

# *The* LIPSCOMB NOW: SCRIPT *X*

A Publication of the  
College of Pharmacy &  
Health Sciences  
at Lipscomb University

Summer 2017 Vol. 9 No. 1

## *Celebrating* **THE PAST DECADE** *of health sciences*

*Future Home of Middle Tennessee's First College of Pharmacy*

*inside:*

ALUMNA MANAGES STATE POISON CENTER 16

INTERPROFESSIONAL EDUCATION FOR ALL 24

DIETETICS ADDS SPORTS NUTRITION 37



If only these steps could talk...

From construction crews to weddings, from heartfelt prayers to Christmas gatherings, these steps see a Lipscomb health science student's journey from the first day to the last. Potential students climb them to attend their interviews, and Doctors of Pharmacy don their robes and mortarboards here for their final photo at Lipscomb.

Along that journey, photos on the "steps of Burton" become a mainstay of the Lipscomb experience. These steps have witnessed students try on their first white coats, receive their professional pins, even possibly get married or return as alumni.

Who knows what all these Burton steps have seen, as they have carried nearly 70 years worth of Lipscomb students back and forth between classes, meals, performances, meetings and study groups. As our health sciences graduates of the last decade continue their climb to success in their respective fields, they will remember the almost daily climb on these steps, the first climb of their health science career.

# Contents

## Timeline

### 4 **A DECADE LIKE NO OTHER**

Check out the highlights of 10 years of growth as the College of Pharmacy & Health Sciences has made a positive impact on the health care marketplace.

## Pharmacy

### 16 **PHARMACY ALUMNI MAKE THE GRADE**

The impact of pharmacy graduates is felt by current students in the halls of Burton as well as in the region, state, nation and the world.

## Nursing

### 30 **HEALING THE MIND, BODY & SPIRIT**

The School of Nursing takes a holistic approach to treating patients as well as to setting academic policy, serving the community and providing cutting-edge training.



Mission trips (like this one to Guatemala) are just one way that all the College of Pharmacy & Health Sciences departments come together to advance professional skills. Turn to **page 22** to read more about collegewide experiences.

## Kinesiology

### 34 **THE SCIENCE OF HUMAN PERFORMANCE**

The kinesiology program is fueling future positive change in the health and fitness industry with scientific research and incentives for healthy behaviors.

## Nutrition

### 37 **STEPPING UP TO THE PLATE**

The Dietetic Internship and nutrition programs have moved into new areas, while staying true to their mission to mold students spiritually and academically.

## The Future

### 40 **A FUTURE OF OPPORTUNITY**

By Dean Roger Davis

## The SCRIPT

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**Dean**  
Roger L. Davis

**Editor**  
Janel Shoun-Smith

**Copy Editors**  
Kim Chaudoin  
Jeff Siptak

**Designers**  
Zach Bowen  
Will Mason

**Web Content**  
Kyle Gregory

**Photography**  
Kristi Jones

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Future Home of Middle Tennessee's First College of Pharmacy

“It is sometimes said that education trains the head. But Christian education has a larger task—it cannot stop with head training alone. It must aim at the production of an all-round man, and all-round woman. There must be a complete citizen—physically, mentally, socially, morally, spiritually.”

1926 David Lipscomb College Catalog

## A decade of positive impact

From the beginning Lipscomb’s goal was to create a whole Christian person, offering a broad general education in “whatever may be necessary to fit one for usefulness in living an earnest, faithful life.”

And from the beginning, science—and especially health science—was seen as part of that usefulness. Within two years of its founding, the university hired a local physician (who was also a dentist) for its faculty.

The work of **J.S. Ward**, which was voluntary at first, was key in founding the school’s science department. David Lipscomb wrote: “Emphasis on the sciences—particularly through the influence of Dr. J.S. Ward—has turned many of the students toward pre-med study.”

Today this holistic attitude to education is embedded in Lipscomb’s mission statement: the university “delivers a complete liberal arts education characterized by an integration of Christian faith and practice with academic excellence, preparing each

student spiritually, intellectually, socially and physically for life and eternity.”

So it was no surprise when 10 years ago a faculty member in the sciences dreamed up the idea of a Lipscomb College of Pharmacy. The university was already primed with 115 years’ experience preparing students to become “all-round” men and women, quick to give of themselves to others and proactive in using their knowledge and expertise to make a positive impact in this world.

And today, that same mission within the College of Pharmacy & Health Sciences is changing the health care landscape in Tennessee, with more than 800 students, 95 faculty and staff and 400 preceptors all working to improve the health and wellness of our community and nation.

The College of Pharmacy & Health Sciences is sending complete citizens—all-round healers—out to our city, state and nation. Health care professionals who are physically, mentally, socially, morally and spiritually equipped to impact our world.

2006

## November 2006 The first College of Pharmacy in Middle Tennessee is established.

Lipscomb's Board of Trustees approved establishing a college of pharmacy after seven months of research and discussion, including an analysis by a national pharmacy education consultant, review by a Lipscomb faculty task force and consultation with local experts in the pharmacy field.

The journey toward establishing the college began with a faculty-generated proposal and a June site visit by national consultant Dr. Joseph Dean, who had helped several universities establish pharmacy programs.

"I was impressed with the creative thinking regarding mission fit as well as assessment of the campus' physical infrastructure," Dean said. "The faith-based focus of the university offers an impetus to extend into service of underserved populations in the state and region."

Lipscomb's central geographic location, mission-minded curriculum and availability of facilities made it an excellent campus to establish a new College of Pharmacy. Board members and administrators agreed that a Lipscomb college would be a positive step in addressing the growing need for highly qualified pharmacists throughout the nation.

"The board saw a pharmacy college as extremely compatible with Lipscomb's mission to develop in its students a lifelong commitment to the service of others. The majority of pharmacists today work in community-based practices, serving their neighbors, and with recent Medicare changes, pharmacists have become even more important to patients nationwide."

—Gerald Coggin, Lipscomb trustee and senior vice president of corporate relations at National Healthcare Corporation, a Murfreesboro-based company providing long-term care in 10 states.

2007

## January 2007 Roger Davis appointed dean.

Former assistant dean for Middle Tennessee at the University of Tennessee College of Pharmacy and member of Lipscomb's Board of Trustees since 1999 was appointed dean of the College of Pharmacy.



## May 31, 2007 Renovation to create the Burton Health Sciences Center begins.

In a \$10 million project, the 44,000-square-foot Burton Building, built in 1947 and one of Lipscomb's oldest and most prominent structures, was completely gutted and renovated to include various laboratories, five lecture halls, administrative and faculty offices, a museum, a critical thinking discussion area, student lounge and offices for student organizations. **(At right) The ground-breaking included Dean Roger Davis; Matt Gallivan, president of the Nashville Healthcare Council; and Lipscomb President L. Randolph Lowry taking sledgehammers to an interior wall.**



2008

## May 2008 College establishes the Memorial Pharmacy Practice Center.

A \$600,000 grant from the Hendersonville, Tennessee-based Memorial Foundation established the Memorial Foundation Pharmacy Practice Center, including a patient assessment laboratory, a compounding laboratory and an integrated biomedical sciences laboratory. “We believe it is a good investment for the community and for those students, who want to prepare for a career in pharmacy,” said the late **J.D. Elliott**, then -resident of The Memorial Foundation.



## June 2008 College creates the T. Dee Baker Museum.

**Mack and Mary Baker Underwood** memorialized Mary’s father, devoted community pharmacist T. Dee Baker, through the Burton building’s grand entrance and a historical pharmacy museum named in his honor. The museum-quality display of pharmaceutical equipment and memorabilia serves as a prominent visual legacy honoring Baker, a long-time independent pharmacist in Manchester, Tennessee.



Former Gov. Winfield Dunn

## August 2008 First White Coat Ceremony held.

The first 75 Lipscomb student pharmacists received their white coats in Collins Auditorium before beginning classes and were encouraged by the words of former Tennessee Governor Winfield Dunn, who earned a doctorate of dental surgery in the 1950’s. “We ask that you wear it proudly but humbly,” Dean Roger Davis charged the students before the ceremonial cloaking began.

“From the moment that coat is placed on your shoulders, the word professionalism will become part of who you are.”

—Former Tennessee Gov. Winfield Dunn, to Lipscomb’s first 75 pharmacy students.



2012

October 25, 2012  
Grand opening of the Nursing and Health Sciences Center and Health Simulation Lab.

The grand opening of the 24,000-square-foot building, with an assessment skills lab, large lecture classrooms and a 16-bed health simulation lab complete with computerized patient simulators, was the most prestigious event within a hallmark year for Lipscomb's nursing program.

The \$8.5 million facility allowed Lipscomb to triple the number of nursing students in a class (with lecture



halls large enough to host 100 students at a time) and to rigorously prepare student nurses for their upper-level clinical experiences and their future careers (with the technology in the Health Simulation Center).



2013

May 2013  
Lipscomb graduates its first 100 percent-Lipscomb class of nurses.

The Class of 2013 included 35 nurses who were the first to complete a 100 percent Lipscomb School of Nursing stand-alone curriculum. This class was also the first group to benefit from the new facilities in the Nursing and Health Science Center. The group included a March of Dimes Student Nurse of the Year, and four student nurses who won scholarships to study abroad in Malawi, Africa.

2006: 30

2011: 93

2016: 114

Growth in nursing enrollment over the past decade.

2014

## October 2014 Lipscomb receives its largest research grant in university history.

Assistant Professor of Pharmaceutical Sciences **Klarissa Jackson** receives a \$660,000, five-year National Institutes of Health grant to fund her investigation of a more effective treatment option for breast cancer patients.

The grant provides Jackson dedicated time to devote to this research as well as funding for conducting

experiments, research assistants, conference travel and other resources that are crucial to the success of this project.

Since 2014, Jackson has expanded her scientific research to include a second anti-cancer drug, worked with three students on the NIH-funded study and regularly attended the National Cancer Institute's Center to Reduce Cancer Health Disparities annual Professional Development Workshop, resulting in valuable knowledge and connections that she has passed on to Lipscomb's pharmaceutical sciences research students.



Klarissa Jackson

### Learning from the best

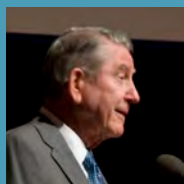
*Over the decade, the College of Pharmacy has exposed student pharmacists to some of the top professionals in the field.*



Rear Admiral Scott F. Giberson, assistant surgeon general, director of the Commissioned Corps Personnel and Readiness and Chief Professional Officer, Pharmacy



Daniel Cobaugh, Pharm.D., vice-president of the American Society of Health-System Pharmacists Research and Education Foundation



Former Tennessee Governor Winfield Dunn



Congresswoman Diane Black



Bateena Black, Pharm.D., executive director emeritus of the Tennessee Pharmacists Association



Dr. Max Ray, dean emeritus of the College of Pharmacy at Western University in California



AJ Kazimi, CEO and Chair of the Board of Directors at Cumberland Pharmaceuticals



James Hildreth, Ph.D., MD, president and CEO of Meharry Medical College



## Fighting the Flu

Lipscomb's chapter of the American Pharmacist Association-Academy of Student Pharmacists started out administering 250 flu shots per year in the flex space of Burton Health Sciences Center in the college's first years. Today Lipscomb's student pharmacists administer immunizations through their APPEs/IPPEs; they participate in events like (Vanderbilt University's) Flulapalooza—where they give thousands of immunizations; they organize their own drive-up flu clinic for community members; and they go off-campus to local companies for immunization events.



**57,480\*** Flu shots given in the past decade  
*\*Estimate*

**In the past decade the College of Pharmacy has established 14 nationally recognized and Lipscomb-specific student pharmacist organizations.**



- AAPS
- AMCP
- APhA - ASP
- ASHP
- CPFI
- Kappa Psi Pharmaceutical Fraternity
- NCPA
- Phi Delta Chi Pharmacy Fraternity
- Phi Lambda Sigma
- Rho Chi
- SNPhA
- SPGA
- SPIRiT
- TSSP

