

CAPSULE

Magazine
FALL 2019

CHAMPIONS FOR COMMUNITY

Students and faculty impacting
local and global health care

4 CHAMPIONS FOR COMMUNITY

10 LIFELONG LEARNERS

14 WELLNESS WARRIORS

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CAPSULE

DEAN

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DEAN'S MESSAGE

What a year! From being selected as a National League for Nursing Center of Excellence, to launching our new joint online PhD program with UAH, this academic year brought many accomplishments and successes for the Capstone College of Nursing!

At CCN, we continue to strive for greatness by meeting the goals of our strategic plan. By focusing on the four major components of the plan: education, research, diversity and inclusion, and work-life balance, we have created a home for innovation, transformation and growth. In this issue of the *Capsule*, you will read a number of stories relating to each prong of our strategic plan.

We are also taking this opportunity to brag about our CCN family! Over the past year, a number of our faculty, staff, students, alumni and friends have won impressive awards, made great strides to improve health care and promoted positive changes in their communities. If you have any news you would like to share with the College, please keep in

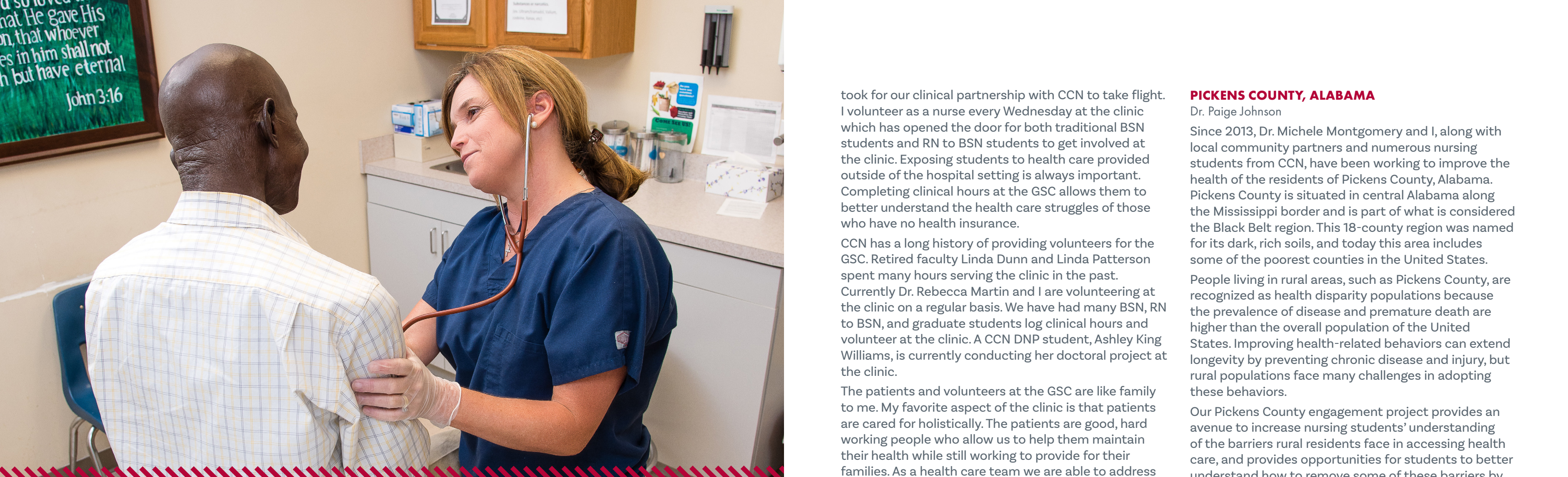
touch by utilizing the Alumni and Friends tab on our website. We want to hear from you!

We also suffered a tremendous loss this year with the passing of our dear friend Dr. Marietta Stanton. While we miss her infectious spirit and go-getter attitude each day, her legacy lives on through the Marietta Stanton Endowed Graduate Nursing Scholarship. I invite those of you who knew her to make a gift in her memory and invest in the bright futures of our students.

We look forward to even greater accomplishments in the year ahead. I hope you enjoy this issue of the *Capsule* and continue to stay in touch.

Roll Tide!

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



champions for COMMUNITY

Exploring the many ways CCN plants roots in our communities and instills a passion for service in our students.

TUSCALOOSA, ALABAMA

Dr. Michelle Cheshire

The Good Samaritan Clinic is the only source of free health and dental care for residents of West Alabama. The GSC was founded in 1999 to provide free health care and medical advice to the indigent and uninsured residents of West Alabama. Today, the clinic provides referrals to specialty providers and social service agencies to resolve issues associated with living in poverty, and promotes patient health through nutrition, health education and wellness programs. Each client receives the full spectrum of care, either in the clinic or arranged for locally. The patients served by the GSC are in their child-rearing years and most of them have children who depend on them to keep the family together and remain employed for income.

In 2018, the total value of care provided or arranged for by the Good Samaritan Clinic was \$5,402,852, on an operating budget of \$247,000— for every \$1 the clinic spends, it realizes \$22 in health value for each patient. There are no paid providers, instead, all of the health care is provided by doctors and nurses on a volunteer basis.

My involvement with the clinic started over 10 years ago as a member of the Board of Directors. Several years ago, when CCN began to partner with E3 ministries for international mission trips, I was approached to be involved and began to pray about it. I quickly felt the Lord calling me to weekly “local ministry” at the Good Samaritan Clinic. I approached Dean Prevost who was very supportive of my involvement with the clinic, and that “yes” was all it

took for our clinical partnership with CCN to take flight. I volunteer as a nurse every Wednesday at the clinic which has opened the door for both traditional BSN students and RN to BSN students to get involved at the clinic. Exposing students to health care provided outside of the hospital setting is always important. Completing clinical hours at the GSC allows them to better understand the health care struggles of those who have no health insurance.

CCN has a long history of providing volunteers for the GSC. Retired faculty Linda Dunn and Linda Patterson spent many hours serving the clinic in the past. Currently Dr. Rebecca Martin and I are volunteering at the clinic on a regular basis. We have had many BSN, RN to BSN, and graduate students log clinical hours and volunteer at the clinic. A CCN DNP student, Ashley King Williams, is currently conducting her doctoral project at the clinic.

The patients and volunteers at the GSC are like family to me. My favorite aspect of the clinic is that patients are cared for holistically. The patients are good, hard working people who allow us to help them maintain their health while still working to provide for their families. As a health care team we are able to address each patient’s physical, mental and spiritual needs. Being a part of the health care team at the GSC has allowed me to build relationships with the patients and in turn they feel comfortable opening up and allowing us to help them with a variety of needs. I am often reminded of the quote by Theodore Roosevelt, “Nobody cares how much you know, until they know how much you care.” I am thankful for the opportunity to care for the GSC patients.

PICKENS COUNTY, ALABAMA

Dr. Paige Johnson

Since 2013, Dr. Michele Montgomery and I, along with local community partners and numerous nursing students from CCN, have been working to improve the health of the residents of Pickens County, Alabama. Pickens County is situated in central Alabama along the Mississippi border and is part of what is considered the Black Belt region. This 18-county region was named for its dark, rich soils, and today this area includes some of the poorest counties in the United States.

People living in rural areas, such as Pickens County, are recognized as health disparity populations because the prevalence of disease and premature death are higher than the overall population of the United States. Improving health-related behaviors can extend longevity by preventing chronic disease and injury, but rural populations face many challenges in adopting these behaviors.

Our Pickens County engagement project provides an avenue to increase nursing students’ understanding of the barriers rural residents face in accessing health care, and provides opportunities for students to better understand how to remove some of these barriers by working with community partners. Nursing students help to organize and conduct health screenings and provide health coaching sessions at various places throughout the community. They have helped to screen over 500 preschoolers and over 200 adults in Pickens County thus far. In fall 2018, nursing students helped to recruit rural residents to participate in a walking program and provided support for the initiation of an online health assessment tool targeted towards improving health. The knowledge and experience the nursing students have gained from their time in Pickens County is invaluable. A long-term goal of this program is to improve the overall health status of the county, but we also hope to encourage future nurses to choose to practice in a rural area after graduation.

“After spending time in Pickens County, it became evident that there are still huge strides to be made in helping rural Alabamians achieve and maintain a healthy life. It truly ignited my love for rural health care and the people of Alabama; so much so that I am currently trying to figure out how to use my time, energy, and resources as an RN to serve them in the months and years to come.” *Lydia Burnette Stough, May 2019 BSN graduate*

Top: Dr. Michelle Cheshire examines a client at The Good Samaritan Clinic in Tuscaloosa.

Left: Dr. Michele Montgomery and CCN students conducting a health screening in Pickens County.





BIBB COUNTY, ALABAMA

Abby Horton

The University of Alabama’s Capstone College of Nursing has had the distinct privilege of participating in the Sight Savers Kid Check Health Fairs at local public schools in Bibb County spanning more than two decades. The “Bibb County Experience” requires interdisciplinary teamwork and a holistic approach to health care within the community, which is a wonderful, hands-on learning opportunity for our nursing students.

