



LIFELINE

NEWSLETTER

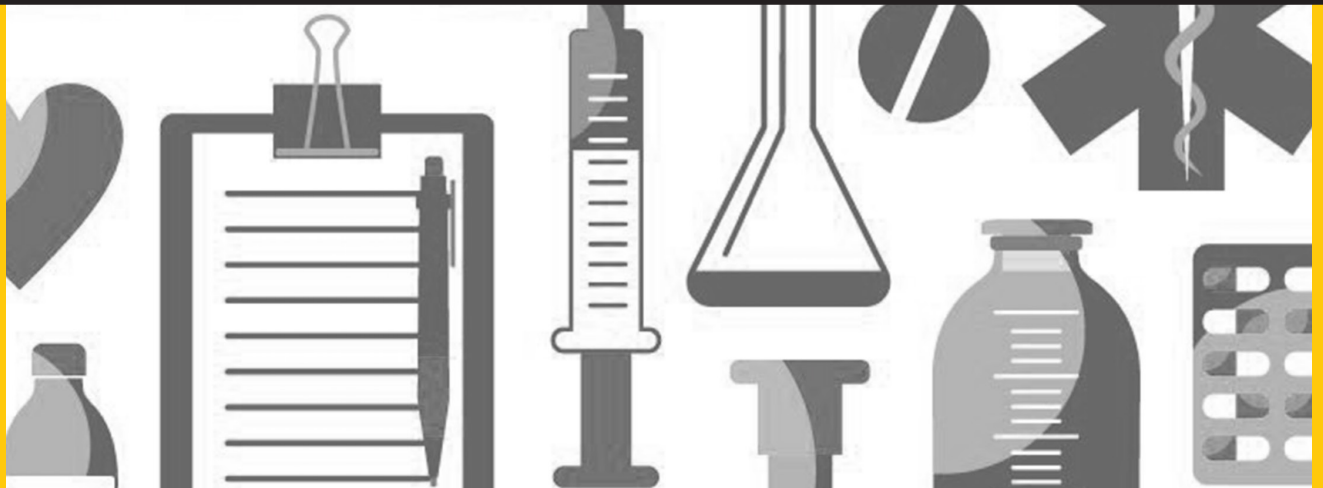


STUDENT NURSES'

ASSOCIATION

AT UNIVERSITY OF CENTRAL FLORIDA

ORLANDO



The Editor's Piece:

7 New Year's Resolutions Nursing Students Should Make

Written by: Amanda Wimmersberg, SNA Media Director

With the beginning of the New Year, many of us are reflecting on the past 12 months and are trying to figure out how to plan for a bigger and better year. Whether or not you are usually one to set resolutions, this time of year offers everybody an opportunity for a fresh start. As a nursing student, you might set typical resolutions such as getting ahead in your classes, getting more sleep, or just trying to survive until graduation in May (for seniors that is). However, here are 7 resolutions that every nursing student should at least try to make:

Make your own wellness a number one priority. With a hectic nursing school schedule, it is so easy to forget to take care of yourself even though we are becoming experts at keeping others healthy. Whether it's making time for an early morning or late evening workouts or using Sundays for healthy meal prep for the week, make sure you block out some time in your schedule for focusing on a healthy you.



Let yourself shine. Don't be ashamed to be an overachiever. Raise your hand to answer a question in class. Volunteer in clinicals. Go the extra mile. By taking initiative, you'll have more opportunities to practice what you're learning and build your confidence.

Practice gratitude. Life is short and is just better when lived from a foundation of gratitude for each day's little blessings. Staying grounded in your own gratitude is essential to your ability to care compassionately for others. Set aside time at the beginning or end of your day to jot down a few things that you're thankful for. Notice how this simple act shifts your attitude and experience of the day.

Work smarter. To be a competent nurse, you don't need to work harder. You just need to work smarter. When in clinical, plan your tasks well at the beginning of your shift (or if you have patient pick-up do it the night before) so you can properly divide your time and attention to those who need it most.

Be the kind of nurse you would want to take care of you. The golden rule "*Do unto others as you would have them do unto you*" is the best inspiration in building your character as a nurse. Strive to be the nurse you would like to have if you will be hospitalized. With so many tasks and responsibilities at work, it's easy to slowly lose a grip on your established values and work ethics. In the end, if you will remind yourself of how you would like to be cared as a patient, you will be guided on how to be the best nurse for your patients.



