



# LIFELINE

## NEWSLETTER

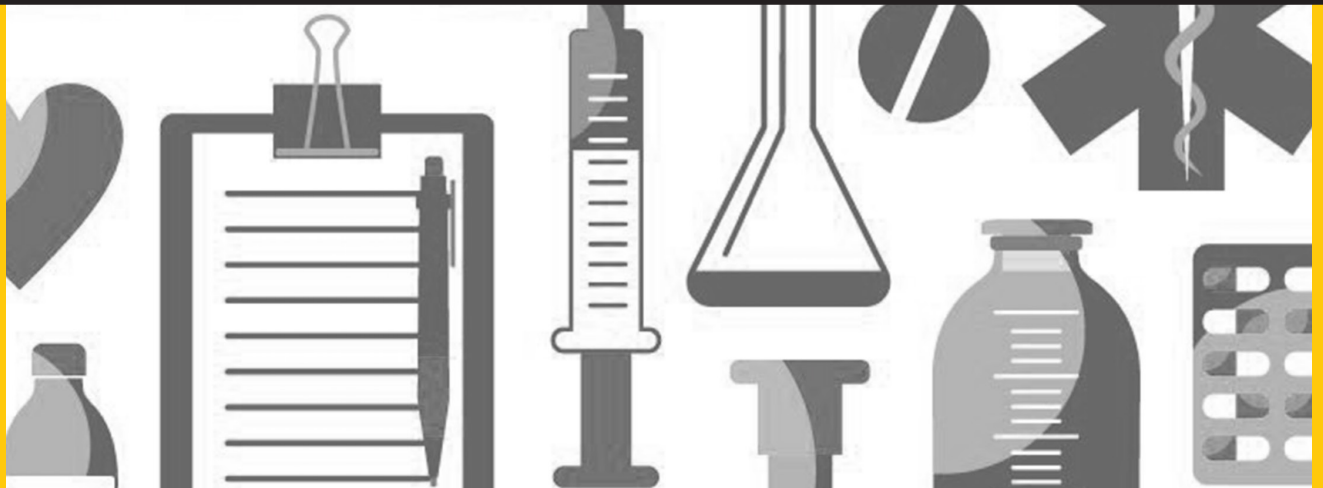


# STUDENT NURSES'

# ASSOCIATION

AT UNIVERSITY OF CENTRAL FLORIDA

ORLANDO





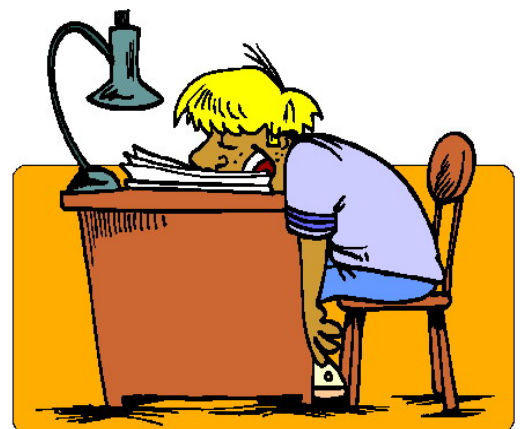
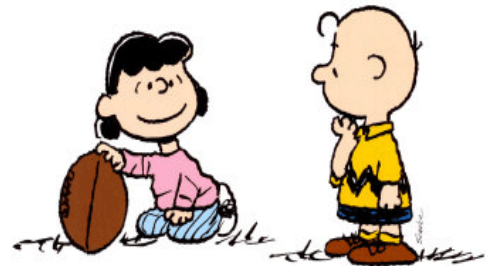
Whether you are just starting out or you are getting ready for NCLEX, you are probably feeling a little overwhelmed right now (because I know I am). At any given point during my time in nursing school, I was feeling overwhelmed about something and I learned, throughout my journey, that is completely normal. It is completely normal to question even wanting to BE a nurse anymore (believe me, I did that a few times). It's completely normal to come home feeling exhausted and to think you can't take one more day of this. But you know what? You can.

I found that the most important things to remember are:

**Grace.** Give yourself lots and lots of grace. You are going to make mistakes. You are going to blow that vein, mix up medications, not know the right answer sometimes. However, it is important to know that you should not dwell on your mistakes. They happen! Grace is important - you need to forgive yourself, and learn from these mistakes that you make - that is what will make you a better nurse in the long run.