In partnership with the Bibb County School District, CCN Nursing Students in the Fundamentals of Professional Nursing Course, along with their faculty, perform health assessments and health screenings for school age children at participating schools in Bibb County in the fall and spring semesters.

For many children, the health care received at the Sight Savers Kid Check Health Fairs will be their only source of health promotion for the year, which serves to reinforce the importance of providing quality care and resources to this underserved community. It is truly an honor to serve the children of Bibb County, and our time spent there is consistently held as a favorite memory for our nursing students and faculty!

WINNIPEG, CANADA

Kim Armstrong

In partnership with e3 Ministries, 19 CCN students raised over \$42,000 and embarked on an inaugural mission/study abroad trip to serve the indigenous people of Winnipeg, Canada. Proud to be the first college of nursing in the U.S. selected for this mission, the students set up mobile clinics around the outskirts of Winnipeg and provided physical and dental exams, vision testing and eyeglass fittings, blood glucose and blood pressure checks, conducted in-depth health education, and distributed thousands of vitamins and over-the-counter medications to over 200 children and adults.

Fundamentals students and faculty participated in a health fair at Woodstock Elementary in Bibb County in March 2019.

Why a mission trip to Canada with its universal health care system? To provide medical care for the people who can’t access it – their indigenous people known as First Nations People. It is a little-known fact (even to most Canadians) that their government pursued a policy of “cultural genocide” against their indigenous people throughout the 20th century that saw 150,000 First Nation children forcibly removed from their families and incarcerated in residential schools where they were stripped of their identities, treated like slaves, and physically and sexually abused over a period of 150 years. Without an identity or self-respect, coupled with trauma perpetuated across generations, First Nations People became a marginalized subgroup of the Canadian population who still suffer from the highest levels of discrimination, poverty, unemployment, incarceration, violence, alcoholism, drug abuse, and disease.

In 2008, the Canadian government acknowledged and apologized for the treatment of its indigenous people and steps are slowly being taken to repair and renew that relationship. Unfortunately, it takes time for attitudes and behavior to change and this includes the ability of the First Nations people to access health care.

The students were provided with this background information but were not prepared for the level of suffering and discrimination they witnessed first-hand.

Once the community realized we were not from the Canadian government, they welcomed us with open arms. They were amazed that we were interested in their lives and stories and were immensely grateful when we provided them with health information, glasses, dental kits and vitamins. The nursing students absolutely blossomed in the face of

such overwhelming need and provided exceptional professional and compassionate care in a manner that exceeded ALL expectations. They were in charge of clinic set-up and flow and initiated creative strategies to better care for their patients. This included accompanying patients to the emergency department and advocating for them when ignored by the hospital staff, maintaining an airway in an overdosing patient while awaiting an ambulance, and intervening in domestic abuse situations and accompanying the women to church and AA meetings. In gratitude, the First Nations People shared their cultural heritage and practices with us in several moving ceremonies. This was a life-changing experience for the community, our brilliant and talented students, and the faculty (who are still bursting with pride!)

“When I signed up to go to Canada, I wasn’t sure what exactly I was signing myself up on. I was in class when I got the email and I turned to my best friend and said 'Hey, let’s go to Canada.' Fast forward many months, fundraisers, and exams, and we were on our way. Except we got stuck in the Birmingham airport. Then the Chicago airport. There were times when I thought 'Is all of this even worth it?' But then we went to our first clinical day. The people we went to help, the First Nations people, are not used to receiving health care or help from anyone. Their faces lit up when they realized that we were there to care for THEM. We performed hundreds of physicals, vision screenings, dental screenings, and did a lot of patient education. The look on someone’s face when they tried on a pair of glasses and they could actually read for the first time? It was amazing.” Kaitlyn Esteppe, 5th Semester BSN Student

“I cannot say enough about this team and the faculty members that led it. I was in awe all week of the level of competence these students and their teachers showed, and that it came with such love for strangers was so touching and really inspiring. Before you come

down hard on the Millennials of today, you need to go check out some nursing students. They’re awesome folks!” Reagan Denson, e3 Team Leader

“I learned that I can make a difference. I stepped out of my comfort zone, to find my comfort zone. I really have a deep desire to do this again because I just love the people and the community, and as long as I am able to help, I have to. I found a home in Winnipeg.” Rachel Channell, 4th Semester BSN Student

“This experience opened my eyes to the fact that even in first-world countries, there are still so many people who need medical help and to just be heard. This trip also showed me that I am fairly confident in my nursing skills and I thrive in clinical settings that provide me with a sense of accomplishment. It has shown me that my calling is to be a nurse for those in need.” Hannah Yeager, 4th Semester BSN Student

ZAMBIA, AFRICA

Dr. Mercy Mumba

The Zambia Medical Missions Trip is a collaborative venture between the Capstone College of Nursing at The University of Alabama and e3 Partners. Faculty members from CCN go to Zambia, Africa every summer and provide free medical care for vulnerable individuals in rural areas, who otherwise do not have access to care mostly related to socioeconomic status. I was born and raised in Zambia and am passionate about improving health outcomes and research infrastructure in the area, so I am proud to have served as Program Director for this trip.

This year, Dr. Betty Key, Dr. Rachael Mumbower and I were able to take 18 nursing students on the trip. Our team set up mobile health clinics in rural areas over the course of one week that provided medical services, including preventative care, treatment of common disease processes, and provided avenues for community and health care provider follow up once the American team had left the country.

Furthermore, we worked with the local Ministry of Health who offered local physicians and/or physician assistants to aid in providing medical care in the clinics to local communities. The team also donated scrubs to local hospitals for nurses and physicians as these are usually not readily available. All medications, supplies and equipment taken to Zambia and not used during the mobile clinics are donated to local hospitals.

In addition, we partnered with local non-governmental organizations that are tackling population health issues within the Zambia context. For example, over

Left: Rachel Channell, Dana Statum, Hannah Reynolds and Ali Grace Shelton with new friends. Right: Izze DeCarlo works with patients in a mobile health clinic.



the past two years, we have been able to partner with CopperRose Zambia, an organization that specializes in sexual and menstrual health education. This organization also provides sanitary pads to adolescent girls with the goal to decreasing school drop out in this population. The sexual health education is tailored to communities to increase awareness of prevention strategies as related to HIV AIDS. This year alone, our team was able to donate sanitary pads to over 800 adolescent girls. These sanitary pads were donated by local churches, organizations, and individuals in the Unites States.

Lastly, our team partnered with local churches who provided pastors and team members who serve as translators for the American team. The local pastors also oversee the spiritual counseling component of the trip. We recognize that over 95% of Zambians consider themselves religious, therefore providing holistic care by ensuring that we incorporate a spiritual counseling component to the mission trip is important in meeting the holistic needs of the Zambian people. This year alone, we saw over 2,000 individuals in our medical clinics, gave out 377 pairs of sunglasses, and witnessed about 50 people give their lives to Christ.

On the last day before leaving the country, the students have the opportunity for sightseeing. This year they got to see the Victoria Falls, which is one of the seven natural wonders of the world, went on a game drive (safari), and a sunset boat cruise on the mighty Zambezi River.

ATHENS, GREECE

Dr. Amy Beasley

Stephanie Ragland and I traveled to Athens, Greece with a group of 17 undergraduate BSN students to work with refugee and Greek populations. Additionally, the team included social workers, e3 Medical team leaders, doctors, nurses, pastors, and other individuals.



Greece is a multicultural area and in recent years the population has grown due to increased violence in nearby countries. This has become an area where refugees are living while awaiting asylum and often have limited medical care and services available. Additionally, there are individuals with PTSD and truly heartbreaking stories. We were able to offer medical care, psychosocial care, spiritual care, and most importantly love to several hundred people during the nine-day stay.

The medical clinics were offered in multiple locations throughout Athens over four days. Each clinic offered assessment and treatment of ailments, patient teaching, medications, reading glasses, and spiritual care. Clinics were offered at local churches, at a nonprofit organization that assisted refugees, and in housing areas where refugees lived.

We also had children’s activities during the clinics. The favorite of the week was the baseball game that included children versus students. Students had the opportunity to rotate through each clinic area and work alongside other team members. This offered a great deal of interdisciplinary experience for the students that they will put into action after graduation. During the week we had the opportunity to visit parks in Athens and talk with refugees and Greeks.

The medical care and services provided to the refugees and Greeks, while we were in Athens, assisted with caring for their ailments and impacting their psychological and spiritual health. Additionally, we had opportunities to create long-term partnerships with individuals and organizations that will work with these populations as their lives continue on after our departure.

Often we go into short-term missions thinking that this trip will truly impact the populations we are serving, but in the end it impacts the students and those that serve. Each individual has amazing stories and memories that will last forever. Some stories are beautiful, such as the laboring patient that students met in the park; she delivered a healthy baby boy the next day. Other stories are heart-wrenching, like the infant that needs a heart transplant and will likely not receive one due to the lack of health care availability to refugee populations. Students learned to work with the small amount of resources thus becoming innovative in their care and developing a truly compassionate heart that will carry them through their careers.

