I am beaming with pride, excitement and confidence in knowing that I am a member of the only professional nurses association in Mississippi representing all registered nurses and advanced practice registered nurses across all nursing roles—and that’s really a big deal! Over the years, MNA has worked tirelessly on our behalf to proactively address issues that impact our nursing profession. The 2019 Annual MNA Convention was the most recent demonstration of how the MNA Board of Directors, executive director, staff and MNF worked as a team to deliver a very impressive and very effective conference focused on nursing success, which can be defined in many ways all across our great state.

The pre-convention opener led by Dr. Eileen O’Grady set a high standard for what was to be expected for the remainder of the week. Dr. O’Grady walked us through how to become the CEO of our whole life. This session was nothing short of amazing! On a personal note, I attended this session not feeling my best as I battled a sinus head cold. While I felt the need for rest in my hotel room, Dr. O’Grady’s presentation was so engaging and inspiring that I had to stay for the entire session! And that was only the beginning of this convention’s excellence. Each of the sessions that followed, either met or exceeded the expectations of our attendees. We received useful information on timely topics such as vaping, workplace violence, crimes against children, suicide prevention, eliminating patient harm through high reliability, and more. Our expert presenters were very engaging and I observed many nurses with deep focus during these sessions. It is gratifying to see so many taking notes and snapping pictures of PowerPoint slides to guard against missing any key points. Some sessions were in such demand that capacity was limited to standing room only. Everyone I have spoken with about this year’s convention shares my same sentiment—it was exceptional!

The 108th MNA House of Delegates (HOD) focused on the “business” of the association. I’ve always enjoyed attending the HOD because it is the one time each year where all of our districts are represented during a collective discussion about the strategic direction of the association. It’s where all of our members, by way of district delegates, share a voice in how
MNA: Meeting the CNE Needs of Mississippi’s RNs & APRNs

EVENT | DATE & LOCATION
--- | ---
Wound Care Workshop for RNs & APRNs | Mississippi Center for Nursing – Madison, MS | January 22, 2020
Pharmacology of Controlled Substance for APRNs | Southwest Community College – Summit, MS | January 24, 2020
The Impact of Workplace and Intimate Partner Violence on Families and the Role of the Nursing Profession... | UMMC Community Care Clinic Humphreys County Belzoni, MS | January 30, 2020
Wound Care Workshop for RNs & APRNs | Mississippi Center for Nursing – Madison, MS | February 7, 2020
2020 Legislative Nursing Summit | Jackson Convention Complex – Jackson, MS | February 18, 2020
MS Addiction Conference – in Partnership with Professionals Health Network | Hilton Hotel – Jackson, MS | February 26-28, 2020
2020 APRN Spring Conference | Oxford Convention Center – Oxford, MS | April 17-18, 2020
MS Drug Summit – in Partnership with First Responders of Mississippi | Broadmoor Baptist Church – Madison, MS | July, 2020
2020 Annual Convention | MS Coast Coliseum & Convention Center – Biloxi, MS | October 13 – 16, 2020

More events coming soon! Please check our website – www.msnurses.org/events

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Meet MNA’s 2019-2020 Board of Directors

Seated L-R:
Debra Rhinewalt, BSN, CHPN, Director, Council on Nursing Practice;
Tonya Moore, PhD, RN, President;
Johnnie Sue Wijewardane, PhD, APRN, FNP-BC, FAANP, Secretary;
Sandra “Sandi” Arnold, MSN, RN, Director, Council on Organizational Affairs;

Standing L-R:
Tomekia Luckett, PhD, RN, Director, Council on Nursing Education;
Alena Lester, DNP, APRN, FNP-C, ONP-C, Director, Council on Health Affairs;
Shonda Phelon, DNP, FNP-BC, PMHNP-BC, GNP-BC, Director, Council on Advanced Practice;
Teresa Malone, MNA Executive Director;
Ashley Krebs, PhD, RN, CHSE, Director, Council on Nursing Research;
Carl Mangum, PhD, PMHNP, Treasurer.

Congratulations to Dr. Tonya Moore, Dr. Carl Mangum, Dr. Tomekia Luckett, and Sandi Arnold, elected by the 2019 House of Delegates.

In Memoriam

Mary Patricia Burg Curtis
April 29, 1938 – November 3, 2019

Dr. Mary Patricia Burg Curtis devoted her professional career to nursing, counseling, education, and access to healthcare. Her contributions and leadership span 52 years. Dr. Curtis was a graduate of Marquette University, Mississippi University for Women, and received her doctorate at Mississippi State University. Dr. Curtis was the Director of the Graduate Nursing Program and associated with MUW for 27 years and was the first Nurse Practitioner to practice in Lowndes County. Dr. Curtis was very active in the political arena, having contributed to the writing of bills and being an expert witness at Senate hearings for health care in MS. She was also very active in the Mississippi Nurses Association at the national, regional, and local levels. She served as Chair of the Research Advisor Panel of the National Council State Boards of Nursing for nine years. Dr. Curtis was appointed to the Mississippi Board of Nursing for two terms (eight years) during which time she served as President of the Board.

Dr. Curtis has been recognized by multiple professional and school organizations for her leadership and for paving the way for the Nurse Practitioner role. Among her awards and recognitions, the three most precious to her were the Marquette University’s Alumni Merit Award for contributions to health care, Induction into the Mississippi Nurses Association’s Hall of Fame, and Induction into the MUW Hall of Fame.

In Memoriam continued on page 19

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I live and work in a food desert. Many of the diseases that my patients have stem from diets of junk and fast food. I myself struggle with my weight. How do you start?

First off, how hard must this be to have limited access to fresh food. As a person who cares for others, it is even more difficult to be in a community that does not have access to what might be one of the most important predictors of good health, fresh food. Poor nutrient-food is at the root of so much of our health care and health issues. And it's about to become more characters affecting our body.

People who care about their health and nutrition will immediately focus on this front. The food pharmacy at Children's Hospital of Philadelphia offers patients a "prescription" for whole food. So long as you have high-calorie superfoods for cancer patients to keep weight up. Others have low-sugar staples for people with diabetes or low-nutrient items for patients with hypertension.

We can see how food is medicine and we could be focusing on this as a profession cares deeply about the health of our patients. Before we even begin, we need to make the very first place to start is close in, with yourself. By getting in right relationship with our environment first, we can be better able to empathize and assist others once we are successful. The science on changing lifestyle habits starts before we even change Anything. Creating new, lasting habits starts with first making a deep, internal decision, a decision to do something different. A decision by a patient to change the course of their life. As with any lifestyle change, the very first place to start is close in, with yourself. By getting in right relationship with our environment first, we can be better able to empathize and assist others once we are successful.

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Executive Director’s Column continued on page 19
Social media continues to be a very popular way for people to connect with the world, communicate with others, learn new information and entertain themselves. Approximately 70% of Americans use social media daily. Many nurses use social media to professionally network and are members of blogs, forums and social networking sites. At the recent MNA Convention, the House of Delegates adopted a resolution to support increasing awareness of nurses’ responsibility in the use of social media.

Registered Nurses and Advanced Practice Registered Nurses are active on Facebook, Instagram, LinkedIn, Snapchat, YouTube, Twitter, and Pinterest among others. Social media is a great way to stay “connected” to family and friends, to reconnect with old friends, and to plan events such as family gatherings and reunions. Use of social media has become so common that we often forget the risk it poses due to the ease of instantaneous posting opportunities. At times we may find ourselves not reflective enough and may post things that may come back to haunt us and possibly cause professional or legal consequences.

There are many blogs and forums for nurses and nurse practitioners that may tempt the nurse to post an interesting or unique patient case. Some may even be compelled to share photographs to educate and inform colleagues and potential students. Although the intent is usually innocent and meant to share clinical pearls, results can often lead to professional and legal problems. Even in closed groups, many nurses find themselves in spirited conversations about practice, policy and education. Many of these discussions can be used by others to display us in an other than professional role.

However, social media can have some very positive outcomes when used appropriately. It provides a platform for keeping up with the latest evidence-based research. Networking and connecting with like-minded professionals is also another positive aspect of social media. MNA has a FB account that keeps us up to date on the latest happenings around the state. LinkedIn and other social sites often are great places to explore new career opportunities. When used correctly, social media can enhance practice and help one connect professionally to other healthcare professionals.

Here are some tips to remember before you click the post button or share that latest information.

Continued on page 7
1. Keep patient privacy and confidentiality to the highest standards. I see many nurse practitioners, nurses, and students of nursing posting clinical situations and even pictures about patients. Social media is not the place to do this or explore complex cases. Never post photos of a patient or identify them by name. Never refer to patients in a demeaning or negative manner. Instead of posting questions about clinical issues, find a mentor or consult with a colleague. You can also reach out to former professors, preceptors or colleagues to discuss any patient issues. Our detractors use these postings as fodder to make us look less educated or skilled.

2. Try to avoid connecting with patients or former patients on social media. This is difficult in small communities where you may know many people. It is very important not to give professional medical advice or discuss work-related issues with patients on social media. Make sure your patients and staff know this, especially the ones with whom you have a personal relationship prior to the nurse-patient relationship.

3. Don’t complain about your work place on social media. Facebook or Twitter is not the place to make negative comments or post negative pictures about a place of employment, coworkers, or administration. This type of behavior not only jeopardizes your job security but your reputation as well. If you have work-related issues, meet with your employer, supervisors or human resources department to discuss the issues professionally. Make sure you review your employer’s social media policy and follow the rules. It is also a good policy to never use a workplace email to affiliate you with a social media site, and to not access a social media website or post personal pictures, events, etc. while at work.

4. Keep all activity on social media professional. There are many posts that may be considered unprofessional and reflect negatively on the profession of nursing. Profanity, sexually explicit or racially derogatory comments, as well as posts about drug and alcohol use are unprofessional, question one’s moral character and reflect negatively on the nursing profession. I personally wish the “sexy nurse” costume could be banned, but I routinely see nurses wearing it to costume parties and posting pictures on social media. In the worst case scenario posting unprofessional comments or pictures could lead to a charge of unprofessional behavior by an employer or the Mississippi Board of Nursing.

When using social media, always think before you post. Will your post benefit someone or is it a negative statement about you or the profession of nursing? Make sure your post adheres to relevant federal and state laws, state regulations, employer policies, and the American Nurses Association Code of Ethics with Interpretive Statements. If you think something you are about to post may not be appropriate, most likely it is and you should delete the post.

Social media is a great resource in our world today, but remember what you post will become permanent and may follow you for years. Always remain professional, confidential and mindful of the posts you make. Let’s make our social media posts positive, educational and something we will never regret!

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Night Shift

Debra Rhinewalt, BSN, CHPN, Director, Council on Nursing Practice

What if you were: age 51, a newly licensed RN; first job assignment was in ICU, working a 7 a.m. to 7 p.m. day shift, and this was the first time working nights.

Well folks, that was me eleven years ago. Being a newly licensed RN was very exciting and the ICU assignment was overwhelmingly frightening; therefore, I never even thought what working nights might mean.

My family and friends were horrified that I was going to be working “shift work” (“at my age.” I’m sure they were thinking). Shift work is work that takes place on a schedule outside the traditional 9 a.m. to 5 p.m. day. Shift work may involve evening or night shifts, early morning shifts or even rotating between these two shifts.

It is vital in many industries. The majority of professions that participate in shift work are in the service industry, such as: policemen, firemen, healthcare workers, and transportation. These are areas that require 24-hour availability.

There are a variety of reasons people work shift work: allows for better arrangements for family or childcare, personal preference, “nature of the job,” or simply the only option available. Being a new nurse in a facility almost always guarantees you a night shift position; it is said “we have to pay our dues.” So is shift work a punishment or privilege? I guess that can best be answered by each individual:

Becoming a nurse was a life-long dream and I simply felt privileged to fulfill the dream. It was just my husband and me, both our sons were grown and in college. My husband willingly offered to step up and take on many of my normal pattern. Well, maybe as a teenager, but that’s been quite some time!

It is difficult on your days off. Some night-shift nurses try to keep the same wake hours and bedtime on their days off, so their body doesn’t have to keep readjusting. I found that adjustments could be made for family time and I tried to have an “almost normal” schedule when I wasn’t working.

I was fortunate to have a “dream schedule” where I worked 40 hours a week, which included only one weekend and once a month I had seven days off in a row. It was a great schedule. It was like a “free” week of PTO every month. Honestly, the first day off, I usually spent as a “catch-up” day. Everyone does not have that luxury and many rotate between shifts, which I think requires even more work to ensure you get the rest that you need. No matter your shift schedule, you have to find what works for you and your family.

It was my biggest enemy; it took some time but I finally found a “black-out” shade that really worked. I had to learn to turn off the TV or any noise creating device. I bought a sound machine which really worked wonders. I learned to make this work, I had to silence my phone and allow all my calls to be forwarded to voicemail.

Shift work can result in weight gain. It is a scientific fact, which I said I wasn’t going to talk about BUT I must have a valid reason for gaining weight. Switching sleep schedules can interrupt your natural circadian clock (human body’s natural, internal inclination to follow a 24-hour cycle), which research has shown can impact everything from insomnia to weight gain—hence my reason for gaining weight. Because I am quite sure the wonderful pot lucks or the late-night visits to pick up fast-food had nothing at all to do with it! I would recommend that you take healthy snacks that are easy to access and eat - especially when you are pressed for time.

As a newly licensed RN, first time working nights, how long the drive take. If you have children to get ready for school, try a couple of “dry runs” and be sure to assign your children age appropriate duties such as dressing themselves or preparing lunches and snacks. If you have a spouse or other drivers in your family, check your schedules to see where they may line up. Be sure to make a point of having family time to have a meal or talk together; personal time is also important. These practice runs will help you budget your time successfully.

Acquiring restful sleep was one of my biggest challenges, but I knew I had to make my sleep schedule feel as normal as possible. Waking up when the sun went down and going to sleep when the sun comes up had not even been a pattern I once had. It was a great schedule. It was like a “free” week of PTO every month. Honestly, the first day off, I usually spent as a “catch-up” day. Everyone does not have that luxury and many rotate between shifts, which I think requires even more work to ensure you get the rest that you need. No matter your shift schedule, you have to find what works for you and your family!
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Mississippi Nurses Foundation

Coffee Club Application

The Mississippi Nurses Foundation Coffee Club was started in April 2009 with the support of Dr. Kim Hoover, with her donation for MNF daily operations. The coffee club recognizes individuals who donate between $300 - $5,000 or more to the Foundation. You can join today with a monthly donation of $25.00 to the Nurses Foundation. Please select your level of support for membership into the Mississippi Nurses Foundation Coffee Club. Bank draft and credit card monthly donations will automatically renew every 12 months unless notified by the donor.

_______ Espresso Level
$4,000 to $5,000—Two packages of MNF signature coffee and two coffee mugs, four tickets to all upcoming events sponsored by the Foundation, Recognition on MNF’s website, newsletter, recognition at the Mississippi Nurses Association Annual Convention and a 4” x 8” engraved brick in the Mary E. Stanton Center for Nursing Garden.

_______ Cappuccino Level
$500 to $1,000—One package of MNF signature coffee and two coffee mugs, two tickets to all upcoming events sponsored by the Foundation, Recognition on MNF’s website, newsletter and recognition at the Mississippi Nurses Association Annual Convention.

_______ Mocha Level
$1,000 to $1,999—One package of MNF signature coffee and two coffee mugs, two tickets to all upcoming events sponsored by the Foundation, Recognition on MNF’s website, newsletter and recognition at the Mississippi Nurses Association Annual Convention.

_______ Latte Level
$2,000 to $2,999—Two packages of MNF signature coffee and two coffee mugs, two tickets to all upcoming events sponsored by the Foundation, Recognition on MNF’s website, newsletter and recognition at the Mississippi Nurses Association Annual Convention.

_______ Caffe Latte Level
$3,000 to $3,999—Two packages of MNF signature coffee and two coffee mugs, two tickets to all upcoming events sponsored by the Foundation, Recognition on MNF’s website, newsletter and recognition at the Mississippi Nurses Association Annual Convention.

_______ Mocha Level
$4,000 to $4,999—Two packages of MNF signature coffee and two coffee mugs, two tickets to all upcoming events sponsored by the Foundation, Recognition on MNF’s website, newsletter and recognition at the Mississippi Nurses Association Annual Convention.

_______ Latte Level
$5,000 to $5,999—Two packages of MNF signature coffee and two coffee mugs, two tickets to all upcoming events sponsored by the Foundation, Recognition on MNF’s website, newsletter and recognition at the Mississippi Nurses Association Annual Convention.

_______ Espresso Level
$6,000 to $6,999—Two packages of MNF signature coffee and two coffee mugs, four tickets to all upcoming events sponsored by the Foundation, Recognition on MNF’s website, newsletter and recognition at the Mississippi Nurses Association Annual Convention.

_______ Cappuccino Level
$7,000 to $7,999—Two packages of MNF signature coffee and two coffee mugs, two tickets to all upcoming events sponsored by the Foundation, Recognition on MNF’s website, newsletter and recognition at the Mississippi Nurses Association Annual Convention.

_______ Mocha Level
$8,000 to $8,999—Two packages of MNF signature coffee and two coffee mugs, two tickets to all upcoming events sponsored by the Foundation, Recognition on MNF’s website, newsletter and recognition at the Mississippi Nurses Association Annual Convention.

No, I cannot join the Coffee Club but I will give a donation to support the MS Nurses Foundation.

Amount (Please print) ____________________________

Name (Please print) ______________________________

Address ______________________________________

City __________________________________________

State __________ Zip ________________

Phone: Home ___________________ Cell __________________

Email address __________________________________

Method of Payment

Credit Card # ________________ 3 digit code/ back of card ________

Exp. Date __________________________

Amount ______

| (   ) Amex  | (   ) MasterCard  | (   ) Visa  |
| (   ) Bank Draft 1st or 15th (circle one) Amount per month ________
| Month to start |
| Send a voided check to the MS Nurses Foundation |
| (   ) one time payment for yearly membership |
| Please include check or money order and mail it to the MS Nurses Foundation |
| (   ) DONATE ONLINE at www.msnursesfoundation.com |

The tax deductible donation to the Coffee Club will help support the Nurses Foundation in its daily operations of carrying out its mission of raising, accepting and dispersing charitable donations to promote professional nursing and better health in Mississippi. Sponsored events include the Nightingale Awards Gala.

Mississippi Nurses Foundation
31 Woodgreen Place • Madison, MS 39110
Phone: (601) 898-0850 Fax: (601) 898-0190

The Mississippi Nurses Foundation
Scholarships and Stipends for 2020

Nurse Oneita Dongieux Scholarship $500
Submission deadline is February 7, 2020
Open date - December 1st

Betty Dickson Health Policy Scholarship up to $2,000
Submission deadline is February 7, 2020
Open date - December 1st

Martha Douglas Memorial Scholarship $1,000
Submission deadline is February 14, 2020
Open date - December 1st

MNF School of Nursing Scholarship $1,000
Submission deadline is March 16, 2020 – Contact your School of Nursing
Open date - January 1st

Car Tag Stipends $5,000
Submission deadline is June 12, 2020
Open date - April 1st

Eileen S. & Earl C. Whittemore Advance Practice/Nurse Practitioner Scholarship $2,500
Submission deadline is July 10, 2020
Open date - May 1st

MS Nurses Foundation PhD Research
Grants up to $10,000
Submission deadline is July 10, 2020
Open date - May 1st

Georgia B. Hall Award of Excellence $500
Submission deadline is November 13, 2020
Open date - September 1st

Hiawatha and Eunice Northington Memorial Scholarship $1,000
Submission deadline is November 13, 2020
Open date - October 1st

Arthur L. Davis Scholarly Writing $1,000
Submission deadline is December 4, 2020
Open date - October 1st

Bramley-Fletcher Award of Hope Book Scholarship $250
Submission deadline is December 4, 2020
Open date - October 1st

Please visit www.msnursesfoundation.com or call (601) 898-0850 for additional information.
MNF Announces 5th Nurses Leadership Institute & Community Grants

5th Nurses Leadership Institute
The Mississippi Nurses Foundation will host its fifth MNF Nurses Leadership Institute (NLI) for MNA Members! Leadership is an integral part of nurse development and professionalism. The NLI targets staff nurses, nurse managers, and nurse educators who desire to expand their knowledge of leadership and enhance their role as a leader.

Deadline for Application is January 3, 2020.

MNF Community Grants
The Mississippi Nurses Foundation Community Grants support Mississippi nurses in their efforts to work in the community with programs or projects that contribute to the health and welfare of Mississippi citizens. Grant recipients are encouraged to participate in community-based projects that can impact a positive change in a current health issue. Community Grants up to $5,000 will be awarded. All applications will not be funded. Funds may not be used for influencing legislation or to lobby government officials.

Application deadline is January 15, 2020.

Visit MNF’s Website at www.msnursesfoundation.com for details and application.

What an amazing way to say Thank You!

(Please fill out the form below, tear it off, and mail it in along with your payment)

Please select your brick and fax this form to the Mississippi Nurses Foundation with your contact information on the lines provided below.

- $500 8” x 8” engraved brick (7 lines of type) placed in the garden.
- $250 8” x 8” engraved brick (4 lines of type) placed in the garden.
- $100 4” x 8” engraved brick (3 lines of type) placed in the garden.
- My gift is unrestricted - use it where it is needed most.

- Check (Please make payable to the Mississippi Nurses Foundation)
- Visa □ Mastercard □ Amex □ Card # __________________________ Exp. Date ________
Name_________________________________________________________ Address__________________________________________________________
City__________________ State, Zip____________ Email________________________
Work Phone____________________ Ext. __________ Cell Phone____________________
Signature ___________________________
we advance the work of the association. And this year, we covered a few actionable items including the value pricing membership model as set forth by ANA, the adoption of four resolutions (please refer to the Executive Director’s Column for more information), and the election of four members of the Board of Directors along with three members for the Committee on Nominations.

With that said, I am deeply honored and thrilled to have been elected as President of MNA. This is a significant moment for our association and the needs of our profession have never been more important. Over the next two years, I will work to advance the great legacy of strong leadership to the MNA Board of Directors as we work closely with Executive Director, Teresa Malone, and the entire MNA staff; lead the Board of Directors in strategic decision making and the execution of value-added programs and events; and, collaborate with MNA’s Vice President and District Presidents to increase and diversely membership to represent all facets of nursing, including traditional and non-traditional roles.

In closing, I want to extend a sincere thank you and appreciation to Debbie Allen, immediate Past President, for her steady leadership and grace over these past four years. Debbie, I’ve enjoyed serving alongside you and we all appreciate your contribution to our association. In addition, I am deeply grateful for the support and guidance I have received from the incoming Executive Director, Teresa Malone, and the entire MNA staff; lead the Board of Directors in strategic decision making and the execution of value-added programs and events; and, collaborate with MNA’s Vice President and District Presidents to increase and diversely membership to represent all facets of nursing, including traditional and non-traditional roles.

And I would be remiss if I did not acknowledge the 108th House of Delegates for this historical moment. You validated what I’ve known about our nursing profession for years—that anything is possible in nursing. You just have to go after it!!!

In Memoriam continued from page 3

After Dr. Curtis retired in 2004, she devoted her energies to St. Vincent de Paul, a community outreach program which provides services, regardless of religious affiliation, to the poor, elderly, sick, and needy. She served as the president of this organization for three years. During her lifetime, she maintained her sense of humor and was always available for a good laugh or advice over a cup of coffee. Dr. Curtis will be missed by the many nurses who knew and loved her!

Executive Director’s Column continued from page 5

their Families; 2. Promote the Safety and Protection of Nurses and Nursing Students from Workplace Incivility, Bullying, and Violence and Intimate Partner Violence; 3. Support Nurses’ Role in Increasing Awareness of the Importance of Vaccines in Preventing Communicable Diseases; and 4. Support Increasing Awareness of Nurses’ Responsibility in the Use of Social Media. These topics will be featured in articles in the MS RN over the coming year.

When looking back at the convention, it’s amazing what can be packed into four days: over 50 sessions, a two-day Expo, and the House of Delegates. We trust you enjoyed your walk on the Pathway at convention and hope to see you at our upcoming events! A very special thank you to our attendees, sponsors, exhibitors, and representatives! Thank you for your continued support of MNA!!

Executive Director’s Column continued from page 5

Do you want to be part of an organization dedicated to compassionate health care and community service? As the state’s largest privately owned multi-specialty clinic, Hattiesburg Clinic has more than 400 physicians and providers representing a variety of medical specialties throughout South Mississippi.

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The University of South Alabama is a place of unlimited possibilities and exceptional accomplishments. The College of Nursing, one of the largest nursing programs in the United States, is accredited by the Commission on Collegiate Nursing Education (CCNE). For information, visit SouthAlabama.edu/nursing.

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