



# LIFELINE

## NEWSLETTER

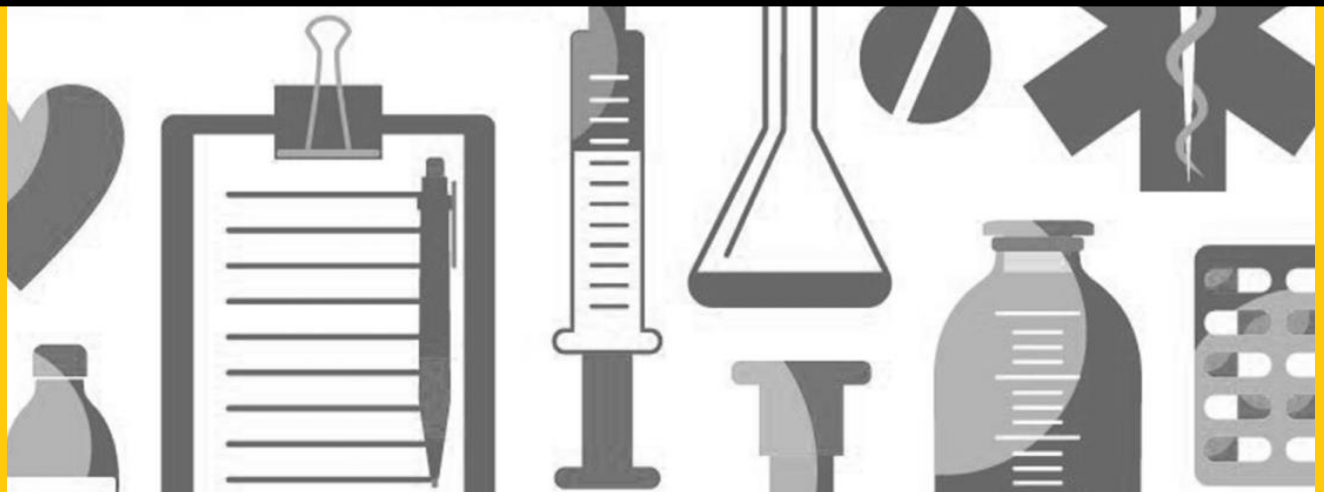


# STUDENT NURSES'

# ASSOCIATION

AT UNIVERSITY OF CENTRAL FLORIDA

ORLANDO



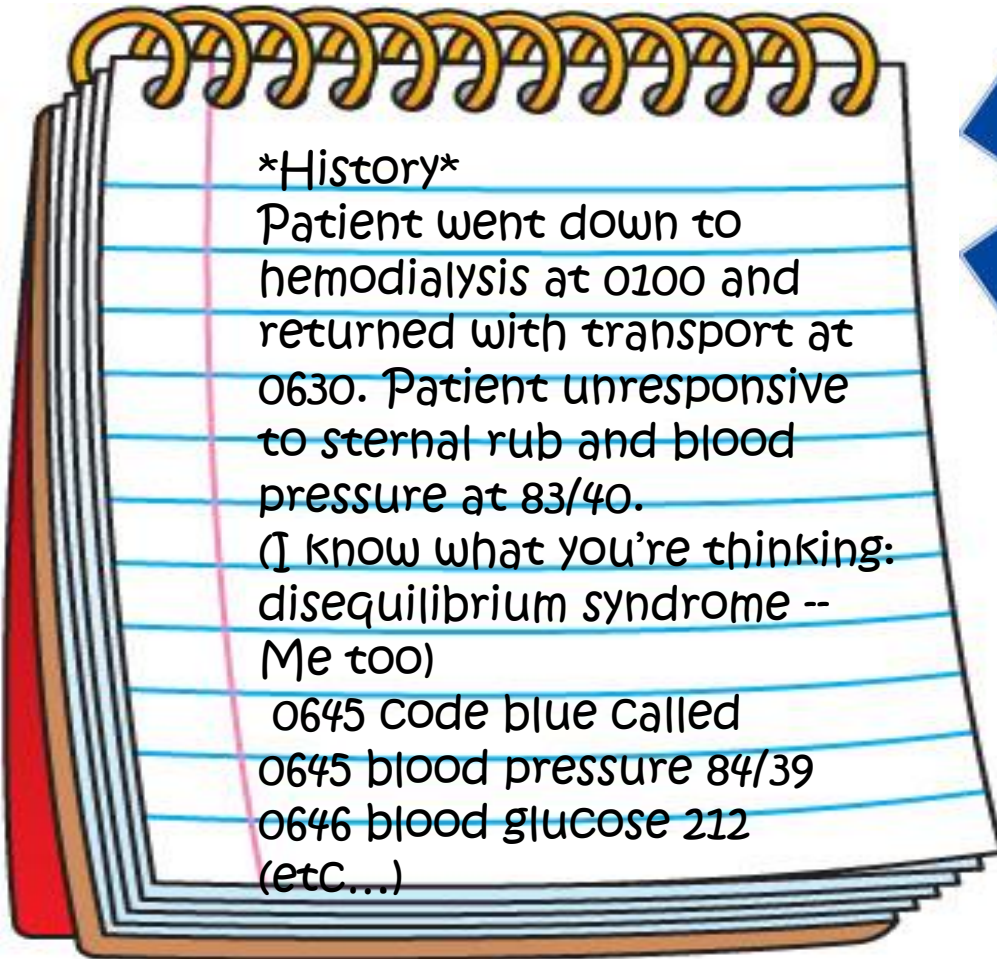
## *Editor's Piece:* **From Lecture to Life:**

