



LIFELINE

NEWSLETTER



STUDENT NURSES' ASSOCIATION

AT UNIVERSITY OF CENTRAL FLORIDA

ORLANDO



Editor's Piece:

Last Hurrah

By Samantha Sherman, Media Director, Basic BSN'19

At the beginning of this month, I had the opportunity to fly to Salt Lake City, Utah for the National Student Nurses Associations Annual Convention. Now, it's getting close to the end of the year, and I think the rest of the seniors will attest that this past month, and rather semester, has been very busy. We have practicum, clinical, leadership, public health, and critical care. Some people have jobs, but I have SNA. I love being a part of SNA and all the wonderful people I've met and opportunities I have gained, but as the trip for convention got closer, I started to get more anxious.

The trip for convention was about 6 days total. I started to wonder if I had time to "take a week off" from school. Would I have time to catch up on class? What would I miss? Would I be able to study for ACLS/Critical care? What about graduation stuff? But as I talked with my board about the trip, I really started to look forward to it. It would be like a mini vacation. No school, I could just focus on me and the club. We went to class that Tuesday morning to listen to Dean Sole about NCLEX and then I ran home to grab my luggage, eat and get to the airport.

Utah is a beautiful state and I was excited to spend a week with my friends there. We were already talking about what we wanted to do on the plane. The next morning, we were exhausted but we woke up for a NCLEX review. I was so excited for that! I think most of us our nervous about NCLEX, I know I am, so the more review the better! We started every morning with that. Each day, we picked at least one focus session to attend. Human trafficking, what to do after nursing school, what to do in nursing school, panels are more were available to listen to. When I could, I would help table for SNA. I got to meet a lot of people that way and see what

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nursing school is like. And when I wasn't doing that, I went around to other tables, not just to look for cool merchandise, but also to meet new people, and see how our programs are different and what nursing is like in their state. You will meet so many new people with different experiences.

I listened to seminars, met with grad schools, talked with U-World and Kaplan about NCLEX, met candidates for the new NSNA board, and more. I have really been able to grow in SNA and learned to become a better leader, reach out to people, start conversations, be inquisitive, and push boundaries. Convention offers opportunities to bond with your classmates and better prepare yourself for nursing school and your future career. I had a lot of fun and I was so glad that I went. Next year, NSNA will be hosted in Orlando, so stay tuned from your next board on how you can attend. I highly recommend it. It is a lot of fun and I don't think you'll regret it.

As Spring of 2019 comes to an end, school gets even crazier as we approach finals and summer is right around the corner. By the end of the month, there will be a New Media Director and I will be graduating from UCF's College of Nursing. It feels like just yesterday I was learning how to take a blood pressure. It goes by fast, so take advantage of every opportunity: join a club, go to events, meet new people, see a concert, do Knight-thon, get ACLS certified, have fun with your friends, attend seminars, write for the newsletter, and do whatever you can to take full advantage of your time at the CON. Good luck with finals everyone and enjoy your summer.



Thank you to everyone who supported the newsletter!

Nursing Elevated in Salt Lake, Utah

By Casey Blackwell, Fundraising Chair, Basic BSN'19

I had the opportunity of attending the National Student Nurses Association Convention in Salt Lake City, Utah. This was such an amazing experience. I was astonished by how many nursing students and faculty were at this event. One of my favorite parts about the trip was speaking with other nursing students from around the country. It was so interesting to learn about the different programs throughout the United States. I spoke with one student who was from California and she was explaining to me how their semesters are structured. We were also discussing different clinical experiences that we have had. I love being able to engage in conversation with other individuals who have the same passion and love for nursing that I have.

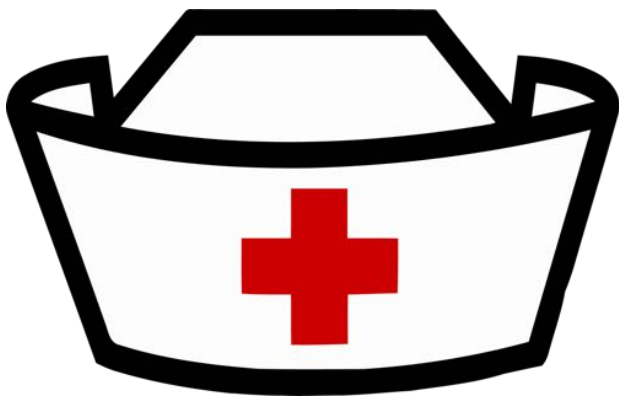
Aside from networking with other students and faculty from across the country, I got to attend various focus sessions. I went to a focus session called “Stop the Bleed.” This campaign works to educate health care providers and members of the public on the proper way to stop a patient from hemorrhaging prior to medical help arriving on the scene. At the end of the information session, they had tourniquets that we could practice with and get some hands on experience. Learning how to tie and make a



tourniquet is such an important skill for everyone to have because it can save lives. I was very happy that I got to attend this focus session, because I will be much more confident and prepared in the future to stop a bleed if there is an emergency.

Emergency Department Nurse Tech

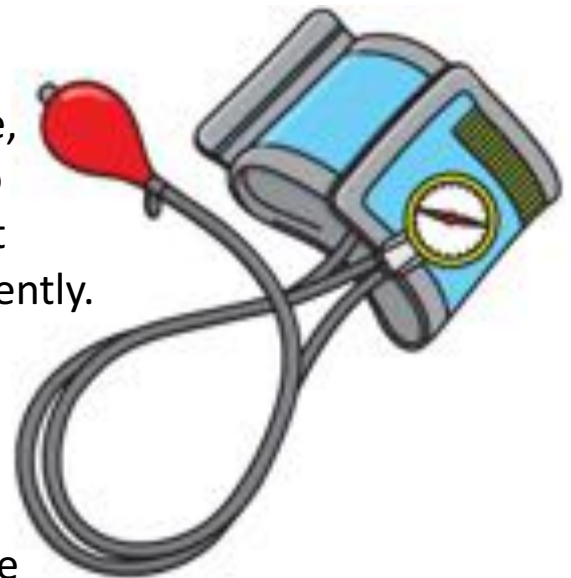
By Alexis Hollingsworth, Accelerated BSN'19



I recently started working as a nurse tech in the emergency department at Advent Health. As an accelerated student, I am in my third out of fourth semester so I felt this would be a good time to work on balancing school and a job while putting my time management skills

to the test. I have to schedule study times around a work and school schedule and keep a personal life as well (I am also planning a wedding). At times it becomes stressful, but I love my job and it helps me feel even closer to my end goal.

