



University of Central Florida
Student Nurses' Association

Volume 8

Issue 6

Lifeline Newsletter

Student Nurse's Association - UCF Orlando

Knights Nurses and Faculty Celebrate 3rd Annual Formal!

- Jessica Smith, Basic BSN
Class of 2016

The 3rd annual UCF SNA Formal was a night to remember. It was so much fun to get dressed up and see each other in our best attire rather than our scrubs for clinical or sweatpants for lectures. It was even more fun to see our instructors with their spouses and family members. It was extremely heart-warming to see Ms. Dever's daughter and son, Dr. Allred and her husband, Mrs. DiChiara, and Cherrill's 4 sons. They were all so involved in dancing and participating in the formal. We are so grateful to have met them and excited that they came; they definitely contributed to the life of the party.



The UCF Fairwinds Alumni Center was decorated perfectly. The clever Casino Royal theme radiated throughout the entire venue. The center pieces were beautifully made, glistening glitter and gold with hints of ravishing red feathers and braches; dice and playing cards were hidden within the center pieces.



An elegant, black backdrop of a city silhouette was on display for pictures. Fun props were available for some silly pictures as well. There was even a table set up for card games to be played and money to be won. Target gift cards were given at the end of the night to those who won at the tables! The extravagant event was catered by Toojay's Original Gourmet Deli. Toojay's provided a delicious, hot Italian dinner.



Their selection of food was extremely tasty and perfect for the formal occasion. Music and dancing was at the center of the formal. People made their way to the dance floor for a variety of music that was played. It was “therapeutic” to be able have fun and dance with friends, especially dancing with Cherrill! We were even graced with a special performance by Jae Lim. He performed one of his dance pieces that rocked the formal! A huge thank you to the Events and Traditions Committee and friends for setting up, planning, and carrying out every detail that went into making this incredible event possible. The night was amazing and unforgettable. The bar has definitely been raised for next year!

Get Ready to Paint the World Purple!

- Savannah Reed, Basic BSN
Class of 2016

Relay for Life is a fundraising event designed to raise money for the American Cancer Society. The goal is to fund research and treatment in hopes of creating a world with more birthdays; a world where no one has to lose the fight with cancer.

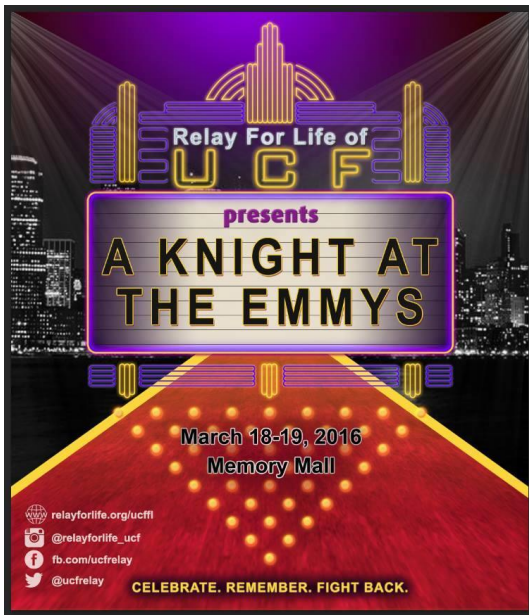
Last year, UCF raised several thousand dollars to aid the fight against cancer.



Our tent was themed after frozen and we sold snow cones. It was a great time to get to know other knight nurses across different classes, pre-nursing, alumni, and faculty. Our team brought lots of spirit between walking laps and singing Disney songs, creating frozen themed decorations, cutting off long locks of hair to be donated, dressing in Disney and drag, and winning competitions for spirit points. For several of us, Relay was a long standing passion, but for others it was their first time participating in the event.



People from all walks of life attended to support the survivors, honor their loved ones, and raise money for those beginning their fight with cancer. Regardless of the reason to Relay, it was a heartwarming event from beginning to end.



This year Relay for Life will be held on March 18th-March 19th. The theme for our SNA tent will be “That 70’s Show.” We plan to raise money by having a pancake bar overnight and raffling off various gift baskets but are always looking for more ideas! We already have several enthusiastic participants from the various classes, but we hope to gain more and make this year bigger than ever. Join our team for a groovy night in 70’s. Help SNA reach, and surpass our goal fundraising goal to create a world with more birthdays!