**Rest.** This word seems to be very foreign to every nursing student, especially me. However, it is utterly important to give yourself a break from all of the madness. Take time for yourself, your significant other, your friends. Take an hour to call an old girlfriend or go for a walk. Clear your head and come back to it later. Stay refreshed. Stay hydrated and stay nourished. You can't expect to keep other people healthy if you aren't healthy yourself.

NEVER EVER  
EVER  
GIVE UP!



**Patience.** You are not going to learn nursing in a day. You are not even going to learn it in a year. Or ten years. Be patient, the knowledge will come. And keep coming and keep coming. The day it stops coming and you stop learning, is the day you need to stop being a nurse.

**Love & compassion.** To me, this is what separates a good nurse from a great one. The ones who really invest themselves in their patient's well being and the ones who truly love what they do and have compassion for everyone, they're the great nurses. Don't ever be judgmental. Don't ever stop loving people.

So, baby nurslings, I hope this letter to you has helped you in some way. I hope you remember why you started nursing school. I hope you remember to trust your instincts and question everything. Whether it's your first semester or your last, don't give up. Keep on keepin' on. It is your choice to see how bright the light is at the end of the tunnel. Make it shine bright.

You're BRAVE  
& BRILLIANT  
and OH-SO-  
RESILIENT.

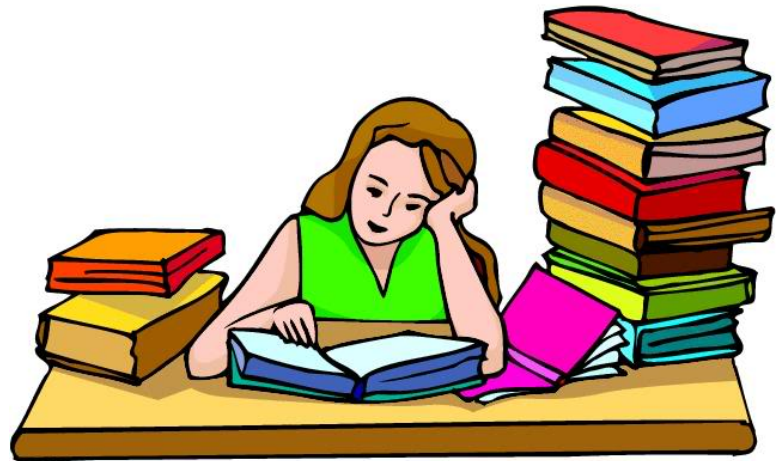




## Focus...

Written by: Ryan Greene, Basic BSN 2018

There are many things that we need to focus on while in nursing school. The most important thing, of course, is to focus on yourself. However, that is such a hard thing to do when you are constantly comparing your success to how other people do, which is something I find myself doing often. This is especially true for two of my friends, we'll call them A and M. A will start studying the day before a test. Meanwhile, M studies the most of any person I know, staying prepared the day of lectures, and studying many days in advance for a given test. I basically sit in the middle of the two, as I only study when I am with M but hardly ever on my own like M will do. You can guess who does the best on the tests, it's A. If that is hard to believe then imagine how M and I feel when, despite all our studying, we are still not up to par with A. Even when we do well in our own right on tests, it's easy to lose focus on our successes when someone else did just as well with far less.



This reminded me of something my nurse said to me on my last day of Adult 1 clinical when I noticed she used a different patient information sheet than what was standard for the unit. As a new nurse, she tried out many different information sheets until she found one she liked and worked best for her, then she committed to it and made it her own. That's what we need to do for everything in our life, from our study habits to our nursing processes. So, ask everyone what they do and see if you can make it your own. Whether it is something like dressing up for a test (I hear a suit does wonders) or buying 108 gel pens to take colorful notes. There are so many things we can do to improve our focus and be successful. Yet, also recognizing that other people's strategies for success can become our strategies for failure.



