

CAPSULE

MAGAZINE

Spring 2017



A LIFE CHANGING EXPERIENCE

One student's account of her spring break medical mission trip to the Dominican Republic

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CAPSULE

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DEAN'S MESSAGE

Providing an atmosphere that encourages growth is essential to the success of any institution of higher education. The Capstone College of Nursing (CCN) prides itself in offering a stimulating environment in which students, faculty, community partners and friends in the health care industry can develop to their fullest potential. We deliver outstanding opportunities for learning in traditional classrooms, online courses, clinical labs, continuing education conferences and speaker events, and through supervised clinical work experiences.

In this issue of the *Capsule*, we highlight the growth of our nursing programs and our CCN family. We also want to share some plans for our future.

Our college continues to be the school of choice for many of the best and brightest nursing students in Alabama and beyond. While enrollment across the University campus has increased by 2 to 4 percent every year for the past five, nursing enrollment has grown even faster. Our beautiful seven-year-old building has already reached its physical capacity. You will learn about our future plans for expansion in the article called "Growing Pains."

In a travel diary from a Dominican Republic mission trip, see how a CCN student grew through

experiences abroad. Another article follows Dr. Jason Farley's professional path since graduating from CCN. You will learn how he positively affects the lives of patients with infectious diseases from his practice in Baltimore to South Africa and Ukraine.

"They Grow Up So Fast" is about a faculty member who has kept an eye on the development of one of our students throughout the course of her life. We have an interesting feature highlighting one of our planned giving donors who spent most of her career welcoming children into this world. We also celebrate the accomplishments of students, alumni and faculty in the recurring sections of our magazine.

In the near future, we may be calling on our alumni and friends to help us grow to meet the needs of our current and future nursing students. By working together to expand our capacity, we can encourage and produce even more nurses who use their knowledge and skills in service to others.

Suzanne S. Prevost, RN, PhD, FAAN
Angelyn Adams Giambalvo Dean and Professor



THE UNIVERSITY of
ALABAMA



A LIFE-CHANGING EXPERIENCE

ONE STUDENT'S ACCOUNT OF HER SPRING BREAK
MEDICAL MISSION TRIP TO THE DOMINICAN REPUBLIC

While spring break is typically a time for students to unwind, relax and take a break from the rigors of college life, one small group of nursing students decided they wanted to do something different. They wanted to change the world. Well, at least a small part of it.

Four students – DeAnn Foster, Courtni Hill, Sheridan Jones and Jennifer Miguel – spent the week on a medical mission trip with e3 Partners to the Dominican Republic. Dr. Mary Ann Kelley, an assistant professor at the Capstone College of Nursing, and Dr. Marilyn Handley, retired faculty member, accompanied the group.

The students were able to gain experience in several different areas while working in the clinics – triaging patients, assessing vital signs, assisting the dentist and assisting the physicians. They dispensed medication and reading glasses, changed wound dressings and helped in every way they could.

Hill, 20, had never gone on a mission trip, but with plans to be a travel nurse when she graduates, the junior from Nashville thought the experience would be beneficial.

“I wanted to have a meaningful spring break,” Hill said. “Instead of relaxing on the beach or spending time with my friends, I wanted to make a difference in the lives of others and build relationships with people that will last a lifetime.”

The students were required to keep a journal documenting their experience. Below are excerpts from Hill's journal.

“I wanted to have a meaningful spring break. Instead of relaxing on the beach or spending time with my friends, I wanted to make a difference in the lives of others and build relationships with people that will last a lifetime.”

– Courtni Hill

Monday, March 13

I went into today not knowing what to expect. Yesterday, we counted and organized all the medications. We had everything ready to go for the first clinical day. We got up early and ate breakfast. We then took a bus to the clinical site. I was told that today we were going to the most rural area of the week, consisting of mostly Haitians.

We got to a very small room that was used as a church. Of course, there was no air conditioning and it was very hot. It took a while to organize everything and decide where each station would be set up. My fellow nursing students and I worked three different stations: triage, glasses and pharmacy.

I spent most of the day on the glasses station. Many people needed glasses to read, and have gone without reading for a very long time. It was amazing to see the gratitude people showed when they could finally read for the first time in years. We gave away many glasses today. One person was so grateful they gave me a piece of candy. There were a lot of happy smiles, and it was a great feeling knowing that I was helping people see and live a better quality of life.

Tuesday, March 14

The second day began as usual with breakfast at the hotel before going to the clinic site. Today, the clinic was in a rural area, but not as bad as yesterday. We set up in a church – aka a small, square, brick building with no air conditioning yet again.

Today I worked the pharmacy for the first half. I loved how people were so grateful for their medications. I had many patients say “God Bless you” or some other encouraging, kind words in Spanish that I couldn’t quite understand. I didn’t need to understand their language though, their smiles said it all.

One thing I learned today is that language is such a small barrier. You don’t need to be able to understand someone’s words when you can understand their smile and the look of gratitude and excitement in their eyes.

Wednesday, March 15

I worked in the triage section today. During this experience, I saw a lot of different medical conditions. There was some crazy stuff, not anything that you would probably see at a hospital in the United States. One woman had a complicated dental issue. Unfortunately, we could not help

Welcome to Santo Domingo



From left, DeAnn Foster, Courtni Hill, Sheridan Jones and Jennifer Miguel after landing in the Dominican Republic.

her. That was the hard part of the trip – people having medical conditions that we did not have the tools or medications to treat.

However, there were also conditions that we could treat. Today, we saw a lot of wounds. One man had just fallen and had a huge gash on his knee. We were able to clean it, bandage it and then teach him how to bandage and take care of it at home for quicker healing. I also was able to feel a hernia on a 2 year old.

While the medical experiences are very important and a great learning opportunity, I also developed better people skills. Interacting with patients with different diseases will help me

when I return to the U.S. and will help me become an overall better nurse.

Thursday, March 16

This was an experience I will never forget. Going into the last day I have mixed feelings. I am so excited to get back into my own comfy bed at home, but my heart hurts knowing I have to leave these sweet people I might not ever see again. I came into this trip not knowing what to expect, but leaving with a heart full of love and wonderful memories.

One thing that really stood out to me was the bond we developed with our translators. I never understood the impact the translators would have on






Left: From left, Courtni Hill, Jennifer Miguel and DeAnn Foster pack up supplies for daily clinics. **Right:** Sheridan Jones enjoys serving as a dental assistant at the clinic.

my life. The people of San Juan and of Venezuela that helped us throughout the week are some of the most giving, caring people I have ever met in my life. It was so awesome to see people who have very few material things be so giving and demonstrate such great love to people from another country. One of the translators who helped us a lot throughout the week gave me a bracelet on the last day. My eyes teared up knowing how loving and kind these people are.

