

CAPSULE

Magazine
Fall 2020

FACES ON THE FRONTLINE

CCN alumni and students face a
global pandemic head on

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ON THE COVER:

"I am on the frontlines in Brockton, Massachusetts and am honored to serve my community and to lead evidence-based interventions that will improve patient outcomes," said Daniel King, Certified Registered Nurse Anesthetist and May 2020 DNP graduate of the Capstone College of Nursing. King submitted this photo as part of the College's #HighlightOurHeroes campaign on social media.

CAPSULE

DEAN

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DEAN'S MESSAGE

As we navigate these uncertain times, I want to express my deepest gratitude for your tireless efforts addressing the coronavirus pandemic. Many of our alumni are risking their lives to save others; while our students and their families, our faculty, staff, friends and volunteers, all continue to provide support and encouragement. I have never been more thankful for the training we received as nurses and that we are passing on to the next generation of healthcare heroes. Across the nation, courageous nurses are leading the fight against this pandemic, using critical thinking and creative problem solving in their response to new and challenging ways of working in clinical settings, at home, and at school.

At CCN, we are working with the UA community to continue our mission of promoting health and well-being through nursing education, research, scholarship, and service. Our faculty and staff have embraced the challenge of rapidly adapting our undergraduate and graduate courses for online and other alternate forms of content delivery; so that we can stay on track with producing highly qualified nurse clinicians, administrators, and educators.

The unprecedented demand for nurses reinforces the need for our CCN building expansion project. We are happy to share the good news that the

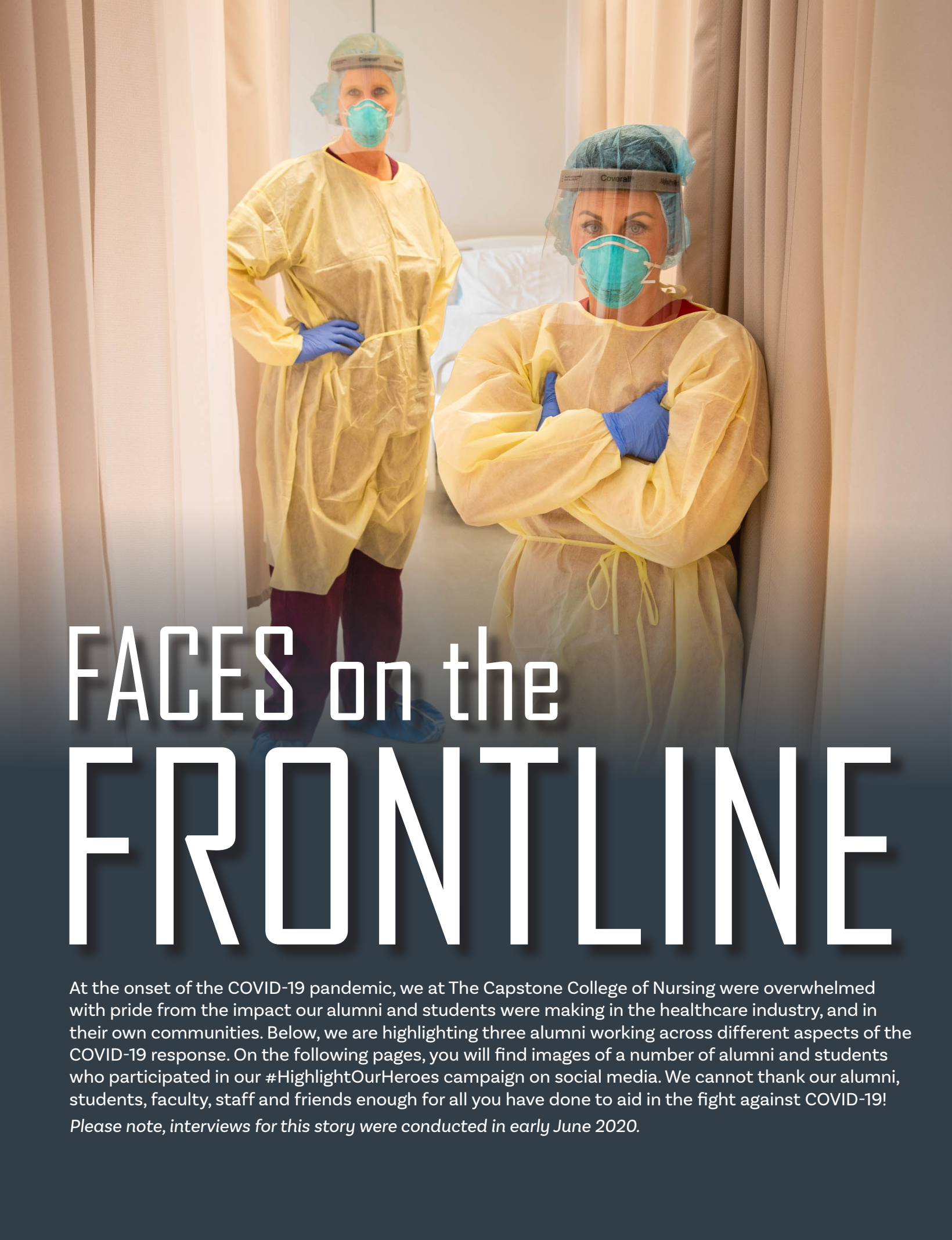
construction is continuing as scheduled. We cannot wait to show you our progress when we open the new wing in Spring 2021!

In this issue of the *Capsule*, you will read about alums making a difference in the fight against COVID-19, students taking initiative to promote wellness among their peers, and much more!

This semester has taken a much different path than any of us could have imagined, but we want to assure our friends that we are all in this together. As we continue to be physically distant from our CCN family, we encourage you to remain socially present and engaged. We know how important it is to have a support system, especially during challenging times! Stay tuned to our social media channels for updates and ways to be involved and engaged from afar. Please take the time to express your gratitude to your nurse colleagues today.

Thank you. Stay safe, and Roll Tide!

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



FACES on the FRONTLINE

At the onset of the COVID-19 pandemic, we at The Capstone College of Nursing were overwhelmed with pride from the impact our alumni and students were making in the healthcare industry, and in their own communities. Below, we are highlighting three alumni working across different aspects of the COVID-19 response. On the following pages, you will find images of a number of alumni and students who participated in our #HighlightOurHeroes campaign on social media. We cannot thank our alumni, students, faculty, staff and friends enough for all you have done to aid in the fight against COVID-19! Please note, interviews for this story were conducted in early June 2020.

As a professor of nursing, an infectious disease-trained nurse epidemiologist, and a nurse practitioner in the Division of Infectious Diseases at the Johns Hopkins Schools of Nursing and Medicine, **Dr. Jason Farley** has been involved at nearly every level of response to the COVID-19 pandemic.

Dr. Farley is the director and founder of the REACH Initiative in Baltimore, Md., which serves residents living with, and at risk for, HIV and associated co-infections. Additionally, he is a fellow in the American Academy of Nursing, most recently serving as chair of the Emerging Infectious Diseases Expert Panel, and part of a Johns Hopkins team that evaluated the SARS response in China at an affiliated institution (as well as ongoing country-level health system responses to tuberculosis and HIV). Farley also maintains a clinical practice as a nurse practitioner in the John G. Bartlett Specialty Clinic for Infectious Disease. As a nurse trained in infectious disease clinical care and epidemiology, his research “seeks to streamline care approaches that optimize navigation, linkage, engagement, and retention in care for persons with infectious diseases, including studies designed to keep patients engaged in care over long periods of illness.” SARS-CoV-2 and COVID-19 both fall squarely within those parameters.

Farley’s passion for this type of research was sparked at an early age. “Growing up as a member of the LGBTQ+ community in Alabama in the 1980s, I was told from the pulpit to the classroom that HIV was a ‘gay disease’ and a ‘curse from god,’” said Farley. “This really fueled a passion to not only work with my community, but to also prove those folks wrong. I can now say, I have been truly blessed to work in this space, with this community and am a better person because of what I have learned.”

Our communities are benefitting from what Dr. Farley has learned throughout his nursing journey. Currently sitting on a number of university, city and state-level committees, he is shaping procedures and guidelines regarding testing for the virus, all while continuing to practice on the frontlines at his HIV clinic. “I am very hopeful that history will show that the scientific, research, clinical and first responder communities were right. We are responding in heroic ways, against insurmountable pressure to ensure our communities stay safe, but we need the communities’ support to do this.”

Farley underscores the crucial role nursing are playing in the fight against COVID-19. “Nurses are the most trusted profession in the U.S. We must use that trust to filter out the noise and help the public understand ways to mitigate their risk, understand public health measures

and to change behaviors that might result in ongoing transmission.”

