

CAPSULE

MAGAZINE

Winter 2018

HUGS & HIGH FIVES

Volunteering Relieves Stress
of School for Nurse Pursuing
Advanced Degree

4 Hugs and High Fives

20 Wild Ride Into Retirement

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Suzanne S. Prevost

GRAPHIC DESIGN

Sarah O'Mary
Strategic Communications
Office of Design and Production

CONTRIBUTING WRITERS

Tabby Brown, Rebecca Cole

CONTRIBUTING PHOTOGRAPHERS

Jeff Hanson, Patrick McIntyre, Zachary Riggins, Matthew Wood

DIRECTOR OF DEVELOPMENT

Anita K. Hamlett

CAPSTONE COLLEGE OF NURSING

Box 870358
Tuscaloosa, AL 35487-0358

COMMENTS, SUGGESTIONS, QUESTIONS

Rosemary Russell
rurussell@ua.edu

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DEAN'S MESSAGE

At The University of Alabama, we recognize the challenges of balancing work and family life. One of the four major goals in our strategic plans, at both the University and College levels, focuses on promoting work-life balance.

Finding the right balance can be tricky. At the Capstone College of Nursing, one way we encourage our colleagues to strive for work-life balance is by providing several opportunities for social interaction, like potluck lunches, tailgate parties and occasional formal events such as our recent Nursing Hall of Fame Banquet, featured in this issue of the *CAPSULE*. We also promote physical activity through our WellBAMA health promotion programs, fitness challenges, and fun events like our annual CCN Field Day.

In this issue, we share stories about our faculty, alumni and students engaging in well-balanced lives. You will see that many pursue their outside interests with as much passion as they apply to their professional careers.

Passion is a common characteristic among the most outstanding nurses, in clinical settings, in classrooms and in executive suites.

To all the passionate nurses out there, we wish you happiness and fulfillment in your work, as well as your personal lives. Let's all strive to be role models for our patients and seek healthy opportunities to experience joy through friends, family, faith, fitness — whatever brings happiness and balance to you.

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



HUGS & High Fives

**VOLUNTEERING RELIEVES STRESS OF SCHOOL FOR NURSE
PURSUING ADVANCED DEGREE**

BY TABBY BROWN

Capstone College of Nursing graduate Newton Tinsley is back in school working to add credentials to the RN which already follows his name. He has a passion for nursing and like many other nurses, wants to increase his knowledge and responsibility in the field.

“My aunt who is an RN inspired me to consider nursing. A caring anesthesiologist who reassured us during my sister’s surgery many years ago helped me focus on becoming a Certified Registered Nurse Anesthetist,” said Tinsley. He enjoys the interaction between nurse anesthetists and their patients. Being the link for patients and their families throughout the surgical process is what appeals to him most.

In his final year of CRNA school, his work days consist of long clinical shifts in the operating room. There he sharpens his skills,

At first, William and I were just hands on the ground helping out teachers at the school. The Schweitzer Fellowship keeps us focused and goal-oriented at Unless U. We now use our nursing expertise to teach health care classes to the students.

– Newton Tinsley

learning the nuances of interviewing patients during the pre-operative process, administering anesthesia, monitoring patients during the procedure and following up in the recovery room. His off days are filled with up to eight hours of studying. Though it is a stress-filled time, he is confident that the hard work will benefit himself and his patients.

Tinsley looked for a powerful stress reliever to counteract the pressures of such an intense learning endeavor, and service seems to be in his veins. “Giving back has always been something that is important to me,” he said. Tinsley and William Gafford, a good friend and classmate, make time to volunteer at a Birmingham non-profit, Unless U.

Tinsley and Gafford discovered Unless U at a school “lunch and learn” where founder and director Lindy Cleveland gave a presentation that made the organization, which provides a college-like setting for adults with developmental disabilities, sound special.

CRNA students are encouraged to log service hours during their time at Samford University. The two showed up at Unless U on a Friday and haven’t looked back.

Cleveland and her staff offer 50 students “the opportunity to experience all of the ‘next steps’ in life just like everyone else.” The students at Unless U choose their classes and electives, which include academics (math, reading, science, history and Bible study) and social skills, fine arts and life skills.

Life skills classes, which cover money, personal hygiene, technology and nutrition, have become a specialty of Tinsley and Gafford. They have taught students about hand-washing techniques and the importance of exercise.

The Albert Schweitzer Fellowship recently named Tinsley and Gafford to their 2017-18 class of Schweitzer Fellows for their work at Unless U. They are among 16 graduate students in Alabama who will spend a year creating



Tinsley and Gafford turn hand-washing into a science experiment.

and carrying out service projects addressing health issues.

According to Tinsley, “At first, William and I were just hands on the ground, helping out teachers at the school. The Schweitzer Fellowship keeps us focused and goal-oriented at Unless U. We now use our nursing expertise to teach health care classes to the students.”

Cleveland said, “For almost two years now, Newton Tinsley has been volunteering at Unless U almost weekly. I can hardly put into

words how exceptional he is and how vital he has been, and will continue to be, to our organization. Newton is incredibly selfless, patient, kind, dedicated and hardworking. It was truly mind-blowing to me that on his one morning off from school each week he got up early to spend time with our students.”

Tinsley said of his time at Unless U, “The moment I walk in, I can’t stop smiling. I feel like a superstar when I’m there.” He claims that he has never been the recipient

Tinsley and classmate William Gafford light up germs on a student's hand.

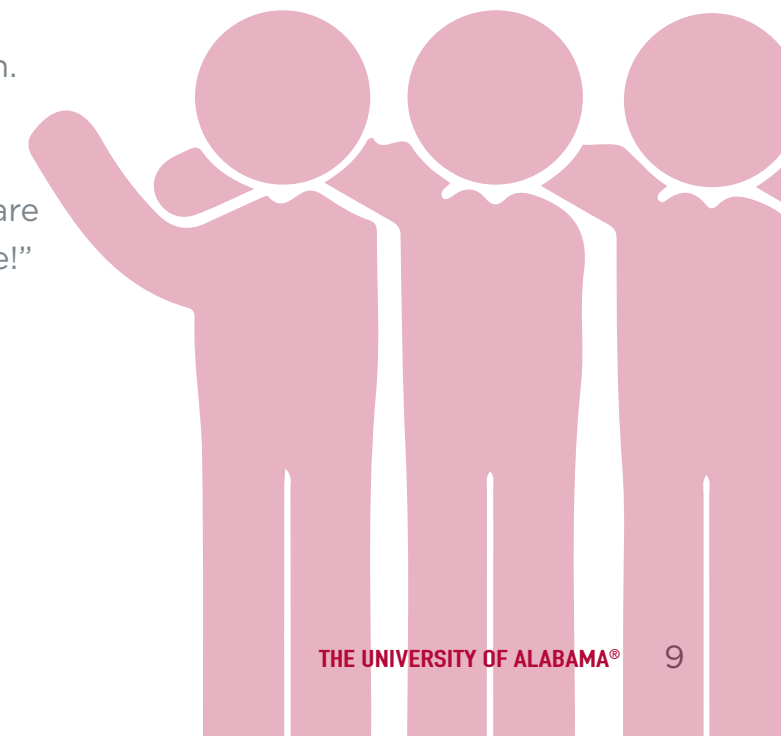


Newton Tinsley and Unless U Director Lindy Cleveland

of so many hugs and high fives in his life and no one ever gets too many of those. One highlight was his turn in the Compliment Chair. If anyone at Unless U has an occasion to celebrate, that person sits in a chair, everyone says one thing that they like about the honoree, and their comments are written down. Tinsley's Compliment Chair card contains many uplifting remarks and a few funny ones, too. "You are my lifesaver!" "You are handsome!" "You are a stud and have swag!" "You are my hero!" "You are a sharp dressed man!"

