



University of Central Florida
Student Nurses' Association

Volume 8

Issue 5

Lifeline Newsletter

Student Nurse's Association - UCF Orlando

UCF SNA Earns Awards at FNSA Convention!

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

We are proud to announce that, for the second year in a row, we have received the honor of Diamond Chapter of the Year (Division 3). When you think, "Diamond Chapter", think "Best Overall." This award reflects the hard work put in by each and every one of our team members, including last year's board, who set us up for success!



Thanks to the amazing efforts of our Events and Traditions committee, we also earned 1st Place for our banner! This award is also the result of amazing teamwork, and we would like to recognize Savannah Reed, Shannon Hassett, Bea Corridor, Lauren Moran, Natasha Hajal, Haley Boyle, and Meagan Tolley!





We are honored to have also received the award for Best Newsletter! As pictured, Amy Bunton and Justin Grace, the current and past Media Directors were both present to accept this honor. I would like to personally thank Justin for all that he taught me to be successful in this position, as well as each and every person who has submitted to the newsletter! Your amazing perspectives are what keep Lifeline Newsletter going strong!

Shannon Hassett, current Breakthrough to Nursing director, accepted the award for best BTN! She has done an amazing job of building on the innovative work of our last BTN director! This committee visits elementary, middle, and high schools, guides pre-nursing buddies and even hosts a showcase of our amazing college!



We are so proud of our two senior students, Tiffany Sarg and Makenzie Cox, and a junior student, Haley Boyle who successfully passed resolutions at a state level! Sarg and Cox focused on increasing awareness of the benefits of breast milk banking, while Boyle addressed awareness of the psychological effects of living with chronic pain. Thank you to all three of these students for sharing their passions with us!

Knight Nurses Give Kids the World!

- Krystle Garcia, Basic BSN Class of 2016

Once upon a time, Amy was a little girl who had been diagnosed with leukemia and dreamed of going to the Orlando theme parks. In order to make Amy's dream come true, a hotelier named Henri Landwirth was asked to make complimentary accommodations for Amy and her family. Unfortunately, before the plans were finalized Amy had passed away. Henri Landwirth was determined to never allow another child's dream to be denied to them again. He created Give Kids the World to ensure that Amy's story would never repeat itself because every child deserves to have a happy ending.

Last Sunday I had the opportunity to volunteer in this incredible place that continues to expand and provide complimentary accommodations, entertainment, and attractions to children with serious illnesses and their families. I witnessed the happiness spread across the faces of children who are fighting illnesses that would break down the moral of the toughest adults. I was truly inspired by the Give Kids the World Village and its staff which did everything in their power to ensure that the families had a relaxing vacation away from the constant stress of hospitals, appointments, and treatments. While I learned many things from the short time I volunteered in GKTW, the most important lesson I learned is that a patient is more than a lab value, an EKG reading, or a vital sign. A patient is a person with emotions, wants, and desires. Knowing about resources such as Give Kids the World and recommending them to these families can help fulfill the wants of young patients and definitely make a world of difference.



Donate Your Breast Milk!

- Makenzie Cox and Tiffany Sarg,
Basic BSN, Class of 2016

Women who donate breast milk are the unsung heroes of the Neonatal Intensive Care Units (NICUs). Since the babies in the NICU are born at such early gestational ages, their moms often cannot produce adequate amounts of breast milk to meet their needs, and this is where the women that donate breast milk come in. NICUs are the largest consumer of donated breast milk, with over 70% of the donations going directly to NICUs.⁴



Neonates depend on the donated breast milk for survival because they physiologically cannot breakdown the synthetic formula that is manufactured today. Breast milk banking has been around for over 100 years.² The first breast milk

bank opened in 1910 in Boston,² which is way before when the first blood bank opened in 1936 in Chicago.³ In order to donate excess breast milk, mothers have to pass an in-depth and specific health screening, have enough supply for their own newborn, and have at least 100 ounces of excess to donate. In the NICU, breast milk not only provides essential nutrients to be neonates, but it also aids in treating those that area at a higher risk for developing sepsis, necrotizing enterocolitis (NEC), and feeding intolerances.⁴

Due to the immense benefits donated breast milk provides neonates, HMBANA has continued to expand the number of milk banks nationwide. Their 16th, and most recently opened, bank was Mother's Own Milk Bank of Florida on June 11th in Orlando.

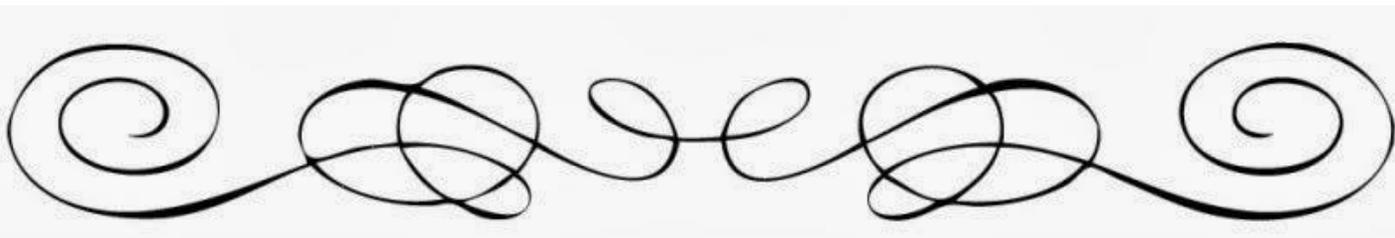
As future nurses it is our professional responsibility to increase the public's awareness of community resources.

Therefore, it was with great excitement that we



both had the opportunity to co-author, and then defend a resolution advocating for the need for increased awareness of breast milk banks and the importance of donating to these banks. Our resolution was unanimously adopted in the House of Delegates at this year's FNNSA State Convention. Moving forward we plan to work alongside both Mother's Own Milk Bank of Florida and Winnie Palmer Hospital for Women & Babies in educating the public about the benefits of donated breast milk. In addition to this we will be bringing educational material with us in March to the NSNA Convention. Should you like to read our resolution, it has been attached to the back of this newsletter.

1. Mothers' Milk Bank of Florida. (n.d.). *About*. Retrieved from <http://www.milkbankofflorida.org/mothers/about/>
2. Mothers' Milk Bank of North Texas. (n.d.). *History of milk banking*. Retrieved from <http://www.texasmilkbank.org/history-milk-banking>
3. Nebraska Community Blood Bank. (n.d.). *History of blood banking*. Retrieved from <http://www.ncbb.org/history-blood-banking>
4. Updegrove, K. H. (2013). Donor human milk banking: Growth, challenges, and the role of HMBANA. *Breastfeeding Medicine*, 8, 435-437 3p. doi:10.1089/bfm.2013.0079



NURSING SCHOOL: A TRUE BALANCING ACT

- Amanda Wimmersberg, Basic BSN
Class Of 2017

Throughout my first semester of nursing school I have started to question why there are only 24 hours in a day. Between lectures, labs, clinicals, and studying it seems almost impossible to find time to do anything else such as sleeping or even having somewhat of a normal social life. At first, I found it difficult to adjust to the very new and overwhelming schedule, but then as the semester went on I started to find my routine. And let me say this, the only way you are going to survive nursing school is if you manage your time well. I have learned that the key to managing your time is to get a small calendar or planner and keep track of your schedule. This allows you to lay out blocks of time for studying, going to classes or clinicals, and even giving yourself a little “me time”. This so called “me time” is super important. We are continuously on the go and sometimes we forget to take care of ourselves. This is where the balancing act comes in. As nursing students



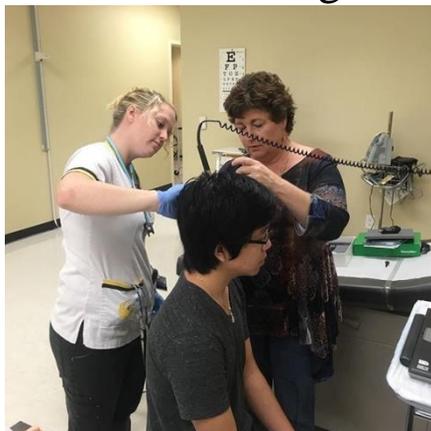
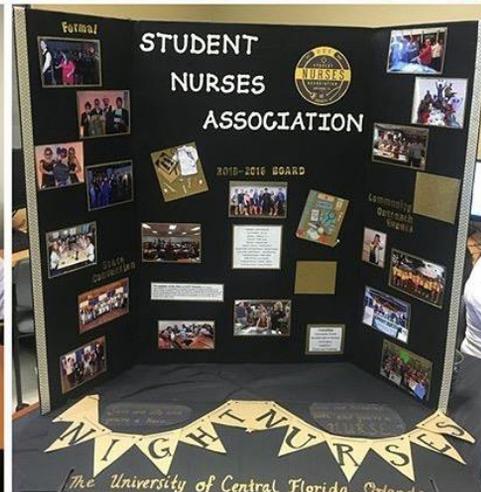
we need to manage our time so that we can actually find time to eat well, exercise, and treat ourselves to some well-deserved downtime. Of course, grades will always come first, but honestly there are times where we just need to sit and do nothing to essentially recharge our batteries. Also, trust your nursing school friends.