Be a source of encouragement. Nursing school is a challenge. Support your peers through the journey, whether that means studying together or doing something fun to get your mind off of school. It could be as simple as texting each other words of encouragement before a big exam. Being kind to others is a proven de-stresser and building relationships with your classmates will continue to benefit you throughout nursing school.

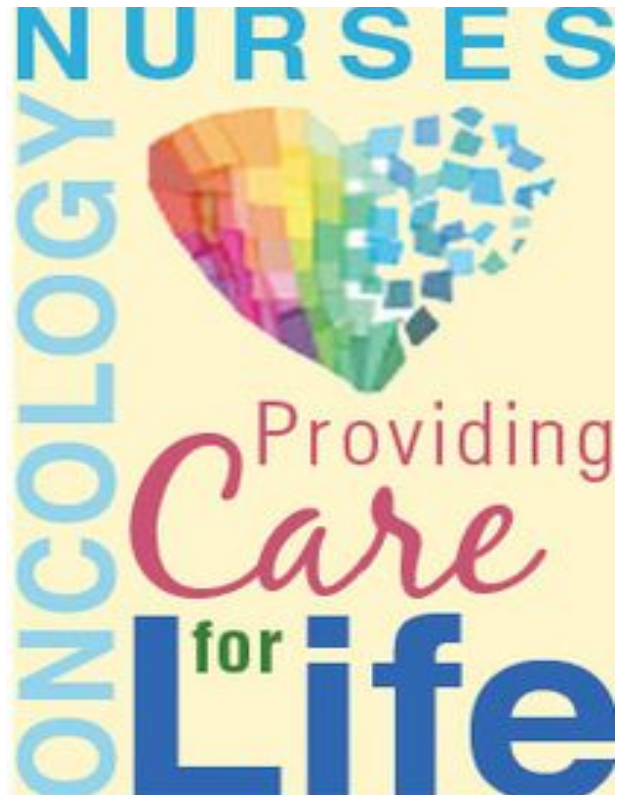
Engage and learn from your mentors. It's easy to get buried under the study guides, textbooks, and clinical rotations. However, never underestimate how much you can learn from experienced nurses and your professors. Juniors, make a point to reach out to a nurse in your desired field. Seniors, get involved with your mentors and preceptors from practicum. Discuss what they do and why they do it. Go over your goals, have them look over your resume, ask for feedback. It will be a great way to get some inspiration while also preparing you for your career ahead.



Lifeline Newsletter

Student Nurses' Association – UCF Orlando

Months after starting nursing school, my dad was still undergoing chemotherapy and radiation treatments. I couldn't tell you the exact date that I got the call, but I can tell you that I was ecstatic and full of relief when I received the news that my dad was in remission. And to this day, my father is **STILL** in remission. You would think that the history of cancer in my family would be traumatizing enough for me to run away from anything related to oncology. I thought I would go into women's health, but deep down, I think I always knew that I wanted to be an oncology nurse. I know that not all patients will be as lucky as my dad and that the job will be emotionally challenging, but I can't imagine a more fulfilling profession.



So I guess you could say that like many others, I was disappointed when I finally discovered where I had been placed for practicum. With a nearly 4.0 GPA and positive feedback from past clinical instructors, I thought I would for sure be placed on the oncology unit that I requested. Instead, I was assigned to Cardiovascular Stepdown. My mother is actually a cardiac nurse and I may have followed her footsteps by choosing nursing, but I honestly have zero interest in cardiology. Despite all this, I'm not shedding tears over my placement. I realize that the entire purpose of nursing school is to prepare us to pass NCLEX and be competent enough to practice as graduate nurses. So, instead of dreading my 14 practicum shifts, I'm actually looking forward to them. I am proud of how far I've come in this challenging program and I'm excited to finally take on more of the nurse's role through practicum. I refuse to spend the next few months being unhappy that I wasn't placed on the unit of my choice. I'm staying positive and I plan to get the most out of my last clinical here at UCF. Soon enough I will be graduating, passing the NCLEX, and landing my dream job. Soon enough, everything will fall into place.

Who Is Your Person?