As an ED tech I spend most of my days revolve around 12 leads, vitals, patient experience, and getting patients ready to meet their doctor so they can begin to feel better. My first shift I wasn't very good at putting 12 leads on quickly and efficiently. I struggled untangling the wires and made sure I was in the right spot before sticking them on the patient. Now I am more confident in where they go and have formed a system that allows me to get the task done quickly which is important so the patient can be seen in a timely manner (especially if they are having chest pain). I have also become more comfortable recognizing what to look for in

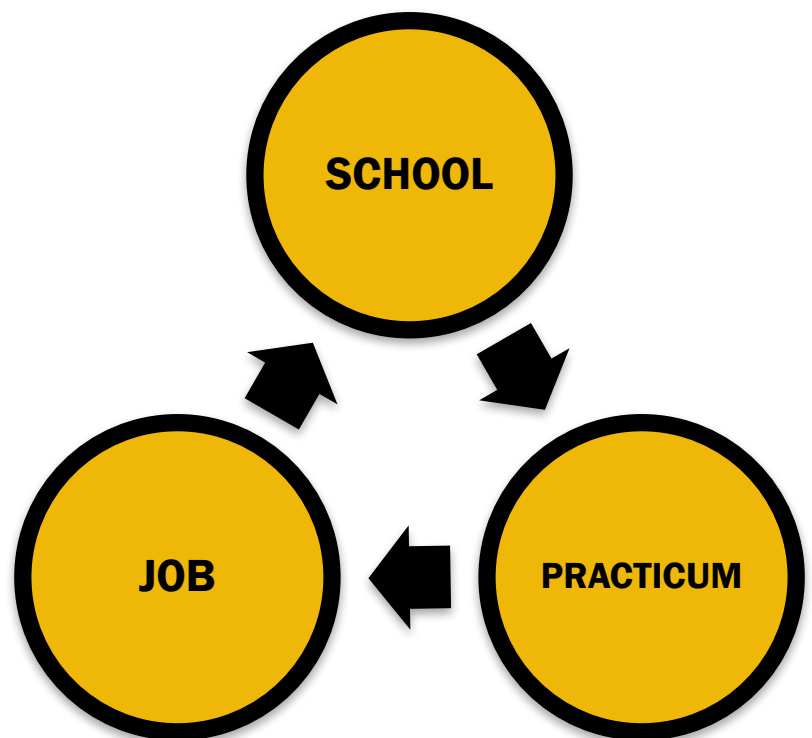




ECGs in real life practice which has helped me a lot in Adult 2. I also get to help triage the patients and learn from the triage nurse what she is specifically looking for and what questions are good to ask. I have also found that a lot of the nurse techs that I work with are in the class that graduates in May! It has been nice asking them questions about practicum and what the last semester is

like. It also gives me confidence that I can juggle practicum, school, and a job during my final semester.

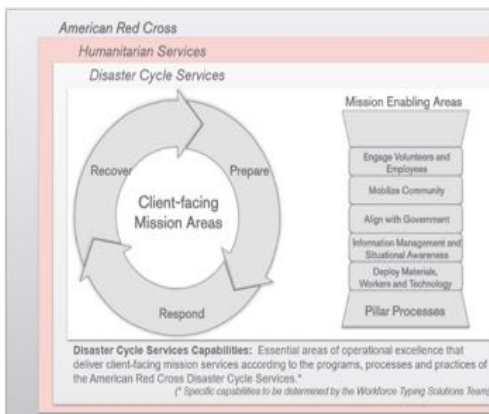
I do think that being a tech in nursing school is hard. But I also think it is very rewarding and helpful. If you are able to schedule and time manage well then I would definitely recommend applying. If you happen to get placed in an area you want to work post graduation, this is a very good way to show the managers your work ethic and skills. You are a UCF Knight Nurse, you can do it!



What Would You Do?

Disaster and Sheltering

By Rebecca Smith, Treasurer-elect, Basic BSN'20



This year I had the opportunity to attend the NSNA Convention in Salt Lake City, Utah. There I was able to take part in a variety of amazing networking, developmental, and educational experiences. I served as a delegate in the house of delegates, and attended a variety of focus sessions. The most impactful of which being the American Red Cross Disaster and Sheltering Certification course. This course educates potential volunteers on their, and the Red Cross's partners roles in preparation and responding to disaster situations.

During this course I was put into a group of 5 other individuals to work as a team to solve a variety of scenarios. These scenarios covered a variety of disaster situations, ranging from a family displaced due to a house fire, to a pregnant woman who reports to a disaster relief shelter and is 3 days from her due date. Each of these scenarios allowed me to practice my assessment skills and employ critical thinking in order to establish proper interventions. Interventions range from contacting pharmacies to get essential medications, dressing changes, and connecting clients to outside resources in order to replace lost or damaged supplies.

Through this course I can now register as a Disaster Cycle Services volunteer with our local Red Cross Chapter and be deployed to any local disaster relief effort in need of help. As residents of Florida, I believe that it is especially important for all of us to be educated on what to do in the case of an emergency, such as a hurricane or fire. It is important for each us to know how to carry out a thorough assessment and implement effective interventions in high fidelity situations.

Salt Lake City, Utah:

Unparalleled and Unfading

**By Johmarc Dela Cruz, Legislative Director-elect, Basic
BSN'20**



It was as if I was on cloud nine. The urban forestry, the fresh air and cool breeze, the glossy Great Salt Lake that stretched for miles on the northwest, Capitol Hill to the north, where the Utah State Capitol Building stands, and south of that, the Salt Palace, where the much anticipated NSNA's 67th Annual Convention would take place. It looked promising. It was a treasure meant to be held on forever.

Stepping foot inside that infrastructure made me feel small, like a tuna fish that just got swallowed by a killer whale. My dad's chocolate leather boots, my favorite tight-knit blue navy yellow striped sweater, and

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my SNA uniform made me feel more official. It felt amazing to be part of something greater.

Aside from tabling, I had so much fun attending the focus sessions, one about mastering the interview process, which I found quite helpful as I am in the process of getting my first job as a nurse tech, and another on making medical-surgical nursing “insanely easy”, which I thought was ridiculously brilliant as we danced to some nursery rhymes but the lyrics were replaced with nursing terms, which makes it way easier to remember for studying. The House of Delegates, where I sat most of the time and listened meticulously as fifty-nine resolutions were in the process of being passed or defeated, depending on the majority vote, was not to be missed. Tirelessly and in very much need of Starbucks coffee, I stayed “woke” as how the keynote speaker Dr. Rumay Alexander puts it. I was amazed and moved by her speech during the opening ceremony. She even got the crowd roaring with “Nurse on Fire” in tune to Alicia Keys’ “Girl on Fire.” The Exhibit Halls were probably the highlight of my time at the convention. I grabbed all the free goods I could find. Pens, highlighters, sticky notes, and even a Bluetooth speaker! All nursing student essentials. For those of you who have never been to a nursing student convention, I would recommend going to one. Who doesn’t love free stuff?

As it was time for us to depart to Florida, I reflect on how much fun I had and how much I learned not just about nursing, but also about life. I remember hiking Ensign Peak, how mortified I was walking down that slope. For some reason, it was easier going up than it was going down. I was short of breath, but I took everything in, the wondrous sight of Salt Lake City below. It was nothing like I have ever experienced before. I stepped out of my comfort zone. I got to check off another state on my travel list. I got to attend national convention. I got to experience the great Salt Lake City for what it really was—unparalleled and unfading.

President-Elect

By Kendall Neswold, President-elect, Basic BSN'20

Being an elect is such an amazing opportunity. I have been so fortunate to shadow Kim Lucas this year as she performs the presidential duties for the Student Nursing Association. I observed her preparing us all for our State Convention and National Convention, our monthly board and general meetings, and fun activities like kickball. It was definitely a benefit to learn from someone who is already in the position that I will be taking over for. Kim also had the same opportunity last year as she shadowed the former president which helped her to be the amazing president she is.

This system of shadowing has great benefits for all similar incoming positions. I was able to watch how general meetings were conducted. Understanding the role and responsibilities of convention. I was very fortunate to have shadowed someone who is so dedicated to this position and association. I would like to thank Kim for her leadership and wish her well in her future endeavors.

I encourage all future SNA board members to utilize the knowledge of the previous position holder and ask as many questions as possible to be able to jump right into your position and succeed. I am looking forward to meeting my new board and having another amazing year in SNA.



The Opportunities that NSNA Convention Has to Offer You!

By Emily Derayunan, Vice President, Basic BSN'19

This year the National Student Nurses' Association Convention was held in Salt Lake City, Utah. Aside from the opportunity to visit this beautiful state, I'm so grateful for the opportunity that I had to meet and learn from student nurses and other professionals from around the country. Attending convention is one of the best experiences and memories that I will have from my time as an officer and as nursing student here at the College of Nursing. While many of you are familiar to the opportunities at convention because of FNSA state convention, I'd like to impart more information about the amazing opportunities available to you since NSNA convention will be held here in Orlando next year!

Keynote Speakers:

This year's keynote address was delivered by Dr. G Rumay Alexander, president of the National League for Nursing and Associate Vice Chancellor & Chief Diversity Officer in the School of Nursing at UNC Chapel Hill. Dr. Alexander gave a moving and inspirational address focusing on how we as nursing students have the ability to "Light the Way" in the field of nursing. As a senior nursing student about to transition into the role of a graduate and licensed nurse, hearing Dr. Alexander's words did exactly what she intended; it ignited my passion



for the field of nursing. She provided valuable insight and inspiration to achieve excellence among all that attended opening ceremony. The opportunity to hear from influential nursing professionals is one of the best things that NSNA Convention has to offer!

Focus Sessions

Aside from great keynote speakers, the bulk of convention is spent in focus sessions! This year NSNA offered session with a variety of topics.

Some of the focus sessions available included:

- The Art and Science of Marketing Yourself
- Careers in Oncology: More Than Meets the Eye
- Global Nursing Initiatives and Getting Involved
- Emergency Nursing and Specialty Certifications: From Flight Suits to Scrubs
- An Overview of LGBTQ+ Healthcare: The Role of the Student Nurse
- The Whole Truth: You Have the Power to Stop Human Trafficking



Human Trafficking Speaker

I was able to attend the focus session on Human Trafficking. This topic is extremely relevant for us because Orlando ranks 3rd in the nation for the most reports of human trafficking. This focus session educated on the topic and illuminated the power that nurses have in identifying signs of human trafficking when assessing or interacting with patients. Additionally, it allowed for an open dialogue and meaningful examination at the methods that student nurses and RNs can use to advocate for victims of human trafficking through policy and law.

Regardless of what your interests are within the field of nursing, the focus sessions at NSNA are insightful and informative on a wide variety of topics that cater to the variety of personalities and people in nursing.



Networking Opportunities

Lastly, the best and my personal favorite part about convention is the networking opportunities available! For 4 days, you have the opportunity to interact with individuals from all over the country. There were student nurses there that I met who were from Hawaii, Connecticut, Ohio, California! Being able to convene together with a group of passionate, intelligent and innovative student nurse peers is an amazing experience that convention gives its members. And if meeting these people isn't enough, there were representatives from various professional organizations including: American Nurses Association (ANA), Sigma Theta Tau International Honor Society of Nursing, and Board of Certification for Emergency Nursing (BCEN) just to name a few.

Overall, the National Student Nurses' Association Convention has a lot of opportunities for their members, so take grasp of all these opportunities when convention comes to Orlando next year!

MOMENTS THAT STICK WITH YOU

By Rachel Evans, Breakthrough to Nursing Director, Basic BSN'19

As nurses, we have the ability to help people at their most vulnerable. We share both intimate moments of joy and heartbreaking moments of loss with patients and their families. Sometimes we have the opportunity to make a patient's last days better.

On my practicum unit, there is a patient who has been admitted for over 20 days and will not be leaving. He has two young daughters and a loving wife. He is an amazing person who gives back to his community, and he has graft-versus-host disease. Almost every nurse on the unit has had the pleasure of being his nurse for a day. They have gone above and beyond their responsibilities to make his last weeks with his family as good as they can possibly be in an intensive care unit.

One day, he was speaking with a nurse about how badly he was craving pot roast. This nurse was speaking with another nurse who had the day off about this, and she cooked a pot roast and brought it to him even though she wasn't working that day. When his anniversary was approaching with his wife, the staff worked together to surprise him and



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his wife with a candlelit steak dinner from Ruth's Chris Steak House in his hospital room. I had the pleasure of speaking with him several times during my practicum, but on one of my last days I got to be a part of something truly beautiful.

I learned that for the past few days, the unit had been taking him outside to look at the lake. His nurses and doctors and respiratory therapists all had other patients, but the unit worked together to make sure that they could do this for him. That day I helped his nurse, two respiratory therapists, and a doctor from our unit take him downstairs with 20 tanks of oxygen so that he could be outside another time before he passes. When we got down to the lake, his face lit up even though just seconds earlier he had looked exhausted. He expressed to us how thankful he was to have us caring for him. This moment validated not only why I want to be a nurse, but why I want to be a nurse on my practicum unit.

I am proud to be working beside nurses who have the compassion to go above and beyond in their patient care and truly make a difference in their patients' lives. As I start my nursing career as a graduate nurse on my practicum floor, I will carry this moment with me and strive to be as selfless and giving as the healthcare professionals I will be working with.



Lake Claire Day

By Allison Buschbom, Secretary, Basic BSN'19



SNA hosted the 2nd annual Student Vs. Faculty kickball game at Lake Claire on April 15th. Although the students put up a fight, the faculty came out on top winning 19-16. However, don't be fooled by thinking the faculty won that game fair and square! Points were earned and rules were made by faculty members paying to load the bases, paying to have their best kicker go first, etc. Paying for new rules definitely kept the game interesting and all of us on our toes! After the game, we all enjoyed some food, games and each others company the most.

As a senior nursing student, memories like this kickball game will be something I will always cherish. To be able to play alongside my professors was an experience that most nursing students do not get to have. The amount of faculty and staff that attended the game is what makes being a nursing student at the University of Central Florida so special. The faculty encourages students to come out and play and even shows some friendly competition in class leading up to the event.

This kickball game has been one of my favorite memories so far in nursing school and being able to serve as the Secretary on the Student Nurses' Association has been so rewarding. I hope this Student Vs. Faculty kickball game is a tradition that continues for years to come!



Once Upon a Time at a Policy Summit

A Nursing Students Epiphany in DC

By Jesyca Ramirez, Accelerated Liaison, Accelerated BSN'19

This past March I had the honor of attending the American Association of Colleges of Nursing Policy Summit along with Kaley Pinner and Dean Sole. The summit was an intense three day event filled with guest speakers, guidance on perfecting your elevator speech, and information about the AACN policy agenda. The apex of the summit was a visit to Capitol Hill to speak with the legislative aides of Senator Rubio, Representative Soto, Representative Murphy, and Representative Demings about policies affecting funding to nursing education and research. Although policy was the focus, the summit helped me to realize a few things about nursing that I would like to share.

1. Nursing really can take you anywhere.

We hear this all the time, but this summit truly illustrated the many place nursing can take you. Most of the guest speakers are nurses who had used their nursing education to take them down some unexpected paths. I met a couple nurses who are now lobbyist, one who is a high ranking military officer, several who work in the public service, and one who even walks the halls of congress as a representative for her state. This showed me not to limit my career aspirations to just hospitals, but also look outside of the typical healthcare and education setting to utilize my nursing skills and knowledge.

2. We are experts about healthcare and we need to do a better job speaking about what we know.

As many of you have heard, nurses are the number one trusted profession in the US; however, you may not know we are on the bottom of the list of professions people believe can influence change. As nurses we have been trained to look at patients from a holistic perspective, giving us a unique view of patient care. Our close interactions and proximity to patients also allows us to understand the patient experience in ways that many other healthcare professions are unable to do. We need to proudly embrace our expertise and use it to positively influence and guide healthcare as a whole. This can be as local as the floor you work on or as far reaching as the entire country.

3. Nurses are the future of healthcare.

Nurses continue to gain respect in the healthcare setting and the amount of knowledge and skills we are expected to have constantly increases. Our passion and drive to provide the best care for patients is leading more nurses to getting involved in research, hospital administration, and politics. One top of all that, nurse practitioners are beginning to gain more independence around the country and, in some place, equal pay to doctors for doing the same services. I truly believe that in a couple of decades nurse will be who we think of when we think of healthcare.

Following the AACN Policy Summit, I have never been surer that I am making the right choice in become a nurse. The people I met and the experiences I had make me so proud and excited to be a nurse and truly showed me that I can impact more than just my individual patient, but also the healthcare system as a whole.



8 Reasons to Go To NSNA's National Convention in Orlando Next Year

By Amy Coisnard, Community Health Director, Basic BSN'19

Did you know that the National Student Nurses' Association's Annual Convention will be held in our backyard next year? That's right, NSNA is coming to The City Beautiful for their 2020 National Convention. Having the NSNA Annual Convention in Orlando next year will give more UCF College of Nursing students the opportunity to attend than any year before.

But if having the convention in our own backyard isn't enough of a reason why you should attend; here are 10 reasons why the NSNA Annual Convention is something you won't want to miss!

1. Nursing students from a round the country come to this convention. It's a great opportunity to connect with other students, compare and learn about other nursing program.
2. If you are on Honors in the Major or write a resolution for the Florida State Convention, you can have the opportunity to present your research on a national level! If that's something you're interested in, definitely reach out to the SNA board.
3. The House of Delegate is where nursing students get to have a real say in what policies we want to support. It's a great opportunity to learn about what are priorities in other states and what issues nursing students face that they want fixed.

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4. The Focus Sessions are awesome! With so many to choose from each day, you are bound to find a focus session that really speaks to you. There are sessions that are about everything from life after graduation to different nurse specialties and current events relevant to nursing.
5. The Exhibitors Hall has nursing schools, nursing societies and nursing companies from all over the country there just for you. With literally hundreds of tables to stop by, it gives you the chance to learn about the professional societies for nurses as well as schools for furthering your education, NCLEX prep options and so much more!
6. There's nursing merchandise! SNA's from all over bring their merchandise and you can buy it all! So make sure you go to convention with some extra cash because there are some shirts you just won't be able to leave without.
7. Employers like to see professional involvement outside of school. This event is definitely something you can talk about in your interviews and add to your resume!
8. You'll leave with a deeper sense of appreciation for Nursing than you could have imagined! Let's face it, Nursing is a beautifully diverse and fulfilling profession but with exams and early morning clinicals, it's easy to lose sight of that. This convention will leave you with a deeper and greater love for Nursing than ever before, just in time for the end of Spring semester.

So whether it's to take a walk around the Exhibition Hall or go to as many focus sessions as you can, the National Student Nurses' Association's Annual Convention is something you won't want to miss! Keep your eyes and ears open for more information from the SNA board next year!

Overdosing: The Cause and the Aftermath

Naloxone Administration

By Megan Argento, Clubhouse Director, Accelerated BSN'19

I had such an incredible experience at the National Student Nurses Association Convention in Salt Lake City, Utah. I loved meeting people from all over the United States, attending informative and engaging focus sessions and buying cute nursing merchandise every single day. My favorite focus session was about the opioid epidemic that is threatening lives throughout our country, but more importantly how nurses can save lives from people overdosing.

The focus session started off with a simple, yet impactful video that helped give the audience a sense of what an addict truly feels throughout their disease and I highly suggest watching. It is called 'Nuggets' and I will attach the link at the end of this letter!

Then, the speakers at the focus session told us some interesting facts about the opioid epidemic. For example, Alabama has about 107 opioid prescriptions per 100 people. This means that some of the residents in Alabama are prescribed more than 1 opioid, which can greatly increase the risk for an overdose.