“Our communication needs to bridge the gap between human behavior and the connection to health. Epidemiologists are great at describing the data, physicians the treatment, but nurses and nurse scientists must elevate the dialogue on the human condition. The human element and desire to be together, to connect, to get out of the house,” said Dr. Farley. He urges that nurses must communicate a risk-mitigation strategy to reduce risk as the country opens, remain vigilant and follow the data. “True accurate evaluation of new cases, hospitalization rates, and ICU capacity must drive the delicate balance between our desire to open with our desire to avoid unnecessary morbidity and mortality.”



Jason E. Farley, PhD, MPH, ANP-BC, FAAN, FAANP, AACRN

When asked about challenges faced during the fight against COVID, Farley placed responsibility on the people and state governments. In the beginning, Farley noted that the U.S. “seemed to experience a collective heroism in following stay at home orders,” but fears the attitude shift we are seeing are increasing the divide between personal freedoms and public health. Farley states, “Just like removing smoking from public spaces, wearing a seat belt, or limiting alcohol before driving, we must understand that public health recommendations are designed to do the greatest good for the greatest number of people.”

In planning for the future, Dr. Farley predicts his career will be focused at some level on the COVID-19 response for at least the next 12 to 18 months. He sees positive procedural change occurring, especially in regard to telehealth capabilities increasing much needed access to healthcare in rural areas. Farley also urges that preparations for future health crises must begin now. “We must accurately reflect on the issues that not only brought the full weight of this pandemic on us, but how to remedy those issues and hold accountable those responsible as soon as possible. Congress must act to improve our pandemic preparedness. Our health

systems must reflect on the potential benefits of new and improved models of care. We should reflect on how we remove our increasingly ideological representation of facts from ‘I want this to be true, because it supports my political point of view,’ to ‘truth based on proven and scientifically sound facts.’”

Dr. Farley had some advice for recent nursing graduates or those preparing to enter the field: “Firstly welcome! We are glad you are here with us in this fight. You are living history and your future will certainly be impacted by this global event. Think about 100 years from now, the world will still be talking about COVID-19 in the same way we continue to talk about the Great Influenza of 1918.”

Dr. Jason Farley is a 1998 graduate of the Capstone College of Nursing’s BSN program. He went on to earn his Master of Public Health from UAB in 2000, and both his Master of Science (2003) and PhD (2008) from Johns Hopkins University School of Nursing.



Patricia Rojas did not always know she would be a nurse. In fact, she initially earned her bachelor’s in environmental biology; after entering the workforce, Rojas realized her career did not align with her passions, and decided to return to school. In 2017, she graduated from the Phillips School of Nursing at Mount Sinai Beth Israel with an Associate’s Degree in Nursing. Shortly thereafter, Rojas earned her BSN

from the University of Alabama through the BAMA-Latino program. Now, she is working as an Ambulatory Care Nurse in New York City, teaching children at her local church and serving on two professional nursing committees with the American Nurses Association and the National Association of Hispanic Nurses.

Rojas bravely returned to school to pursue her passions, and fighting this virus has further cemented that she made the right decision. “Caring for patients during this pandemic has reminded me why I became a nurse. To care for people in one of the most vulnerable times of their lives is a responsibility I do not take lightly. Every

patient I have encountered before, and during this pandemic, I cared for as if they were my own family.”

At the onset of the pandemic, Rojas transitioned from ambulatory care to triaging outside the emergency department, assessing patients before they entered and treating symptoms in a tent deployed by the hospital.

In working with her patients, Rojas recognizes the invaluable role nurses play every day, and especially in the midst of a health crisis. Her patients rely on her as a source of information, a teacher providing the tools her patients need to reduce the transmission of the virus, care for themselves at home and know when to seek medical attention. Rojas was also able to provide another level of comfort to some of her patients by speaking to them in Spanish, which she saw as an opportunity to teach these patients how to modify their lifestyles in response to the pandemic.

When asked for a moment that defined her experience during the pandemic, Rojas fondly recalled the warm reception and well-wishes she and her coworkers received in their community. “At 7 p.m., NYC becomes flooded with life as people open their windows, clap, and even bang on pots to thank all essential workers,” said Rojas. “At that time, I was reminded of the incredible strength and beauty of our city. I recall walking down the street to find lunch at a local deli, and a woman stops (six feet away, of course) and says, ‘Thank you!’ It feels strange to be treated this way for doing what I was trained to do in nursing school. Regardless of the pandemic, I will always be ready, willing, and able to help patients who come my way.”

Moving forward, Rojas will be taking on a quality improvement project to understand the confidence nurses have with modified workflows and if resources were adequate to meet their needs. She believes current policies and guidelines may become a more permanent practice until a treatment for this virus is discovered, and that the replenishment of PPE stockpiles at the local, state and federal levels should remain a priority along with public health policy changes. With a vaccine still in early stages of development, Rojas voices her concern regarding a second wave of infections later this year. “This pandemic has highlighted the disproportionate impact it has had on traditionally disadvantaged groups in America, such as the Latinx and Black communities within New York City. I have hope that the current social climate, coupled with the focused view of the pandemic’s effects, highlights the inequalities that exist within U.S. healthcare and will lead to a positive change to mitigate any potential future events such as COVID-19.”

“We are seeing, hearing, and learning new things in the wake of COVID-19, such as improved healthcare practices, new social norms, and increased use in healthcare technology. We should continue to learn from each other and remain flexible in these unprecedented times.”

Dr. Joseph Bertulfo is the Director of the Occupational Health and Safety Office (OHSO) at the Centers for Disease Control and Prevention (CDC). OHSO is responsible for providing a safe and healthy workplace for all CDC staff through its industrial hygiene and safety practice, safety training and occupational health programs. OHSO has also played an integral part in CDC’s agency-wide effort to support communities across the country responding to COVID-19. Dr. Bertulfo and OHSO staff have helped prepare over 1,000 CDC staff to safely deploy across the United States and abroad.

“My primary role is leading a group of dedicated occupational safety and public health professionals who work every day to help keep our CDC colleagues safe in the field,” Dr. Bertulfo said. “I can’t help but feel a sense of pride when I see my agency’s resources help protect the health of local communities.”

With his involvement in public health responses dating back to Hurricane Katrina in 2005, Dr. Bertulfo has many years of experience surrounding public health crises; it is these field experiences and a number of leadership roles that have prepared him for a pandemic like the one we face today. “The pandemic has challenged me and my team due to its breadth and length, but from day one, the team has been firing on all cylinders; I am so fortunate to work with professionals across many disciplines, united and focused on our mission.”

He also credits his nursing education for developing his skills to adapt and remain flexible, preparing him for disaster response. “Like nurses all over the world, I had to adapt to a challenging environment while staying effective in my role. This has been an unprecedented public health response and my nursing skills have helped me keep pace with the fluidity of the pandemic.”

Dr. Bertulfo recognizes that the public looks to the nursing profession for care, guidance and leadership during a health emergency, and hopes that this experience will remind nurses they can make it through any challenge that comes their way.

He offers these words of advice to nurses and nursing students, “Remain calm, project confidence, and take advantage of the many opportunities that the nursing profession offers for professional growth.”

Prior to joining OHSO, he served as the Deputy Director

for the CDC’s Division for Heart Disease and Stroke Prevention, home of the Million Hearts Initiative. He also served as the Deputy Director for the Division of Applied Sciences, which housed CDC’s major applied training programs including the Epidemic Intelligence Service. Joseph has been recognized for his contributions to public health and nursing, including an HHS Secretary’s Award for Distinguished Service and two U.S. Public Health Service Chief Nurse Officer Awards.

Dr. Bertulfo graduated with a BS in nursing from the University of Florida and was named the College of Nursing’s Alumnus of the Year in 2014. He received an MSN and MPH in environmental and occupational health from the University of South Florida and a doctorate from UA. He completed a Senior Executive Service Candidate Development Program in 2019.



Joseph Bertulfo, DNP, MPH, ANP-BC

“We are glad you are here with us in this fight. You are living history and your future will certainly be impacted by this global event. Think about 100 years from now, the world will still be talking about COVID-19 in the same way we continue to talk about the Great Influenza of 1918.”

- Dr. Jason Farley



#HighlightOurHeroes

1. Daniel King, DNP, CRNA, Brockton, Mass.
2. Sarah Pratt, Kristine Wesley, Chloe Guin, Maddy Ricketts, Elizabeth Middleton Baumann, Sydney Jones, CVICU St. Vincent's Downtown Birmingham, Ala.
3. Hunter Meadows, RN, BSN, CCRN, Cardiopulmonary ICU, Tallahassee, Fla.
4. Jodi Grace Kelley, CCN student, Floyd Med. Center, Ga.
5. Amy Galloway Brister, flight nurse, UAB Critical Care Transport Team, Birmingham, Ala.
6. Kendall Meyer, BSN, RN, Trauma Center ER, Fla.
7. Paige Spalliero and Alexa Boyd, Johns Hopkins Hospital.
8. Grace Bethell Carlton, RN, BSN, crisis relief nurse, Brooklyn, N.Y.
9. Wendy Wright, DNP, ANP-BC, FNP-BC, FAANP, FAAN, FNPAP, Adult/ Family Nurse Practitioner, N.H.
10. Chelsea Isaac, Rebecca Orton, Will Martin, and Shakia Brantley, DCH Regional Medical Center, Tuscaloosa, Ala.
11. Patrick Smith, CCN student, DCH Health System, Tuscaloosa, Ala.
12. Madeline Edwards Farris and Cara Sullivan, UAB Emergency Department/Trauma Center, Birmingham, Ala.
13. Brett Bates, RN, BSN, COVID ICU, New York, N.Y.
14. Carrie Cromwell, DNP, CRNA, Dept. of Veterans Affairs, Temple, TX.

For these and many other stories, follow us on Facebook, Twitter and Instagram!



EMPOWERING *our* PEERS

PEER MENTORING PROGRAM DEVELOPED TO ADDRESS STUDENT MENTAL HEALTH & WELL-BEING

We are so often impressed by the initiative taken by our students to improve practice or address concerns. This spring, following a series of student events across campus and at CCN, five nursing students stepped up to the plate to address student mental well-being and identify ways to help. CCN students Rachael Castillo, Abigail Cooney, Jessica Compton, Skylar Devers and Izzey DeCarlo approached their professor, Dr. Mercy Mumba, with an idea; this group would like to develop a peer mentoring program to help nursing students cope with stress and anxiety. The goal of the peer mentoring program would be to help first semester nursing students acclimate to the nursing program by pairing them with another student mentor, providing a much needed social support system during the transition from lower division to upper division courses. Through this program, each first semester student

is paired with a student in third, fourth or fifth semester; the students might be matched based upon similar hobbies, interests or nursing specialties. Each pairing also has a faculty advisor to ensure the student match is successful and that both students feel supported in this program. Advisors are also responsible for checking in with the student mentor to be sure they are managing their own workload and the mentorship efficiently. Each pair is encouraged to set their own meeting parameters based around their schedules and obligations. Additionally, a chain of command was established in the program to ensure that any grievance or concern is handled in a confidential matter while supporting the parties involved. “We were very pleasantly surprised when about 50% of the spring cohort of first semester students signed up for the mentoring program. Thankfully that first

semester we had an overwhelming response from the 3-5th semester students as well—we actually had more mentors than mentees!” said Dr. Mumba. “Many of the mentors mentioned how they would have liked to participate in a program like this when they were in first semester, and were excited to help out other students.”

Even with the transition to remote learning this spring and summer, the program welcomed 31 new pairs of mentors and mentees for the summer semester.

“Our mentor and faculty advisors have been phenomenal— giving up a little bit of their summer to ensure that our first semester students have all the support they need is more than I could have asked for,” said Dr. Mumba.

Dr. Whitnee Brown, a faculty advisor for the peer mentoring program, remembers how stressful it was adjusting to a new schedule, juggling due dates, clinicals, class and a social life. “Thankfully, I was able to connect with people who were a few semesters ahead of me to help me see what the future semesters would be like and those students were always so encouraging. That made a big impact in life,” Dr. Brown recalled.

Dr. Brown views this program as a sort of human vision board, allowing the students to picture what their school life will be like a few semesters in the future. She believes seeing someone you know succeed is empowering, offering their peers the extra support to push forward despite any challenges they might face. When asked why she became an advisor for the group, Dr. Brown shared, “My goal as a faculty mentor is to encourage and motivate students to their full potential. It is important to have someone who is objective to help you balance it all out. Having a designated faculty member for each pair who can meet and consult with them about their future career plans, academic stressors or social concepts can be an effective strategy to bridging the gap between the stressors of academic responsibilities and the therapeutic environment for growth, mental health and balance.”

To learn more about this program, please reach out to Dr. Mercy Mumba (mnmumba@ua.edu) or Dr. Whitnee Brown (wcbrown7@ua.edu).

Additionally, the CCN faculty and staff recently established the Student Mental Health and Wellness Fund. The purpose of this fund is to promote the mental health and well-being of students enrolled

in the Capstone College of Nursing. Funds could be used, but would not be limited to, provide funding for counseling services, offer group therapy or training relating to educational and occupational stress management, or to provide other resources to support the mental wellbeing of students studying to become nurses. For more information, or to give to this fund, visit give.ua.edu or contact Anita Hamlett at ahamlett@ua.edu.



TOP: Izzey DeCarlo, Jessica Compton, Abigail Cooney, Rachael Castillo and Skylar Devers approached Dr. Mercy Mumba with the idea of the peer mentoring program. MIDDLE: Dr. Whitnee Brown with two student mentees. BOTTOM: Dr. Mercy Mumba with student mentors and mentees.



FIRST GENERATION TO

FUTURE NURSE

A CCN STUDENT-LEADER & SCHOLARSHIP RECIPIENT SHARES HIS STORY

Fifth semester student, Javier Figueroa, was selected to be the student presenter at the Capstone College of Nursing's 2020 Scholarship Luncheon, scheduled for March 27. While the event was unable to proceed as planned, we wanted to be able to share a piece of Javier's story with the friends of the College.

One of six children, Javier is the first in his family to attend college. Not only is he an impressive student, he is heavily involved at CCN and across campus, serving as a CCN ambassador and president of UA's Circle K organization. Below, Javier gives us a glimpse into his background and how it has influenced his nursing journey.

What would you like our readers to know about you?

I am from Cullman, Ala., and the fourth of six children born to parents who emigrated from Mexico. My parents came to the United States so that my siblings and I could have more opportunities at a better life. I am proud to say that I am a first-generation

college student and am about to graduate from The University of Alabama and start my career as a nurse. None of this would have been possible without the support of my family, friends, teachers, and many others that I have met along the way.

What motivated you to pursue a degree in nursing?

When I was 13 years old, my 2-year-old brother was in a lawnmower accident that left him without the lower half of his right leg. He spent a lot of time in the hospital and I remember going to see him every week. Because of this experience, I had always thought that I wanted to be a doctor. I later realized that the nurses were the ones who spent more time with the patients and their families. I want to be a nurse because I want to be a positive influence during what could be the most difficult part of someone's life.

What challenges, if any, did you have to overcome in working toward this degree?

The biggest challenge that I faced was trying to find the funds to pay for my education. I knew that my mom would never be able to afford to pay for college. If it were not for scholarships and financial aid, I probably would not have been able to attend UA. Because of the generosity of scholarship donors, I will be able to obtain my BSN without the burden of any student loans.

What motivated you to attend the Capstone College of Nursing?

When I first came to UA, I was a Biology/Pre-Med Major. After quickly realizing that I did not want to be a doctor, I changed my major to Nursing. It just so happened that UA has one of the best nursing schools in the region. I was in the perfect place to receive an education in nursing and I took advantage of the opportunity while I had it.

You are involved in a number of organizations at CCN and across campus. Please tell us a little bit about how you became so involved and how that has shaped your college experience.

I have always enjoyed giving back to my school and my community. During my time at CCN, I have been able to serve as an Ambassador for the college. I wanted to give back to CCN and being an Ambassador has helped me do just that. As a freshman in college, I had no idea who to turn to when I needed advice about college. Being an ambassador for CCN has allowed me to be a support system for current and future students; I have really enjoyed being able to connect with the future students of the Capstone College of Nursing.

Please share about one of your favorite experiences at the Capstone.

One of my favorite memories during my time at UA was the day that I received my acceptance letter to the Capstone College of Nursing. My dream of becoming a nurse was starting to come true and I will never forget opening that letter. I also remember successfully starting my first IV during my time in nursing school. To every CCN student, this is one of the biggest accomplishments because it makes us truly feel like a nurse.



How has nursing school helped you grow and prepare for a career after graduation?

Nursing school has been the one of the most challenging things I have ever endured. CCN has a reputation for being one of the best nursing schools in the country, and I feel like I have been prepared for any job that I want after graduation. Not only has CCN prepared me to be a great nurse, it has also prepared me to be a leader in the healthcare field. By using what I have been taught, I hope to make a difference in whatever area of nursing that I plan to pursue.

You are the recipient of a scholarship(s) at CCN. What does that scholarship support mean to you? How has it affected your experience at CCN?

I have been blessed to be the recipient of two scholarships at the Capstone College of Nursing—the Woodard Family Endowed Scholarship and the Constance and Anthony David Reinhardt Endowed Scholarship. Having scholarship support means that I am able to focus on my education instead of having to worry about trying to make ends meet while I am in school. I am able to be involved in CCN as well as make professional connections that will carry me into my future career as a nurse.

LEFT: Sam Gleason, Javier Figueroa and Dr. Suzanne Prevost at the 2019 Alabama Nursing Hall of Fame. RIGHT: Javier and scholarship donor, Dr. James Woodard, at CCN's 2019 Alumni Homecoming Tailgate.

Alabama Nursing

HALL OF FAME



Dr. Thomas W. Barkley, Jr., Dr. Constance Smith Hendricks, Dr. Martha A. Dawson, Lt. Col. Linda J. Adams, Sylvia Homan and Deborah Wesley.

Six Healthcare Leaders Inducted into 2019 Alabama Nursing Hall of Fame

Six nursing professionals were inducted into the 10th Alabama Nursing Hall of Fame on October 24, 2019 at the Embassy Suites in downtown Tuscaloosa.

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

The 2019 inductees include Lieutenant Colonel Linda J. Adams, Dr. Thomas W. Barkley, Jr., Dr. Martha A. Dawson, Dr. Constance Smith Hendricks, Ms. Sylvia Homan and Ms. Deborah Wesley. Individually and collectively, this group of inductees has greatly influenced the nursing profession and healthcare industry in the state of Alabama and across the nation.

Extended biographies and video highlights of the inductees' impressive nursing journeys can be found online at nursing.ua.edu/halloffame.

Lieutenant Colonel Linda J. Adams has dedicated her life's work to serving others in healthcare through a variety of populations: pediatrics, geriatrics, military personnel in intensive care units, operating rooms, the classroom and in the hospital procuring services for patients as they discharge into the community.

Retired from the Air Force, Adams continues to advocate for patients as a Certified Case Manager at Emory St. Joseph Hospital in Atlanta, Ga., and Gwinnett Medical Center in Lawrenceville, Ga. Recognized as a skilled clinician, mentor and decorated military officer, Adams' contributions to the nursing profession have positively impacted the lives of civilians and military both locally and nationally.

Dr. Thomas W. Barkley, Jr. has been instrumental in providing international nurse practitioner continuing education. He is the president of Barkley & Associates, Inc. and Professor Emeritus of the Patricia A. Chin School of Nursing at California State University, Los Angeles. During his 26 years in academe, Dr. Barkley held numerous leadership positions: Coordinator of the Adult-Gerontology Acute Care Nurse Practitioner Program, Director of Nurse Practitioner Programs, Director of the Doctor of Nursing Practice Program, and Director of Graduate Programs.

In 2011, Dr. Barkley was inducted as a Fellow of the American Association of Nurse Practitioners, demonstrating his commitment to the advancement of nursing education.

Dr. Martha A. Dawson is internationally recognized as a global thought leader in the field of nursing and health systems administration. She is an associate professor in the School of Nursing at The University of Alabama at Birmingham, and has been an influential and inspiring leader in practice, education, translational research and leadership. During her tenure as the Nursing and Health Systems Administration Specialty Track Coordinator at UABSON, she inspired students to seek higher education and has actively broadened students' interest in the discipline of nursing and health administration.

Dr. Dawson is devoted to developing and mentoring the next generation of healthcare leaders. Serving as the 13th president of the National Black Nurses Association, Dr. Dawson is committed to increasing diversity in nursing. Her leadership influence expands from the bedside to the boardroom with a personal touch that inspires others to be their best.

Dr. Constance Smith Hendricks is known internationally as an exemplary nurse, scholar and leader. She earned her BSN and MSN from the University of

Alabama at Birmingham and her PhD in Clinical Nursing Research from Boston College. Currently, Hendricks serves as the Dean of the School of Nursing and Allied Health at Tuskegee University.

Dr. Hendricks has numerous peer-reviewed articles and throughout her career, has broken glass ceilings for others to follow. Dr. Hendricks is the first African American to graduate from the PhD program in Nursing at Boston College and the first African American tenured with Full Professor rank at Auburn University. She has received numerous awards throughout her career such as the Lillian Holland Harvey award from Alabama State Nurses' Association. Dr. Hendricks has devoted more than 45 years to the nursing profession and continues to be a trailblazer in the nursing profession in the state of Alabama and beyond.

Sylvia Homan devoted her career to enhancing nursing education and improving healthcare in Alabama. During the early years of her career, Homan served as the Nursing Supervisor at Bryan Whitfield Memorial Hospital in Demopolis, Ala., where she established the first critical care unit and developed the curriculum for employment in the critical care unit with an emphasis upon arrhythmia recognition and intervention, utilizing the algorithmic approach.

Dedicated to community service, Homan provided numerous professional presentations within the region, primarily in the areas of cardiovascular and respiratory assessment and management, as her research interest was in the identification of cardiovascular risk factors in adolescents.

Deborah Wesley's career has taken her from a Nursing Assistant at 16 to various roles in nursing and healthcare leadership. She has always maintained a focus on the core mission of healthcare delivery based in evidence-based practice, ongoing development of nurse clinicians and mentoring nurse leaders to facilitate quality patient outcomes. Wesley earned her bachelor's degree in nursing from Jacksonville State University, her master's in nursing administration from the University of Alabama at Birmingham and completed an administrative residency at Medical Center East in Birmingham, Ala.

Her career journey reflects the vast opportunities for nursing professionals to influence healthcare delivery and resource allocation from the patient bedside to facility and program development. Wesley has often been described as the perfect combination of a nurse that is a business person (or a business person that happens to be a nurse) but she has never lost sight of her passion for providing the best care for patients and their families. Wesley retired from Children's of Alabama in March 2020.



Left: CCN faculty and staff attended May's College Assembly via Zoom.

CCN'S COVID-19 RESPONSE

CCN FACULTY & STAFF WORK TOGETHER TO DEVELOP CREATIVE MEANS OF CONTENT DELIVERY WHILE TRANSITIONING TO DISTANCE-LEARNING MODELS

The novel virus COVID-19 caused a major disruption at universities throughout the world, including The University of Alabama. The Capstone College of Nursing and all colleges at UA were met with the challenge of making a swift reconfiguration of course delivery in a short period of time. On March 13, UA closed for spring break. Instead of the usual rest and relaxation that the break brings, our faculty and staff set to work, preparing for the possibility of a complete transition to remote learning for the remainder of the spring semester. While this mode of educational delivery presented many UA departments with unimaginable challenges, CCN had the unique challenge of creating comparable clinical nursing experiences through a virtual medium.

Nursing schools across the country have been faced with the same obstacle: providing opportunities for students to complete clinical hours. Fortunately, by March, the majority of CCN students had completed most of their clinical requirements, or had passed the 50 percent completion point, which was permitted, for this year only, by the Alabama Board of Nursing. For any remaining clinical hours, CCN faculty engaged in various creative strategies to provide clinical opportunities for their students. For instance, Complex Client faculty developed four case studies in a video format with questions embedded throughout the study; students were given preparatory work to complete, then the clinical groups would complete

the studies via Zoom. Students in Mental Health supplemented their clinical work through an interview project. Each student was given a topic and a list of therapeutic and non-therapeutic communication techniques. Using the topic and techniques, they conducted an interview and documented their conversations, pointing out the therapeutic and non-therapeutic techniques they used.

CCN's RN to BSN and graduate programs were already offered online; and therefore, those courses required minimal changes to format and delivery. However, there was a major shift in the lives of the students enrolled in our programs. Many, if not all, of our mobility and graduate students are working on the front lines of healthcare during this challenging time. They were often completing back-to-back 12-hour shifts working in COVID units, and then coming home to self-isolate to avoid risking the health of their families. It was at the end of these long days or nights that these dedicated students would turn to their school work. Knowing the increased demand on our student's time, energy, and creativity, we as a faculty extended our arms and our deadlines to support our students' learning needs.

A major change for the graduate programs involved three events that bring our students to campus each spring. Under normal circumstances, we offer two on-campus spring intensives for our doctoral programs (DNP & PhD). Both multi-day Doctoral

intensive programs were rapidly converted to online virtual experiences with a combination of synchronous sessions and asynchronous learning opportunities. The scheduled speakers recorded sessions or delivered them live online. The students and faculty Zoomed in to participate and learn from each other and program feedback was overwhelmingly positive. Additionally, our Nurse Practitioner faculty and students usually gather on campus for a two-day intensive orientation and skills event. This intensive was also shifted from in-person to synchronous online Zoom sessions. Faculty and administrators were able to meet and encourage the students as they transitioned into their clinical rotations.

As the adapted spring semester came to a close, it became apparent that traditional in-person learning would not be possible for the summer semesters. This posed a significant challenge for CCN's Nursing Fundamentals course, which requires 180 clinical hours for completion. Partnering clinical sites were unable to place students in their agencies in the midst of a global pandemic, so both Fundamentals and the complementary Pharmacology course were rescheduled for the fall semester. This means faculty will be teaching double cohorts in those classes this fall.

As we continue to move forward and plan for the upcoming academic year, several faculty and staff have developed creative solutions to traditional learning, employing a hybrid mode of delivery to combine remote learning with in-person aspects throughout the fall semester. Some of these solutions, submitted by traditional BSN faculty members, are listed below.

- Semester 4 faculty have collaborated to rotate all students 50 percent through every clinical site (CC, OB, and Peds) by October 1, then back through again. This will provide each student the opportunity to move through each rotation, even if the semester is interrupted.
- A partnership with a Nigerian organization will allow for Zoom clinical opportunities, working with the children at their school. Our nursing students will assess the growth and development milestones of a classroom of Nigerian children and provide health promotion education. An additional benefit of this opportunity is the cultural training for our students (for example, when discussing nutrition education: An apple is an easily accessible, healthy food choice in the U.S., but it's not readily available in their region, so students would learn locally accessible food options.).

- A new project has been developed for Pathophysiology that fosters student subject-matter expertise for specific diseases. In this project, the students create an online presentation, concept map, discussion board, and 3 potential test questions pertaining to their assigned disease. All students view their peers' work and engage in dialogue through the discussion boards, allowing the students to serve as educators for their peers.
- Simulation Kits (which include models for injections, wound care, etc.) will be provided to students to augment the teaching of clinical procedures during this time of hybrid learning. This hands-on practice is imperative in developing our nursing students' psychomotor skills. These kits, developed for home use, allow students to practice critical skills with faculty guidance and instruction via Zoom. Extended practice time outside the classroom not only builds confidence, but also allows faculty to maximize limited in-person laboratory hours during this period of social distancing.
- Other strategies include using online medical scenario games that test students' critical thinking skills and faculty created virtual escape rooms where students have to discover medical clues, solve clinical puzzles, and accomplish nursing actions to save the patient or "escape" the scenario.

The COVID-19 pandemic will be remembered as a time when nursing education was challenged to be flexible and creative. At the Capstone College of Nursing, our faculty, staff, and students have successfully demonstrated their tenacity and creativity. Through the above strategies and many others, we at CCN are confident we can continue to provide a robust learning experience for each of our students.

We are so proud of our students, faculty and alumni on the frontlines of the health care industry, and vow to continue our mission to promote the health and well-being of the people of the State of Alabama, the nation, and the world through nursing education, research, scholarship, and service.



CCN's Kim Armstrong's social-distancing techniques are out of this world!



ALUMNI NEWS

Class of 1954

Dorothy Ray Scarbrough, RN, MSN was selected for the Albert Nelson Marquis Lifetime Achievement Award.

Class of 1993

Hope Harper Webb, PhD, RN, CNE graduated from William Carey University in August 2019 with a Doctorate of Philosophy in Nursing Education and Administration.

Class of 1999

CDR retired **William J. RouLaine** retired after 22 years of exemplary military service overseas, abroad ship and in multiple deployed environments. He served at the tip of the spear through go-live and Initial Operating Capacity (IOC) for the latest multibillion dollar venture to place all of DOD under one electronic health record. Post military, Roulaine is working to improve the lives of the elderly population through rehab and skilled care in the beautiful city of Gig Harbor, WA.

Jennifer Sanders of Andalusia, Ala. celebrated 17 years in home health!

Class of 2009

Stephanie Woods MSN, RN, NE-BC, LSSGB is an associate vice president of clinical operations at UAB with oversight of Emergency Services, Medical Emergency Team, Critical Care Transport, and the Serious Infectious Disease Team. Woods was honored by Jefferson State Community College as its 2020 Outstanding Alumnus.

Class of 2010

Michael Greco, PhD, DNP, CRNA, is overseeing all nurse anesthesia operations for Northwell Health during the COVID-19 pandemic in NYC.

Class of 2012

Jessica Peck, DNP, APRN, CPNP-PC, CNE, CNL, FAANP is president-elect of the National Association of Pediatric Nurse Practitioners.

Class of 2013

Kirk Naugher, D.O., BSN, RN graduated medical school from the Alabama College of Osteopathic Medicine in May 2020, and will begin training as an Anesthesiology Resident at Saint Louis University.

Class of 2014

Yesenia Rivera was recently promoted to the rank of Captain in the United States Air Force. During the COVID-19 pandemic, Rivera has worked frontline in the ASU/PACU ensuring warfighters and their families get the surgeries they need.

Brandon Caldwell received DCH Health System's DAISY Award in March 2020.

Class of 2017

Alex Farmer was recognized as a Rising Hero in May 2020 by WDHN, the ABC television affiliate in Dothan, Ala.

Class of 2018

Steven Vuong received the February 2020 DAISY Award at Children's of Alabama.

Class of 2019

Garrett Hoard completed his MBA from the Manderson Graduate School of Business in May 2020, and will be working in the cardiothoracic and transplant ICU at Baylor University Medical Center in Dallas, Tx.

DISTANCE LEARNING STUDENT FINDS INSPIRATION IN 11 CHILDREN

A strong support system is essential for any college student while navigating the path to a degree.

Bryant Welbourne, UA Strategic Communications



For Sarah Rickenbacker, a distance learning student from Johnson City, Tenn., May 2020 CCN RN-to-BSN graduate, her supporting cast of 11 children, seven of whom are also in college, is as strong as you'll find.

Rickenbacker was raised in a military family and spent her junior high and high school years in Alabama while her father was stationed at Fort Rucker. Her mother was a nurse and Sarah quickly became intrigued with the profession after seeing so many express their gratitude for her mom.

"It was always sweet to hear my friends talk about how much they appreciated my mom caring for their family members," said Rickenbacker. "It made me proud to know she provided comfort during their times of suffering."

Following high school, Rickenbacker put her goal of becoming a nurse on hold as she fulfilled her lifelong dream of becoming a mother.

"From a young age, I knew I wanted to be a mother one day," said Rickenbacker. "I consider being a mother a true vocation and honor."

Rickenbacker and her then-husband would go on to have nine children. When she became a single mother, she knew she had to find a way to provide for her children.

Despite numerous challenges that come with life, raising nine children and nursing school, Rickenbacker became a nurse and has worked in the field ever since, recently as a travel nurse. But over time, she became interested in specializing and advancing in the profession.

"I developed a fascination with neurology and fell in love with it," said Rickenbacker. "The brain is so cool, powerful and mysterious. There is so much to learn and discover."

Rickenbacker has her eyes set on becoming a nurse practitioner with a specialization in neurology. In order to move forward, she had to first obtain her BSN.

Fully aware she had to find an online program that best fit her schedule, Rickenbacker recalled her time in Alabama as a teenager and the admiration she developed for the Capstone.

"I looked at several universities but in the back of my mind, I knew I wanted to go to UA," said Rickenbacker. "I wanted to be able to say I'm a graduate of The University of Alabama."

Rickenbacker says her experience in the Capstone College of Nursing's online RN to BSN program was

better than she ever could have imagined. As she continued to work to support her family and pay for tuition, she leaned on the support of faculty and staff to keep going.

"Trying to juggle life, raising two teenagers and school was very tough at times," said Rickenbacker. "But the instructors were so encouraging, understanding and flexible when I desperately needed it."

She also believes much of her success is due to the strong support of her current husband Scott, who added two more children to the family, and his parents.

"Their confidence in me has never wavered, keeping my spirits up when I doubted I could continue," said Rickenbacker. "They truly have been my personal cheerleaders."

Rickenbacker's perseverance was evident as she worked toward her BSN. Michelle Cheshire, RN mobility coordinator with CCN, describes Rickenbacker as a passionate and resilient student.

"Sarah is authentic, genuine and isn't scared to share her vulnerabilities. She is certainly a role model for those who believe they have too many outside responsibilities to continue their education."



Rickenbacker's journey at the Capstone has come to an end, but she hopes her story is not only an inspiration to parents who might be nervous about pursuing a degree while raising a family, but also to her 11 children and six grandchildren.

