

Editor's piece:

Florida's Nursing Shortage:

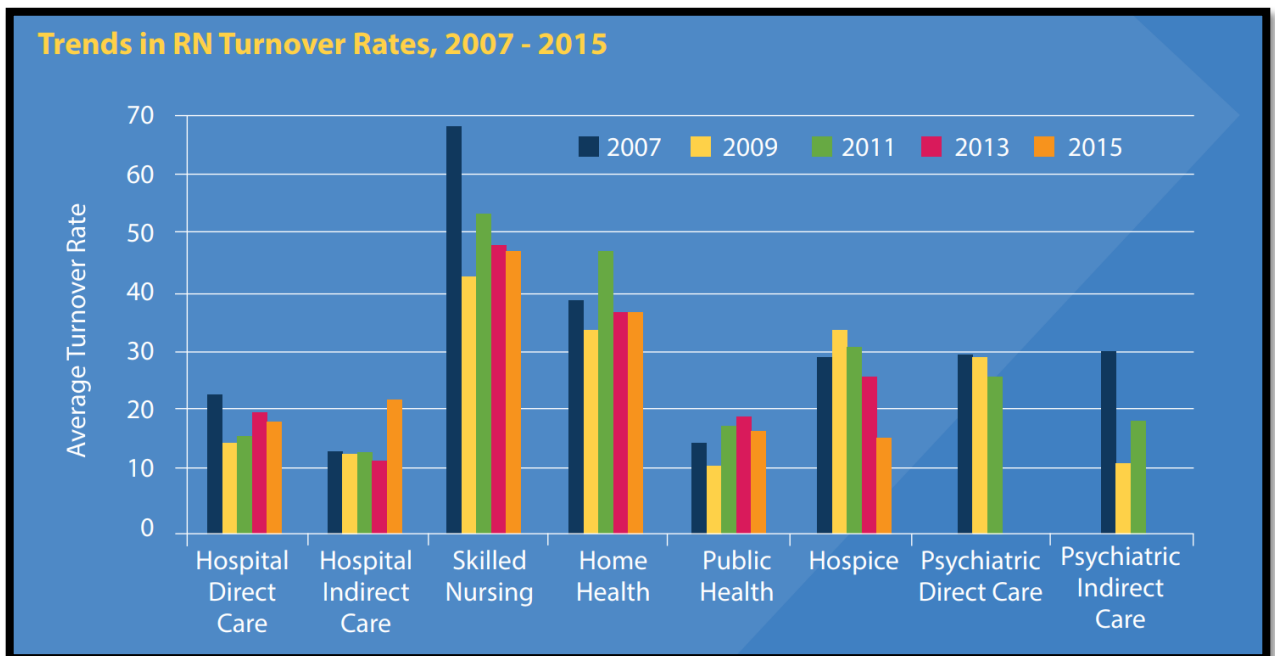
By: Alexandra Weinstein, SNA Media Director, Basic BSN'18



The other day, my uncle emailed me an article addressing the nursing shortage. He's aware I've been looking for graduate nurse position. The article's purpose was to encourage nurses to join their hospital staff with a bunch of enticing signing bonuses and employee benefits. I know my uncle sent me the article in attempt to persuade me into moving closer to him, but it got me thinking about the nursing shortage. Living in Orlando, I don't really feel that there is a big nursing shortage, but that feeling isn't an accurate portrayal of Florida's nursing demand.

According to the Florida Center for Nursing around 12,493 nursing positions were not filled in 2016. Students of University of Central Florida's College of Nursing may not feel the nursing shortage so harshly since nursing schools and healthcare systems surround Orlando. Some students even feel like there are not enough positions in their dream specialty. Unfortunately, Florida along with the United States is still in a nursing shortage. Why are we in this nursing shortage?

Over 70% of hospitals prefer to hire newly graduated Bachelors of Science in Nursing (BSN) students, or have a difficult to fill position that requires experience registered nurses with advanced education. The highest nurse turnover rate is found in skilled nursing facilities followed by hospital direct/indirect care at about half that rate. Being familiar with the nurse turnover rate will give some insight into the unit's morale and ambience of the floor nurses. A high nurse turnover rate would be indicative of either extrinsic factors like economic times sizing or intrinsic factors like the individual nurse wanted to pursue another professional career, was unhappy, or left for family reasons. The median turnover rate for direct care hospitals is 16% in comparison with 8% in indirect care hospitals. It's important to not only ask about the turnover rate, but to get further insight into why the median turnover rate is the way it is.



