



University of Central Florida
Student Nurses' Association

Volume 8

Issue 2

Lifeline Newsletter

Student Nurse's Association - UCF Orlando

Meet Your Newest Officers!

- Alexandra Carson and Andrea
Maiorini, Accelerated Class of 2016

Hello future Knight nurses! As the new Accelerated Officers of SNA, we wanted to introduce ourselves to our UCF nursing community.



My name is Alexandra Carson and I am the new Accelerated Liaison for the class of 2016! I recently earned my bachelor's degree in Health Sciences from UCF and am thrilled to be a student again. Our diverse backgrounds and unique experiences add a special dynamic to the College of Nursing, and my goal is to unite students from different programs and serve as a resource to those interested in the many opportunities available to us. We all have so much potential to succeed as nursing students, and I look

forward to meeting and working with everyone, Go Knights!

My name is Andrea Maiorini, and I am thrilled to be this year's SNA Clubhouse Director. A little bit about myself: I am a past UCF graduate where I majored in English Language Arts Education. After graduation I taught 6th grade language arts for three years at Sanford Middle School. I loved teaching my students. I believed in them, and I am proud of their successes. I wish to continue to celebrate successes as a nurse with my patients in some area of pediatrics. I do not want to give up working with kids; they are where my heart is.

Alexandra and I have many of the same goals this year as officers to work on unifying the classes.

An experience I recently had while with my CNC in Apopka made me more attuned to that goal as well.

Mrs. Peralta arranged an afternoon for my entire CNC to meet with the Apopka city fire department.

The men and women of the team



gave us a tour of the firehouse and trucks while explaining their role in the community and healthcare team. They were so accommodating and gracious to share their stories. One thing that surprises me was the temperament of some of the nurses they encounter when delivering patients to the emergency rooms. Sometimes the nurses

will communicate that the fire department team have not done enough or criticize their work in front of a patient. A fireman tried to explain that when an emergency happens, they are trying to do everything they can to rescue the patient and bring them to the hospital as quickly as possible. They do not have all of the equipment that hospitals do. They are working in a very small cramped space of an ambulance, and need to do whatever is going to keep the patient alive so he/she can receive care from nurses and doctors in the hospital. The fireman asked that, as new nurses, we keep one thing in mind: believe that every person going into the healthcare field has the same goal. We all want to help our patients recover and regain health. We do not go into this field without the desire to help people. This advice really stayed with me. All of the men and women worked together as such a cohesive unit.

They were all there for a common goal, and that made them an inseparable team. This is my goal for the upcoming year with SNA. Of course I want to carry out my job duties as the Clubhouse Director, but I would love to see the CON come together as a team. We are not the Accelerated Class of 2015, the Basic Class of 2016, the Accelerated Class of 2016, and the Basic Class of 2017.



We are all future nurses. We are all here with a common goal in mind, and we should be unified in this. Alexandra and I will continue to work on collaborative efforts as the year progresses. We are excited and honored to be a part of the team!

UCF Faculty Dazzles at “Let us Entertain You” Fundraising Event!

- Kevin Chen, Basic BSN Class of 2016

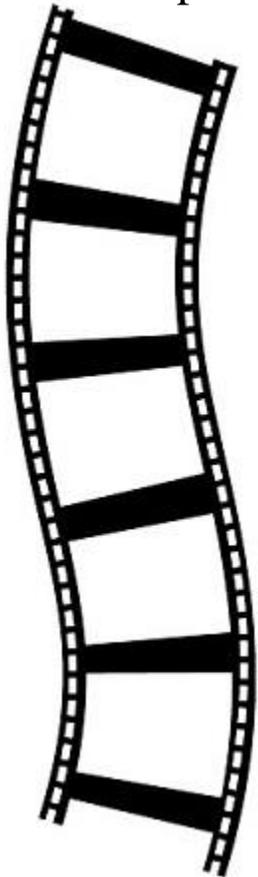


The Femmes de Coeur Orlando Womens’ Fundraising Group recently sponsored the seventh annual “Let Us Entertain You” event. The nursing scholarship fundraiser was held on June 14 at a wonderful location, The Ballroom at Church Street, and featured volunteer dancers from the University of Central Florida, Adventist University of Health Sciences, Seminole State College, and Valencia College nursing programs, as well as local celebrities.

I first heard about the event last year when my Health Assessment professor, Dr. Sigrid Ladores, won the competition for the first time in UCF College of Nursing's history and showed us her winning performance in class.



That memory stuck with me and I definitely wanted to volunteer for the event this year. "Let Us Entertain You" was a wonderful event held similarly to "Dancing with the Stars," with dancers competing for the highest score from multiple judges. However, the event also combines the judges' scores with "voting with dollars" from the audience to determine the winner of the Femmes de Coeur Endowed Nursing Scholarship. There was also a silent auction and raffle held to raise money.



This year, UCF Nursing alum, past recipient of the Femmes de Coeur scholarship, and current instructor Joyce DeGenarro took the reins from Dr. Ladores and performed a Western-inspired routine with dance partner Tony Sterling. After months of hard practice, Ms. DeGenarro pulled off a fantastic dance that was rhythmically accurate and technically difficult. All of the dancers, who included a local reporter and the Mayor of Casselberry, gave excellent performances. One of the most entertaining moments of the night was when local celebrity Dennis Salvagio came out on the dance floor with colorful beads in his hair and then ate a banana from his dance partner's hat at the end of the act.

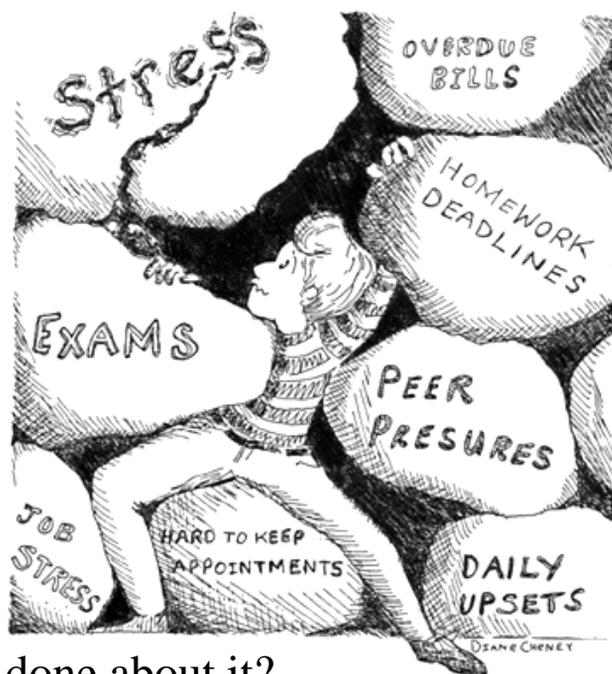
It was great to see the overwhelming support from faculty, students, and friends. I had a wonderful time volunteering with and getting to know students from other nursing programs in the area. My favorite part of volunteering at the voting table was selling tickets that involved stretching tickets from the tip of one's finger to the tip of their nose. I also managed to win tickets to Gatorland in the silent auction! Although UCF College of Nursing did not repeat its win this year, everyone had a delightful time and helped contribute to the scholarship award.

How to Deal with Stress!

- Benjamin Ebaugh, Basic BSN Class of 2016

Let's talk about stress.

Regardless of how you've fared thus far in the College of Nursing, stress is something you've undoubtedly had plenty of. Every new class, new clinical, and new semester has brought with it the same mental burdens as we face the deadlines, examinations, and preparations required of us to succeed. But, what exactly is it that leads to such high levels of



stress? Is there anything that can be done about it?

Simply put, stress is a psychological and physical response to stimuli that represents a challenge of some kind. This leads to stimulation of your sympathetic nervous system, increasing heart rate, and preparing you to face this challenge as if you were in danger.

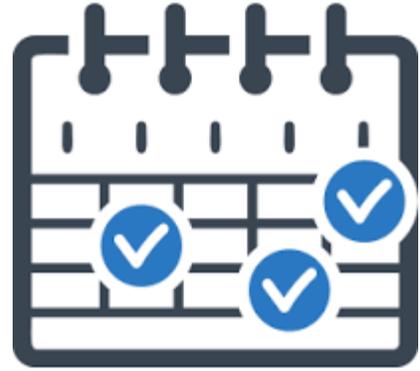
After the stressful stimuli have stopped, the parasympathetic nervous system acts on the body, reducing the physiological and psychological responses to stress. In this way, the body can manage to face threats as they arise, and return to homeostasis after the threat has subsided. The problem comes from the fact that often these challenges don't take the form of a danger we can simply flee or subdue.



The problem comes from the fact that often these challenges don't take the form of a danger we can simply flee or subdue. The life of a student is full of intangible threats; to grades, to aspirations, and to social standing. The consequences of these threats are real, however, as is the intense amount of stress experienced by nursing students. In fact, the stresses don't end at graduation. Between long shifts and sick patients,

nurses are amongst America's most stressed professionals. These high stress levels can lead to a myriad of physical and emotional health complications, ranging from increased risks for cardiovascular issues to anxiety and depression. There is hope, however. We students are in an excellent position to learn how to cope with high stress situations. By adopting a few therapeutic coping mechanisms, we can make a world of difference for ourselves and those around us, including patients, family, physicians, and other nurses. The resources for these techniques can be found online at reputable sites like the Mayo Clinic, the National Institute for Health, and others.

Basic stress management entails many facets, but begins with balance. Maintaining a steady schedule may seem to be an impossible task at times, but it is an important part of moderating your stress level. Getting a full night of sleep, eating healthy meals at regular intervals, and pacing study over the length of a semester are all factors that can help mediate the body's stress response, leading to lower levels of stress.



Beyond helping to prevent stress, there are a number of ways to relieve stress when it does arise. Adopting a yoga or meditation practice is cited on the Mayo Clinic's website as an effective stress reliever. In addition, tai chi, getting a massage, engaging in exercise, or even some simple deep-breathing can help you learn to manage the mental challenges of nursing school. Most importantly, though, is a commitment to make stress reduction an ongoing goal. All of these techniques have long term benefits when maintained over time.

In a hard week, during a hard semester, it can take a lot to push through in order to meet the never ending expectations of this program and the career that follows. But with a reliable regimen devoted to easing some of the pressure, we can see a surprising amount of benefit, and even be able to see our normal stressors from a new point of view. Sometimes, this slight change in perspective is all we need to attain a better outcome for ourselves, our patients, and each other.

A Thank You to Our Deans...

-Justin Grace, Basic BSN Class of 2016

As the College of Nursing peaks during the summer semester, classes are bustling, new students are trying on their scrubs for the first time, and the faculty prepare to welcome new members to the team with open arms. Amongst the new team coming this Fall, the dean to the UCF College of Nursing will be named.

On a student's end, we have had the opportunity to attend open forums where we sat in on dean candidate



presentations and interact by asking

questions. We were very thankful and fortunate to bring a student's perspective into the process. Dr. Kelly Allred, undergraduate coordinator, gathered student leaders and incorporated us into the meetings.

The College of Nursing and its faculty have truly made the program personable and have the students feel like an integral part, much like a family. As a prior biomedical science major, I am fortunate to walk by our interim dean, Dr. Mary Lou Sole, and associate dean, Dr. Maureen Covelli on occasion and ask me how I'm doing by my first name.

Prior to admission, I was just a PID in a sea of random students. Not many students in a university of 60,000+ can say their deans take the time to learn their student's names. To some, this may be a simple gesture, but to a student, it truly gains appreciation.



Dr. Mary Lou Sole

On more than one occasion, Dr. Sole has stopped in the hallway to talk to a group of students and shake their hand. Traditional images of deans sitting behind closed doors at a desk, only to be met with strict appointments isn't the case at the College of Nursing. Dr. Covelli takes on dual roles as teaches pathophysiology, an integral class, setting the foundation for human processes, something we will carry on for the rest of our careers. Dr. Covelli's witty remarks and relatability truly enhance the classroom experience.

Both Dr. Sole and Dr. Covelli have conducted research and made advances in the nursing field because of their work. Seeing what is produced on a doctoral level inspires both my peers and I to conduct our own research and strive for excellence, much like our faculty. As the saying goes, practice what you preach—and the deans of our college have set precedents and showed that bedside practice, research, and teaching are all possible in our future years as nurses. At the end of the day, I honestly just want to say thank you. Thank you to our wonderful deans for enhancing the student experience and making the College of Nursing feel like home.



Dr. Maureen Covelli

A Day in the Life... of an ER Intern!

- Rylan Douthett, Basic BSN
Class of 2016

Nursing is an incredibly diverse industry with many different facets. There are so many options for nurses that everyone is pretty much guaranteed to find an area that fits them the best. If you like high-speed, high-adrenaline, work environments then the ER is the right place for you.

As a student nurse intern at Orlando Regional Medical Center's emergency department and level 1 trauma center, adrenaline is the lifeblood of my every shift. Being a level 1 trauma center, we receive the most critical of patients. From

car accidents, shootings, stabbings, burns, strokes, heart attacks, brain/GI bleeds, and any other type of problem you can think of, we see it come through our doors. Emergency trauma nurses play an important role in the care of these patients, and sometimes it is nothing short of highly organized chaos.



When the most critical patients come into our department, it is all-hands-on-deck to ensure rapid, accurate, and safe care. It is a thrilling experience, and ignites enough adrenaline to satisfy any junkie's desire. Working in this environment requires competency of skills, accuracy of assessment, and timeliness of care. Anything short of that and the patient's lives could be in danger. The emergency department is a fun and challenging environment that any nurse who loves adrenaline and organized chaos would love to work in!



June is National HIV Awareness month!

- Amy Bunton, Basic BSN, Class of 2016
Media Director



In this country, it is becoming easier than ever to get tested for HIV! The world of medicine never ceases to amaze, as HIV became a so-called epidemic in America only three decades ago.

Although I wasn't personally around to witness the historical events play out, I have heard many faculty at our college explain how serious the implications of the virus were. Its origins, disease process, and many other factors were still widely unknown, making its presence in a patient extremely intimidating! It was enough to cause a panic in healthcare teams nationwide.



Now, with the advent of medicine regimes such as HAART (Highly Active Antiretroviral Therapy), we are able to care for HIV positive patients in a much more effective manner. However, that's not to say that it's an easy process, for the provider or for the patient.

In an activity for one of our classes last semester, we had to spend 24 hours simulating the medicine regime (and also social changes) that a person living with HIV would have to adhere to. Using candy, we had to "take our medicine" every two hours, which was a nuisance during the daytime, and simply exhausting overnight.

Although that doesn't teach us exactly how it feels to be a patient with HIV, it's enough to help us understand the harsh reality of the consequences of living with this disease process.

With the seriousness of this diagnosis, and the huge strides healthcare has made in its detection, there's no time like now to make sure you , your patients, and your loved ones get tested!

Even the CDC has a quick, user-friendly link to find free and fast testing near your zip code! Furthermore, if you are a UCF Student, the Health Center and even the Recreation and Wellness Center on campus provide HIV testing. On campus, there is a 30 minute initial session followed up by a 15 minute appointment to help you “know your status!”



As nurses, part of our duty is to provide our patients with consistent, culturally competent care. This includes taking care of our patients in the best possible way regardless of any culturally assigned stigma. Although the CDC estimates that 1.2 million people in the U.S. are living with HIV, it is still treated largely as taboo.



One of the Healthy People 2020 goals is to increase the proportion of adolescents and adults who have been tested for HIV within the last year. It is up to us to be part of that number, and to overcome the stigma associated with HIV so that we can encourage and empower our patients to do the same. We can be that change!



Announcements/Coming Up!

Community: Mark your calendars for a Beach Clean-Up on July 18th!
Check your emails for more information in the next weeks!



Ask a Knight Nurse!
Where did you travel this summer?



Contact info for the 2015-2016 SNA Board



President	Leah McDonnell	president@snfaucforlando.com
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Treasurer	Justin Grace	treasurer@snaucforlando.com
Clubhouse Director	Andrea Maiorini	clubhouse@snaucforlando.com
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Advisor	Kim Dever	Kimberly.dever@ucf.edu

How to Earn SNA Points:

Attend a General Meeting.....1 point
 Clubhouse Shift.....1 point
 Fundraiser.....2 points
 Submit to Lifeline Newsletter.....2 points
 State Convention.....5 points
 National Convention.....10 points
 Community Service.....1 point/hour
 (4 max)
 Breakthrough to Nursing.....1 point/hour
 (4 max)

Top Point Earners:
 Senior: Kevin Chen
 Accel: Josh Ember,
 Kristen Garringer

Social Media Buzz:

Facebook- Search 'Student Nurses Association- Orlando'
 Instagram- #snaucforlando
 Twitter- @snaucforlando