**By: Alexandra Weinstein, SNA Media Director, Basic BSN'18**

I'm at the end of my 12-hour night shift. It's 0640 and I've just given my last report. My preceptor, Amber, and I are walking to the break room to grab our belongings. My feet hurt, my head feels like I haven't drunk enough water, and my eyes are burning. I'm imagining crawling into my bed with the curtains drawn and my sleeping mask snugly secured over my eyes. Amber and I are talking about resisting the urge to stop by Krispy Kreme on our way home. Loud beeping and flashing blue lights started going off throughout the hall.

\*Overhead Speaker\* "CODE BLUE ADULT: GINSBURG TOWER 6<sup>TH</sup> FLOOR  
\*\*RM\*\*"

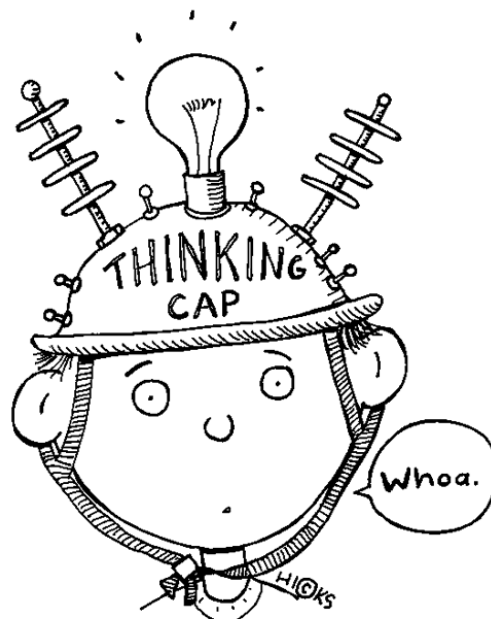
Amber grabs my arm and says, "That's at the end of the hall! Let's go! Run!" I grab my stethoscope off my neck before it flew off while I ran. When we arrived at the room, Amber placed herself in the middle of the room. Walking into that room was like walking into chaos! Everyone was shouting. The crash cart was being pulled apart. The respiratory therapist was at the head of the bed preparing to start ambu bagging the patient. Pharmacy was elbow deep in the code cart pulling out meds, and the primary nurse was shouting out the patient's history. The patient had a pulse, so I was not able to practice my chest compressions. I remembered that someone needs to be recording the events of the code at all times. I looked around and didn't see anyone writing. I pulled out my clinical note book to start recording times of every intervention.



Honestly, the entire code looked disorganized! An ICU nurse ran in to be the right hand man of the physician, two respiratory therapists had started ambu bagging, the physician stood at the patient's bed calling out medication with dosages, and all throughout the code health professionals were coming in and out of the room. The patient's extremities were cold to touch, and the nurses couldn't obtain an oxygen saturation from anywhere. Blood pressure was still at low 80s systolic. The physician ordered normal saline bolus and IV levophed STAT. After those interventions were completed he immediately told respiratory to prepare the patient for intubation. He called out to pharmacy that he needed Versed and Succinylcholine for intubation.

