



University of Central Florida  
Student Nurses' Association

Volume 8

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# Lifeline Newsletter

Student Nurse's Association - UCF Orlando

## *Student Nurses are Knight-Thon Strong!*

- Leah McDonnell, Basic BSN  
Class of 2016

When I think about my most cherished memories at UCF, some will involve clinical. Some will be girls nights out, and some will be with SNA. However, my most cherished UCF memories took place in the UCF arena on April 2nd where over 1,500 UCF students took a 20 hour stand for the kids. These students, along with sponsors and donors, believed in something bigger than themselves.

They dared to dream that we could raise \$820,000 for the Children's Miracle Network Hospitals of Greater Orlando for the 20th year of Knight-Thon. Knight-Thon is UCF's largest student run philanthropy. We dare to raise money for Arnold and Winnie



Palmer Hospitals and Shands Children's Hospital. These funds help the hospitals to buy medical equipment, necessary patient care items, and foot some of the medical costs for families who cannot afford it. We dare to stand 20 hours for the children who can't stand for themselves. We dare to stand along side their families and medical teams to show that we care. We dare to dream that one day there will be a cure for all of these children and that they will be able to go home to their families.



ARNOLD PALMER HOSPITAL  
For Children  
Supported by Arnold Palmer Medical Center Foundation



WINNIE PALMER HOSPITAL  
For Women & Babies  
Supported by Arnold Palmer Medical Center Foundation

**UFHealth**  
shands children's Hospital

This event is filled with heart felt stories from miracle families, the "morale" dance, and other fun events. It is a great time for you and your friends to be apart of something greater than yourselves.

The closing ceremony is filled with smiles, laughs, and tears. We all do the morale dance one last time. We all come together to watch a video about the event and the miracle children. This is when our hospital bands are cut off, which symbolizes a time to remember all of the children who did not get to go home. This always hits me hard because our fight is not only for the living, but for those who have passed on. And then comes the big number reveal. This is the moment where a whole years worth of work comes to a close. No one has any clue if we hit our goal or not.

The first set of signs is for who we raise this money for... **FOR THE KIDS!!** The second set of signs is the **BIG REVEAL**. As those numbers go up, my eyes only go to the first number **AND IT SAYS 1!!!** In that moment, I **KNEW WE RAISED OVER A MILLION DOLLARS FOR THE KIDS!!!** Tears instantly start rolling down my face as I think of the million miracles we are making for a million families. We have the power to change lives. **AND WE DID!!** The Student Nurses Association alone raised \$14,380!! This event is so special because it shows that college students want to make miracles in the lives of families in the local community. And this cause touches my heart because of the lives we are touching and changing through these miracles. **FTK Forever!!!**



# Growing Through Second Semester...

- Lauren Hurley, Basic BSN  
Class of 2017

It's almost the end of the semester and I'm really relieved, but I'm also grateful for how much I've grown this semester. Classes have been much more demanding, but extremely interesting and I've learned a lot of information that I've been able to apply during my clinical experiences.

During my Adult 1 rotation, I had the opportunity to gain experience with enteral feedings, monitoring intake and output, management of drains, continuous bladder irrigation, and how to take care of a post-operative patient in general. I also observed wound care multiple times, assisted with ambulation, learned how to use a Doppler, and I hung an IV piggyback for the first time.



My experience on a surgical floor really sparked my interest for general surgery. However, I also really enjoyed my OB clinical rotation. I've discovered that I have a strong interest in women's health. Although it was mostly observation and badgering

the nurses with a ton of questions, I learned a lot about the type of patients on each floor, specific nursing assessments/interventions for those patients and more. My favorite floor was post-partum because of the structured BUBBLE-HE assessments and the amount of patient and family teaching.

Overall, my confidence in the clinical setting has grown and I'm beginning to feel more like a professional. I'm excited to narrow down my interests. However, I'm keeping an open mind for whatever next semester brings!

# Reaching Out at STEPS!

- Ashleigh Munro, Accelerated BSN  
Class of 2016

On April 9<sup>th</sup>, a group of Knight Nurses visited Steps, Inc. in order to educate the women and children in the rehabilitation facility about nutrition. Women came from all walks of life in order to receive treatment for substance abuse at the center. During this event, we were given a tour of the facility, talked one on one with clients, presented our project on nutrition, and then observed a group session. The staff and women were all very welcoming to us! We enjoyed teaching them about nutrition. We educated them on the importance of eating healthy, examples of nutritious foods and tips on how to eat healthier.