## Lipscomb's Residencies

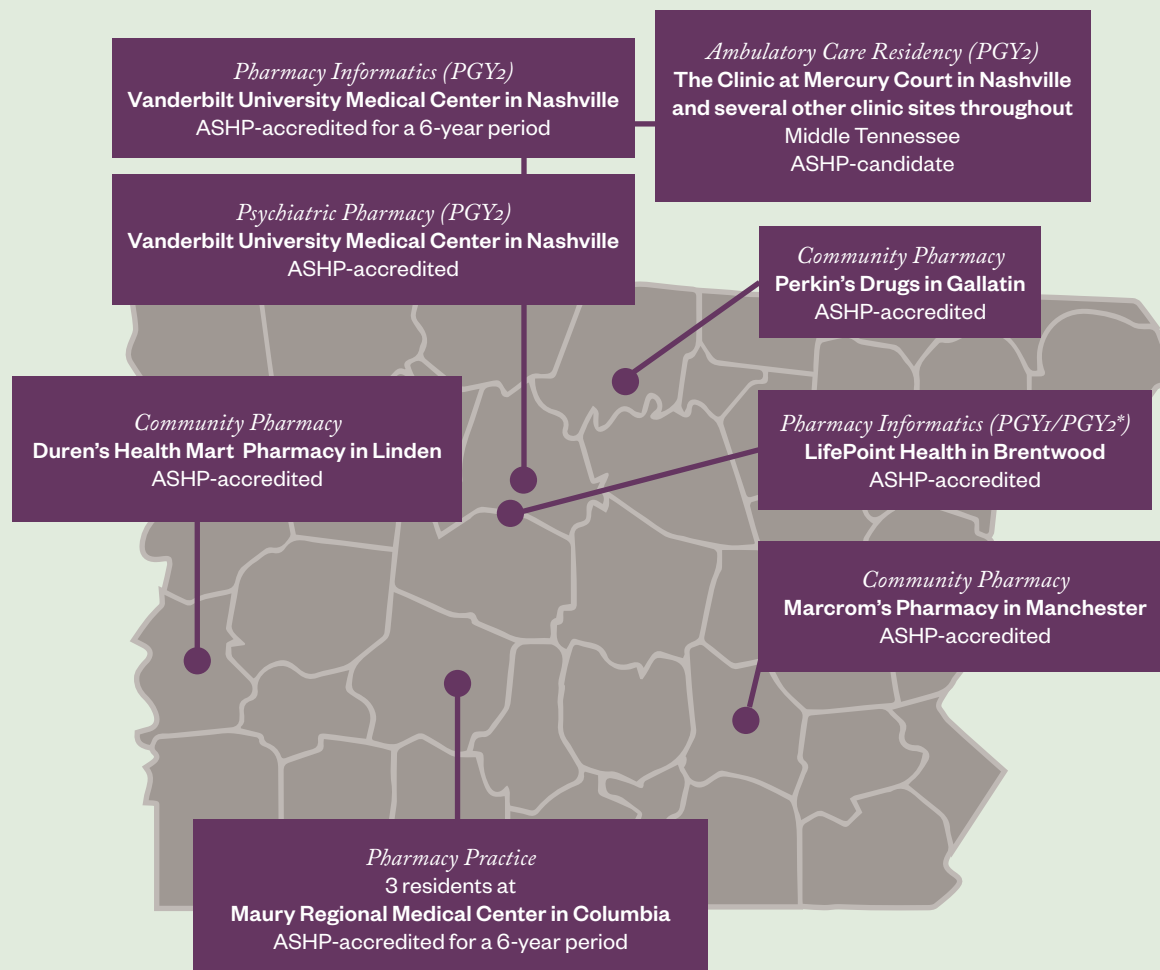
In its early days, the College of Pharmacy's leadership team, headed by Dean Roger Davis, understood the changing world of pharmacy and that the growth of students' interest in residency programs was outpacing the supply of available programs.

In July 2012, the College of Pharmacy's residency program was established, supporting four residents in the areas of managed care, oncology, psychiatric and community pharmacy practice.

The residency program has seen substantial growth in the intervening years, increasing from four spots to 10 as of fall 2017. All of Lipscomb's residency sites are American Society of Health-System Pharmacy-accredited or candidates for accreditation.

The future continues to be bright as the college will add additional programs in fall 2018, and beyond, to fulfill the needs of students seeking to enhance their training and prepare them for the changing role of pharmacists in the future.

*\* The second such combined PGY1/PGY2 program in the nation.*



## College of Pharmacy alumni making the grade

### Pharmacists in the military



**Bruce Abbott**  
Air Force, Colorado

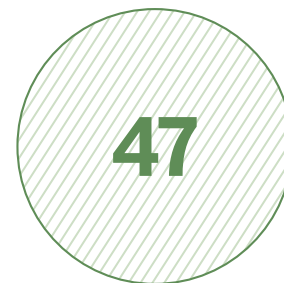


**Brittany Latimer**  
Army, Korea



**Brenna Thompson**  
Navy, California

Around campus they like to call Sumner Regional Hospital in Sumner County, Tennessee, “Lipscomb North” because three alumni are working there: **John Jantz**, clinical pharmacy coordinator; **Beth Kiper**, pharmacist; and **Drew Lewis**, clinical informatics pharmacist.