"If a parent is apprehensive about going back to school, I would say that's a good thing because it shows you're aware of the challenges and forces you to prepare for them," said Rickenbacker. "Like setting any other goal, you'll have to make sacrifices but it's well worth it."

"Most important, I believe it sets a great example for your children. It shows you're never too old to set a new goal or have new aspirations. Although I'm completing this step in my education, I'm not finished yet."

ALUMNI & FRIENDS



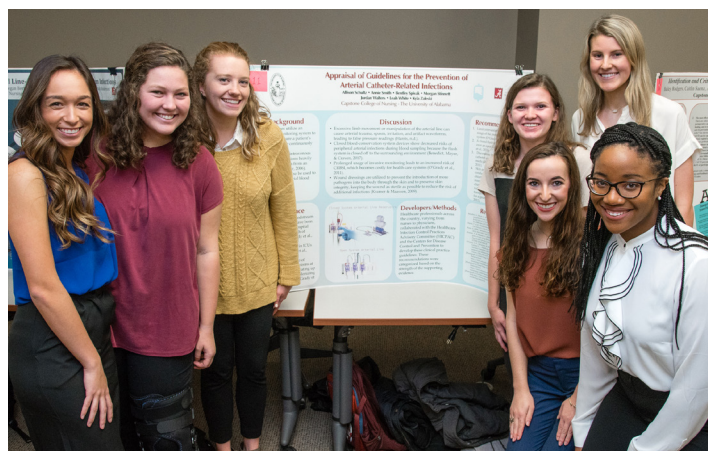
CCN Faculty members showing their support at the 2019 Alabama Nursing Hall of Fame.



CCN's August 2019 DNP graduates. Roll Tide!



Congratulations to CCN's August 2019 MSN grads!



Kyla Zaleski, Annie Smith, Jordan Walters, Allison Schultz, Morgan Stinnett, Bentley Spivak and Leah White following their student research poster presentation.



Sage Herriot, John Jackson, Lisa Hunt, Andrew Harris, Lauren Hardin, Courtney Hamner and Sarah Helm organized a blood pressure screening at Brookwood High School's Homecoming game as part of their Community Health class.



Ali Grace Shelton, Dr. Melondie Carter, Sam Gleason and Hillary Melton at CCN's Alumni Homecoming Tailgate.



Drs. Cheryl Hines, Amy Lee and Whitnee Brown as nurses through the decades at CCN Trick or Treat.



The faculty and staff go all out for CCN Trick or Treat!

ALUMNI & FRIENDS



Alumni Leadership Board members Steven Galvez, Stephanie Massey and Philip Fikes at the 2019 Alumni Tailgate. Pictured with Rosemary Russell.



CCN Fundamentals students held a flu shot clinic in the rotunda of the nursing building.



Dr. Mary Ann Kelley and Allison Turner pose at CCN's holiday social.



Dr. Johnny Tice with student mentors at CCN's peer mentoring cookie social.



CCN welcomed 11 Chiba University students for a two-week visit in February.



Drs. Lippe, Prevost, Mumba, Kaylor and Key accepting the Hester Klopfer Global Health Award on behalf of CCN.



Dr. Joseph Bertulfo (second from right) presented at the Burrage Memorial Lectureship, honoring male nurse leaders.



Congratulations to our Fall 2019 graduates!



Expansion Progress. Photo taken June 23, 2020.

EXPANSION ALLOWS STUDENTS UNIQUE HOME HEALTHCARE TRAINING

Anita Hamlett

The new addition to The Capstone College of Nursing could not be forthcoming at a more essential moment in time. When we open our doors to the new wing in January 2021, the additional learning space will allow our College to respond to a backlog of needs from the months students could not participate in clinical laboratory experiences due to the pandemic. We will also celebrate the growth of our nursing educational program by expanding student learning and collaboration space and equipping faculty with the square footage needed to conduct research, prepare lectures, and meet one-on-one with students. Students are thrilled that the expansion will include food service, an outdoor terrace and meditation labyrinth, as well as additional study space.

As part of the expansion project, pending approval by the The University of Alabama Board of Trustees, CCN will establish the Charles D. and Mary Sue Beard Home Healthcare Laboratory, UA's first Home Healthcare Lab. The funding for the naming of this lab space was provided by a pledge from two of Charles' and Mary's children, John Beard and Susan Brouillette.

"Our parents are both deceased and we want to continue to honor them for their many years of service in healthcare to the citizens of Alabama," said Susan Brouillette in regard to the naming. "Our parents were pioneers in home health. We were the first private home health care agency in the Birmingham area."

Charles Beard was a retired WWII pilot and related to

the need for home health care because his mother died in a nursing home while he was stationed away with the military. Charles and Mary Sue founded Alabama Home Health Care in 1970. The business became known as Alacare, and later Alacare Home Health & Hospice; it remained a family owned and operated business until John and Susan sold the company in 2019, now Encompass Home Health & Hospice

Susan continued, "Home Health and Hospice are areas of growing patient need and career opportunity. We are excited to assist the Capstone in providing this focused laboratory. We, as a family, understand how critical this care is and are grateful to help future nurses learning about its tremendous value."

Centrally located on the second floor of the 30,000+ square foot new wing, the lab will mirror the appearance of a studio apartment, complete with a living space, kitchenette, bedroom and bathroom. The college paid close attention to details, such as including a full-size tub to allow students the opportunity to practice safe transfers of patients throughout living quarters.

"We are grateful for all our donors and especially for those who provided naming opportunities within the expansion," said Dean Suzanne Prevost. "During the quarantine, the essential role of Home Health Care providers has been brought to the forefront and we are particularly proud to make this type of laboratory space available at The University of Alabama for the first time in CCN's history. We are honored that John and Susan

chose to support the college's priorities and continue their parent's legacy through naming this space."

While the building expansion is now expected to be fully funded from previously identified resources, we are thankful to all donors who have made contributions to the college. Our gratitude is extended to the following donors who made pledges or outright gifts associated with the proposed naming opportunities in the expansion pending approval by the UA Board of Trustees:

Mr. John Beard and Mrs. Susan Brouillette: *The Charles D. and Mary Sue Beard Home Healthcare Laboratory*

Mr. and Mrs. Weldon Cole: *The Delores and Weldon Cole Collaborative Space*

Dr. Kathleen and Mr. Gordon Ladner - *The Gordon Ladner Family Conference Room in honor of Kathleen A. Ladner, PhD, RN, FACHE*"

CCN Board of Visitors - *The Capstone College of Nursing Board of Visitors Collaborative Space*

The Community Foundation of West Alabama - *The Eugenia Patton Faucett Conference Room*

The Hill Crest Foundation - *The Hill Crest Foundation Outdoor Terrace*

Mr. and Mrs. Wayne Hogg - *The Glenda Hogg Office*

Mr. and Mrs. Mark Boardman - *The Cathryn and Mark Boardman Office*

An anonymous gift associated with the outdoor Labyrinth Garden

If you are interested in the remaining naming opportunities, please visit giving.ua.edu/nursing and contact Anita Hamlett at 205-348-9876 or ahamlett@ua.edu.

Funds accepted for future naming opportunities will be used to support 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.

Renderings of CCN's Outdoor Labyrinth Garden.



STEP OUTSIDE AND DE-STRESS

Taylor Garner

The Conscious Attention using Labyrinth Meditation (CALM) Initiative originally began through UA Crossroads Community Center's Inclusive Campus Breakfast. After extensive research of labyrinth meditation, several on-campus departments worked to bring this mindfulness-focused initiative to UA. Labyrinths are used mainly in spiritual settings and are found in many faith-based organizations around the world. Using them as a walking meditation practice has been found to help with stress relief, mindfulness, reflection, and team-building.

Abby Horton, full-time clinical instructor at CCN, completed a Labyrinth Training Program to be able to facilitate UA CALM Workshops. Upon completion, Horton began including Labyrinth walks in her class lectures and events that focus on stress and coping.



"A Labyrinth combines the imagery of the circle and the spiral into a meandering but purposeful path, which represents a winding journey to our own inner center and back out into the world," Horton states. "Walking, coloring, or tracing a Labyrinth can be a source of stress relief and as such, it is a wonderful tool to facilitate mindfulness and meditations. Healthcare providers, particularly nurses, can greatly benefit from incorporating more mindfulness activities, like the Labyrinth, into their self-care practices."

Through the generosity of an anonymous donor, CCN is proud to be adding a permanent outdoor Labyrinth Garden just steps outside of the building! Work-life balance remains a priority for CCN faculty, staff and students, and this will provide a beautiful outlet for mindfulness and relaxation.