At the end, there was time for questions and discussion. Many of the women had questions about implementing physical activity during their stay at the center. In addition, one of the clients wanted to make us aware of how difficult it was to be in the hospital as a recovering substance abuser. She expressed that many times the doctor would order opioid medications to treat her pain, which could have aided in her addiction. As nurses, we should take a patient's history into consideration and advocate for alternative medications.

I highly encourage everyone to visit a rehabilitation center at some point! I believe that visiting one will give you more insight as a nurse, and it will also enable you to better connect with your patients who struggle with addictions.

# A YEAR AS A NATIONAL OFFICER

- Jae Lim, Basic BSN  
Class of 2016

Coming into this position, I had no idea what I was getting myself into. Back in December, I remember when Justin Grace and I were talking about Student Nurses Association in general. I remember he told me that he was running for the national board. I don't know what hit me but I decided to run for a position as well. For others, it may had been a fool's dream, for only 10 students are selected every year in the United States to lead the organization. But for me, I saw it as a possibility: a chance for me to make a difference in students' lives.

And so began our months of hard campaigning. Justin and I went through a lot in that semester in terms of school work and campaigning. I have mentioned this before that there is no one who will understand the struggles that Justin and I went through just to campaign.



A year flew by – I am still in disbelief that everything is over. As of April 2<sup>nd</sup>, 2016, I effectively stepped down from the National Student Nurses Association's Board. It really does feel like just yesterday that I arrived in New York for our first board meeting. SO MUCH has changed in the past year. I am a completely different person now than when I was in New York. I have learned that the world we live in is very big. There are so many different types of people that I never thought I would have met. How wrong I was about this.



Being on the national board was certainly exciting and scary. Anything I said was a reflection of the board, the organization, and the nursing students. Furthermore, anything I did was a reflection of my character and personality. The thing I truly enjoyed the most being on the national board was meeting people from across the nation and helping them. For me, especially, I feel so great in helping others who I just met, which is kind of like nursing.

Where do I go from here? I know that I will get involved with the American Nurses Association on a state level first before the national level. My experience on the local and national Student Nurses' Association will be valuable when I join. Who knows, I might run for a position in the future but only time will tell. All in all, do not let anyone or anything tell you that you can't do it. More than anything, do not tell yourself that you cannot do it. The only limitations you have are the ones that you place on yourself.

It was my pleasure serving you all and the nation as the Vice President and Breakthrough To Nursing Director, respectfully. Thank you all for your support and I am excited to see where you all go from here!



# Getting My First Job!

- Christyn Lead, Basic BSN  
Class of 2016

I think I can speak for most of us when I say that second to applying to nursing school, the most stressful time in college was applying for our first job.

If anyone had asked me before practicum where I wanted my first job to be after graduation I would have said Labor & Delivery. No hesitation. Then I started practicum, met my preceptor, met an incredible team of nurses, saw the real work of nursing, and changed my mind. I still love L&D. My heart will always beat for mothers and babies, but after talking to many of nurses, charges, and nurse managers I realized that I could better serve my patients if I had a foundation in complete medical care not just a specialty.



That is why I chose to apply to and accept a position on my practicum unit a MPCU at Florida Hospital Winter Park.

I talked to my preceptor a lot and she was the greatest resource I have ever been given. Just 2 years earlier she had been where I was now, and she gave me advice about nursing skills, networking, job

applications, and NCLEX tips that were priceless. My advice to juniors would be to do everything in your power to develop a good relationship with your preceptor even if you don't see yourself working at that hospital or a similar unit.





I also got to know my nurse manager and nurse educator. I said hi to them whenever I could and I did my best to create a good impression with all the nurses on my unit both night and day. I spoke to the charges. Asked questions. I got to know them as people and let them get to know me. Learning nursing skills during practicum is the first priority, but networking should be a close second. Don't be afraid to take advantage of any opportunity no matter how imperfect it may originally seem!