Alumni who are preceptors for Lipscomb

### Alumni On the Move

#### BJ Waters

Director Consolidated Pharmacy Services  
HCA TriStar  
Nashville

#### Li Li

Pharmacist, Mayo Clinic Health Systems  
Minneapolis, Minnesota

#### Hillary Shields Clevlen

Director of Pharmacy  
Rolling Hills Hospital  
Franklin, Tennessee

#### Jason Tomichek

Pharmacist  
Vanderbilt University Medical Center  
Nashville

### Community pharmacy owners

**Grant Mathis**  
West Town Pharmacy,  
Paducah, Ky.

**Brad Medling**  
Greenfield Family Pharmacy,  
Greenfield, Tenn.

**Jared Lonon and Andrew Byrd**  
White House Pharmacy,  
White House, Tenn.

**Elizabeth Cherry**  
The Medicine Shoppe,  
Somerset, Ky.

**Matt and Jade Fricks**  
Fricks Family Pharmacy,  
Tompkinsville, Ky.

**Delanie Sullivan**  
Sullivan's Hometown Pharmacy,  
McMinville, Tenn.

# College of Pharmacy and Health Sciences

## Bringing health care to the world

Since 2008, the College of Pharmacy & Health Sciences has been coordinating mission trips to domestic and international locations, totaling:





06



08



07



**01** Hope Medical Clinic in **Destin, Florida**, is an annual destination for student nurses and student pharmacists over spring break. Low-income patients are treated through this nonprofit clinic.



**02** Student pharmacist Marina Salama with the sweet children of the **Dominican Republic** as the students host a health clinic.



**03** Student pharmacist, Bonnie Lewis, assists patients during her mission trip to **Honduras**.



**04** Kinesiology Professor Lynn Griffith and pharmacy Assistant Professor Dr. Ronda Bryant led student pharmacists, student nurses and students majoring in Kinesiology on a mission trip to **Haiti**.



**05** Alumna Nhan Dinh ('16), nursing, prepares medications to administer to patients on her mission trip to **Nicaragua**.



**06** **East Tennessee** is an annual fall break destination for student pharmacists who build a house through Habitat for Humanity and serve the community with a health fair.



**07** Student nurses travel to **Malawi, Africa**, to Blessings Hospital to care for women of the area.

**08** Children in **Malawi, Africa**, loved having Lipscomb student nurses help them stay healthy and have fun playing games.



**Lee Stowers**  
Dietetic Intern,  
EXNS graduate  
student (Class of  
2018)  
Warwick, Rhode  
Island

Stowers competed at the University of Alabama as a hammer thrower on the track and field team from 2009 to 2013 and then worked as a performance nutrition intern for Alabama's athletic department for two years.

Her father was a football coach, so she grew up in a sporting family. During her intercollegiate career, she enjoyed getting to know teammates from locales all over the world.

"Athletics also gave me friends I will have for life and exposed me to different cultures. It was exciting to get to know all of them. I loved hearing about their backgrounds, traditions and other things unique to their country," she said.

She always wanted to pursue a career in the health sciences, but "sports directed my path into the field I wanted to pursue," said Stowers, who will work with Lipscomb athletes for 12 weeks this year as part of the DIP program's sports nutrition emphasis.

"I was diagnosed with Celiac disease in high school, which made competing in college difficult at times, especially on the road. After working with Alabama's performance dietitian, I saw just how much nutrition positively impacted my health and performance," she said.

"Athletics influenced my life and career decisions tremendously. All of the failures I had in athletics taught me how to deal with failure in life and how to get back up and keep trying," Stowers said. "Growing up in a competitive world really prepares you for the competitiveness of the real world. Constantly being coached in athletics also helped me learn how beneficial constructive criticism can be in my professional development."

### **Brittany Spitznagel ('12, Pharm.D. '16)** Pharmacy, Class of 2016 Auburn, Alabama

Even while playing on the Lipscomb women's basketball team and competing in track and field as a thrower, Spitznagel was actively pursuing a career in the health sciences, successfully juggling practices and games

"When I saw the people helping me through my injury, it solidified my desire to be there for people when they are not at 100 percent, to be able to explain how the treatment is going to allow them to do the things they want to do in their life."

with research hours in the lab to emerge in 2017 among the first pharmacy graduates to pursue a Ph.D. from Vanderbilt University in Lipscomb's partnership program.

As an applied biochemistry major, Spitznagel worked with Associate Professor of Chemistry John Smith and fell in love with research. Even before starting her pharmacy classes, she participated in the College of Pharmacy's Summer Research Program.

"Time management is definitely something basketball taught me from day one," laughed Spitznagel. "Health care is really moving toward an interdisciplinary approach to taking care of patients, and I feel like I picked up on that process much easier in my hospital rotations. Because I had been on a team, I recognized that we each have our own role but we each give our best for our patients."

Her teamwork skills are also valuable in the research arena, she said. "Within my lab, each one of us has skills we have acquired along the way. We can teach each other those skills, and I don't have a problem asking for help, because we are all working together for the same end goal."

Like many athletes headed into health science, Spitznagel also had a run-in with a debilitating injury: torn cartilage in her hip that kept her consulting with orthopedic surgeons, physical therapists, pharmacists and others to help her keep competing during her junior year. The experience pushed her toward practicing research with tangible patient benefits, she said.

"Both degrees (Pharm.D. and Ph.D.) will allow me to research areas where I can see the impacts in my patients," she said. "I am able to research diseases and treatments and then see those make a difference in people's lives."



### **Kerry Meier** **EXNS graduate student** **(Class of 2017)** **Pittsburg, Kansas**

Meier had a rough start to his intercollegiate football career at the University of Kansas, as he was immediately diagnosed with a heart condition during the pre-season cardiovascular screening. After surgery and a redshirt season in 2005, Meier went on to play quarterback and then transitioned to wide receiver for Kansas.



After college, he played two years as a wide receiver for the Atlanta Falcons.

“As the youngest of four, I had to work just to get a seat at the table. It was an environment of constant competition,” Meier said. “The deeper I got into athletics, it was the qualities of hard work and a craving for competition that pushed me daily. I found great enjoyment in pushing myself beyond my level of comfort, to equip myself with a repertoire of skills that allowed me to be successful on and off the field.”

Meier was drawn to nutrition because it is an area of sports the athlete can control: diet. “There’s a lot of things that are out of one’s control when it comes to sports. I always knew that I could control my diet, my preparation and my attitude towards sports. I want to help communicate, educate and elevate aspiring student-athletes to allow them to reach their potential in their field of play through nutrition,” said Meier who aspires to become a sports nutritionist in collegiate athletics.

After spending a few years away from competition, he’s excited to get back into the sports world in a new role. “The hard work, the competition,

---

**“You must adapt and learn how to work with many other personalities on a very intense level. This is closely mirrored in the health care setting when you are working intimately together in sometimes very serious and life-threatening situations.”**

Lee Stowers photo: Crimson Tide Photos/JA Athletics  
Kerry Meier photo: Kansas Athletics Inc.

challenges, sacrifices and the camaraderie of a team—those qualities are the same ones that carry over into my everyday life in a little different context. As I dig deeper into nutrition, I will carry that same approach into helping young student-athletes,” he said.

### **Wayne Newman** **Nursing, Senior** **San Manuel, Arizona**

Newman, a member of Lipscomb’s track and field team in the hurdles event, was a jack-of-all trades in high school, participating in football, swimming, wrestling and cross country.

“I was a very hyper child when I was little,” laughs Newman. His parents were involved in marathons and triathlons, so getting Newman involved in sports channeled his energy in a positive direction.

As a high school freshman, Newman was competing well in his school’s indoor season when he suffered a bi-lateral stress fracture in his L5 vertebrae. He was left in a back brace doing physical therapy for six weeks. The experience showed Newman how much an illness or injury can affect a person’s life, far beyond simply not being able to compete.

“I know how much your life can change when your body is not working at 100 percent,” Newman said. “When I saw the people helping me through my injury, it solidified my desire to be there for people when they are not at 100 percent, to be able to explain how the treatment is going to allow them to do the things they want to do in their life. I saw how people supported me, and I want to be supportive to other people in that way.

“Athletics taught me to work hard, to set goals and to shoot for them. In life and my career, there may be those tough days or times, but as long as I have goals and can push through that moment, I can reach them,” he said.

Newman is currently leaning toward becoming an operating room nurse. But as the good goal-setter he is, right now he is focusing solely on passing his licensing exam this spring.



# Healing the *mind,* *body and spirit*

*School of Nursing applies nursing's holistic philosophy to its academic program*



When it comes to patient care, the grounding philosophy of nurses today is to heal patients holistically—mind, body and spirit, so that's how Lipscomb's School of Nursing strives to train its student nurses as well.



While many other nursing programs focus solely on the mind by restricting student participation in extracurricular activities, Lipscomb has chosen to allow, and even encourage, its student nurses to develop their bodies and spirits through participation in athletics, the arts, outside jobs or time spent with family.

The approach requires greater flexibility, work load and patience from the faculty and staff, but it results in student nurses who are adept at handling the stress of studies and clinical training and at building relationships with fellow providers and patients, said **Mary Hesselrode**, interim executive associate dean.