Written by: Sarah Snoberger, Basic BSN 2017

If you have every seen the TV show Grey's Anatomy, you will understand the saying "you are my person". It is hard to pick just one person in this whole world that will truly listen to you (even when you are crying to the point where you can barely speak), a person who will always be there if you need a hug, a person who gives you the best advice, and a person who will always love you. My "person" just happens to be my amazing grandma, who is also known as Gram. She is my inspiration, the woman I look up to, the most caring person, and the world's coolest grandma. Gram has always been the person I can go to for any problem since I was a little girl.



Nursing school has been a roller coaster. It has had its highpoints and its low points. Sometimes the low points seem to take over and become very overwhelming and stressful. And sometimes the only way I can clear my head is to pick up the phone and talk to Gram. It always happens the same way: I call, complain how stressed I am, cry, she tells me to calm down and that everything will be okay, then she is able to always turn the subject around and talk about positive things to make me laugh and put a huge smile on my face. I can't express how lucky I am to have someone so amazing in my life. Thank you for always being there for me, for always loving me, and for always be willing to do fun things with me. I would have never made it this close to achieving my dream if it wasn't for you. Thank you for being my person, I love you so much.

“Why?”

Written by: Allie Fox, Basic BSN 2018

Why is such a powerful word. Although it is only three letters long, it can lead us into another realm of understanding. I've learned many lessons thus far in just one short semester of nursing school; But perhaps the greatest lesson I've come to learn is that we can never stop asking ourselves, “Why?” Whether it's studying a new subject that we're not familiar with, or whether it's doing the little things for our patients that brings a smile to their face. I constantly find myself asking, “Why?”, and take a minute to understand the purpose of the task at hand.

The first few weeks of nursing school were tough to adjust to. It was almost as if I had been thrown into an entirely new country, having to quickly adapt to their culture, language, etc. It is an entirely different and new way of thinking and takes some time to get used to. The first week or so was all about finding the right study method, getting organized, and adapting to the long hours of studying and clinicals. I tried many different ways of studying until I realized there is no perfect method. I realized that some techniques such as memorization were helpful when it came to being prepared for the test. However, although this works for some things, and is crucial for others (APE To Man, metric conversions, etc.), it is not the best method when it comes to *understanding* disease process.



I learned this important lesson from my clinical instructor, Professor Panco, when she observed me performing my head-to-toe assessment in clinical. During this, I noticed my patient had started to develop a possible tinea between the toes. I took note of this and made sure to assess the feet more often, along with cleaning and applying an approved cream. After a few days of nursing intervention, I noticed it wasn't getting better or healing. I pointed it out to Professor Panco and she urged me to take other factors into consideration when looking at the healing process. After some thought and consideration, it suddenly came to me. It was possible that it wasn't healing as quickly due to the underlying disease of diabetes. This is the moment I started asking myself why, especially while studying.



Instead of knowing every manifestation of every disease learned in pathophysiology, I tried to understand the entire process of the disease, and *why* it manifests the way it does. I found this especially useful during tests because simply by understanding all or most aspects of a certain disease, I could critically think to pick the best and most reasonable answer. Professor Panco explained to me that *the same disease may manifest differently in different patients, we must not memorize disease process, but instead understand it and the different forms it could take*. I really will never forget this. I now use this method every time I study and even in practice during the clinical setting. Although it can sometimes be uncomfortable to delve deeper and ask ourselves questions, I truly think that this forms the basis of the professional nurse and patient-centered care. The quote by Peter Abelard stating, *“The key to wisdom is this – constant and frequent questioning, for by doubting we are led to question, by questioning we arrive at the truth.”*, perfectly sums up the importance of the small, but mighty word, “Why?” that I will never stop asking.

New Year, New You: How I Lost Weight in Nursing School

Written by: Heather Swanson, Basic BSN 2017

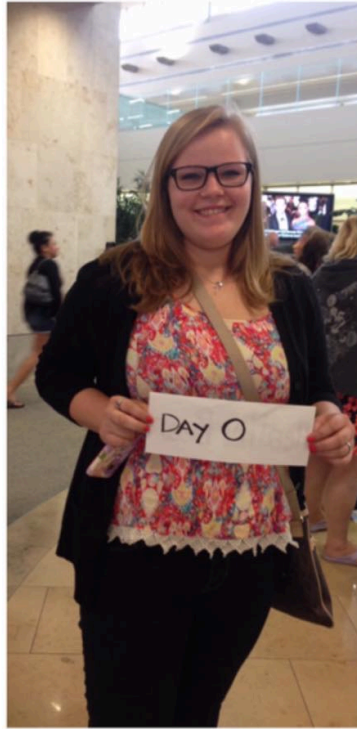
Many of my friends and family already know my story, so after much contemplation and encouragement, I thought I should share it with many more. Whether you are a student, a teacher, a nurse, or anyone interested in losing weight, I hope that my story can inspire you in any way.

I have lost 90 pounds since May 6, 2015, and 50 pounds since I started UCF's BSN nursing program in August 2016. These numbers can sound very shocking, and they do make a nice caption for the transformation pictures I post on Instagram and Facebook. However, there is a story behind these numbers.



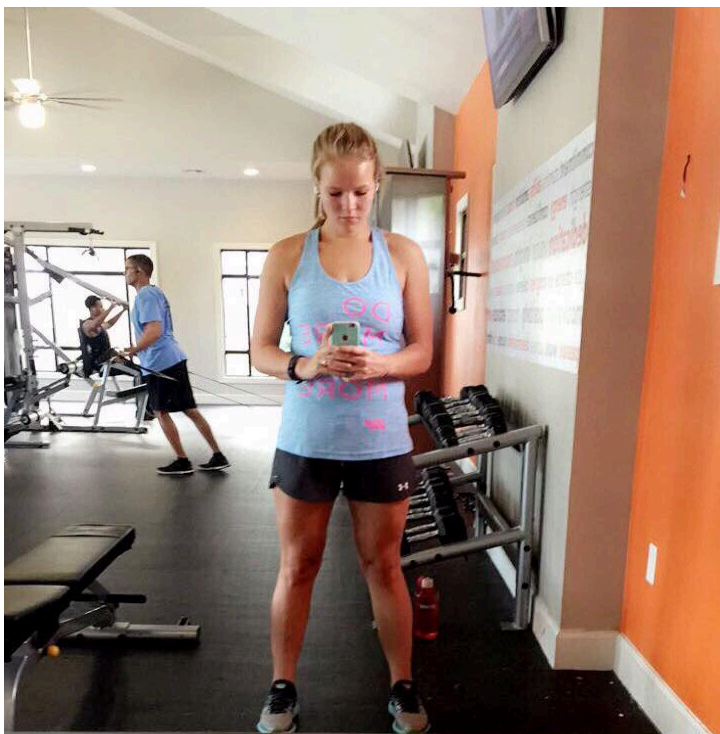
I have struggled with my weight since elementary school... yes, elementary school! That's crazy, right? Most 5th-graders should not be worried about how they look or their health due to obesity, but I was. I feel like I have tried every "fad diet" there is starting at such a young age. I tried Atkins, South Beach, Weight Watchers, and more. You name it, I probably tried it. I'll admit, they worked. I would lose 20 pounds or so, but I think we all know what happens next. I'd gain back the weight I lost, and then some. This is a common problem with most people and is usually referred to as "Yo-yo dieting." This went on for quite some time, and I just kept getting heavier and heavier. Have you heard of "Freshman 15?" Well for me it was more like Freshman 30. Once again, I lost some weight and then gained more back. I was obese and I was unhealthy. I struggled with high blood pressure, high cholesterol, gastrointestinal issues, and mostly insecurity. My self confidence was at an all time low. I hardly ever bought new clothes for myself because it was hard to find clothes that fit and looked good. I hardly every went out with my friends, and I lived in constant fear that I would die suddenly from a heart attack. At the same time, I couldn't push myself to make a change. I was in denial.

You're probably wondering what made this last time stick. What did I do differently to make this time work? In February, 2015, I went to my dad's wedding probably weighing the heaviest I have ever weighed. That's when I saw my Aunt Susie, who lives in California. I only see her about once a year, and she had undeniably noticed how heavy I had gotten. After mentioning that I wanted to lose weight, she contacted me in March offering to help. That is when it clicked for me.



After a very emotional and long conversation, I knew it was finally time for me to do this. She offered to have me live with her and her family in Newport Beach, California for the entire summer, so I could focus on me and only me. No school, no other obligations or responsibilities. My family did so much in order to make this happen, and I knew I could not let the opportunity pass. This was my LAST summer before nursing school. It was my last summer EVER. If I didn't do it then, when would I have done it? It seemed selfish to leave my boyfriend, my family and my job for a whole 3 months, but my aunt made a good point. She told me "you've always worried so much about everyone else. You need to put yourself first for once." This is the case for most nurses, and she knows because she's a nurse herself. More importantly, I didn't need to only do this for myself, but for my future patients. This is something that I live by to this day. How can I care for anybody, when I can't even take care of myself? How could I safely take care of my patients if I am in constant fear of having a heart attack or not being able to endure the physical demands of the job? So I flew out to California on May 6, 2015 weighing 237 pounds, and started my journey.

When I came home from California, I had lost 40 pounds. I felt and looked better than ever! The next challenge... continuing to lose weight while in nursing school. I am not exaggerating when I say that this was THE hardest thing I have ever done. Trying to eat healthy, fit in workouts, and juggle my school work while attending clinical and class and also having a job was by no means easy. My weight loss began to slow down, I hit plateaus and I lost motivation at times. I had to constantly remind myself why I am doing this, and that's what kept me going. I also didn't want to let down anyone who had helped me along the way. I'm not saying this to scare anyone, but to hopefully show that it IS possible! The best advice I could give is to stay organized and stay busy! My days are planned out almost down to the minute: what I'll eat and when, and when I'll be able to fit in the gym. "If you fail to plan, you plan to fail." If you want to make a change, you have to make it a priority. I know most of my friends in nursing school will say that school is their number one priority right now. I can say, confidently, that school is number two on my list, and for the major reason that keeps me going. I have to be healthy, so I can provide the best possible care to my patients. So whether I have to go to the gym at 6am, or 9pm or spend 5 hours on a Sunday meal-prepping, I'm going to make it happen.



Lifeline Newsletter

Student Nurses' Association – UCF Orlando

So how did I do it? I cut out all processed food, soda, sugar, most grains and dairy. I basically did “Paleo,” or “Whole 30,” but with my own twist. Everyone’s different, and what works for some people may not work for others. Along with a very strict diet, I started exercising 5-6 times per week. They were by no means intense workouts. I started off just walking 2 miles everyday, and I slowly built up my endurance. I now consider exercise to be one of my favorite hobbies. I love lifting weights, I love cardio, and I’m willing to try just about anything. However, throughout my journey I have learned that what you eat is the most important part! I’ve heard countless times, “it’s 80% diet and 20% exercise,” or “you can’t out-exercise a bad diet.” I believe these statements are true, and I really try to emphasize it. I made drastic changes to both my diet and exercise, but I was in an environment where I could do this. There wasn’t a lot of temptations, and I couldn’t cheat because I didn’t want to let my aunt down.



My advice to anybody who wants to hear it? Start small. Make an easy change first, and gradually work up to having a really strict diet and workout regimen. If you want to make a drastic change, then go for it! I will be your biggest supporter, but you have to be ready. You have to be ready both mentally and physically. You have to want it more than anything, and you **HAVE** to make it a priority. Put yourself first for a little while, and do this for **YOU!** Don't do it for someone else, or because you want to look a certain way. Do it because you want to **FEEL** a certain way- healthy!



Lastly, I want to say, you **DO NOT** need a new year to make a change! New Year's resolutions are great, but if you did not start your resolution by January 1st, that is totally fine! Start whenever you feel ready. I started my journey in May!

I am still going strong because of the support and encouragement I have received along the way. Every single person who has complimented how I look, or has told me I have inspired them, **YOU** are the reason I am still going. You are the reason my new goal is to reach 100 pounds down. If and/or when you want to make a change, please reach out to me. I'd be more than happy to help. This is something I am passionate about. I know what it takes, and I am willing to support you along the way.

Nursing School BFFs

Written by: Ryan Greene, Basic BSN 2018

As the first semester of nursing school ends, one thing I'm grateful for are my nursing BFFs. Without whom I would not have survived this semester. They may not be the best, but they work every day to be better. They're pushers. They push people. And they push me to be better too. From lab checkoffs to wiping butts in long term care to kicking butt on finals, they've helped me each step of the way.