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## Experiencing the NSNA Convention

- Corrine Medeiros, Basic BSN  
Class of 2017

I thought that the national convention was an eye-opening experience. Often, we as nursing students get caught up in our school work and have to constantly remind ourselves to look at the "bigger picture." That can include thinking about the



patients that we will be helping one day in the future but after attending convention I knew that the "bigger picture" was all of the nursing students across the nation! It was inspiring seeing students from all areas of the country. The things we can accomplish together as a whole are endless. Convention was a huge reminder of activating the latent power within our ranks because nurses have the power to make change in policies that will affect not only us, but our patients as well. Overall, it was an amazing experience and I was grateful to attend! My passion to gain more involvement for SNA has only grown stronger!

# Blah blah Something about Valor

- Hannah Hole, Basic BSN  
Class of 2016

Over the past year, eight seniors in the Basic BSN class participated in the VALOR program at the Orlando VA Medical Center, and I was lucky enough to be one of them. VALOR stands for Veterans Administration Learning Opportunity Residency, and what an opportunity it has been!



Throughout the program, each of us rotated through a variety of floors and units as we completed a grand total of 800 hours. My journey started in the pre-op area of the ambulatory surgery where I was able to successfully—okay, *mostly* successfully—start over 50 IVs within a week! Next, I spent two weeks in the OR learning the roles of the circulating and scrub nurse. This involved setting up entire sterile fields for procedures, scrubbing into and

assisting in surgery, viewing awesome procedures (like a sclera transplant), and even getting to put surgical staples into someone's shoulder!

I also rotated through the PACU, infusion/oncology, GI procedure, urology, and urgent care units. Along the way, I learned about chemotherapy, performed EKGs, and injected lots of pain meds into lots of ventral gluteal sites. Every unit taught me something new and gave me so many opportunities to take my classroom knowledge and apply it to my patients right away.

Outside of cool new experiences, being a part of the VALOR program opened my eyes to a patient population that absolutely captured my heart. Working with veterans was never something I felt called to, but I was 100% hooked by the end of day one! There is something so humbling about providing even the most basic



nursing care for someone who sacrificed their time, health, sleep, comfort, and lifestyle to protect you. “Serving those who served,” as the VA puts it.

The VALOR program was difficult, time-consuming, and stressful at times. However, being a part of the VA, even for such a short amount of time, was so beneficial to me as a nurse and as a person. I absolutely adore my VALOR group and my veterans. I feel confident and prepared to step out into



the world of nursing because of my experiences in the VALOR program. Truly, I have gained more from the VA than words can express, and I am eternally grateful for the opportunity to serve America’s heroes.

# Farewell...

- Rylan Douthett, Basic BSN  
Class of 2016

Sitting here at All Knight Study for what is likely to be one of the last times ever, I have a unique opportunity to reflect upon my time here at UCF and the College of Nursing. From the countless hours studying, stressing, worrying about passing the upcoming test(s), to celebrating and rejoicing with each achievement and milestone, the journey through this nursing program has been nothing short of incredible.

Upon first walking into the College of Nursing in August of 2014 for our first day of orientation, I knew not a single person. I was surrounded by 119 strangers in a town that was 200 miles away from the place I called home. I was nervous, excited, anxious, optimistic, happy, and scared all at the same time. Over the course of the next 5 semesters, I would learn and grow in ways I could not have possibly imagined.

Soon, those 119 strangers became my friends, and later, my family. Eventually, UCF was no longer a foreign place far away from home, but home itself. I progressed, along with my peers, from a shy student nurse all the way to a confident, prepared graduate.



From waking up at 4 am for clinicals, to studying until 4 am for tests, the UCF College of Nursing challenged me in incredible ways, and molded me into a person that I am proud to be. As I look around and prepare to say goodbye, I cannot help but feel an overwhelming sense of gratitude. I am so unbelievably privileged to call this elite institution my alma mater. They say UCF “stands for opportunity” and they could not be more accurate. With eleven days to graduation, I am ready to take the first step of my career in nursing. I am ready to represent UCF in an industry that is constantly growing and changing. I will always be proud to call myself a Knight. I will bleed black and gold until I am dead and cold. Thank you for everything, UCF. Glory be to God, go Knights, and charge on!

# Doorway to Daytona!

- Brittany McDaniels, Basic BSN  
Class of 2016

The Student Nurses' Association (SNA) of University of Central Florida (UCF) in Daytona Beach has continued to work hard on planning and executing events. Continuing on this spring semester, the SNA members have continued to volunteer and hold fund raisers as a way to positively impact the community.



On March 30<sup>th</sup>-April 3<sup>rd</sup>, 2016 UCF SNA at Daytona Beach attended The National Student Nurses' Association Convention in Orlando, FL. While attending convention, the members of SNA were introduced to many networking opportunities, a chance to connect with your

peers, and just enjoy and have fun. As future nurses, we know that it is important to think quickly and adapt to different situations. The convention was very beneficial to the participants and provided focus sessions to help student nurses learn to adapt and succeed within their nursing program and career.

Congratulations to **Alexandra Scott** and **Jocelin Adona** c/o 2017 for becoming the newest president elect and treasurer elect for the upcoming school year. They will shadow the current president, **Samantha Normand**, and current treasurer, **Briana Jamieson**, and take over in July 2016. They also attended the national convention with the other current SNA officers!





On April 9<sup>th</sup>, 2016 the members of SNA participated in the Relay for Life walk on the DSC/UCF campus here in Daytona. Relay for Life is a life changing event that happens in communities all around the world to help them rejoice the lives of those

who have battled cancer and remember the loss of their loved ones. The participants remember the event as one that is powerful, moving, and rewarding.

On April 18<sup>th</sup>, 2016 SNA held a fundraiser at The Winey Wench to raise money for future events to help benefit the community. The fundraisers are used for future donations throughout the community!



Student nurses will be participating in a blood drive, run by One Blood, on June 13<sup>th</sup>, 2016. The drive will take place on the Daytona State College campus. All students, faculty, and friends are encouraged to come donate and save a life!

With finals week approaching in less than two weeks, students will be busy with classes and their community. Good Luck!

# *The Student Nurses' Association: Lessons Learned*

- Amy Bunton, Basic BSN 2016  
Media Director



As I write this article, it's almost surreal to look back on the time I have spent with SNA. Coming into this program, I literally didn't know a soul.

Although the frenzy of orientation day was thoroughly overwhelming, I remember the 2014-15 board speaking to our class. I still wasn't entirely sure what to expect, but I threw myself right into SNA! The very first event I participated in was UCF's Heart Walk. Here, I made several friends who would help me through the craziness that is nursing school.



In fact, two of those people are Anne Dolmovich and Emily Mekas, who went on to serve as Community Health Director and Fundraising Director. The craziest part of the whole event is that I walked side by side with our Dr. Mary Lou Sole and Dr. Maureen Covelli, the College of Nursing's Dean and Associate Dean. They were so welcoming and made me feel absolutely comfortable. That's when I knew, SNA was the place for me!



From there, I attended general meetings, made badge reels, and helped make meals at our Share-a-Meals. All of this led up to the next milestone of my SNA journey: the FNSA convention!

Here, I got the amazing opportunity to serve with Anne Dolmovich, Laura Bobo, and Rylan Douthett as delegates. This event was probably the most pivotal in my whole SNA career. I am so thankful for the exposure I got to the world of advocacy, politics, and networking. I also bonded with some of the people who would form the 2015-16 board!



Mostly because of this experience, and the amazing mentorship that SNA provides for its students, I got the courage to run for a position on the board. Spoiler alert, I was blessed with the position of media director, handed down to me from Justin Grace (our current Treasurer). This has truly been the most enlightening experience.

This newsletter, as well as our website, has truly become my pride and joy. It is through this position that I have been able to see all of the varied, unique, diverse, and inspirational points of view of the amazing students that make up this organization. Because of the hard work and effort of those who submitted, we were awarded with best newsletter at the 2015 FNSA convention! We also won awards for Division 3 Diamond Chapter, Breakthrough to Nursing, and Best Banner!





Aside from my specific position on the board, I have gotten the opportunity to participate in many other amazing SNA events. Each year, the boards put on a lovely Formal for all of us students! As important as it is to build your resume, we need to have fun too!



Each year, we also have an awesome presence in campus- and community-wide charitable events! These include Knight-Thon, which is a dance marathon to support Children's Miracle Network hospitals, and Relay for Life, which benefits the American Cancer Society. And yes, I (along with Anne Dolmovich) have attended both of these each year of the program! Experiences like these are

reminiscent of the profession that we have chosen: long days that are both exhausting and endlessly rewarding.

From the monthly general meetings, to larger-scale conventions, from the random behind-the-scenes work that turned into unexpected bonding and memories, to community outreach that put our SNA on the map, from the tireless, bloodshot-eyed, late nights, to the moments of shared success: this organization has meant the world to me. I would have never imagined how pivotal that dreary morning of the 2014 Heart Walk would be. Nor did I realize just how much I would come to value the 11 incredible people with whom I serve. Thank you so much for this experience, it has been a pleasure to serve you all!

# Announcements/Coming Up!



From the 2015-16 Board: Thank you all so much for the opportunity to serve you! We are so proud of all this class has accomplished, and cannot wait to see what amazing things the new board will do!

Leah McDonnell, President: Wow! This has been a great year! SNA has provided me with some of my greatest college memories. Thank you to all of you who have made this organization so incredibly outstanding and special. I'm so proud of what was accomplished this year and what will be in the years to come! Thank you all for teaching me about life, friendships, and this amazing profession of nursing!

Anne Dolmovich, Community Health: Thank you to everyone who made the past two years with this Diamond Chapter the incredible experience it was. Watching everyone's passions and potential for helping others grow is an experience that will stay with me forever. To the upcoming SNA and SNA board- make the most of this experience! You are going to do amazing things, and I am so excited for everything yet to come.

So long and thanks for all the fish! – Anne Dolmovich

Please look out for info regarding Lauren Hurley's first event – Runway to Hope!

# Announcements/Coming Up! continued



Savannah Reed and Amy Bunton, Events and Traditions: Please feel free to join us at the 2016 Recognition (Pinning) Ceremony for the graduating class! This will be May 4<sup>th</sup> at 5 pm at the Venue behind the CFE Arena!

Emily Mekas, Fundraising: Check your emails next week for information regarding the new date and location of our sidewalk sale from our new director, Victoria Wynne! If you would like to donate, boxes will be placed in the 3<sup>rd</sup> floor lounge at the CON very soon!



## Ask a Knight Nurse!



**What is the most important lesson  
you learned this past year?**

*To make time for myself –  
Lauren Hurley, Class of 2017*

*To never abandon my planner –  
Jaymi Curran, Class of 2017*

*Always be humble. Stay true to who you are, and  
keep striving for your dreams. – Jessica Smith,  
Class of 2016*

*If you need any help, don't just rely on  
yourself! You have an entire nursing family to  
help you along! - Haley Boyle, Class of 2017*

*You're stronger than you think! –  
Corrine Medeiros, Class of 2017*

*Failure happens, but you have to learn  
from it, and not get lost in it – Laura Bobo*

*If you never ask, the answer will always  
be no. - Sean Lamphier, Class of 2017*

*Never second guess yourself on exams –  
Amanda Wimmersberg, Class of 2017*

*Sometimes reality turns out way better than  
what you planned, so just trust the craziness  
and confusion. – Aly Elmore, Class of 2016*

*It's better to ask stupid questions  
than to make stupid mistakes. –  
Jason Donnelly, Class of 2017*

*Time management! – Sharisse Watkins,  
Class of 2017*

*While one door may close, another  
bigger, better door will open. –  
Justin Grace, Class of 2016*

*The only way to make it is with a little help  
from your friends. – Rachel Bell, Class of 2017*

*You know more than you think.  
Trust yourself. - Alyssa Tapia,  
Class of 2017*

*Hard work really does pay off. –  
Hannah Hole, Class of 2016*

*The impossible is totally possible! –  
Tiffani Harper, Class of 2017*

*Believe in yourself! – Kiera Grofsik,  
Class of 2017*

*Trust yourself, you are capable of way more  
than you think! – Kristy Guitan, Class of 2016*

# Contact info for the 2015-2016 SNA Board



President	Leah McDonnell	president@snfaucforlando.com
Vice President	Jae Lim	vicepresident@snaucforlando.com
Secretary	Makenzie Cox	secretary@snaucforlando.com
Treasurer	Justin Grace	treasurer@snaucforlando.com
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Historian	Savannah Reed	historian@snaucforlando.com
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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	Kimberly Dever	kimberly.dever@ucf.edu
Advisor	Cherill Stockmann	cherill.stockmann@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:

Accel: Natasha Hajal  
 Junior: Jaymi Curran

## Top Earners 2016:

Rachel Van Dusen,  
 Christine White,  
 Jessica Shaw,  
 Chelsea Hughes

## Social Media Buzz:

Facebook- Search 'Student Nurses Association- Orlando'

Instagram- #snaucforlando

Twitter- @snaucforlando