"We have the unique opportunity at Lipscomb to infuse the overall nursing philosophy of mind, body and spirit with our educational mission teaching to meet the holistic needs of patients and their families in the community," she said. "We have had feedback from patients that they appreciate our Lipscomb nurses because they are treated as a person and not a diagnosis.

"Our student nurses are encouraged to influence the community with the knowledge they learn from our program even beyond the corridors of health care. Many of them certainly take on that challenge and we watch them maintain a healthy work/life balance, which benefits them as they transition into a practicing nurse," said Hesselrode.

Student nurses at Lipscomb today are involved in everything from music ensembles to university social clubs, from NCAA athletic teams to working jobs in research labs or as first responders. Many take time to participate in international mission trips or volunteer with various community engagement activities.

## *Sports and music keep students focused*

Athletics, in particular, is an activity that many nursing programs restrict because of the travel and practice time demanded of athletes in a collegiate sport. However, the challenges end

up strengthening the skills of student nurses, who need practice juggling many tasks in the working world, said Hesselrode.

“Ninety percent of the time our student athletes are extremely organized and proactive. They let us know their schedules ahead of time, they are team players and they don’t complain, even though they work 50 percent harder than everyone else,” she said.

That is certainly true of **Kennedy Potts** (at left), a junior nursing major and basketball player who chose Lipscomb in large part because she would be able to play basketball and study her chosen major.

“I have to over-communicate everything in advance,” said Potts. “I have to be super efficient with my time and it has shown me how to set goals and how much hard work it takes to meet those goals.”

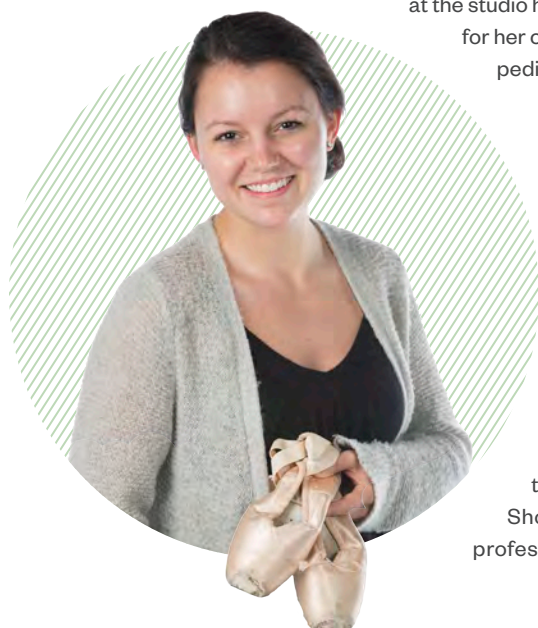
Potts said participating in athletics has taught her how to deal with conflict, to work on a team, to be prompt (she is always the first one to arrive at her experiential learning sessions, she said) and certainly the professionalism that Coach **Greg Brown** expects of her will transfer into her health care career, she said.

**Esther Chung** (far left), a senior nursing major from Tullahoma, Tenn., began playing piano when she was 5 years old and took up the cello at 11. When she came to Lipscomb to pursue a career in the health sciences, she wanted to continue studies in music as well, partly because playing music serves as a stress reliever.

“It’s good to use the other side of my brain,” said Chung, who is minoring in music with an emphasis in piano and plays the cello for the Lipscomb Chamber Orchestra. “Music had always been a part of my life, so it didn’t make sense to give it up.

“It’s two different worlds, so it is nice to be able to step out of the nursing world once in a while, and interact with my music friends,” she said.

**Jodi Haynes** (below left) is a senior nursing major and a dance team coach for Showtyme in Lebanon, Tennessee. Like Chung, she uses dance as an outlet for stress as well as good exercise, but her work teaching children specifically at the studio has certainly prepared her for her career goal to become a pediatric nurse, she said.



“I am confident I would not be who I am today without balancing both dance and nursing studies. It has taught me to use every minute of the day in a beneficial way, even if it just 20 minutes to breathe and rest,” said Haynes, who hopes to remain involved at Showtyme after becoming a professional nurse.

## *Flexibility for both traditional and non-traditional*

The nursing program’s holistic approach provides flexibility for both non-traditional students balancing family and work responsibilities with school and traditional students who want the full college experience.