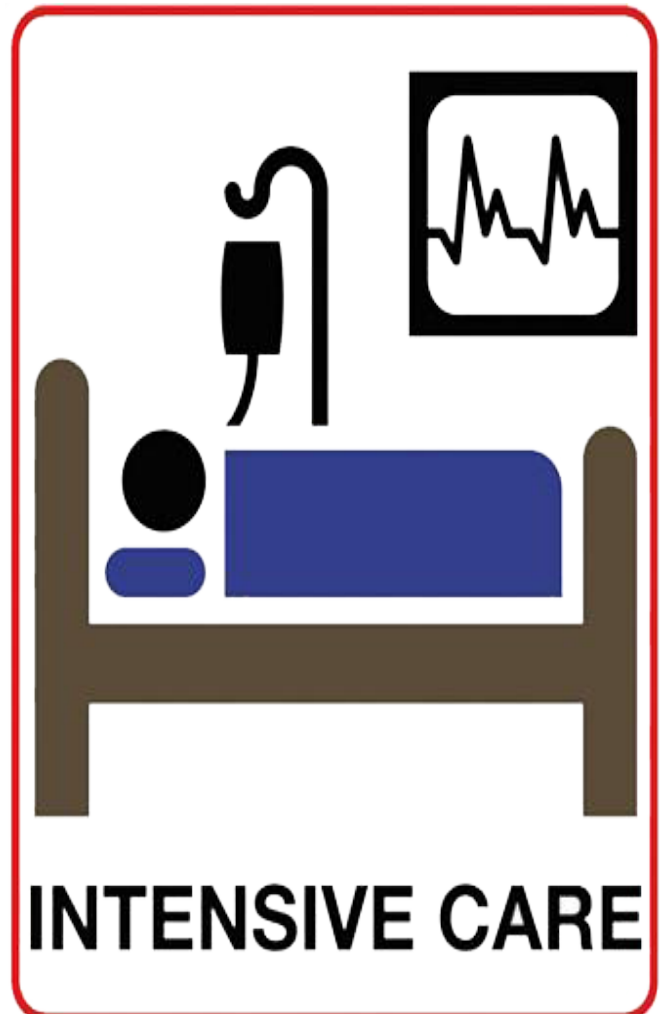
I constantly must remind myself of the expression “different strokes” and be happy that A is as intelligent as she is and that it does NOT take away from my work ethic. It is a concept so simple but also one that we readily forget when we start asking how people did and how it happened. Focus. When we stop focusing on others we can begin to focus on ourselves and that's where success starts.

# Life Goes On

Written by: Carla Villones, Basic BSN 2017

One of the things that I love about nursing school is hearing about the different clinical experiences we've all had. One particular experience that has left a significant impact on me happened during my Adult II rotation.

It was my observation day in the ICU. After asking my nurse multiple questions about the unit and busily jotting down notes, she informed me of the patient that she had for that day. This particular patient was experiencing end-stage liver disease which caused them to have multi-organ failure among other severe health complications. Standing in the nurses station I quickly noticed that their spouse, whom I learned had not slept nor eaten in hours and had not gone back home in days, sitting there quietly at the bedside. The physician informed the patient's spouse that unfortunately the patient was not a candidate for a liver transplant and that they should consider withdrawing the patient. I remembered thinking how the atmosphere seemed so still, so fragile. The patient's spouse, regardless of how stoic and serious they seemed all this time, was struggling to hold back tears. In that moment I realized the gravity of the situation and how life can truly change in one moment.



After taking a break I went back to the unit, only to be told that the patient's spouse and family members were present to say their final good-byes. It was a surreal moment. Everything was happening so quickly and I remembered feeling powerless as a student nurse. Within the next two hours, I was there when the patient was extubated, there when family members walked out of the patient's room with tears flowing down their faces, and there when my nurse informed me that we would do post-mortem care which we finished a couple minutes before post-conference was scheduled.

What I learned from this day was that talking about these experiences instead of holding it all in made me feel better and also made me realize that I was not alone. As future RNs, we'll see things that we've never seen before and feel things we've never felt before, making it that much more important that we take care of ourselves in the process. I remembered thinking to myself what an honor it is to be with the patient in their final moments. Although it might sound like an exaggeration, I left clinical feeling like a different person that day and it made me realize just how challenging but rewarding nursing is.



“In three words I can sum up everything I’ve learned about life: it goes on.” –Robert Frost



# Self-Care on a Student Budget at Aveda

Written by: Hanneke Hoekman-Sites, Accelerated 2017

Do you need to step back and take a breath now that the first round of tests is over? Nursing school is a marathon, not a sprint. It is important to relax once in a while. If you are craving some pampering but feeling poor (what student doesn't?), I recommend you give the Aveda Institute a try.