Next, the focus session leaders described the effects of a morphine overdose, the most lethal being respiratory depression. The antidote for this is to administer Narcan (Naloxone) to the patient that overdosed. The focus leaders explained that the Narcan would replace the morphine on the opioid receptors in our body

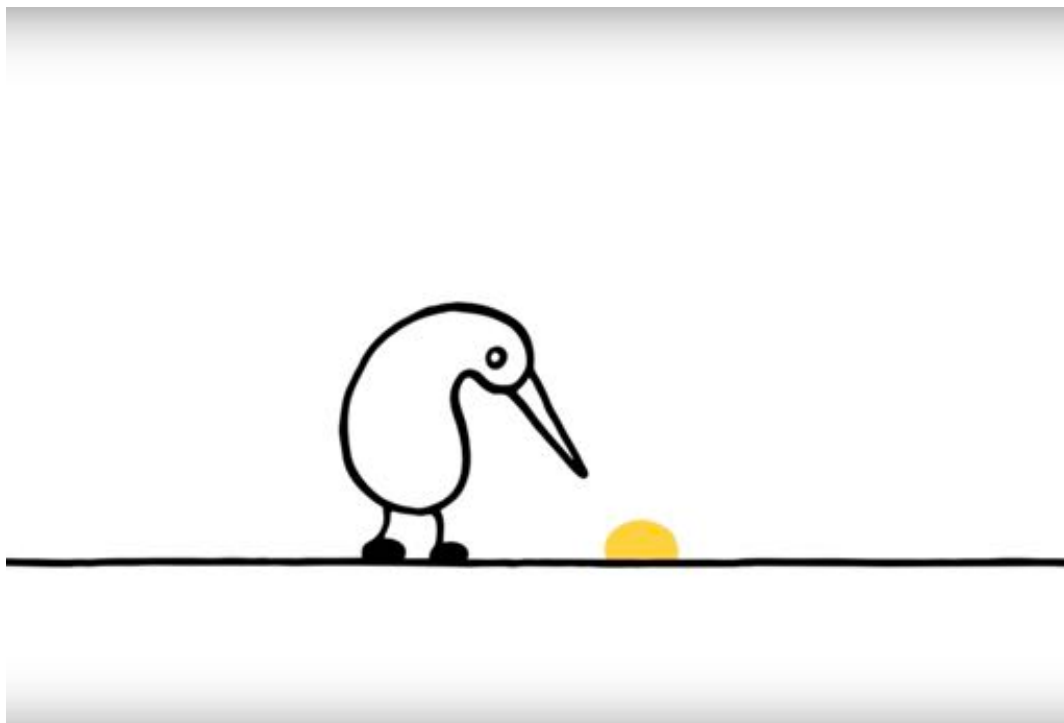


because Narcan has a higher affinity to them. This will lift the effects of the morphine overdose and hopefully the patient will regain consciousness, have a strong heartbeat and breath at a normal respiratory rate. Unfortunately, the Narcan does not last long in the body, maybe 30 minutes to 1 hour, so it is possible that more than 1 dose would be needed because the patient could go into respiratory depression again.

The focus leaders also described the 2 ways Narcan can be administered to a patient who is overdosed; as a spray or IM injection. I believe that it is so important to spread education about Narcan because it can help save so many lives.

Here is the link to the 'Nuggets' video:

<https://www.youtube.com/watch?v=HUnGLgGRJpo>



Senior Superlatives

Best Dressed: Most put together (even for a 6 AM clinical!)

Casey Blackwell

Class Clown

Patrick Healy

Late to their own funeral: Most likely to be late to graduation

Sarah Bourgade

BFFs: Most likely to stay best friends after nursing school

Kimberley Lucas & Amy Coisnard

Best bedside manner

Samantha Day

Most Inquisitive: most likely to ask the most questions

Bryce Harrison

Adrenaline Junkie: most likely to become a flight nurse

Ariana Nieves

Education Sensation: most likely to never leave school!

Abbygail Lapinski

Honest Abe: most outspoken (in a good way!)

Sam Adams

NCLEX Encyclopedia: Most likely to get a 100% on the NCLEX

Paige Orr

Most likely to be admitted on their own unit

Kellie Holohan

Class Mom

Nina Kostal

World Traveler: most likely to become a travel nurse

Alison Cook

Rory Ruffenach



Gym Junkie: most likely to always find time to work out

Jose Marcano

Best Smile: most likely to appear on a hospital recruiting brochure

Bailey Ranson

Most likely to become the next Chief Nursing Officer

Kimberley Lucas

Tiny Human Saver: most likely to never have a patient older than the age of 18

Shannon Strauss

Squeemish Senior: most likely to pass out/throw up during a surgery

Haley Edenfield

Garret Edenfield

Memory Whiz: most likely to remember every single question on the test they just took

Julia Stringer

Future Faculty: most likely to return to UCF as a professor or clinical instructor

Jacob Kluesener

Research Rebel: most likely to conduct and publish award-winning research

Jacob Kluesener

Most likely to marry a doctor

Nathalia Pacini

Tony Haberman

Sass Master: most likely to give sass back to the doctor!

Jenna Leonard

Story Teller: most likely to have the craziest patient stories

Catherine Lambert

Party Planner: most likely to plan a night out after their shift

Patrick Healy

Night Owl: most likely to be on night shift for most of their career

Taylor Filardi



NSNA Focus Session: Sex Trafficking

By Shannon Straus, Historian, Basic BSN'19

I had the pleasure of attending the National Student Nurses' Association annual convention this year in Salt Lake City, Utah. Apart from being able to explore a beautiful city and meet nursing student from across the country, we had the privilege to attend many exceptional focus sessions. The focus session that stood out to me the most and inspired me to become more aware was the "Sex Trafficking Focus Session."

While I had heard about the epidemic of sex trafficking in our country, I was not aware of the lack of training that healthcare professionals have and the major role we as nurses play in fighting the war on sex trafficking. Some of the statistics were shocking—more than 99% of victims report physical health problems and more than 96% have at least one psychological problem. Surprisingly, 87.8% of sex trafficking victims received care from a healthcare professional during their exploitation and only 4% of those working in the ED felt confident identifying trafficking victims.

The definition of sex trafficking is recruiting, harboring, transporting, providing or obtaining a person for the purpose of a commercial sexual act. This person is forced to perform sexual acts by force, fraud, or coercion. The average age a child will first be exploited through sex trafficking is 13-15, and common locations are bus stops, junior and senior high school, online and at shopping malls. Another statistic that was shocking to me was that 1 out of 3 runaway youth on the street will be lured into prostitution within 48 hours of leaving their home.



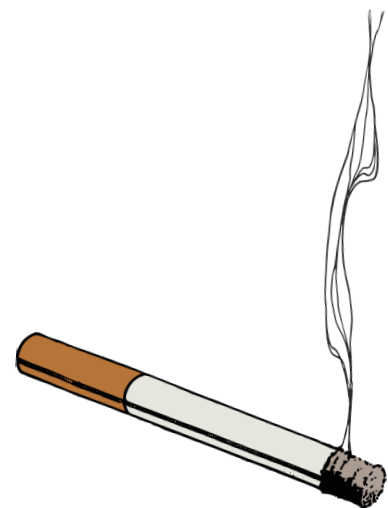
As nurses, we can be aware of some of the risk factors of sex trafficking victims. Some of the more common risk factors are:

- Family instability
- Poverty
- Gang-involvement
- History of abuse
- Substance use
- Trauma
- Child welfare involvement
- History of running away
- Sexual orientation



Some protective factors that can prevent people from becoming victims of sex trafficking are having healthy relationships and being able to set boundaries within these relationships. While assessing our patients, we should always be aware of some common signs that a person is being trafficked such as sexual trauma, cigarette burns, missing teeth, botched abortions, history of multiple pregnancies, resistance to pelvic exams, homeless, and statements such as “I am just visiting the area,” and refusing to state a home address. These are all signs we can be aware of as nurses, and the biggest piece of advice that I took away from the focus session was that we should always follow our intuition, and if something doesn't seem right there is a good chance that it isn't.

“We should
always follow
our intuition.”



Farewell

By Bryce Harrison, Legislative Director, Basic BSN'19

During my time at the NSNA's National Convention, I had the opportunity to make change through our organization House of Delegates. Similar states, we read through each resolution, listened to the authors, and debated on the actions that are being discussed. I have been able to meet other passionate nurses who wish to develop a change in our organization. The changes included providing awareness of safe injection facilities (SIFs), promoting the health of staff nurses to ensure positive patient outcomes, and promoting the retention of diverse nurse populations. These students are just like you and me, surviving nursing school one at a time, but they noticed disparities in their experiences, so they decided to take the initiative to have their national organization make strides for change.

Alongside these resolutions, I had the opportunity to vote on the next board for the National Student Nurses' Association. I personally enjoy the campaign process, and encourage current members to run for your State and National boards, if applicable, to see the varying dynamics of the nursing profession. While yes it does bulk up your resume, I honestly can say that I do not regret a single moment of the time I spent as the Legislative Director. I have experienced so much during my nursing education, and I hope whoever reads this is inspired to do everything they can prior to graduation. I wish the new board good luck with everything they do, and I hope you all make us proud! GO, KNIGHTS! CHARGE ON! FOREVER!!



National Convention

By Abbygail Lapinski, Treasurer, Basic BSN'19



During the first week of April one hundred and seventy-one, nursing students from Florida embarked on a journey to Salt Lake City, Utah to attend the 67th Annual National Student Nurses' Association Convention. The Annual NSNA Convention is a four-day long event where students from across the

nation come to represent their local and state associations and develop their knowledge and nursing practice skills. The convention features exciting and engaging focus sessions, an NCLEX review session, inspiring presentations from nationally recognized nursing leaders, and opportunities to network with peers, NCLEX review companies and nursing programs.

As a state, we brought one of the largest delegations to the House of Delegates Meeting with forty-seven students serving as delegates for their local associations. These students served an important role in discussing and voting on bylaw changes, resolutions, important organization matters, and potential candidates to serve as the NSNA Executive Board for 2019-2020. Two student nurses' associations from Florida brought their resolutions to nationals, and both were adopted at the national level. In recognition of their accomplishments, I have included their resolution titles below.

Title: Increase awareness for nursing students on the use of cochlear implant based on deaf culture Students Nurses Association at the University of North Florida

Authored by Amy Bosman, and Anna Sorensen

Title: Increasing autism awareness throughout healthcare to facilitate early identification and coordination of interventions before age two.

Kennesaw State University, The WellStar School of Nursing Kennesaw, GA & University of Florida Student Nurses Association, Gainesville, FL

Authored by Sabrina St. Martin, and Raquel Mannino



In addition to the successful adoption of these resolutions, FNSA and its members and local chapters were recognized by NSNA for receiving awards at the opening and closing ceremonies. Polk State College was recognized with the School Instagram Social Media Award. A fellow Knight and nursing student at the Daytona campus, Kailey Kubish received 1st place for her essay submission in NSNA/Nurse.com Essay Contest. The Students Nurses Association at UCF Orlando renewed their status as an NSNA Stellar Chapter! On behalf of FNSA, we are incredibly proud of our members and

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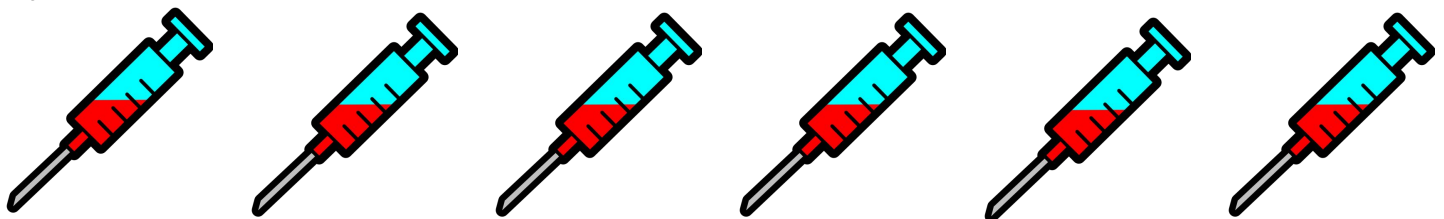
local associations accomplishments and want to express our sincerest congratulations.

As an organization, we were honored and humbled to receive the State Excellence Award this year for Group 5. The award is a representation of all the incredible initiatives and accomplishments of our members and chapters. This award would not be possible without the continued dedication of our members, and support from faculty.



Finally, at the close of the House of Delegates Meeting, the new NSNA Executive Board was introduced. This year's executive board features two nursing students from Florida. Doug Davis of the University of North Florida and Region 2 Director and Legislative Chair for FNSA was elected to serve as President. Kori Naymon of Rasmussen College was elected to serve as Secretary/Treasurer.

Next year, we are excited to be the hosting state for the 2020 NSNA Annual Convention. The convention will conveniently be located at Walt Disney World's Coronary Springs. I hope to you will consider attending this convention and seeing how being an NSNA member can impact your academic and professional development. If you have any questions about how to get more involved with FNSA, please feel free to reach out to one of my fellow board members or me.





SPOTLIGHT DISEASE



Croup

Croup or laryngotracheobronchitis is an infection of the upper airway, which obstructs breathing. Swelling is common around the larynx, trachea and bronchi. It's a viral infection usually caused by parainfluenza virus.

Symptoms:

- Presents as a cold
- Loud barking cough
 - Aggravated by crying, coughing, anxiety and agitation
- Fever
- Hoarse voice like "Darth Vader"
- Labored breathing
- Stridor

Risk factors:

- Being 6 months and 3 years of age
- Smaller airways mean worse symptoms
- Being around other kids – sneezes, coughs
- Touching infected toys

Preventions:

- Frequent hand-washing
- Keep child away from anyone who's sick
- Encourage child to cough or sneeze into his or her elbow

Diagnostics:

- Anteroposterior x-ray of the neck and chest
- Subepiglottic narrowing (steeple sign)
- Observation of child's throat
- Lung sounds

Treatment:

- Comfort child
- Steroids
- Epinephrine
- Manage the airway
- Antipyretics
- NSAID
- Cough medicine



Droplet Precautions

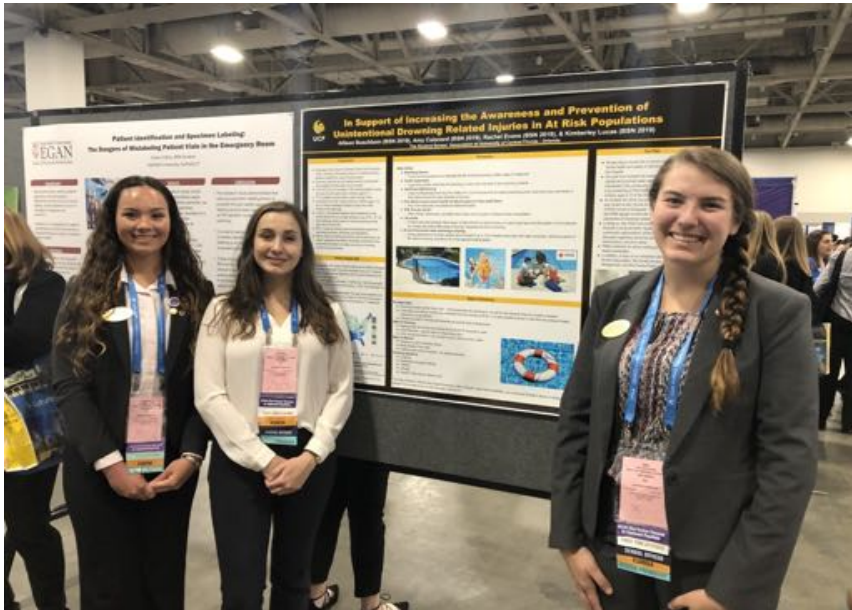
President's Corner

Pool Safety: Bringing awareness to a serious and preventable issue from States to Nationals as a Poster Presenter

By Kimberley Lucas, President, Basic BSN'19

There were two things involving state and national convention that I knew I wanted to do when I was officially inducted as SNA president this time last year. One was to present a resolution in the Florida Nursing Students' Association (FNSA) House of Delegates at the state convention. The other was to present a poster on said resolution at the National Student Nurses' Association (NSNA) at the national convention. When I attended my first NSNA National Convention last year in Nashville, Tennessee, I remember strolling past all of the incredible posters being displayed in the exhibit hall and telling myself that no matter what I would be doing that senior year. So when the time came to start thinking about potential resolutions to work on for states, I was so excited to have several friends and fellow board members come to me with interest in collaborating on one. After hearing of the unfortunate and fatal circumstances of the daughter of Bodie Miller, a famous American ski racer, we decided that Pool Safety and the incidences of drowning across the United States is a major issue that needs to be addressed.

Allie Buschbom (SNA Secretary), Amy Coisnard (SNA Community Health Director), Rachel Evans (SNA Breakthrough to Nursing Director), and I first delved into our resolution of Increasing the Support and Awareness of Drowning Related Incidents in At-Risk Populations at the state level in the House of Delegates. Our resolution was well received by the delegates, with several people coming up during the debate to make statements in support



of our resolution. This process was not without its concerns, I admit, as some people were not as in favor and sought clarification, specifically on our populations at risk. Once we brought the individual this clarity, however, they were well in favor. After our successful passing of our resolution at states, it was without hesitation that we

decided to bring our resolution to Nationals in the form of a poster.

Being a poster presenter was an extremely rewarding experience. For me, in just one hour of standing by our poster I was able to talk one on one with more individuals than I had anticipated. Several people were intrigued by our topic and were inspired by our work. One may think that drowning and pool safety is an issue that is more unique to Floridians, but this was actually a prominent issue across the nation as well. While Floridians experience more drowning related to pools, individuals from northern and western states expressed incidents with boating accidents and safety in lakes and other bodies of water (they, of course, don't have to worry about alligators as much). Not to mention, nearly every semester we learn how drowning is the leading cause of death in children in the US younger than the age of 2 and the second leading cause of death in children ages 2 to 14, which is a considerably large age range! Something we incorporated in our poster was a map by Healthy People 2020 that displayed the drowning rates by states. Each person I talked to was impressed by our research, and many of them did not even realize how much of an issue drowning was in their state. Being a poster presenter was such a unique opportunity to start a conversation about serious issues that, as nurses, is

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our responsibility to advocate for and fix.

When I first delved into this topic for the purpose of presenting a resolution and a poster, I was not anticipating how passionate I would become about pool safety and drowning prevention. For one thing, I have never aspired to be a pediatric nurse, which was the population we focused on. However, I found myself becoming more and more enthusiastic about the need for increased awareness and support regarding this issue.

Drowning is something that seems so preventable yet is so commonplace among death in children. There are even laws in place in Florida (such as it being mandatory to have a four-foot fence surrounding any pool) that I did

not even know existed until I started researching this topic (and I grew up with a pool in my backyard!). In fact, I became so passionate with this research that I incorporated it into a teaching project for public health and Soldiers to Scholars. The program was planning to have a pool open to the kids this summer, and Allie and I thought that pool safety would be the perfect topic for the kids. Through Soldiers to Scholars, I was able to present a teaching project to the elementary school kids and assess their knowledge and awareness of pool safety, address myths and facts regarding pool rules, educate the kids on how to be safe in



the water, and evaluated their comprehension of the material. Therefore, not only was I able to achieve passing a resolution through SNA, but also do something about it in the community.

“Being a poster presenter was such a unique opportunity to start a conversation about serious issues that, as nurses, is our responsibility to advocate for and fix.”

I am so grateful for the opportunities that SNA has brought me since my time as President-Elect my junior year. I have been able to network with so many nursing students and nurses from across the nation, participated and advocated for legislative action that could make a difference in the healthcare community, and made memories that will last me forever. All of the hard work will forever be worth it, and as my time as President comes to an end, I know that I will cherish the time I had in SNA, including presenting this poster, for all of my days.


