Suzanne S. Prevost, RN, PhD, FAAN
Angelyn Adams Giambalvo Endowed Dean of Nursing
Shelley D. Jordan, MSN, RN, JD
Director of Advancement
Philip Fikes, CRNA, MNA
President, CCN Alumni Association
Tabby H. Brown, Editor & Designer

CCN students, Ashlee Chumney, Jerrica Watkins and Garrett Franklin, in vintage and current CCN uniforms.
As always, the Capstone College of Nursing has great news to share with you in our magazine. We want you to know about the significant events and accomplishments that take place here.

The 8th Alabama Nursing Hall of Fame, sponsored by our Board of Visitors, was held on October 8. Five distinguished individuals were honored for their contributions to nursing. It was a wonderful celebration for our profession. The college claims two of this year’s recipients as our own. The youngest inductee in the Hall of Fame’s history, Dr. Jason Farley, was a 1998 BSN graduate. Former CCN dean, Dr. Norma Mobley, was honored posthumously for her contributions to our College and to nursing in the state.

This fall, the College welcomed seven new faculty members. They bring impressive credentials and knowledge to share with our students. We added staff members too who are helping us support our growing student population.

Recently, our faculty and students responded generously to a call for assistance from the Red Cross. Volunteers provided aid to displaced residents of the Birmingham Trade Towers, a downtown apartment community for senior citizens that caught fire on October 26. CCN students provided comfort to residents and helped with basic needs and vital signs.

This fall marked the 5th anniversary of the move to our College of Nursing building. Thinking of that hallmark lead us to ponder the past a bit. We decided it might be interesting to give you a taste of the history of our college. It is a proud one! The timeline in our centerfold provides an overview. We have highlighted graduates from the early years of our college and a faculty member who started our successful RN Mobility program. We appreciate all of their contributions to CCN. A special thanks also goes to three of our current nursing students, Ashlee Chumney, Jerrica Watkins and Garrett Franklin who had fun modeling uniforms that reflect important milestones in our history. I hope you enjoy learning more about us, both past and present.
In 1950, the University of Alabama offered a new educational avenue for future nurses, the Bachelor of Science in Nursing Degree program. I was one of six students in the first class and we were quickly dubbed “Textbook Nurses” by nursing students in hospital managed schools! The University had a curriculum designed to have academic classes at the Tuscaloosa Campus and the beginning clinical classes at the campus in Birmingham. A nursing educator from Columbia University was hired as dean. She was already on campus when we arrived but there was no building, faculty or equipment. This did not impede our class!

After a year of academic studies, we began our first nursing experience at Jefferson-Hillman Hospital in Birmingham. Our UA Nursing Instructor was a Johns Hopkins graduate who taught us skills from a Caring Model with attention to the person’s comfort, safety and patient teaching. The clinical experience was held in large wards with drab green walls, often lacking in privacy. Everyday we faced real issues requiring skills in problem solving. As our confidence grew, our communication skills grew. We worked up from simple vital signs and comfort measures, including bed making and massage techniques for sleep, to more advanced classes each year.

Following our summer nursing experience, the class members returned to the Tuscaloosa Campus for more academic classes. The BS Degree program initially fit within the Alabama Board of Nursing Model for a student in a three year hospital R.N. program. Our Curriculum Plan continued with nursing education through four consecutive calendar years.

As Junior nursing students, the clinical experiences were specific specialities in medical and surgical clinical areas – Neurology, Operating Room, Emergency Room, Obstetrics, Pediatrics, Eye Unit, etc.

Throughout the years, we made a difference in the health of our patients by keeping their needs as the focus. As UA students, we received a fantastic array of clinical experiences including tuberculosis nursing, care of pediatric polio patients in Iron Lungs, rural nursing in
Dorothy Ray was admitted to the University of Alabama School of Nursing in 1950 and graduated with the first class in 1954. In 1952, while a student, she married Bill Scarbrough and they have three daughters. She received a MSN in Nursing in 1960. Dot served as a faculty member at the college from 1954 to 1967.

In 1969, she accepted a position as Director of a 3-year grant at the VA Medical Center (VAMC) in Tuscaloosa. This required developing and implementing team oriented workshops and weekly reality oriented training for staff who worked in long-term care facilities with a goal of improving the care of institutionalized, confused, disoriented patients. In addition to providing the training program, Dot and the teaching team developed audiovisual materials for distribution to others. These audiovisual aids included training films and manuals for nurses and other patient care providers to improve the care of institutionalized, confused patients at a time when Alzheimer's Disease was practically an unknown. Reality Orientation combined common methods for maintaining a patient's dignity with staff-patient interactions each 24 hour period. The process involved consistently reinforcing patients’ awareness of their environment by using props such as clocks, calendars, newspapers, etc.

The ROTP (Reality Orientation Training Program) continued at the VA until 1982. From the beginning, Dot saw the opportunity to share this teaching program with agencies throughout the United States. Through mutually cooperative planning, workshops were conducted in many other VA facilities and also for nursing home staff across the country.

After 12 years with ROTP, Dot worked with the VA as Nursing Home Care and Long Term Care Supervisor. At her retirement in May 1994, she was serving as the Associate Chief for Long Term Care Nursing at the VAMC. In her second career now, Dot is a jewelry designer.

We moved wherever we were assigned a clinical experience returning to Druid City Hospital in Tuscaloosa for Leadership and Team Nursing during the Senior year. Our dean often had to redesign clinical studies to fit available facilities. Because Bryce Hospital was unapproved for Psychiatric Nursing, the final three months of our senior year were spent in clinical experiences in Little Rock, Arkansas completing Psychiatric Nursing.

University credit hours were earned for class hours, not the hours within the clinical area. I completed the required Alabama Board of Nursing clinical experience in days, evenings and nights. I received my BS in Nursing in August of 1954, having accumulated 156 credit hours! After that, I successfully passed the State Board of Nursing Exam and received my RN.

It was a special time in nursing history and our class had the honor of being in the first UA BSN class without knowing we were really making history!
A DAY IN THE LIFE OF A NURSING STUDENT

Over a Span of 50 Years

• 5:00 am: Wake up
• 5:00-6:00 am: Eat breakfast and get dressed
• 6:00 am: Walk to designated clinical site (Hillman-University Hospital in Birmingham for Medical-Surgical and OB Nursing and both the old and new Childrens’ Hospital for Pediatrics)
• 6:30 am: Meet with instructor and review individual nursing care plans for the day
• 6:45 am: Receive report about patients from the head nurse. Make quick revisions to nursing care plans if circumstances warranted or new orders were written.
• 7:15 am: Obtain vital signs on assigned patients. (Introductions with patients and initial review of the patient’s chart were always done the day before so that the nursing care plan could be completed the night before clinical.)
• 7:30 am-12:00 am: Talk to and assess patients, review charts, and implement nursing care plan (giving meds, checking vital signs, giving baths, changing sheets, and starting IVs, etc.) Chart before going to lunch.
• 12:00 am- 12:30 pm: Lunch
• 12:30 pm- 2:30 pm: Give meds, check vital signs, assess patient, conduct patient teaching, and other nursing procedures
• 2:30 pm- 3:00 pm: Chart and give report on patients to nursing instructor and the head nurse
• 3:15 pm- 4:00 pm: Meet with instructor and other students at the hospital for post conference where students shared events and learning opportunities of the day
• 4:00 pm- 6:00 pm: Walk back to the dorm or stop by the library, if needed
• 6:00 pm- 7:00 pm: Relax and cook dinner
• 7:00 pm- 11: pm: Study and update nursing care plan. Revisit the library, if needed. Polish and buff white nursing shoes and iron uniform using spray starch for a wrinkle free, crisp look. The white collar on the uniforms was detachable and had to be almost as stiff as the nursing caps. Ivory soap was carefully rubbed onto the collar after it was pressed to prevent chaffing or irritation to the neck.
• 11:30 pm- 12:00 pm: Get ready for bed, and finally go to sleep

By Becky Edwards
With thanks to Dorcas Cobb Fitzgerald, Becky’s Birmingham roommate, for accuracy and inclusiveness.

1965

Capstone College of Nursing
Fifty years ago, life as a UA nursing student had many similarities to that of our current students, but there were also differences — some technological, others occurred in the way that clinical experiences were managed. After the first three semesters on campus, students in 1965 gave up college life in Tuscaloosa to move to Birmingham for three semesters where they lived in nursing residence halls during clinicals.

While these are notable differences, the goal of being adequately prepared for the clinical area remains unchanged. Becky’s and Garrett’s daily schedules, as they relate to providing nursing care during the clinical day, were remarkably similar.

Another striking parallel exists in looking at the daily lives of these two students. Each demonstrates the commitment and sacrifices the students make to reach their goal of becoming a baccalaureate prepared registered nurse.

- 4:15 am: Wake up
- 5:00 am: Meet at the Nursing College with Pediatric clinical group to carpool to Birmingham
- 6:30 am: Meet in the lobby of Women and Children’s hospital with instructor
- 7:00 am: Receive report on my patient from the night shift nurse
- 7:15 am: Get vital signs on patient and introduce myself
- 7:30 am-11:00 am: Talk to patient, assess patient, review chart, give meds, check glucose levels, give bath and change bed sheets, perform any nursing procedures needed such as inserting foley catheters, starting IV, changing IV bag, etc.
- 11:00 am- 12:00 pm: Lunch
- 12:00 pm- 2:30 pm: Give meds, check vitals, patient assessment, patient teaching, and other nursing procedures
- 2:30 pm- 3:45 pm: Carpool back to Tuscaloosa
- 3:45 pm- 4:45 pm: Go back to my apartment to get ready for work. I tutor 35 students in Pathophysiology
- 5:00 pm- 8:00 pm: Tutor students in one of the nursing building classrooms
- 8:00 pm- 8:30 pm: Dinner
- 8:45 pm- 11:00 pm: Study either Pediatrics, OB, or Community Health at the library
- 11:45 pm: Bedtime

By Garrett Franklin
The Board of Visitors of the Capstone College of Nursing established the Alabama Nursing Hall of Fame in 2001 to honor nurses and others who, through their work and accomplishments, have brought honor and fame to the profession of nursing and the state of Alabama. This year’s ceremony took place at the Embassy Suites Ballroom in Tuscaloosa, Alabama.

What a distinguished group was inducted into the 2015 Alabama Nursing Hall of Fame! Individually and collectively they have greatly influenced the profession of nursing and health care in the state of Alabama and the nation.

Dr. Jason Farley is an international leader in the field of nursing and infectious diseases, especially HIV/AIDS and Multi Drug Resistant Tuberculosis. He serves as a faculty member at Johns Hopkins University School of Nursing and nurse practitioner at Johns Hopkins AIDS Service and is the only nurse Co-Director of the Clinical Core of the Johns Hopkins Center for AIDS Research. Farley received his undergraduate degree in nursing from UA’s Capstone College of Nursing. Dissemination of his research and scholarship has informed and changed practice in the care of people living with HIV around the world.

Dr. Debra Davis’ career has been dedicated to advancing educational opportunities for nurses. She is currently dean of the University of South Alabama College of Nursing, where she has served since 1998. Under her leadership, USA College of Nursing founded the first online Doctorate of Nursing Practice (DNP) degree program in Alabama. During her tenure, USA also developed one of the first Clinical Nurse Leader programs in the country. Davis is a driving force behind the move to online education and she has demonstrated a pioneering spirit in coordinating the development and funding of online programs.

Dr. Rhoda Hutchinson is the retired Chairperson of the Health Science Division of Calhoun Community College and instructor in its Nursing Program. She established the first accredited Practical Nursing Program in the state of Alabama. She served two years as a member of the National League for Nursing Review Board in New York City. She also serves as a consultant to the Alabama Board of Nursing and deans of nursing programs to standardize nursing curricula, and as a consultant to Alabama nursing programs to secure and maintain National League for Nursing accreditation status.

Dr. Doreen Harper has served as the dean of the University of Alabama at Birmingham School of Nursing since 2005. During her time there, she has committed to increasing the nursing workforce and its diversity. UAB graduates 22 percent of the states’ African American students.
American nurses. Dr. Harper has also led the development and implementation of two new degree programs and eight new graduate specialties. She secured funds to create an educational partnership with the Birmingham VA. Called the VA Nursing Academy, it prepares nurses to meet the workforce demands of the VA system. She is a leading advocate in building partnerships and creating interdisciplinary teams to address the complex needs of health care delivery.

Dr. Norma Mobley, honored posthumously, was the fourth dean of The University of Alabama Capstone College of Nursing, serving from 1982 to 1988. She was a visionary leader in nursing education for four decades. Her initiatives focused on expanding the capacity of nursing programs through faculty development, recruitment and retention, and the transformation of nursing curricula. She graduated from Baptist Hospital School of Nursing in Birmingham and went on to obtain her bachelor’s, master’s and doctoral degrees from The University of Alabama. Dr. Mobley will be remembered not only for her contributions to the college as an administrator and teacher, but also for contributions to the profession. She served as President of the Alabama State Nurses Association and was member of the legislative committee. She was a member of the board of directors for the Alabama League for Nursing and served on the Southeastern Regional Council on Nurse Midwifery. Dr. Mobley died December 27, 2014, at the age of 86.
Compasión. Huruma. ចិត្ដមេត្ដាករុណា. Three different languages, however; this one word has the power to bring nations together. Compassion sees the suffering in others and is motivated to help. Compassion desires to heal physical, emotional, and spiritual hurts and needs. Compassion literally means to “suffer together”. What better way to show caring and compassion than to literally feel the pain of others and be moved to ease their suffering. This is what should be at the heart of nursing.

Nearly five years ago, when the Capstone College of Nursing began the venture of international medical trips, there was no doubt that there would be benefits to each experience. The students would understand a different side of medicine, explore new cultures, work with limited resources, and even further develop their skills. However, one of the greatest gifts the addition of this program has provided cannot be measured nor graded. Each student has walked away with a better understanding of what it means to experience compassion for someone they had never met before… someone who had nothing to offer in return.

This summer we traveled to Phnom Penh, Cambodia. In the summers, Alabama is considered one of the most hot and humid places…well, we discovered that Alabama was the second most hot and humid place! Cambodia was consistently 98-103 degrees Fahrenheit with 100% humidity every day! Despite the wet and muggy days, Cambodian men, women, and children waited in line to be seen in the medical clinics set up by the teams in the villages. One by one they would make their way into the clinics barefooted and with nothing to offer except their stories, their smiles, and very appreciative spirits. From the grieving mother who had lost her daughter and the will to live, to the newborn who was born with a hole in his heart and struggled to take another breath, each had one thing in common: they were suffering. Although these individuals sought and received medical attention, a different type of healing was offered through a means that medicine cannot provide. Each day, students listened to the stories, heard the suffering, and felt the physical, emotional, and spiritual hurts of the people of Cambodia.
They literally “suffered together” with them. They learned and understood for the first time what it truly meant to have compassion for another person—one they couldn’t even speak to without an interpreter. No interpreter was needed to show compassion. These students realized that despite cultural differences, language barriers, and miles separating their homelands, compassion was something that could break barriers and reach all nations.

What a powerful and enriching experience for nursing students and faculty! We have the potential to change the world and the reality of this can truly begin in the classroom. Taking students to another country is such a life-changing experience; however, this can actually begin at home. As nurses and nurse educators, we should model the behaviors expected of our students. This should be established in the classroom, then displayed in the clinical setting whether locally or internationally. Teaching nursing truly is a calling...a calling devoted to the demonstration of care and compassion. Our goal in taking students on these trips is to provide opportunities to further develop nursing students into nurses who have a desire to care for and show compassion to all people...two qualities that this world needs right now.
uch a simple statement, but one that Dr. Jeanette VanderMeer kept at the forefront of her mind as she helped build the RN Mobility Program at The University of Alabama's Capstone College of Nursing. Established in 1998, the program targets practicing nurses with two-year associate degrees (ADNs) who want to pursue a Bachelor of Science in Nursing and higher degrees. It does this by focusing on providing a user-friendly approach for adult learners who are going to school while working full-time.

Historically, nurses returning to school were taught with the traditional nursing students, but it soon became apparent that approach did not work.

“We had to keep in mind that these individuals had been through a program of study and were licensed by the Board of Nursing to practice nursing,” said VanderMeer, who is now retired. “They didn’t need the same classes that traditional students were taking. They needed a different set of skills and expanded knowledge such as leadership and management skills and critical thinking. They also needed more information about technology used in today’s health care system and how best to apply the technology. They needed a research course and opportunities to study the problems they faced in the clinical setting every day. Our challenge was to design nursing courses to fit their needs and experiences to equip them for the future.”

“Developing a separate RN Mobility Program was not without its challenges. The program began with just a handful of nurses who met on campus one day a week. That arrangement was fine for students living in Tuscaloosa, but it did not work for those living further away,” VanderMeer said.
Between 1998 and 2003, the program averaged about 22 students each year, but VanderMeer wanted the RN Mobility program to reach even more ADN nurses; so she worked with the nursing faculty and administration to make that happen.

The first step was to offer courses via videotape through the university’s distance education program, QUEST. The classes would be recorded and then mailed to those students unable to come to campus. While that worked for a while, problems soon arose – videotapes got lost in the mail or were damaged, or the recordings were not clear.

About the same time, nursing faculty wrote a grant to facilitate the development of online courses. The technology was available, but nursing faculty needed to learn how to create online courses. They launched the first online course in spring 2003 and, by spring 2005, all of the RN nursing courses were available online.

Another key element of the program was the hiring of a mentoring and recruitment coordinator with student services experience.

“By fall 2006, we had 42 students enrolled,” VanderMeer said. “You could see what a difference it made having someone there all the time answering the phone, helping the nurses get admitted to the university and constantly touching base with them. The coordinator was also actively recruiting at community colleges and health care agencies.”

With grant funding the nursing college installed a toll-free telephone number and worked with the English Department to create an online writing center that helped the nurses with the writing component of courses.

As the RN Mobility Program continued moving forward several other changes could be seen on the horizon. Faculty worked out a part-time option for those students who could not handle a full load while juggling full-time work and family. Nurses who pursued this option took more time to graduate, but they were able to finish.

Partnerships with associate degree programs and health care agencies were also developed. By 2003, CCN had partnered with eight community colleges and Alacare home health care agency. “These weren’t just agreements on paper,” VanderMeer said. “We developed a Partnership Advisory Council that met twice a year. We wanted to better communicate with each other. If any of the partners were making changes in their curricula, or if we made changes or contemplated making changes; we wanted to share that information. Or, if we had a barrier that needed to be addressed, we could talk about the best way to do that. It was a face-to-face, real, true partnership.”

One primary barrier for several years was the prerequisite lower division requirements – more specifically, needing to have two chemistry courses. “With the help of Dr. Judy Bonner, then provost, changes were made that allowed the RN to BSN students to have a more seamless articulation to receive their BSN degree,” said Dr. Michelle Cheshire, RN Mobility Coordinator. Dr. Cheshire took over the reins of the program after Dr. VanderMeer’s retirement in 2012.

The RN Mobility Program now admits 70 to 105 students twice a year, and has 35 active partnerships with community colleges and health care agencies.

“The program has really taken off since the curriculum revision,” VanderMeer said. “But I knew if we could get rid of the barriers, we would have the students. More importantly, nursing programs across the state are working together more than they ever have before.”

But in the end, it comes down to the students. While retired and no longer an active part of the program, VanderMeer continues to view its progress from the sidelines, always with a smile on her face.

“I just wanted RNs who wanted to come back to school to have a connection with the school; I wanted them to feel like they are part of UA even if they are online,” VanderMeer said.

“It’s a fantastic experience working with these RNs. They come back because they want to come back. They are dedicated, they want to learn the new stuff that’s going to make them more educated, a better employee and a better nurse. And they’re willing to do the work,” she added. “It’s a very rewarding program to work with, but you have to have faculty who want to work with RN students, a supportive dean and a supportive provost. Luckily, we’ve had all of that.”
On October 26, 2015, a fire occurred in a Birmingham apartment complex displacing approximately 80 people. Most of the apartment complex housed elderly people, including many disabled and special needs residents. The American Red Cross Disaster Relief group stepped in and established temporary shelters for those who did not have anywhere to go.

The Capstone College of Nursing (CCN) was contacted on Monday, November 2 and asked to help elderly/disabled residents at the shelter. The Capstone sent two groups of Adult Health students — one on Wednesday (11/4), led by Dr. Stephanie Turner; and one on Thursday (11/5), led by Abby Horton. CCN faculty member, Dr. Josh Eyer, also assisted on Thursday.

The students quickly jumped in and assisted the residents with basic needs, vital signs, and general conversation, as well as sorting donations and helping move the residents to another shelter. Many of the residents had been in the shelter for over a week and still had no place to live and were not allowed back in the damaged apartment building to gather belongings. The Capstone students brought smiles, helping hands, and shoulders to cry on. The students truly made a huge difference in the lives of the people they touched.
Members of the armed forces made a strong showing in the September 2015 Tri-Service Nursing Research Program Research and Evidence Based Practice Dissemination Course in San Antonio, Texas. Each of these CCN graduates presented a poster and/or delivered a podium presentation of their work while students at Alabama. CDR Ashman won 2nd place in the EBP Poster competition.

Pictured from left to right are CCN grads CDR Randy Ashman, DNP, CRNA (August 15), LCDR Chad Moore, DNP, CRNA (May 15), MAJ David Allen, DNP (August 15), and LCDR Reggie Middlebrooks, DNP, CRNA (December 14).

Jennifer Rodgers, DNP student, was named the winner of the Kansas 2015 AANP Nurse Practitioner State Award for Excellence by the American Association of Nurse Practitioners. She was honored at the American Association of Nurse Practitioners Annual Conference in New Orleans, La. over the summer. Congratulations, Jennifer!

2014 DNP graduate, Dr. Mary Ellen Cole presented at the same American Association of Nurse Practitioners Annual Conference in New Orleans.

Congratulations to DNP student, Cynthia Harrington, who received the “Spectrum of Success - Nursing Research and Roundtable” Award for her presentation at the Mississippi Nurses’ Association Annual Conference in Biloxi. She was selected by three independent judges, two of whom are Professors of Nursing at Colleges of Nursing in Mississippi and Tennessee. The purpose of Ms. Harrington's Capstone project was to evaluate diabetes self-management in African-American women by exploring diabetes self-efficacy, literacy, and numeracy.

CCN graduate students and new alums have been busy sharing their research and being recognized at conferences across the country. Hats off to you!
May 2015
Pinning Ceremony and Graduation Reception
In 1975, the Capstone College of Nursing (CCN) was established at the Tuscaloosa campus. Dr. Nancy Palmer served as the first dean.

In 1976, Dr. Laurene Gilmore became dean of CCN. Russell Hall became the home of the college and in May 1978 the first class graduated from The University of Alabama Capstone College of Nursing.

Dr. Kathryn Crossland became dean in 1979.

Act No. 596, to create and establish a collegiate School of Nursing at the University of Alabama, was signed by Governor James E. Folson on September 19, 1949.

In July 1950, UA President John Gallalee, hired veteran nursing educator, Florence A. Hixson, to serve as dean of the new school.

Among the members of that first class were (l-r) Betty Minor, Dorothy Ray, Betty Jean Mountford, Mary Katherine Mitchell, Bobbie Spruill and Joyce Geiger.

The first BSN degrees from the University of Alabama School of Nursing were awarded on August 20, 1954.

In 1954, the nursing school moved into a larger space, Little Hall on University Boulevard.

The Nu Chapter of nursing's national honor society, Sigma Theta Tau, was established in 1960 on the 10th anniversary of the University of Alabama School of Nursing.

The nursing school moved from the Tuscaloosa campus to the University Hospital Medical Center in Birmingham in 1967.

Dr. Hixon followed the school to Birmingham and continued to serve as dean until 1970.

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Russell Hall became the home of the college and in May 1978 the first class graduated from The University of Alabama Capstone College of Nursing.

Dr. Kathryn Crossland became dean in 1979.
1980s

In 1982, Dr. Norma Mobley took over the reins as Dean of the Capstone College of Nursing.

The Epsilon Omega Chapter at the Capstone College of Nursing was chartered on April 4, 1982.

Dr. Janet Awtrey was named Dean of the College in 1988.

1990s

Dr. Sara Barger assumed the position of Dean in 1995.

The Capstone College of Nursing Board of Visitors was established in 1998 to further the mission of the College.

Established in 1999, the CCN Ambassadors became the official student hosts for the College representing CCN on campus and in the community.

2000s

The Alabama Nursing Hall of Fame was established to recognize those who have brought honor and fame to the profession of nursing. The first 12 members were inducted on October 25, 2001.