I remembered all this from Dr. D's critical care lecture. If you're going to paralyze the patient, you must also sedate them. A paralytic and a sedative should always go together before intubation. Amber pushed me to the front of the room to watch the physician check placement with the endoscope at the tip of the endotracheal tube. After he was confident with the placement definition successfully placed the endotracheal tube and respiratory started manually ventilating the patient. The patient's blood pressure had return to 130/73. The charge nurse and the physician started preparing the patient to be transferred to the ICU.

I left the hospital later than normal that day, but I will forever remember my first code blue. I was surprised with how quickly I recalled information from Dr. D's lecture. It's definitely reassuring to be in a situation like this, and I feel like I understand what's going on and the rationales for the interventions. I'm excited to keep growing through my practicum experiences.



# 4<sup>th</sup> Annual Inter-Professional Coalition Healthcare Summit

By: Liz Guzman, SNA Vice President, Basic BSN'18



On Saturday, February 17 UF College of Pharmacy hosted the 4<sup>th</sup> Annual Inter-Professional Coalition Healthcare Summit “Teamwork Makes the Dream Work.” I went to this event last year as a junior nursing student not knowing what to expect. I simply went because I was looking to expand my connections by putting myself out there and meeting other healthcare professional students like myself.

After participating in the event, I grew a tremendous passion for IPE. Both the faculty and students of the UCF College of Medicine, UF College of Pharmacy, UCF College of Nursing, and UCF Physical Therapy participated. All of us were split up into groups with an even amount from each discipline and participated in five rotations that consisted of either case studies or simulations. Through these rotations I was able to really learn the roles of each discipline and how all of us work together as a healthcare team to give the best patient care. A big takeaway I took from that event was how much the UCF College of Nursing really prepares their students. I came in intimidated because it was only me and one other junior nursing student participating while the rest were accelerated students.



This year I was one of the lead coordinators of the event and couldn't have been more excited while planning the summit for other students to hopefully experience what I had experienced. On my first meeting for the planning I discovered that one of the UF College of Pharmacy students who was in my group last year was part of the committee this year and it solidified how these events really build the connections for our future careers as we were now working together and were already connected. We both were impacted by the event and both wanted to show our love and passion for IPE through making this event great if not better than last year's.

At this year's summit there were over 100 students! Half of those students were from the College of Nursing which made me so proud! I was not expecting to have such a huge turnout but was ecstatic that I did. The CON station at the event was hosted by Ms. Kim Dever where she put together a simulation of a patient at an urgent care having a panic attack. This was really meant on for the disciplines to work on therapeutic communication and talk to their patients in general. In school we are taught to have a script in our mind to use but in reality it's very unlikely to go as planned. The nursing students that participated in the simulation knew exactly how to handle the situation, however it was impressive to see some of the other disciplines be great at communication as well.



The other four stations consisted of two UF College of Pharmacy stations including an empathy case and an antimicrobial case, the Physical Therapy station with a dementia case, and lastly the College of Medicine with another communication simulation involving a pediatric simulation mannequin.

Overall this event turned out to be a huge success with a tremendous amount of positive feedback. I love these events because in our schooling, we are so used to working together within our disciplines but barely have the chance to work with others which will be our reality after graduation. Working with other healthcare students at these events helps develop great professional skills that focus mainly on communication and how teamwork truly makes the dream work.

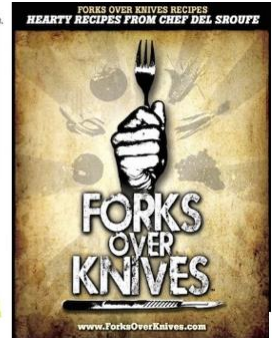
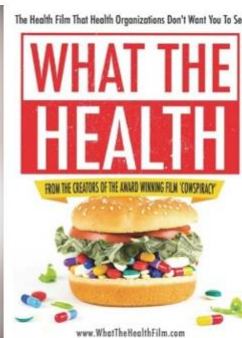
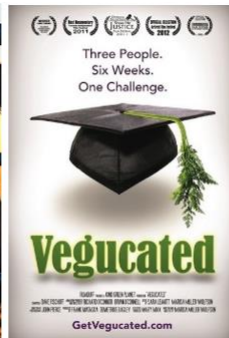
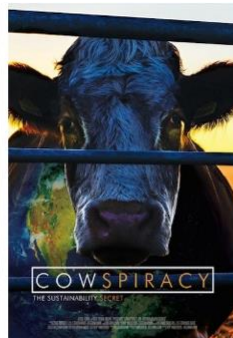