They are the ones who are going through the exact same thing as you, and they will be able to help you through those tough times. Nursing school is one big balancing act, and taking time to manage our crazy and overwhelming lives takes a lot of determination. All I know is that it will be totally worth it in the end.

Breakthrough to Nursing Hosts the Student-Led Nursing Showcase!

- Sabiha Nizam, Basic BSN,
Class of 2016

The Student Led Nursing Showcase was a huge success! I am very thankful that so many dedicated, hard-working, and passionate nursing students took part in this event. There were several stations that were set up throughout the College of Nursing. One of these stations was the specialties room. This room included nursing specialties such as Pediatrics, CRNA/Emergency Medicine, Labor and Delivery, NICU and Woman's Health. Some of us including myself, had the opportunity to sit in at our specialty and answer any and all questions anyone had. This was a great way to educate and inform others about some of the specificities that nurses can go into. It was a pleasure to try to get young students into this amazing profession and answer any of their questions/concerns. It was interesting to see how some students coming in knew what they wanted to go into while others



stopped at every station to hear and learn more about it. Besides the specialties room, there were nursing students in the health assessment lab. They allowed people to walk around the lab and see the different equipment used and answer any questions they had regarding the lab and how things were set up.

Aside from the specialties room and the health assessment lab, a bake sale was set up. The bake sale included items such as doughnuts, baked cookies, muffins, etc. I know a lot of people really enjoyed this part of the showcase! Lastly, a special thanks goes to our SNA president for putting together an



SNA presentation for everyone who came to the showcase. This was an awesome way to give the students an overview about what nursing is about and enlighten them about UCF's amazing nursing program. This showcase was very informative and fun and I'm glad to know that it was a success!



Truly Thankful...

- Anne Dolmovich, Basic BSN
Class of 2016

This time of year there are reminders everywhere to be thankful for what we have, whether it be large Thanksgiving dinners with family, or fulfilling Thanksgiving nights with our patients away from home. However, when I have seen the most thankfulness has been through nursing school, during clinical rotations. My first day on a transplant unit, my patient was a gentleman who had just received a kidney after seven years on the wait list. He was already incredibly grateful for the transplant and what opportunities it opened. He then realized while we were talking that it meant one more thing: no more dialysis four times a week, for four hours each time.



The look of relief was only matched by what came next, what he said. He told me that he intended to continue going to the dialysis center, as he had become accustomed to welcoming people new to dialysis and making them feel more comfortable and better about their situation. The selflessness

he showed and how grateful he was for the opportunity to use his situation to help others was beautiful to see. It reminded me why we as nurses should be grateful every day to be able to touch and better people's lives. From the patient who has the worst night of their lives and has you there to sit and be kind to them, to the one who so appreciates your care that they ask for the assistant nurse manager to tell them about it, there are examples every day of the things we do others are thankful for, even if it often goes unspoken. We need to never forget to be thankful in return for how they touch our lives, lest we forget why we go back day after day. Every day I am grateful to be where I am, doing what I do as a nurse.

Meet Your New President-Elect and Treasurer-Elect!

President Elect – Haley Boyle



Hello, my amazing future nurses. My name is Haley and I am so honored to have the privilege of serving as your president-elect! I have so many ideas for the coming year and I hope to be able to implement them with your help. Our current board has been doing so many wonderful things this year and I hope to continue to learn from them and follow their

example to keep our chapter on the right track.

One of my goals includes expanding communication with other SNA chapters throughout the state and possibly the nation by organizing a student-nurse pen-pal program. This idea involves allowing students the opportunity to speak with others from different regions so that they can gain a better understanding of how other nursing programs function. Different interests can be explored in this manner and ideas can better be shared from chapter-to-chapter. SNA can become more united through the sharing of experiences and opportunities; if an SNA chapter in New York had an idea for fund raising or a committee expansion, for example, they could share their idea with other chapters and those chapters could build on the idea, continuing to pass it on, allowing a great many more people to benefit than previously thought possible.

I want to share these ideas with all of you and hear your thoughts as well. Nursing is a team sport and, in my opinion, nursing school should not be any different. By working together, we can care for one another, and by caring for one another, we can better care for our patients. Thank you for giving me the opportunity to lead in the advancement of our chapter; I know with all of you behind me, we can do nothing but great things.

Treasurer Elect – Sean Lamphier



Hello Everyone, My name is Sean Lamphier and I am going to be your SNA Treasurer for the 2016-17 school year. First, a little about myself. I was born in Kansas but spent most of my life growing up in South West Florida. I have many interests including painting, music (Former UCF Marching Knight), working out and

learning new things! I am currently learning American Sign Language and I'm actually the Treasurer for the ASL Club @UCF. I look at the awesome leadership team that is currently running our SNA chapter and I only hope that I can rise to their level. The bar is set high but I love a challenge and I look forward to serving one of the best SNA Chapters in the state of Florida

Interested in running for a position? Contact Legislative Director, Rylan Douthett at legislative@snaucforlando.com

Announcements/Coming Up!



Events and Traditions: We are beginning to plan Formal! It will be held in the UCF Alumni Center on January 9th! Tickets will be \$25 online and in class through January 2nd. Join our Facebook group to help!

Legislative: Interested in running for a position? Contact legislative, and we can answer any of your questions, and help you prepare! Elections will likely be held in February.

Community Health: The next Share-A-Meal is November 22nd! We will be having a partial proceeds for our Knight-Thon team on December 2nd at Tijuana Flats! Keep an eye out for more information on the Nurses with Purses drive!

Breakthrough to Nursing: Thank you to everyone who donated their time to help with the Student-Led Nursing Showcase! Keep an eye out for more events to come!

Clubhouse: The clubhouse has moved to the 6th floor! We are still accepting pre-orders!

Fundraising: Our Yankee Candle fundraiser is still in full swing! We get 40% of all proceeds with the code 990026866! Note: Christmas orders **MUST** be placed by November 20th!!



Ask a Knight Nurse!

Who or what are you thankful for?



“Staying alive through nursing school so far!” –
Sabiha Nizam, Basic BSN, Class of 2016



“More time to travel and explore” – Rachel
Holcombe, Basic BSN, Class of 2016



“Good friends to help you through it!” –
Shannon Hassett, Basic BSN Class of 2016



“A place I can call home” – Amy Bunton, Basic
BSN, Class of 2016



“My mom! She keeps me sane through all the
nursing school craziness!” – Zoé Dennis, Basic
BSN, Class of 2016

Happy Thanksgiving

From the UCF Student Nurses' Association

Contact info for the 2015-2016 SNA Board



President	Leah McDonnell	president@snaucforlando.com
Vice President	Jae Lim	vicepresident@snaucforlando.com
Secretary	Makenzie Cox	secretary@snaucforlando.com
Treasurer	Justin Grace	treasurer@snaucforlando.com
Clubhouse Director	Andrea Maiorini	clubhouse@snaucforlando.com
Historian	Savannah Reed	historian@snaucforlando.com
Legislative Director	Rylan Douthett	legislative@snaucforlando.com
Breakthrough to Nursing Director	Shannon Hassett	btn@snaucforlando.com
Media Director	Amy Bunton	webmaster@snaucforlando.com
Community Health Director	Anne Dolmovich	communityhealth@snaucforlando.com
Fundraising Chair	Emily Mekas	fundraisingchair@snaucforlando.com
Accelerated Liaison	Alexandra Carson	accelerated@snaucforlando.com
Advisor	Linda Howe	linda.howe@ucf.edu
Advisor	Chris Deatrick	christine.deatrick@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: Rachel Van Dusen
 Accel: Peter Schmidt
 Junior: Kaman Cheng

Social Media Buzz:

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

