



University of Central Florida
Student Nurses' Association

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Lifeline Newsletter

Student Nurse's Association - UCF Orlando

Teamwork Makes the Dream Work at the 2016 Inter-Professional Health Care Summit

- Ashley Kelly and Alexandra Carson
Accelerated Class of 2016

On February 21st, 2016, students and faculty from the University of Central Florida's College of Medicine, College of Nursing, and the University of Florida's College of Pharmacy teamed up for the annual Teamwork Makes the Dreamwork Inter-Professional HealthCare Summit. The event was hosted by the Inter-professional Healthcare Coalition (IPHC) student organization at the University of Florida's College of Pharmacy Orlando Campus in partnership with Nemours Hospital.



During the summit, interdisciplinary teams participated in acute and emergency care simulations which focused on improving patient safety and care through enhanced inter-professional communication. The students of various professional programs applied concepts from the evidence based approach, Team Strategies and Tools to Enhance Performance and Patient Safety (TeamSTEPPS), to work through scenarios experienced in acute care settings.



Keynote speakers from Nemours, Dr. Shiva Kalidindi M.D. and UCF alumni Dr. Kelly Eberbach DNP, MSN, RN CPN, spoke on the TeamSTEPPS approach and the importance of communication in the healthcare setting.

TeamSTEPPS is a supported method aimed at improving inter-professional communication and teamwork between healthcare professionals to further improve patient care and outcomes.

College of Nursing student representative Alexandra Carson states, “Planning and participating in inter-professional events as students while learning in an enjoyable environment with other health disciplines, provides us with the opportunity to develop effective communication skills before we become practicing professionals.



This is one way we can help improve the future of health care”. The student representatives from all colleges would like to thank Nemours and the faculty facilitators who helped make this event a success.



Making a Difference at Give Kids the World

- Cat McGlinchy, Accelerated
Class of 2016

Many Knight Nurses found ourselves volunteering at Give Kids the World (GKTW) this past Sunday night. At the event itself, I volunteered to serve hot meals to the children and their families staying in the GKTW Village. These hot meals were specially prepared and served in area known as Nancy's Kitchen, in which Nancy herself was working.

Nancy is an incredibly positive and dedicated provider of delicious smelling meals to countless children with life-threatening illnesses, and their families. She does so multiple times per week, with the assistance of her staff and volunteers. Nancy's Kitchen simultaneously honors dietary restrictions and limitations, allergen-free and pureed as needed. Nancy spoke of her attempt at observing the Ketogenic Diet in her Kitchen on a weekly basis, such that is utilized in cases of epilepsy management. She timidly smiled and praised the parents that took on such an enormous task for their children each day.



My fellow volunteers and I greeted all of the children and families that passed through our line to be served. The children, in their face paint or princess dresses and tiaras, looked so happy to be there! Many of the family members seemed relieved to be present, nearly overwhelmed with gratefulness at the opportunity or by the happiness of their children.

Tonight reminded me why volunteer work is so important. The volunteers are a huge part of the staff at GKTW. Nancy spoke of feeding families every day of the week; she said that without volunteers, she and the rest of her staff would be unable to feed as many families as they do. Give Kids the World allows families of children with life-threatening conditions to stay cost-free in adorable villas for a weeklong vacation. The place looked and felt like Disney World, and I am amazed to know that it is a nonprofit organization. The night was very touching.



Seeing the children and families at Give Kids the World reminded me to never forget the family members of my future patients. While our patients are the main focus of our care, their family members and support systems- often one and the same- are so important in the holistic view of our patients. Ensuring parents' mental and physical wellbeing is crucial, especially when caring for children

needing constant critical care. When parents are run down and fatigued, it has to be that much harder to care for their children. I am glad to know that these families are taking a cost free, mental health break together this week.

Inter Professional Education brings Pride for this UCF Knight Nurse!

- Andrea Maiorini
Accelerated Class of 2016

On Friday, February 19th and Friday, February 26th, UCF College of Nursing Accelerated Class paired up with four other colleges, The UCF College of Medicine, The UCF College of Physical Therapy, The UCF College of Social Work, and the UF College of Pharmacy to participate in an Inter Professional Education simulation. Students were paired up with one to two members from each college to learn how to work together and appreciate our vital roles in the healthcare setting.



Without giving the details of the simulation away, should this simulation ever be used again, the focus was on interviewing a patient for subjective data. Each team of inter professionals had to work collaboratively to determine what information needed to be gathered from the patient and how to best proceed. I had the pleasure of working alongside some amazing future doctors, physical therapists, social workers, and pharmacists. I will admit, I was a little

apprehensive going into this day, because simulations tend to cause me more anxiety than anything else. I was prepared to stand in the exam room counting down the minutes until the scrutiny ended. I always feel judged in simulation settings. My pulse races, my face flushes, and everything I have learned in these crammed nine months seems to fade away leaving me scared to progress.



However, this simulation was with a live person. An actor was hired to be our patient. Maybe this should have created hyper anxious moment for me, but I was immediately put at ease. After all, I am training to be a nurse, and nurses are advocates for their patients.

Currently I have just completed my psychiatric nursing clinical rotation where therapeutic communication and holism are stressed throughout the clinical experience. I believed in what I was learning, and I knew I wanted these concepts to reign true in our profession on every nursing unit. I just was not entirely sure how these concepts looked in a traditional nursing setting. Then I attended the IPE.



About 30 seconds into the simulation I felt immense pride in our nursing profession. Each of these future professionals has a common goal of helping people, but in nursing we are taught how to care for our patients. From the very beginning of our

education skill is interwoven with patient interaction, and the concept of holistic nursing is a theme throughout our nursing education. From talking with other student nurses I know that we all left this day feel confident in our profession and ourselves.

Again, without divulging too many details, the overall consensus was nurses knew how to talk to our patients. We were not afraid to ask the hard questions, we were not afraid to offer a gentle shoulder rub or tissue when a patient was crying, and we were not afraid to begin the conversation with our patient.



We are the ones who build a trusting relationship with our patients; it was evident to me on this day why we are the most trusted profession. To our junior class, I hope you get the chance to participate in this IPE in the Fall—it is more than worth your time. To our College of Nursing, thank you for this uplifting opportunity. To all future nurses, take pride in our profession, and I am proud to someday work alongside all of my fellow Knight Nurses!

What a Year Can Do...

- Emily Mekas, Basic BSN
Class of 2016

Juniors, this is for you.

As a senior in the BSN program, this semester and all of its events are centered on one thing: PRACTICUM. 14 shifts of working alongside a registered nurse, refining skills, passing medications, charting, and everything in between. Before this semester and even until the first few days of practicum, I often wondered if I had been prepared enough to get through this final clinical rotation and be able to function as a nurse, with a full patient assignment, on my own by the end. On my fourth shift of practicum, I found my answer.

On this fourth shift, a group of Adult I clinical student were on the unit for the day as well. This particular day, my preceptor and I were assigned 4 patients, 2 of which had been assigned to Adult I students as well. They were both so excited to talk to the patient, take vital signs, and complete a head-to-toe assessment. One got to pass medications, but only the oral medications. I was instantly reminded of how excited I was to simply take a blood pressure or listen to lung sounds just one year ago.



I remember being so nervous to turn a patient, to fix a beeping IV pump, or to chart intake and output. It was fascinating to see these two students getting so excited over the same little things.

Why am I writing about this? One year ago, I felt like I could barely do anything for just one patient, while knowing that in about a year and a half, I would be completely responsible for 3, 4, or even 5 patients. Am I ready to do that now? Of course not. Will I be ready by the end of practicum?



Hopefully, but I will still require a lot of guidance and practice as I begin my journey as a graduate nurse in the coming months. My point is that although you, as juniors, may not think you know how to do much now, you will. Trust that the simple things you are doing now will be essential in your future career as a nurse. Trust that you will be able to draw up a medication without spending 5 minutes figuring out what syringe and needle to use and how to do it properly. Trust that you will be able to perform a comprehensive head-to-toe assessment in (far) less than 10 minutes. And trust that you will be an amazing nurse, regardless of whether you believe it in this exact moment in your nursing school career. Because one year ago today, this is exactly how I felt. In one year I have worked harder than ever before, and I am amazed by how much confidence I have gained after each and every clinical rotation. Instead of being worried about whether not I will be a good nurse, I now can take each practicum shift as a day to make a difference in those patients' lives. Those two students did an amazing job caring for their patients on that day, but it was a great reminder to me of how far I've come in just one year.

You WILL be a great nurse. You WILL be ready to take care of patients on your own in just a matter of months. Trust the process. ■

From a Caterpillar to a Butterfly...

-Jae Lim, Basic BSN
Class of 2016

The Student Nurses' Association has been an amazing organization throughout my nursing school career. I remember back when I got my acceptance letter, my older sister told me to join the organization. Little did I know at that time that I would later become the Vice President of the organization. Throughout my time in the organization, I have learned many lessons in regards to leadership. One key lesson that always seems to stick with me is: bring out the best in others. This belief is extremely important to me. What does it mean to be a leader? What is the role of organization? To put it simply, bring out the best in others. People join organizations not only to get themselves involved, but also to learn more about themselves. One such individual I have had the pleasure working with is none other than Jessica Shaw.



Jessica is currently a senior, and she aspires to be a psych nurse after graduating. I remember when I met her for the first time back when school started. Jessica was shy at first, but really opened up after getting to know her better. Around this time, I also got involved with Student Nurses' Association. I remember I was trying to convince



my group of friends to join, her included. At first, Jessica wasn't very persuaded to join because she didn't see the benefits of it. I didn't coerce her to join because that was her decision and I fully respected that.

August 2015: the beginning of our second to last semester of nursing school. My President and I were advertising about FNNSA's State Convention in October. Jessica came up to me after I made an announcement and asked me all about the convention. I remember she hadn't attended the year before so I was pretty surprised that she was asking me about it. I told her everything about convention and the benefits of it. Jessica decided to go because initially, she thought it would look good on her resume. On the day of convention, she did a complete turnover that left me extremely surprised. Jessica was genuinely interested with the SNA's life and business. After the convention, she came up to me and asked what other things she could get involved with. Since then, I have been telling her about the majority of events that we been having. Besides coming to our monthly meeting, she has participated numerous events hosted by Breakthrough To Nursing, Fundraising, Community Health, and Newsletter.

To see someone not getting involved to now becoming one of the most active members of SNA is truly amazing. I remember I often asked Jessica, "How do you like SNA?" She would delightedly respond, "I love it! I can't believe I wasn't in it before!" By getting actively involved, Jessica has really brought out a different side that I didn't see before: her confidence.

It is people like her that constantly remind me why I wanted to be an officer of this organization. Nothing makes me happier than watching others grow, like Jessica, before my eyes. Thank you for your dedication, Jessica. Your future is sincerely bright and I am very excited to see where you go from here!



Breaking Through at Bonneville!

- Jessica Shaw, Basic BSN
Class of 2016

As part of the Breakthrough to Nursing program, Shannon Hassett and I went to Bonneville Elementary School to educate the students. We had a blast teaching the kids during their physical education class. Shannon and I got to instruct them about the importance of properly warming up and cooling down before and after exercising. We also demonstrated several stretches and led the class in executing them. It was absolutely incredible to see how much knowledge such young children possess and how excited they were to learn new things.



Giving back and educating the community is a crucial part of nursing. As nurses, we are educators and we teach our patients every day.

Teaching children in the community is no different. If we adequately prepare children to prevent injuries, we are reducing harm and promoting health. However, the impact of working in the community is so much bigger than that. The children go home and tell their parents and siblings what they learned at school that day.



Therefore, we are reaching their entire family. Participating in the school talks is an unbelievably rewarding experience. Knowing that we are making a difference and that our work is appreciated by the staff is truly priceless. I highly recommend getting involved with Breakthrough to Nursing if you get the chance!

You Can and You Will!

- Shannon Hassett, Basic BSN
Class of 2016

To the students wondering if they can really pull off this whole nurse thing in 4 months or a year and a half: You can. Doubt will creep into the back of all of our heads at one point or another, but we cannot let that doubt taint our abilities to learn and grow. You are a KNIGHT NURSE and you made it into the most difficult program in the state (and probably this side of the country.)

You are a STELLAR student. You also have shown the dedication it takes to survive the program thus far. In my opinion: If you can make it through this program, you will make it as a nurse. 'Nuff said. Simply stated, most of us are way too hard on ourselves. Our instructors and preceptors are tough, but we are far tougher on ourselves than any authority figure. Why do we do that to ourselves?



Because we continually strive to be the best we can be. We push ourselves harder than we ever thought we were capable of, and that is how we grow. That is how we have survived. Nursing school is not easy by any means. But we must remember: we



are learning. No one expects a student or novice nurse to have all the answers and to know how to do everything all the time. We can't expect ourselves to have the same knowledge and know-how that a 5 year nurse does.

We have to start from the ground up. What DOES matter is that you have the positive attitude and teamwork mindset that it takes to stay afloat.

Nursing is a team sport. Learn as much as possible from the people around you. Don't be afraid to jump in and ask questions.



Be friendly, be bold, be kind, be caring. Get to know your teammates, in class and on your units. Lend a hand when someone needs it, and they will lend a hand when you need it. Nursing school is tough, but you are tougher, and that's why you're here. Never stop acknowledging the reminders as to why you chose this in the first place: the smile from a patient, the long talks on the way home from clinical with your friends, the lightbulb moment when you put the pieces together, the thrill of conquering something new. You will walk into this career every single day knowing that your life will be changed, or you will change someone else's. Usually, it's both. Knight Nurses, you can do it, and with a little faith, patience, and dedication, you WILL join the ranks in the world's most trusted profession.



Doorway to Daytona!

**“If You See a Friend without a Smile,
Give Him One of Yours!”**

- Brittany McDaniels, Basic BSN
Class of 2016



The Ronald McDonald House Charities are known by their abilities to provide comfort and care to both the children and their families, while aiming to improve the health and wellbeing of the children. On February 6th, 2016 UCF Daytona SNA was fortunate enough to have the opportunity to provide dinner to the families at the Ronald McDonald House located at the Arnold Palmer Medical Center. The dinner was not just about providing a meal to the

families, it also presented the opportunity to for the SNA members to reach out to the community, be a listening ear where needed, and simply being a there and helping out where necessary.

Throughout this affair, we could not help but be overcome with gratitude and smile because we were able to participate in such a gratifying moment. We were thankful for being able to positively impact the community, but to the families it was much more. It was them seeing that the community cares and realizing there is always someone around for lending a smile when needed.



On March 30th-April 3rd, 2016 our SNA members will be in attendance for the National SNA Convention, which will be hosted nearby in Orlando, Florida. The National convention offers a large amount of opportunities for the participants.

"The heart of a volunteer is not measured in size, but by the depth of the commitment to make a difference in the lives of others."

- DeAnn Hollis

National Heart Health Month!

- Amy Bunton, Basic BSN
Class of 2016



In terms of national health observances, February is the official month in which we focus on heart health! For a lot of us, we can tend to correlate heart problems with the older patients that we see in our clinical rotations or on the hospital floors. However, this is one aspect of our health in which lifetime management and prevention of disease is a definite priority. In fact, this has been an important issue that our Student Nurses' Association advocates by way of the American Heart Association Heart Walk every January at UCF's Memory Mall! Thanks to the AHA's informative website, here are some simple tips to help keep your heart healthy!

Nutrition:

Of course, watching your diet is likely the first thing that comes to mind considering heart health. While we know that eating foods low in sodium and keeping your cholesterol in check are important, the AHA has made your grocery shopping trips even simpler by putting their Heart Check Mark on heart healthy choices!



Physical Activity and Exercise:

Nurses have long known the importance of physical health, and while we certainly get our steps in during busy clinical days, the AHA has guidelines for keeping it up throughout the week. The current recommendation is At least 30 minutes of moderate intensity aerobic



activity at least 5 days per week for a total of 150 minutes. This should also be coupled with a moderate to high intensity muscle strengthening activity at least 2 days a week for the best outcomes!

Stress Management:

Many of the tactics suggested by the AHA for maintaining positive mental health have already been presented to us in our wonderful curriculum. However, it is easy to forget even the simplest measures amongst the hustle and bustle of the nursing school lifestyle.



One of the tips I found most helpful was positive self-talk. This may take a little bit of cognitive retraining for some of us, as this

exercise forces you to replace some of your negative language, such as “I can’t do this” with more positive language such as “I’ll do the best I can.”

With these simple tips, it is easy and vastly important to start taking care of your heart now! Prevention is always the best medicine!

Announcements/Coming Up!



Events and Traditions: Please contact Savannah Reed with any video clips or photos to include in the senior video!

Community Health: With BTN, we will be participating in the Walk to Cure Diabetes on March 5th! Our next Share a Meal will be March 20th. Please contact Anne Dolmovich to join our Knight Thon team!

Breakthrough to Nursing: Are you passionate about nursing or a certain field? Join us at the Student Led Nursing Showcase on April 23rd to share your passion with potential new students!

Clubhouse: We will be announcing the winner of the T-shirt designing contest for Nationals soon ! Thank you to everyone who submitted!

Fundraising: We will have a Bake Sale on March 23rd! Please bring some yummy treats to share with your classmates (individually portioned is appreciated) and contact Emily Mekas to run the table!

Congratulations to our 2016-2017 Board of Officers!





Ask a Knight Nurse!

What made you *fall in love*
with nursing?



My patients. From the school kids during CNC to the elderly clients during long term care and the mommas and babies in L&D even the critically patients I take care of now in practicum. Knowing that I can care for them and make a difference in their day or in their life makes nursing the best profession in the world. – Chrissy Lead

The infinite capacity to change one's life for the better. –
Rebekah Fernandez

Being present every step of the way and to inspire hope through the most difficult moments of an individual life, that's so precious. – Djina Maurice

It's a field where you can change and affect people's lives every day, a field where you can give back and provide care for people who need it, a field that's rewarding. – Austin Reed

The opportunities to turn bad days into good days for people who are having some truly awful days, or may not have many days left. Being able to use my memory, intelligence, and personality to make a positive impact on the world. – Hannah Rachel Hole

Helping others when they need it the most – Jae Lim

Being able to be the good part of the worst days of someone's life. Knowing that I can make a difference for each of my patients and save lives every day. Being on an incredible team of nurses and doctors. – Shannon Hassett

Being an advocate for our patients, and I love that we are the ones who spend the most time with our patients. They build a trust with us and that's why we can be their advocates. – Andrea Maiorini



Contact info for the 2015-2016 SNA Board



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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
 Accel: Jami Nixon
 Junior: Sarah
 Snoberger

Social Media Buzz:

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