# Why I Chose Veganism:

By: Eliany Torrez Pon, SNA Secretary, Basic BSN'18

I think it's safe to assume that many pet owners have significant heart-to-heart moments with their pets. For me, my dog is my world. Opening my heart to sharing it with another living being is something so pure and fulfilling to me. I've always been a die-hard animal lover, dreaming of one day owning an animal sanctuary in my backyard. One day I was challenged by my vegan cousin as to how I could "love" animals but chose to eat them? For me, meat and animals were two different concepts. But after watching various veganism documentaries on Netflix, I started to believe that all sentient creatures have a right to life and freedom. Now, I am not here to try and convert anyone, but if you are interested, here are some of my favorite documentaries/ movies on veganism:

1. Conspiracy: The Sustainability Secret
2. Forks Over Knives
3. Okja (this is the one I watched before going cold turkey)
4. Vegucated
5. WHAT THE HEALTH





Some really good Vegan places to try in Orlando:

1. Market on South → for some delicious “pulled pork” sandwiches and tacos
2. Tako Cheena → Mexican/ Asian infusion food
3. Toasted → home of The Impossible Burger, the burger that “bleeds”



# My Nursing Journey:

**By: Nancy Farmer, Daytona Basic BSN'19**

“Congratulations!” That was the only word I needed to read before jumping up and down in celebration! You see, I have waited over 10 years to see those words! Yes! 10 years! Over 10 years ago I started taking prerequisite courses toward nursing school. Now, let me clarify! I obviously had several breaks- including getting married, having babies (4 of them), going to Massage Therapy school, supporting my husband through 3 years of Chiropractic school, a year of cancer treatments for my oldest daughter, and most recently a year in midwifery school in Gainesville. My path has been anything but straight, but because of that, I feel such drive and excitement as I face the next 5 semesters!

When I initially set out to attain my RN, I wasn't really sure why- but today, I can answer “why?” without hesitation. Patient care is the backbone of healthcare. Nurses make connections to patients that many other healthcare providers don't get the chance to make.

Every step of the past 10 years has led me here. Working in an optometrist office as a patient tech, being mama, building relationships with massage therapy clients, relying on the many wonderful pediatric oncology nurses and doctors during Callie's triumph over Retinoblastoma... Last October, as I sat in an antepartum midwifery class, I suddenly recognized that I was not where I was supposed to be. After 4 semesters of hard work, dedication, ridiculous on call hours... I heard the voice inside of



# Lifeline Newsletter

Student Nurses' Association – UCF Orlando

me telling me to finish what I started. So here I am, ready to do just that, to finish what I intended all those years ago. To finally chase this dream. The wait has been the hardest part for me. Knowing with such clarity that this is where I belong. Waiting on application cycle to open, waiting on admission decisions, even just waiting for the textbook list! While optimistic and excited, I am not naive to the amount of hard work I have ahead of me- nor the personal struggles that come with juggling life as a mom of 4 littles with school. I am filled with gratitude for the opportunity to be here. Filled with passion to succeed and soak up as much knowledge as I possibly can over this journey so I may serve my future patients with confidence.

To be lucky enough to be in this program, where some of the best nurses have traveled previously, and undoubtedly many of the best alongside of me, I am full of gratitude. 2018 is off to a great start!



# Healthy Whole Wheat Pumpkin Chocolate Chip Pancakes

**By: Emily Wooten, Daytona Basic BSN'18**

It's hard to be healthy and still satisfy your taste buds, but I may have found a solution! I searched up this fun recipe and wanted to share it with any fellow health-conscious nursing students. Go ahead, give it a try!

## Dry Ingredients:

- 1 cup whole wheat pastry flour or white whole wheat flour
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 teaspoon cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon nutmeg
- Pinch of cloves



## Wet Ingredients:

- 1/2 cup pumpkin puree
- 1 tablespoon pure maple syrup
- 1 egg
- 1 teaspoon vanilla extract
- 3/4 cup vanilla almond milk, plus more if necessary to thin the batter
- 1/3 cup chocolate chips (if desired, use minis to get more chocolate per pancake bite)
- Coconut oil or butter for greasing the skillet

## Instructions:

1. In a large bowl, combine all of the dry ingredients.
2. In a separate large bowl, combine all wet ingredients until smooth and well combined.
3. Add dry ingredients to wet ingredients and mix until just combined. If the batter looks too thick add just a splash more milk.
4. Fold in chocolate chips.
5. Lightly coat a large nonstick skillet or griddle with butter or cooking spray and place over - medium heat.
6. Drop batter onto skillet to create the desired size pancake.
7. Cook until bubbles appear on top (about 2 minutes).
8. Flip cakes and cook until golden brown on underside (about 2 minutes).
9. Makes 6 medium-sized pancakes



# Culturally Competent Care

**By: Amanda Levya, SNA Fundraising Director, Basic BSN'18**

Being admitted to the UCF Nursing program has shaped me in ways I had never imagined. Last semester, I was fortunate to join Dr. Upvall's Global Health class. Through her course, I explored the nursing profession's worldwide reach and nurses' duty as global citizens. I gained an acute awareness of culture and a passion that I strive to instill in my peers.

With this article I hope that you not only learn more about our profession in another country, but also gain a new understanding of a different culture.



## A Small Window to the Cuban Healthcare

Nursing students in Cuba are admitted to a 5 year university program based on academic excellence, application, and, sometime, political involvement. After graduation, they serve two years in rural areas to ensure citizens have healthcare access. Nurses fulfill their roles as educators by giving workshops and lectures to the community. Due to the limited medical equipment and unavailable medications, patient education is primarily based on prevention.

There is also an exchange program for medical professionals to travel abroad in exchange for goods the Cuban government may require. Thousands of medical professionals have gone to countries like Venezuela to meet health-related needs. This is the highest source of income for the current government, with tourism being the second.

## A Window to the Cuban Healthcare and Nursing

On the other hand, Cuba has also offered free healthcare services to catastrophe-stricken countries. “Haiti’s earthquake is an example of Cuba’s leadership in bringing in medical assistance without asking for compensation” (Sharp, 2012).

Check out these resources for some interesting insight!



<https://www.youtube.com/watch?v=FKq-PDQaLXU>



<http://www.aljazeera.com/indepth/features/2015/04/cuba-medical-magicians-150430073632978.html>



Cuban healthcare professionals were the first to come into Haiti with aid when the January 12, 2010, earthquake struck. Public health experts say the Cubans were the first to set up medical facilities among the debris and to revamp hospitals soon after the disaster.

## Interesting facts about Cuban healthcare

- The patient's medical history is kept in a notebook which they take from consult to consult.
- Healthcare has a solid base on prevention.
- Cuban doctors, nurses and dentist round each house in their neighborhoods assessing and diagnosing patients, assessing the family structure and environment, and anticipating healthcare issues the citizens may be at risk for.
- Scarcity of pharmaceuticals in the country has created a black market.
- Cuba's infant mortality rate was 4.1 per 1,000 live births in 2017, the lowest in the history of the Caribbean socialist country.
- Cuba is the first country to develop a vaccine effective against Meningitis B, eradicating the disease in the entire nation.