For more information, please attend one of the upcoming team meetings or contact Savannah Reed
Savannah.reed94@knights.ucf.edu

That '70s Show

Take a Stand For the Kids!

- Anne Dolmovich, Basic BSN
Class of 2016

\$16,000. My first year at UCF, this was the incredible amount we aimed to raise for the miracle children of the Children's Miracle Network Hospitals. Four years later, we are looking at the number \$820,000. It never ceases to amaze me what good is done through this organization, which is how we have been able to grow exponentially over the past few years. The more people know about Knight-Thon, the more they fall in love with the organization and what it stands for.



Standing and dancing for 20 hours. Sounds like a great way to stay in shape! Sounds like a great way to save lives. No, I'm not talking about working a double on a pediatric unit; I'm talking about Knight-Thon, UCF's Dance Marathon. Not only is it UCF's largest student-run philanthropy (see above), but it is one of the most amazingly fun days and (k)nights of the year!

Tears and cheers. Just two of the many emotional reactions had throughout the event. Between crying over stories of miracle children: some happy, others inspiring, and crying when that final amount raised is shown for the first time, there are many tears shed. However, the overwhelming majority of the time, sheer excitement is felt.



From laughing at each other's attempts to learn the year's dance, to playing games, to watching performers, this event is more like a party than anything!

5 years. I have personally had the beautiful opportunity to stand and dance For The Kids for five years. While this is one of the final years as a student for us, it is going to be the best one yet!

Knight-Thon is: fundraising, dancing, standing, team-bonding, banner-making, partial proceeds... miracle-making.

If you're interested in joining our team, contact Anne Dolmovich at communityhealth@snaucforlando.com



UCF College of Nursing Holds 1st White Coat Ceremony

- Jessica Smith, Basic BSN
Class of 2016

Sunday January 10th marked the beginning of a life-changing journey for many new nursing students and monumental step in forward progress for the UCF College of Nursing. January 10th was the first white coat ceremony for UCF's CON. White coat ceremonies have traditionally marked the initiation of medical school and are now starting to be held for nursing programs. This ceremony was made possible with donations from the Arnold P. Gold foundation and Florida Hospital.

Family and friends gathered at the Pegasus ballroom to watch their loved ones participate in this rite of passage to start their journey of becoming a nurse. All of UCF's CON faculty and



prestigious members of the nursing community also gathered to support the new student nurses. Students from Orlando, Cocoa, and Daytona Beach cohorts were all present and beaming with excitement as they began to realize their dreams of being a nurse were becoming reality. Anne Peach, previous Vice President of Patient Care and Chief Nursing Executive of Orlando Health, was the guest speaker at the ceremony and successfully instilled determination in the students.

Her speech was inspiring as her passion for the nursing profession overflowed in every word she spoke. Her entire speech was inspirational but, her final quote was the most resonating. She stated, “To the world you are one person, but to one person you may be the world.” This profound quote is the epitome of nursing; the world may not see the work you do, but each patient that you dedicate your exemplary care to will appreciate your work beyond measure. After Anne Peach finished motivating the new nursing students, it was time for the white coat presentation. This ceremony, for the Cocoa and Daytona Beach cohort, was the day before their first semester and literally began their journey of nursing school.



For the Orlando cohort, the ceremony preceded their second semester. But after being cloaked in their white lab coat, it didn't matter how far along anyone was in school, they were all nurses now. The act of being cloaked symbolized that each student accepted the nursing profession and promised to commit themselves to their studies, learning how to provide safe

and excellent patient-centered care from UCF CON's exemplary faculty.

Finally, the students solidified the ceremony by reciting the ceremonial oath pledging to accept the duties and responsibilities that embody the nursing profession. It was an amazing and moving experience. Nursing school is a journey that is such an important part of our lives and to now begin it with this rite of passage awards students with the appreciation it deserves.

Choosing the Right Fuel as a Nursing Student!

- Ryan Woodmansee, Basic BSN
Class of 2017

Eating healthy can be hard, especially when you have a big family to take care of, a long work schedule, long days at school and last but not least if you are a nursing student. Nursing school is well known for its rigorous curriculum and long clinical hours. There are times when we find ourselves not eating or not eating right because we are too engaged during our clinical hours, taking care of patients, or immersed into studying for our next exam. It's vital that we know when our bodies need nutrients and that we supply it with the right and most effective nutrients.



I understand that sometimes it's easier to fuel your body with simple carbohydrates or unhealthy foods such as: fast food, soft drinks, triple fried cheese burgers, candy, etc. What we really want to be focusing on here is filling our body with healthier

foods and a better source of carbohydrate known as “complex carbohydrates.”

“Complex carbohydrates are commonly found in whole plant foods and, therefore, are also often high in vitamins and minerals.”¹ Some examples of complex carbohydrates include: green vegetables, whole grains, beans, lentils, potatoes, sweet potatoes, fruit, oatmeal, pasta, nuts, seeds and the list goes on.



These complex carbs will give you lots of energy without that sugar or caffeine crash that you might experience with junk food and coffee. It is actually surprisingly easy to eat healthy; it's all about the choices you make at the grocery store. Instead of buying white bread, buy whole wheat or seven-grain bread. Instead of buying sugary cereal, buy rolled oats. Instead of buying white crackers, buy vegetable sticks. Instead of buying candy or cookies, buy whole fruits. I can keep going, but I think you get the point .



Make wise choices at the grocery store and bring these healthy portable snacks to lecture, clinical, work and beyond to satisfy your bodies need whenever you get hungry. Not only will you be satisfying your hunger in the most nutritious way, but you will avoid that temptation to go through the drive thru and get that “triple fried cheese burger” I mentioned earlier.

1. Nutrition MD. (2015). Carbohydrates: Simple versus complex. Retrieved January 24, 2016, from http://www.nutritionmd.org/nutrition_tips/nutrition_tips_understand_foods/carbs_versus.html

10 things I Wish I Knew When Starting Nursing School...

- Jessica Smith, Basic BSN
Class of 2016

I don't think anyone can anticipate the struggles and stress that one is bombarded with when beginning nursing school. Trying to balance school and life seems almost impossible; it feels like a necessity to put school before everything, even oneself. After crawling out of the depths of the dreaded spring semester, I could see the tiny light at the end of the tunnel. Over the summer, I realized how much I put myself on autopilot and lost part of myself in the overwhelming wave of exams, clinicals, and studying. Once I figured out how to balance my personal life and my school life, everything became so much easier. Therefore, here are 10 things that I wish that I knew when I started nursing school. Hopefully what I learned can help someone else, no matter what semester you may be in!

1. Planners are your best friend. Get a planner and plan literally everything. Write down when assignments are due, when exams are, when you will exercise, and even when you go grocery shopping. It will allow you to take control of a life that seems out of control. It will give yourself accountability and you are more likely to do something if you write it down.

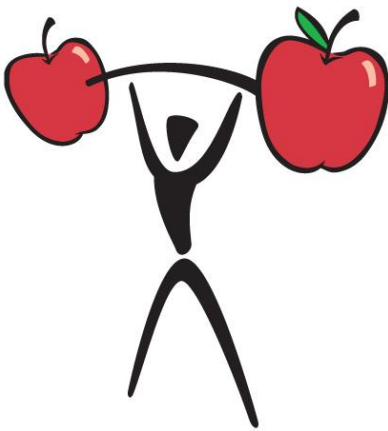


2. Exercise! It is so important to stay active to help reduce your anxiety. It will make a huge difference in your life! It significantly helps to prevent illness which is so important because getting sick can put you behind in class and clinical. Utilize the exercise groups at the UCF gym or just walk around for 20 minutes. Plus, we may be juniors and seniors, but the "freshman 15" can happen at any year!

3. It is possible to OVER study. I am guilty of feeling like you have to study 24/7 but it only increases anxiety. You will not retain any more information even if you try, which leads to even more anxiety. Once you start feeling this way, take a break. Walk around outside and then go back to studying or just stop studying for the day.

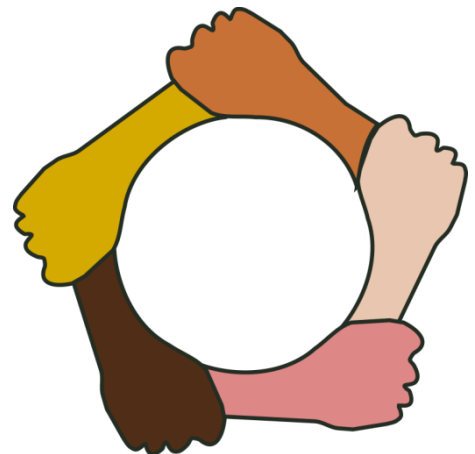


4. Everyone studies differently; some people seem like they are always studying and some people study only the day before. It doesn't matter what other people are doing, focus on yourself and figure out what you need to do to be successful.

