Elizabeth Allen
Advisor: Anne Long Baker, PhD, RN
Mindfulness-Based Cognitive Therapy to Treat Depression in Older Adults
While volunteering at a retirement community, I formed a special relationship with an elderly woman suffering from Alzheimer's disease. One day, I let her run in our back hall, but she did not recognize me. I was访ated that someone with whom I had spent so much time could not recall my name. For the first time in my life, I saw a glimpse into the fear and suffering those patients and their families go through. Personal experience like this set my ideas to improve the quality of care provided to the geriatric population. As a nursing scholar and future nurse, I desire to reduce the rising incidence of health concerns associated with aging.

Sallie D. Allgood
Advisor: Jennifer Cornwell, DrPH, RN
Lifestyle Interventions for the Management of Hypertension in Adults: A Review of Reviews
I chose to go into nursing because I am interested in improving the health of patients and populations. By joining UNC and entering the Gillman Scholars Program, I would become the training I need to have a direct impact on patient outcomes and to improve public health. Nurses are on the front line of both healthcare and healthcare transformation. It is my goal to improve patient outcomes.

Heather Bazemore
Advisor: Julie Brown, PhD, RN, CPNP
The Effect of Alarm Reduction and Quiet Time on Sound Levels in a Level IV Neonatal Intensive Care Unit
In 2015, I began volunteering at Sarasota Memorial Hospital in Sarasota, Florida. Through my volunteer experience I learned the importance of creating a patient-centered care experience. As a result, I was passionate about improving the patient and family experience in healthcare settings. It was then that I decided to pursue a career in nursing.

Terra Scarlett Beek
Advisor: Christine Genovese, RN, PhD, PNP-CN, CNRNP
The heart of the matter: Female myocardial infarction and the protection of patient's rights
In the past two decades, women's heart health has been increasingly recognized. However, women still face significant disparities in the diagnosis and treatment of heart disease. As a future nurse, I aim to advocate for the rights of women with heart disease and contribute to the advancement of women's heart health.

Gabriel J. Blanchard
Advisor: Thomas McPherson, PhD, RN
Fear and Mistrust of the Health Care System among Undocumented Immigrants in North Carolina: an Investigative Study
During the summer before I entered the program, I was working with children who were part of a research study on the effects of fear and mistrust of health care providers among undocumented immigrants in North Carolina. This experience inspired me to pursue a career in nursing, where I can make a positive impact on the lives of those who may be hesitant to seek medical care.

Jemima B. Boncales
Advisor: Thomas Heath Gromotka, PhD, RN
Exploring the Role of the Microbiome in Breast Cancer Progression
I was influenced by my mother's battle with cancer, and the care she received as a patient in a hospital. As a future nurse, I aim to contribute to the understanding of the role of the microbiome in breast cancer progression, which could have significant implications for patient care and outcomes.

Katherine Ann Busby
Advisor: Maureen Seery, RN, PhD, FNP
A systematic review of the specific problems and needs unique to patients with rare disorders and their families
I choose to go into nursing because I am passionate about helping people who are facing rare disorders and those who care for them. My research will contribute to the understanding of the unique needs of these patients and their families, and may help improve their quality of life.

Alexandra Chir
Advisor: Julie Garrod, PhD, RN, FAAN
Intrapartum nurses’ attitudes surrounding normal birth and maintenance of favorable perceptions in a tertiary care setting
I chose to pursue a career in nursing because I am passionate about helping people improve their health. As a nurse, I can make a difference in the lives of patients and their families. My research focuses on intrapartum nurses' attitudes surrounding normal birth and maintenance of favorable perceptions in a tertiary care setting.

Taylor Clay
Advisor: Greg Allen, PhD, RN, CN
Supporting Children's Memories of their Early Acute Care Hospital Experiences Following Severe Traumatic Brain Injury
I chose to go into nursing because I have a passion for healthcare and helping people. My research focuses on supporting children's memories of their early acute care hospital experiences following severe traumatic brain injury, which is crucial for their emotional and cognitive development.

Casey R. Collins
Advisor: Beth Perry-Black, PhD, RN
Decision Making Surrounding Infants at the Margin of Viability: Understanding Family-Provider Interaction
I chose to go into nursing because I have a passion for healthcare and helping people. My research focuses on understanding family-provider interactions in decision-making for infants at the margin of viability.

Elizabeth Bradley Cotton*
Advisor: Jan Wooley, PhD, RN
“I Have Cancer: An Educational Tool for Pediatric Patients with Intellectual and Developmental Disabilities and an Oncological Diagnosis
I chose to go into nursing because I am passionate about helping people improve their health. As a nurse, I can make a difference in the lives of patients and their families. My research focuses on developing an educational tool for pediatric patients with intellectual and developmental disabilities and an oncological diagnosis to improve their understanding and experience of cancer.