University of Alabama administrators and CCN supporters broke ground on the new nursing building on October 13, 2008.

2010s

CCN’s state-of-the-art building was dedicated on September 10, 2010.

Dr. Suzanne Prevost was named Dean in 2013.

CCN was designated a National Hartford Center of Gerontological Nursing Excellence in 2014.

In 2015, the Angelyn Adams Giambalvo Endowed deanship was established by her family to honor 1961 CCN graduate, Angie Adams Giambalvo.

Enrollment topped 2000 in the Fall of 2015.
A nurse's education never ends. This was one of the first lessons Dr. Jason Farley learned after graduating from the Capstone College of Nursing more than 17 years ago.

"I remember feeling so confident and well prepared when I graduated and passed NCLEX," said the associate professor at Johns Hopkins University School of Nursing. "That feeling soon faded, and I realized how much I had to learn about the real world. I knew then what the faculty meant when they said 'You don't know what you don't know.'"

Farley is one of five nursing professionals inducted into the Alabama Nursing Hall of Fame in October. Established by the Capstone College of Nursing's Board of Visitors in March 2001, the Hall of Fame was created to honor nurses and others who, through their work and accomplishments, have brought honor and fame to the profession of nursing and the state of Alabama.

Farley's interest in the health care field began in high school. It wasn't until he was accepted into the Capstone College of Nursing that he realized where that path was headed.

"I knew I had made the right decision," he said. "The professors really prepared me to understand health and illness and how to walk the patient through both – to see a person as more than an illness. It was this personal connection with people that kept me in nursing and lead me to advanced practice. To this day, I still remember the lessons taught at the Capstone and teach my students many of those same lessons."

His first job upon graduation was as a clinical research nurse at the Tuscaloosa Veterans Affairs Medical Center. His patients were often dually diagnosed with both medical and psychiatric conditions, including schizophrenia, bipolar and post-traumatic stress disorder. The most interesting and challenging part of this experience was visiting patients in their home settings and seeing how their mental illness impacted their daily lives, Farley said.

One of Farley's earliest memories in his nursing career happened while working at the V A. He was at a party with friends one night and his cell phone rang. It was one of his patients.

"He said, 'I think I am going to kill myself.' I then spent the next two hours with my patient on the phone convincing him that he had so much to live for," Farley said. "We eventually called 9-1-1 together and he was taken to the V A for admission. That taught me such an important lesson. Still..."
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“He said, ‘I think I am going to kill myself.’ I then spent the next two hours with my patient on the phone convincing him that he had so much to live for,” Farley said. “We eventually called 9-1-1 together and he was taken to the VA for admission. That taught me such an important lesson. Still to this day, all of my patients get my cell phone number and that removes an important barrier to communication.”

Farley went on to pursue a Master of Public Health in Epidemiology from the University of Alabama, Birmingham School of Public Health; a Master of Science from Johns Hopkins University School of Nursing; and a Doctor of Philosophy, also from Johns Hopkins. He has held numerous positions, from research services program coordinator to clinical consultant to professor, mainly at Johns Hopkins, but his career has also landed him in South Africa and Australia for the past couple of years.

His research and clinical practice centers on HIV prevention, treatment and care. This includes evaluating methods to prevent HIV transmission in the United States, as well as ways to optimize treatment outcomes for patients with TB/HIV co-infection globally. His work has been funded by the National Institutes of Health through the National Institute of Allergy and Infectious Diseases, the Centers for Disease Control/PEPFAR, Global Fund for AIDS/TB and Malaria, the Robert Wood Johnson Foundation and others.

This research interest has led to several honors over the years, including, most recently his election as president of the Association of Nursing in AIDS Care (ANAC), a term beginning in October. He said the office will allow him to contribute to HIV policy and advocacy at a national level. He was also recently a member of a White House panel tasked with reviewing the National Strategic Plan for HIV/AIDS.

Through his many years in the nursing field, the most exciting change he has seen has been the recognition of the nursing profession as vital to health care in the United States and abroad.

“In Maryland, where I practice, nurse practitioners have complete practice autonomy and that is the same in more than 20 other states,” he said. “It is a great time to be a nurse and nurse practitioner. I think the landmark IOM report will continue to remove practice barriers, and I hope the same becomes true within the state of Alabama.”

Nursing is not only an exciting profession with positive changes on the horizon, it is also a rewarding profession, so much so that Farley can’t pinpoint one moment that stands out more than others. His advice, however, for current nursing students was simple:

“The sky is the limit,” he said. “Dream big. Nursing can take you anywhere you want to go.”
President’s Message

Dear Fellow Alums:

The CCN Alumni Association (CCNAA) has seen many changes over the years. When I first became involved, our organization was known as the “Capstone Nursing Society.” Jennifer Bostick Humber recruited me to serve on the board of directors. We were small in numbers and financial support; but we were determined to strengthen our organization and accomplish great things.

This issue of the Capsule is a far cry from our original alumni newsletter, a black and white, Xeroxed pamphlet describing our accomplishments. Not only do we now produce the Capsule magazine bi-annually, we provide bike helmets and safety education for underserved young-people in the community; participate with the college during homecoming and host festivities for alums returning to campus; and provide scholarship support to nursing students through established endowments.

Now known as The University of Alabama Capstone College of Nursing Alumni Association, our membership continues to grow! Many thanks to our former and current board of directors for their strong leadership, and to you, our CCNAA members. It is because of you that we have evolved from our humble history. THANK YOU for your continuing support and I ask you to challenge your CCN alum friends to join us. We have even more to do!

Philip Fikes, CRNA, MNA
President

The University of Alabama Capstone College of Nursing Alumni Association Board of Directors

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Make a gift to the Capstone College of Nursing Alumni Association by using the envelope located in the center fold of our magazine or go online to http://nursing.ua.edu/giving.
## Honor Roll of Giving

The Honor Roll of Giving recognizes gifts received in the fiscal year October 1, 2014 to September 30, 2015. We value each donor and do our best to ensure that each person is correctly noted on the following pages. If you notice your name was omitted or misspelled, please accept our apologies and contact the Office of Advancement at 205-348-7429 or thbrown4@ua.edu.