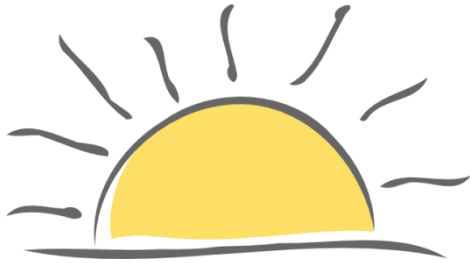


5. You need to be healthy before you can help patients become healthy. Your mental and physical health is just as important as your nursing knowledge. Take care of yourself! Skip the McDonalds on the way home and pick up a WaWa sub instead, if you really have to.

6. Become friends with your fellow nursing students. We are all here to help and lift each other up; family and friends are amazing but, no one fully understands the struggles we go through except each other. They will keep you sane.



7. Record the lectures of instructors that you will actually listen to again. It is so helpful to re-listen to lectures because it is hard to catch everything they say the first time. Also, it is so easy to zone out in class and just miss things entirely.



8. Study in different spots. Change it up by going to Panera, the library, and coffee shops. But be mindful of what time you go. You may need to get up early so there isn't much traffic and to find a good study spot.

9. Utilize the most out of each clinical day. For some people this will be your only hospital experience before you are a real nurse; take advantage of this time! Don't ever turn down an opportunity to watch or do something; you made be scared but doing is how you will learn.



10. Finally- it will get better! There is a light at the end of the tunnel! In the moment, semesters drag on, but when it's over you will feel so accomplished and relieved. Having more experience and knowledge as time goes on makes each semester easier!

One Minute

- Anonymous

We as future nurses hope to care for our patients in every possible way we can; our goal is to be there for them, mind, body, and soul. Yet, there is always going to be a gap in our empathy where we simply cannot imagine being in that patient's shoes - until we are in that patient's shoes, until we are the patient. I want to share the recent experience I had with a spinal cord surgery on December 18th because I learned so much about what it means to be a patient; I had forgotten what it felt like to be that hurt, that weak, that dependent, that scared.

The procedure was simple enough: a battery replacement and wire revision for the spinal cord stimulator I have depended on for the past two years to control my chronic pain. I had the procedure before and expected it to go smoothly, with four weeks recovery time and two weeks of dressing changes max. My appointment time was at 2 pm, but I was not called back until nearly 6 o' clock, and when it came time to put an IV in me, it was nearly impossible due to the fact that I had had nothing to drink in nearly sixteen hours. It took three different nurses and an anesthesiologist a total of four tries to get the catheter into my vein, and the first three sites quickly became infiltrated. By the time the IV had gone in, I had lost quite a bit of blood and I remember seeing it splattered on my gown, down my arms, and on my bed in little droplets and lines, but they did not clean me up until one of my nurses from a previous visit came in, saw what had happened, and demanded they clean me up; I was not even her patient at the time, but she had heard I was at the center and wanted to take a minute to check on me. It was nearly 8 o'clock at this time.

My doctor was wonderful and came to see me to explain the procedure; before he left, he patiently answered all of my questions and we said a prayer together that all would go well. Thankfully, it did.

Following the procedure, at around 10 o' clock, I was cleared to go home to recover, with the instructions to keep my dressings on for three days until a home-health care nurse could come to change them. I was supposed to have that nurse come every day for two weeks to change my dressings twice a day, but she did not show up a single time. After calling the office looking

for her and being told that she would come and then never did, I gave my roommates a crash course in wound care so they could perform my dressing changes.

Due to complications with healing, two weeks of dressing changes turned into three and then four and then five, and the tape began to rub my skin raw. The area around the incisions swelled up and became itchy and inflamed. Every day, when a dressing change would come around, I would beg my roommates to clean the area around the incisions, where the tape had been and would go again. Sometimes, they would not have time to scratch the area or clean all of the tape off, and I remember one day, the itch got so bad that I could not help but cry because it would not leave and no one had time to scratch it. I explained to them how tough it was to have the tape on, tearing my skin apart, and how I just needed one extra minute to relieve the pain from the tape.



4 days post – op

That one minute made all the difference in the world to me, and that is the biggest thing I took away from the procedure.

One minute of our time to spend with a patient or a friend or family member can drastically affect the care they are given. One minute for a nurse to make sure her past patient does not go into surgery with blood all over her arms, one minute for a doctor to say a prayer and give a friendly smile, one minute to clean the tape off a patient's back and relieve their pain. One minute can change the entire course of a patient's care and healing, and I will never forget how much one minute meant to me.

Doorway to Daytona!

Welcoming the Juniors!

- Brittany McDaniels, Basic BSN
Class Of 2016



At the UCF Daytona campus, January is the month when a new group of nursing students swarm the campus ready to have their minds filled with new knowledge. Throughout the month of December, the incoming juniors attended both a meet and greet and their orientation.

SNA members from the senior class attended these events to answer any questions the juniors had. On January 15, 2016 UCF Daytona SNA hosted its 2nd Annual Aloha Welcome Bonfire. The bonfires are a way for not only the nursing students, but all students at the UCF Daytona campus to relax and enjoy a night of music, snacks, and games.



The month of December is known for the generosity that people feel throughout the holiday season, and UCF Daytona SNA is no exception. Our chapter set up a donation box for Chiles Academy, whose mission **“is to combine a community of support and guidance for pregnant and parenting students with the goal of attaining a high school**

diploma, which will empower them to become independent and responsible citizens.” The donation asked for different items such as clothing, toiletries, and baby items to present to Chiles Academy during the month of December. The donation was a success and we were able to gather many items to present to the academy.



In order to prepare for the events of the new year SNA hosted two additional fundraising events, including the Winey Wench fundraiser on December 2, 2015 and dine-in fundraiser at BJ's Brewhouse on December 14, 2015.

4 New Years' Resolutions for Every Nursing Student!

- Amy Bunton, Basic BSN
Class of 2016



Spend More Time Outside

This seems like such a no-brainer, and almost overly simple. However, how often do we really spend time outside of the classroom, clinicals, or the library? While studying is an integral part of pursuing our higher education, it is also important to not lose ourselves in the process. Spending time outdoors provides our bodies with vitamin D, and natural light has also been known to naturally increase serotonin (and I don't have to tell you the benefits of exercise!) So take a few hours out for a stroll through the park!



Be a Team Player

There's no time like the present to learn the benefits of being a team player! A lot of us nursing students are "type A" personalities, and find it difficult to admit when we need a helping hand. However, our entire career depends on a dynamic partnership between all members of the healthcare team, especially our fellow nurses. Make this your year to practice helping out your fellow students and coworkers, because one day soon, you'll rely on them too! Even if you do not work on a hospital unit yet, there are many "teams" to become a part of, such as an SNA committee or your study group!

Read a Newspaper or Journal

The knowledge that we have been able to receive from our wonderful program and the textbooks we've come to know so well is undoubtedly valuable. However, keeping abreast of the current events by way of reading the newspaper or subscribing to a scholarly journal is also an integral part of our learning. Following local, national, and global current events helps us to understand and empathize with the world our patients are living in.



Reading up on selected journals, especially those specific to the field you're interested in, helps us to provide our patients with care based highly on evidence-based practices. Getting an early start on this habit while still in school will still serve you well after you're on the floor!

Be a Mentor

Take a moment and think back to your orientation day in the nursing program. You're sitting in the classroom arranged by CNC -- wait what's that? Someone hands you a 50+ page syllabus with all of your reading assignments, for just one class. Suddenly your day-planner is completely full! Whether it be orientation, the first day of classes, or the first clinical rotation, we have all probably felt this way. I know for me, having a few senior friends who could tell me it would all be alright made all the difference in the world. These experiences seem like so long ago, but to someone else, they are very real! Take the time out to be a guiding hand for someone. Even once you graduate, there will always be a new graduate nurse, someone who just transferred to your unit, or even your friends who are now graduating themselves. Learning how to mentor will be a skill you will take with you wherever you go!

Announcements/Coming Up!



Events and Traditions: We're about to start working on our biggest project of all – the senior video! If you're interested in being a part of this wonderful tradition, contact Savannah Reed or Amy Bunton!

Legislative: If you are interested in running for an officer position, please send me (Rylan Douthett) an email with your name, what position you would like to run for, and a brief bio about yourself and why you feel you would be qualified for the position. All candidates must have their bio submitted to me by Wednesday February 3rd!!!

Community Health: Thank you to everyone who participated in the Nurses with Purses event! Knight-Thon is coming up very soon, and we are very excited to get you started with your fundraising! Contact Anne Dolmovich with any questions!

Breakthrough to Nursing: We are very excited to announce we will be holding another Student Led Nursing Showcase on April 23rd from 9-1! Contact Shannon Hassett to help out!

Clubhouse: Hours will be Wednesday's from 11:30-1:15. Come to the clubhouse to check out items that are on sale. We want to sell old merchandise to make room for new, so check out our specials!

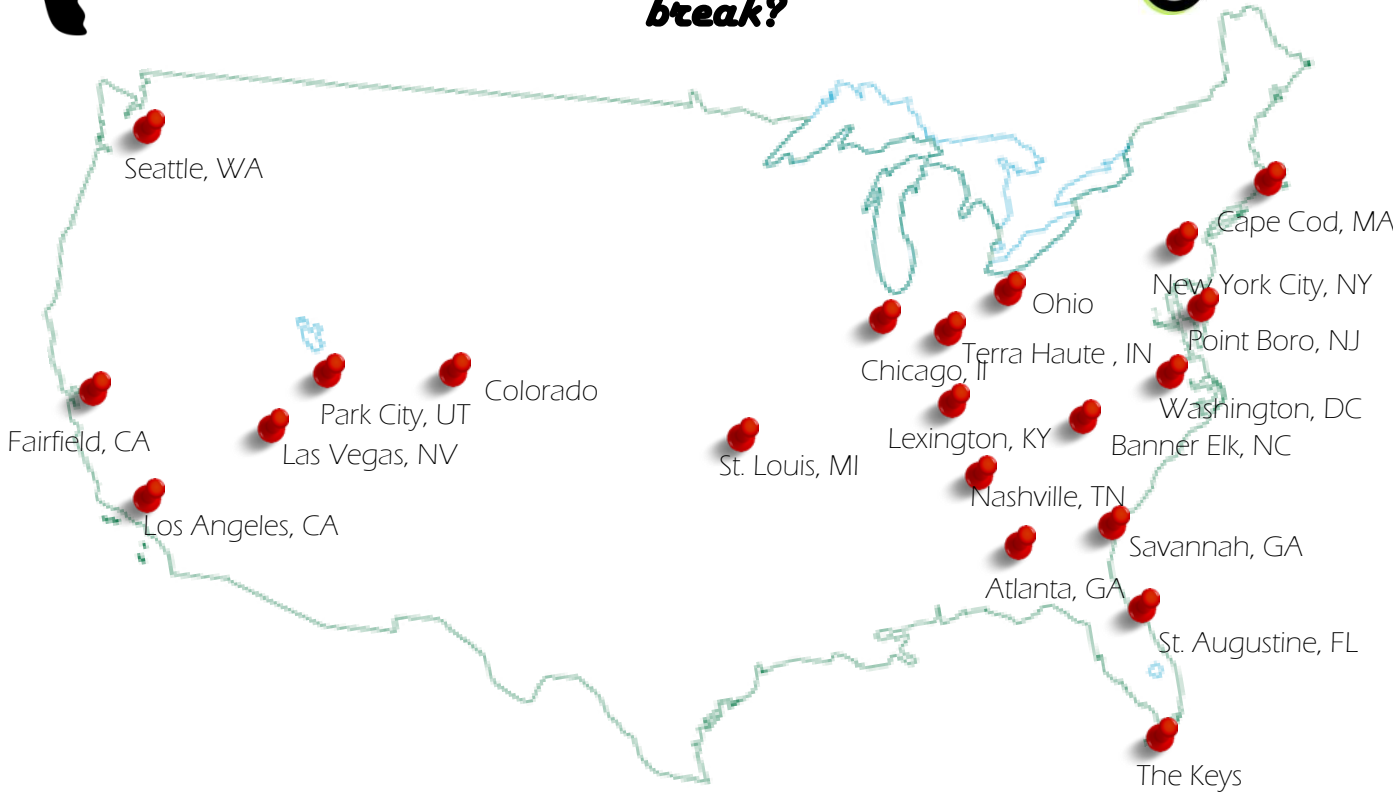
Fundraising: We are selling candy grams all this week! For just \$1, you can write a little note to a friend, which will be hand-delivered in class! Please place completed notes in the RED box by Thursday!



Ask a Knight Nurse!



Where did you travel over winter break?



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	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:
 Senior: Jessica Shaw & Maria Chavarria
 Accel: Catherine McGlinchy & Angelina Miranda
 Junior: Lauren Hurley & Kim Emery

Social Media Buzz:

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

