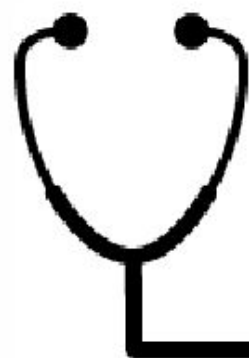




LIFELINE

NEWSLETTER

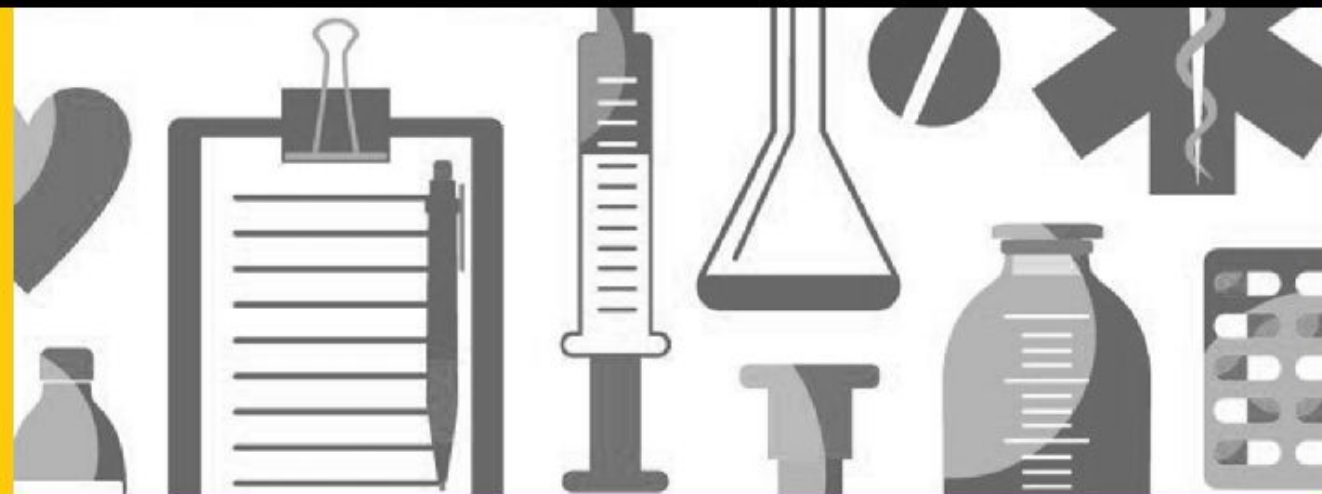


STUDENT NURSES'

ASSOCIATION

AT UNIVERSITY OF CENTRAL FLORIDA

ORLANDO



Editor's Piece

UCF SNA Media Director

Erick Gonzalez, Basic BSN '20

It is somewhat of a weird feeling graduating amid these times. There is a lot of uncertainty that lies ahead in the coming months and the nursing school journey that we all embarked on will probably not be the same. However, what is certain is that we made it through this journey together and will be graduating with our BSN! I have no doubt we will all make excellent nurses and tackle the challenges that are soon to come, head on.

I want to thank the faculty for what you have done for me and everyone else. You all were dedicated to teaching and made sure we understood important concepts that are vital to being a nurse. All of you bring so much expertise from your respective fields of nursing and have been a great inspiration.

Lastly, I want to thank all of SNA as well as the juniors and accelerated cohort. Thank you for your continued participation in our SNA events and for making them possible! I hope you guys make the most out of your remaining time in nursing school and finish strong!

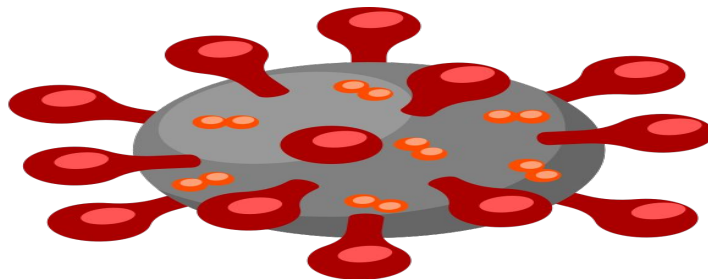
Working with COVID-19

Dana Monsalvatge, Secretary

Basic BSN'20

With everything that is happening in the world right now, it feels like all we hear about on the TV is COVID-19. For me personally, after a while, I got sick of watching TV to avoid hearing it and I'm sure others feel the same way. Whenever I would hear about COVID-19 on the news, I would get frustrated because I did not know if the information was credible. I would hear conflicting information saying, "It's just like the cold" or "it's a serious virus that people need to take more seriously". It made me question what was true and what I should believe. In addition, it was frustrating for me to sit at home when I wanted to be a part of the healthcare team fighting this epidemic.

Towards the end of my internship at the VA Hospital in Lake Nona, I spent most of my hours in the outpatient clinics like dermatology, cardiology, and infectious disease. Due to the COVID-19 outbreak, the hospital began to limit the number of patients seen in the clinics by switching over to virtual or phone visits.



Because of the small amount of traffic coming into the clinics, there was not a large demand for nurses and especially not for valor students. I ended reassigned to finish the rest of my internship hours in the inpatient side of the hospital. Lucky for me, I had the opportunity to work on one of the VA's COVID-19 floors. When I first got the news that I was being reassigned to this floor, I was a little nervous yet excited that I was going to be part of the fight against the pandemic and help those who were infected. I am the type of learner who has lots of curiosity and wanted first-hand experiences to learn about the virus and how it affects patients. I think the most time-consuming part of working on that floor was donning all the different layers of PPE before I went into a patient's room. Something about the virus that I thought was interesting was the varying degrees of severity it had among patients. Some patients would be stable throughout the entire visit with only a low-grade fever and a dry cough, while others would decompensate very quickly with a low oxygen saturation that did not respond to supplemental oxygen.

Another interesting trend I noticed while working with these patients was the trend in their lab results. There were orders for ferritin and a DIC panel which are not lab test that are typically ordered, but the results of those labs is what puzzled me more. The patients who were COVID-19 positive would have elevated D-Dimer, Ferritin that were almost twice the normal range but with a low to normal WBC. I began to search online for an explanation but I did not have any luck.

Fortunately, I reached out to Dr. Peach to see if he could interpret these pattern in the labs for me to help me understand what was happening to these patients and he was kind enough to help me. In regard to the labs with the low to normal WBC count he said, “Viruses do not typically cause as profound of leukocytosis as bacterial infections. In some cases, they cause myelosuppression, which would likely explain the low WBC”. For the elevated D-Dimers, he said that the virus triggers an acute inflammatory reaction in the body and part of the inflammatory process triggers the release of clotting factors which is why the D-Dimer levels are so high in these patient.



The elevated ferritin levels is seen with inflammation but there is not a clear explanation as to why. There are many theories suggesting that iron is released from damaged cells due to inflammation or infection, or the body recognizes that there is tissue hypoxia and will increase the production of red blood cells. On the COVID-19 floor, we would also take possible under investigation (PUI) patients until they received their COVID-19 test results in 24-48 hours. However, we would get the patients' basic labs back long before the COVID-19 results and one thing I found interesting was, if these PUI patients had this similar pattern in labs, their COVID-19 test results would come back positive. Having the opportunity to finish my internship on a COVID-19 floor allowed me to experience first hand what the virus is like and allowed me to work alongside other healthcare workers to help fight this pandemic.



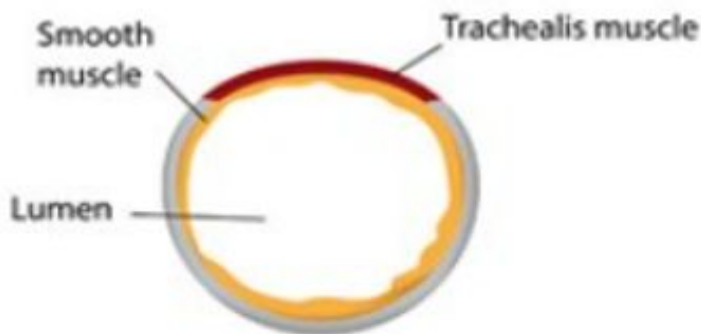
Croup

Rebecca Smith, Treasurer

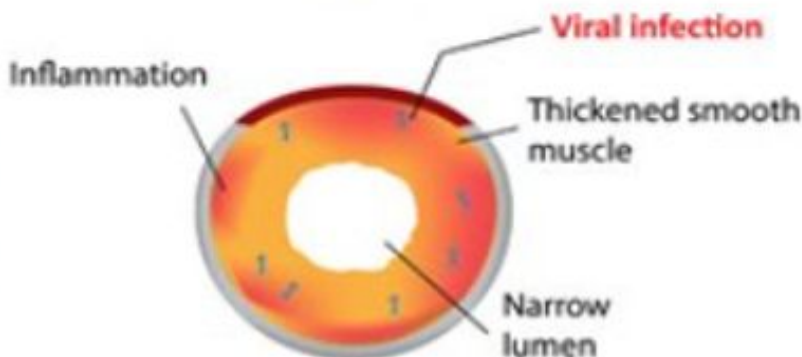
Basic BSN '20

Croup is an infection of the upper airways commonly identified by its classic barking cough.

It is an extremely common process that often occurs due to a viral infection of the upper airway that predominantly affects children.



Healthy Airway



Croup

Although croup can be resolved at home, some patients do require medical attention. It is necessary to seek additional help when the child presents with: stridor, drooling, listlessness, tachypnea, and cyanosis. More severe cases may also have retractions, and flaring nostrils as well.

Unfortunately, there is no way to completely prevent your child from getting croup; some interventions may include hand washing, and practicing sneezing “etiquette” (aka sneezing into your elbow).

Treating croup is relatively simple and typically involve comfort measures such as keeping the child calm, upright, and humidifying the air. In order to prevent worsening of airway obstruction it is important to keep the child calm. Medications that may be prescribed include a steroid or epinephrine. These pharmacologic interventions are only utilized when symptoms are persistent.

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Workouts from Home

Heather Plachte

Accelerated BSN '20

As future, current, or past bedside nurses, everyone within the College of Nursing understands the importance of staying active in maintaining a healthy lifestyle, both physically and mentally. This new pandemic has brought many changes for us all and staying inside while social distancing has led to new obstacles for staying active. Whether you like to exercise with weightlifting, marathons, CrossFit, group sports, yoga or any other physical practice, the truth is that every one of these has changed in some way. Events are cancelled, gyms are closed, personal trainers are not seeing clients, and even if you try to get some fresh air and exercise outside, it can be difficult to maintain social distancing with so many others crowding the streets and parks as well. Whether you have been in an active workout routine and need to adjust things to fit pandemic life or whether you want to start a workout routine now to try and find ways to help with your health and mood, there are lots of free resources that have been made available to help you in that journey.



While there have been lots of negatives to this virus outbreak, some positives have also come from it and I believe that coming together to share information has been one of them. Because the entire world is banning together right now, there are a lot of resources that have been made free and easily accessible during this lockdown that normally would be very costly. There has never been a better time to try out different forms of exercise and see what you like, because now you can do it all from the comfort of your home without paying a dime.

Below is a list of a few free resources on the internet where you can find a variety of different exercise forms that can be done at home. This is by no means a comprehensive list, and I urge you to look around the internet for other movement forms you are interested in and see what free resources you can find.

[American Heart Association Free At-Home Workouts](#) – streamed live about twice a day

[Sarah Beth Yoga](#) – lots of different yoga styles and beginner friendly

[3 Minute Fitness](#) – At home HIIT style workouts with no equipment

[Gymshark Facebook Page](#) – Different workouts streamed live at the start of the hour every hour

[Sweaty Betty London](#) – Variety of different short at home videos to follow along with

[Turbulence Training](#) – Bodyweight workouts

A Message from the President

Kendall Neswold, President Basic BSN '20

Wow, what a way to end a school year! It seems like only yesterday we were kicking off the year with our Back to School BBQ! Now we have the pleasure of handing off our positions and our knowledge to the prepared new seniors. I'm not sure what the new school year will look like but I'd like to encourage you to stay focused, enjoy the year (believe me, it goes by fast)! I look forward to working with you all someday.

I would whole heartedly like to thank this year's amazing board and the dedicated faculty who served as our advisers. I am very excited for the new board to have the opportunity to work through SNA to create new events and to make this year unique and their own. I wish everyone the best of luck and I am looking forward to watching the new board continue our amazing legacy of being the best! Charge on!

Stay safe and healthy!

New Beginnings

Chloe Frye, Treasurer Elect

Basic BSN '21

I am honored to say that I will be taking over as Treasurer for the 2020-2021 school year. During the Fall of 2019, I was chosen as the Junior Treasurer Elect. During my election speech, I highlighted my financial background. These highlights included: graduating from the Academy of Finance magnet program at my high school, working as a teller at the full service bank we had on campus, becoming a certified IRS Tax Agent at the age of 16 and preparing taxes for the community, prior experience as a fundraising director, and being a student intern for Orlando Utilities Commission.

Over the past few months, I have had the opportunity to take part in board meetings, conferences, and general body meetings. It has been super interesting to see all of the thought and effort that goes into each one of our decisions, before we bring it to the students. Being a part of this group has shown me, once again, how important teamwork is when we are all moving towards the same goal. I am so blessed to be involved in such an amazing organization that has further opened my eyes to the realm of nursing and all it has to offer.

Going forward, I have big shoes to fill as I take over Rebecca Smith's position. She has been an amazing treasurer and is always quick to respond when anyone has a question about membership, budgets, financial statements, or anything else she can help with. She has inspired me and I am now even more excited to work with our new board.

I can't thank all of the seniors enough! I am super sad to see all of you go and I have thoroughly enjoyed getting to know each and every one of you. You have all shown me that my dreams are attainable, surviving nursing school is possible, and leading with grace through all of my future endeavors is feasible.



Last Semester

Johmarc Dela Cruz, Legislative Director

Basic BSN '20

A lot has changed in terms of my growth as a Knight nurse. I was scared that I might show symptoms of senioritis. I almost did if it were not for my family and friends' unwavering support, especially during these past few months. Time goes by fast. I was just sitting in the front of classroom 602, fearful for what my practicum experience was going to be like. I thoroughly enjoyed it, doing my clinicals at Nemours Children's Hospital in their medical/surgical unit. Although it was cut short due to the pandemic, I made use of the time I spent there developing nursing skills and getting to know how the multidisciplinary team works, especially during rounds. I must say that I have built that confidence I never knew I needed to succeed as a Knight nurse.

During my public health clinicals at Taft Community Center, I worked with Kendall, Taylor, and Chelsea. We had a blast conducting our teaching projects on memory/brain health, physical activity/exercise, fall prevention, and communication between patient and healthcare provider.

I learned a lot about myself. I found out that I have an affinity serving the vulnerable population particularly the geriatric and the pediatric populations. I hope to one day work at a unit that best fits my personality. Leadership class has been quite helpful especially with the mock interview and career fair that I attended. I learned that just being comfortable talking about yourself and your passions can boost your presentation and possibly land you that dream job you have always wanted.



CNC at Taft Community Center

The real challenge for me this last semester was making sure I was caught up with my studying, especially for critical care class. I did all the study guides and attended every lecture. You do not want to miss out on those interesting stories from Dr. D and Dr. Peach. It has been quite a journey getting to where I am now, just weeks away from taking the NCLEX. If there is one piece advice I could give to the juniors, it is that they should focus on what is important and remind themselves why they chose the nursing profession in the first place. For me, I chose this profession, because I want to make a difference in people's lives and help those who are not able to help themselves. I am truly grateful and blessed to be part of this incredible nursing program. I will always be a Knight nurse.



Sepsis

Samantha Cooney, President Elect

Basic BSN '21

The mortality rate of a patient diagnosed with sepsis shock has remained high over the years. There are many forms of treatment and is extensively covered in this article. One of the first treatments of sepsis is fluid resuscitation and antibiotics. It is important to administer broad spectrum antibiotics in a timely manner to decrease the risk of mortality in those with septic shock. It is also crucial to identify which fluids and antibiotics would work best for the patient. Looking at the adverse effects and lack of mortality benefit associated with each fluid is important in determining which one is best for the patient. The two crystalloids that are commonly used in the treatment of sepsis are Normal Saline (NS) and Lactated Ringer's (LR) solution. The use of these fluids is primarily to prevent intravascular depletion. With the administration of fluids, the risk for increased left ventricular filling pressures occur. In this case, it is important to understand the patient's medical history to determine proper fluid responsiveness. Levophed (Norepinephrine) is a first-line vasopressor that is also used as an adjunct to fluid resuscitation if signs of hypotension persist.

Through understanding the mechanism of sepsis, treatment options can be better enforced. The Surviving Sepsis Campaign continues to provide updated guidelines every four years on the proper treatment regimen for sepsis. This campaign partners with the Society of Critical Care Medicine (SCCM) and the European Society of Intensive Care Medicine (ESICM). Consisting of the top critical care researchers and clinicians, their goal is to reduce mortality and morbidity due to sepsis and septic shock. These guidelines continue to provide the basis of care and aid in the improvement of treatment performance in many hospitals worldwide.

Surviving Sepsis
Campaign

The logo for the Surviving Sepsis Campaign features the words "Surviving Sepsis" in a light green, rounded font and "Campaign" in a blue, rounded font below it. To the right of the text is a graphic consisting of several blue circles of varying sizes arranged in a curved path, resembling a trail or a cluster of dots.

Knight-Thon 2020

Amanda Stack, Community Health Director

Basic BSN '20

Every year, University of Central Florida hosts a dance marathon with the purpose of raising money for our children's miracle network hospital, Arnold Palmer, as well as celebrating the miracle children and the dancers. This event is called the main event where dancers are up for about 24 hours with 20 of those hours on their feet. They dance to celebrate the miracle children and their families as they join us to speak about their experiences with Arnold Palmer and how the money we raised has helped them.

This year, the main event scheduled for March 28-29th was canceled as the world turned upside down due to COVID-19. A large group event was no longer allowed for the sake of everyone's health. However, Knight-Thon persevered as we continued to fundraise. We used social media and emails as our platforms to not only gain donations but to spread awareness of the importance of coming together as a community to help others, especially during these trying times.

Knight-Thon became a virtual event where dancers used Instagram and Facebook to continue to fundraise while attending virtually scheduled activities such as the infamous Morale Dance. The Morale Dance is an elaborate dance choreographed brand new every year to use the years most popular songs and throughout Knight-Thon dancers learn the entire performance.



On April 4th, the UCF Student Nurses Association raised \$2,140 for the kids! The entire University of Central Florida raised \$865,598 this year, even with the bump in the road of social distancing and quarantine. The countdown to the next main event for Knight-Thon will be right around the corner, and I recommend everyone to join as it is not only a one of a kind experience to participate in the event, virtual or in-person, but a heart-warming way to help your community.

How to stay motivated during Quarantine

**Jake Sandoval, Vice President
Basic BSN '20**

At times, I know it was difficult to find the motivation to complete assignments/study while finishing this semester. This is a strange time period for everyone; it's easy to get distracted and want to procrastinate. But now is not the time! Remember to always take a step back and relax from time to time as this can prevent burnout but staying focused and working diligently on your studies is equally, if not more important! I wanted to write this article to highlight some methods that can help you stay focused while you continue on your nursing school journey!

First, remember your reason for becoming a nurse. The same drive you had at the beginning of nursing school is still inside you, even if school does not feel the same. It's important to remember your "why." Why you decided to join one of the most trusted professions. Why you decided to care for those who need your excellent care. This may help you rekindle your flame and finish strong. This is a temporary situation, and once it is over you will be stronger from it.



Second, start small. Set small, attainable goals. No one expects you to memorize all the contents of the exam in one day. Remember to plan ahead. Use your planner that I'm sure (or at least hope) that you've been using since the beginning of nursing school. While you're planning, don't forget to plan some fun and interesting activities to complete during the day in between schoolwork. Find your social-distancing appropriate activity that will allow you to recharge and tackle the next part of your schoolwork.

Lastly, you are NOT alone! Reach out to friends, family, coworkers, or anyone else that makes you smile or that you can make smile during this tough time.

Study during the day with your friends on video chat and then turn it into a fun game night in the evening! Times like these allow us to be creative and explore new opportunities to be productive and have an enjoyable time.

I wish all of you nothing but positive experiences and happiness as you begin your venture into the nursing world, are continuing into your senior year, or are just beginning at UCF. The memories you make during this program will last a lifetime, so make sure to work hard and be the best Knight nurse you can be. Thank you for allowing the Board to have a great year, and we wish you all nothing but the best!!



Graduate Nurse: Where does one Begin?

Bryana Blanco, Fundraising Director
Basic BSN'20

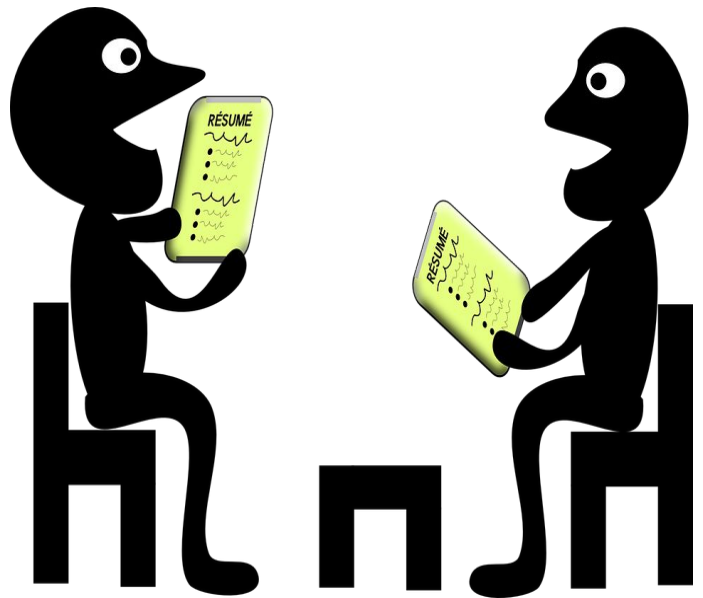
At this point in our nursing journey, many of us are seeking employment or will soon be. The path for employment can be just as confusing as that first semester of nursing school. Many will give you different pieces of advice as to when to start applying, what units to apply for since you are just starting out, even which uniform brand to wear. Through all of the suggestions I have received as I began my application process, I am here to share with you the ones that can ensure this next phase in your life reflects all the hard work you put in.

1. Have the *perfect* resume and cover letter ready

I emphasized the word perfect here for a reason; the perfect resume does not exist. What you create to showcase your skills may seem perfect, but when another looks at it may not come across as the same. The best advice is to follow a simple, clear, black and white format. Have multiple people read your cover letters and resume to see what the perspective may be; the goal of your resume is to show your skill and potential but also leaves managers wanting to know more increasing the chance for an interview.

2. Research the hospitals you may be interested in

This is your career now! It is important to know what is provided for you especially as a graduate nurse. Determine what is the most important thing for you regarding your employment: income, location, residency programs (graduate nurse support), medical insurance, etc.



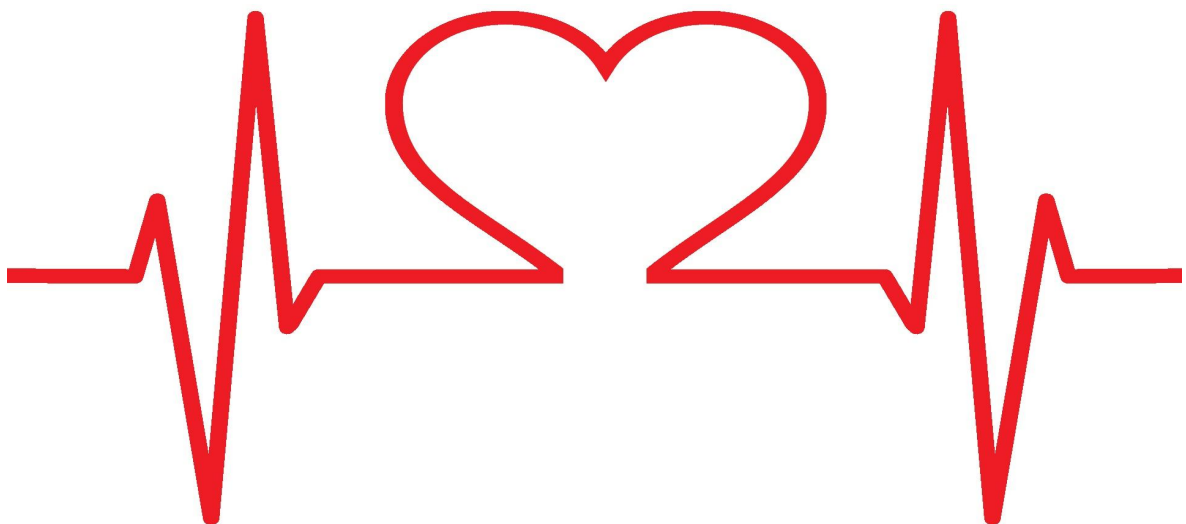
Rank these categories by importance and compare what each hospital system provides. Whichever hospital system meets most of your interests, this is where you should place your focus for applying, but always have a backup.

3. Apply for units YOU would be interested and happy working in

The saying goes, in nursing, it is best to work your way up to gain experience before entering your dream role. I have spoken with nurses who took their career through this path and had a great experience, but I have also have met nurses who went straight for what they wanted and felt prepared with the right amount of time given in practice. Becoming employed is important but I promise you will become employed soon enough; nursing is a highly demanding career.

My best advice is to not apply for every available position just because you just want job securement. If your goal is ICU apply straight there in hospitals that accept new grads, and if you are not comfortable yet apply to units that will prepare you to get there. Do the same for any position you desire and you'll have better odds of being happy with your employment choice.

One of my favorite quotes that really helped me in deciding that nursing was for me is ““Find a job you enjoy doing, and you will never have to work a day in your life.”- Mark Twain. Applying to nurse positions can be terrifying; you will feel like you have no experience for the units available. Hiring managers are aware that we have no experience, what they want is a grad who is confident and dedicated to investing the time to truly learn and grow on the job every day. As Knight Nurses, we are more than capable of delivering exceptional care. Good luck to you all!



Cheers to moving onward!

Josee Etienne, Legislative Director Elect Basic '21

I first want to start by congratulating the former board members of class of 2019-2020. To the graduating SNA board members, it has been such a pleasure to learn from the best and to have such big shoes to fill. A special congratulations to the UCF SNA former Legislative Director of 2019-2020: Johmarc Dela Cruz, who has taught me so much about SNA and about life itself. Needless to say, my experience with SNA has been nothing but positive thus far. I have learned so much regarding the legalities of the association as well as the teamwork required to make and run the chapter. I am now very excited to apply what I have learned into my new position.

Taking over as the new legislative director for the 2020-2021 class for the Orlando chapter is exciting yet nerve-racking. With the current state of the pandemic, stepping back into the college of nursing feels like a faraway dream. However, I plan to serve the students and faculty of the college of nursing and SNA either virtually or in person once the opportunity presents itself.

Kamala Harris once said “If you are fortunate to have opportunity, it is your duty to make sure other people have those opportunities as well.” In which, I must say I am delighted to have this opportunity and hope to one day pass the candle down to the next Legislative Director.

Cheers to moving onward! To my graduates, may you become the best nurses the world has yet to see. May these current circumstances place no fear in your hearts. Face it and replace it with the confidence I know you all will have as you step into these clinical facilities. You have had great leaders and teachers that have taught you a variety of lessons. Now it is your turn to apply what you know to the lessons the world will continue to add and to continue moving onward. Congratulations class of 2020!



Please welcome your new 2020-2021 SNA Board!

President: Samantha Cooney

Vice President: Sadie Richards

Legislative Director: Josee Etienne

Treasurer: Chloe Frye

Secretary: Amanda Shover

Community Health Director: Delaney Diaz

Fundraising Director: Hope Wegge

Media Director: Amber Keller

Historian: Audrey Been

Breakthrough to Nursing Director: Natalie Klosinski

Clubhouse Director: Heather Plachte

Accelerated Liaison: Tom Gregorich

Contact Info for the 2019-2020 SNA Board!



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Secretary	Dana Monsalvatage	ucfsnaorlsecretary@gmail.com
Treasurer	Rebecca Smith	ucfsnaorltreasurer@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 2021: No top 3 point earners at this time.
 Accelerated 2020: Erin Lucore, Nicole McCormick, Natalie Zanella
 Basic BSN 2020: Lindsay Greene, Destiny Miller, Jacqueline Pajarillo