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Joan Sivert McKinley
Martha B. Middendorf
Patricia McEwen Morris
Lillian Nagaddya

Thank you
Class of 1981
Karen E. White has been running a simulation education program in Denver for 7 years. Karen says, “We opened a brand new state-of-the-art simulation center on 12/13/14 at St. Joseph Hospital in Denver, CO. We are about to celebrate our 1st birthday at this GME teaching facility. We are involved with more research than ever before and hope to recruit more non-medical associates to train in our facility. We want our learners to develop competency and confidence with patient safety skills in a non-threatening environment before working on live patients. ‘If you build it they will come’...and they have. I am very honored to have such an awesome job with a great group of colleagues! And it all started at the Capstone!”

Class of 1986
Martha Waldrep Odell says, “My son Logan Waldrep married Candice Jordan on October 10, 2015 in Anniston, Ala.”

Class of 1987
Dana Adams says, “Since the age of 6, I wanted to be a nurse. I am now almost 63 years old. I have been a Staff Nurse, Administrator, Charge Nurse and a DON of a Home Health Care Agency. I found out my heart belongs to direct patient care, but the experience gave me knowledge of nursing administration, I have worked as an Open Heart Nurse and do only ICU now. I enjoy a challenge and am happy doing this. I will always remember the support and kindness of Dean Janet Awtrey, Marsha Adams and Felecia Woods. Last but not least, I am recently a grandmother to identical twin boys! I now have 6 grands. The moral to my story is this...you NEVER get too old to learn. Roll Tide!”

Patricia Richetto says, “I am recently and happily retired after 27 memorable years of Nursing in West Alabama and throughout the State of Alabama. We added grandchild #11 this year to our family and love to visit them. Our children are located in Seattle, WA, Phoenix, AZ and Boise, ID so we expect to travel more frequently over the coming years. I am always most thankful for my years of education at the University of Alabama as a gateway to caring service in my community. Education and nursing practice was not the most defining experience of my life; but, a valuable opportunity to serve and offer support to those in need wherever I was blessed to find them. I wish everyone well and success in your careers and lives wherever you may be!”

Class of 1989
Sharon Tipton Gothard graduated from Southern Adventist University in 2013 with an MSN. She is now a board-certified Adult Gerontology Acute Care Nurse Practitioner working with the Hospitalist group at Erlanger Medical Center in Chattanooga, Tenn.

Janise Clafljem Norman has been an International Board Certified Lactation Consultant (IBCLC) since 2001.

Class of 1996
Shellye Morgan Vardaman serves as the RN-BSN/MSN Track Coordinator at Troy University. She was promoted August 2015 to rank of Associate Professor. Shellye continues to serve on the International Governance Committee for Sigma Theta Tau, International.

Class of 2002
Angela E. Kennedy RN, MSN, JD is employed at the Alabama Board of Nursing in the Legal and Compliance Division. She handles discipline for all Nurse Licensure types in Alabama. She was sworn in on October 15, 2015 by Chief Justice Roy Moore at the Alabama Bar New Admittee Ceremony. “I am now a licensed attorney, admitted to practice in all Alabama State and Federal courts.”

Class of 2010
Jess Lee Barr was married on June 27, 2015 and upon returning from her Costa Rican honeymoon, re-located from Dallas to Austin, Tex. She is currently working on her MSN Child Health: Role Specialty in Teaching at the University of Texas and will graduate in December 2016. Jess says, “Despite my current education and location, Crimson is still much prettier than burnt orange!”

Laura LaRue is an Assistant Professor in DNP program at Radford University.

Class of 2011
Mary Katherine Smith has been working in gyn/oncology at UAB since graduation. She has her MSN in the adult gerontology and women’s health nurse practitioner program. Mary Katherine works as nurse practitioner at the Kirklin Clinic of UAB in Internal Medicine. She also married in March 2015!

Newton Tinsley spent the year as a Critical Care Travel Nurse going from Massachusetts to Florida to Texas. Starting in January, he will be back in the “Sweet Home state of Alabama” in CRNA School.

Class of 2012
Rae Wood Grimsley started nurse anesthesia school at UAB in August 2015.

Jada Whitaker Jones received the DAISY Award for July 2015 from St. Vincent's hospital in Birmingham, Ala. The DAISY Award For Extraordinary Nurses honors the super-human work nurses do for patients and families every day.

Dr. Sonny Ruff was promoted to Regional Vice President of Clinical Affairs with Hospital Physician Partners. Starting December 1, 2015, he will be assuming this role. He will continue to work in his clinical role as a nurse practitioner in the emergency department.
Dr. Carol Ratcliffe, a 1986 BSN graduate of the Capstone College of Nursing, has been named the National Black Nurses Association (NBNA) 2015 Nurse Educator of the Year. The award recognizes a nurse educator who demonstrates outstanding contributions to professional and patient education. Dr. Ratcliffe is an Associate Professor at the Ida V. Moffett School of Nursing at Samford University in Birmingham.

Class of 2013

Alexandria Giannini works as an agency nurse with Emory Healthcare Systems in Atlanta, Ga. She is currently an Atlanta Falcons cheerleader after being on the University of Alabama’s Dance Team. Alexandria is pursuing her master’s degree at The University of South Alabama to become a Family Nurse Practitioner.

Amanda Britton Edwards says, “Benjamin Edwards and I graduated CCN together and got married on October 18, 2015. I am currently in NP school for adult-gerontology/women’s health practitioner and Ben is about to interview for CRNA school. We are two proud Capstone grads!”

Donna Guerra has taken a position at the University of Alabama in Huntsville College of Nursing as a clinical instructor. She is teaching in Community Health nursing and Informatics in nursing.

Class of 2014

Omar Khan says, “I got married to my beautiful wife, Whitney Khan, in April 2015, and went to Ireland for the honeymoon. Our first child, Gabriella Grace Khan, was born September 16, 2015 and was 7 lbs., 7 oz., 20 inches long.” Omar is currently working as a Clinical Nurse Liaison and Hospice and Palliative Nurse in Miami.

Jeremy Rosen was accepted out of 120 applicants to be a part of the RN Transition to Practice residency program at the South Texas Veterans Hospital in San Antonio, TX. He will be working on a cardiology telemetry floor for the next year and receiving supplemental education. Jeremy says, “The VA is a wonderful organization to be a part of and I’m so excited to be entering my second year with the VA!”