Why Aveda? I love to go there because of the relaxing atmosphere and low prices. Services are performed by students with instructor supervision (so your service is their clinical experience). Could your hair use a cut? Do you want to try a new color or some highlights? Maybe a stress-relieving massage sounds good? Or a pedicure? I have experience with their haircut and pedicure services, and I recommend both.

## Lifeline Newsletter

Student Nurses' Association – UCF Orlando

**Pros:** Prices are affordable, even for students. Haircuts cost \$12-18. The instructors check in with you at every step of the process. If you are not happy with the final result, the instructor will fix it. They want you to leave happy. Pedicures cost \$18 (and you get to keep the bottle of polish they use on you). Because it is a school, they are very concerned with teaching their students proper hygiene. Remember the handwashing practice we did as students? They are very strict about cleaning out pedicure basins and using brand new tools and polish.

**Cons:** Since services are performed by students, plan on spending some extra time here. Haircuts for me usually take around 3 hours, while a pedicure can take up to an hour. If you have scent sensitivity, this might not be the place for you, since many products have essential oils.



If you want to try Aveda, go online to see the complete list of services and prices, then use the link to book an appointment. You can also call to book an appointment, which I find easier than their online form. Just keep in mind that it can be tough to get them on the phone over the weekend. The Aveda Institute in Orlando is located at the intersection of Semoran and Aloma (495 N. Semoran Blvd, 407-657-0348).

# The Night I Worked the Pulse Shooting

Written by: Corrine Medeiros, SNA Historian

My whole life has always been surrounded by nursing, law enforcement, and firefighters as I have had family members working within these professions. I grew up with a desire to help those around me, be it strangers or those I know and love. It did not take long for me to realize that my passion for nursing lied within emergency medicine. After completing my first year of nursing school and learning so much more about myself and the autonomy I possess, I decided to take up a nursing assistant position within Orlando Regional Medical Center's Emergency Department; this way I could see if I truly had what it takes to be a part of this unit.



I started working within the ED this past May and spent my orientation time being trained by another nursing assistant who I grew to respect and look up to. Within my third week of training, my preceptor and I were placed in triage for the first time. It was the night of June 11<sup>th</sup> and it was a slow night. I remember the night starting off quiet and the patient load being very small. It isn't unusual to see law enforcement vehicles or ambulances speed by the front glass windows of triage with their lights and sirens on. Being that we are a level 1 trauma center, it is something we see many times a day. But that night, when we counted over 28-cop cars passing by our windows, we knew something was wrong.



Although we did not know exactly what to expect at the time, we did know that whatever it was, we were going to receive the effects of it within our emergency department. Within minutes, the gunpowder could be smelled from the front doors of triage; it was then that we knew it was close. My preceptor got up to see what was going on. When she returned she told me that we would be receiving 2 possible trauma alerts, undoubtedly victims of gunshot wounds. Since I was in triage, I continued to care for those who were already in our waiting room and started my assessment on a patient. Our hospital was then placed on lockdown due to receiving GSW traumas.



It seemed as though things changed in an instant. My preceptor pulled me aside and explained that we were undergoing a “Mass Casualty Incident” or an “MCI.” What started off as two gunshot wound patients, turned into twenty. I was told to finish assessing my patient, business as usual, and then return to her for further instruction. I stayed focused on the task at hand, completing it as quickly and efficiently as possible. The next few hours were a blur and a mixture of running from task to task. We were receiving patients on ambulance trucks, law enforcement vehicles, and the cars of citizens. We rolled out empty stretchers to the front of the ambulance bay in hopes that we had enough for every patient coming in. I returned to the area I was assigned to as I tried to calm our patients we received from the start of shift and keep them inside since we were on lockdown. Minutes felt like hours, the bed board showed over 30 registered “John Doe” patients and it felt like it would never end. My preceptor came back to retrieve me and asked me for help in moving occupied stretchers since they were blocking the hallway. As I followed her she turned back to me and said, “Get ready.”



# Lifeline Newsletter

Student Nurses' Association – UCF Orlando

I braced myself for the worst possible sights and sounds and what I met was not what I had expected. I expected screaming, chaos, and shouting, but instead walked into deafening silence. I went on autopilot and let my innate abilities take over, trying not to let my emotions flood over me and keep me from doing my job. We moved stretchers, making a walkway for employees to go through and making room for the portable x-ray machines. I returned to my side of the unit and soon after the code silver was called. I did not know what this meant at the time and was informed that it meant we had an active shooter within our hospital. The claim turned out to be a rumor but at the time it truly was believed and felt very real. I feared for the lives of our patients and feared for my own. I worried about what my parents would think and hoped that they were sleeping and hadn't heard or seen anything on the news.

We hid in rooms and prayed for the code silver to be over and soon enough, it was deactivated. Through all of what occurred that night, I can truly say that I am proud of this team more so now than I ever have been. Teamwork has always been consistently displayed by everyone, regardless of his or her role on the unit. That night, no one was ranked by his or her profession; we were all on the same level and we all became one organism. We may have been scared and at a loss for words, but I assure you that we could not have worked together any better than we did that night. Employees from day shift came in early to help us respond to the MCI and doctors and nurses from other Orlando Health systems came in. We had the help of several employees from Arnold Palmer and South Seminole. A total of 417 team members responded.



Many things were in our favor that night. Pulse is only half a mile or 3 blocks away from our ED. The incident occurred around 2 AM, before the 3 AM shift left. We also had the most highly trained residents possible since it was their last month with us. To put that night into perspective for you, I have some statistics. We received 44 victims that night, receiving the first 36 patients in 36 minutes. We gave a total of 441 units of blood. On an average Sunday night, we give around 35 units of blood. 76 surgeries were performed as of September 6<sup>th</sup>, with 28 being completed alone on the day of the incident.



What happened that night was a display of the worst of humanity. But the love that poured out from the world in the following days, weeks, and months, was a display of the best of humanity. We received gifts and cards from all over the state, nation, and world. We did not feel alone. The city lit up in rainbow lights and mementos, memorials, and signs were left throughout Orlando showing that although hate may be strong, love will always be stronger. Our hospital, Orlando, and the LGBTQ community were forever changed by the effects of that night but it has taught us many important things: one of them being that it is better to love than hate.



The cards, banners, and other various gifts we received touched us all. Today, I have brought with me a scrapbook made by two separate hospitals. In 2011, a mass shooting occurred in Tucson, Arizona. The staff was greatly affected by the aftershocks of the trauma and shortly after the incident they received a scrapbook from a small hospital in Pella, Iowa. The scrapbook had words of support and messages for the hospital's staff and now both hospitals, Banner University Medical Center and Pella Regional Health Center, have partnered together to make scrapbooks for hospitals experiencing similar traumas. One such scrapbook was made for us and I cannot begin to explain how beautiful and heartfelt these messages are. As I flipped through the pages, I was touched by their words. One message really stuck with me and I would like to share it with you. The message reads: "The journey of grief can seem bleak and lonely. Look in front of you...there are others encouraging and guiding you. Look beside you...there are others on the same journey. Look behind you there are others encouraged by you. You are not alone on this journey."

For those of you in nursing school, I hope that as you continue throughout your nursing careers, you take this with you. Nursing is a profession that is often unpredictable in its course and is constantly challenging the mind and body. It is one of the very few professions that allows one to witness the human condition so closely. As you continue throughout your career, remember that you only get out what you put into it. By giving your entire heart and caring nature, I guarantee what you receive will come back ten-fold.

My piece of advice for you is to be fearless in the pursuit of what sets your soul on fire. Tomorrow is never guaranteed. Go after what makes you happy and brings meaning to your life, regardless of the consequences that you may fear. Spend time with people who support you and bring you joy. And don't live life simply because you're in it, but because you have the chance to make a change, whether that be through one person or one thousand people.



**#ORLANDOSTRONG**

## Catching Up With Cocoa!

Written by: Alysha Andrus, SNA Cocoa Website Administrator

This month, the Cocoa Student Nurses' Association is focusing on trying to offset the costs of airfare for the convention in Dallas, Texas, and hope to raise enough funds to allow many of our members to attend. This month, we hosted a Chipotle fundraiser in Viera, Melbourne, where 50% of the proceeds from purchases that night went to Cocoa SNA! We also hosted a car wash at UNO's pizzeria in Viera, Melbourne. In addition to our fundraising, Break Through to Nursing (BTN) has been working with our juniors in a mentor/mentee program called Senior Buddies. We remember how stressful it was beginning the program and not knowing what to expect in our classes, so we hope this mentoring program will lift some stress off of our fellow classmates in order to ensure their success!

BTN is also hosting a resume building workshop, which will allow for professional development and interviewing skills. This is vital to our success as we approach graduation in August. We will also be able to hand out these resumes to potential employers when we attend the Career Fair on February 28th! We have also started a Teaching Assistant program which was previously non-existent. This will offer tutoring and assistance in demanding classes such as Pathophysiology, Health Assessment, and more. We are very proud of our cohort and everything we have all accomplished in this past year. We look forward to what is to come!







Regional volunteerism has gained a lot of momentum lately too. As more and more people seek to donate their time, websites such as VolunteerMatch.org have been developed to help. Volunteer Match is a phenomenal pairing system that links you to a group or event based on your special interests. Volunteer Match lets you browse through general themes such as “Human Rights” or “animals” to see what’s happening in your area. You can also utilize their direct search function by describing the exact topic you care about. They even have virtual volunteer options that allow you to help a cause without getting off your couch!

If leaving your couch, state, or country is more your speed then try a destination volunteer adventure. Cross-Cultural Solutions is an organization that has revolutionized overseas travel for good. Whether you’d like help Syrian refugees in Greece or provide healthcare to AIDS sufferers in Tanzania, CCS can make it happen. Their booking process lets you select where you want to go, how long you want to stay, and your travel companions too. Plus they can even help you pay for your trip!

So whether large or small, near or far, there is something out there for anyone who wants to help others. You don’t have to go around the world to affect someone’s world. You might just find a new favorite charity right in your backyard. No matter what you choose to do, rest assured that volunteering will give you a Spring Break to remember!



# Food That Will Heal Your Soul

Written by: Keith Bartolome, SNA Vice President

Santiago's Bodega is a modest and rustic tapas restaurant located on Virginia Avenue, just west of Mills Avenue. They serve a variety of ethnic foods ranging from Greek tapas to Spanish tapas, among many more. The prices were reasonable for the high quality of food they provided. Below is a picture of their popular beef short ribs with a cherry-hoisin glaze and an orange-miso slaw. Below that is one of their delicious flourless chocolate cake with a drizzle of organic honey and fresh blueberries. It is the perfect setting to celebrate a special occasion with a loved one or to catch up with old friends.





# Ask a Knight Nurse!

*“What made you fall in love with nursing?”*

“Wearing pajamas to work is considered professional dress” –Karis Tindell, SNA Clubhouse Director

“Getting to know how to be the best kind of patient advocate” –Sean Lamphier, SNA Treasurer



“Being able to spend everyday helping others.”  
–Nicole Ackenbrack, SNA Accelerated Liaison



“Making a difference in people’s lives and being able to utilize creative and critical thinking everyday.” –Rachel Bell, Basic BSN 2017

“Knowing that the possibilities within the field are endless and that I get to make a difference!” –Corrine Medeiros, SNA Historian



“Diversity.” –Dhana Concepcion, Basic BSN 2017

“Falling asleep knowing that I made a positive impact on someone’s life everyday.” –  
Scotlynn Bell, Basic BSN 2017



“I fell in love with nursing when I realized that it’s a career you can make a difference in someone’s life every, single day!” –Kimberly Bogers, Basic BSN 2018

“Being that light of hope at the end of the tunnel for a patient and their family when they feel as if there is no hope left. And being that shoulder to lean on for comfort during the worst days of their life.” –Victoria Wynne, SNA Fundraising Director

“Neonatal babies!” –Kelly Barrett, Basic BSN 2017

“Realizing that I can carry on my mom's legacy as a nurse and give the same care she gives to me and her patients.” –Matthew Berry, Basic BSN 2018

“I first fell in love with nursing because I could combine my love for anatomy and physiology with my want to help and care for others.” –Sarah Rose Thornton, Basic BSN 2018





# Announcements & Upcoming Events!



**President:** Seniors, look out for our Kaplan and Hurst NCLEX review classes! Kaplan will be March 21<sup>st</sup> and Hurst is still TBA.

**Vice President:** Thank you to everyone who came out to the February general meeting! Our next general meeting will be on March 28<sup>th</sup> at 1730. Keep an eye out for more information!

**Historian:** Relay for Life is approaching quickly! The event is going to be on March 25<sup>th</sup>-26<sup>th</sup> from 4PM-6AM. Come out and support your knight nurses! Contact Corrine Medeiros with any questions or concerns.

**Fundraising:** Keep an eye out for more information about our Bake Sale on March 27<sup>th</sup>!

**Community Health:** This month's Share-A-Meal will be on March 5<sup>th</sup> 4-6 PM. There will also be a Bone Marrow Swab Party on main campus (exact location TBA) for DKMS on March 27<sup>th</sup> 10AM-4PM. Knight-Thon is about one month away! It's not too late to register! Contact Lauren Hurley for more information.

**Accelerated Liaison:** Thank you to everyone who has been participating in Nursing Students Week! We hope you are enjoying all of the activities!

**Clubhouse:** T-Shirt designs are due by March 5<sup>th</sup> at midnight! Please email any designs to Karis Tindell at [ucfsnaorlclubhouse@gmail.com](mailto:ucfsnaorlclubhouse@gmail.com). Also, check out our new pre-order merchandise on the next few pages.

**Legislative:** Please contact Allison Dascani if you are interested in running for an SNA officer position!



## T-Shirt Pre-Order Form

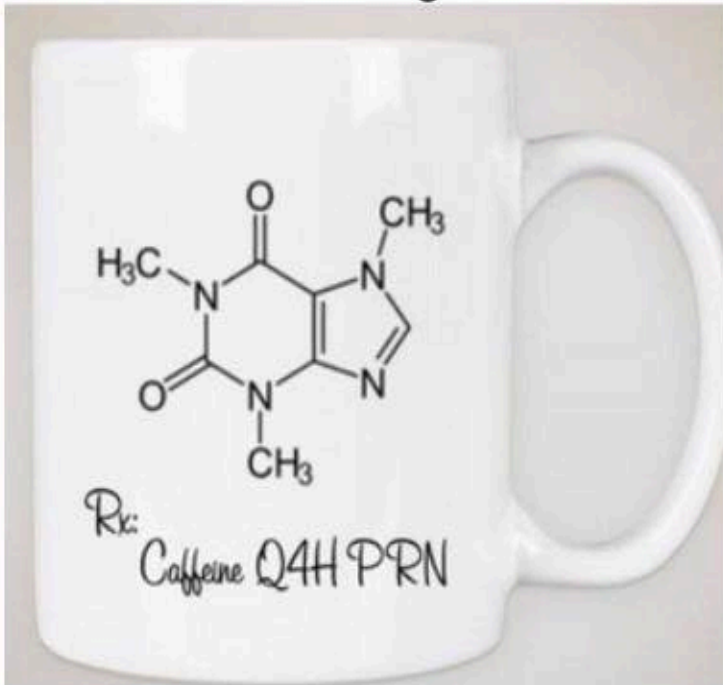


(grey color, similar to the recent "Best Mom/Dad" shirts)

Name:					
Phone Number:					
Email:					
Size: (check 1)	XS	Sm	Med	L	XL
<b>\$20.00</b>	Cash	Card	Check ~ made payable to UCF Student Nurse Association (UCF SNA)		
<b>Payment:</b> (check one)					
Signature:					

**Official Use:** Payment Received \$ \_\_\_\_\_ by \_\_\_\_\_ (name) on \_\_\_\_\_ (date)

**Caffeine Mug Pre-Order Form**



Name:		
Phone Number:		
Email:		
Style Type: (check one)	Ceramic Mug \$10	Stainless Steel Travel Mug \$15
Payment: (check one)	Cash	Card
Check ~ made payable to UCF Student Nurse Association (UCF SNA)		
Signature:		

**Official Use:** Payment Received \$ \_\_\_\_\_ by \_\_\_\_\_ (name) on \_\_\_\_\_ (date)





## T-Shirt Pre-Order Form



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Please initial above for black or white shirt

Name:					
Phone Number:					
Email:					
Size: (check 1)	XS	Sm	Med	L	XL
<b>\$20.00</b>			Check ~ made payable to		
<b>Payment:</b> (check one)	Cash	Card	UCF Student Nurse Association (UCF SNA)		
Signature:					

**Official Use:** Payment Received \$ \_\_\_\_\_ by \_\_\_\_\_ (name) on \_\_\_\_\_ (date)

# Contact Info for the 2016-2017 SNA Board!



President	Haley Boyle	ucfsnaorlpresident@gmail.com
Vice President	Keith Bartolome	ucfsnaorlvicepresident@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 Change, Michael Isner

Accelerated 2017: Amanda Minnis, Nicole Murphy, Samantha Tillery

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