**Chris Hale** (below right), a 32-year-old nursing junior from White House, Tennessee, had already played college football, served as a medic in the U.S. Army in both Iraq and Afghanistan, married and started a family with his elementary school buddy Andrea and graduated from paramedic school before enrolling at Lipscomb to study nursing.

“I do think it will help in the long run,” Hale said of his full plate. “I know that a large portion of a nurse’s job is multi-tasking, and that happens every day in this house: rock the baby to sleep while studying, study while you brush your teeth,” he said.





(Continued from page 32.)

*“If nurses are able to release their feelings from work into something that brings them joy, this would help them remain strong instead of becoming exhausted and burnt out.”*

While working on both his bachelor’s degree and as a paramedic for Sumner County EMS, he is also double-minoring in Spanish and psychology, which he believes will help him to achieve his goal to become a hospital flight nurse.

“It was using a completely different part of my brain,” he said of his Spanish and psychology studies. “In my 30s I was trying to learn something I hadn’t looked at in years. It was a challenge, but I liked that aspect of it.”

**Ashton Montgomery** (below), a senior nursing major from Brentwood, Tennessee, is juggling different responsibilities. She has filled her college career with student activities from hosting Lipscomb’s annual student variety show Singarama to spiritually mentoring younger students and participating in social club Phi Sigma.

“At any given time this past semester, I had what seemed to be six different responsibilities and their coinciding tasks running through my brain, causing me to focus on what was important at the present time, which is a skill I also typically use in nursing school,” said Montgomery, a passionate singer who also directed two other student musical productions in 2015-2016.

And while they all know that their schedules and priorities will change, Lipscomb’s student nurses are planning to continue to incorporate their talents with their nursing careers.

“One of my favorite things to do as a nursing student is sing to my patients,” Montgomery said. “I worked with a patient who loved George Strait, so I sang her favorite song for her, and I

realized that I always need to be evaluating my patient’s need for something like that.

Singing can have a very positive effect on the patient.

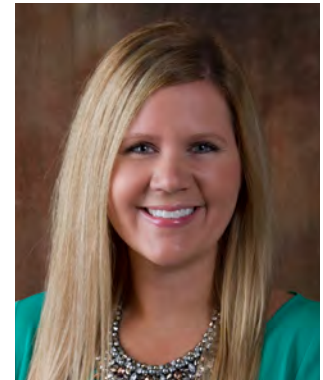
“If nurses are able to release their feelings from work into something that brings them joy, I feel like this would help them remain strong and diligent in their careers instead of becoming exhausted and burnt out.”



## The Lipscomb Family

### Katie Watson ( '07)

*Instructor of Nursing*



If you are around Lipscomb long enough, you’ll hear about “Lipscomb Lifers” the moniker given to those who attend Lipscomb from kindergarten through college.

Lipscomb Lifers are rare, but the School of Nursing has one of its very own. Katie Watson started at Lipscomb in pre-first grade, graduated from then-David Lipscomb High School in 2003 and was among the first class of nurses to graduate from the university in 2007, before the School of Nursing had even been established.

“Being in the first class to graduate from Lipscomb with a BSN was very special, and each semester the administration would make us feel a valuable part of launching a new program,” said Watson. “We got purple and gold stethoscopes during our first year in the nursing program. Our photo is still in the provost’s office!”

Watson’s connection to Lipscomb was born even before her pre-first grade days. Her parents are both Lipscomb alumni. Her mother **Sherri Hoskins** taught at then-David Lipscomb Campus School for more than 20 years. Watson married a Lipscomb alumnus, **Gabe Watson** (’04), and now her own children, Ford (2nd grade) and Brady (1st grade), attend Lipscomb Academy.

All of this makes her particularly excited to be teaching at Lipscomb today. “I always had a passion for teaching. Most nurses do, because we have to teach our patients so much,” she said. “Since the day I graduated, I knew I wanted to teach. So it’s exciting to get the opportunity to give back to a place that has given me so much.”

Watson also earned her Master of Science in Nursing from Austin Peay State University in 2015 and became a certified family nurse practitioner. She has experience working at the Vanderbilt Children’s Hospital cardiac step-down unit and pediatric cath lab and at Green Hills Pediatric Associates.

At Lipscomb she works as the experiential education coordinator and coordinates the nursing capstone course and the pediatric nursing course.

Watson says she is very proud of what the nursing program has become since her days in the original Lipscomb/Vanderbilt Nursing Partnership. Having been a product of its very first class, she said feels even more of a duty to make sure the School of Nursing in 2017 continues as a top-quality program.