One of my BFFs studied with me fifteen days straight for finals. I have never been to the library as much as I have in those two weeks. I know without her there's no way I would've dedicated as much time to studying as I did. Thanks to her I've never felt more prepared for any other test or final as I did for this semester's finals. It also helped that another friend gave me a Taylor Swift shirt that I wore on the last day on finals. I wouldn't have passed those last two finals if not for that shirt, and I mean, who doesn't love Taylor Swift. I even use one of my friends as my benchmark for success. Once I know that I'm doing as well as she is on tests and quizzes then I know I'm on the right track, regardless of class averages or what anybody else scored. That helps me keep my focus on and not get bogged down on any one test or assignment. Between things like this and all the endless group chats, snapchat, and Chick-fil-a trips before classes, I know that I could not have chosen a better set of friends to have by my side through the first of many grueling semesters.

I could go on for days about my nursing BFFs as I'm sure most of us could. Nursing school and nursing in general is a team effort. It's near impossible to do it alone and I wouldn't suggest trying. A good team will take you much further than you could ever get solo. And no one else is going to understand your nursing struggles or your nursing humor, quite like your fellow nursing students. So be grateful for your nursing BFFs, and if they're anything like mine then you have a team that you wouldn't trade away for the world.

From a Patient's Point of View: Preeclampsia

Written by: Hanneke Hoekman-Sites, Accelerated 2017

I learned about preeclampsia last semester in class, but I didn't understand what it could be like for a patient. To understand it better, I asked a friend who had preeclampsia about her experience. This is what she told me. I will refer to her as A to protect her privacy.

During her 36th week OB appointment, A's BP was high. The nurse taking it told her: "I'm not going to tell you [your BP] because I don't want to scare you." The nurse refused to tell A what her BP reading was, and she was annoyed by this. When the doctor came in, A asked again what her BP was, and the doctor told her: 140/90. This reading caused the doctor to send A to the hospital for a series of BP readings over an hour to see if her BP was consistently high. At the hospital, preeclampsia was first suggested as a possibility to A. She and her husband felt freaked out because they were not ready to have their baby yet. The car seat was not in the car, her hospital bag was not packed, and she was very nervous. Luckily, her BP was variable during the hospital monitoring, so she was sent home.



She was instructed to do a 24 hour urine collection and return the next day. A collected her urine for the next 24 hours, still going to work all day and hiding the collection container in the work fridge. She initially convinced herself that the high BP reading was due to work stress, but the high protein level in her urine (4+) convinced her doctor that she had preeclampsia.



At A's doctor appointment the next morning, her BP was still high, so she was admitted to the hospital. She said that she was feeling less freaked out at this point because the doctor warned her about the possibility of admission and induction when she had her urine analyzed. A did not feel any effects of her high BP and would have been clueless that her BP was high without prenatal monitoring. After a non-stress test to check on the baby, A was sent home but told to return for induction at 1 AM.

The first thing to do once A and her husband arrived at Triage was the informed consent form. They were confused because the form said that alternatives had been discussed with them. Since no alternatives had been mentioned, they asked the nurse before signing the form. They were told there were no alternatives and just to sign the form. As first-time parents, they felt very out of control and confused.

They were transferred to the Antenatal form, and A was given Cervidil, which she described as “hell on earth.” A reported that Cervidil insertion “feels like shoving something up your vagina with sharp knives attached to it while you are told to lie still.” The correct placement can take several minutes, and A hated the entire process. A wondered if pain meds were available to make the process hurt less, but she didn’t feel like she could ask. Her biggest complaint was that her nurse’s nails were so long that she could feel them scraping her.

For the next 24 hours (two 12-hour doses of Cervidil), A experienced almost constant contractions. She wanted to try to walk, but her doctor put her on bed rest during labor due to the preeclampsia. Finally the nurses were ready to send her to Labor & Delivery. When she got to L/D, the nurses she met there said that A had been sent down too early. She found the conflicting opinions of the nurses and the way they seemed to scold her for it to be unprofessional. Still, the nurses on L/D reviewed her birth plan (not a lot of meds, staying mobile) and introduced her to several of the positioning tools available.

When the doctor evaluated her in L/D, A said that he overrode their plan entirely. The doctor told her she would not be able to move around at all and wanted to start her on Pitocin immediately. The nurse, acting as a patient advocate, told the doctor that she had just told A about all the options available to her. A and her husband were not prepared for the doctor’s dictating the birth, so they were both crying at this point. The nurse suggested giving them a few minutes and left the room with the doctor. They came to a compromise where A got another dose of Cervidil instead of Pitocin, but she was then allowed to move around the room.



After 4 hours, A asked for an epidural, which she received along with magnesium sulfate. The epidural was the best decision she ever made, but the magnesium sulfate was awful. A said it “makes you feel slow and drugged, but your heart is racing.” She was afraid that she was having a heart attack, and asked the nurse to check her HR several times.

After the baby was born, A reported that the effects of the magnesium sulfate persisted. She said: “I basically just slept his whole first day of life, which was really sad.” The nurses put the baby on her chest immediately after delivery and wanted A to nurse him, but the baby would not nurse. Still, his Apgar was 8/9, so the nurses appeared happy with his health.

After a couple hours, A was in a wheelchair with baby in arms to be transferred out of L/D. Through the magnesium sulfate fog, A noticed that the baby was turning blue and wasn't breathing well. She told the nurse with her that the baby wasn't looking good, but the nurse said he was okay. A said that the nurse didn't even glance at the baby and ignored her concern. When they turned the corner, another nurse saw the baby and took him right away. The second nurse told A that she was just going to take him for a little bit, but A didn't see the baby for several hours. Still, A and her husband had not slept for several days at this point, so they were relieved that someone competent had taken their baby for care. A said she doesn't know what would have happened if that second nurse would not have looked at the baby and taken him away for care.



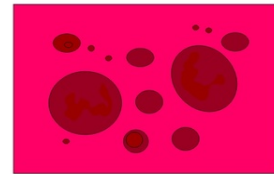
HELLP Syndrome

(Preeclampsia with Liver Involvement)

Hemolysis

Elevated **L**iver Function Tests

Low **P**latelet Count



A was later told that the magnesium sulfate she was given affected the baby for about 48 hours after birth. He needed glucose and breast milk though a feeding tube because he couldn't stay awake long enough to feed. Along with the lethargy, the baby was very jaundiced, so the baby was kept in the NICU for a week.

Overall, A remembers feeling in the moment that she had a horrible birthing experience. There are several good nursing moments I heard in her story (educating, advocating for patient needs), as well as several bad ones (refusing to tell patient her own BP, scratching with long nails, ignoring the patient). I heard about good communication and bad communication, good assessment and bad assessment, moments filled with compassion and moments lacking compassion. What details did you notice that you can apply to your own nursing practice?



Swelling (Edema) Headache Nausea or Vomiting Abdominal (stomach area) and/or Shoulder Pain Sudden Weight Gain Changes in Vision Shortness of breath, anxiety Seizure Head failure

Headache Toxemia eclampsia Lower back pain HELLP syndrome Hyperreflexia Stroke Water in the lungs

I SURVIVED PRE-ECLAMPSIA

Ask a Knight Nurse!

What are some goals that you have set for yourself this year?

“Being more active!”

–Karis Mahler, SNA Clubhouse Director

“Having a job in the nursing field”

by the spring semester. –Jade Bowen, Basic BSN 2018

“To join Sigma Theta Tau, learn a new language, and get a hospital-related job or internship.”

–Kimberly Sarah, Basic BSN 2018

“Be a nurse or die trying.” –Jason Donnelly, Basic BSN 2017

“Graduate, pass the NCLEX, and travel more.”

–Corrine Medeiros, SNA Historian

“To discover new places and types of people!”

–Haley Congrove, SNA BTN Director

“Graduate and move to Tennessee!”

–Keegan Robbins, Basic BSN 2017

“Wedding diet!”

–Katie Erthal, Basic BSN 2017

“Lose all the stress eating weight.”

–Caroline Chu, SNA Secretary

“Graduate, pass the NCLEX, learn a new language, and travel the world!”

–Victoria Wynne, SNA Fundraising Director



Announcements & Upcoming Events!



President: No announcements.

Vice President: Thank you to everyone who came out to our general meeting! We hope to see you all at the next one!

Historian: Join our SNA Relay for Life Team! Contact Corrine Medeiros for more information.

Fundraising: Keep an eye out for our next bake sale! Contact Victoria Wynne for more information.

Community Health: The February Share-A-Meal will be from 4-6 PM on February 12th. There will also be an opportunity to volunteer at Give Kids The World (sign up on the doodle that has been provided on Facebook). And don't forget to join our SNA Knight-Thon Team! Contact Lauren Hurley with any questions or concerns.

Accelerated Liaison: Student Nurses Week is February 26-March 4! See the flyer on the next page for more information!

Clubhouse: Spring semester clubhouse hours are going to be 11:30-1:30 every Monday and then by appointment throughout the rest of the week.

Legislative: Contact Allison Dascani if you interested in running for an SNA officer position!

FEBRUARY 26 - MARCH 4



NURSING STUDENTS WEEK

FNSA presents the annual Nursing Students Week! This year we want to remind all students that in order to take care of others, we must also take extraordinary care of ourselves.

We have some great events planned for the week and hope that every chapter is able to enjoy at least one day in honor of all the hard work each and every student invests towards reaching their goal.

SAMPLE NURSING STUDENTS WEEK

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------------------------------|--|---------------------------|---|---|---|
| Meditate and reflect on why you want to become a nurse | Student run group yoga session | "I bring _____ to nursing" promoting positive thoughts about oneself | Have an in-class pot luck | Do something today that makes you happy— share on Instagram with #fnsaNSW2017 | Host a regional mixer and take pictures with a home-made Instagram sign | Post and share on Instagram about how awesome you and your student nurse friends are! |

NURSING STUDENTS WEEK

F E B R U A R Y 2 6 - M A R C H 4

ACTIVITIES

The theme of this year's Nursing Students Week revolves around caring for ourselves. The week is designed to focus separately on the mind, body, and spirit. Below, I will list some ideas for your school to organize; however, feel free to develop your own ways to care for yourselves and post on Instagram with #fnsaNSW2017

MIND— Encourage meditation and self-reflection, remind ourselves about what we bring to nursing by having a white board reading “I bring _____ to nursing” and let members fill in what they have to offer facilitating positive self thoughts, have a group yoga session

BODY— Cook a healthy meal with a nursing school pal, have a pot luck during class, share your favorite recipes, have a group fitness session at your school's gym, organize shoulder massages for in between classes

SPIRIT— Do something that makes you happy and post it on Instagram with #fnsaNSW2017, have a general meeting or mixer, host a regional mixer inviting other schools within your region, make and pass out stress relief kits

It is recommended that all activities be held in a group setting with all nursing students. We're all in this together so I challenge each school to reach out to another school within their region for a joint event or to the pre-nursing students at their institution! Nursing Students Week would be a great opportunity for current students to share their experience and passion with those who are looking forward to starting their journey in the upcoming years. Let's get them involved, so that they can see what they have to look forward to!

Need more event ideas? Want to increase your chapter's membership or participation? Let me help!

Nicole Ackenbrack

Region 3 Director and Membership Committee Chair

fnsa.region3@gmail.com

Contact Info for the 2016-2017 SNA Board!



| | | |
|----------------------------------|--------------------|-----------------------------------|
| President | Haley Boyle | ucfsnaorlpresident@gmail.com |
| Vice President | Keith Bartolome | ucfsnaorlvicespresident@gmail.com |
| Secretary | Caroline Chu | ucfsnaorlsecretary@gmail.com |
| Treasurer | Sean Lamphier | ucfsnaorltreasurer@gmail.com |
| Clubhouse Director | Karis Tindell | ucfsnaorlclubhouse@gmail.com |
| Historian | Corrine Medeiros | ucfsnaorlhistorian@gmail.com |
| Legislative Director | Allison Dascani | ucfsnaorllegislative@gmail.com |
| Breakthrough to Nursing Director | Haley Congrove | ucfsnaorlbtn@gmail.com |
| Media Director | Amanda Wimmersberg | ucfsnaorlwebmaster@gmail.com |
| Community Health Director | Lauren Hurley | ucfsnaorlcommunity@gmail.com |
| Fundraising Chair | Victoria Wynne | ucfsnaorlfundraising@gmail.com |
| Accelerated Liaison | Nicole Ackenbrack | ucfsnaorlaccelliaison@gmail.com |
| Co-Advisor | Chris Deatrick | Christine.Deatrick@ucf.edu |
| Co-Advisor | Joyce DeGennaro | Joyce.DeGennaro@ucf.edu |

Social Media Buzz

Facebook: Student Nurses Association-Orlando

Instagram: snaucforlando

Twitter: @snaucforlando

Website: snaucforlando.com

Top Point Earners

Basic BSN 2017: Sarah Snoberger, Kaman Chang, Michael Isner

Accelerated 2017: Amanda Minnis, Nicole Murphy, Samantha Tillery

Basic BSN 2018: Allie Fox, Alexandra Weinstein, Kavika Chugh