Left: Leah White, Beth Rockwell, Sarah Leech and Stephanie Ragland at a medical clinic in Athens. Right: 1. Rachel Drake and a pint-sized friend. 2. Athens, Greece Medical Mission Group. 3. Jack Kane examines an infant at a mobile clinic in Winnipeg. 4. Zambia Medical Mission Group. 5. Winnipeg Medical Mission Group. 6. Beth Rockwell works with a young patient in Athens.



lifelong LEARNERS

Imagine your first day on the job— five, 10, maybe 50 years ago. How has your workplace evolved since that day? What have you done to adapt and grow to mirror those changes? With trends in health care changing daily, nurses are continuously educating themselves on how to provide the best possible care. Whether by obtaining a new certification or returning to school for a next-level degree, lifelong learning gives nurses the ability to enhance their critical-thinking and problem-solving skills.

CCN interviewed two nurses determined to continue their education by pursuing advanced graduate degrees at The University of Alabama.

Pam Ford has been in the nursing field for the past 18 years. Pam attended Shelton State Community College and graduated with a Licensed Practical Nurse Certificate in May 2001. After nine years working as an LPN in skilled nursing facilities and community health care, Pam decided to pursue her degree as a Registered Nurse. In May 2010, she graduated from Shelton State Community College with an Associate Degree in Nursing. Pam continued to work in community health care for seven years and wanted to do more to help residents in that particular health care setting; so, she enrolled in the online BSN program at South University in Savannah, Ga., and earned her degree in December 2016. After completing her BSN, Pam enrolled in the Master's of Science in Nursing, Family Nurse Practitioner program at the Capstone College of Nursing, and graduated in May 2019. After passing state boards and becoming certified in June 2019, Pam

has transitioned into the role of Family Nurse Practitioner at the community health center where she has worked for 15 years. Pam has always been passionate about serving medically underserved populations and plans to continue to serve and meet the challenges of our dynamic society.

Nancy Laster earned her Executive MBA from UA in May of 2018 and is currently working on her Doctor of Nursing Practice degree. Prior to attending UA, Nancy received her associate degree from the University of Indianapolis in 1986 and immediately continued into the BSN bridge program. While on track to complete her BSN in May of 1988, Nancy met her husband and pressed pause on the program as they started a family and moved to Atlanta, Ga. Over the course of her career, Nancy has worked in case management, general surgery, leadership and much more. She discovered her passion in cardiovascular critical care and became certified in that specialty. In 2010, Nancy had her eye on a leadership role, but knew she would need her BSN to be considered for that position. She enrolled in the BSN program at American Military University and continued on to earn an MSN from Chamberlain College of Nursing and MBA from The University of Alabama. Nancy did not plan to continue her graduate education after earning her MBA, but was drawn to pursue her DNP. Currently Nancy is the Director of Cardiovascular Patient Care Services at DCH Health System. She plans to continue her work as a nurse leader, and would someday like to teach nursing students.





Pam Ford

First things first, why did you want to become a nurse?

Pam: I wanted to improve the wellbeing of people from all walks of life, and to share knowledge with people so that they can take better control of their health. During my senior year in high school, I wrote in my memory book that my 10-year career projection was to become a Registered Nurse. As a child growing up in rural Alabama, I have witnessed and felt the pain of not being able to receive the best in health care. I committed to becoming a nurse at age 18 despite how long the journey would take, and I can truly say that through faith and determination, dreams do come true.

Nancy: My sister was 24 years older than I am, and was a nurse in the emergency room working night shift when I was a child. She would come over on Saturday morning after getting off work and have coffee with our mother. She would tell stories about what she had done and seen in the emergency department on the night before; her stories triggered my desire to become a nurse. My sister who was a nurse died of cancer at the age of 39. I was 15 at the time and this experience along with her stories set a clear path for my career. I went on to become a nurse in 1986. My sister's oldest daughter became a nurse in 1988, and my niece became a nurse in the 1990s. My daughter just graduated from nursing school and passed her boards

this May; so I think my sister's legacy is a passion for nursing.

What do you feel was your greatest career accomplishment prior to attending UA?

Nancy: Personally, obtaining advanced degrees and specialty certifications in critical care and leadership have been very rewarding. As a new to critical care staff nurse, I helped form the team to apply for the Beacon Award for Critical Care Excellence for our CCU. We were the first ICU in the state of Georgia to receive this award. When I returned to the same hospital as a Director of CV/Critical Care, none of the three ICUs had this recognition. I was able to help leaders and staff in these areas see how their voice could make a difference, and all three of the ICUs were Beacon recognized when I left that role to relocate to Tuscaloosa. I get a great deal of satisfaction in seeing nurses grow and discover their confidence and the ability to try new things.

Pam: My greatest career accomplishment prior to attending UA was deciding to work in the medical field and become a nurse. Attending The University of Alabama and earning my degree as a Family Nurse Practitioner has helped take my passion to a higher level. I have accomplished a lifelong goal of being able to provide care to individuals in one of the highest capacities.

What have you found particularly helpful in your program?

Pam: Online program options for the MSN degree were extremely helpful for me in pursuing my graduate degree. Because I worked a full-time job, traveling to campus and attending classroom courses was not an option for me. The online program created a perfect balance between work, family and school.

Nancy: In the nursing field, there is never a lack of topics to dive into that relate to a work environment. The fact that the degree material can be tailored to an individual's work environment or interests is a great value to me. As I progress through coursework, I am applying class materials in my workplace on a daily basis. I have also enjoyed getting to know and network with other DNP students via online sessions and during the intensive session last winter. This is a great way to expand your network of resources.

What are/were some challenges you faced while pursuing your advanced degree? How were you able to overcome those obstacles?

Nancy: Working full time and having a family while going to school can be very time consuming. I would say that time management is one of the biggest obstacles that could exist. I have tried to be very

organized in how I fit my school work into my routine and schedule. I have been in school now since 2010, and have a good system to track assignments and commitments. I think the key to obtaining an advanced degree is a strong desire, organization, and staying ahead on the work that is expected for school.

Pam: Balancing work, online courses, and clinicals were quite challenging while pursuing my MSN degree. I was feeling overwhelmed and thought that I had taken on too much. To overcome the challenges that I was facing, I invested in a personal planner to track my assignments, personal, and work events. Help from family, friends, and support groups enabled me to balance my study skills and manage my finances. I always asked for help before letting any situation get out of hand.

How do you feel your career will be (was) impacted by your time at UA?

Pam: To practice as a Family Nurse Practitioner it is required of nurses to use advanced technology and to analyze and communicate information to make critical decisions. A more educated workforce would be better equipped to meet the demands of making critical decisions and providing effective health care. As a Family Nurse Practitioner working with the underserved population, I can give my patients the best of care through education with a degree from The University of Alabama.

Nancy: UA has been a great place to obtain a degree. I think the DNP will open many doors to me that I might want to pursue in the future. This degree and the knowledge obtained will help me to be open to whatever opportunities may come my way. I have often been asked, "Where do you see yourself in five years?" I do not have a specific destination for myself in the next five years or the rest of my career. I want to be open to all possibilities, and not be limited because I do not have an advanced degree. I don't know where the road will take me, but I will be prepared and ready when the time comes to make any decisions.

Who or what has inspired you most while pursuing your degree and why?

Nancy: I am inspired by the nurses that I have known or know now. I know some nurses who have obtained their degrees or who are working toward their degrees. These nurses may be working on a BSN, MSN, or DNP completion, but to see all of these very busy nurses who have lives outside of work and school accomplish what they do on a daily basis is an ongoing inspiration for me.

Pam: My husband of 25 years has inspired me to continue my education and strive for the best in my nursing career by believing in my potential and encouraging me not to become complacent in life. The support and motivation that he showed during challenging times throughout the program were amazing. Throughout the program, I also had the support of the faculty and staff of the MSN program at The University of Alabama. Dr. Kristi Acker, one of my instructors, always had encouraging and motivating words for me and for that I am grateful.

Do you have any advice for nurses considering an advanced degree?

Pam: My advice to nurses considering an advanced degree is to never stop learning. Higher education will allow you to be the most effective and greatest resource for your patient.

Nancy: Don't wait, do it now. You are gaining nothing by putting off the pursuit of a degree until the best time. The programs now are set up so that you can work on your own schedule, so you can do the work early in the morning, late at night or on the weekends. Most of the programs, if done full-time, are two years and go by quickly. The key to success is to be organized and stay ahead of assignments.



Nancy Laster



wellness WARRIORS

CCN PROMOTES COMMUNITY WELLNESS THROUGH WELLBAMA

Dr. Leslie Cole, CCN Clinic Assistant Professor, WellBAMA Clinician and Researcher

The mission and vision of the WellBAMA program at The University of Alabama is to improve the health and wellness of all UA employees through a collaborative partnership with the Capstone College of Nursing. This supports the mission and vision of The University of Alabama by promising to advance service to improve the health and well-being within the UA community. Partnering with the Capstone College of Nursing and the Office of Health Promotion and Wellness, CCN students bring health prevention to the forefront of this institution. Our CCN students give one-on-one health coaching to over 1,800 UA employees each year. In a very personalized setting, students analyze biometric data to inform employees of any major health risks that may exist based on their screening data. They give intimate advice to each employee regarding methods to improve their lives and health. These efforts have led to early diagnosis of hypertension, diabetes, and hypercholesterolemia which will lead to decreased risk of heart disease, a major cause of death and mortality in the state of Alabama. Highly trained CCN students provide health coaching related to blood pressure, cholesterol, blood sugar, exercise, and body mass index - the main indicators for metabolic syndrome. The wellness department also provides educational sessions and wellness programs to educate employees on various topics including healthy meal planning, hypertension, diabetes, and stress reduction. This breakthrough work and this exceptional workplace wellness program model, co-developed by CCN's Dr. Melondie Carter, has led to exceptional employee outcomes. Early research from this work of our students and employee survey satisfaction data shows that

long-term participation in the program has consistently benefited UA employees. The mobile components of WellBAMA have allowed us to make this a very accessible program to reach all employees on campus. CCN students greatly enjoy the experience and interacting in a clinical area where they can focus on health promotion. These students leave the experience feeling as though they have impacted the health of faculty and staff. This positive clinical experience imparts a lasting impression on our students and our employees.

1. CCN and visiting Chiba University students from China, worked together on a WellBAMA screening this spring.
2. Lauren Calhoun, Dr. Megan Lippe and Dr. Sara Kaylor participated in the 2019 UA Quad in Motion event.
3. CCN's Lisa Tyner, Abby Horton, Betty Key, Sara Kaylor, Sarah Robinson and Megan Lippe at UA's 2019 Crimson Couch to 5K.
4. CCN students and faculty work a number of flu shot clinics at The University of Alabama.



THE CONCEPT OF COMMUNITY

Dr. Sara Kaylor, CCN Assistant Professor



Health and wellness mean different things to different people. For some, health is the literal “absence of disease,” whereas wellness is a broader, somewhat fluid concept that embodies aspects of physical and mental health, spirituality, and balance within one’s being.

For me, wellness is all these things, but also so much more. Simply put, I include in my view of wellness the concept of community. I believe we were created to be in community with one another, and the Office of Health Promotion and Wellness (OHPW) and WellBAMA programs do an excellent job in creating a community of wellness here on the campus of The University of Alabama that extends well into the surrounding Tuscaloosa area.

About six years ago, and on a leap of faith, I joined a group training program for the Crimson Couch 2 5K.

A group of about thirty UA faculty and staff met at 5:15 pm on Tuesdays and Thursdays at the Outdoor Pool Complex and were led diligently by an even smaller group of student volunteers and interns majoring in athletic training or kinesiology. Splitting off into our various pace groups, we showed up, ran, walked, sweat, joked, complained (and even cried a little bit!) with one another for six weeks until the day of the event.

Today, I have no recollection of my chip time from that event, nor my average pace per minute divided up into splits. But I do recall my undergraduate volunteer trainers, Gracie, Stefan, and Steven, and their unwavering patience and motivations they had for us when things got rough during training. I also remember several members of the training group, and to this day we keep in touch with one another, following our personal,

professional, and fitness lives that were shaped in time by our UA wellness community.

Now, years later and very much molded by my first 5K experience, my 2019 running goals continue to challenge me in so many ways, pushing me and testing the limitations of my mind, body and soul. This year, as I strive to log 1,200 miles and the completion of a half marathon each month, I am ever-so-grateful for the community of wellness, because I certainly could not do this on my own. While I am appreciative of every face that awaits me at each finish line, of the hands that offer high-fives and cups of water along the racecourses, and the shout-outs of “You’ve got this!” or “Way to go!” at each aid station, I am consciously aware that these are not typical day-to-day wellness motions; instead, these are the peaks that we long for and work toward. What is much more realistic and common are the mundane valleys of life—those days when I struggle to find the motivation to lace up and go, especially in the rain, the cold or the humidity. It is during these times that I come to rely even more heavily on my community of wellness, because they serve almost as a safety

net to catch me before I fall out of pattern or habit.

For me, the UA Fitbit Program and the monthly challenges sponsored by the OHPW are part of my safety net that keeps me working toward my 25-mile-per-week/100-miles-per-month benchmarks. Though our CCN Fitbit team may be small, we certainly are mighty when it comes to motivating one another during our team challenges. I look forward to the friendly competition with one another and find it much easier to squeeze in a few miles during these challenge weeks.

Regardless of participation in Fitbit challenges or other sponsored events, I encourage you to seek out and find your own community of wellness—I can promise the rewards are meaningful and well worth the work you put into it... and sometimes, they may even be a bit surprising! Not sure where to begin? In that case, I highly recommend the Office of Health Promotion and Wellness as a starting point in your journey. Wishing you many blessings in health and wellness!



More THAN THE SYLLABUS

Dr. Moniaree Jones, Ed.D., MSN, COI, Former student of Dr. Marietta Stanton
MSN Case Management 2008 & Ed.D. in Instructional Leadership, concentration in Nurse Education 2013

A teacher is much more than the syllabus. Dr. Marietta Stanton was the definition of a great teacher to so many of us who were fortunate enough to have her guidance. She made us feel special and gave us a mindset to succeed. Dr. Stanton had a special gift called “exhortation.” Exhortation is defined as “the ability to emphatically urge someone to do something.” Exhortation involves encouragement, persuasion, and insistence. There were many times during my encounters with Dr. Stanton that I am not sure she was even fully aware of how great she was with her students. This humble phenomenon made her even more special.

When thinking about Dr. Stanton, you can compare her to your mother. Think about when you were little, heading out the door on a freezing cold day. Your mom probably made you put your hat on and zip your coat up all the way. Marietta Stanton was in many ways like a mom to all her students. She was an encourager who could fill you with purpose and strength, raising your confidence to new heights. The gift she held was valued not only, in the face to face classroom, but also in her online classroom.

There are many examples her students can give to define her gift. She would write notes in reply to discussion questions. These notes would say little things such as “You are so succinct” or “You are off to a fantastic start” to be followed with “Now tell me more.” Dr. Stanton went the extra mile to give you little pearls of wisdom such as “If you have to write this paper for class, make it count and publish it!” A student might not even be totally aware that she was pushing you to critically think more or think harder.

Students loved hearing her many personal stories. These stories were her life and they molded her into the great teacher she became. One of her favorite sayings was “Here we go!” This statement meant that we are going on a journey and we knew it meant just like Robert Frost (1926) “to take the road less traveled.”

A favorite story is one that Dr. Stanton told about her struggles as a mother, wife, and graduate student. She commuted quite a distance into New York City to attend classes for her advanced nursing degree. One day she was about to go into the classroom to hear a guest speaker. She became engaged in a

conversation with a nice lady who was wearing a pretty, teal pantsuit. The nice lady asked Dr. Stanton what she thought about this thing called nursing theory? Dr. Stanton stated that she replied, “I think it is the stupidest thing I have ever heard about.” Dr. Stanton went into the college auditorium and sat on the second row near the center of the stage. Suddenly the guest speaker came out on stage. It was the nice lady in the teal, pantsuit. This lady who was addressing the class was Dr. Martha Rogers, the well-known nursing theorist! Dr. Stanton told us that she sunk a few inches down into her seat with embarrassment. She made us all laugh because we identified with her once narrow-minded view that changed over time. Martha Rogers became Dr. Stanton’s favorite nursing theorist and later Dr. Stanton would teach theory.

A teacher like Dr. Stanton makes the job appear effortless and seamless; one can easily believe that it is simple until one tries to do it. She created learning experiences rather than instructional episodes. She was truly more than a syllabus.

*Reflecting on the life of our dear friend,
Dr. Marietta Stanton*

Marietta Stanton, PhD, RN, CNAA, BC, CMAC, CCM, CNL, a dedicated nurse, decorated veteran, nurse educator, researcher and administrator, and our dear friend passed away in her home on January 2, 2019.

Dr. Stanton spent the early years of her nursing career in service to our country. Commissioned as a Captain in the U.S. Army in 1977, she served at several military hospitals including the Walter Reed Medical Center. She came to Tuscaloosa in 1999 as Commander of the 75th Combat Support Hospital, and retired at the rank of Colonel. Dr. Stanton was the recipient of a number of military awards and honors, including the Legion of Merit.

During her time at CCN, Dr. Stanton celebrated much success, and was instrumental in the implementation of the school’s graduate programs. She played a primary role in both the Joint Doctor of Nursing Practice program with UAH and UAB, and the Doctor of Education in Instructional Leadership for Nurse Educators program in collaboration with UA’s College of Education.

Described as an educator who empowered students to soar to new heights, Dr. Stanton made a powerful impact on nursing and nursing education at state, national and international levels.

In April 2018, Dr. Stanton received UA’s prestigious

Burnum Distinguished Faculty Award, which is given to one recipient annually who has demonstrated superior scholarly achievements and a profound dedication to the art of teaching. In 2017, Dr. Stanton was inducted into the Alabama Nursing Hall of Fame, which recognizes individuals who have brought honor and fame to the profession of nursing.

Dr. Stanton’s legacy will continue to live on through her family, friends and students at the Capstone College of Nursing.

Nightwatch

by Dr. Marietta Stanton

Sweet Child

I’m so worried about you
Your vital signs are now stable
Your respirations are normal
Your damp curls have dried

But Still . . .

Sweet child

I’ve read and reread your chart
I’ve checked and rechecked your labs
I’ve monitored your IVs
I’ve given you antibiotics

But still. . .

Sweet child

I’m so worried about you
You’ll never know how I’ve watched you
this night

You won’t remember how often I’ve
checked you as you rest

You haven’t heard my prayer for you to
pass this crisis

For you

Sweet child

Are my patient, my heart,
The reason I do what I do

I’m here to nurse and protect you.
Where else should I be this night?



ALUMNI NEWS

Class of 1986

Dr. Carol Ratcliffe was appointed to the Statewide Health Care Coordinating Council as a representative of consumers by Governor Kay Ivey in June 2019. Dr. Ratcliffe also joined Samford University's School of Public Health as professor and chair of the school's Department of Health Care Administration in January 2019.

Class of 1990

Dr. Ashley Hodges was recently awarded the 2019 CCN Alumni Association's Distinguished Alumni Award, which recognizes a distinguished CCN graduate who has demonstrated continuous and exemplary contributions to the profession of nursing and health care.



Dean Prevoost, Ashley Hodges and Stephanie Massey

Class of 2004

Dana Gentry Eicher graduated with her Family Nurse Practitioner MSN from the Capstone College of Nursing in May 2019.

Parthenia Oliver received the Outstanding Preceptor Award, which recognizes registered nurse clinical preceptors who volunteer their time and expertise to make significant contributions to the clinical education of CCN graduate students.



Dr. Robin Lawson, Parthenia Oliver and Dean Prevoost

Class of 2005

Dr. Amelia de los Reyes completed her Doctorate in Education for Nurse Educators in August 2019.

Class of 2006

Alison Turner is a member of the first cohort of UA and UAH's joint online Nursing PhD program.

Class of 2007

Haley McCracken graduated with her Family Nurse Practitioner MSN from the Capstone College of Nursing in May 2019.



Congrats to these new FNP's! CCN alums Haley McCracken, Dana Gentry Eicher and Mary Catherine Culotta graduated with their Family Nurse Practitioner MSNs.

Class of 2009



Dr. Johnny Tice was selected as a 2019-20 Duke-Johnson & Johnson Nurse Leadership Program Fellow and a 2019 National Black Nurses Association 40 and Under Awardee.

Class of 2010

Jessica Johnson is a member of the first cohort of UA and UAH's joint online Nursing PhD program.

Class of 2011

Dr. Ernesto Perez was promoted to Vice President of Anesthesia Services and ASC Operations with Physician Partners of America in Tampa, Fla.

Class of 2012

Mary Catherine Culotta graduated with her Family Nurse Practitioner MSN from the CCN in May 2019.

Class of 2014

Dr. Donna Beuk has been named dean of the College of Nursing at the University of Texas Permian Basin.

Jeremy Blount received the 2019 Sandra Maree Ouellette Scholarship from the Nurse Anesthesia Program at Wake Forest University School of Medicine.

Class of 2015

Anna English was accepted into the 2019 CRNA cohort at Emory's Nell Hodgson Woodruff School of Nursing.



Dr. Joseph Bertulfo has accepted the role as the CDC Office of Safety, Security and Asset Management's Acting Director of the Occupational Health and Safety Office. Previously, Dr. Bertulfo served as Deputy Director of the National Center for Chronic Disease Prevention and Health Promotion, Division for Heart Disease and Stroke Prevention.

Class of 2018

Dr. Pam Duffey was named Chief Operating Officer and Chief Nursing Officer at Texas Health Specialty Hospital in Fort Worth, Texas.

Class of 2019

The May 2019 traditional BSN graduating class boasted the largest number of red mortar boards and highest percentage of honor students in the program! Out of 106 graduates, 16 had a 4.0 or higher during their entire undergraduate career, and 97 graduated with Latin Honors. Roll tide to that!



Dr. Felecia Wood and Dr. Amelia de los Reyes at UA's August 2019 Commencement.

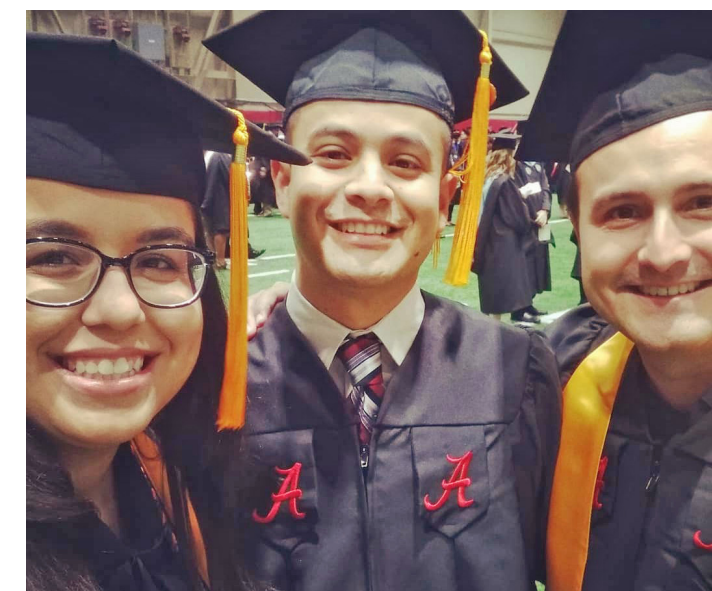
ALUMNI & FRIENDS



Congratulations to our December 2018 graduates!



Dr. Cassandra Ford received the CCN BOV Excellence in Teaching Award, presented by Phyllis Grant and Dr. Prevoost.



BAMA-Latino graduates Patricia Rojas, Omar Zavala and Robinson Gaviria at UA's December 2018 Commencement.



CCN Alumni Leadership Board members Philip Fikes, Cindy Chastine, Stephanie Massey and Steve Galvez at CCN's 2018 Homecoming Tailgate.



May 2018 BSN graduate Ibukun Afon and Dr. Mercy Mumba at the May Pinning Ceremony.



Nursing students from CHIBA University visited with CCN faculty and students for two weeks this spring.



Members of the 2018-2019 Lettie Pate Whitehead Scholarship Cohort.



Hannah Reynolds and Dr. Johnny Tice represented the Capstone Association of Nursing Students at Get on Board Day.



Caitlin Arney, CCN Student and Lead Clarinet in the Million Dollar Band and Dr. Melondie Carter, CCN Assistant Dean for Undergraduate Programs and MDB Nurse.

ALUMNI & FRIENDS



CCN's Nurse Practitioner students on campus for NP Skills Day 2019.



Drs. Haley Strickland and Johnny Tice having fun at the CCN Faculty Staff Christmas Party



DNP Students on campus for their 2019 DNP Intensive.



Rebekah Welch and Dr. Carter with Kiari Kinnie, student speaker at CCN's 2019 Scholarship Luncheon.



We were thrilled to welcome our first PhD students at UAH in May!



CCN's 2018 Homecoming Float, "Where Excellence is Made."



Pink Ladies Dr. Melissa Carruth, Stephanie Ragland and Dr. Amy Beasley at CCN's Trick or Treat.



CCN DNP student Lt. Col. Sarah Abel presented her DNP project during the Nurse/Tech Week Skills and EPB Poster Presentation Rodeo at Keesler Air Force Base.



Congratulations to our May 2019 graduates!



Capstone College of
Nursing

ANNUAL REPORT

2018 - 2019

CAPSTONE COLLEGE OF NURSING BY THE NUMBERS

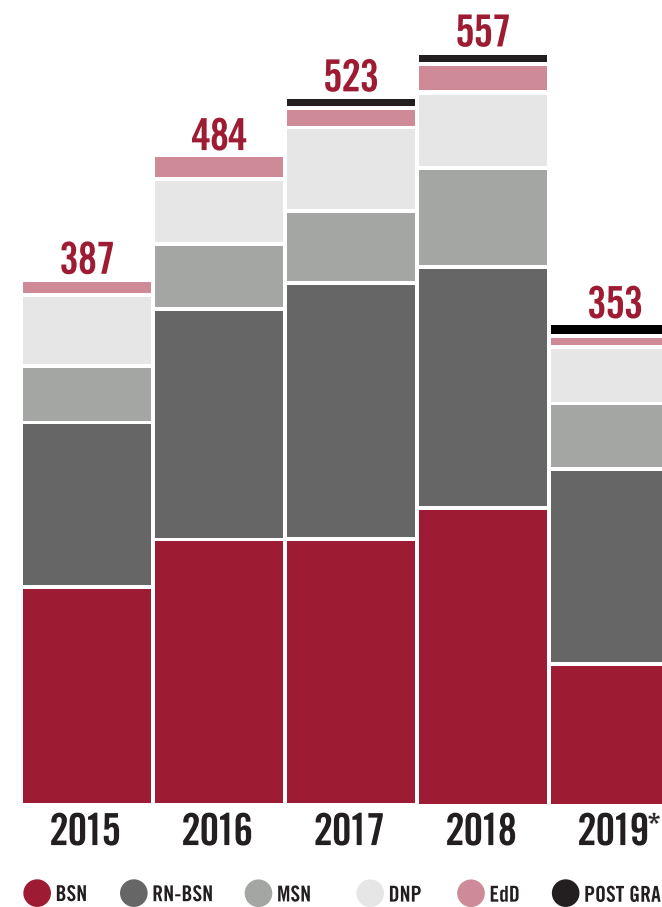
99%
FIRST-TIME NCLEX PASS RATE



100%
EMPLOYMENT RATE*
WITHIN 6 MONTHS OF GRADUATION

*Positive Career Outcomes, Class of August 2018

Degrees Granted PER CALENDAR YEAR



*Does not include December 2019 graduates.

#12
ONLINE MASTER'S PROGRAM
U.S. NEWS AND WORLD REPORT RANKINGS

49 LATINO
ADNS

RECEIVING FULL TUITION SCHOLARSHIPS TO
COMPLETE THEIR BSNS THROUGH

BAMA-LATINO



PLANNING FOR THE FUTURE

UACCN Moving Forward with Building Expansion

The Capstone College of Nursing is housed in a beautiful 64,000-square-foot building, the first of its kind on UA's flagship campus designed specifically for nursing education. The current facility is fully equipped with highly innovative health care technology – dedicated simulators, including a birthing station, pediatric simulation lab and more,

a thirty-four bed mock hospital clinical practice unit – with to-scale elevators for patient transport, quiet study space, interactive classrooms, seminar space, and more. However, recognizing CCN's continued growth and seeing the compelling need for even more space, The Board of Trustees of The University of Alabama recently announced plans for a building

expansion on the west side of the College's existing building.

The proposed three-story, over 30,000-square-foot building expansion will significantly impact the College's ability to support more highly qualified students in achieving their dreams of becoming professional nurses. The expansion is expected to include two 150-plus seat classrooms, a home health care lab suite, additional practicum lab space, examination rooms, a research lab and additional offices for faculty and staff. The student experience will be greatly improved by the addition of on-site food service, additional quiet study areas, collaborative work carrels, private space for academic and career advising and an over 2,000-square-foot outdoor terrace.

Pending final BOT approval, CCN should break ground in Spring 2020 with the goal to open the new addition for use in Spring 2021!

Show Your Support Now

An effective expansion project requires more than just bricks and mortar. While the building expansion is expected to be fully funded from previously identified resources, we still need your

support to amplify the use of the expansion through contributions to the Nursing Discretionary Endowed Enhancement Fund. Earnings from this support fund will be used for a variety of purposes in support of the program's mission, including, but not limited to, faculty support, professional development and research, and graduate student support, research equipment and scholarships.

Your contributions to this fund will enhance the functionality of the existing facility and expansion, while increasing opportunities for growth, especially in the areas of faculty and graduate student support. Help educate the nurses of tomorrow by investing in the future of health care today.

At this time, naming opportunities are available in the expansion associated with the Nursing Discretionary Endowed Enhancement Fund. Faculty offices may be named with a minimum contribution of \$15,000 over a five-year period, examination rooms are available for gifts of \$25,000 and the classrooms start at \$400,000. For more information on the campaign, including available naming opportunities, visit <https://giving.ua.edu/nursing/> or contact Anita Hamlett at 205-348-9876 or ahamlett@ua.edu.



COLLEGE NEWS

CCN SELECTED AS NLN CENTER OF EXCELLENCE

The University of Alabama Capstone College of Nursing was chosen as a National League for Nursing Center of Excellence for the 2018-2022 designation period. This designation was given to only 16 nursing programs nationwide.

"Centers of Excellence help raise the bar for all nursing programs by role modeling visionary leadership and environments of inclusive excellence that nurture the next generation of a strong and diverse nursing workforce to advance the health of the nation and the global community," said NLN CEO Beverly Malone, PhD, RN, FAAN.

CCN is specifically recognized for Advancing the Science of Nursing Education. The criteria for this designation is based upon research, innovation in curriculum design, enhanced student learning and faculty contributions to the science of nursing education.

"Receiving this designation is a high honor for CCN, as it supports our University and College strategic plans to develop key areas of science and research expertise," said Dr. Suzanne Prevost, Dean of CCN.

CCN was formally recognized as an NLN Center of Excellence during the Honors Convocation at the 2018 NLN Education Summit in Chicago. The annual summit draws a capacity crowd of nurse

faculty, deans, administrators, and professionals from nursing and allied health organizations across the country.

NLN is a premier organization for nurse faculty and leaders in nursing education, offering professional development, networking opportunities, testing services, nursing research grants, and public policy initiatives to its 40,000 individual and 1,200 institutional members. NLN members represent nursing education programs across the spectrum of higher education, health care organizations, and agencies.



Dr. Beverly Malone, NLN CEO (right) and Dr. Rumay Alexander, NLN President (left) presented CCN's Drs. Alice March, Andrea Sartain and Teresa Welch with the College's designation as an NLN Center of Excellence.

UA AND UAH INTRODUCE STATE'S FIRST JOINT NURSING SCIENCE PH.D. PROGRAM

The University of Alabama Capstone College of Nursing and The University of Alabama in Huntsville's College of Nursing are pleased to announce a new Nursing Science Ph.D. program. The program is the first online Nursing Science Ph.D. program in the state of Alabama, and classes began in summer 2019.

"This joint online program provides a very flexible and student-friendly option for nurses who want to move into teaching, research, or senior administrative positions. Most nurses who return to graduate school carry a challenging load of responsibilities, including working as a nurse, caring for their families, and going to school. It's not surprising that online programs are the preferred method for many graduate-level nursing students," says Dean Suzanne Prevost from UA Capstone College of Nursing.

The program has the support and resources of UA and UAH, which both have outstanding nursing education programs, high-impact research, and comprehensive student support services. Both Colleges of Nursing received distinction as Centers of Excellence in Nursing Education by the National League for Nursing during the past year. The joint program increases both institutions' graduate-level programming and enrollment, while contributing to health care delivery and research productivity for the state of Alabama and the nation.

The flexibility of online learning appeals to nurses throughout the country, who will be prepared upon graduation to educate the next generation of nurses and conduct research that targets rural and medically underserved populations. Graduates will also enjoy an employment advantage in the midst of the national shortage of nursing faculty and nurse researchers.

In addition to nursing research and theory courses, the program will cover a range of topics, such as ethical and legal issues, health care policy, epidemiology, statistics, genomics, teaching strategies, informatics, and health care technology.

"The UAH College of Nursing is very excited to be partnering with the UA Capstone College of Nursing to deliver a much-needed, high-quality online nursing science Ph.D. program," says Dr.

Marsha Howell Adams, dean of the UAH College of Nursing. "Only 23 percent of the 125 nursing Ph.D. programs in the U.S. are fully online. This program will meet the preferences and needs of a target population focused on an asynchronous delivery model."

For more information or admission requirements, please contact Vickie Samuel (vsamuel@ua.edu).



Melissa DeFoor, Alison Turner, Jessica Johnson and Dean Prevost at the Joint PhD orientation at UAH.

BSN PROGRAM IMPLEMENTS THREE ADMISSION CYCLES

The Capstone College of Nursing's Traditional BSN Program successfully implemented a third admission cycle this year. Historically admission cycles have always taken place for summer and fall semesters. However, spring 2019 marked the college's new initiative to begin admitting students three times a year. While increasing the number of seats for BSN students was our primary goal, this endeavor presented many challenges for faculty and staff. Student promotion advising, faculty teaching assignments, curriculum innovations, classroom space and scheduling were just some of the challenges that were overcome by a dedicated group of faculty and staff. We are excited to increase the number of students promoted to upper division nursing courses and henceforth increase the graduates from our BSN program. With implementation of a third promotion cycle and a building addition on the horizon, we are committed more than ever to preserving the Capstone legacy while increasing our number of nursing graduates who will go on to practice within our local communities, state, and nation.



COLLEGE NEWS

UA CAPSTONE COLLEGE OF NURSING PROFESSOR MAKES WAVES IN UROLOGY

CCN's Dr. Gwendolyn Hooper has had much to celebrate over this past year. Aside from her work as an Assistant Professor at CCN and president (now past president) of the Society of Urologic Nurses and Associates (SUNA), Dr. Hooper was the recipient of two impressive awards: the NPAA Outstanding Nurse Practitioner Educator Regional Award for West Alabama and The University of Alabama College of Continuing Studies Innovation Spark Scholar Award.

Dr. Hooper's continued work with SUNA and other urologic organizations is directly benefiting CCN and its students. Through her work with National Association For Continence (NAFC), Dr. Hooper helped bring new bladder scanner equipment into CCN's Clinical Practice Lab, providing a valuable learning tool for our students.

NAFC is a national, private, non-profit organization dedicated to improving the quality of life of people with incontinence and other pelvic floor disorders. NAFC provides education, support and community to people suffering from any type of bladder or bowel condition and is recognized as the leading incontinence advocacy organization in the nation.

In 2018, NAFC was contacted by a group of researchers to help in locating organizations, clinics, hospitals or institutions to disperse 30

bladder scanners which had been used in their nationwide clinical trial. The researcher's requirements for eligibility and preference were that they be given to teaching institutions and those who provided services to underserved populations. Because CCN met qualifications as both a teaching institution and provider of services to the underserved, Dr. Hooper submitted a request for both the college and the Good Samaritan clinic as our students and faculty work with the underserved population there. Just a few weeks later, she was notified that both sites had been chosen to receive a bladder scanner.

A bladder scanner is a type of portable ultrasound utilized to evaluate how much urine is in a patient's bladder. It is non-invasive and is used in hospitals and clinical settings; for example, the scanner might be used after surgery to check for post-surgical urinary retention, to identify a blocked catheter, to assess bladder function after removal of a catheter or as a biofeedback tool in bladder training. Bladder scanners are used in recovery rooms, post-operative step-down units, labor and delivery, hospice and critical care units and



have become important in the effort to prevent unnecessary, costly, and invasive procedures. Utilizing the bladder scanner also helps to prevent catheter associated urinary tract infections (CAUTI) one of the most common and costly infections acquired in hospitals.



"Our nursing students will now have the experience of learning to use the bladder scanner before entering the hospital. They will be taught the purpose and function of the bladder scanner and how they might utilize it in different clinical scenarios. Having the bladder scanner will allow the students to be more prepared for patient care and give them confidence in their ability to use this technology. It will also place our students at the forefront in continuing to prevent CAUTI, thereby improving patient care and decreasing health care costs which for me as a urology nurse practitioner is extremely gratifying," said Dr. Hooper.

FACULTY AWARDS AND HONORS

Dr. Norma Cuellar, Dr. Kristi Acker, Abby Horton, Dr. Mary Ann Kelley and Dr. Betty Key received Alabama State Nursing Association Citations of Excellence.

Dr. Amy Lee received the award for Advanced Practice Provider Teaching Excellence in Medical Student Education, Johns Hopkins Hospital.

Dr. Gwen Hooper received the NPAA Outstanding Nurse Practitioner Educator Regional Award for West Alabama.

Dr. JoAnn Oliver received the Excellence in Community Service and Engagement Award from the Association of Black Nursing Faculty, Inc. Conference, in London, England.

Dr. Shameka Cody was selected to participate in the NIH Future Research Leaders Conference (FRLC).

Dr. Johnny Tice was recognized as a 2019 National Black Nurses Association 40 and Under awardee.

Dr. Norma Cuellar was selected as the Outstanding Alumnus of the Year, LSU Health Sciences Center, New Orleans, LA

Dr. Shameka Cody was selected to participate as a scholar in the 2018-19 Health Disparities Research Education Award Certificate Program.

Dr. Megan Lippe received the Hospice and Palliative Nurses Association New Investigator Award for 2019.

Jessica Johnson was accepted to the Spring/Fall 2019 Learning in Action Fellowship.

Dr. Mercy Mumba was accepted into the 2019 Clinical and Translational Research Training Program.

Dr. Safiya George received The University of Alabama's 2019 President's Faculty Research Award.

Dr. Gwen Hooper received the Innovation Spark Scholar from The University of Alabama College of Continuing Studies.

Dr. Paige Johnson received the Alabama League for Nursing Excellence in Teaching Award.

Dr. Amy Beasley received an Alabama Nursing Foundation Scholarship Award.

Dr. Monika Wedgeworth was a 2019 ALN Lamplighter Award recipient.

Dr. Michele Montgomery received the Distinguished Achievement Award for Excellence in Community Engagement.

Dr. Robin Lawson was selected as Nurse of the Week by the *Daily Nurse - The Pulse of Nursing*.

The University of Alabama Capstone College of Nursing was selected as the recipient of the 2019 Hester C. Klopfer Global Health Award from Sigma International.

Dr. Leslie Cole achieved the American Heart Association Workplace Solutions Silver Member Status, The American Heart Association.

Abby Horton received The Mary Colwick Award, The Junior League of Tuscaloosa (March 2019).

Dr. Mercy Mumba received the Southern Nursing Research Society's Early Science Investigator Award.

Dr. Ashleigh Woods was selected for The University of Alabama Learning in Action Fellowship.



RESEARCH UPDATES

Dr. Michele Montgomery Assumes Role as Assistant Dean of Research

After a successful four years as CCN's Assistant Dean for Research, Dr. Safiya George was recruited by Florida Atlantic University as dean of the Christine E. Lynn College of Nursing. Dr. George celebrated much success while at CCN while serving in the ADR role, as director of CCN's Office of Scholarly Affairs and advisory board member of the Alabama Life Research Institute.

While we are thrilled for Dr. George's new appointment, we are also pleased to announce that CCN's Dr. Michele Montgomery has assumed the role of Assistant Dean of Research.

"Because research is my passion, I am excited about the opportunity to transition into the role of Assistant Dean of Research," said Dr. Montgomery. "However, I know I have big shoes to fill. During her time at CCN, Dr. George made a tremendous impact in our scholarly production. Her expertise and guidance facilitated not only an increase in grant submissions, but also in grant funding. She was a cheerleader and mentor, and her positivity and support was what many faculty needed to pursue grant opportunities. She encouraged collaboration among faculty, which has created strong research partnerships among faculty with unique expertise. Beyond her scholarly contributions, she was a wonderful colleague whose humor and kindness will be missed at CCN."

Over the course of her 10 years at CCN, Dr. Montgomery has demonstrated a passion for research and recently received the 2019 Faculty/Staff Distinguished Community-Engaged Scholar Award by UA's Council on Community Based Partnerships. This award recognized her outstanding achievements in the area of community engagement and her leadership role in advancing engagement scholarship and outreach at UA. Dr. Montgomery's research focuses on addressing health disparities in rural and underserved populations. She has published in the areas of childhood obesity, diabetes, cardiovascular risk factors, and innovative teaching strategies. She has presented her work regionally, nationally, and internationally.

"We are so excited to welcome Dr. Michele Montgomery as our new Assistant Dean for Research," said Dean Prevost. "I know our faculty and staff would agree with my perception that Dr. Montgomery has done impressive work as our Assistant Dean for Graduate Programs for the past year. However, we now have an opportunity for her to return her focus to her first love, which is research. In addition to being the recipient of a number of research honors and awards, she has an impressive track record of working with students and junior faculty as a research mentor and collaborator, which will serve her well in this new role."

MUMBA AWARDED NIH GRANT TO AID IN REVERSAL OF OPIOID CRISIS

Dr. Mercy Mumba, Assistant Professor at the Capstone College of Nursing, and her team have received notice of an award from the National Center for Complementary and Integrative Health (NCCIH) at the NIH for their proposal entitled "A Mindfulness and Peer Mentoring Program to Improve Adherence to Medication Assisted Treatment for Opioid Use Disorders."

This five-year project, funded through The Helping to End Addiction Long-Term (HEAL) Initiative, is the only one funded from the state of Alabama. The trans-NIH research effort aims to improve treatments for chronic pain, curb the rates of opioid use disorder and overdose and achieve long-term recovery from opioid addiction. Phase 1 of the project is a two-year pilot study to test the feasibility and acceptability of this intervention, and phase 2 is a three-year clinical trial. The approved budget for Phase 1 is \$783,788, and the total budget for the five-year project is \$2,793,879. The release of funds for Phase 2 will be contingent upon successful completion of Phase 1.

Dr. Mumba is the principal investigator and program director. Her co-investigators include Drs. Andrea Glenn (Psychology), George Mugoya (Educational Counseling), Rebecca Allen (Psychology), David Albright (Social Work), Lori Davis (Tuscaloosa VAMC), Joshua Richman (Tuscaloosa VAMC) and Ms. Austin Butler (Alabama Community Care). This award is one of 375 grant awards across 41 states made by the National Institutes of Health in fiscal year 2019 to apply scientific solutions to reverse the national opioid crisis.

Research reported in this publication was supported by the National Center for Complementary & Integrative Health of the National Institutes of Health under Award Number R61AT010802. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.

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COMBATING THE OPIOID EPIDEMIC

As of January 2019, The Capstone College of Nursing has taken a new approach to combating the opioid epidemic. Drs. Shameka Cody, Cheryl Hines, and Joshua Eyer completed a pilot project in which over 300 baccalaureate nursing students received education and training in opioid overdose and participated in a hands-on low fidelity simulation focusing on intranasal naloxone. CCN is only the second academic institution in the United States to train nursing students how to recognize signs of opioid overdose and administer naloxone and it is the only study using large samples and validated instruments.

Naloxone is a pure competitive opioid antagonist used for reversal of opioid effects in emergent situations. First responders can administer naloxone to anyone with signs of opioid overdose. Pharmacists are able to dispense this medication without prescription. However, emergency facilities and pharmacies may be many miles away from people living in rural areas, thus limiting their access to this life-saving medication.

In the CCN opioid overdose prevention project, Cody and Hines used validated instruments to evaluate student knowledge before, after, and 1-week post-training among entry level nursing students and those near graduation (upper division semesters 2, 4, and 5). The project also aimed to increase the students' confidence in their ability to respond to an opioid overdose episode and provide education to community members. It is hypothesized that this active learning strategy will increase students' knowledge and confidence, which may significantly reduce lapse time between initial assessment and naloxone administration. Overall, students across



Dr. Cheryl Hines and Dr. Shameka Cody

the curriculum improved their knowledge of opioid overdose prevention post-training and retained this knowledge 1-week post-training. Exploratory analyses indicated that most students felt the training helped them to understand the effects, management, and complications of opioids and naloxone. In addition, students felt that the knowledge made them feel safer and comfortable handling opioid toxicity or teaching the training in the community.

Nurses play an integral role as educators and are uniquely positioned to increase awareness of opioid overdose in the communities. Alabama remains the highest prescribing opioid state, and we are committed to equipping CCN students with the knowledge to recognize and respond to signs of opioid toxicity in an effort to reduce mortality rates. Future project expansion will focus on modifying this project's protocol to meet the learning needs of nontraditional student populations, and application of opioid overdose education to reduce opioid-related stigma among vulnerable populations in rural community settings.



WELCOME NEW FACULTY AND STAFF!

STACI ABERNATHY, DNP, APRN, CPNP-AC



Dr. Staci Abernathy joins CCN as a clinical assistant professor. She received BSN and MSN degrees from the University of Alabama at Birmingham and a DNP from The University of Alabama. She is experienced in pediatric critical care, having worked in emergency, air medical transport, neonatal, and pediatric intensive care units. Dr. Abernathy is a board certified acute and continuing care pediatric nurse practitioner, maintaining a clinical practice in the cardiac ICU and step-down units at Children's of Alabama. Her research is focused on improving nurses' professional wellbeing through self-care and mindfulness.

SARA ALLEN



Sara Allen joined CCN in January 2019. She serves as a program assistant in the Office of Nursing Student Services and is the first point of contact for the traditional BSN students. She explains policies and procedures to students and schedules information sessions as well as advising appointments. She is also involved in the process of upper division promotion, commencement, and mandatory advising. She graduated in 2016 from The University of Alabama with a Bachelor's degree in Business Management specializing in Health Care Management and a minor in Computer Science.

MUDASIR SALEEM ANDRABI, RN, BSN, MSN, PHD



Dr. Andrabi joins CCN as a full-time Assistant Professor. She received her BSN from Hamdard University Delhi, India, her MSN in Adult Health and Gerontology from the University of Delhi, India, and her Ph.D. in Health Education and Promotion from the University of Alabama at Birmingham. Dr. Andrabi began working as a full-time Instructor in 2000. She has taught nurses and other paramedical professionals in India, the Middle East and the U.S. for about 11 years. She is a member of the American Nurses Association, the American Heart Association, and Phi Kappa Phi. Dr. Andrabi's research interests include cardiovascular health and neuro-rehabilitation.

ROBIN BARTLETT, PHD, RN



Dr. Bartlett joins CCN in the role of Lifespan Researcher. She received her BSN and MSN degrees from the University of North Carolina at Greensboro, and her PhD from the University of North Carolina at Chapel Hill. Earlier in her career Dr. Bartlett's clinical focus area was psychiatric and mental health care of adolescents. She served in a variety of administrative roles in the clinical setting before entering academia. These clinical experiences led to her interest in health disparities research among children and adolescents. While she has conducted education research, her primary focus is the prevention of risky behaviors among minority youth populations that can negatively affect health.

WHITNEE BROWN, DNP, FNP-C, RN



Dr. Whitnee Brown is a full-time instructor at the CCN. She received her BSN (2009), MSN (2015) and DNP (2019) from Troy University. Dr. Brown's nursing career began in oncology where she worked in inpatient oncology, medical-oncology, and radiation-oncology before transitioning to becoming a family nurse practitioner. She has been a family nurse practitioner for four years and will continue to maintain her practice working with a local hospitalist service.

KACIE DUNCAN, MSN, RN



Kacie Duncan is a full-time clinical instructor at CCN. She is a proud alumni of our program who graduated with her BSN in 2013. She started her nursing career in the Medical Intensive Care Unit and it was here she developed her love for critical care. In addition to critical care, Kacie has also worked per diem in the Emergency Room, Cardiac Intensive Care Unit, Cardiac Post Procedure Unit and also practiced as an infusion nurse at a rheumatology clinic. She graduated from the University of North Alabama with a Masters in Nursing Education in 2019. Duncan is a member of Sigma Theta Tau, Phi Kappa Phi, Rheumatology Nurses Society, and the American Association of Critical Care Nurses.

ASHLEY GREEN, MA



Ashley Green joined the Capstone College of Nursing in February 2019. In her role with CCN, Mrs. Green advises incoming freshman, transfer students and post graduate second degree students in the lower division of CCN. She received her Bachelor of Arts in Communication in 2000, and her Master of Arts in Higher Education Administration in 2004, both from The University of Alabama.

KIMBERLY LOLLEY



Kimberly Lolley joined the Capstone College of Nursing in June 2019. In her role at CCN, Ms. Lolley assists the Assistant Dean for Research, Manager of Fiscal Affairs, and the Contract and Grants Specialist. She graduated from Highlands College with a degree in Event Coordinating.

KIMBERLY PARKER, DNP, RN



Dr. Kimberly Parker is joining the Capstone College of Nursing as a full-time faculty member. She received her Associates in Nursing from Shelton State Community College, her BSN from Auburn University at Montgomery, her master's degree in Leadership from NOVA Southeastern University in Ft. Lauderdale, Florida and her DNP in Nursing

Administration and Education from Samford University in Birmingham, Alabama. She has worked as a staff nurse, Nurse Manager, DON, school nurse and clinical nursing faculty and comes to us with many years of experience. She is a member of the American Nurses Association and Sigma Theta Tau. Dr Parker's capstone project focused on Working Relationships with Millennials. Her interests include mental health nursing and strategies on building and working with teams.

JOHN MARK PARKER, BSN, RN, MBA



Mark Parker received his BSN from UAB and his MBA from Samford University. Parker began working with CCN part-time in 2005 as a Clinical Instructor for Complex Client. He has 39 years of experience in nursing and most recently retired as the Assistant Director of Nursing at Medical West Hospital, a position he held for 19 years. Parker has been married to his wife, Mary, for 32 years and has two children and two grandchildren.

LETISHA S. SCOTT, DNP, CRNP, FNP-C



Dr. Scott joins CCN as a full-time clinical instructor. She received her BSN from the CCN in 2005 and her MSN with a family nurse practitioner concentration from the University of Alabama at Birmingham in 2011. She is certified by the American Academy of Nurse Practitioners. In 2019, she received a Doctorate of Nursing Practice from the CCN. Dr. Scott has extensive experience in critical care and emergency room nursing. In addition to joining the CCN faculty, she will maintain clinical practice at a federally qualified health center. Dr. Scott is a member of the AANP, Nurse Practitioner Alliance of Alabama, and Sigma Theta Tau. Her clinical and research interests include decreasing health disparities in disadvantaged populations.

KIMBERLY WILSON, MSN, FNP-BC



Dr. Kimberly Wilson joined the CCN as a Clinical Assistant Professor. She received her BSN from the CCN, MSN as a Family Nurse Practitioner from UAB, and her DNP from Samford University. Wilson was a Maternal-Newborn RN for 12 years before becoming an FNP and joining NorthRiver Primary Care Associates, where she continues to practice. From 2016-2019, she served as a clinical instructor in the FNP program at Samford University. Wilson currently holds certification as an FNP and is pursuing her certification as a Certified Nurse Educator. She is a member of the American Nurses Association, American Association of Nurse Practitioners, and Sigma Theta Tau International. Her areas of interest include Obesity Management, Complementary and Alternative Medicine, and FNP preceptorship.

Alabama Nursing

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Congratulations to the 2019 Alabama Nursing Hall of Fame Inductees!

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Dr. Thomas W. Barkley

Dr. Martha Dawson

Dr. Constance Hendricks

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