For Newton Tinsley, the things that bring his life balance are family, faith and friends. His

faith makes him passionate about serving others and he has found outlets for that, both on and off the clock. He plans to continue serving joyfully at Unless U when time allows and is planning an upcoming medical mission trip to Kenya.



ROAD TO *Resilience*

FACULTY MEMBER FINDS THAT JOY AND GRATITUDE MARK THE WAY

BY ABBY GRAMMER HORTON, CCN CLINICAL INSTRUCTOR

The road to resilience is much like trying to find your inner superhero without a map — it is both challenging and rewarding. One of the challenges is that resilience is so hard to define. Oftentimes, people consider resilience a personality trait: either you are born with it or you aren't.

I spent most of my life viewing resilience through this lens until I faced some personal challenges that caused me to pause and reflect on the truth of this long-held belief. Could I learn to be resilient? Nearly four years later, after embarking on my own

personal growth journey following my husband's diagnoses of thyroid cancer, melanoma and Lewy Body Dementia, my answer to this question is a resounding, "Yes!"

My journey of resilience began early in my marriage and young adulthood with my husband Chris's diagnosis of cancer. In the wake of these diagnoses and treatments, he developed chronic illnesses that changed the landscape of our lives.

The Hortons' five children spend time together at the playground.



It's a tough balancing act with five on a seesaw.



Loving ourselves through the process of owning our story is the bravest thing we'll ever do.

— Dr. Brené Brown, PHD, LMSW

Life grew more challenging when we added full-time employment, graduate school (twice), and had five young children, one of whom has special needs. My strong faith and the support of our family and friends sustained us during this time of crisis and transition. However, I still searched for something more.

Choose Joy

In my search to find meaning in the face of these and other life-changing events, I made the decision to choose joy. Professor of social work and renowned scholar Dr. Brené Brown's Ted Talk "Vulnerability" was a pivotal point in this journey of self-discovery that led to a deeper exploration of my life and my purpose.

A quote attributed to Carl Jung states: "I am not what has happened to me. I am what I choose to become." That resonated with me. I resolved that what those around me needed, including family, friends, colleagues, students and patients, was a joyful version of me. More importantly, I needed that for myself. I needed to feel hopeful again.

With that one shift in my mindset, I began to seek other ways not only to help myself and my family overcome life's challenges, but to help others as well. This new road to resilience has placed me on a

path of growth and development that continues to inspire me both personally and professionally.

Developing Resilience

What I discovered is a need for personal connection and meaning to develop resilience. I look for opportunities to cultivate connection with those around me. I seek to make meaning from what otherwise would be hardship.

My son Gramm — the younger of my twin boys — was diagnosed with a bilateral sensorineural hearing loss at birth. As his mom, I was devastated and frightened for him. He had an eventful neonatal

intensive care unit stay and I fell into the trap of blaming myself for his fragile medical condition. The guilt and shame that I felt lingered long after he was discharged from the hospital. It did not help that without his hearing aids, he could not hear my voice and I am sure he could sense my stress. He would cry each time I held him and my heart would break again and again. I blamed myself.

A year or so after his birth, my family and I were sitting in a restaurant in Grenada, Mississippi having a rare visit with my children's great-grandfather when a staff member took our drink order. After bringing my sweet tea, this kind lady

Horton speaks to her Honors Class, UH 120, about the Privilege Walk, an exercise designed to teach individuals about the effects of social privilege.



knelt beside me with tears in her eyes and asked if she could talk to me about my baby, who was wearing hearing aids.

I instantly felt tears well in my eyes. I listened intently to her story, and I knew we were meant to meet. Her toddler daughter had been given a referral to a specialist due to suspected hearing loss and her mom was too fearful to call and schedule the appointment. We chatted briefly and this sweet mom walked away with a smile and the intention of scheduling this dreaded appointment.

Although I might have helped this woman and her child by sharing my story with her, it was also my first step toward forgiving myself, allowing me to love my child without the feelings of overwhelming guilt. In that moment I realized I would never blame this mom for her child's hearing loss, so why should I blame myself? Looking back I see this experience as the beginning of my long road to resilience.

Looking Forward

Reflecting on the past 11 years, there are many memories and moments that I could share that speak to my

resilience experience. These make up the fabric of who I am today and are a part of my story. I am often asked how I manage to juggle work, a busy home life and full-time graduate school. It is difficult to explain to someone who

doesn't know my story how my family and I make our life work so well. My explanation for this lies in my deep sense of gratitude for the opportunities that I have been afforded.

I am so grateful that I have a career that challenges me and that I find to be inherently rewarding. It is a privilege to care for our patients and to educate our future nurses. I am fortunate to be working toward a doctoral degree that helps me grow professionally and that will later open doors for me. I am blessed to be raising five precious children who are the highlights of my life. When I work from a place of gratitude, managing a growing to-do list while balancing work and family becomes much easier.

My mindset has changed from "I have to" to "I get to." I get to coach baseball for my boys; I get to drive my girls to ballet; I get to write a 20-page paper on my research area; and I get to help students understand the conceptual foundations of nursing.

With that one shift in my mindset, I began to seek other ways not only to help myself and my family overcome life's challenges, but to help others as well.

There is this notion that work-life balance exists and can be achieved through some magic formula, but I don't subscribe to that point of view. I believe life is much too complex for true balance to be reached in all areas of our lives at all times. Some days work requires more of my attention (i.e., when I am preparing for a new semester) and other days my family needs my focus (i.e., when my girls are getting ready for their annual ballet recital). The important lesson for me in working toward some semblance of a work-life balance is the idea that I

want to live an intentional life based on my priorities.

While I do not think that it is realistic for the scales to always be perfectly balanced between work and life, I do think we can live in harmony knowing that there will always be give and take between the two. Every day is not full of joy and many days are still not without hardship, but I have found that there is always something to be thankful for, and I try to live in that place of gratitude.

Chris helping the boys find their balance.





On A MISSION

Stateside mission trip helps the people of Harlan County, Kentucky

Faculty, staff and students share their experiences below.

“For seven years, I’ve participated in this back-to-school mission. Our purpose is to make sure that the children of Harlan County, Kentucky, have what they need for a successful return to school. We distribute the basics like new socks, underwear, shoes, hygiene kits and gently used clothing. This year the project grew with the addition of members of CCN Serve, who provided health screenings for the entire family.”

“This trip makes me realize that I take for granted the everyday necessities and reminds me how blessed I truly am.”

Kerri Heritage, CCN Program Assistant



“This mission trip was truly humbling. It was so astounding to see how grateful the residents of Harlan County were for something just as simple as a free health screening. Our screenings were the only health care many of them would receive for the year.”

“You expect to go on a mission trip and impact others, which you do, but you end up being impacted far more than the people you’re there to serve.”