Another reason for the nursing shortage is a lack of accredited BSN programs. Out of a total number of 357 nursing programs in Florida only 58 programs offer a BSN track. The board of nursing place 11 RN programs on probation and 9 RN programs were terminated in the year of 2017. In regard to BSN programs, 90% are accredited and 10% are in process of accreditation. Associate Degree in Nursing (ADN) have 44% accredited 46% in the process of accreditation and 10% in either category. This contributes to the nursing shortage because there isn't enough supply of BS and students to fill the demand. This leads to Nurse position vacancies because some applications are not qualified to fill those positions.

Licensed Practical Nursing (LPN)	Associate Degree in Nursing (ADN)	Bachelor of Science in Nursing (BSN)
102 programs offered	117 programs offered	58 programs offered
* 86 Generic/traditional tracks * 4 Bridge tracks	* 92 Generic/traditional tracks * 51 Bridge tracks	* 44 Generic/traditional tracks * 18 Second degree tracks

Note: 277 programs responded to the 2016-17 survey (80 programs did not respond and are not included in the results). Response rate was 77%. LPN response rate for track information is lower.

All in all, this information reiterates that BSN students are in high demand. Although Orlando feels competitive, keep in mind that there are plenty of positions open. Keep researching for that dream job because it's out there, and you can get it. Happy hunting!



*If you are looking for more information go to:
<https://www.flcenterfornursing.org/>

“On Your Feet” An Eye Opening Experience

By: Erin McIntosh, SNA Clubhouse Director, Accel BSN'18



I had a really great experience during my Community Psych Clinical. One of my classmates, Alvin Marquez, hands out socks to the homeless in the Lake Eola area of Orlando. The first thing that struck me was just how important socks are to the homeless population. They are on their feet for most of the day, and they do not always have access to showers and laundry facilities. One gentleman told us that he had to wear the same pair of socks for five straight days, and then had to throw them away because they were so worn and he was unable to wash them. It was incredible, that something like a new pair of socks, which I take for granted, can mean so much to another person. Not only are the socks doing good for the homeless in regards to health and hygiene, they are also the means to connect to the homeless during the outings.

Alvin and his girlfriend, Katrina, explained that our interactions with the homeless may be the only therapeutic experience they receive all week. And the power of just recognizing this population, acknowledging them, and treating them with respect and dignity is so important. We all have preconceptions, and often these preconceptions regarding the homeless are negative. This population is often brushed aside or hidden, and often do not get the medical care they need. This experience was a great eye-opener and really touched me.

During our time handing out socks, we spoke to people, asked them how they were doing, and what was new in their lives. You could tell just by speaking to them they were appreciative. To have the ability to speak, to vent, or just say a quick hello and thank you was a lot for them and does not happen often enough in their lives. I am in awe of Alvin and Katrina, they really care and they do this project for the community. If you have the opportunity, I really recommend reaching out to Alvin and joining in on the weekly outings. If you do not have the time, but would like to support they can always use donations of new socks to hand out. You can email Alvin at alvinmarquez@knights.ucf.edu.



Are Your Smoke Detectors Working?

By: Jazmin Blanco, Daytona Basic BSN'18

November 14th 2012 was a night I will never forget. I was up late that night studying for a Biology exam I had the next morning. It was around 1 am when I finally called it a night, and I went to sleep. Thinking back, I was only asleep for about an hour when I woke to the sound of my mother screaming my sister's name. My sister's bedroom was near the front of the house, and my mom's room was next to mine in the back of the house. My mother, while going to the bathroom, saw the entire front of the house covered in smoke! Her first thought was "she's dead". Luckily, my sister slept with me in my room that night. I bolted up to find out why my mom was screaming bloody murder, and that's when I saw the house full of smoke. Instantly, we got everyone outside of the house and rounded up to take everyone into account. Everyone was safe!