COLLEGE NEWS

MAY 2019 GRADS BOAST 100% NCLEX PASS RATE

Graduates of The University of Alabama Capstone College of Nursing continue to be among the best and brightest nurses entering the workforce each year. CCN is proud to announce that its May 2019 BSN graduates achieved an impressive 100% pass rate as first-time takers of the National Licensure Examination (NCLEX-RN). This cohort boasts a percentage well above national and statewide averages of 87 percent and 91 percent, respectively.

"We are so excited about our 100% NCLEX pass rate for the spring 2019 nursing graduates," said Dr. Melondie Carter, CCN Assistant Dean of Undergraduate Programs. "This pass rate is indicative of the quality and hard work of our students, faculty, staff and administration. We celebrate the success of these graduates and look forward to seeing them succeed in their nursing careers. Roll Tide!"

The NCLEX-RN examination utilizes computerized adaptive testing which assembles the exam interactively as the individual is tested. Each jurisdiction of the National Council of State Boards in Nursing (NCSBN) requires candidates for licensure to meet set requirements that include passing an examination that measures the competencies needed to perform safely and effectively as a newly licensed, entry-level registered nurse. NCSBN developed the NCLEX-RN which is used across the U.S. to make licensure decisions.

UACCN RANKS AMONG BEST ONLINE NURSING PROGRAMS FOR 2020

The Capstone College of Nursing at The University of Alabama is proud to announce its online programs have again been ranked among the best in the country by U.S. News & World Report.

CCN's MSN, Nursing Administration concentration was ranked No. 12 by the publication, and was the only program in Alabama and the Southeastern Conference to be ranked in this category. Additionally, the College's MSN, Nurse Practitioner program was ranked No. 9, the only program in the state included in this category.

"Being included on this list is a high honor for The Capstone College of Nursing," said Dr. Suzanne Prevost, Dean of CCN. "We at CCN strive to provide the best educational opportunities for practicing nurses in a flexible, online format. It is the passion of these lifelong learners, coupled with our enthusiastic and highly-qualified faculty and staff that contributes to our continued success."

U.S. News & World Report's Best Online Nursing Programs were determined based on the institution's performance across five categories: engagement, faculty credentials and training, expert opinion, services and technologies, and student excellence.

CCN currently offers the following graduate programs: MSN Nurse Administrator; MSN Nurse

Practitioner (Family and/or Mental Health); Doctor of Nursing Practice; Joint Online Nursing Science PhD program; and post-graduate Nurse Practitioner Certificate Programs.

The goal of all CCN degree programs is to prepare qualified and caring nurses to meet the needs of our state and nation.

MONTGOMERY ASSUMES NEW ROLE AS SENIOR ASSOCIATE DEAN



CCN is pleased to announce that after 11 years with the Capstone College of Nursing, Dr. Michele Montgomery has been named Senior Associate Dean.

"I am thrilled to be assuming the role of Senior Associate Dean and honored that I had the support of the faculty who I truly value working with," said Dr. Montgomery. "I am excited to be working closely with Dr. Melondie Carter and Dr. Pat Carter, as well as faculty and staff, to ensure we maintain quality programs and explore new opportunities for growth, especially during these challenging times."

The Chief Academic Officer at CCN, the Senior Associate Dean has primary responsibility for providing visionary leadership in planning, implementing and evaluating baccalaureate and graduate programs which anticipate nursing workforce needs in a dynamic health care environment. The SAD provides administrative oversight of academic programs in collaboration with assistant deans, and provides leadership in assessing program needs and recruiting, retaining, and assigning faculty to meet the identified needs.

"One of the priorities set for CCN's Senior Associate Dean is to promote student and faculty success by creating an environment of open communication within the College and the University," said Dean Suzanne Prevost. "Dr. Montgomery's history with the College and our faculty and staff has equipped her to be successful in this role. We look forward to putting her skills to use fostering and maintaining an open and effective communication channel within CCN and across campus."

Dr. Montgomery's research focuses on addressing health disparities in rural and underserved populations. In July 2020, Dr. Montgomery, along

with Dr. Robin Bartlett, Dr. Betty Key, Brandi Lester and Dr. Paige Johnson, secured \$62,000 from Blue Cross Blue Shield of Alabama for their Hale County Health Screening project. "CCN Cares for Hale County" will focus on reducing health disparities and will be driven by community members' identified health needs, as well as by health-related outcomes. Taking a multifaceted approach, this initiative will work to decrease risk factors for heart disease, cancer, infectious diseases, childhood obesity, and mental health issues in one of Alabama's rural counties.

In 2019, Dr. Montgomery received the Faculty/Staff Distinguished Community-Engaged Scholar Award by UA's Council on Community Based Partnerships, recognizing her outstanding achievements in the area of community engagement and leadership in advancing engagement, scholarship and outreach at UA. 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.

FACULTY AWARDS AND HONORS

Dr. Keri Barron was selected for the 2019 -2020 Health Disparities Research Education Program at the University of Alabama at Birmingham.

Dr. Amy Beasley and **Abby Horton** received Alabama Nursing Foundation Scholarships.

Dr. Heather Carter-Templeton was recognized for an Outstanding Contribution in Reviewing for *Clinical Simulation in Nursing*.

Dr. Shameka Cody was selected to participate in the NIH Future Research Leaders Conference, and received the Extra Credit Award as a faculty member who was singled out by student parents, as a teacher who goes above and beyond to make a unique difference for UA students.

Dr. Amy Lee won the 2019 Association of PeriOperative Registered Nurses Journal Writers Contest.

Dr. Gwendolyn Hooper received an AORN Journal Writers award for "Adenosine Triphosphate-Bioluminescence Technology as an Adjunct Tool to Validate Cleanliness of Surgical Instruments."

Holly Stokley received a University of Alabama Learning in Action Fellowship.

WELCOME NEW FACULTY!

PATRICIA CARTER, PHD, RN, CNS



Dr. Patricia Carter was appointed as Assistant Dean for Graduate Programs at CCN in January 2020. Prior to arriving, Dr. Carter was senior faculty at the University of Texas at Austin School of Nursing. During her tenure at UT Austin, Dr. Carter served in a number of administrative roles including Assistant Dean for Student and Clinical Affairs, Holistic Adult Health Division Chair, and Program Director for the Leadership in Diverse Settings program. Dr. Carter's research is focused on understanding factors that contribute to quality of life for vulnerable populations. Specifically, Dr. Carter has developed and tested behavioral interventions to promote sleep quality in patients and their family caregivers.

HEATHER COLE, MSN, BSN



Heather Cole is a clinical instructor and simulation specialist. She is a 2013 graduate of CCN's BSN program. Her clinical expertise is in long term acute care and wound care. Heather graduated from the University of North Alabama with a MSN in Nursing Education, and is currently enrolled in CCN and UAH's Joint Nursing Science PhD Program.

DELORIS GAYLE FIELDS, DNP, RN



Dr. Gayle Fields joined CCN as a clinical instructor in January 2020. Throughout her career, Dr. Fields has taught hundreds of clinical groups ranging from beginning students to senior students. She has extensive experience in remediation with students at every level of nursing and has taught and developed courses across traditional and accelerated BSN programs.

KRISTEN KEEN, MSN, BSN



Kristen Keen earned a bachelor's degree from the University of Central Florida, and her BSN from Cumberland University. In 2019, Keen completed her MSN from Vanderbilt University. She began her nursing career in med-surge before transitioning into mental health nursing at Vanderbilt Psychiatric Hospital. Keen is a board certified psychiatric-mental health nurse practitioner. Prior to joining CCN as a full-time instructor, she worked as a nurse practitioner in a community mental health facility in Florida. She is a member of Sigma Theta Tau.

KATE MCCONATHY, MSN, CRNP



Kate McConathy is a proud 2011 CCN BSN graduate. She worked as a floor nurse and assistant nurse manager on the Orthopedic/Trauma Unit at UAB hospital. She graduated from UAB with a MSN as a Family Nurse Practitioner in 2015, and is currently enrolled in CCN and UAH's Joint Nursing Science PhD Program. She continues to practice as an Internal Medicine Nurse Practitioner part time and is a full time Clinical Instructor at CCN.

RICHARD MERRILL, PNP, DNP



Dr. Richard Merrill earned a direct commission and served a total of 22 years in the U.S. Air Force after working four years at the Children's Hospital of Alabama. Most recently, as Chief Nurse Executive for the 501st Combat Support Wing at Royal Air Force Alconbury, United Kingdom, he was the principle nurse advisor in matters concerning highly reliable nursing practice, staff education and training, and performance improvement. Dr. Merrill earned his MSN and DNP from UAB, and is a certified pediatric nurse practitioner. Dr. Merrill has held various leadership positions throughout his military career with expertise in disaster management, readiness exercise evaluation, resilience, preceptor development, and aircrew training.

AMANDA NANCE, MSN, BSN



Amanda Shaw Nance joins CCN as a full-time instructor. Nance previously worked as a staff nurse at Children's of Alabama on the Hematology/Oncology Inpatient Unit, and most recently, as a nurse and case manager for DCH Health System. She earned both her MSN (2018) and BSN (2013) from the Capstone College of Nursing.

BETH SHADOAN, MSN, RN



Beth Shadoan joins CCN as a clinical instructor, and has been employed at St Vincent's East Hospital in Birmingham, Ala. since 1989. Shadoan returned to school in 2014 to earn her MSN in nursing education from Samford University. She worked as a clinical educator for UABSON in both adult health and the accelerated masters program. Shadoan is a member of AACN, ASNA, and Sigma Theta Tau honor society. She volunteers with the American Foundation for Suicide Prevention. In spring 2020, Shadoan worked at Interfaith Medical Center in Brooklyn, N.Y., during the covid-19 crisis.



COLLEGE NEWS

DR. ALICE MARCH RETIRES IN SPRING 2020

In April 2020, after a 13-year tenure at the University of Alabama, Dr. Alice March retired from The Capstone College of Nursing.

"Dr. March was a determined student advocate, passionate about providing the best experience and education possible for every CCN graduate student," said Dean Suzanne Prevost. "She devoted so much to our program, and she will be truly missed."

Over the course of her time at CCN, Dr. March generated an incredible \$6.7 million in program and grant funding. This funding created strong partnerships with outside organizations and provided funding for many of our students to complete their degrees without accumulating burdensome student loan debt.

Dr. Stephen Tomlinson, Department Chair, Educational Leadership, Policy and Technology Studies, worked very closely with Dr. March through the College of Education and CCN's joint EdD for Nurse Educators program. In this partnership, Dr. March held herself to exacting standards, always completing tasks promptly and efficiently, with great attention to detail. Dr. Tomlinson recalled Dr. March's thorough work with her EdD students, "I can testify to the extensive support and direction she offered her dissertation students. The studies she directed were meticulously prepared, intellectually thorough, and well-written—her advisees were always prepared for questioning and confident in

their subject. This was the product of Dr March's close attention to their work and thoughtful nurturing of their academic skills."

Dr. Tomlinson went on to say, "She was always available to discuss problems and meet with students, she listened and learned from others with a true sense of humility. She was caring in her relations with faculty and students, judicious in her actions, and unwavering in her dedication to the program."

Dr. March joined CCN in 2007 as an assistant professor, teaching both undergraduate and graduate students, and remained in that role until 2012 when she became an associate professor focusing on graduate teaching. In 2014, Dr. March made the transition into Assistant Dean for Graduate Programs. During her four years in that position, she oversaw the revision of CCN's DNP program, developing a program independent of the previously joint program with UAB and UAH. Dr. March is retiring to Texas to be closer to family and enjoy life on the Gulf.



RESEARCH UPDATES

CCN STUDENT AWARDED PRESTIGIOUS APNA SCHOLARSHIP



Fifth semester BSN nursing student, Josie Niedermeier, was selected as one of 30 undergraduate and graduate students to receive the 2020 American Psychiatric Nurses Association Board of Directors Student Scholarship.

Through this scholarship program, nursing students "gain valuable exposure to

the psychiatric-mental health nursing profession and kick start their leadership development." The award includes registration, travel and lodging expenses to attend the APNA Annual Conference, as well as a one-year membership in the APNA.

"I am so honored and humbled to receive the APNA Scholarship," said Niedermeier. "I have always had a great passion for mental health and look forward to serving this community through nursing after I graduate. I am excited to connect with other nurses who share this interest. This conference will allow me to further my knowledge by hearing respected speakers who are experts in the field of psychiatric nursing."

Niedermeier has worked with Dr. Mercy Mumba for three years as a research mentee, aiding in a number of Mumba's studies. Additionally,

Niedermeier is working on her own research study, designing the study, completing the literature review, applying for IRB approval and collecting data all on her own, outside of school and other research commitments.

"I cannot thank Dr. Mumba enough for being so supportive and patient with me during my research journey. Working with Dr. Mumba has given me opportunities to be a co-author on her research articles and has also inspired me to create a study of my own. I enjoy being able to learn more about mental health through research and plan to apply that knowledge to my future patients," said Niedermeier.

Upon hearing news of the award, Dr. Mumba said, "I nominated her for this award because she is passionate about mental health and health disparities related to mental health. I'm very proud of all the work she's doing in my research lab, working on my other studies, but more importantly, she is currently working on her own research study under my mentorship. She is very hard working and I'm very proud of her. She was chosen as one of only 30 students (both graduate and undergraduate) nationally."

Niedermeier will graduate in December 2020, and plans to pursue a Psychiatric Mental Health Nurse Practitioner degree, and eventually, her PhD.

LIPPE RECOGNIZED AS SOJOURNS SCHOLAR



Capstone College of Nursing assistant professor, Dr. Megan Lippe, has been accepted into the sixth cohort of Cambia Health Foundation's Sojourns® Scholar Leadership Program. The program's purpose is to identify, cultivate and advance the next generation of palliative care leaders. Each Scholar receives funding over a two-year period to conduct a project that will essentially enhance the field of palliative care. Those Scholars also will be mentored in the design and implementation of a development plan that supports their growth as national palliative care leaders.

Dr. Lippe is one of 10 selected to help advance the field of palliative care, and she is elated to see her project come to life over the next two years. "I am so honored and humbled to have been selected to be a Sojourn Scholar," said Dr. Lippe. "I know several past and current scholars, and these amazing individuals have contributed substantially to the advancement of the field of palliative care. As one of the few nurses selected, I am appreciative to Cambia for awarding me this opportunity; and I am also excited for the road ahead. My work as a Sojourn Scholar will allow me to make a meaningful impact on the provision of palliative care in Alabama."

Dr. Lippe's research focuses on palliative and end-of-life care education. Her passion for palliative care is shown with her funded scholarly project..

"Alabama ranks as the one of the worst performing states in the provision of palliative care, consistently receiving a D grading on Center to Advance Palliative Care (CAPC) state report card," said Dr. Lippe. "The state is mostly rural, and few specialized palliative care clinics or providers are accessible for Alabama residents, except near Birmingham. Many patients with serious illness in the state receive their care from APRNs in primary care settings. However, the poor statistics in the state suggest that these APRNs are an untapped resource for enhancing the provision of primary palliative care."

Palliative care education has been and will continue to be Dr. Lippe's passion. Through this project, she hopes to become a change agent in the field of palliative care by advocating for students and nurses to be educated and competent in providing

palliative care to all patients and their families. "I hope this project is just the first step in a long road of advocating for and creating change within the field of palliative care."

CODY RECEIVES NIH DIVERSITY SUPPLEMENT



Dr. Shameka L. Cody, Assistant Professor at the Capstone College of Nursing, was awarded a diversity supplement from the National Heart, Lung, and Blood Institute at the NIH to examine the impact of insomnia on pain, physical function, and inflammation in adults with HIV

and substance use disorder. This three-year project will support the parent grant (R01HL147603, PI: Goodin). In collaboration with researchers in the Department of Psychology and Biobehavioral Pain Research Laboratory at the University of Alabama-Birmingham, Dr. Cody will examine substance use patterns and inflammation in HIV+ and HIV- individuals with and without insomnia.

Insomnia and chronic pain are commonly reported among people living with HIV (PLWH), with a higher prevalence compared to the general population. There is evidence that poorer sleep quality and pain are associated with increased inflammation and substance use disorder. Substance use disorder is another comorbidity that is associated with systematic inflammation in PLWH. The overarching hypothesis is that insomnia will be directly related to greater prevalence of substance use, especially in PLWH. Further, PLWH and insomnia who demonstrate evidence of substance use will have the highest levels of pain sensitivity and pain-related inflammation.

This project will expand the previous work of Dr. Goodin (Associate Professor, University of Alabama in Birmingham) and colleagues related to chronic pain and inflammation. This study adds to the field of HIV and sleep research, and findings from this study will be used to guide clinicians as they prescribe medications to simultaneously treat insomnia and chronic pain in HIV+ substance users. A long-term goal includes the development of a multimodal intervention to improve sleep quality, pain management, and prevent drug relapse in HIV+ substance users.

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