Maggie Ragusa, 5th Semester Nursing Student

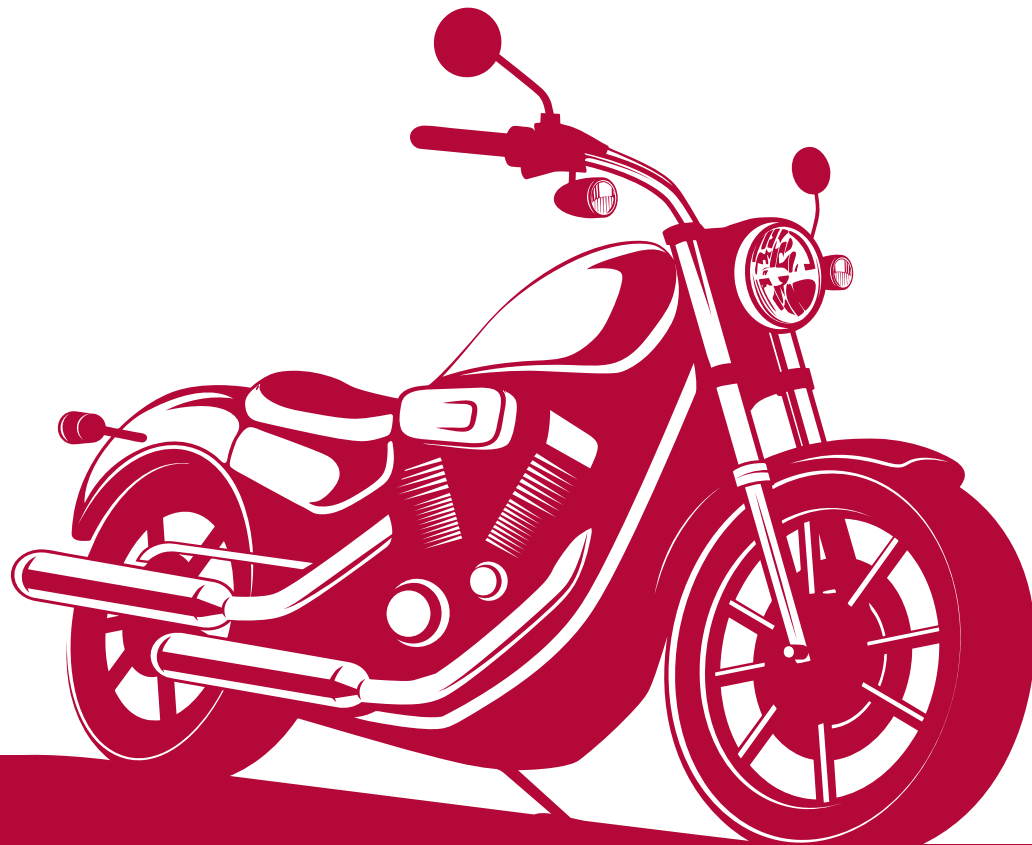


“We’re going back to Kentucky in May because they really enjoyed us being there and because of the impact we made. It’s nice to be able to provide service opportunities for our students stateside. Service is my passion and I want to instill that passion in my students.”

Dr. Leigh Booth, CCN Assistant Professor



WILD RIDE INTO RETIREMENT



NURSE EXECUTIVE TAKES RETIREMENT BY THE HANDLEBARS BY REBECCA COLE

It is not every day that you see a former nurse don a leather vest and hop on her motorcycle. But one current member of the Capstone College of Nursing Board of Visitors spends much of her time these days riding with her husband.

Dr. Vanda Scott, a Tuscaloosa native, is a retired CEO of Select Specialty Hospital in Knoxville, Tennessee. She received her bachelor's degree from the Capstone College of Nursing in 1979, one of the first nursing classes at the Tuscaloosa campus.

She got her master's degree in nursing at UAB and then came back to UA for her doctorate in education.

Once Scott received her doctorate, she moved to Tennessee to take a job at Fort Sanders Regional Medical Center, which now houses Select Specialty Hospital in its north wing. When she first began working at Fort Sanders, she was a nurse director in critical care and the emergency department. Here, she noticed that there were patients in ICU who didn't need to be there.



“They were still critical but they needed long-term care,” Scott said. “I did some research and came across something called Long Term Acute Care.”

Scott brought up the idea of implementing LTAC in the hospital to the CEO at the time, but he thought the idea was crazy. Later, while serving as chief operating officer, Scott took matters into her own hands.

“I started doing my own contract negotiation with an LTAC company and ended up bringing the first LTAC into Knoxville in the hospital where I was working,” Scott said.

Because she had the opportunity to meet several people within that LTAC company, they recruited her several years later to work for them. Scott took the job with Select Specialty, which eventually landed her the position as CEO in Knoxville. She worked in two of their locations and opened a third before she retired in 2015.

Today, she spends her free time with family doing things she enjoys, but it was not always easy for Scott to make time for interests outside of work. Balancing work and life can be a challenging feat to manage, especially for the CEO of a hospital.

“It’s always been a challenge for me,” Scott said. “It’s been very hard to strike that work-life balance, although I knew emotionally and intellectually it was the right thing to do.”

Scott explains that while work-life balance is a challenge, finding things you enjoy makes it a little easier.

“Whether it’s flying a plane, riding a motorcycle or just walking in the woods, that is helpful,” Scott said. “My dad is probably one of the best role models I have and he loves to play. He’s waiting on me right now to go fishing. He just enjoys life.”

Scott looks to her father as an example, and like him, spends time with people she enjoys, doing the things she likes to do. Throughout her life she has been open to learning new things; she recently learned to juggle and hopes to add crocheting to her list of hobbies.

Every morning, we would have a team meeting at 9 a.m. back at the hospital. So, even when I was on that vacation, we would pull the motorcycles over at 9 in the morning and I’d call in.

Before her retirement, Scott realized she wanted to do something different. While she and her husband reside in Knoxville, family members still live in Tuscaloosa. Scott was talking with her son-in-law, a pilot for Southwest, and asked him if he could fly her to Tuscaloosa every now and then. Her son-in-law told her she should fly herself.

“The next week, we went up flying in his Cessna 210 and I loved it, I absolutely fell in love with flying,” Scott said. “I ended up taking flying lessons and completed everything to be a pilot except the final exam with the [Federal Aviation Administration] instructor.”

But the adventures didn’t stop with flying lessons. Scott, who was facing retirement at the time, realized she wanted to be able to spend more time with her husband, so she decided to pursue something he liked to do too.

“I’m an old ER nurse, I always swore I would never get on a motorcycle,” Scott said. “But, I thought, getting on up in years, less to lose now!”

Scott took riding lessons and got her motorcycle license in 2011. Since then, she has enjoyed a number of road

trips with her husband — and has now put nearly 400,000 miles on her motorcycle.

Before she retired, she and her husband took a long trip to the upper peninsula of Michigan.

“I can remember when we took the trip to Michigan, I was still working,” Scott said. “Every morning, we would have a team meeting at 9 a.m. back at the hospital. So, even when I was on that vacation, we would pull the motorcycles over at 9 in the morning and I’d call in.”

After her retirement, they traveled across 18 states to California, stopping at every national park along the way. In 2017 they traveled to Niagara Falls and Canada.

For Scott, riding a motorcycle gives her a feeling of independence. Because they live in Knoxville, there are several destinations within a day or two of their home. The couple often goes on trips focused around food, particularly North Carolina barbecue.

Scott prefers riding backroads so she can sightsee and enjoy the trips at a slower speed. Her favorite place to ride is known as “The Rattler” (NC Highway 209), located between Hot Springs and Waynesville, North Carolina. This scenic stretch of road is 32.7 miles long and takes you right through the Pisgah National Forest. According to its website (209therattler.com), there are over 234 twists and curves on the path.

“It’s just about being in nature,” Scott said. “We don’t wear headsets where we can talk to each other, so it’s just me and the road. It feels good.”

Top: Scott caught a big one on her afternoon fishing trip with Dad. **Middle:** Vanda Scott (r) and friend Anne Fletcher serve on the Capstone College of Nursing’s Board of Visitors. **Bottom:** Scott makes sure CCN’s Board of Visitors have fun at their meetings.





THE IS THE Sky Limit



CAPSTONE COLLEGE OF NURSING GRADUATES SOAR TO NEW HEIGHTS | BY REBECCA COLE

If you could free fall from an object flying high in the sky, would you be willing to do it? Barbie Cleino, a nurse practitioner at West Alabama Family Practice and Sports Medicine in Tuscaloosa, has done it about 3,700 times in her life.

In 1981, Cleino received her bachelor's degree from the Capstone College of Nursing and decided to celebrate by making her first skydiving jump. She said she has always loved heights, so much that when she was a

child she attempted to jump out of her treehouse to see if she could fly. "That didn't work out so well," Cleino said. However, in 1992 she went to Eutaw, Alabama to finally achieve her dream of flying.

"My jump course was with the Bama Skydivers," Cleino said. "I did not tell anyone I was going in case I chickened out, but I loved it and have continued to skydive."

Since then, she has jumped in at least 11 different states, been a part of two official world records and jumped from planes, helicopters and balloons. In between jumps, she earned her master's degree as a clinical nurse specialist from UAB in 1992, and completed UAB's nurse practitioner program in 1999.

In 2009, Cleino participated in her first official world record at the Perris Valley Skydiving Center in California. The jump brought 181 skydivers from 31 countries together in the largest all-female skydiving formation. The event broke a record and raised over \$900,000 to fight breast cancer.

Her second world record was the largest formation with more than one point. A skydiving team does one formation and grips into a second one within the same jump. This next world record was set in 2014 in Perris Valley.

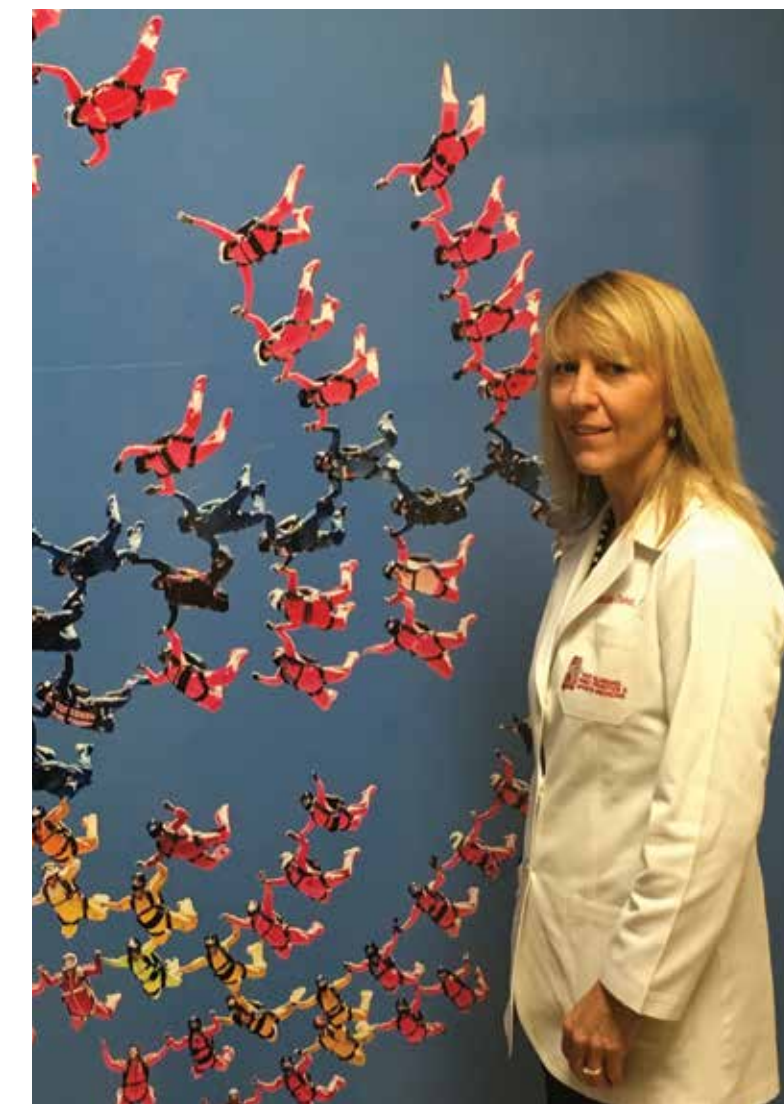
Cleino said that one of her favorite things about jumping is meeting other skydivers from around the world. To her, getting together with others who share her interest is more important than the

location of the jump. However, Cleino did mention that if there was one place she would love to jump, it would be into Bryant-Denny stadium.

Of all the things Cleino has jumped from, she prefers jumping from balloons rather than planes or helicopters.

Unlike planes, balloons allow you to experience a floating feeling for a few seconds before going into free fall. An airplane puts you into a rush of turbulence immediately after jumping. She compares the feeling and pressure of free fall to the feeling of putting your hand out the window of a moving car.

Cleino in the "Drop Zone" exam room.



“It’s a great stress reliever and I love the feeling of freedom when jumping,” Cleino said. “It is quite different than most think. I feel suspended during free fall and have total control over my body position in the air with certain movements.”

While Cleino said she doesn’t believe that skydiving has changed the way she practices her profession or lives her life, she still keeps a piece

of her hobby in the exam room with her. Each exam room at her practice has a theme with a corresponding mural painted on the wall.

“One of my exam rooms is called the Drop Zone,” Cleino said. “So, one wall is the 2009 women’s world record. We had lots of photographers and one was on his back in the jump looking up at us, so all you can see is blue sky and the formation. It’s a pretty cool picture.”

Working five days a week from 8 a.m. to 5 p.m., and sometime longer, can take a toll unless a person maintains a healthy life outside work. Cleino knows that concentrating too much on work can cause a person to lose perspective on other things in life, which is something she avoids.

She goes skydiving often, especially in summer months, to ensure that she maintains a wholesome work-life balance. She also enjoys bicycling, sailing, spending time with family and

focusing on church to keep herself in a positive state of mind outside of work.

“Find something that you really enjoy,” Cleino said. “Whether that’s exercise or an adventurous sport or hobbies that you enjoy doing ... make sure that you include that in your time away from work.”

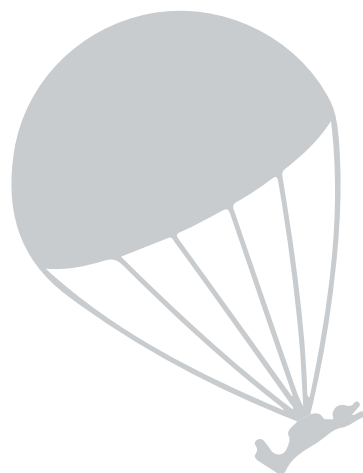
Although it is vital to understand the importance of life outside of work, loving what you do is an essential aspect of that balance. Cleino finds work rewarding

and enjoyable because she helps patients to recover from illnesses or injuries. She sees a diverse population, from infants to athletes to geriatric patients. Being in a specialty practice requires her to always be up-to-date with the latest information on medicine and prevention.

“My mother is a nurse, so I was always interested in opportunities to work and serve in the nursing field,” Cleino said. “I love my work days but also love balancing work with my personal life.

“Keeping the thing you hold close to you, family or church, making time for the important things in life ... it will make you a much, much better nurse.”

Find something that you really enjoy. Whether that’s exercise or an adventurous sport or hobbies ... make sure that you include that in your time away from work.



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FINDING THE RIGHT Rhythm

**BALANCING NURSING SCHOOL AND THE MILLION DOLLAR BAND
BY REBECCA COLE**

She's a nursing student by day, and a Million Dollar Band drum major by night. Miranda Cornelius is not only in one of the most rigorous programs at The University of Alabama, she also has a major role in the largest student organization on campus.

Born in Oneonta, Alabama — a town with the slogan, “A small city with big ideas” — Cornelius is a first-generation college student who knew since she was a child that she wanted to help others.

“When I was three, my dad almost died,” Cornelius said. “He had diverticulitis and he has a high pain tolerance, so he didn’t know he had it. We went to the hospital and he ended up having some complications from the surgery. The nurses were able to pick up on it just in time.”

Although she was too young to know and understand what was happening at the time, she knows now that had it not been for the nurses, her father would not be here today.

"I always knew that I should do something medical or something with music," Cornelius said. "Even my senior year, I had band people say, 'You should be a director, you should go into music.' But there was always something tugging on me saying I should pursue something in nursing."

After 11 years of dance lessons, Cornelius told her mom she wanted to be drum major at her high school. Her uncle and two of her cousins had been drum majors, and they gave her lessons. She became drum major, which led to her desire to pursue the position in college.

"In a position as drum major, you can impact people," Cornelius said. "I want to show people that they have a place in the band."

Cornelius auditioned to be drum major in the Million Dollar Band at the end of her freshman year. She did not make it, but she was given the position of section leader for the trumpets, the instrument she played at the time. At the end of her sophomore year, she auditioned again and was promoted to drum major.

"My first year as drum major was a very rough year for me. I had just been accepted into the nursing school," Cornelius said. "Nursing school tests are on a whole other level than anything else I've ever done, so I was studying like crazy."

The first couple months of her fall semester as a junior, Cornelius spent time figuring out how to balance studying and band practices. She said that she finally

found her rhythm and now that she's a senior, she has gotten it all down by carefully managing her time.

The demands of nursing school and the Million Dollar Band keep Cornelius busy from sunrise to sunset.

In the fall, Cornelius had class on Monday from 8 a.m. to 4 p.m., with a one-hour break for lunch. The band began practice at 4 p.m.

"I'm typically sprinting out of the nursing building to my car to get to the practice field," Cornelius said.

Tuesday and Wednesday, there were clinicals at DCH Regional Medical Center from 6:15 a.m. to 2:15 p.m.

At this point, she had about an hour to go home to relax or study. Wednesday night, there were drumline sectionals from 7:30 p.m. to 9:30 p.m.

Thursday and Friday, she usually spent her time at home, catching up on homework and studying until 4 p.m., when she went back to Butler Field for band practice.

Saturdays, Cornelius was typically with the band from 8 a.m. to 11 p.m., so her Sundays were reserved for studying for the frequent Monday exams.

Cornelius may have a busy schedule, but she loves every minute of it. In the spring, the schedule is not quite as hectic, but she still has pep-band events as well as honor band - an event in which high school bands are invited to watch the University bands perform.

She credits her Aunt Margie for being where she is today.

I always knew that I should do something medical or something with music.



Stop and Roll Tide! Cornelius directs the Million Dollar Band at practice.

"It was a tough road for her to get through nursing school," Cornelius said. "But she's smart as she can be when it comes to nursing. To watch her and her passion, and her drive for nursing ... you can make such an impact on someone's life."

Her aunt was a Cardiovascular Intensive Care Unit nurse, which is what Cornelius hopes to become.

"Her patient coded one day. She went in to call the code and start everything," Cornelius said. "There was water on the floor and she slipped, fell and broke her back. At that point, her career could have ended. But no, she decided to become a clinical instructor."

Cornelius said if she ever struggles with school, she calls her aunt.

"I love to call her because she gets so excited. She'll go so far in-depth that it just goes over my head at this point as a nursing student. To have that drive and that passion - I strive to have that," Cornelius said.

Cornelius hopes ultimately to work as a nurse anesthetist in the CICU. She is set to graduate in December 2018 and looks forward to starting her career as a nurse.





One Mile at a Time

FACULTY MEMBER MAINTAINS PHYSICAL AND MENTAL HEALTH THROUGH CYCLING
BY TABBY BROWN

Albert Einstein, among others, is reported to have said, “Life is like riding a bicycle. To keep your balance, you must keep moving.” One Capstone College of Nursing faculty member has taken that advice to heart. Dr. Michele Montgomery, an associate professor, who teaches both undergraduate and graduate level courses, cycles on a regular basis, averaging 150 miles most weeks.

How did she catch the cycling bug? “In high school I used to ride my bike every day after school as a way to relax before I started homework,” said Montgomery. “But I got away from riding during college.”

In 2011, she wanted to lose some weight and started working out at the UA Student Rec Center. Her regimen included riding a stationary bike for an hour. Almost a year later,

Montgomery’s husband Cole signed up for Bo Bikes Bama, a ride from Jasper to Birmingham. When he was called out of town for work, she took his place.

“I really thought I would not be able to complete the ride and would end up in the sag wagon [the van that carries people who need a ride to the finish]. As it turned out, I was able to finish the ride, and I fell in love with being out on the road enjoying the scenery and fresh air,” Montgomery said.

If health issues or work don’t get in the way, Montgomery typically rides with the Druid City Bike Club, or DCBC, in Tuscaloosa on Tuesday and Thursday evenings, Saturday mornings and Sunday afternoons. She has also ridden in several 100-mile outings called centuries, and participated in her first, called the Hot 100, just two months after she started cycling.

These special rides raise money for charitable causes, challenge her physically and are typically routed through beautiful scenery. She is particularly fond of the Ride of Love, a 150-mile route from Tuscaloosa to Camp Smile-a-Mile on Lake Martin.

“I do it to help raise money to send children with cancer to camp. It is a really special ride to me because it is always held on the first day of family camp, and the children and their families are there to cheer us as we ride in.”

In high school I used to ride my bike every day after school as a way to relax before I started homework.

“I think physical activity is an important way to relieve everyday stress, and for me, cycling is my physical activity of choice,” Montgomery said. “It is great to be outdoors enjoying the scenery and getting

a good workout. Physically, it provides a tremendous cardiovascular workout.”

Emotionally, there have been times when she

has hammered the pedals just to get her frustrations out. Sometimes just riding along listening to other people in the group talk or listening to the wind rush by is enough to help clear her mind. For Montgomery and her husband, it is also a good opportunity to get out and spend time together and not focus on anything in their lives that may be causing stress.

“I have even used cycling in my teaching!” Montgomery said. “One important area is that we have incorporated bicycle safety education in the Tuscaloosa after-school programs as a service learning component in community health classes. Thanks to the generosity of CCN’s Alumni Association, our students were able to provide free helmets to students throughout the county.”

Because DCBC rides on Saturdays are usually 50-70 miles, they go out into rural areas in Tuscaloosa, Greene, Hale and Pickens counties. Montgomery has observed things in the Alabama countryside that have been useful when teaching about community assessment, environmental health, population health

and rural health. With the time she logs on a bicycle, Montgomery also practices what she teaches her students about the importance of exercising at least one hour a day.

Montgomery admits that it can be hard to maintain a regular cycling routine. Sometimes when things get so busy at work or she has to go out of town for a conference, she misses scheduled time on her bike. For her, that means her endurance drops, and sometimes leads to a negative interval where she suffers on the bike and becomes less inclined to ride. She has to remind herself if she stays committed, her form will return.

What started out as a great form of physical activity turned into a passion. Cycling has provided both physical and mental health benefits, as well as lasting friendships in Tuscaloosa and throughout the state.

“I have met so many great people I would have never crossed paths with if not for cycling,” Montgomery said.

“In addition, cycling is something that Cole and I both enjoy and can do together. There is no better way to enjoy the scenery of a beautiful location than on our bikes.” They plan family vacations that include both cycling and activities for daughter Morgan, who doesn’t share the couple’s cycling passion.

One of their favorite destinations is Little Switzerland, North Carolina. They stay at a resort on the Blue Ridge Parkway and plan day trips by bicycle through the beautiful mountain

scenery. They have also found cabins in French Camp, Mississippi that serve as a base for rides along the Natchez Trace Parkway, a scenic 444-mile recreational road and designated bicycle route.

Montgomery said, “We see things that we wouldn’t have discovered in the car on a typical family vacation.”

Closer to home, Montgomery’s rides take her on back roads in Tuscaloosa and surrounding counties that she would not normally travel by car. She sees amazing things in her “own backyard” that many of us never see. Who would know that there are buffalo and llama in Tuscaloosa County? The answer is Michele Montgomery and her cycling friends, who find balance in life by exercising in the great outdoors.

Top: Montgomery enjoys her community health students. **Middle Right:** Montgomery instructs students conducting wellness screenings during UA’s Work-Life and Wellness Expo. **Bottom Right:** Montgomery participated in her first century, the Hot 100, in 2012. Photo Credit: The Tuscaloosa News
Bottom Left: Dr. Michele Montgomery



Honoring Nursing Heroes

THE ALABAMA NURSING HALL OF FAME INDUCTS FIVE IN 2017

The Alabama Nursing Hall of Fame honored four outstanding nursing professionals and one prominent Alabama businessman in an induction ceremony held on Oct. 5, 2017. Dr. Marsha Howell Adams, John G. Beard, Frances Dobyne Ford, Dr. Linda Moneyham and Dr. Marietta Stanton joined a distinguished group of inductees who individually and collectively have brought honor and fame to the profession of nursing in the state of Alabama and beyond.

Guests at the Nursing Hall of Fame were told of the monumental contributions made by the 2017 inductees. Get to know these five individuals and the incredible impacts they have made on health care delivery and education.



Marsha Howell Adams, PhD, RN, CNE, ANEF, FAAN

Dr. Adams has been a transformative leader in nursing education in Alabama. She is dean of the College of Nursing at the University of Alabama in Huntsville. Before assuming the nursing deanship at UAH, Adams held leadership positions at the Capstone College of Nursing. Her scientific papers, books, book chapters, monographs, presentations and consulting activities attest to her national and international reputation as a researcher, scholar and educator. Adams developed KidCheck, an innovative partnership that links nursing programs and community partners to improve the health of Alabama's children. She is a Fellow of the Academy of Nursing Education and the American Academy of Nursing. Adams has been a leader in elevating nursing education and practice throughout the state, the country and the world.





John Beard, MBA, JD

Mr. Beard has demonstrated a lifetime commitment to health care, particularly palliative and hospice care. For over 40 years, he has been affiliated with Alacare Home Health and Hospice, where he is chairman and president. Although not a nurse, he has contributed greatly to the profession of nursing in Alabama through his support of nursing practice and nursing education. He is a valued partner with nursing education programs throughout the state. Beard has received multiple honors, all of which demonstrate his tireless efforts on the behalf of nursing and nursing education in Alabama.



Linda Moneyham, PhD, RN, FAAN

Dr. Moneyham has devoted her career to nursing practice, education and research. She is senior associate dean and professor in the School of Nursing at the University of Alabama at Birmingham. Her scientific and professional work emphasize two aims: empowering women with HIV living in rural areas to cope and to develop self-care skills, and mentoring minority and disadvantaged students preparing to become leaders in nursing. She has published more than 100 scientific articles and book chapters, and she has received multiple honors and awards recognizing her work. As an intellectual leader in nursing, a highly regarded researcher and a dedicated mentor, Moneyham has made extraordinary contributions to the nursing profession in Alabama, nationally and internationally.



Frances Ford, RN

Mrs. Ford has dedicated her life to enhancing and transforming health care in Alabama's Black Belt region. She is a devoted public servant whose nursing training and experiences are foundational to her health care advocacy. Ford is executive director of Sowing Seeds of Hope, a faith-based organization that strives to improve access to health care for persons living in the Black Belt. She also serves as the healthcare coordinator for the Perry County Commission. She has received multiple awards recognizing her work advocating for access to quality health care in rural settings. Described as a registered nurse with a missionary's heart, Ford exemplifies the transformative impact of nurses in the communities in which they live and work.



Marietta Stanton, PhD, RN, BC, NEA-BC, CMAC, CCM, FAAN

Dr. Stanton is a dedicated nurse, decorated veteran, nurse educator, researcher and administrator. Stanton spent the early years of her nursing career in service to our country. She is the recipient of a number of awards and honors including the prestigious Legion of Merit. Stanton is professor and assistant dean of the Graduate Program in the University of Alabama's Capstone College of Nursing. Her practice and research encompass three primary areas: case management, nurse veterans, and nursing practice and education. Her expertise in these areas is demonstrated through her extensive body of scientific publications and contributions to books. Described as an educator who empowers students to soar to new heights, Stanton has made a powerful impact on nursing and nursing education at state, national and international levels.

The Alabama Nursing Hall of Fame was established in 2001 by the Board of Visitors of The University of Alabama Capstone College of Nursing. Its purpose is to honor nurses and others who, through their work and accomplishments, have brought honor and fame to the profession of nursing.

ALUMNI & FRIENDS

It's wonderful to catch up with friends at Alumni Association gatherings.



Dr. Leigh Booth, Dr. Johnny Tice and Savannah Hoover representing CCN's faculty and staff at the CCN Alumni Fiesta in Birmingham.



Dr. Melondie Carter enjoying time with her former student, Alex Gaskins.



Dr. Alice March, Glenda Hogg, Cathy Boardman and Wayne Hogg smile for the camera at the Alumni Fiesta.



Jimel Gibbs and Connie Hendon joined the CCN Alumni Association for its first Birmingham alumni event.