I cannot emphasize enough how lucky we were; lucky that my sister slept in my room that night, and lucky that in that exact moment my mother had to get up to use the bathroom. If not, none of us probably would have been alarmed due to our smoke detectors not working. I know from personal experience smoke detectors are not something we think about often. We know they are there, and we just assume they will be useful when we need them most. My family and I learned the hard way that that is not always the case. You have to make sure they are still working and to replace the batteries regularly! Ever since that night, I check the smoke detectors in my house on the 14th of every month. It takes all of 60 seconds to walk from smoke detector to smoke detector, hold down the button for a moment hear the “beep” indicating that it is still working and the batteries are still alive. Please make sure you and your family are checking your smoke detectors regularly too. These small devices are lifesaving when they work!

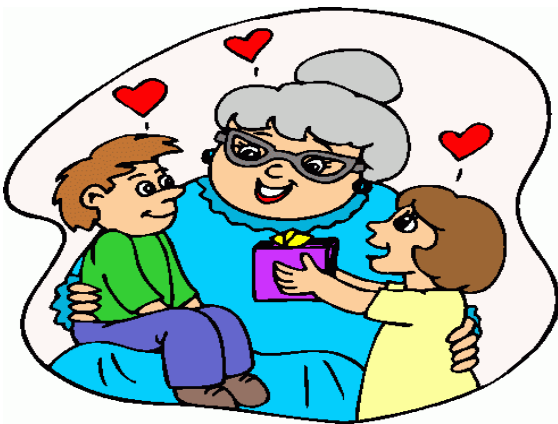


Big Little Changes:

By: Anonymous

My Grandma Barbara was recently diagnosed with cancer. The first biopsy could not identify the type of cancer because the tissue they had taken was necrotic. She was hoping that it was a relapse of her past breast cancer, but the doctors suspected it could also be lung cancer. My Grandma Barbara lives all the way down in Miami, so it's difficult to find time to drive down to visit her, especially in the middle of my last semester of nursing school. Instead of having the opportunity to be there in person for her I am repressed to phone call and text updates. My dad does most of the informing while my grandmother and I just talk about everything under the sun. After her second biopsy, the doctors concluded that she had stage two lung cancer.

My grandmother has always kept up with the latest Paris and New York fashion trends and she really sees herself as someone who stays up-to-date in the forever changing world. She has an iPhone 7, Facebook, and she even tried to make me set up and Instagram for her. I feel this is one of the first times that she has felt her age.



That last time my grandma had breast cancer I was way too young to understand what that meant or even what it was. Now, I am acutely aware of what a diagnosis of stage two lung cancer means to a patient like my grandmother. A couple of

thoughts immediately ran through my mind like “this isn’t fair”, “what if she doesn’t make it to my graduation”, and “I’m not ready.” I also feel like this is an end of a journey I’m not prepared to stop walking. I love Miami lunch and shopping dates with her, and I also love all the advice I never asked for from her. Lastly, I feel guilty that I instantly jumped to the conclusion that she may not survive it. Rationally, I know that people my age are lucky to even still have living grandparents, but emotionally I’m not ready. Can you ever be ready?

Being an employee at Florida Hospital, I was required to attend a lecture about Florida Hospital’s new direction into the Whole care experience. I appreciate how Florida Hospital is trying to take the focus from caring to “strangers” to caring for loved ones. One of the group activities that resonated most with me was an activity centered around choosing a person to think about whenever we take care of a new patient. Every employee has a red heart name badge with that person’s name written in the center of the heart. My person is my Grandma Barbara.



Remember To Relax

By: Erin McIntosh, SNA Clubhouse Director,
Accel'18



Hope everyone had a great Spring Break and really took some “me” time. With the final stretch of the Spring Semester beginning and finals around the corner it is really important that we remember to breathe and take time to relax. We all know from the nursing program that we need fluids, a balanced diet, exercise, and sleep to be healthy. So, in that vein remember to hydrate, eat well, go for that walk, and sleep (even throw in a nap or two). We also need to control and/or relieve the stressors in our lives, so go see a movie or have dinner with friends. Find that balance and stay on track. For some the final push is here, for others you are half way there and for the accelerated class August is almost here! We are all almost there, but please take care of yourselves and Charge On!

Journey of Change

By: Matthew Berry, SNA Legislature Director, Basic BSN'18

It's amazing to think about how much I've grown throughout nursing school, not just educationally but personally as well. In only two short years, so much can change.

Clinical rotations, SNA, thesis writing, and personal experiences have helped me grow pretty quickly from who I was before. Some of you may remember what I was like near the beginning of the program:

awkward, clumsy, and kind of nerdy. Not going to lie, I'm still all of those things! But I can personally see the progress that I have made by improving my social skills, my communication skills, and my leadership skills. I have also gained so many friendships that I hope to keep for years to come!

People always ask me why I chose to become a nurse. While it has been heard so many times before, I really do want to help people. I have always been interested in the medical field and saw nursing as one of the many opportunities it provides. My mom is a nurse and she has been a role model for me throughout my life. She has been the one to take care of me and she has always shown so much compassion for those around her. I guess that helped me decide that nursing was the right profession for me.



I initially came into the program wanting to be a Nurse Practitioner, because I wanted to be able to help more than as a just an RN. Going through the program, however, I learned how much more there is to nursing. One experience that opened my eyes was the Honors in the Major Program here at UCF. Having the opportunity to write my own undergraduate thesis, while it can be exhausting, has shown me that I can help people in other ways. This changed my goal to becoming a nursing researcher rather than a nurse practitioner. To accomplish this, I hope to return to UCF in order to join the BSN-PhD program.



As Legislative Director of SNA, I have learned more about healthcare policy and the role of nurses in legislation than I ever thought I would. Writing a resolution for the state convention was something new that I discovered through SNA and, together with Sarah Rose Thornton, I managed to accomplish making my own. I also feel like I have also become more financially aware as I worked with SGA to acquire allocations and bills. In the beginning, I couldn't imagine me being the person who goes up in front of the whole class to talk to everyone. Now I am finding myself about to graduate from a position that I have put in so much work to leave it in the trusted hands of our Legislative-elect, Bryce, who I know will carry this organization on to even greater accomplishments!

One of the most important things that changed was my relationship with my girlfriend. Although I didn't think it was possible, I came into the program in a strong relationship which has become even stronger; however, it didn't stay that way the whole time. After the first semester of nursing school, we broke up. This remains the most difficult experience I have had to go through. With the help of friends and, of course, counseling services provided by UCF, I was able to grow from the experience. Long story short, we are back together and happier than ever! I even hope to propose to her by the end of this year!

It's crazy how much can change in such a short time. I have gained many friendships and have even lost some important ones. I am graduating with more honors than I can count. I already have a few interviews lined up for jobs (something I'm still in denial about being ready for). In the end, the only thing that won't change is my pride as a UCF nurse!



UCF College of Nursing Annual All-Class Alumni Reunion **By: Alexandra Fox, SNA Historian, Basic BSN'18**

UCF Alumni and the College of Nursing invite you to reconnect with us at the [Fifth Annual UCF Alumni All-Class Nursing Reunion](https://www.ucffoundation.org/2018conreunion?erid=4391138&trid=ffa725e0-6ab3-4608-900d-581313bfe28c)! Join fellow Knight nurses for a progressive dinner experience throughout the College of Nursing. Enjoy food and beverage stations on multiple floors as you tour the college and celebrate the spirit of UCF and Knight nurses across the years. Senior nursing students can purchase discounted tickets to attend their first alumni event! This is the largest social event we host annually to reconnect nursing alumni to the college. Once you graduate, your relationship to the university and the college doesn't end, it changes, and in great ways! Attending this event will be a great chance for seniors to get an idea of what it means to be a graduate, celebrate the college with alumni, and network. Also, since the alumni chapter will be selecting a senior to win the "notable knight" award, there will be a special moment to celebrate a student who is entering the profession with great work already behind them. Admission for senior nursing students is \$25.00. Please visit the link below to sign up for the event: <https://www.ucffoundation.org/2018conreunion?erid=4391138&trid=ffa725e0-6ab3-4608-900d-581313bfe28c>

Please direct any questions regarding the reunion to Allie Fox, the SNA Historian and Student Liaison for the Alumni Board: 954-881-8819; AlexandraFox@knights.ucf.edu

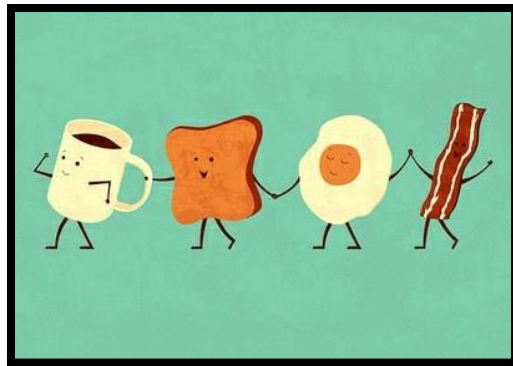


President's Corner

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

How Will We Fill Our Time After Graduation?

A common question people ask: “What do you do in your free time?” The normal response a nursing student gives is, “What free time?” While in nursing school, often times you have to put your other passions and hobbies on the backburner in order to focus on your studies, or at least I have had to. Upon acceptance into nursing school, people joke that you have to kiss your family, old friends, and significant others goodbye for two years and hope that they stick around to see you at graduation. This joke, you soon realize, has more truth to it than you originally thought. Your college friends in other majors don't understand why you can't hang out anymore and make fun of you for studying all the time. However, we know that the joke is on them. While they are forever stuck in some 9-5 job five days a week, we are relaxing on a beach or getting brunch with our other nurse friends on one of our four days off that we have each week.



Four days off is something that seems unfathomable to me right now. I am excited to be able to relax without having the thought, “I should be studying right now,” running in the back of my mind. Getting back on a normal workout schedule is also something I'm looking forward to. As nursing students, sometimes we are so focused on taking care of others, that we forget to take proper care of ourselves. Another passion I'm excited to get back to is painting! Prior to nursing school, I was able to paint here and there. It is a hobby of mine that is very relaxing and therapeutic, but also time consuming. Since nursing school started, I have not been able to find

time to pick up a paintbrush or even draw. Traveling and going to the beach is also something that is now an option. Being able to pick up and go on an adventure whenever I wanted is something I took for granted prior to nursing school. Between clinicals, projects, tests, and volunteer hours, it has always been difficult to find time to do these things outside of our small breaks. Most of all, I am excited to hang out with old and new friends and make up for lost time.

While nursing school is time consuming and can seem draining at times, it is without a doubt the best thing you can do for yourself (I'm not biased or anything). If you can survive the two years, you will come out stronger, wiser, and more mature and will have the privilege to be apart of the most trusted profession in the world.

If you want to see some of the things I've painted :



Announcements & Upcoming Events!



FIFTH ANNUAL UCF Alumni All-Class Nursing Reunion

Think Back. Come Back. Give Back

Join your fellow Knight nurses for a progressive dinner experience throughout the College of Nursing. Guests will commemorate the college's past, celebrate its present and get a glimpse of its future.



Student Nurses' Association Presents:

Lake Claire Day

Wed, April 18th at 5pm

\$5



CORNHOLE - VOLLEYBALL - PADDLE BOARDING
KAYAKING - SNA CORD PICK UP - FOOD PROVIDED

Contact Info for the 2017-2018 SNA Board!



President	Carolyn Hair	ucfsnaorlpresident@gmail.com
Vice President	Elizabeth Guzman	ucfsnaorlvicepresident@gmail.com
Secretary	Eliany Torrez	ucfsnaorlsecretary@gmail.com
Treasurer	Sarah Rose Thornton	ucfsnaorltreasurer@gmail.com
Clubhouse Director	Erin McIntosh	ucfsnaorlclubhouse@gmail.com
Historian	Alexandra Fox	ucfsnaorlhistorian@gmail.com
Legislative Director	Matthew Berry	ucfsnaorllegislative@gmail.com
Breakthrough to Nursing Director	Christony Dobson	ucfsnaorlb2n@gmail.com
Media Director	Alexandra Weinstein	ucfsnaorlwebmaster@gmail.com
Community Health Director	Tara Mattox	ucfsnaorlcommunity@gmail.com
Fundraising Chair	Amanda Leyva	ucfsnaorlfundraising@gmail.com
Accelerated Liaison	Abby Gulden	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-Orlando

Instagram: snaucforlando

Twitter: @snaucforlando

Website: snaucforlando.com

Top Point Earners

Basic BSN 2017:

Accelerated 2017:

Basic BSN 2018: