She came out to the helipad to receive a patient that we had flown to Flowers ER. From that meeting, we eventually married and I moved to Alabama. With her support, I began this academic journey to career change.

We live in Dothan and have a 4-year-old daughter, Libby Claire, who many of CCN’s faculty and staff members met when we visited the college in the spring.

On November 14, 2013, our whole life was altered. Libby complained about pain in her abdomen for just a couple of days. She ended up having an ultrasound, which showed a large tumor in her abdomen. We traveled to Children's in Birmingham that afternoon. Tests were performed which led to the diagnosis of neuroblastoma (cancer). We were devastated.

At the time of Libby Claire’s diagnosis, I was about half-way through the first semester of the RN to BSN mobility program at Alabama. To be honest, I thought I would have to drop classes and start over whenever I could. When I explained my situation to Dr. Michelle Cheshire, she assured me that the faculty would find opportunities for me to complete this program. Throughout this journey, Dr. Cheshire and other faculty members at UA have been wonderful. They have not only helped me by making accommodations in the classes but have also shown a very genuine concern for my daughter and my family. I know that everyone has gone above and beyond what is required of them. They did not have to work around my unpredictable schedule like they have. Dr. Cheshire and other faculty have been a very pleasant surprise throughout this situation. We have been treated like family. I cannot say enough about the faculty here. They do not know how much their sincerity, actions and prayers have meant to us.

My family and I will never forget what they have done for us. We will be forever grateful. The faculty at the Capstone College of Nursing’s RN Mobility Program will forevermore be a part of our extended family.
For the Gibson brothers, nursing seemed to choose them. Their father was a military hospital administrator so the boys grew up in the hallways of hospitals. Between them, they already have years of experience serving as health care providers. Today, both are enrolled in the RN Mobility Program at the Capstone College of Nursing (CCN) and are on the path to earning their BSNs.

Because of his early exposure to medicine, Kyle knew he wanted to be “something” in the medical field but he didn’t know what. He grew up watching episodes of Rescue 911 and Trauma: Life and Death in the ER and was drawn to emergency/trauma and pre-hospital care. Before going into nursing, Kyle was a Firefighter/EMT with Escambia County Fire Rescue (ECFR) in Florida.

Andrew, older by 10 years, says, “I started out at a community college like every other kid who didn’t know what he wanted to do when he grew up.” He, too, was familiar with all the different jobs a hospital had to offer and considered several. Becoming a physician
took too many years in school and being a pharmacist required way too much chemistry for his taste. To make sure the health care field was the right choice for him, he started out as a medical assistant. Andrew found out quickly that he enjoyed being around patients and seeing them get well. He also discovered that he wanted to play a bigger role in the care of the patient and that led him to nursing. An ADN degree seemed to be his best route but Andrew also knew he would apply to a BSN program as soon as he could.

Andrew had this to say when asked why he chose Alabama to further his degree: “Dr. Michelle Cheshire and Katara Wilson presented a Skype ‘Meet and Greet’ to RN’s graduating from Faulkner State Community College. They made Alabama’s program sound manageable for someone who had to work and go to school.” That appealed to Andrew whose life was already full with a family of four and a job in critical care (SICU) at a local hospital.

Kyle, however, likes to take the credit for recruiting his brother. Andrew was finishing nursing school and Kyle felt that they would push each other to complete bachelors’ degrees if they enrolled in a BSN program at the same time. Kyle says, “It’s always been a goal of mine to graduate from a ‘big’ university so when I heard a ‘Bama by Distance’ commercial on the radio, I looked into CCN’s program.”

A few days after the “Meet and Greet”, Andrew was talking to Kyle about the UA presentation. Kyle smiled and admitted that he had already sent in his transcripts. Andrew says, “We started laughing and I made it clear that there was no way my younger brother was getting a BSN before me!”

Both praise CCN’s program and personnel. Andrew appreciates the way they make him feel like an individual and not a number. He is very happy with his choice. Kyle agrees and says that the experience so far has been great. He thinks Katara Wilson is a saint who makes the application process smooth and painless.

Brotherly competition plays a role in this duo’s educational journey. While the brothers talk about assignments and consider themselves “accountability partners”, both are very competitive. They say it drives them to try to do better than the other when it comes to grades. Kyle says, “Knowing my brother is in the program motivates me to work harder.”

Like so many nurses we have featured in this edition of the Capsule, both Kyle and Andrew want to continue their education past the BSN level. After completing his degree in the RN Mobility Program, Andrew wants to look into becoming a Nurse Practitioner (NP). Kyle’s end-goal is to be an Acute-Care NP and work for a trauma service.

The Gibsons are a close-knit family and spend a lot of time together. Though Kyle lives in Georgia and Andrew is 6 hours away in Mobile, Ala., they like to fish and enjoy being on the Gulf of Mexico. Andrew and his wife have three boys, ages 14, 7 and 8 months, who keep them busy. Kyle enjoys helping out at his fiancé’s family farm named Jaemor. He also likes to visit Pensacola to occasionally ride on the fire truck with his best friends at ECFR. Incidentally, the Gibson brothers have an older sister named Heather who is married to a Certified Registered Nurse Anesthetist (CRNA). What a great nursing family!
Growing up with fascination, awe, and gratitude for the amazing performance and function of the human body lead to a decision to enroll in nursing school in the early 1970’s. I graduated in 1976 with an Associate Degree in Nursing and worked in a variety of hospital settings once licensed as a registered nurse. Returning to school in the early 1990s, I completed my BSN and MSN degrees and obtained dual Family Nurse Practitioner (FNP) certification. Until 2000, I worked as an FNP in a variety of outpatient clinic settings and then moved to a teaching hospital.

As a life-long learner fortified by family to achieve optimum intellectual, spiritual, emotional, and physical development, I was encouraged to consider a PhD or DNS. Pursuing a higher degree was not to be at that time. Life changed dramatically a few months after graduation with our youngest son’s diagnosis of childhood leukemia. Participation in a clinical trial generated remission and current protocols. Twenty years later, he is studying medicine cancer free.

In June of 2009 while working as an assistant professor soon to be tenured associate professor, life was commonly good. Enjoying the enticing world of nature as a respite from work, our family acquired several acres in the Rocky Mountains. As I traveled to the mountains to work on a cabin we were building, it was an exquisite sunny summer day interrupted by an occasional mountain thunderstorm. Sunlight penetrated the clearing clouds and the most remarkable double rainbow appeared. Several moments of pure joy ensued as I completed the drive.

Arriving at the worksite before my husband and son-in-law, I climbed a ladder in the basement to examine copper pipe for an upcoming plumbing inspection. In a matter of seconds life changed dramatically.

A fall from the ladder induced unconsciousness for at least an hour. Drifting in and out of awareness, I remember excruciating pain and an overwhelming sense of lightheadedness and nausea along with a useless left arm due to several fractures. Moreover, I was bleeding from nostrils and my right ear.

What transpired over the next several hours were amazing and often unexplainable coincidences that allowed this human to survive a potentially fatal fall. Sensing an audible thought about survival and the necessity to, I managed to move along the floor on my back and up a flight of stairs where I again lost consciousness. Eventually one of the construction workers, a volunteer EMS provider who reported a sense of urgency to go downstairs, discovered me. Once found, another series of circumstances, really ‘miracles’, including EMS access and individuals with the right equipment and ability to lead responders quickly to a remote location, changed the course and outcome of a traumatic brain injury.

Transported for about an hour to the closest medical facility for stabilization/diagnostics and then subsequent life-flight transfer with anticipation of neurosurgery; medical providers discovered an internal hematoma, multiple cranial fractures, right-sided vestibulocochlear and facial nerve severance, multiple head contusions, localized nerve deficits, total right-sided hearing loss, altered level of consciousness (LOC), and transient amnesia.

Traumatic brain injury (TBI) is an intracranial (brain) injury resulting from any ‘external force’. Research shows that the intensity, acceleration, direction, and/or angle of that ‘force’ influence the significance and sequence of
From 2009 until the present, a variety of cognitive, neurological, and physical therapies ensued. One specialist informed me early in the recovery process that if I wanted to obtain maximum recovery and defer early onset dementia, cognitive remodeling and balance therapy were essential. For months, I literally had to think/visualize systematically the process of whatever activity I did.

Learning to walk again involved the periodic use of a wheelchair, walker and knee scooter. To regain balance, I had to develop strategies and understanding of relational visual cue changes. Two subsequent falls required surgical interventions and additional physical rehabilitation. Chronic vertigo symptoms continue today.

Reading and writing require significantly more energy and concentration than ever before. Fatigue or stresses made it worse. Moodiness, personality changes and pain became a part of everyday existence for an extended period and improved with mind over matter strategies and the constant distraction of daily activities.

As I regained physical function and sought to rehabilitate myself, I determined cognitive remodeling through educational pursuit of a Doctorate of Nursing Practice (DNP) would follow. With unexpected financial support, I enrolled at the University of Alabama Capstone College of Nursing DNP program at Tuscaloosa and graduated in December 2013. The DNP educational process enhanced clinical experiences, personal goals, and a passionate desire to enrich nursing. With continued awareness of physical symptoms and success strategies, I am able to effectively advance the science of nursing as a professor, provide care to underserved/vulnerable individuals, and realize improved leadership and collaborative abilities through promotion of nursing professionalism, scholarship, and health care policy.

My fascination, awe, and gratitude for the amazing performance and function of the human body enabled me to heal and to perform beyond expectations of July 2009. Health care providers have been amazed at progress and recovered abilities. Significant medical advances improved personal outcomes as they did for our son 20 years ago but not without mind, body, and/or soul connections. TBI cognitive remodeling and knowledge acquisition enriched and heightened achievements and expanded spiritual horizons. The remarkable double rainbow and exquisite acquisition enriched and heightened achievements and expanded spiritual horizons. The remarkable double rainbow and exquisite joy were gifts from God to help me during a difficult and challenging episode of mortality.

May it serve to remind humanity and nurses generally “… God [is] leading me and that notion [has] been repeatedly confirmed” in opportunities and life experiences (Prevost, 2014, p.7 in CapsuleWinter2013). Many early nurse leaders and activists felt that nursing was a ‘calling from God’ to improve humanity and decrease human suffering. “[N]eed of me; and ye shall find rest unto your souls. For my yoke is easy, and my burden is light” (Matthew 11:29-30).

Traumatic Brain Injury (TBI) means for me (T)ransitions with (T)ransformation; (B)eginnings with (B)arriers; (I)nnovation, (I)magination thru (I)nsistence, despite (I)nadequacy! In all thy getting, get knowledge for a man [woman] of knowledge, increaseth in wisdom (Proverbs 24:5).

Dr. Judd’s Post-TBI Accomplishments

- 2014 Presentation: 3/17/14, American Nursing: Historical Roots 1850-2013
- 2013-2014: Multiple Research poster presentations; Podium presentation invitation at the Sigma Theta Tau International (STTI) Nursing Honor Society 25th International Nursing Research Conference (Hong Kong) with a subsequent $1,000 STTI Foundation Grant.
- 2013: Primary Author: A History of American Nursing: Trends and Eras (2nd ed.)
- 2010-2014: Curriculum revisions/committee work/academic responsibility as a full-time nursing professor
- 2010: Utah Nurses Association Lifetime Nursing Achievement Leadership Award
- 2010-present: Capitol Hill Optional Nursing Student Activity as Legislative liaison and collaborator for WSU-SON nursing students, researcher and legislative contact.
- 2010-present: Utah Nurses Association (UNA) Government Relations Committee
- 2009: Primary Author: A History of American Nursing: Trends and Eras

symptoms. Moreover, with resultant scalp, skull or nerve damage with intracranial movement, the injury becomes more complex. The TBI elicits a number of cognitive, neurological, language, sensory, ocular, visual or equilibrium deficits. Social, emotional, psychological, and/or additional physiological symptoms can be self-limiting; often-permanent functional deficiencies exist. Post-concussive syndromes occur immediately after the injury and/or up to six or more months after a moderate to severe head injury with LOC. With LOC and amnesia, there is increased risk for dementia, Alzheimer’s, Parkinsonism and other degenerative brain disorders particularly in mature individuals (CDC, 2012; Schretlen & Shapiro, 2003; Wikipedia, 2014).
Congratulations

May 2014

Graduates!

The University of Alabama
Drs. Mary Smith and Ernesto Perez were inducted as Fellows of the National Academies of Practice (NAP) in a ceremony held in Alexandria, VA on April 5, 2014. Dr. Perez was recognized as a Distinguished Scholar Fellow and Dr. Smith was installed as a Distinguished Public Policy Fellow.

NAP is a non-profit organization founded in 1981 to advise governmental bodies on our health care system. Distinguished practitioners and scholars are elected by their peers from ten different health professions to join this inter-professional group dedicated to quality health care for all. Fellows must have an exemplary career of ten years or more, and be committed to inter-professional health care practice.

According to NAP’s President-Elect Satya Verma, OD, FAAO, FNAP, Diplomate, “Being selected as a Distinguished Fellow of the National Academies of Practice (NAP) gives recognition to your contributions and accomplishments. It recognizes your interest and desire to be an integral part of collaborative interdisciplinary health care. It also reflects your commitment to rise above your individual discipline and be an equal partner in delivering total health care without boundaries.”

Both Ernesto and Mary received their DNPs from the Capstone College of Nursing in 2011. Congratulations to these exemplary CCN graduates!

Dr. Joe Webb Burrage, Jr., Assistant Dean for Graduate Programs at CCN, died February 19, 2014. It was a great loss for our college and the nursing community. To show our support and honor his memory, the Joe Burrage Memorial Fund for Graduate Nursing has been established to provide scholarship support to graduate students. We also envision establishing an annual event named in Dr. Burrage’s honor to celebrate and acknowledge the work of male nurse leaders.

Memorial donations can be sent to:

Capstone College of Nursing
c/o Shelley Jordan
Box 870358
Tuscaloosa, Al  35487
UACCNAA board members (l-r) Dr. Melondie Carter, Johnny Vice, Stephanie Massey and Philip Fikes were part of the Capstone College of Nursing team who Walked for Heart in February 2014. Over 85 CCN faculty, students, staff and alums proved “Nursing has Heart” by participating in the American Heart Association 5K fundraiser. The UACCNAA donated the neon “Nursing Has Heart” T-shirts which were designed by nursing student, Catherine Raulston.

CCN grads (l-r) Katie Abbey, Jennifer Junkin and CCN Board Member Kayla Bush show Bama colors during a two-week trip to Lodwar, Kenya in January 2014. While in Africa, they participated in a medical mission and church planting trip with Jesus Harvesters Ministry.

THE UNIVERSITY OF ALABAMA CAPSTONE COLLEGE OF NURSING ALUMNI ASSOCIATION BOARD OF DIRECTORS

Philip Fikes, President  Cindy Chastain  Pat McCullar
Stephanie Massey, Vice President  Dr. Cassandra Ford  Andrew McPhail
Kayla Bush  Steve Galvez  Josh Thomas
Nate Bush  Donna LaBresh  Johnny Tice
Dr. Melondie Carter  David Lee  Newton Tinsley
Jonathan Vice
Class of 1961
JoAnn Broadus is a retired nursing educator and 2007 inductee to the Alabama Nursing Hall of Fall. She taught at the University of South Alabama College of Nursing for 25 years. JoAnn also has a lengthy list of volunteer activities including a medical mission in 1991 to Northern Iraq aiding in the resettlement of Kurdish refugees. She is traveling to Guatemala this summer where she and other volunteers will construct an all-purpose building as part of a church mission. JoAnn and her husband, Gene, are the proud parents of four children, eight grandchildren, two great grandchildren and two more on the way!

Class of 1965
Dr. Dorcas Cobb Fitzgerald received one of two “Excellence in Education Award” from the Ohio Nurses Association at the biennial ONA Convention in October 2013.

Class of 1979
Karen Fields Nabors was promoted to Associate Professor in the Associate of Science Nursing Program at Mississippi University for Women in Columbus, Miss. She also received the Excellence in Nursing Education Award from the Zeta Rho Chapter of Sigma Theta Tau International Honor Society of Nursing.

Class of 1981
Karen Hill Taylor’s daughter, Lauren Taylor Bodenhamer (UAB ’07) will complete the DNP program this year at the University of Alabama! She is currently employed by Baldwin County Hospital in their Gulf Shores medical clinic. Karen says, “SO PROUD to have a UA grad!”

Class of 1983
Jill Hartley Cooper is very excited to have a son who has chosen University of Alabama! Jill says, “We live in Georgia, and he got in to Georgia Tech, but after a visit to University of Alabama he felt like it was a fit in the Chemical Engineering program. So excited!”

Class of 1983
After graduation, Amy Zechella worked in Labor and Delivery at DCH for 3 years. She loved caring for women during the birth process but wanted to deliver the babies! Amy attended the University of Florida in Gainesville and graduated with a Masters in Nursing with a specialty in Nurse Midwifery. She moved home to Jacksonville, Fla. and has been working with the same OB GYN for 25 years. Amy says, “I’m now delivering my 2nd generation of babies!”

Class of 1986
Gail Rutland Fant says, “My son has had one son who now is 10 years old. Now he is getting remarried to a wonderful lady with 3 boys! Suddenly our family has taken a huge growth spurt. I now have 4 grandsons age 10, 10, 8, 6! The house is alive with boy noise. I can hardly wait until football season and hear all the ROLL TIDES coming out of my house!”

Class of 1987
Max Blane Bullen has been deployed to Camp Arifjan, Kuwait, Combat Support Hospital (FWD) serving as a nurse anesthetist.

Class of 1989
Sharon Tipton Gothard graduated in 2013 with an MSN and is now an Adult Gerontology Acute Care Nurse Practitioner. She works with a hospitalist group in Chattanooga, Tenn.

Sarah Hamner Morales was recently offered a Case Manager’s job with Acuity Healthcare to follow up with clients that are in the Humana Healthcare System. After graduating, she started working in Home Health Care and in 2014 still works in the same field.

Class of 1990
Dr. Amy Davis Lee graduated from Chatham University in Pittsburgh with a Doctor of Nursing Practice in December 2013. We love Amy’s sentiment about graduation day! She said, “On my left lapel over my heart I wore my Capstone College of Nursing pin. Under it I wore my Sigma Theta Tau pin (inducted the spring of 1990 by the CCN). I will never forget where my foundation was laid. Roll Tide forever!”

Class of 1994
Sharon Fulgham McKinney completed her master’s degree in Health Administration in 2006 and is still working full time. She enjoys her family and spending time with friends. Sharon and her husband have two daughters and two granddaughters. Their youngest daughter recently got married.

Class of 1994
Gina Diciero Weisgerber is married with 5 kids. She is not currently working outside the house. Her oldest is a junior in high school and may visit UA. She is a runner and wants to go into medicine.

Class of 1997
Nicole Marie Acosta Warner now has her CRNA.

Class of 2000
Judson York was recently promoted to Clinical Coordinator of the Recovery Room (PACU) at NYU Medical Center.

Class of 2002
Kimberly Aday Petersen graduated from Samford University in 2008 with a Masters in Nurse Anesthesia. She is married to Jake Petersen and has two daughters, Devyn and Claire. Kimberly practices anesthesia at an ambulatory surgery center in Madison, Ala.

Class of 2006
Victoria Benay Strickland Junkin received her CCRN Certification in December 2013 and is currently enrolled in our MSN program.

Amanda Michelle Heath married Nick Ramsburg of Sterling, VA, in April 2013 they we are expecting their first child, a baby girl, in early summer.
Class of 2007
Fannie Wiggins Jones was recently promoted to Surgical Case Manager, her field of study!
Catherine Reed is currently getting her MSN-FNP from Belmont University in Nashville, Tenn. One of her group projects will be featured in MedSurg Nursing. Titled “The Relationship Between Frequency of Vital Signs and Patient Clinical Status: A Systematic Review of the Evidence”, it will be published in the September/October 2015 issue. Catherine says, “Glad to say I am a CCN alum! RTR!”
Cindy Richards has been elected national president-elect of the American Nephrology Nurses’ Association (ANNA) for 2014-15. She will serve on ANNA’s Board of Directors and as liaison to assigned committees. Cindy is a pediatric renal transplant coordinator at Children’s of Alabama in Birmingham.

Class of 2008
Christina Raines married Michael Edmonds in Birmingham, Ala. on October 5, 2013.
Ryan Franks was recently promoted to Clinical Consultant for the Florida panhandle for Abiomed Inc., a leading provider in break-through heart support technology.

Class of 2009
Wendy Batchelor Castillo graduated with her MSN/FNP from Troy University in May 2014.
Melinda Merry is making a 72 mile JDRF Ride to Cure bicycle trek this September in Lake Tahoe, Calif. Donations are used to find a cure for Type I Diabetes which Melinda has been living with for 20 years.

Class of 2010
Kristin Binion is currently an Acute Care Manager with Cigna-HealthSpring. She is very engaged with her members, setting them up with community resources in line with their benefits.
Michael Greco is a PhD candidate at Indiana University of Pennsylvania and is the assistant CRNA program director at Columbia University in NYC.
Shelly Norman opened a medical spa, Regal Skin and Laser, in August 2013 in Chehalis, Wash.

Jessica Rose Waldrop graduated from UAB with an MSN in 2013 and is working as a psychiatric nurse practitioner at the Birmingham VA Medical Center. She is currently engaged in one of four residency programs for psychiatric nurse practitioners across the U.S.

Angela Adams Whatley will graduate from UAB in December 2014 with a Masters in Nursing (nurse anesthesia).

Class of 2011
Brian Dickson is currently enrolled in a graduate nurse educator program with an expected graduation date of May 2015.

Dr. Victoria S. Kilcawley is the recipient of an American Association of Nurse Practitioners (AANP) NP Excellence Award for South Carolina. The award will be presented at the AANP National Conference in June 2014.

Leigh Hollingsworth Langley has been accepted into the Nurse Anesthesia program at Middle Tennessee School of Anesthesia starting July 2014.

Kate Griffith McConathy is now an Assistant Nurse Manager at UAB hospital on the orthopedic surgical care unit. She is currently in school to get an FNP MSN from UAB School of Nursing.

Dr. Mikkii Swanson is the recipient of the Society of Hospital Medicine’s (SHM’s) 2014 Award for Excellence in Hospital Medicine for Non-Physicians Award. She received her award at SHM’s annual meeting, Hospital Medicine 2014, on March 26, 2014 in Las Vegas, Nevada.

Class of 2012
From Carolyn Faye Dempsey, “I will be getting married in September to Adam Thompson in Orange Beach, Alabama!”
Leslie Doroski McDowell accepted a position as a Quality Improvement and Health Information Technology Consultant at MAHEC (the Mountain Area Health Education Center) in Asheville, NC. In this role, she provides support to both independent and hospital-owned medical practices in their efforts to transform health care delivery to their patients. Leslie says, “My previous 20+ years of experience as an Adult NP and my advanced degree from Alabama provide me with a level of credibility and respect when working with providers and practice staff.”

Sheila Ray Montgomery is a 2013 Helen Henry Excellence of Care Award Recipient. Sigma Theta Tau International Honorary Society awarded her the honor at STTI’s 42nd Biennial Convention in Indianapolis, Indiana in November 2013. Sheila serves as a critical-care nurse at UAB Hospital and as adjunct faculty at the UAB School of Nursing.

Class of 2013
Ronald Lee Bolen has been selected for the rank of Commander in the Navy Reserves.

Dr. Reitha Cabaniss’ paper “Faculty Identification of Competencies Addressing Quality and Safety Education in Alabama Associate Degree Nursing Education Programs” has been accepted for publication in Teaching and Learning in Nursing.

Dr. Rebekah Carey developed an educational program for health care professionals who plan to participate in international missions. She presented Shoes, shots, and society: Preparation for short-term service overseas at the International Congress of the International College of Person-centered Medicine in Zagreb, Croatia in November 2013.

Holly Harmon Nichols recently started working on the Trauma/Burn ICU at UAB! She and her husband are also new Medical Team Leaders & Church Planters for e3 Partners. e3 Partners has worked with CCN on medical mission trips. Holly’s husband Cameron Nichols, Class of 2012, is working in the ED at UAB.

Scan with your smartphone or visit http://nursing.ua.edu/alumni_update.htm to fill out the alumni update form and look for your news in the next edition of the Capsule.
Dr. Michelle Cheshire received the 2014 Outstanding Commitment to Teaching Award from the Capstone College of Nursing Board of Visitors. Dr. Cheshire was chosen for her passion for teaching, compassionate manner and commitment to student success.

Dr. Norma Cuellar was appointed editor of the Journal of Transcultural Nursing in January 2014. She also received two committee appointments: Sigma Theta Tau International (STTI)/Chamberlain College Center for Nursing Education (CENE) committee on Faculty Professional Role Development; and the 2013 Conference Committee and the Research Committee for the Association of Nurses in AIDS Care.

Dr. Susan Gaskins was appointed to the 2013 Conference Committee and the Research Committee for the Association of Nurses in AIDS Care.

Rita Doughty received the 2014 Outstanding Professional Award, given by The University of Alabama’s Professional Staff Assembly. The award recognizes professional employees for going above and beyond normal responsibilities or duties, bringing out the best in others and for creating conditions for success.

Dr. Karl Hamner was appointed in February 2014 to the Behavioral Health Committee of the Alabama Executive Veterans Network (AlaVetNet) Commission.

Dr. Paige Johnson earned her Ph.D. from The University of Alabama/University of Alabama at Birmingham in Health Education and Health Promotion in 2013.

Dr. Graham McDougall, Jr. was elected a member of the Nominating Committee of the American Academy Nursing. He will serve through 2015.

Patrick McIntyre received the Summer 2014 Ricky Yanaura Crimson Spirit Award. The campus-wide award recognizes employees who by actions, words, and deeds, make The University of Alabama an exceptional place to work and learn.
Dr. JoAnn Oliver received the 2014 Capstone College of Nursing’s Outstanding Scholarship Award for Non-Tenured Faculty which is presented to faculty members who have demonstrated exemplary and meritorious scholarly productivity.

Dr. Leigh Ann Poole received the 2014 Capstone College of Nursing’s Innovation Award which is given to those faculty or staff members who have developed an innovative project or created new methods for reaching the goals of this college.

Dr. Marietta Stanton received the 2014 Capstone College of Nursing’s Outstanding Scholarship Award for Tenured Faculty which is presented to faculty members who have demonstrated exemplary and meritorious scholarly productivity.

Dr. Haley Strickland received her doctoral degree from The University of Alabama in December 2013.

Dr. Theresa Wadas has been appointed to a 3-year term on the American Association of Critical-Care Nurses Certification Board of Adult Advanced Practice.

Dr. Felecia Wood has developed a diabetes app that is available in Apple’s App store. Diabetes 101 is a free, interactive app that helps people who are living with type 2 diabetes and their families better understand the daily activities necessary for successful self-management of the disease.

Cynthia Morris received the 2014 Capstone College of Nursing’s Citizenship Award. This award honors faculty or staff members who have demonstrated exceptional citizenship by fostering teamwork, enhancing the environment for students, faculty and staff, modeling leadership and supporting the College’s mission and goals.

Dr. JoAnn Oliver

Dr. Leigh Ann Poole

Dr. Marietta Stanton

Dr. Theresa Wadas

Dr. Felecia Wood

Katara Wilson was selected to receive The 2014 University of Alabama’s Outstanding Commitment to Advising Award.
BOOK CHAPTERS


JOURNAL PUBLICATIONS


PRESENTATIONS


Sackett, K. & Poole, L. (2013). The DNP and PsychMental Health Primary Care Nurse Practitioner Programs at the University of Alabama Capstone College of Nursing. Chiba University, July 18, 2013, Chiba, Japan.

Dr. Melondie Carter has been named Assistant Dean for Undergraduate Programs for the Capstone College of Nursing. A nursing faculty member at the University since 1993, Dr. Carter has taught a wide array of courses in both undergraduate and graduate programs. She has also served as the Assistant Director of the University Office of Health Promotion and Wellness since 2008.

Dr. Carter received her BSN from Troy University in 1977. She earned her MSN in Adult Health from the University of Alabama at Birmingham in 1983 and her PhD in Community Mental Health with a functional role of Nursing Service Administration in 1998.

Among the honors awarded Dr. Carter are the Outstanding Commitment to Teaching Award from the National Alumni Association, the Outstanding Nurse Educator/Academe Award from the Alabama State Nurses’ Association in 2000, the Outstanding Commitment to Teaching Award for the Capstone College of Nursing in 2008, and a 2013 American Association of Colleges of Nursing Faculty Policy Fellow.

She is a research Think Tank member for the national Health Enhancement Research Organization (HERO) and is on the Wellness Advisory Board for The University of Alabama. Dr. Carter’s research interests are in the areas of worksite wellness in industries and university settings.

Dr. Alice March has been named Assistant Dean for Graduate Programs. She has been a member of the Capstone Nursing faculty since 2007, and is one of our most effective faculty mentors for our DNP scholarly practice projects. She has developed several interprofessional and inter-institutional teams to engage in both teaching and research projects.

Dr. March graduated with an associate’s degree in nursing from Mohawk Valley Community College in 1975. She received her nurse practitioner certificate in family health from Community General Hospital in Syracuse, New York. While maintaining a fulltime practice as a nurse practitioner, she completed a progression of degrees from State University of New York at Binghamton; a bachelor’s degree in nursing, a master’s degree in community health nursing, and a PhD in rural nursing.

Honors and awards include selection to attend the 2014 SEC Academic Leadership Development Program, UAB Geriatric Scholars Program, Zeta Iota Chapter Thesis/Dissertation Award, and the Decker School of Nursing Dissertation Year Scholarship. She maintains professional membership in Sigma Theta Tau International, Society for Simulation in Healthcare, International Nursing Association for Clinical Simulation & Learning, and American Academy of Nurse Practitioners.

Dr. March’s research interest is the use of technology to support teaching and learning in nursing education.
New Faces

Bonnie Pennington

Bonnie Pennington joined the staff of the Capstone College of Nursing in the fall of 2013. She is the Program Assistant to the Nurse Practitioner Concentration: Mental Health and Primary Care for Rural Populations. Bonnie comes to The University from Alabama One Credit Union in Tuscaloosa where she was a coordinator to the institution’s financial advisor. Bonnie is a University of Alabama graduate with a degree in secondary education mathematics.

Savannah Hoover

Savannah Hoover graduated from the University of Alabama in August 2012 with a Bachelor of Science in Communication Studies. Savannah has worked for the University since October 2012 in the Office of the University Registrar. She has been with the Capstone College of Nursing since February 2014. She advises incoming freshmen, transfer students and post graduate second degree students in the lower division of the CCN.

Matt Ander

Matt Ander received a B.S. in Finance and a minor in English from The University of Alabama. He joined the Capstone College of Nursing in 2014 as the Manager of Area Computing Services. In this role, Matt provides technical and applications support for all computer related functions in the College.

Matt previously worked as the Nextgen Systems Specialist at the College of Community Health Sciences at The University of Alabama. He brings over 18 years of broad IT experience acquired while working in the finance/banking industry and later while operating a consulting firm serving clients throughout the globe. He earned the CompTIA A+ certification and all four Nextgen Certified Professional certifications in Healthcare/EHR/programming skills. Matt is an Eagle Scout, youth sports coach, and loyal member of Calvary Baptist Church.

Bonnie Pennington

Bonnie Pennington joined the staff of the Capstone College of Nursing in the fall of 2013. She is the Program Assistant to the Nurse Practitioner Concentration: Mental Health and Primary Care for Rural Populations. Bonnie comes to The University from Alabama One Credit Union in Tuscaloosa where she was a coordinator to the institution’s financial advisor. Bonnie is a University of Alabama graduate with a degree in secondary education mathematics.
Save the Date

HOMECOMING ON THE LAWN
at the Capstone College of Nursing

November 22, 2014
2 hours before kickoff of Alabama vs. Western Carolina

Join us for a great pre-game party sponsored by your University of Alabama Capstone College of Nursing Alumni Association (UACCNAA).
Every gift to The University of Alabama adds up to something big. Whether it’s scholarship support, groundbreaking research or new programs that give students a competitive edge, you make it possible when you stand with the many other UA supporters who are committed to keeping our University great.

Let’s make a difference together. Visit onlinegiving.ua.edu to make your gift today.

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Tuscaloosa, AL 35487

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Nursing student Raven McWilliams received the scholarship support she needed thanks to the Capstone College of Nursing Alumni Association, the college’s annual fund.