Nickolai Detert
Advisor: Carol D. Durham, EdD, RN, AENF, FAAN
Clean Hands, Clean Stethoscope: Increasing Stethoscope Hygiene Among Nursing Students Through Training
I chose to go into nursing because I am passionate about helping people improve their health. As a nurse, I can make a difference in the lives of patients and their families. My research focuses on increasing stethoscope hygiene among nursing students through training, which is crucial for patient safety and quality care.

* Denotes Highest Honors
I chose nursing as my profession because I find nothing more fulfilling or humbling than spending eleven years in and out of hospitals, observing and helping to improve the care of others. Entering nursing school, I was erred that it would not fulfill my childhood dreams of nursing, but it has and so much more! I will enjoy caring for people just as much as I did my parents. For my all those years ago. As a Hilton Scholar, I hope that I can use my passion for this career to inspire and lead the next generations of nurses.

Lauren Meadows
Advisor: Amy J. Budge, PhD, RN, PhD, BC
Physical Activity Promotion in School Age Youth in Orange County, North Carolina

One of the major reasons I chose to go into nursing school was related to the emphasis on holistic and patient-centered care as well as patient education. I think that preventative medicine is just as important, and that nurses deserve a voice on this task. I especially enjoy working with the pediatrics population and helping empower them to accomplish their goals.

Kimberly B. Moench
Advisor: Mary Zembower, PhD, RN, CS
Understanding the Patients’ Journey: A Case Study in Schizophrenia Pain Management

Writing my honors project was a very personal, very challenging experience as I was stilling the events that led me to nursing. Spending days in and out of hospitals, in my mother’s presence, provided me with first-hand knowledge into the health care field, and the people we came to rely on the most. Not only did I learn vitally on what excellent nursing entails, but I also came to understand the importance of patient advocacy, and I was so passionate that I went on to UNC to pursue a career in the field.

Emily Morgan*
Advisor: Jamey Diltschau, PhD, RN
Nursing Student Awareness and Perception of Intimate Partner Violence: A Study of the UNC-Chapel Hill Undergraduate Nursing Program

I decided to become a nurse because I am passionate about communication and advocacy. I want to be a voice for those that I can take complex scientific information and break it down into terms that my patients can understand. I want to become a nurse so that I can empower my patients to make informed decisions regarding their health. I want to become a nurse so that I can be a support system and sounding board for my patients in their fear-coalesced environments. I want to become a nurse so that I can advocate for patients’ quality of life in both health and illness. I chose nursing because nursing training and helping relationships is incredibly rewarding to me.

The University of North Carolina at Chapel Hill School of Nursing

CLASS OF 2015

H onors in N ursing

Jodi Fleishman*
Advisor: Stewart Stephen-Green, PhD, CNL
The Theoretical Framework & Applications of Mindfulness-Based Techniques in Nursing Care

I chose nursing as my profession because I find nothing more fulfilling or humbling than caring for those who are in need. Entering nursing school, I was erred that it would not fulfill my childhood dreams of nursing, but it has and so much more! I will enjoy caring for people just as much as I did my parents. For my all those years ago. As a Hilton Scholar, I hope that I can use my passion for this career to inspire and lead the next generations of nurses.

Christopher Fry
Advisor: Beth Perry Black, PhD, RN
Diagnosing Alarm Fatigue in a Pediatric Hospital

I chose to go into nursing because of its endless opportunities for personal and professional growth. It provides me with the skills and exposure to where a direct, positive impact on people’s lives. The background in evidence-based practice coupled with the continuous human contact is what made me certain nursing was the profession for me.

Kasey T. Gragg
Advisor: Stacia Davids, MSN, RN, and Stephen Stephen-Green, PhD, CNL
Irritable Bowel Syndrome: An Analysis of Evidence-Based Practice for Excitation and Symptom Management

A passion for patient care and a desire to make a difference in the lives of others made the decision to go into nursing one day. It has been my passion in the direction of critical medicine tactics deserves more attention and that nurses are ideally suited to begin taking a role in this. It requires critical thinking, continued growth and learning, and compassion.

Jill Leckey*
Advisor: Amy Davids, MSN, RN, and Stephen Stephen-Green, PhD, CNL
Nursing Assessment of Patients Requiring Enteral and Gastric Feeding Tubes: An Explanatory Approach

I have chosen nursing as my career because it provides the unique opportunity to care for patients in a holistic approach. Given that nurses provide constant hands-on care of patients, they are in a key position to intervene and to assist those vulnerable patients during some of the most difficult and stressful times in their lives and the lives of their families.

Lauren Meadows
Advisor: Amy J. Budge, PhD, RN, PhD, BC
Physical Activity Promotion in School Age Youth in Orange County, North Carolina

One of the major reasons I chose to go into nursing school was related to the emphasis on holistic and patient-centered care as well as patient education. I think that preventative medicine is just as important, and that nurses deserve a voice on this task. I especially enjoy working with the pediatrics population and helping empower them to accomplish their goals.

Esita Patel*
Advisor: Cheryl Gomer, PhD, RN, ANP, BC, ANP, FAAN
Investigating a Business Case for Certified Nurse Midwifery-led Birth Center Care

Before starting undergrad at UNC, I wanted to pursue a career in nursing because I wanted to be on the front lines of patient care. However, my postgrad thoughts began to form for women to do this “dirty work” of healthcare, as it was termed in Gujarat, India. Growing up in the US, I hoped I would avoid such glass ceilings imposed on women in India. Consequently, I chose to study biology instead, due to my reverence for the internal processes that come together to produce life. I later fell in love with research early on and thought I could use biological research in the context of healthcare. Later, I used that love of research to explore the idea of becoming a nurse. Today, I am in love with the idea of helping others understand the science behind and helping those discover that creativity and curiosity make an excellent science background. During my time, however, my suppressed interest in nursing compelled me to volunteer at hospitals, involved with medical research, and continue to do this work. Words cannot describe the sense of purpose I felt when learning about the Hilton Scholars Program last year. Now, my passion, research, and medical careers will not mutually exclude.

Caroline S. Reid
Advisor: Shokhla Kharazi, MD, MS, PhD, COCH, BEH
Side-by-side: Supporting Pregnant Adolescents through Partnership with UNC Volunteer Doula

I chose to go into nursing because I am a woman with a foundation of writing. I also appreciated that nursing focuses leadership and personal development. Nurses are so far our healthcare system, and their patient care and advocacy has significant impact on the health and wellbeing of our nation. It brings me great joy to be a part of such an important profession.

Stephenature Sarma
Advisor: Amy Davids, MSN, RN, ANP
What motivautes students? Exploring the factors that influence intrinsic motivation in nursing students when completing academic tasks.

I chose to go into nursing because it is a field based on providing care to those who are sick. I find personal satisfaction from helping others than there are many a patient opportunity available in the nursing field. In a nurse, you can have very diverse roles, such as being an educator, an advocate, a researcher, etc. The thought of the opportunities inspired me to aim at a successful nursing career where I can pursue many different endeavors.

William H. Smith
Advisor: Sandra H. Reedy, PhD, RN, BC, FAANP, FAAN
Nursing Promoting Employment Interventions for Unemployed Men in the United States: A Scoping Review of Literature

Through a previous work in direct service and behavioral health administration, I found that I work best in a multivariate team, and believe that professionally successful in my previous role, a nagging feeling that I could be of better service to others persisted. I chose to go into nursing as a field blends my love of science, interdisciplinary work, and teaching. Also, it is a field with flexibility and growth opportunities, both of which are critically important when making the decision to pursue a new career in nursing.

Rachel L. Timberlake
Advisor: Beth Perry Black, PhD, RN
Perceptions of nurses regarding their knowledge and competency levels in addressing issues of domestic abuse among pregnant and postpartum women

I believe that nursing is part of life’s calling. I chose nursing as my profession because nursing gives me a platform to provide compassionate care to those who are hurting physically, mentally, and emotionally. For me, I can help to bring hope to patients by working to improve and sustain their total health.

Gracie Zvara
Advisor: Beth Perry Black, PhD, RN
A Response to Life-Limiting Prenatal Diagnosis

I chose to go into nursing because I wanted a career that challenges me intellectually and emotionally. Entering nursing school, I was worried that it would not fulfill my childhood dreams of nursing, but it has and so much more! I will enjoy caring for people just as much as I did my parents. For my all those years ago. As a Hilton Scholar, I hope that I can use my passion for this career to inspire and lead the next generations of nurses.

Leah L. Morgan
Advisor: Brie D. Strother, PhD, RN, ANP
Music as a treatment for pediatric pain and/or anxiety during painful procedures: An integrative review

I have wanted to be a nurse my whole life. When I was 1 year old, my dad taught me by a bunch of bows if I did not want to be a doctor or a nurse. Entering nursing school, I was worried that it would not fulfill my childhood dreams of nursing, but it has and so much more! I will enjoy caring for people just as much as I did my parents. For my all those years ago. As a Hilton Scholar, I hope that I can use my passion for this career to inspire and lead the next generations of nurses.

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