Class of 2015

Lisa D. Beasley received a promotion to Director of Clinical Education as a result of earning her Doctor of Nursing Practice (DNP) degree in August.


Mary Atkinson Smith was awarded the Nan Hilt Writer’s Award from the Orthopaedic Nursing Journal Editorial Board in May 2015 at the National Association of Orthopaedic Nurses Congress in Nashville, TN. Dr. Smith was also appointed to the National Rural Health Association's Rural Primary Care Issue Group that will meet yearly in Washington, DC from 2015-2019. Individuals are appointed based on their expertise in primary care, leadership in their profession, and the ability to synthesize ramifications of new or ending regulations on healthcare practice. The overall purpose of the group is to help rural communities expand access to health care, build its primary care workforce, and build partnerships with other organizations.

Gina Marie Valente recently started her first job in the Graduate Nurse Residency program at Baylor St. Luke’s Medical Center in Houston, Texas. She’s working as an RN in the Progressive Care-ICU.

Jenny France shared this photo of nine recent CCN graduates who started RN jobs in varying units at Children’s of Alabama in July.
Dr. Amy Beasley was appointed to the National Board of Directors for the Hospice & Palliative Credentialing Center.

Dr. Sheree Carter received the 2015 Rheumatology Nurses Society Nurse Visionary Award which was presented at the RNS Annual Conference Orlando, Fla. on August 6, 2015.

Dr. Heather Carter-Templeton was appointed to the editorial board for CIN: Computers, Informatics, Nursing Journal. She was also appointed to the American Nursing Informatics Association Social Media Task Force. She also received a recent SEC travel grant.

Dr. Norma Cuellar was selected for the Fulbright Specialist Program, a 2-6 weeks program to engage in collaboration abroad.

Dr. Louanne Friend has been named a 2015-2016 Faculty Fellow in Service Learning from the UA Center for Ethics & Social Responsibility.

Dr. Safiya George received the Daniel J. Pesut Spirit of Renewal Award, a Sigma Theta Tau International Honor Society for Nursing International Award at the Tribute Luncheon on November 8, 2015 in Las Vegas, Nev.

Dr. Ann Graves was appointed Treasurer for the Board of the Rural Nurse Organization.

Dr. Sara Kaylor was appointed as member of Journal of Nursing Education (JNE) Editorial Review Panel.

Dr. Sara Kaylor, S. (PI), and Dr. Melondie Carter (Co-PI), received a grant from Elsevier and Saunders for “The Implementation of Elsevier Optimized Learning Suite (EOLS): A Research and Evaluation Agreement.”

Dr. Lori Lyon has been named a 2015-2016 Faculty Fellow in Service Learning from the UA Center for Ethics & Social Responsibility.

Dr. Alice March (PI) was awarded a grant of $263,890 for the Nurse Faculty Loan Program for 2015-2016 by U.S. Department of Health and Human Services, Health Resources and Service Administration.

Dr. JoAnn Oliver was appointed as a reviewer for the National Institute of Health (NIH), Oncology 1OBT-Basic Translational IRG Cancer Health Disparities/Diversity in Basic Cancer Research Study Section.
Dr. JoAnn Oliver was appointed to the North Central Alabama Susan G. Komen Board of Director.

Dr. Justin White was appointed as board member to the New Mexico Board of Nursing, Medication Assistant Advisory Committee (June 2015-June 2017).

Dr. Felecia Wood was appointed as the Commencement Marshal of the University of Alabama Winter Commencement.

Karen Silliman (Director) Matt Ander, Patrick McIntyre, Regina Sanders and Andrea Sartain, CCN’s Learning Resource Center (LRC) team, recently received the University of Alabama’s Sam May Commitment to Service Award. The award recognizes teams demonstrating exceptional commitment, innovation, or creativity in customer service.

From left to right are: Matt Ander, Regina Sanders, Karen Silliman, Andrea Sartain and Patrick McIntyre.

Publications & Presentations

**PUBLICATIONS**


PRESENTATIONS


White, J.R. (2015, June). Eliminating Barriers to Geriatric Mental Health Care in Primary Care: An Integrative Literature Review. Poster presented at the annual meeting of the American Academy of Nurse Practitioners, New Orleans, LA.


New Faces

Brian Dickson, MSN, RN, CPEN

Brian Dickson received an ADN from Bevill State Community College in 2005, a BSN from The University of Alabama Capstone College of Nursing 2011 and Master of Science in Nursing from Samford University as a Nurse Educator in 2015. He has extensive experience in critical and emergency nursing care for pediatrics. His special interests include pediatrics, quality improvement, and patient safety. Mr. Dickson practiced with Children’s of Alabama for 11 years in a full-time role, and now continues in a part-time clinical role. In his capacity at CCN, he serves as a clinical instructor.

He is a member of Sigma Theta Tau International (Nursing Honor Society), Phi Kappa Phi (National Honor Society), an executive board member of Alabama League for Nursing, and a member of the National League for Nursing. Mr. Dickson is certified as a Pediatric Emergency Nurse.

Joshua C. Eyer, PhD

A native of Virginia with time spent in North Carolina, Alabama, and France, Dr. Joshua Eyer comes to the Capstone College of Nursing most directly from the Department of Psychology at the University of Alabama. A clinical health psychologist, his clinical and academic focus is on the study of thoughts, feelings, and behaviors associated with chronic illness, particularly chronic pain conditions. He has special professional expertise in clinical trial methodology, data analytic approaches, grant writing, and manuscript preparation. He teaches psychology- and research-related courses at the Capstone College of Nursing, consults often with nursing faculty about their research designs and grant proposals, and engages in college-level and national service activities.

Dr. Eyer received his B.A. in Psychology from University of Virginia, his M.S. in Applied Psychology from the University of South Alabama, and his Ph.D. in Clinical Psychology from the University of North Carolina at Charlotte. He completed a Clinical Internship at East Carolina University’s Brody School of Medicine in 2011 and a Postdoctoral Fellowship in Psychology at University of Alabama in 2013. Dr. Eyer also participated in the NIH 13th Summer Institute on Randomized Behavioral Clinical Trials in 2013.

He is very active with his national professional organization, the Society for Health Psychology, serving in several leadership positions.
Safiya George, PhD, APRN-BC

Dr. Safiya George is an Associate Professor at the Capstone College of Nursing and Director of Scholarly Affairs. She is also a board-certified adult nurse practitioner. She obtained her PhD in Nursing and a certificate in Women’s Studies from Emory University and completed a postdoctoral fellowship in Research on Religion and Health from Duke University in Durham, NC. She obtained her undergraduate nursing degrees from University of the Virgin Islands.

Her area of research focus is spirituality and coping with stress and its relationship to mental and physical health among women and people living with HIV/AIDS. Dr. George is a leading scholar in the field of spirituality/religion and health. She previously served as Chair of several research committees, an international service task force, and interdisciplinary religion and public health research initiatives. She is currently the Vice Chair of Healthy Nation, a non-profit organization in Monrovia, Liberia that provides screening and healthcare to children of K-12 age and their families.

Her teaching focuses on preparing students to address the needs of vulnerable populations. It also focuses on the use of technology, interactive teaching and always seeks ways to improve her teaching to meet the needs of various student learners and learning styles. For the past 7 years, she has led 7 day to 2 week long service trips to the Dominican Republic with undergraduate and graduate nursing students and to the U.S. Virgin Islands.

Nina Harvey, DNP, FNP-C, CRNP-FACULTY, RN

Dr. Nina R. Harvey received her BSN from Tuskegee University in 2006. She received her MSN in 2010 from Samford University in Birmingham, AL. She is board-certified by the American Association of Nurse Practitioners as a family nurse practitioner. In 2014, she earned her Doctor of Nursing Practice degree from The University of Alabama Capstone College of Nursing with a project focus on asthma management education.

Dr. Harvey has experience in primary care of children and families, rural home health care, and a long history of caring for hospice and palliative care patients. Her areas of interest include examining health disparities and the social determinants of health care.

In addition to her faculty responsibilities, Dr. Harvey is an active member in the American Association of Nurse Practitioners, the Central Alabama Nurse Practitioner Association, and Chi Eta Phi Sorority Inc.
Carolyn MacVicar joined CCN in July 2015 as the Coordinator of Student Recruitment for the EdD Nurse Educator program. She received her B.S. degree in Dietetics for The University of Georgia. Mrs. MacVicar has worked for The University of Alabama for 6 years and previously worked as Program Assistant in the College of Education in the Office of International Programs and with the Office of Health Promotion and Wellness. In her role with CCN, she works closely with students during the application process and serves as a resource for them throughout the program. In addition, she travels throughout the southeast visiting other college and university campuses and attends national and regional conferences to recruit students for the Nurse Educator program.

Carolyn MacVicar

Tyler Keenum received his BSN from The University of Alabama's Capstone College of Nursing in May of 2009. He was awarded his MSN from Samford University in 2015 as a Family Nurse Practitioner with his FNP certification through the American Academy of Nurse Practitioners (AANP).

After graduation from the CCN in 2009, Mr. Keenum was accepted into a nurse residency program at Primary Children’s Hospital in Salt Lake City, Utah, where he worked as a Pediatric ICU nurse. He spent the next four years working in the Pediatric ICU at Vanderbilt Children’s Hospital where he served as a bedside nurse, back-up charge nurse, and also with the pediatric ground transport team. He joined the CCN faculty this fall.

Tyler Keenum, MSN, RN, NP-C

Kerri Heritage serves as the Program Assistant supporting the Undergraduate and Graduate faculty for the Capstone College of Nursing. She joined CCN in October of 2015. She has an Associate Degree in Office Administration and is currently pursuing her Bachelor’s in Human Environmental Services – Consumer Affairs. She joins the college with 18 years experience in the health care industry.

Kerri Heritage

Carolyn MacVicar

Tyler Keenum, MSN, RN, NP-C

The University of Alabama
**Johnny R. Tice, MSN, MA, RN, FNP-C**

**Johnny Tice** received his BSN from The University of Alabama’s Capstone College of Nursing in 2009, an MA in Health Promotion in 2012, and MSN in 2014. He is currently enrolled in CCN’s DNP program. Mr. Tice is board-certified by the American Association of Nurse Practitioners as a family nurse practitioner. He has worked as a Cardiac/Telemetry nurse for five years and in Neonatal ICU for two years.

After completing his BSN, he served as a travel nurse and a clinical instructor for CCN. While a graduate student in the inaugural class of the MSN Nurse Practitioner Concentration at CCN, Mr. Tice was the recipient of the Sara E. Barger Outstanding Graduate Student Award. He completed a post-graduate fellowship with the Carolinas Healthcare System in Charlotte, North Carolina, before returning to the Capstone in 2015 as a faculty member. Mr. Tice also serves on the Board of Directors for the CCN Alumni Association.

**Stefanie O’Neill**

**Stefanie O’Neill** received her BA in International Business from the Baden-Wuerttemberg Cooperative State University, Mannheim, Germany and a BA in International Business Administration from the Open University, Great Britain. She joined The University of Alabama Capstone College of Nursing in June 2015. In her role as Contracts and Grants Specialist, Mrs. O’Neill supports faculty with the development and submission of research proposals, identification of funding opportunities, and the development grant budgets. She is a member of the National Council of University Research Administrators (NCURA).

Mrs. O’Neill previously worked as the Coordinator for Contracts and Grants at Texas Tech University Health Sciences Center (TTUHSC), Paul L. Foster School of Medicine and later as a Lead Analyst in Contracts and Grants Accounting for TTUHSC, El Paso.

**Meredith Rice, MSN, RN, CNL**

**Meredith Rice** received her Bachelor of Science in Nursing from The University of Alabama Capstone College of Nursing in 2005. In 2015, she completed her Master of Science in Nursing from the Capstone College of Nursing, and is certified as a Clinical Nurse Leader by the American Association of Colleges of Nursing.

Mrs. Rice began her nursing career in a Trauma-Surgical Intensive Care Unit and continues to provide education as an instructor in the Trauma Nurse Core Course. She has worked as a clinical instructor in NUR 372: Professional Nursing Practice: Adults since 2010. Her special interests include trauma nursing, health promotion and education, and healthcare disparities. Mrs. Rice is a member of several professional organizations including the American Association of Critical Care Nurses, Sigma Theta Tau International, and Phi Kappa Phi.
The University of Alabama Capstone College of Nursing

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For more information on how you can support our college, please contact Shelley Jordan at 205.358.9876 or sdjordan@ua.edu.