Overall, we helped over 1,000 people in clinics throughout the four days. It is one thing to talk about God's love but another to share and demonstrate his love to others. This was an amazing experience that is hard to describe in words. I would recommend a study abroad mission trip to anyone who wants to feel humbled, build great friendships, learn about medical



conditions and experience new things.

Yes, we learned about different medical conditions throughout this trip, but I think the biggest thing learned is interacting with different people and learning how to adjust and be flexible with different environments and people. 





YOU NEVER STOP LEARNING AND GROWING

CCN GRADUATE ON
FACULTY AT JOHNS
HOPKINS AND
HIS INFECTIOUS
DISEASE OUTREACH
CLINICS IN AFRICA
AND UKRAINE

By Kim Eaton

Dr. Jason Farley has based the foundation of his career on this one key lesson learned shortly after graduating from the Capstone College of Nursing nearly 20 years ago.

“I continue to learn, to grow,” said the associate professor at Johns Hopkins University School of Nursing, whose interest in health care began in high school.

However, 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 led 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.

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 University School of Nursing. He's held numerous positions, from research services program coordinator to clinical consultant to professor, mainly at Johns Hopkins, but his career has also taken him around the globe.

Farley began working in South Africa in late 2005 on a TB/HIV project while completing his doctorate at Johns Hopkins. His research and clinical interest had always been focused on HIV.

"Tuberculosis (TB), a completely curable infection, remains a leading cause of death among persons with HIV in many parts of the world," he said.

Farley started in South Africa as part of a research residency on a large cohort study focused on drug-resistant TB treatment outcomes. The team identified that one in three persons living with HIV with drug-resistant TB died.

"Witnessing such poor treatment outcomes and, in many sites, underutilized nursing staff drove me to develop several ongoing interventions designed at optimizing treatment outcomes using nursing interventions," he said.

Farley has designed two principle nursing interventions to improve access to care along with treatment outcomes in TB/HIV patients. The first is a nurse case management cluster randomized trial. The hypothesis is that by simply optimizing nursing



Dr. Jason Farley, alumnus, researcher and clinician

"It was this personal connection with people that kept me in nursing and led 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."

– Dr. Jason Farley

care of side effect identification and management, adherence and retention support, along with HIV care and management, that treatment outcomes will statistically improve.

The second intervention is directed at implementation of a task-sharing model that trains nurses to diagnose, initiate and manage drug-resistant TB patients on treatment. While nurses led this effort in drug-susceptible TB through 2015, physicians were the clinical leaders of the drug-resistant TB treatment.

“Through this task-sharing model, we have literally changed the landscape of drug-resistant TB treatment with over 10 percent of these patients being managed by nurses in 2016,” he said.

Farley has a team of about 15 people who live in South Africa, and he goes there about four or five times a year to meet with government officials at the Ministry of Health or with the hospital or clinical teams. He also conducts training sessions, performs clinical site visits or evaluates the research team’s efforts.

In addition to South Africa, Farley has also done work in China, Lebanon, Namibia, Tanzania, Myanmar and, most recently, in Ukraine. For the most part, his research in these areas is on infectious diseases – either TB and/or HIV or the prevention of infections like these in the field of hospital epidemiology and infection control. The work has been funded by the National Institutes of Health, the Center for Disease Control and Prevention and the Global Fund for AIDS, TB and Malaria.


This research interest has led to several honors over the years, including being elected president of the Association of Nurses in AIDS Care (ANAC). He was also a member of a White House panel tasked with reviewing the National Strategic Plan for HIV/AIDS.

Growth in the field has brought about many opportunities to affect positive change, making this a “great time to be a nurse,” Farley said. In many U.S. states, nurse practitioners have full practice authority. His practice in HIV Primary Care at Johns Hopkins offers patients the options to receive care by nurse practitioners, physicians or physician’s assistants.

“We all practice side by side as clinical colleagues,” he said. “The evidence is also clear, a patient will have the same outcome if they are treated by a nurse practitioner, a physician or a physician’s assistant. This same evidence is available regarding nursing outcomes in low- and middle-income countries for HIV and many other clinical issues.”

Despite his numerous accomplishments and growth in his career, Farley still strives to learn as much as he possibly can.

“When you’re young, you have a sense of clarity and certainty that gives you a naive perspective on many things,” he said. “I have learned that there are very few things in life that are black or white, right or wrong. There is always a need to understand the perspective of others and to avoid forcing your personal views/values onto the lives of others.

“I think the biggest growth I have had is realizing how much I don’t know.” 



GROWING PAINS

STUDENT AND FACULTY GROWTH CREATES
NEED FOR BUILDING EXPANSION

By Kim Eaton

Benjamin Franklin once said, “An investment in knowledge pays the best interest.”

Since its inception more than 40 years ago, the Capstone College of Nursing has taken this statement to heart. With the continued growth of new programs and opportunities, the end result is a top-notch educational experience that attracts students of all ages, backgrounds and skills.

While growth is seen as a positive characteristic of most higher learning institutions, it can pose its own set of challenges for both the students and faculty – namely, lack of space.

“We have many more incoming nursing students than we can accommodate in our current space, and our communities have increasing needs to hire additional nurses,” said Dr. Suzanne Prevost, the Capstone College of Nursing dean. “Most of our classrooms are completely full, elbow-to-elbow. Administering exams is particularly challenging. Between classes it is common to see 20 or more students sitting on the floor in the hallways because we don’t have spaces for them to study or eat lunch.”

Prior to moving into its current location, the Capstone College of Nursing was located in Russell Hall.



The college's largest classroom is filled to capacity.

“The new facility gave us visibility that was unprecedented,” said Shelley Jordan, the college’s director of advancement. “It was the first structure on campus built specifically for the education of nurses. Our college is now housed under one roof.”

What Jordan remembers most about the milestone move was the open space.

“Student growth has required additional faculty positions. Both classrooms and offices are at full capacity or overflowing. We have transitioned several private offices to shared offices to make space for additional faculty.”

— Dr. Suzanne Prevost, Dean CCN

“There were broad hallways with so much light pouring in and students everywhere,” she said.

But those students have now run out of room and, once again looking toward the future, the Capstone College of Nursing has started the preliminary planning stage of expanding its current building.

When the college’s current building opened for classes in 2010, student enrollment was 1,714. In 2016, it was 2,351. In 2010, the college was admitting classes of 96 students twice a year, but now it is admitting between 112 and 120 students twice a year. Only two of the classrooms can accommodate groups of that size, Prevost said.



Top: The vision for an expanded Capstone College of Nursing building that will meet the demands of our growing student population.

Bottom: The building expansion (highlighted in yellow) will include classroom space and faculty offices in addition to student social and study areas. Concept renderings subject to approval of Board of Trustees





Students make use of every inch of space in the building, including the floor, to study and relax between classes.

“We have added new programs and increased the size of our upper division cohorts,” Prevost said. “Student growth has required additional faculty positions. Both classrooms and offices are at full capacity or overflowing. We have transitioned several private offices to shared offices to make space for additional faculty.”

Over the past nine years, the college has implemented a doctor of nursing practice (2008); a nurse practitioner program with a dual concentration in family health and mental health (fall 2012); an MSN in nursing administration (spring 2017); post-masters certificate programs for family and mental health nurse practitioners (spring 2017); and both MSN and DNP programs for family and mental health nurse practitioners (fall 2017).

This growth has resulted in a need for larger classroom space, more faculty offices and places for students to study and eat between classes. Prevost said funding for additional professorships or endowed chairs to recruit the best faculty and nurse researchers will be needed. Support from the college’s clinical partners in providing clinical learning opportunities for the increasing number of students will also be required.


“So many qualified students dream of attending The University of Alabama and becoming Bama nurses. We want them all to be able to realize those dreams.”

– Shelley Jordan

While the need for additional space is immediate, Prevost said it will take a few years to get the project funded, approved, started and completed. Preliminary plans include two 150-seat classrooms; approximately 34 new offices; student social areas and quiet study carrels; five conference/Skype rooms; clinical practice labs and a dining outlet.

The college has not yet begun an official fundraising campaign, but Prevost said they are searching for investors and support to “help us move this vision forward.”

Jordan said there is definitely a need for more office space to recruit additional faculty, as well as more common areas for the students to gather, eat and study between classes.

“Isn’t that a wonderful problem to have?” Jordan said. “So many qualified students dream of attending The University of Alabama and becoming Bama nurses. We want them all to be able to realize those dreams.” 



just here to catch

RETIRED NURSE
MIDWIFE DELIVERS
1,500 BABIES
DURING 33-YEAR
CAREER

By Kim Eaton

Eyes, hands and ears – these were the three most important tools 68-year-old Joselyn Bacon used during her 33-year career as a nurse midwife.

“I didn’t have sonograms or monitors so my hands, ears and eyes were extremely important,” said the Jackson, Mississippi resident. “I could put my hand on someone’s abdomen and tell what kind of contraction they were having. I could listen to the baby with a fetoscope and know if it was in distress and know the positioning. We even had to determine which way the head was turned just by feeling. It’s not like that anymore.”



While growing up in Selma, Alabama, Bacon didn't plan on being a nurse. She actually started her college career as a pre-med major at The University of Alabama in the 1960s. She wanted to be a doctor, but growing up "very protected" in a small town did not prepare her for the excitement of college life and her grades soon suffered. After two years, she switched to nursing and "never looked back."

Bacon graduated from UAB with a bachelor of science in nursing degree in 1971; and then received a master's degree in maternal and child health from the University of Mississippi's medical school in Jackson in 1975. She taught at the University of Alabama in Huntsville for two years before deciding she wanted to attend nurse midwifery school. She applied and was accepted to the University of Mississippi's nurse midwifery program, and graduated from it in 1978.

"I always say I'm not just a midwife, I'm a nurse midwife," Bacon said. "It took me five years to be a nurse and one year to be a nurse midwife. I value my nursing education and it comes through in anything I do in midwifery."

During her career, Bacon worked in numerous states at different locations, from health departments to clinics to hospitals. She retired from the health department in Jackson in 2011.

Over the course of 33 years, Bacon delivered 1,500 babies - and she can tell you everything about each delivery. Each one is recorded in a log book, which she has kept these many years.

"It took me five years to be a nurse and one year to be a nurse midwife. I value my nursing education and it comes through in anything I do in midwifery."

— Joselyn Bacon

"I'm always seeing fathers and mothers working in restaurants or in stores and they come up and talk to me about delivering their baby and I always wondered how they remembered me," Bacon said. "I've never had a baby, but mothers will tell me you always remember the person who delivered your baby. It's a special thing. It never got old. Every delivery is different, every parent is different."

But you never forget your first delivery. For Bacon, it was while she was a nurse, before she went to midwifery school. The doctor didn't arrive in time and Bacon said she wasn't sure what to do, but another nurse helped her through it.

The first time she was on call as a student in the midwifery program, she delivered three babies.

"Back then we didn't use stirrups," Bacon said. "The mother's legs were open but the bed was still there. I'll never forget after that day my instructor said she was glad the



bed was there because I might have dropped a couple of them. They were slippery. But I was too busy to be scared. After the fact is when it hits you, but when you're in the moment, you just do it. They trained us so well. Plus, the mother does most of the work. I was just there to catch."


Not all deliveries were easy. Bacon said she only lost one baby during her career, but one was too many.

"I was still in school when I delivered my first stillborn," she said. "I called my mother afterwards and cried for I don't know how long."

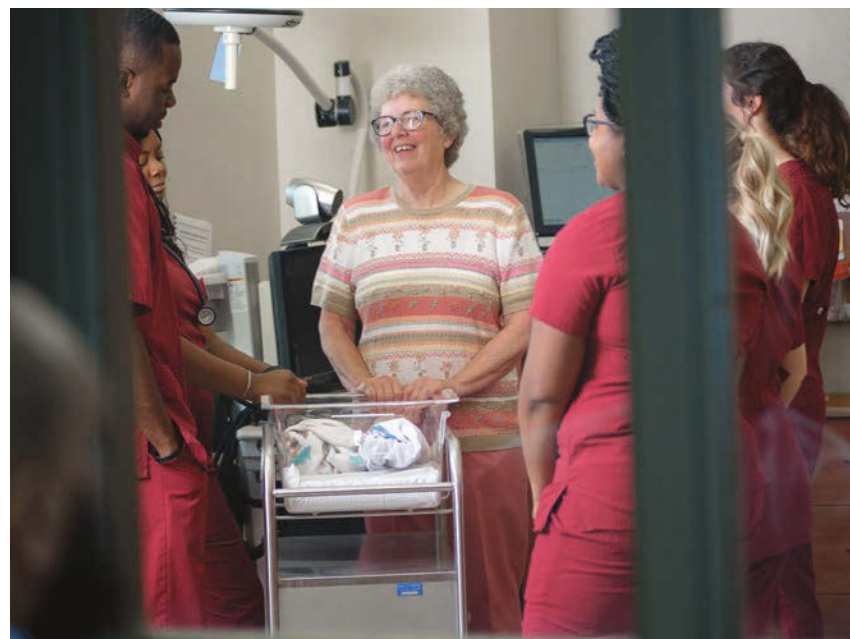
But Bacon pushed through and continued to grow in the field she came to love. Now retired, she enjoys giving back to her alma mater so other young nursing students can pursue their dreams.

"As I went through school as a student, my parents really struggled to pay for my education ... and I worked my way through college, so it was a struggle for me, too," she said. "I would like for it to not be such a hardship on students while they're in school."

Her advice to these young students is simple.

"Figure out why you want to be a nurse and, if it's just for the money, then you're probably not going to do any good," Bacon said. "It's what you put into it that determines what you get out of it and whether you enjoy it or not. For me, I couldn't imagine doing anything else. I wouldn't trade it for anything." 

Top: A page from Bacon's log book of 1,500 births. **Middle:** Bacon holding one of her "catches." **Bottom:** A retired nurse shares a few words of wisdom with Capstone College of Nursing students.





WHAT HAT WILL YOU WEAR?

RN MOBILITY GRADUATE FINDS THE PROFESSION
THAT SATISFIES HER SOUL

Nicky Butler just graduated from the Capstone College of Nursing's RN Mobility Program with her BSN. This nurse has a true passion for her work; but the road to Coleman Coliseum's commencement ceremony on May 6, 2017 had a few detours along the way.

Full of natural inquisitiveness about the world and plenty of energy, Butler has been curious about a myriad of jobs, from janitor to physician. If she had her way, she would try her

hand at a different one every day. But being a practical and responsible young woman, she knew she had to choose.

The profession Butler finally selected may provide a perfect opportunity for her to try a good number of the jobs that pique her interest. What career other than nursing requires you to wear so many hats in a workday - communicator, mathematician, scientist, historian, project manager, counselor, teacher, athlete, economist, healer?

Previous page: They make a perfect match. Scholarship donor Anne Allen and recipient Nicky Butler share their love for nursing and the Wiregrass area of Alabama.

What motivated you to be an RN?

I've desired to be in health care since I was a child but followed a different path and obtained my bachelor's degree in business management. I worked in the business world for a while, and it just didn't satisfy my soul. I had a longing to do something more and make a bigger impact on peoples' lives. I knew I wanted to do something where I could share the love of Jesus and be His tangible hands and feet.

Also, when looking at some of the most influential people in my life – the ones I wanted to be like the most – I realized they all had careers where they served others. My grammy was a nurse, and she is the most precious, kind and caring person I know. If I can be even half the woman and nurse that she was, I know I will make an impact on the world.

What brought you to Capstone College of Nursing's RN Mobility Program?

I received my associate degree in nursing (ADN) from Wallace Community College in Dothan, Alabama in May 2016. I knew as soon as I started that I would continue to a BSN. I started the RN Mobility Program one week after I graduated with my ADN and before I took my boards. I was sure going on faith that I would pass my boards the first time! I knew that having my BSN would open many doors for career advancement and that it would teach me essentials about leadership in health care.

There are numerous RN to BSN programs available. I chose The University of Alabama's program because of its standard for excellence and because I knew firsthand that the professors in this program take care of their students. I am close friends with Lindsey and T-Ray Rushing, also from Dothan. T-Ray was a student in the RN Mobility Program. The college treated him so well throughout the cancer treatment of his little girl Libby Claire. CCN made arrangements for Libby and Lindsey to watch T-Ray's graduation in an area that was secluded from the crowds, for Libby's protection. Capstone also honored T-Ray by writing an article about his story and his remarkable dedication through such a hard time. We are in the field of taking care of people. I wanted to be taught by individuals who not only talk about it, but who also live it.

CCN's RN Mobility Program is online. What prompted your move from Dothan to Tuscaloosa?

I came to Tuscaloosa to be a part of the nurse residency program at DCH Regional Medical Center and currently work as a night-shift nurse in the medical intensive care unit. DCH has one of the few nurse residency programs in the state of Alabama. I felt called into nursing, and I wanted to have a strong foundation. I knew that being involved in a nurse residency program would allow me to gain that. I knew one person in Tuscaloosa, and I had only been to the city two times before moving but I am really enjoying Tuscaloosa so far!


How has going through the RN Mobility Program helped you grow?

Personally – Being in the program on top of the DCH nurse residency program and working full-time (plus extra shifts!) leaves me with very little time to spare. It has continued to teach me to be organized and intentional with my time. This semester, with assignments that involve personality profiles and emotional inventories, I've learned that you can't get where you're going unless you know where you are!

Professionally – I've gained a vast amount of knowledge during the program. I was able to use the information learned from my evidence-based research class to help with my residency project that impacts our unit and, hopefully, the entire hospital. We will be updating isolation kits for our isolation rooms to be more efficient. So far, I have really enjoyed learning about different leadership styles, as well as the importance of evidence-based practice and how to make a positive impact on the health care system.

You received the Anne Evans Allen Endowed Scholarship. What does that scholarship support mean to you?

Because nursing was a second career for me, there were a very limited number of financial resources available to help pay for school. I had to take out student loans to help with living expenses as well as to pay for my ADN. The blessing of Anne Allen's scholarship has helped lighten the financial burden of my BSN degree so that I can focus on repaying student loans from my ADN.

I do not believe in coincidences. I believe Anne Allen was divinely placed in my path. A neat fact is that Anne is also from Dothan. She actually lived in the same apartment complex that I did when she was first starting out as a nurse in Dothan. I just love her! She is a burst of energy and has made an amazing career out of nursing. I hope to learn many more things from her in the years to come. 

“The blessing of Anne Allen’s scholarship has helped lighten the financial burden of my BSN degree so that I can focus on repaying student loans from my ADN.”

– Nicky Butler

The Anne Evans Allen Endowed Nursing Scholarship was established by Dothan native Anne Allen, a retired nurse practitioner who attended nursing schools at both The University of Alabama and Wallace Community College. Through the scholarship, Evans has blended a love for nursing, teaching, her hometown of Dothan and her adopted home of Tuscaloosa. Scholarships from the endowment are awarded preferentially to nurses enrolled in CCN’s RN Mobility Program who graduated with an associate nursing degree from Wallace Community College.

A photograph of a nurse with a beard, wearing a maroon uniform, looking down at a patient in a hospital bed. The patient is wearing a white oxygen mask. The nurse's uniform has a patch that says "ALABAMA".

CREATE YOUR

LEGACY

The Capstone College of Nursing has a long-standing tradition of providing an exceptional nursing education. We prepare future generations of caring nurses with the help of alumni and friends, many of whom have provided generous gifts through their wills or other estate plans. For more information about giving opportunities, visit giving.ua.edu/giftplanning, contact Shelley Jordan at **(205) 348-9876**, or call our Planned Giving staff at **(888) 875-4438**.



Capstone College of
Nursing

THE UNIVERSITY OF ALABAMA®



TIDE TO SUCCESS

HRSA GRANT PROVIDES SCHOLARSHIPS TO HELP WORKING
NURSES PURSUE ADVANCED DEGREES

In 2016, The University of Alabama Capstone College of Nursing (CCN) was awarded \$2.4 million in funding by the Health Resource and Services Administration (HRSA) for a program designated as Scholarships for

Disadvantaged Students (SDS Program). HRSA, a U.S. Department of Health and Human Services agency, seeks to improve health and achieve health equity through access to quality services, a skilled health workforce and innovative programs. It's

Previous page: Dr. Alice L. March with scholarship recipient, Krista Klemm.

SDS Program encourages health care providers to deliver services in communities where people lack access for basic health care needs.


CCN has dubbed its SDS Program “BAMA Tide to Success for MSN Students.” Scholarship money from it is intended to support eligible master’s level nursing students during completion of the degree, enabling them to provide primary care to rural and underserved populations.

“In a state like Alabama, where almost all of our counties are federally designated as underserved, the HRSA SDS program funding increases the number and diversity of primary care providers, and is instrumental in training new care providers who are invested in staying in the areas where they are trained,” said Dr. Alice L. March, CCN assistant dean for graduate programs.

CCN’s goals for program outcomes are to increase enrollment of disadvantaged and minority students, increase retention rates for those students, and, ultimately, prepare about 70 primary care nurses for positions in medically underserved and rural communities.

The BAMA Tide to Success funding is available in \$600,000 increments each academic year. In the first year of funding, CCN was able to provide money to cover tuition and reasonable education expenses for 29 MSN students in need. “We are fortunate to be able to offer this benefit to graduate students. The money and support systems provided in the grant allow working nurses to pursue advanced degrees while experiencing less financial stress”, March said.

In the fall of 2017, we will continue to disburse monies to cover scholarship recipients who remain in our program, as well as seeking new awardees. We invite interested students to contact Vickie Samuel, our Graduate Recruitment and Retention Liaison, at vsamuel@ua.edu for information and an application. Applicable concentrations at CCN include the nurse practitioner and case management programs of study.

To qualify for this graduate scholarship, students must be from an underrepresented group including men in nursing, minority racial or ethnic groups, or from disadvantaged backgrounds either now or in the past. This means that persons who attended a high school with a high rate of free/reduced lunches or had a low graduation rate may qualify. Some amount of financial need should be demonstrated on the FAFSA form, which is required for consideration. 

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– Dr. Alice L. March, CCN assistant dean for graduate programs



Hanna Townsend, right, learns details about the day she was born from Dr. Olivia May.

they Grow up so fast

FACULTY MEMBER FOLLOWS STUDENT
FROM BIRTH TO GRADUATION

By Tabby Brown

As a Capstone College of Nursing (CCN) student taking Nursing of the Childbearing Family, Olivia Windham May was required to do a family study. “We had to find a woman to follow through the last stages of pregnancy,” said May. “One of the resources we were given for recruiting a study subject was a childbirth class at DCH Regional Medical Center in Tuscaloosa. I remember sitting in class and, at the end of it, I boldly approached a couple with my request. The Townsends readily agreed to let me follow them through the last two months of pregnancy.”

For the project, students were expected to support the family, keep detailed medical records, and share what they learned throughout the process. May accumulated a wealth of data for her family study by joining the Townsends in Lamaze classes and attending doctor’s appointments. When a healthy 7 lb. 10 oz. baby girl named Hannah was born to the couple on March 3, 1995 at 3:54 p.m., May was there. She attended the post-partum check-ups, but eventually said goodbye to the Townsends.

May completed her bachelor of science in nursing the following winter. In 2001, she received her master’s with a focus in pediatric primary care from the University of Alabama at Birmingham. She became a certified pediatric nurse practitioner and worked with a Tuscaloosa pediatrician.



A knock on the door brings the pair together again.

The Townsend family re-entered her life when May became Hannah's health care provider at the pediatric practice. It was during these years Hannah learned that May was present at her birth. In the four years she was in the practice, May was thrilled to follow the young girl's growth. Then their paths parted again when May left the practice.

May joined the faculty of CCN in 2004. She continued her education, earning a doctor of nursing practice from the University of South Alabama in 2012. She teaches at the college and maintains a practice as a pediatric nurse practitioner at the University Medical Center.

Over the years, May enjoyed running into the Townsend family around town and catching up. While their lives intersected occasionally, large spans of time would go by without seeing each other.

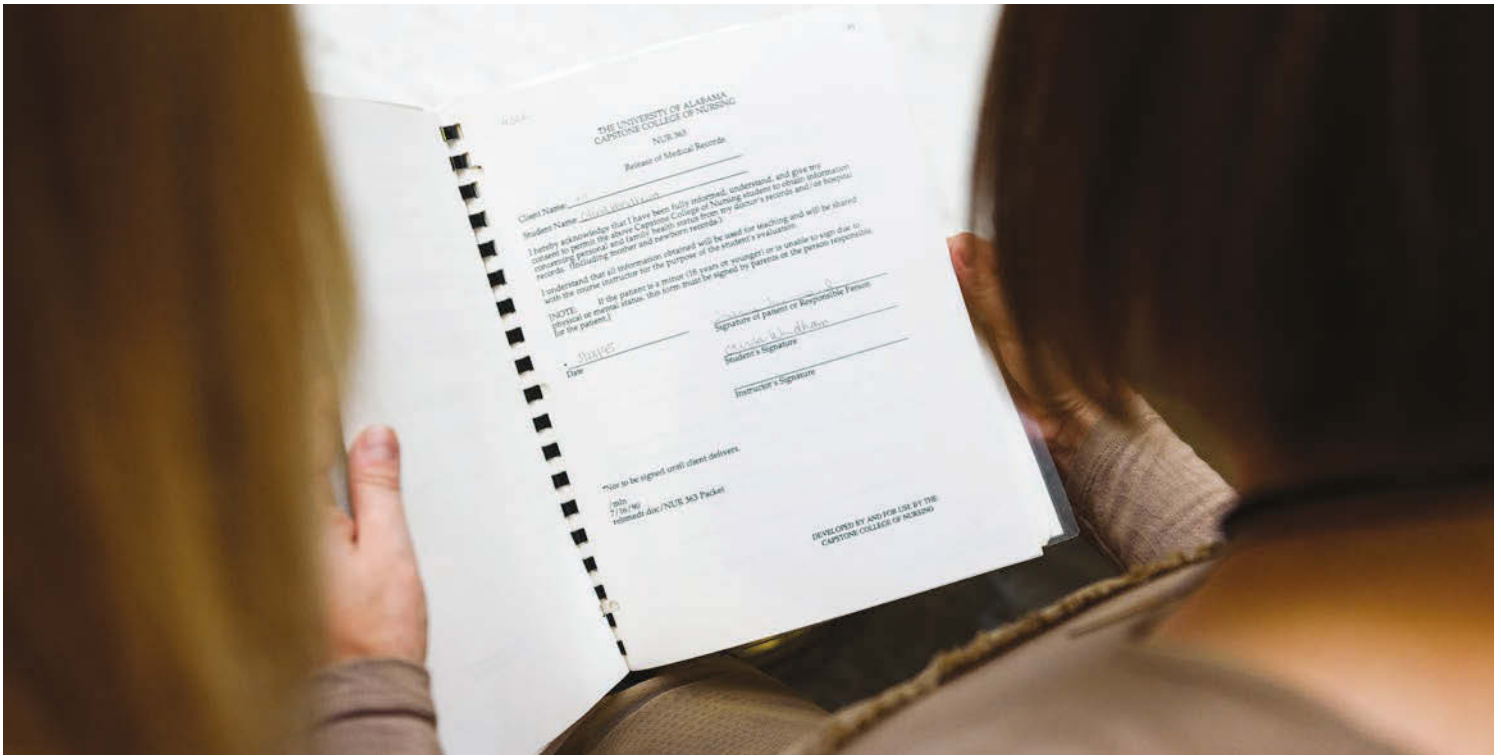
Their paths seemed destined to cross again because Hannah Townsend has had a lifelong passion for caring for others, particularly children. She decided that nursing school was a natural career path for her. Townsend enrolled in the Capstone College of Nursing with hopes "to be the nurse who brightens someone's day."

On the advice of her mom, Townsend sought out May when she was promoted to the upper division of CCN. On Aug. 19, 2015 at 3:44 p.m., May answered a knock on her office door -- and in stepped Hannah Townsend, the nursing student. So began a renewed relationship.

As an honors student involved in undergraduate research early in nursing school, Townsend needed a faculty mentor to lead her in a scholarly project. She requested May, who was happy to oblige. With May's guidance, Townsend and her partner, Mary Talbit Skinner, investigated the value of aspirating needles before administering vaccines. The project won first place in the small group division of UA's 2016 Undergraduate Research & Creative Activity Conference.

Happy to have reconnected, Townsend said, "It was great to have someone I knew at the college to go to with questions. While I had a good rapport with other CCN faculty members, Dr. May really helped me enjoy school. Our personalities are similar and she often eased the pressure of nursing school by being lighthearted and fun."

After their research collaboration, Hannah took May's class, Nursing of Children. This fourth-semester course was Townsend's favorite in nursing school.



Dr. May has given Hannah this 22-year-old record of her birth.

Although Hannah Townsend’s birth seems like yesterday to May, we all know that children grow up in the blink of an eye. Today, Townsend is a new nursing graduate whose life has woven in and out of May’s for more than 20 years.

“Because of the jobs I’ve had, I’ve been able to follow Hannah over many years and through many stages of life. It’s pretty amazing to have watched this little baby I witnessed coming into the world grow into a responsible, smart woman. She has been a great student, a hard worker and a pleasure to have in class. I imagine continuing our ties by serving as a mentor to her,” May said.

Townsend shares the hope of an enduring association. “It is super cool that Dr. May entered my life before I was born, cared for me as a pediatric nurse practitioner, and taught me in

“Because of the jobs I’ve had, I’ve been able to follow Hannah over many years and through many stages of life. It’s pretty amazing to have watched this little baby I witnessed coming into the world grow into a responsible, smart woman.”

— Olivia Windham May

my chosen profession.” The nursing graduate hopes for a future in labor and delivery or pediatrics after starting her career on the cardiac telemetry and medical surgical unit at DCH Regional Medical Center. But, she said, “I wouldn’t mind helping Dr. May complete the research we started and see it published. And I would love to be a clinical instructor under her one day!”

Who knows how Hannah Townsend and Olivia May will connect in the future? 

GRADUATION |

Congratulations to our outstanding students



BSN graduates of the Capstone College of Nursing at the December 2016 Pinning Ceremony.



Titus Gambrell received his Doctorate of Nursing Practice in December 2016.



Linda Holcombe was pinned by her mother and CCN graduate, Dee Dockery Holcombe.



Ashleigh Morris was pinned by her mother, Cynthia Morris.



Anna Marie Poist served as the student speaker for the December 2016 Capstone College of Nursing Pinning Ceremony.



BSN graduates of the Capstone College of Nursing at the May 2017 Pinning Ceremony.



Former University of Alabama President Dr. Roger Sayers pins his granddaughter, Haley Sayers.



Deepthi James and husband, Thomas, celebrate her new Doctorate of Nursing Practice degree.



Smiling faces of our latest Capstone College of Nursing graduates.



Lucas Urbi was pinned by his mother, Grace Urbi.



ALUMNI NEWS

CCN students impacting lives

Class of 1961

Flora Joann Smith Broadus retired after serving 40 years as a nursing educator. The last 25 years were spent at the University of South Alabama (USA) College of Nursing in the department of maternal child health. Broadus went on to become a USA Distinguished Alumni Award recipient. In 2007, she was inducted into the Alabama Nursing Hall of Fame. She now enjoys volunteering as a community service advocate, running a youth leadership program for young women.

Class of 1980

Amy H. Polansky is now the branch director of Comfort Care Home Health in Mobile, Alabama.

Class of 1983

Carol Robertson Sasser is a part-time clinical nursing instructor at Jeff State Community College. She said, "I love working with the first-semester students."

Amy Zechella is working as a nurse midwife in Jacksonville, Florida. She has been with the same practice for 27 years and is now delivering her second generation of babies.

Class of 1985

After 10 years in nursing, **Patricia June Moss** went to law school and then worked as an attorney in the health care industry. After retiring in 2011, she served as a full-time caregiver for her father and coordinated care for her terminally ill sister until their deaths. She continues to care for her mother, who lives independently in her home with daily assistance. Nursing prepared Moss to step in, when needed, and provide for those she loves. Moss said, "While nursing and law may seem to be an odd combination, I highly recommend it if you want to be an advocate for both your patients and colleagues and, in my case, for my family as well."

Class of 1989

Together, **Terri and Guillermo Godoy** have four children. Billy and wife, Brittney, live in Washington D.C., and have two children: Sally, age 2, and Marley, age 2 months. "We love to go visit our granddaughters! Rodry and wife, Marcela, are expecting our third grandchild. Christian, our third son, lives in Chico, California. Anna Grace, our beautiful daughter, is in her sophomore year at SMU in Dallas, Texas."

Class of 1994

Theodore McMullen III received his CRNA/MNA.

Class of 1998

In February, **Jerry Criswell II** was promoted to associate chief nursing officer of Baylor Surgical Hospital at Fort Worth, Texas. He completed his BSN in 1998 and MSN in 2014 through the Capstone College of Nursing. Jerry has been in the Army Reserves since 1988. He is currently a lieutenant colonel and last year became the commander of the 367th Engineer Battalion in St. Joseph, Minnesota.

Class of 1999

Joe RouLaine was promoted to Navy Commander in January 2016. He is currently the department head for a multi-service unit and Nurse of the Day (NOD) coordinator in the Pacific Northwest. Master's prepared, RouLaine led 37 staff members providing high-quality care for a 15-bed inpatient telemetry and ambulatory procedure unit. He also serves as Nurse Residency Program Manager; Command Forms Committee Member; Patient Safety Handler and is on the Executive Committee for Nursing Services (ECONS).

Class of 2005

Devry Aldaz was promoted to director of nursing and successfully opened a free-standing emergency department and clinical decision unit in Central Florida.

A 2005 MSN grad, **Amelia de los Reyes**, is in her third academic year of a Doctor of Education in instructional leadership for nurse educators at CCN. She was recently appointed to the DCH Foundation Board which supports DCH Health System philanthropically.

Class of 2007

Melissa Hatter recently accepted a new position as a certified nurse-midwife in Columbus, Georgia. She and her husband, Aaron, also welcomed a new baby boy, Everett, in July 2016. He joins big brothers Ayden and Preston.

Class of 2010

Jessica Lee Barr graduated from the University of Texas at Austin with her Master of Science in Nursing;

Child Health with a role specialty in teaching. She is now working at UT Austin's School of Nursing as a clinical instructor.

Kailey (Hamrick) Davis married Chase Davis in October 2016. She graduated with her masters in 2015 and is a certified registered nurse practitioner, practicing internal medicine in Montgomery, Alabama.

Dr. Cynthia S. Garrett has joined DCH Health System as the assistant corporate director of care management. DCH Health System includes Regional Medical Center, Northport Medical Center and Fayette Medical Center.

Class of 2011

Newton Tinsley was named one of 16 Alabama Fellows to the 2017-2018 Albert Schweitzer Fellowship with his Samford nurse anesthesia classmate, William Gafford. Albert Schweitzer Fellows will spend a year learning to effectively address the social factors that impact health, and developing lifelong leadership skills. The two are addressing unmet medical needs for adults with developmental disabilities at Unless U in Birmingham, Alabama by implementing preventative measures to optimize the physical well-being of students.

Caroline Amdall Norris graduated in May with a doctor of nursing practice degree from LSU Health and Sciences Center. She began working as a staff CRNA at Children's of Alabama in July 2016.

Class of 2012

Ashley Blackwood Gattozzi recently accepted a position as clinical nurse educator for DCH in Tuscaloosa, Alabama. She will complete her MSN in nurse administration in August and was recently inducted into Sigma Theta Tau Honor Society.

Class of 2013

Dr. Kathy H. Baldrige has been selected to be inducted as a Fellow into AANP, which recognizes the nurse practitioner's leadership and forward thinking in advancing health care and the nurse practitioner role. She was the recipient of the 2016

(CONTINUED)

Nurse Practitioner Excellence Award in Louisiana. Baldrige is from Pineville, Louisiana and works for Advanced Practice Education Associates and Incarnate Word Community Clinic. She serves on the board of the Louisiana Association of Nurse Practitioners.

Chris Davis was a co-author of a poster presentation at the NTI Conference for Critical Care Nurses in Houston, Texas this year. "Making It Matter: Adding SpO2 and Oxygen Requirement Monitoring to Modified Early Warning Score" was authored with colleagues on the rapid response team at UT Southwestern Medical Center, Clements University Hospital, Dallas.

Class of 2015

Approximately one year after completing her DNP, **Dr. Melissa M. George** accepted a position as diabetes program director for a federally qualified health clinic organization in the capital of California. She develops and implements clinical practice guidelines to enhance the assessment and treatment of patients with diabetes; supports clinicians in initiating and intensifying therapy for them; and provides diabetes self-management education. By successfully improving clinical and behavioral outcomes, many of her patients have been able to get the care and knowledge they need.

Catherine Riley-Godoy is working as an assistant professor at Jacksonville University in Jacksonville, Florida.

Since September, **Savannah Schwerin** has been working for Research Partners, Inc. in Jackson, Mississippi as a clinical research nurse. The company is currently conducting clinical trials for an investigational product that manages post-op pain.

Class of 2016

Julie D. Aldridge has taken a new position as director of education for Alacare Home Health and Hospice in Birmingham, Alabama. Alacare has 23 branch offices across the state and employs

approximately 600 nurses.

Esther Amprofi was recently invited to join Sigma Theta Tau Honor Society. She is getting married and starting graduate school to become a nurse practitioner. Amprofi said, "The grace of the almighty God and having a BSN from UA has made these things possible for me."

Melea Suzanne Beasley has become a neonatal intensive care RN.

Charlotte Bristow Galloway graduated in December and accepted a job in the children's special care unit at Children's Memorial Hermann in the Texas Medical Center.

Titus E. Gambrell is excited to be given the opportunity to serve on the national board of directors for the American Case Management Association.

After graduating in December and passing the NCLEX in February, **Meghan Graham** moved (again) to New York City. She said, "I am following my dreams in this concrete jungle and working as a pediatric oncology nurse at Memorial Sloan Kettering Cancer Center."

Kaley Hogan is finishing orientation for her first RN job as an operating room nurse, learning how to circulate and scrub. She plans to pursue a career as a nurse practitioner first assistant.

Karol Knopf House worked as a trauma surgical nurse for two years, specialized in neurosurgery for 12, and then took a team leader position in surgical neurology. She said, "I loved every minute working in the O.R."

Allie Hybart is working as a labor and delivery nurse at UAB.

Sheila Ray Montgomery is president of the Rural Nurse Organization, which is planning an international conference to be held in Nashville, Tennessee in July 2018. She is an adjunct professor at Becker College in Worcester, Massachusetts.

RECOGNIZING ACHIEVEMENTS

Applauding faculty, staff and student accomplishments

Congratulations to faculty member, **Dr. Safiya George**, who has been promoted to the newly created position of assistant dean for research at the Capstone College of Nursing. George serves as an associate professor at the college and directs its Office of Scholarly Affairs.

“Our college has made great strides in increasing scholarly activity. With hard work from faculty members and our Office of Scholarly Affairs, new funding for research projects in the 2015-2016 academic year increased more than 400 percent over the previous year. We look forward to Dr. George’s continuing leadership in this arena as we move ahead with aggressive research productivity goals paralleling those set forth in The University of Alabama’s strategic plan,” said Dean Suzanne Prevost.

George is a leading scholar in the fields of HIV research and religion and health. Her area of research focus is examining the role of sociocultural factors in treatment adherence, mental and physical health outcomes and quality of life among people living with HIV/AIDS.

A book chapter she authored in *Religion as a Social Determinant of Health* (edited by E. Idler, Oxford Press, 2014), focuses on the role of religion in the HIV epidemic. A recent project examined the sociocultural factors that contribute to high rates of HIV in the U.S. Virgin Islands. She has two current HIV studies. One project, funded by the Robert Wood Johnson Foundation’s Interdisciplinary Research Leaders program, examines the impact of housing and case management on HIV outcomes and evaluates the impact of statewide HIV advocacy training and activities on HIV-related policy. The other, funded by The University of Alabama, is designed to develop and evaluate a group counseling program

that incorporates HIV Peer Leaders and telemedicine to address depression, anxiety and substance abuse in people living with HIV/AIDS in West Alabama. Another recent project focuses on examining the role of religion and cognitive function in the sexual decision-making and HIV/STI-associated sexual risk behavior of black adolescent and young adult females. George also completed a study that examined the role of spirituality and “social capital” and various psychosocial factors on the maternal-infant outcomes of Latina mothers.

At Emory University in Atlanta, Georgia., George obtained her doctorate in nursing and a certificate in women’s studies. She completed a postdoctoral fellowship in research on religion and health from Duke University in Durham, North Carolina. George is also a board-certified adult nurse practitioner. She earned her undergraduate nursing degree from the University of the Virgin Islands.

She previously served as chair of several research committees, an international service taskforce, 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 health care to children of K-12 age and their families.



Dr. Safiya George

(CONTINUED)

CCN faculty members, **Johnny Tice** and **Sandra Estes**, recently received doctoral degrees from The University of Alabama. Dr. Tice earned his Doctor of Nursing Practice and Dr. Estes received an EdD for Nurse Educators. Also adding credentials to her name is **Savannah Hoover**, a CCN academic advisor, who completed her master's degree in Human Environmental Sciences General Studies.

Dr. Teresa Wadas was accepted into the Clinical and Translational Science Training Program (CCTSP) at UAB. The certificate program provides training in clinical and translational research with course content in clinical trials, epidemiology, biostatistics, ethics, clinical genetics research, behavioral research, outcomes research, dissemination of results, and grant writing and funding opportunities.

Dr. Graham McDougall Jr. was recently appointed to the editorial board of *Aging and Mental Health*. In February 2017, the Southern Nursing Research Society (SRNS) selected McDougall to receive the Hartford Foundation Geriatric Research Award.



Dr. Kevin Whitaker presents Randall Outstanding Undergraduate Research Award to Elena Thompson.

Attending the same SRNS annual conference in Dallas, Texas was **Dr. Barbara Ann Graves** who was awarded a research grant by SRNS to study diabetes education services in Alabama. Aiding Dr. Graves in her research is CCN undergraduate student, **Elena Thompson**. Thompson also received UA's 2017 Randall Outstanding Undergraduate Research Award.

Drs. Michele Montgomery and **Paige Johnson** received a Diabetes Coalition Strengthening Grant from the Appalachian Regional Commission and the Centers for Disease Control and Prevention for the Pickens County Diabetes Control and Translation Project. Montgomery was also elected to serve as Health Sciences representative on the National Council on Undergraduate Research.

Dr. Susan Appel served as the organizational chair of the Central Alabama Nurse Practitioner Association's Annual CEU Day titled Obesity and Comorbidities. Appel wrote and had funded a Knowledge Gap Grant from Pfizer for support of the event held on Feb. 4, 2017 at Samford University in Birmingham, Alabama.

The Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN) selected **Dr. Leigh Booth** as a participant in their Emerging Leader Program - Class of 2017.

Director of Technology and Distance Education, **Karen Silliman**, received an Alabama League for Nursing (ALN) Lamplighter Award for her exemplary contributions to the nursing profession. ALN also recognized **Dr. Haley Strickland** with an Excellence in Teaching Award in March 2017.

The University of Alabama College of Continuing Studies named **Dr. Heather Carter-Templeton** a 2017 Innovation Spirit Scholar.

Dr. Gwen Hooper was recently appointed president of the Society of Urologic Nurses and Associates (SUNA).

Dr. Angela Collins-Yoder was recognized in a feature article in *Advanced Critical Care* for her 2016 presentation at the American Association of Critical-Care Nurses National Teaching Institute in New Orleans, Louisiana.

Please visit nursing.ua.edu/scholarly_works for a list of faculty publications and presentations.



Because Your Gift Counts

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