In Support of Increasing the Awareness and Prevention of Unintentional Drowning Related Injuries in At Risk Populations
Allison Buschboom (BSN 2019), Amy Coisnard (BSN 2019), Rachel Evans (BSN 2019), & Kimberley Lucas (BSN 2019)
The Student Nurses' Association of University of Central Florida - Orlando

Introduction

- According to the Centers for Disease Control and Prevention (CDC), drowning is the leading cause of unintentional injury deaths in children four years of age and younger.
- According to the CDC, the majority of deaths of unintentional injury deaths in children ages 1 to 4 years.
- From 2010 to 2016, an average of 1.3 deaths per 100,000 population were reported to unintentional drowning. In 2017, the decrease to 1.0%.
- In 2016, 3,736 patients, patients were hospitalized in the United States with an average admission cost of \$21,027. The CDC healthcare costs spent on drowning patients that year was \$1.2 billion.
- 70% of cases of drowning can be prevented by supervision, swimming instruction, swimming aids, and lifelines.
- 80% of all drowning-related deaths and injuries are preventable. Supervision, swimming instruction, swimming aids, and lifelines can reduce the number of drowning deaths by 1.3 deaths per 100,000 population.

Healthy People 2020

- Every decade, the Healthy People initiative by the Office of Disease Prevention and Health Promotion develops a new set of national goals. 10-year national objectives with the goal of improving the health of all Americans.
- From 2010–2020, an estimated 1.3 deaths per 100,000 population were expected to unintentional drowning. In 2017, the decrease to 1.0%.
- PHF 2020 Reduce Drowning Deaths: The goal of this objective is to reduce the number of drowning deaths by 1.3 deaths per 100,000 population.



Definition

Safe Water

- Swimming lessons
- Life preservers
- Supervision (direct when they are swimming or near a pool can lead to less drowning incidents)
- Waterproof cell phone
- Child-resistant swimming pool covers
- Child-resistant swimming pool gates
- Child-resistant swimming pool fences
- Child-resistant swimming pool gates
- Child-resistant swimming pool fences

Signs of Drowning

- Struggling to breathe or the "head above water" but unable to get their head above water because they are unable to breathe
- It may be difficult for a child or underwater and has trouble to breathe. It is also possible to drown in shallow water because of water, especially in young children.
- Showing the signs of distress and showing you prevent water consumption

Signs of Drowning

- Struggling below the surface when floating face down for 10 seconds or more
- Head tilted back - unable to keep airway clear
- Arm reaching upwards - such as when trying to reach for something

Signs of Distress


- Clinging to an adult or flotation device
- Being unresponsive to the water
- Treading water without progress - can signal exhaustion

Drowning symptoms

- Choking
- Aggravation to gagging, vomiting
- Swimming
- Choking
- Change in skin color or altered mood

Our Plan

- Human job is to increase community health by advocating for the health and safety of individuals inside and outside of the facility.
- Our goal is to increase the awareness of drowning, water safety, and provide water safety and education among individuals in the community. This can be achieved by: a) providing water safety educational material to children ages 1 to 4 in the Orlando area.
- On October 18, 2019, we presented a resolution on this topic and content to the Florida Nursing Student Association (FNSEA) in Orlando. The resolution was passed, and the FNSEA agreed to provide our mission to increase the awareness of drowning-related injuries and deaths.
- In doing so, the FNSEA will encourage its constituents to include nursing students, health care professionals, community organizations, parents, and colleges in providing education regarding drowning prevention, accurate drowning information, and pool safety.
- PHFA published an article relating to the content of this poster resolution.
- If available, a copy of our resolution will be sent to the Florida Nurses Association, the Florida Council of Emergency Management, and the Florida Public Health Association.



Announcements & Upcoming Events!



Good luck with finals everyone!

SNA elections will be in April!

Keep your eyes posted on the social media webpages for meeting dates and events.

Our new SNA board will begin in May. Congrats and good luck to our new officers.

Faculty vs Student kickball will be on April 15th, 1700 at Lake Claire.

Newsletter submissions will still be available over summer!

Stay tuned for the Accelerated election.



The Student Nurses' Association @ UCF presents:

LAKE CLAIRE DAY!

featuring our 2nd annual
Faculty v. Student Kickball Game!
April 15th, 5:00-7:00 PM

\$5 for Admission + Food
Enjoy games, kayaking, paddle-boarding, volleyball,
and of course... **KICKBALL!**

Sign up for the student kickball team TODAY!
Email Kimberley Lucas at
ucfsnaorlpresident@gmail.com or
kim423lucas@knights.ucf.edu for more info!



STUDENT NURSES' ASSOCIATION

APRIL GENERAL MEETING

April 24th | 1700 in 602
SNA Members FREE | Non SNA Members \$5

Elections Meeting

Come out and vote for your
2019-2020 SNA Board!

FOOD | TOP POINT EARNER AWARDS | NCLEX REVIEW

Contact Info for the 2018-2019 SNA Board!



President	Kimberley Lucas	ucfsnaorlpresident@gmail.com
Vice President	Emily Derayunan	ucfsnaorlvicepresident@gmail.com
Secretary	Allison Bushbom	ucfsnaorlsecretary@gmail.com
Treasurer	Abbygail Lapinski	ucfsnaorltreasurer@gmail.com
Clubhouse Director	Megan Argento	ucfsnaorlclubhouse@gmail.com
Historian	Shannon Straus	ucfsnaorlhistorian@gmail.com
Legislative Director	Bryce Harrison	ucfsnaorllegislative@gmail.com
Breakthrough to Nursing Director	Rachel Evans	ucfsnaorlbtn@gmail.com
Media Director	Samantha Sherman	ucfsnaorlwebmaster@gmail.com
Community Health Director	Amy Coisnard	ucfsnaorlcommunity@gmail.com
Fundraising Chair	Casey Blackwell	ucfsnaorlfundraising@gmail.com
Accelerated Liaison	Jesyca Ramirez	ucfsnaorlaccelliaison@gmail.com
Co-Advisor	Chris Deatrck	Christine.Deatrck@ucf.edu
Co-Advisor	Joyce DeGennaro	Joyce.DeGennaro@ucf.edu

Social Media Buzz

Facebook: Student Nurses Association:
UCF - Orlando
Instagram: snaucforlando
Website: snaucforlando.com

Top Point Earners

Basic BSN 2019: Morgan Adams, Delaney Miklos,
Haley Edenfield
Accelerated 2019: Alexis Hollingsworth, Andrew
Bedaure, Victoria White
Basic BSN 2020: Jordyn Watson, Bryana Blanco,
Dana Monsalvatge