Patient in a psychiatric facility



Physician explaining a diagnosis to a patient





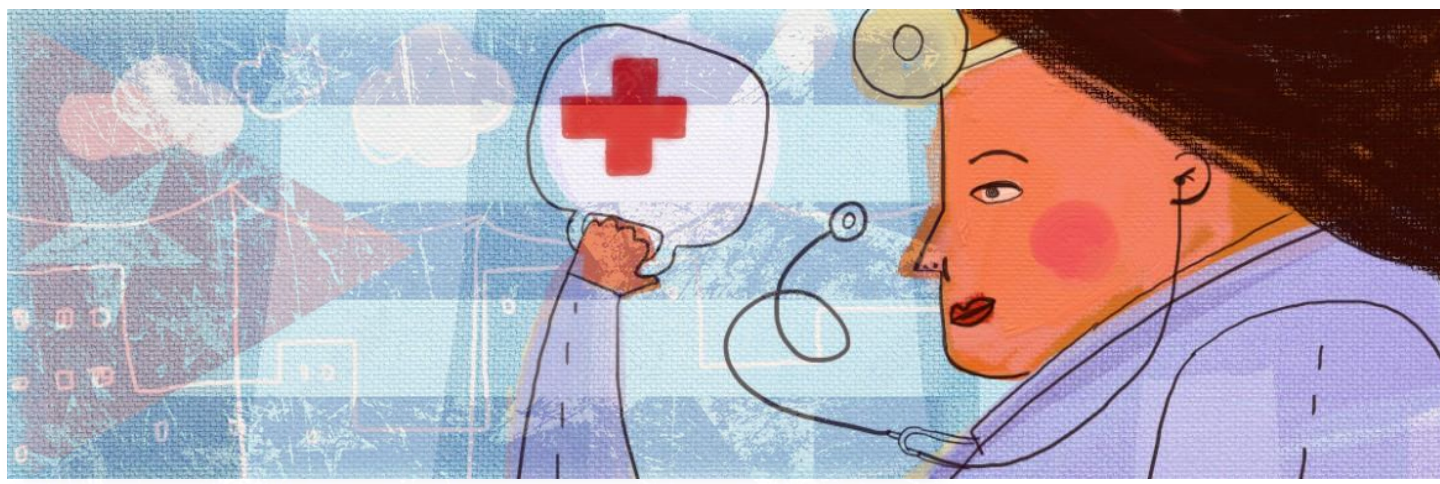
- Cuba offers universal healthcare available equally to all
- Healthcare professionals are federal employees and earned approximately \$20 a month, with a recent increase of up to \$50 a month.
- Cuban nurses' uniforms resembles that of the 1950s style and it is the same across all hospitals in the nation
- Medical equipment is often rinsed, sanitized and re-used in order to reduce costs and recycle supplies. This includes gloves, needles, speculums, syringes, diapers, nasal cannulas, etc.
- International clinics are available for tourists at a cost determined by the government. Cuban citizens are not allowed there and supplies are readily available.
- For children under the age of six, the WHO notes that Cuba reports 6 deaths per 1,000 live births, while the United States reports 8 deaths per 1,000 live births.
- WHO recently validated the elimination of mother-to-child transmission of HIV and syphilis in Cuba.



Cuban nurse listening through a pinard horn.

References:

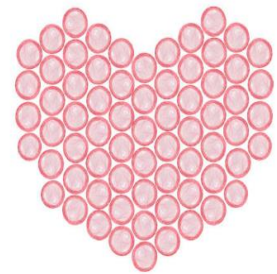
Sharp, L. (2012). Nurses' Unique Place in Cuban Society. *Alaska Nurse*, 62(3), 11.





# No Glove, No Love

By: Jazmin Blanco, Daytona Basic BSN'18



The common saying most of us have heard, but how much do we actually abide by it? I am not here to slam any recent studies, support one gender's use over the other, or claim to be the most knowledgeable person on the subject matter. My goal here is to reinforce safe sex, to everyone! In the heat of the moment we tend to forget critical information. So, let us all take the time to refresh ourselves about the importance of using a condom. No one is immune to catching sexually transmitted infections (STIs), so do not risk it. It is always better to use a condom during every sexual encounter, whether you know the person well or not. No one can know just by looking at someone if they are carrying a STI waiting to be passed onto the next person. Please keep in mind, while other forms of birth control protect against pregnancy, only condoms protect you from STIs such as; Gonorrhea, Chlamydia, and Trichomoniasis. Please note that condoms also protect against the following infections when the sore or blister is covered; Herpes, Syphilis, and Chancroid. In conclusion, protect yourself and use a condom.

# Knight-Thon!

**By: Tara Mattox, SNA Community Health Director, Basic BSN'18**

Everyone has their own special reason why they wanted to become a nurse. Mine started when I got involved with Knight-Thon. For those of you who don't know, Knight-Thon is UCF's largest student-run philanthropy that raises money year-round for Arnold Palmer, our local Children's Miracle Network Hospital. In spring semester, we stand for a 20-hour long dance marathon.

While I was on the Morale Team my sophomore year, I was able to truly see what this organization is about and connect with some of the Miracle Children we support. Through every procedure these children go through, it amazes me how resilient and strong they are. While on a tour of Arnold Palmer Hospital that year, we had the opportunity to talk to a couple of nurses at the NICU. A light bulb went off and I instantly changed my major to nursing that day and never looked back! Flash forward to my pediatric clinical rotation at Arnold Palmer 2 years later. I was taking care of a patient and looked down and saw the CMN logo on the bottom of the IV pole. In that moment, I realized that everything had come full circle and my dream of becoming a nurse was finally happening! I will be able to not only help these children by raising money for CMN, but I will also be able to care for them at the bedside.

Being a part of Knight-Thon throughout my entire college career has allowed me to become a part of something bigger than myself and guide me to my future career as a nurse. On April 7<sup>th</sup>, SNA will stand 20 hours for the kids who can't in hopes that one day they will be able to join us.



If you'd like to help SNA reach our team goal of \$10,000 you can follow this link:

<https://events.dancemarathon.com/index.cfm?fuseaction=donate.team&teamID=25419>

Every dollar makes a difference

**SIGN-UP  
TODAY**

# President's Corner

**By: Carolyn Hair, President, Basic BSN'18**

## **Juniors, Why Should you take a Student Nurse Intern or Nursing Assistant Position?**

Besides choosing UCF for nursing school, obtaining a Student Nurse Intern position was the best thing I could have done for myself. The experience, confidence, and exposure I have gained from my job is immeasurable. Working in the emergency department has allowed me to see various types of cases and get used to interacting with patients, doctors, nurses, and other parts of the healthcare team. In addition, you also get to perform skills like EKGs, splinting, CPR, venipuncture, straight cathing, and many more on a regular basis. Some of these skills a normal student will never have a chance to try until they are actually working on a unit as a nurse. By obtaining a job as a nursing assistant, you are setting yourself up for success because all of these things will already be second nature to you by the time you begin your nursing career. You are also allowing yourself to become familiar with that particular hospital's computer system and policies which will save you the stress of having to learn all those things while trying to stay on top of your workload.

You don't have to be an intern in the emergency department, there are MANY different units to work on. Find a floor that sounds interesting to you at an organization you want to work at and apply for the job! I have friends that work on trauma step down, neuro ICU, NICU, and cardiac PCU. There are jobs available at the VA, Orlando Health, and Florida Hospital. Also, make sure to find a unit that recognizes that you are still a student and is flexible with your ever-changing schedule.



At this time you might be wondering, “How on earth am I supposed to manage working and going to school? That seems impossible.” I assure you, senior year has a much lighter class load and you should have adjusted enough to nursing school by then that you know how to manage your time more wisely. However, again, make sure you find a unit that understands you are in school and makes your education a priority. My manager is phenomenal and is great about asking for our school schedules prior to making the schedule. She also only asks that we work once a week, which is very doable. We send in the days we want to work and she gives the students first priority for scheduling before filling in everyone else’s schedule.

When should you start applying? I think any time is appropriate to start applying. I applied for the job the week before spring break. This gave Orlando Health enough time for all the paperwork to go through and for me to start orientation the second week of May. If you still aren’t sure about being an intern this quickly, it’s never too late to apply. I have friends that decided they wanted to be an intern this past semester and applied before Christmas break of this past year. The important thing is to apply and get as much experience as you can!

If you have any further questions, feel free to message me on Facebook or find me at the College of Nursing.



# Announcements & Upcoming Events!



Come support us on  
March 3rd, 2018  
9:00 am - 2:00 pm

STUDENT NURSES' ASSOCIATION @ UCF

## Car Wash Fundraiser

2885 S Orange Ave, Orlando , FL 32806



Help us  
fundraise!



## SOCKS MADE BY NURSES FOR NURSES

These socks make perfect graduation gifts, stocking stuffers, thank you gifts, and much more.

For classmates, instructors, nursing preceptors, and all the other nurses in your life.

\$8

STUDENT NURSES' ASSOCIATION

# Contact Info for the 2017-2018 SNA Board!



President	Carolyn Hair	ucfsnaorlpresident@gmail.com
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## Social Media Buzz

Facebook: Student Nurses Association-Orlando

Instagram: snaucforlando

Twitter: @snaucforlando

Website: snaucforlando.com

## Top Point Earners

Basic BSN 2017:

Accelerated 2017:

Basic BSN 2018: