



LIFELINE

NEWSLETTER

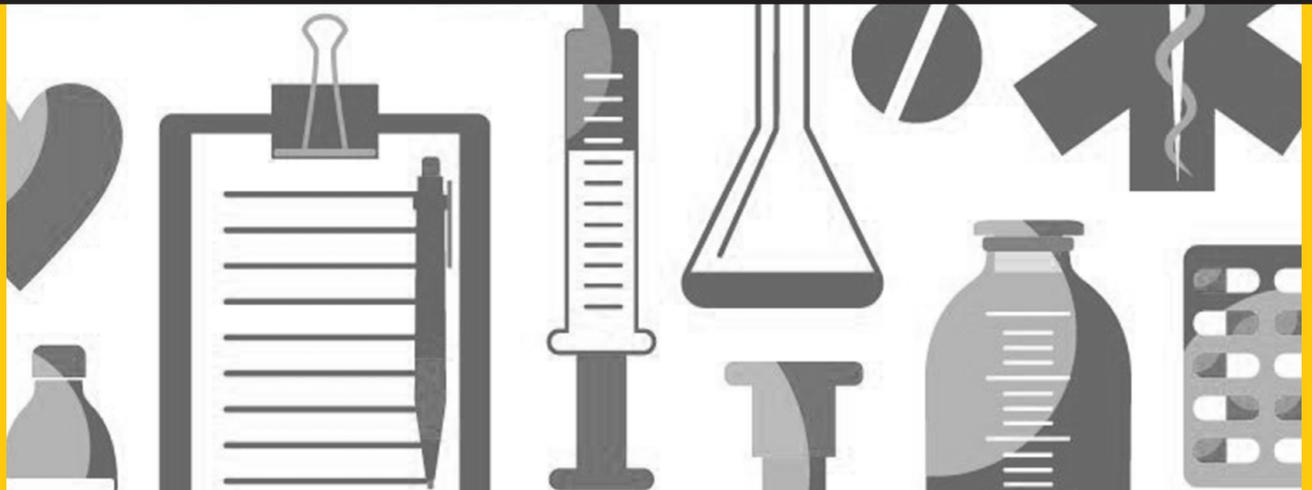


STUDENT NURSES'

ASSOCIATION

AT UNIVERSITY OF CENTRAL FLORIDA

ORLANDO



The Editor's Piece: Farewell

Written by: Amanda Schultz, Past SNA Media Director

I find it very bittersweet to write this final article. On one hand, it is one more thing to cross off my list while at the same time it makes it that much more official that this will be the last time I will ever address my fellow classmates and professors as the Media Director of the UCF Student Nurses' Association.

Seniors, our time is finally here. Our undergraduate nursing school journey is nearly coming to an end! We never thought this day would come. Through all the APA papers, care plans, long clinical hours, and anxiety producing exams, we can now look back and say that we pretty much made it! It has been a pleasure being in class with all of you. I have been impressed by our class from day one as I sat through orientation and learned about the various experiences you have all had. I have no doubt in my mind that we will all make **incredible** nurses. I hope that you will take a piece of UCF with you and always remember the unforgettable memories and friendships that formed during your time here!



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Juniors and Accels, thank you so very much for all your enthusiasm and participation in our various SNA events! I am so proud of each and every one of you for making it through your first year of nursing school. It is an immense accomplishment and you should all be so proud of yourselves, and I know that your successes will only become greater as you move forward. I hope that you make the most out of next year, as it will be your last year as undergraduate nursing students! Enjoy your summer and finish strong!

To all of the faculty, saying thank you is not enough to show my gratitude for all the things you have done for me and everyone else. We have learned that the lack of nursing faculty in nursing programs across the nation is the biggest factor that contributes to the nursing shortage. So needless to say, without all of you, we would not be here today as UCF graduates. You have all been such an inspiration and I can only hope that one day we will make contributions as great as yours to this truly rewarding profession.

It has been an honor and a privilege to serve as your UCF Student Nurses' Association Media Director this past year! Thank you to everyone who contributed to the Lifeline Newsletter. I sincerely appreciate your efforts, especially since the program demands so much time! I wish all of you the best of luck in all of your future endeavors!



Introducing Myself as Media Director

Written by: Alexandra Weinstein, Current SNA Media Director

My name is Alexandra Weinstein and I am from the little east coast city, Lighthouse Point. I am also proud to say that I am the new SNA Media Director! Amanda left me some large shoes to fill, but I am confident that I can uphold her standards as Media Director. She's done a thorough job at showing me the ropes, and has offered her help as I transition into this new leadership position.

I wanted to become SNA's Media Director, because I want to be an active contributor to the nursing community. I not only want to be a part of the community, but I want to help improve and shape it any way I can. This newsletter is a fun and creative outlet for anyone to write about experiences or tips/tricks that they might have. It can be as fun as writing about a favorite stress dessert, or as serious as the experience of losing a patient. This newsletter embodies the same diversity we praise in nursing.

Through the newsletter, we can share stories with our community and keep each other connected. Words of advice can reach anyone's ears. Fun activities can be discovered by everyone. I'm excited to start my journey as Media Director. This is my first leadership position in nursing, so I am eager for any and all feedback. Are there topics you want to be covered in the newsletter? Do you have any volunteer opportunities you want to write about? I'd love to read your stories.

Contact me at ucfsnaorlwebmaster@gmail.com!



The Memories of Nursing School

Written by: Haley Boyle, Basic BSN 2017

It is so difficult to believe how fast this final year of school has flown by. My two years spent at the college of nursing have been the most amazing, rewarding, and challenging years of my life. When I first started in school, I did not expect to become President of the Student Nurses' Association, I did not expect to have four surgeries in my second semester and one in my final one, I did not expect to have to complete my Adult I clinical at the same time as my psych clinical, and I did not expect to struggle as much as I did to get through with all that was going on. But I also did not expect to grow so much, to make such amazing friends, or to have such incredible instructors and SNA advisors.



Some of my best memories include those that I made with my CNC and with my SNA board. On my first clinical day, my group of five was sent on the obligatory bus ride. We were given a sheet of paper that told us we were living the life of an elderly diabetic grandmother who had to travel from Altamonte mall to Winn Dixie to pick up our medicine, then to pick up our granddaughter at her elementary school, and then to some other place that we never got to because we got so lost. We started our trip by ignoring the advice of regular bus-riders who told us we were getting on the wrong bus by getting on the wrong bus. While we were not very smart to ignore the advice of those who knew the bus system, this mistake did give us the opportunity to talk to many people on our bus as they worked to help us find our way to the correct bus stop where we could get on the correct bus that would bring us to Winn Dixie.

We had gone so far out of our designated path that it took us several hours to make it to the store, at which point, it started pouring rain. We took cover in a nearby Subway shop and several people saw us in uniform and joked that they felt safe were they to have heart attacks because nurses were in the vicinity. We had to explain that it was our first day of clinical and that we knew absolutely nothing aside from CPR so they should most definitely not have heart attacks. When the rain did not stop, we decided to continue on our way to the school to pick up our scenario granddaughter, but realized an hour into our ride that it would take us another forty-five minutes to get to the school and then an extra hour and a half to get back to where our cars were parked at the Altamonte mall. It was already almost 6 pm and we decided that our granddaughter would have walked home by then so we decided to follow her lead and began the long trek home.

We knew so little at this point about nursing or the community, and we were just at the beginning of our education, but it was such a bonding moment for my little group and I know it is something that will stay with all of us for a long time. This is just one piece of my nursing family, however.



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Spending time with my board at the NSNA convention in Dallas, Texas was such an incredible experience. While we did a lot of business and learned a lot at convention, it was also a time for us to hang out and enjoy one another's company. When the convention would let out for the day, we would go to the spa area and sing songs in the Jacuzzi, eat dinner as a group, line dance and ride the mechanical bull, and enjoy our birthdays (we had two while we were there!). I was so lucky to get to work with such an incredible board, and it felt like we were all in sync from day one. We all understood the needs of one another and there was never a shortage of help when one of us needed it. Our advisors guided us through our journey as SNA officers and helped us be the best that we could be. Spending time and growing with this group has been nothing short of a privilege.



The College of Nursing has been a place that has fostered my education and has truly raised me into a confident, capable nurse that I am today. I cannot even begin to thank all the people who helped me get to where I am today. Ms. Dever and Dr. Allred advocated for me and ensured I would make it to graduation, even when surgery and post-op infections were slowing me down. Ms. Deatrick and Mrs. DeGennaro were my advisors throughout my time as President and supported me 100% through every mishap and success. My friends were there to listen to my worries and fears (and some of them even packed my wounds when the home health care nurse did not show up), they were there to sing “we’re all in this together” with me, have breakfast at Keke’s after every Adult II exam, and they were my support system as we grew together through school.

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It is so bittersweet to be writing to say goodbye, both as the president of SNA and as a simple student. The college of nursing has given me such amazing memories that I will never forget and some of the best friends I could have ever asked for. This is where I grew up. These are my people. Thank you and farewell.



We're All in This Together!

Written by: Melissa Mendoza and Sarah Rose Thornton, Basic BSN 2018

As all of you know, there are many emotions a nursing student experiences on a daily basis and many things that have changed for us compared to before we started nursing school. We've compiled a short list of how we've personally changed over the past two semesters.

BEFORE NURSING SCHOOL	IN NURSING SCHOOL
1. Stress was an occasional visitor	1. Stress is a bad roommate who keeps you up all night and eats all of your food.
2. The thought of sticking another human being with a needle was terrifying.	2. "Insulin shots for everyone! You get one! And you get one!"
3. Your confidence was as high as your GPA.	3. Confidence is the name of the rollercoaster you get on every clinical day.
4. You have no idea what kind of nurse you wanted to be.	4. You have no idea what kind of nurse you want to be, but you are confident you will be prepared to succeed in whatever path you choose.
5. You clearly identified yourself as a morning or a night person.	5. You now have had to force yourself to become both. There's been nights where you've been a night owl and been most productive at midnight and mornings you've had to wake up far before the sun had risen just to get some extra studying in or get ready for clinical.

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BEFORE NURSING SCHOOL	IN NURSING SCHOOL
6. You may have been a huge germaphobe.	6. Now that you've been exposed to MRSA, C. diff, and many more on a weekly basis, eating that piece of cookie you dropped on the ground over 5 seconds ago, will not kill you.
7. Having an 89.5% and feeling so close and having hope for getting that bumped up or being rounded.	7. Having an 89.5% means you've still got a way to go for that A.
8. Breaks from school would actually be relaxing and you truly had nothing to do between semesters.	8. Winter break you still felt the need to possibly brush up on past material, maybe review some new material or get ready for the Medication Calculation test. Whether you acted upon that, totally up to you, but we can all agree it was looming over our heads the entire break, at least a little.
9. You were on UCF's main campus and when you referred to a building people knew what you were talking about.	9. You have to explain to many people that CON is not actually on main campus, that we have floors 3, 4, and 6 and that our lecture hall is a giant rectangle divided by the people who sit on the left, middle, and right and people don't usually cross over.

It is easy to forget that you are not alone. We are in a competitive program trying to get a degree in a competitive field and it is easy to fall into the trap of comparing ourselves to others. However, when we become nurses we will understand the importance of working as a team. It is important to remember we are all bright, dedicated individuals with a lot to offer and a passion for nursing. Help each other, be kind to one another, and remember we are all in this together!

Living MY Dream

Written by: Victoria Wynne, Basic BSN 2017

Not many people know, but I didn't decide I wanted to become a nurse until my junior year of high school. In my eyes, this is late as I thought that I wanted to become an orthopedic surgeon for the longest time. I was a competitive gymnast my entire life and suffered from what we thought at the time was going to be a career ending knee injury. It was at that time that I had to pour my heart into something else. I was used to training 6 days a week for at least 4 hours a day. I had been doing it since I was a baby and I planned on going to college on a gymnastics scholarship. Gymnastics was my life and there was nothing else I poured my heart into more than this sport. At the time of the injury, it felt like my whole world was shaken and I soon realized that I would have to pour this love into something else. I always had a love for the medical field growing up and I thought I wanted to become a doctor. The constant orthopedic visits after my surgery and the education from my doctor is what made me fall in love with this area of medicine.



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Summer going into my junior year of high school I applied to a shadowing program in my home town, Miami, and got in. It was a program where I was able to shadow doctors, surgeons, and nurses in all different areas of the hospital. Much to my surprise, what I thought I wanted to be growing up completely changed at this time. As much as I loved orthopedics, I realized I wouldn't ever get to know my patients. I wanted to be able to build a relationship with them and I wanted to heal using a holistic approach. The first nurse I ever got to shadow was in the emergency department at South Miami Hospital. Within minutes of shadowing I was in love with the department; the way it functioned, the teamwork, and the adrenaline rush I got the second a trauma came in. It was at that moment when I decided I was going to be an ER/Trauma nurse and I made a promise to myself that nothing was going to get in my way of making that dream a reality. I felt like my personality meshed with all the other employees in the department and I knew this was my calling in life. Being in the department made me feel alive; it set my soul on fire.

Fast forward to nursing school and my love hasn't changed. I have kept an open mind throughout school as I know the ER is rare to get as a graduate nurse. However, I am working towards this dream job of mine every single day. The summer going in to my senior year of college I was fortunate enough to get a job at ORMC Level One Trauma Center/Emergency Department as a Student Nurse Intern. Accepting the position has been one of the greatest decisions I have ever made. Waking up at 5am isn't easy, but walking through those "Emergency Room" doors makes it all worth it.



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My alarm clock goes off at 5:00am and I'm in my car by 5:50am. I give myself extra time to stop and get my usual Dunkin' Donuts coffee to get me through my day since I am not a morning person. I pull into the parking garage at about 6:20am and my day starts from there. It is a tradition to park on the very top of the garage so that I can meet up with my bestie, Haley Congrove, and jam to some music before we start our shift. We walk in, coffee in hand and bags under our eyes, with smiles on our faces. By 6:38 we're clocked in and ready to rock it. The ER is so unpredictable, you never know what you're going to get; there's no "typical day." You may have a woman, who doesn't quite make it to Winne Palmer Hospital, ready to give birth (shout out to Corrine Medeiros for rocking that emergency), or you may hear that there is a trauma coming in before it even hits 7am. You have to be prepared for whatever is thrown your way. Whether I'm jumping up to do compressions to save someone's life or taking vitals out in Triage, there isn't a day that goes by where I second guess this dream job of mine. I'm surrounded by likeminded individuals who are on the same mission as myself. Every person in that department comes in ready to give it their all. When the department is capped and patients are lined up on stretchers up and down the hallways, everyone jumps in to help each other. It's team work like you've never seen before. I love the department and I love what I do. I'm able to make a difference in someone's life each and every day. I'm able to be that shoulder for a patient to lean on when they feel as if there is no hope left. I'm able to educate a patient on the importance of taking their medication. I'm able to help save lives. This is why I chose nursing. This is why I'm in it.



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Aside from the clinical part, working in this department has truly changed my perspective on life. There are days that go by where you see multiple deaths and you get in your car and just sit there for a few minutes trying to grasp everything that took place. It has taught me that no day should be taken for granted because life can turn in the blink of an eye. I religiously call my parents every night on my way home from work so that I can hear their voice and tell them I love them. Working here has opened my eyes up to the "little" things in life and has made me appreciate everything I have. Whether it's a good cup of coffee, a walk in the neighborhood with my pup, or a great workout at the gym, I try to appreciate the smallest of things because truly, they are bigger than we think. As the role of a Student Nurse Intern will shortly be coming to an end and I become a GN, I hope to stay in this department. I am aware that it is a difficult department for a graduate nurse because we see the most critical patients in Orlando, but I am certain that what is meant to be will be. My heart and soul is in Emergency/Trauma and one way or another I will eventually get there. Having the sickest of patients in my hands is a scary thought at times when you're just starting out. But, a quote that I recently came across fits my situation perfectly as graduation closely approaches and I read it every day; "be fearless in the pursuit of what sets your soul on fire" and the ER ignites it.



Team Work Makes the Dream Work

Written by: Elizabeth Guzman, Basic BSN 2018

At the beginning of nursing school, we practice the essentials and foundation of our careers in labs each week with other students. We slowly progress practicing what we learn in the classroom out in the community, clinicals, and simulation. What we focus on the most is working as a nurse and working with other nurses to provide the best patient-centered care. Throughout the program, professors and instructors emphasize how nursing as a whole is working as a team. Because we are only surrounded by nurses in school and simulation, attending the 4th annual Team Work Makes the Dream Work Inter-Professional Experience (IPE) event was extremely eye-opening as to what it's like to work together as a healthcare team with other pre-professional students.



This event was sponsored by students of the UCF College of Medicine, UCF College of Physical Therapy, UCF College of Nursing, and UF College of Pharmacy. There were five different stations that each group attended for 30 minutes. These stations consisted of case study discussions, simulations, and a diabetic experience station. Going through all of the stations really exposed how essential each profession's role is to providing patient care. It really gave the opportunity to each pre-professional student to practice and continue developing his or her skills while also getting the chance to learn about the other students' roles. Overall this IPE event was helpful in seeing and learning about other professions and what each contribute to the healthcare team. Although this was my first IPE event, it certainly won't be my last and I look forward to other events to come!

Catching Up With Cocoa!

Written by: Alysha Andrus, SNA Cocoa Website Admin

Throughout March, Cocoa SNA was able to donate about 40 business outfits, school supplies like notebooks, pens and pencils, folders, diapers, and sanitary products to the Women's Center of Brevard County. The goal of the Women's Center is to assist those escaping situations like domestic violence, sexual assault, homelessness, offer counseling to recover from post trauma, and help seek job opportunities to gain independence. The Women's Center also can assist men going through similar situations. Cocoa SNA fully supports this organization and the importance of doing what we can to assist these people in need. Donations are a huge part of how this organization can provide for their clients, and we intend to continue to do anything possible to support them.

On March 23 , members of the Breakthrough to Nursing committee, Isaiah Moser, Kaley McGarrigle, Kaela Turner, Tory Kitt, Julie Concannon, and Elidia Luzardo, went to Cocoa High School to meet with students in the Health and Wellness Academy. The committee was able to make a presentation to share information about the nursing profession and to lead a hands-on teaching activity to teach students how nurses assess the mechanical and electrical functions of the heart. Students were divided in three groups where they learned how to take a blood pressure and pulse, how to identify a normal sinus rhythm on an ECG, how to place electrodes for a 5-lead ECG, and how the electrical conduction system of the heart works. What a great privilege it was to meet such talented students! Many thanks to health instructor, Amanda Mannes and guidance counselor Steve Loufek for this incredible partnership.



On March 27th, Cocoa SNA held a fundraiser at the Chick-fil-A of the Avenues of Viera to help raise money for our trip to convention in Dallas, Texas. We are so excited to travel and see all the other UCF Nursing programs as we all aspire to learn and seek new opportunities in Nursing! We are so thrilled to be able to go this year and cannot wait to see what is in store!

Congratulations to Cocoa SNA for being awarded the first place award among all of the Breakthrough to Nursing (BTN) chapters across the United States at the National Student Nurses Association (NSNA) Convention in Dallas, TX!



Why Do I Love the NICU?

Written by: Kelly Barrett, Basic BSN 2017

I remember exactly where I was when I got the highly anticipated email "Orlando Health Practicum Placements", and I can almost still feel the tears of joy that trickled down to my enormous, goofy smile that spread when I read MY NAME next to "NICU- Level 2". I wasn't sure how or why I got exactly what I wanted, but that was not a time to ask questions. I was completely overjoyed.



I come from a long line of maternal nurses: my mom was a nurse, her mom was a nurse, and so on. I don't have any kids of my own, but to me, moms are like nurses and nurses are like moms. They take care of their kids, comfort them when they're sick, and vie for their best care and quickest recovery. This is just how I've been raised to perceive nursing and how I developed my own style of nursing care. When I found out I would get to spend my 180 Practicum Hours in the Neonatal Intensive Care Unit at Winnie Palmer, I figured this was perfect - these nurses are the closest it gets to moms! I went to meet with my preceptor before starting my clinical hours and she showed me around the unit. I saw the tiny babies all wrapped up, no bigger than half a loaf of bread. I saw the nurses hard at work alongside the babies and I was SURE there was nowhere else I could see myself working. As a matter of fact, I found myself thinking why anyone wouldn't work here?? The babies are so darn cute! They don't have attitudes and can't talk back, they don't have personal preferences or their own way of doing things, I wouldn't be annoyed with persistent call bells, and they don't need help getting out of bed to use the bathroom. What else? They couldn't be "drug seeking", they couldn't be hospitalized merely to avoid homelessness, and of course, the parents only want their babies to get better so they can come home! Everyone would be awaiting their recovery. How could the NICU be more perfect? When I left that first meeting, I was more ready than ever to take on the 3rd floor of Winnie Palmer - those babies needed me!

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I've always had an innocent infatuation with babies. When I was a little girl, I swaddled my baby-dolls and made room for them to sleep on my bed. When my siblings were born, I did everything I could to hold them, feed them, and change their diapers. When I was old enough to babysit, I took care of every baby I knew and even a few sets of twin babies. Of course, nothing has changed, the NICU is a haven of tiny cute babies and I love every second of it—some have tiny crocheted hats, some have cute decorations in their rooms, and some have full blown outfits for each day with matching blankets. However, it didn't take long to realize that the NICU is not all the butterflies and rainbows I once thought it was. I was still dazzled and humbled by how precious these tiny humans were, but what I wasn't prepared for were babies with no cute crocheted hats, no clothes of their own, no names, and no parents. I wasn't prepared for the babies who desaturated to 30%, for the babies who were being rushed to emergency surgeries, or for the babies who screamed for 12 full hours because they were withdrawing from opiates and cocaine. What I wasn't prepared for was the 15-year-old mom who could only call from the lunchroom at school, for the mom who came to visit high as a kite, or for the mom who found out she had cancer during her c-section. I wasn't prepared for the mom who had to raise a Down's Syndrome baby with a man she barely knew, or the mom grieving the loss of her baby's twin. How could I spend my time and energy amidst all these sad things?



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Babies in the NICU tend to stay there for an extended period of time -just long enough for you to start knowing them and see them grow. It's a good day when you get to move babies from an isolette to a crib, take NG tubes out, or allow them to finally eat as much as they want. It's hard to describe how fulfilling it is to educate excited, first-time parents who are eating up every word you say. To answer the phone and have good news to tell parents is among my favorite things, too. The smile of a baby getting a warm bath accompanied by the smell of baby shampoo is unbeatable. Lastly, there is absolutely nothing better than a long-awaited discharge and parents waving goodbye as they take their child outside the walls of the hospital for the first time.

I realized that all I wanted to do to was play with babies all day, I should volunteer at a nursery or open a daycare. NICU nurses are so much more than 2nd-moms. All the sad circumstances that we face each day is what fuels a common passion, a dedication, and a child-like love for the teeniest tiniest babies that still need a little work.



Relay for Life 2017!

Written by: Alexandra Fox, Basic BSN 2017

Cancer affects all of us. It doesn't care what school we go to, what race we are or even how old we are. Most of us know at least someone who's been affected by cancer in some way. My grandpa had a fear of going to the doctor, known as "White Coat Syndrome." When he went for a check-up, he was diagnosed with lymphoma and given a poor prognosis. It didn't allow him to see me graduate high school or get into college. He taught me so much in the great times that I was able to spend with him; but one lesson I will take with me for the rest of my life is that he taught me not to fear, to have an open heart and to allow whatever comes my way. I took this advice to heart and carry it with me everywhere I go. He is the reason why I decided to join Relay for Life.



Relay for Life is an event that raises money to fund life-saving cancer research, patient support programs, and detection and treatment programs. The money raised through the Relay events helps realize the American Cancer Society's mission: "To save lives and celebrate life. Every day." I decided I wanted to make a difference, and I started by becoming a part of this amazing organization. This year's team captain, Corrine Medeiros, helped get me involved in the Student Nurses' Association's Relay for Life team. She set up various events, such as SNA's Haunted Lab, which raised money that would go directly to our relay team. Seeing her passion for the event, I realized I wanted to go even further and she awarded me the title of 'Co-Captain' for our team. I was honored to be an important member of the team.

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A few weeks before the event, I couldn't contain my excitement. After all of our hard work raising money and attending various meetings, it was finally time to see how far we had come with our efforts. The morning of March 25, 2017, we began to set up for the event; we had our team banner, all of our outfits for each lap and all of the supplies ready to go! Now it was time for some fun. They began by telling everyone who came out to the event how it would work and the meanings behind the different laps. UCF's captain explained that Relay for Life being a 14-hour event signifies many different meanings. It symbolizes how in the beginning of a cancer diagnosis, you don't know what exactly to expect, and as the night goes on it illustrates how darkness begins to glare over the cancer victim; they begin to doubt that they can make it through the long chemotherapy treatments, just as the people attending the event begin to doubt that they can keep staying awake and walking the track. Each time this thought came to me I kept thinking back to the original reason I joined and how my grandpa would be so proud of how far I've come.



As the night progressed, they called everyone to the front to hear a few cancer survivor's stories. It was truly beautiful to look around and see how many different people came together for the same cause. As one of the survivors spoke, I couldn't help but cry as she told her amazing story and how much Relay for Life really means to her. She expressed that when she was diagnosed, she felt lost. She didn't know where to go or who to turn to, but she contacted the American Cancer Society and they were there to help every step of the way. She explained that a cancer diagnosis was like a roller coaster; some days you're at the top of the coaster and know you can make it through this, but other days, when you're at that lowest point, you begin to doubt everything. She expressed that there were some days, she just could not get out of bed to go to her chemotherapy treatments, what was the point anymore? But she explained how she thought back to the Relay event and after seeing how many people come out each year to support people like her, she knew she had to keep fighting. Sometimes you don't realize what an impact you can have on people and just how much your support could mean to one person. Think of all the people we know and love, what if they were diagnosed? How could we help? I chose to fundraise for Relay for Life for this reason. Cancer never sleeps, so for one night, neither did we.



Nursing School In the Rear View

Written by: Rachel Bell, Basic BSN 2017

Nursing school has been a roller coaster ride of sorts. In the beginning, I strapped myself in and held on for the glorious ride. On this ride, I learned more about life than I ever could have imagined. I could not have done it without the support of my family, friends, and nursing school brothers and sisters. When I began my college journey, I had absolutely no idea what I wanted to do with my life. I knew I wanted to make a difference but that was about it. I thought engineering was a perfect match for my logical mind but after years of being a leader in the performing arts, I learned that I really enjoyed the role of caretaker. However, I had seen my mother, a nurse of 30 years, go through many hardships in healthcare. From working long days and nights to seeing patients she'd grown close to die. I wasn't sure I could handle a life like that. As time went on, I realized nursing was the perfect path for me. It was a chance to really make a difference.



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The day I received my acceptance email was one of the happiest days of my life. I was in awe considering only 33% make the cut. I remember crying incessantly while calling my parents to tell them the news. Tears of joy ran down my face as I realized what this meant for my life. I remember the first clinical like it was yesterday. Meals on Wheels with my two best girls. We arrived at a patient's home which was surrounded by a small fence. The woman who opened the door changed my life. She told us about the drive by shooting that left her husband paralyzed from the neck down and left her with a lifetime of emotional scars. They were on their way to church when it happened. She left the scene untouched. She told me something that would stick with me for a long time. She said, "nurses are earthly angels" and went on to explain the impact nurses had on her life during those emotionally trying days. We sobbed quietly in her kitchen until our time was up.



Flash-forward about two years. I have recently finished my practicum in the CVICU. I didn't realize how this experience was going to change me. I hope to always be changed for the better by my nursing experiences. The CVICU taught me that life is short. My most memorable moment was withdrawing care on a gentleman with three adult children in their 20s, two of whom were nurses. I identified with this family as they said their final goodbyes to their dad. I couldn't help but think about all the wonderful memories they made with him, from riding a bike, to tying their shoes, to shooting a basketball. I also imagined all the sadness they felt knowing their own young children would never know their grandfather. The weddings, birthdays, and celebrations that would never be the same. It hit me harder than I expected. No one really prepares you to feel those things in nursing. You just learn to do your best. The experience taught me to love those around you. It taught me to say, "I love you", "I'm sorry", and "you're right" more often. At the end of the shift, the daughters thanked me and told me what an amazing nurse I am going to be. That was the best feeling. That is why I am becoming a nurse.

Lifeline Newsletter

Student Nurses' Association – UCF Orlando

As I take this next step in life, I want to encourage everyone to follow their dreams. To the new nursing students, I say, hold on tight and enjoy this roller coaster. Every situation is a chance to learn and everyone you meet will enhance you in some way. It's easy to get lost in the chaos that is nursing school but I promise you, this journey will be worth it if you open yourself up to the possibilities. To the graduating class, I say thank you. Thank you for riding this amazing ride with me. The future is endless for us and I cannot wait to see where we will go.



Knight-Thon 2017!

Written by: Heather Swanson, Basic BSN 2017

For the past few years I have been interested in participating in Knight-Thon. It seemed like such a fun event, it's an amazing charity, and I am passionate about children. However, I never had the motivation to join a team. As a senior now, I decided that I had to participate this year since this is something I've always wanted to do, and it is my final year in college. If you don't know what Knight-Thon is, it is UCF's 20 hour dance marathon for Children's Miracle Network hospitals. Arnold Palmer Hospital for Children is Orlando's CMN hospital.



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Joining the Student Nurses' Association's team was probably the best decision I've made all year. The dancer minimum is \$300 to participate in the event. This sounded so challenging to me since I had never raised this much money online before. However, I raised it easier than expected, and then raised my goal to \$500 on the day of the event. Leading up to the day of Knight-Thon, I wasn't sure what to expect, but that's sort of what made it so much more exciting. Everything about that night was absolutely amazing. Standing for 20 hours was the easy part. It was hearing the stories of our miracle children that was hard. Taking a knee to hear their story was the most painful part of every hour. Not because of the cement floor, but because of the story that was to follow. While there were many emotional moments throughout the night, we were also surrounded by fun, loving people and happiness. This was the best part. Seeing those kids over-joyed to participate and having a blast was so heart warming. Doing the morale dance every hour and building the tunnel for the miracle families to run through brought so much excitement to an arena full of college students, and I have never seen that before. From the hypnotist to the silent disco, the entertainment every hour was a blast and not only kept us awake but full of energy and excitement. The fundraising throughout the event was very exciting as well. Every one was anxious to meet their goals, get the incentives, and ring the gong! It made raising money and spamming Facebook so much fun. I was able to raise \$260 during the night and surpass my fundraising goal of \$500. It was such an amazing feeling to know that I had raised that much money for Children's Miracle Network, and to see and hear how great of a cause it truly is.



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Unfortunately, the night had to come to an end. The reveal of how much UCF had raised as a community would be the most emotional and exciting part of the night. We promised \$1.2 million to CMN this year, and we passed our goal, raising over \$1.25 million. When they held up those numbers the arena was bursting with emotion, and I can say that I have never been more proud than I was in that moment. I was overwhelmed with emotions that cannot even be understood unless you were at the event yourself. I may have only raised a small fraction of that total, but I was so proud of my team and my school. SNA raised over \$9,000 for the kids and we couldn't have done it without our captains, Lauren and Sean!



If you are a junior, I highly recommend joining SNA's Knight-Thon team next year. It is a very humbling experience, and you truly see how as a nurse you will greatly impact the lives of the miracle children and families. #FTK

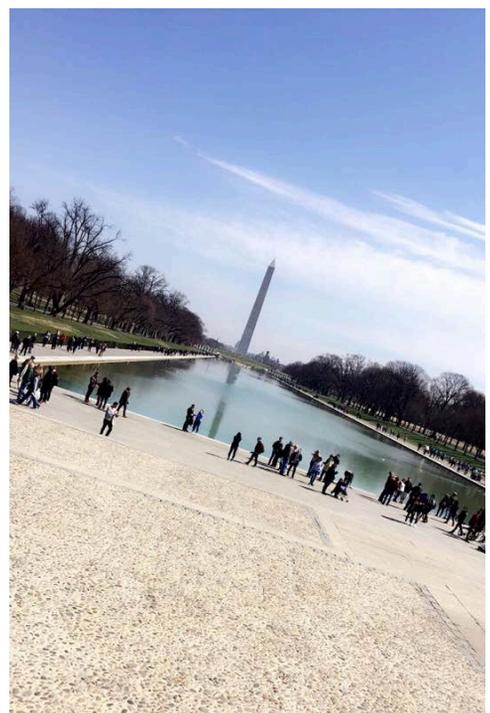
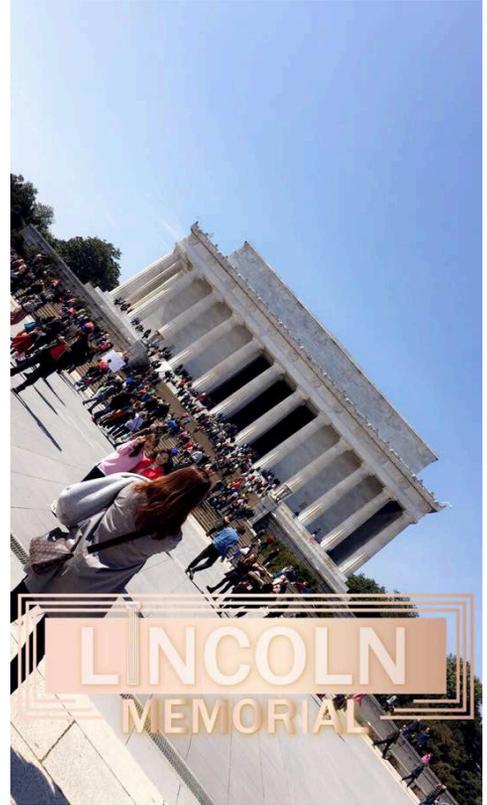
AACN Policy Summit (Washington D.C.; March 18-21)

Written by: Haley Congrove & Emma Kaplan, Basic BSN 2017

Day 1: Emma Kaplan and I were chosen to represent UCF at the 2017 AACN Student Policy Summit to learn more about advocating for new health policies during our nursing careers. Our two-hour flight from Florida to D.C. was nice and easy... accompanied by my 5lb study guide and a heavy coat, I knew I would survive the cold weather in D.C. Our first day was filled with monuments, great food, and BEAUTIFUL weather. We toured the Lincoln Memorial, WWII Memorial, Washington Monument and The White House. After 16,000 steps, food galore, and sight-seeing, we decided to top off our night with Uber Eats and HGTV. We are looking forward to the next couple of days here in D.C.



Day 2: Haley and I didn't know what to expect from the conference, but I had been under the impression that it would be other Bachelor students at the conference. We ended up being surround by DNP and PhD students, so it was definitely intimidating. We sat down for the opening luncheon at one of the only tables that still had two open seats next to each other. We were lucky enough to sit down next to fellow Floridians from USF! This was my first time truly networking, but it came much more naturally than I had expected. We learned about which programs every student at our table was completing and why they wanted to come to D.C. to participate in the Summit. Once we finished our lunch we began hearing from many motivating speakers. First we heard from the Chief Policy Officer for AACN, and she was followed by the Chief Nursing Officer of the Veterans Health Administration who spearheaded policy change to allow full practice authority for advanced practice nurses within the VA system. Finally we heard from the Director of Government Affairs for AACN and two legislative directors from Polsinelli, a law firm and consulting group in the D.C. area. At the end of the day we were feeling exhausted and inspired. We finished off the night with a delicious dinner at Founding Farmers, a popular restaurant in the Foggybottom area. We thoroughly enjoyed the Whirlypop kettle corn, chicken and waffles, and lively atmosphere. We turned in early in preparation of the busy day ahead.



Day 3: AACN TAKES CAPITOL HILL. Wow... what an experience! Note to self: do not wear heels when visiting THE HILL...the name is indicative of the location. After what felt like an upward speed walk of 10 miles, Emma and I, along with other nursing students from Florida, made it to Senator Bill Nelson's office to discuss the recent skinny budget that was released mid-March. The experience was unlike any other. It was incredible to hear other nursing students, including doctoral and PhD students, voice their stories about how the proposed budget cuts to the NIH would significantly impact their research and future practice as advanced practice nurses in the state of Florida. We also visited our district representative for Orlando's office to speak with her staff about the same issues and elaborated on how these cuts could ultimately affect our own UCF students with their future endeavors in advanced practice nursing research and education.

Day 4: Our final day in D.C. was bittersweet. Haley and I had learned so much about using our voices to create change in nursing policies, but neither of us were truly ready to leave this beautiful city. We heard from Health Policy Fellows through the Robert Wood Johnson Foundation. It was fascinating to hear about their journey, especially the hierarchy in place in D.C.. The final speaker of the conference was The Honorable Alan Wheat, and it was the perfect way to finish off the weekend. We said our farewells to our new friends, and headed off to the airport where we studied like crazy until finally landing in Orlando. It was a wonderful trip that we will never forget!



Get Swabbed & Help Save a Life!

Written by: Sabrina Case, Accelerated 2017

In March, Knight Nurses held a bone marrow registry drive in partnership with DKMS, an international not for profit organization dedicated to fighting blood cancers. Thank you to the many students who joined the registry! DKMS is one of three bone marrow donor recruiting organizations in the United States because there is such a need for donors of all ethnicities.



According to DKMS, every year about 14,000 Americans will need bone marrow transplants due to blood cancers like leukemia and lymphoma and about 70 other diseases such as aplastic anemia and sickle cell anemia. Sadly less than half will get them because there is no matching donor. Joining the registry is free, takes about 5 minutes and includes swabbing the inner cheeks to obtain a cheek cell sample. The sample is sent for human leukocyte antigen (HLA) typing and the results added to the national registry where doctors can search for a matching donor for their patient. If a match is found the donor is contacted and additional testing is done including a complete health history, blood sample and exam at no cost to the donor.

There are two methods used to donate stem cells and which method used depends on the patient's needs. One way is Peripheral Blood Stem Cell Donation (PBSC) which is used in about 75% of the cases and involves collecting stem cells via the arm similar to donating plasma or platelets. It is different than donating blood. It takes about 4-8 hours on 1-2 consecutive days at an outpatient facility. The other way is a Bone Marrow donation where marrow is collected via syringe from the pelvic bone. It is a 1-2 hour surgical procedure done under anesthesia. This is used in about 25% of the cases and usually when the patient is a child. For either procedure, the donor's stem cells will replenish within a few weeks.

Eligibility criteria to be in the registry: You must be between ages 18-55, willing to donate to any patient in need, be in good general health, at least 4'10" and 105 lbs., a BMI of 40 or less, and live permanently in the U.S. and be willing and able to travel (travel expenses covered).

Want to get registered? DKMS will send you a swab kit that you can do at home.

To register: Visit <https://www.dkms.org/en/register>

For frequently asked questions and to read stories about patients who got a second chance at life because of a bone marrow donation through the national registry, visit <https://www.dkms.org/en/faq>



DKMS 
WE DELETE BLOOD CANCER

Reference: DKMS. (n.d.). We delete blood cancer. Retrieved from <https://www.dkms.org/en>

Working on Yourself

Written by: Eliany Torrez, Basic BSN 2018

We, as nursing students, study hours upon hours on how to heal a person. Whether it's through pharmaceutical interventions, non-pharmacologic interventions, or even just being a shoulder to cry on. We focus a lot of our energy in healing people, yet we often leave *ourselves* behind. Mental health is such an important aspect to your life. Nursing students are some of the most competitive individuals in any major. It's easy to get caught up in projects, grades, and GPA's, but we must remember that we are human beings who serve a **great purpose**. Once we belittle ourselves to a number, or a letter grade, that is when we have accepted less than our true potential.



I often learn my lessons the hard way, and I want to share ways that have helped me maintain balance and optimal mental health!

- Repeat an affirmation that is meaningful to you in this situation- such as:
 - I feel calm & peaceful inside
 - I listen & respond with kindness & compassion
 - I am quiet & centered inside
 - I choose what is best right now
- The ability to nurture your spirit is perhaps the single most important and powerful practice available to you for stress management. Practices that are most useful and commonly used:
 - Meditation
 - Contemplative prayer
 - Reflection and communing with nature.
- Take time to laugh, smell the flowers, and enjoy precious moments! (Boosts energy and appreciation).
- Eat meals MINDFULLY without distractions such as TV, iPhone, ear buds, music, or reading. Enjoy the colors of the food, feel the textures, be aware (enhances digestion and nourishes while eating less).
- And of course, the one people know of but put last on their list: movement and exercise! One of the best antidotes for stress is exercise. Stress challenges nearly every part of a person, and exercise strengthens nearly every part of the person that stress adversely affects.

These are just SOME helpful techniques I use. I specifically look towards the American Holistic Nursing Association. Their website contains a wealth of knowledge towards nursing stress and problems. Their pages contain holistic self-care and stress management tips!



Senior Superlatives!

Most likely to pass out or throw up during a surgery

Linsey Fischer

Most likely to remember every single question on the test they just took

Rachel Bell

Most likely to marry a doctor

Sarah Snoberger

Most likely to be late for graduation

Kerton Joseph

Most likely to return to UCF as a professor or clinical instructor

Michael Isner

Most likely to become the next Chief Nursing Officer

Keith Bartolome

Most likely to never leave school

Kim Emery

Most likely to conduct award-winning international research

Marisa Hammond

Most likely to never have a patient over 18

McKayla Braun

Most likely to be voted friendliest nurse in a patient survey

Haley Congrove

Most likely to get a 100% on the NCLEX

Kim Emery

Most outspoken (in a good way of course!)

Kiera Grofsik

Most likely to give sass back to the doctor

Sean Lamphier



Senior Superlatives! (Con't)

Most likely to always find time to work out (even with our overwhelming schedule)

Heather Swanson

Most likely to become a traveling nurse

Scotlynn Bell

Most put together/best dressed (even a 6 AM before clinicals)

Megan Elliott

Class clown

Jason Donnelly

Best bedside manner

CJ Whitwam

Most likely to become a flight nurse

Victoria Wynne

Meme Queen/King

Jason Donnelly and Tatum Blatt

Most likely to appear on a hospital recruiting brochure

Haley Boyle

Class Mom

Mary Harvey

Most likely to stay best friends after nursing school

Amanda Schultz and Corrine Medeiros

Most likely to be admitted to their own unit

Daniel Olszewki

Most likely to ask the most questions

Ashley Chick



Contact Info for the 2017-2018 SNA Board!



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Secretary	Eliany Torrez	ucfsnaorlsecretary@gmail.com
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Social Media Buzz

Facebook: Student Nurses Association-Orlando

Instagram: snaucforlando

Twitter: @snaucforlando

Website: snaucforlando.com

Top Point Earners

Basic BSN 2017: Sarah Snoberger, Michael Isner, Rachel Bell

Accelerated 2017: Amanda Minnis, Talia Boxman, Nicole Murphy

Basic BSN 2018: Allie Fox, Alex Weinstein, Tara Mattox