Newton Tinsley, Dr. Teresa Welch and Barbie Cleino caught up at the fiesta at Cantino Laredo.



UA's Fall 2017 Homecoming theme was "Sweet Home Capstone." CCN's float highlighted our upper division students and their hometowns. Our students come from all over the nation, but each find their home at CCN.



Dean Suzanne Prevost and BAMA-Latino Project participant Omar Zavala pause for a photo at CCN's Homecoming Tailgate.



Alumni and friends, Philip Fikes, Grace Ann Fikes, Steve Galvez, Danny Russell, Lydia Fikes and Nancy Robinson served up a barbecue lunch at CCN's Homecoming Tailgate.

CAPSTONE COLLEGE OF NURSING ALUMNI ASSOCIATION BOARD OF DIRECTORS

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COLLEGE NEWS

Applauding faculty, staff and student news and accomplishments

BAMA-LATINO GRANT AWARDED

In his first semester of the RN Mobility Program at Capstone College of Nursing, Omar Zavala is looking forward to earning his BSN. He is in the first cohort of students who joined our College through the BAMA-Latino Project.

The University of Alabama’s Capstone College of Nursing was recently awarded grant money to increase the number of baccalaureate-prepared Latino nurses. Funded by the Health Resources and Services Administration Nursing Workforce Diversity Program, the BAMA-Latino Project targets and recruits Latino associate degree registered nurses and prepares them for a Bachelor of Science in nursing via CCN’s online RN-to-BSN mobility program. Dr. Norma Cuellar and Dr. Michelle Cheshire of CCN recognized the growing need for diversity and spearheaded efforts to seek funding for this project.

“Right now, the RN population is made up of 83 percent white/Caucasian nurses who are caring for a very diverse population,” said Cuellar, professor of nursing and principal investigator.

“While we teach our students about cultural sensitivity, we know that many times when people are being cared for by someone who is not like them, there is a barrier that may impact health care outcomes. Sometimes it’s communication, sometimes it’s cultural. Both can pose a problem in delivering health care.”

In recent years, there has been a national push to increase the diversity of the nursing workforce to better reflect the population of the U.S., but there has not been much success with Latino nurses. Latinos make up 17.3 percent of the population, but fewer than 5 percent of U.S. nurses are Latino, Cuellar said.

The BAMA-Latino Project will support Latino nurses by providing scholarships for pre-entry preparation and the RN-to-BSN bridge program. The program also provides both academic and professional mentorship and support through a collaborative partnership with the National Association of Hispanic Nurses, or NAHN. Cuellar is currently the president-elect of the organization.

“Increasing the number of Hispanic nurses

with baccalaureate degrees is about more than just promoting academic progression for our members; it is also about improving patient outcomes,” said Anabell Castro-Thompson, president of NAHN.

“NAHN is excited to partner with the Capstone College at The University of Alabama to increase the number of culturally competent nurse leaders. This funding provides us with a unique opportunity to leverage our mutual resources and shared mission to eliminate financial barriers associated with attaining higher degrees; and it will promote a more highly qualified and diverse nursing workforce.”

“I am really excited to see the impact this is going to have,” Cuellar said. “Even if only one Latino student is encouraged to continue education and get a master’s degree, that will be a victory.”

Program participant Zavala currently works as an Operating Room Registered Nurse Circulator. Once he completes this BSN, he plans to continue his education, earning an MSN and becoming a nurse practitioner.

According to Zavala, “The BAMA-Latino program will allow me to focus more on my academics and reach my goals quicker. It will also help me motivate other nurses and nursing students to reach their goals.”

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under D19HP30858, BAMA-Latino Grant, for \$348,617 in the first year. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

PROFESSORS PUSH TO IMPROVE RURAL HEALTH IN ALABAMA

Congratulations to Drs. Monika Wedgeworth and Joshua Eyer, both assistant professors at UA’s Capstone College of Nursing, who were recently awarded a \$976,918 nursing education program grant from the Health Resources and Services Administration* for their project “Gateway Capstone: Interprofessional Behavioral Health for Walker County.”

The project will integrate behavioral health into the services provided by the Capstone Rural Health Center, which is a nurse-managed federally qualified health center — one of only a handful in the nation that is funded as a nurse-managed center. The health center serves as the main primary care provider for the financially disadvantaged residents of Walker County.

“In addition to being in a rural, underserved area, these people also lack financial resources and transportation, so just the fact that we’re getting them to the clinic is very important,” Wedgeworth said. “When we get them there, we want to make sure we’re addressing any need they might have.”

About 80 percent of the health center’s patients live below the poverty line, said Dr. F. David Jones, the center’s executive director, nurse practitioner and co-investigator for the project. Of the patients seen, 42 percent have no insurance, 30 percent have Medicaid, 12 percent have Medicare and 16 percent have various commercial insurances.



Dr. Monika Wedgeworth

(CONTINUED)

“Most of our patients are simply ‘stressed out’ trying to make ends meet, often coming from several generations of poverty and low education and literacy rates,”

Jones said. “Mix in a significant amount of substance abuse, and it’s a recipe for disaster. We see substance abusers seeking narcotics multiple times a day.”

The center treats patients suffering from depression with medication as needed, but many of the patients need counseling to improve their thinking and decision-making skills, he added.



Dr. Joshua Eyer

While the center does have a licensed clinical social worker two days a week, Jones said it is hard to meet the demand for counseling because counselors or social workers can only see a small number of patients per day.

The Gateway Capstone project will provide funding for a full-time behavioral health care provider and a part-time consulting psychiatric provider. Additionally, the team will implement universal screenings of all patients for core behavioral health concerns, such as depression, anxiety and substance abuse issues; develop a clinical practicum site for nursing students providing training in interprofessional, integrated care; build technological and billing infrastructure and clinical care systems to establish a sustainable integrated-care delivery model at the Capstone Rural Health Center; and evaluate project success.

“Integrated behavioral health moves past the false notion that physical and mental health should be treated separately and focuses on providers working together to ensure the patient is being treated as a whole,” Eyer said.

“Someone who has a chronic long-term physical ailment may feel depressed in part because of that ailment,” he said. “Other people might have depression, and it’s causing physical problems because they never get out, never exercise. It’s all interconnected. The more you can help with one problem, the more it benefits the other.”

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under UD7HP30927, Nurse Education, Practice, Quality, and Retention Interprofessional Collaborative Practice, for \$490,319 in the first year. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.



WELCOME NEW FACULTY & STAFF

KERI BARRON, PHD, RN



Dr. Keri A. Barron has joined CCN as a clinical instructor in adult health. Her experience, in a variety of patient care settings, includes medical-surgical, rehabilitation, case management, long-term acute care and pain management. Barron received her ADN from Meridian Community College, a BSN from Mississippi University for Women, an MSN from William Carey University and her doctorate in nursing from the University of Southern Mississippi.

IRB document preparation, maintenance of research records and administration of multiple psychiatric clinical rating scales. She has also authored and co-authored several peer-reviewed articles in professional mental health journals and presented research findings at national conferences.

Findlay embraces the concept of multidisciplinary integrated care models and envisions a future of improved care transitions between treatment settings to maximize physical and mental health outcomes of people with behavioral health conditions.

LILLIAN JEANNETTE FINDLAY, PHD, PMHNP-BC



Dr. Findlay is an associate professor and coordinator of the Psychiatric-Mental Health Nurse Practitioner Concentration. She has 22 years of experience as an advanced-practice registered nurse in psychiatric-mental health nursing. Findlay has practiced in a variety of inpatient and outpatient settings providing treatment to people across the lifespan who have serious mental illnesses. In addition, she has accumulated 18 years of mental health research experience while serving on psychiatric research teams in university settings.

Her expertise includes qualitative research on decision-making and health behaviors among adults diagnosed with schizophrenia. Her research activities have included study recruitment, data collection,

MAHALIA GRAY, MSN, RN, CNL, CCRN



Mahalia Gray is a clinical instructor in adult health. She received her ADN from the Ira D. Pruitt Division of Nursing at the University of West Alabama. Gray began her nursing career as a bedside nurse on an Acute Cardiac Care Unit/ Cardiac Interventional Unit. She earned her BSN from The University of Alabama as well as her MSN with a concentration in Clinical Nurse Leadership. Gray is currently enrolled as a doctoral student at The University of Alabama seeking a Doctor of Education in Instructional Leadership with a Nurse Education Specialization.

ANITA KIMBRELL HAMLETT, BA, JD



Anita K. Hamlett joins CCN as director of development. She leads fundraising efforts to cultivate, solicit and steward gifts to the College. Hamlett earned her bachelor's degree in communications and juris doctor from The University of Alabama.

Hamlett began her career as an associate with Lanier, Ford, Shaver & Payne in Huntsville, Alabama, then returned to UA's School of Law as a practicing attorney with the Alabama Disability Law Program. She was promoted to associate director of Continuing Legal Education within that college and most of her career has been devoted to higher education administrative posts, serving over 12 years with The University of Alabama. Most recently, she served as director of campus services at Bevill State Community College, where she oversaw the daily operations for the Fayette campus and Pickens County instructional site.

JESSICA JOHNSON, MSN, RN, CPNP-PC



Jessica Johnson is a clinical instructor in obstetrics and pediatrics. She received her BSN from the Capstone College of Nursing. She earned her MSN through the University of Alabama at Birmingham's dual primary and acute care pediatric nurse practitioner program. She is certified by the Pediatric Nursing Certification Board as a pediatric nurse practitioner. Johnson has pediatric clinical experiences in medical-surgical, neurology, cardiac and endocrine units and her obstetric clinical experiences include labor and delivery, postpartum, high-risk pregnancy, women's care and newborn nursery.

KRISTA KLEMM, MSN, RN, NP-C, PMHNP-BC



Krista Klemm is a two-time alumna of the Capstone College of Nursing. In December 2009, she received her bachelor's degree in nursing and then began working in an Adult Intensive Care Unit where she still practices part-time. In August 2017, she

graduated with her master's in nursing with a focus in Family Nurse Practitioner as well as Primary Mental Health Practitioner. Soon after graduation, Klemm came back to her alma mater as faculty to serve as a full-time clinical instructor.

BRANDI LESTER, MSN, RN, NP-C



Brandi Lester joins CCN as an instructor. She received her BSN from the Capstone College of Nursing and an MSN from Samford University as a Family Nurse Practitioner. Lester has experience in Women's Health and Adult ICU as an RN. Her role as

an FNP has been concentrated in weight management, helping patients meet their personal goals as well as controlling hypertension, diabetes and hyperlipidemia with diet and exercise.

MERCY N. MUMBA, PHD, RN, CMSRN



Dr. Mercy Mumba is a new assistant professor. She graduated with her BSN from the University of Texas at Arlington College of Nursing and Health Innovation. She is certified by the Medical Surgical Nursing Certification Board. She graduated with her doctorate in nursing with a concentration in education and research. Mumba has an extensive clinical background in both acute and long-term care. She has assumed many leadership and administrative roles both in the clinical setting and academia. Her primary research area of focus is substance abuse among nurses and their psychosocial well-being.

MARY FRANCES D. PATE, RN, PHD



Dr. Mary Frances Pate is a new assistant professor. She was most recently an associate professor at The University of Portland School of Nursing in Oregon. Before her career in academe, Pate was a clinical nurse specialist in the pediatric intensive

care unit at The Oregon Health & Science University from 2000-2005 and at Children's of Alabama, Birmingham, from 1993-2000.

HOLLY STOKLEY, MSN, BSN



Holly Stokley is a new clinical instructor. She received her master's degree in nursing education from the University of North Alabama and her bachelor's degree from the Capstone College of Nursing. She has worked in multiple areas including intensive care and a variety of medical/surgical units.

REBECCA THOMPSON, DNP, APRN, FNP-BC



Dr. Rebecca Thompson joins CCN as a clinical assistant professor for undergraduate and graduate programs. She holds a BSN from the University of North Alabama, an MSN in Nursing Administration and a Post-Masters in the Family Nurse Practitioner concentration from the University of Alabama in Huntsville, and a DNP from The University of Alabama. Thompson is experienced in providing care across the lifespan in rural, private and emergency settings. Her research interest includes health education and health promotion in vulnerable populations with a focus on health disparities in rural, underserved populations.

BRIDGETTE RITER



Bridgette Riter recently joined CCN as the Clinical Program assistant. In this role, she initiates and processes student placements for the RN-to-BSN program and all graduate programs. Riter has worked for The University of

Alabama for five years. She came to the Capstone from Culverhouse College of Commerce where she was employed in the marketing division. While employed with CCN, she has taken classes at UA and is on track to earn her bachelor's degree in human environmental sciences in May 2018.



FACULTY NEWS

FACULTY AWARDS AND HONORS

CNN professor **Dr. Susan J. Appel** was recently appointed chair of the Behavioral Science Clinical Committee of the American Heart Association.

Dr. Amy Beasley has been selected as a member of the Patient Assessment Instrument Technical Expert Panel for Medicare's Quality Reporting Program.

Dr. Heather Carter-Templeton received the Suzanne Smith Mentoring Editor Award by the International Academy of Nursing Editors.

Dr. Angela Collins-Yoder was appointed to the continuing education approval committee for the American Association of Neuroscience Nurses for 2017-2019.

Dr. Alice March, assistant dean for Graduate Programs, was awarded \$767,273 by the Health Resources and Services Administration to be used to provide tuition assistance to support nursing doctoral students who intend to seek higher education nurse faculty roles.

Dr. Mercy Mumba and **Dr. Theresa M. Wadas** were selected for the 2017 Health Disparities Research Training Award Certification Program from UAB.

Dr. JoAnn S. Oliver was named president of the 2017 Board of Directors for Susan G. Komen North Central Alabama.

Dr. Mary Frances D. Pate was invited to serve as a Clinical Nurse Specialist on the Alabama Board of Nursing Advanced Practice Advisory Council.

Dr. Todd Smith has been selected for the UA 2017-18 Junior Investigator Program. The Institute for Rural Health Research Junior Investigators Program is an annual seminar series designed to enhance the research knowledge and skills of aspiring investigators at The University of Alabama.

Dr. Felicia Wood and **Dr. Anne Graves** were recently awarded a grant totaling \$9,988 for research on Promotion of Evidence-Based Communication Strategies Focused on Health Literacy in the Advanced Nursing Practice Curriculum. The grant was funded by Sigma Theta Tau, International and Chamberlain College of Nursing.

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Congratulations to CCN student Abigail Greenberg - UA's 2017 Homecoming Queen!

