



LIFELINE

NEWSLETTER



STUDENT NURSES'

ASSOCIATION

AT UNIVERSITY OF CENTRAL FLORIDA

ORLANDO



Editor's Piece:

The Hectic Schedule of a Nursing Student

By Samantha Sherman, Media Director, Basic BSN'19

This past month has been one of the busiest times of my life, but it was also one of the most exciting. My schedule included, but was not limited to, Nurse Blake, Convention, Share a meal, voting, heart walk, Spirit Splash, football games, and more. My "month" actually begins somewhere in October, so let's start there.

At some point in everyone's nursing career, you have seen a video or meme of Nurse Blake saying something totally relatable on nursing or nursing school. Who would have thought that our amazing Vice President would be able to get Nurse Blake to come back to UCF (where he graduated from) to speak with us. He spoke about paving your way and making a change by using the voice you have. He made a change while still in college, drawing attention to an issue with donating blood and eventually changed that rule by starting Banned4Life. We learned about his new campaign, "Nurses support their young", instead of the infamous nurses eat their young motto. And of course, meeting him was so amazing. He was funny and kind and we were so honored to have him speak to us. If you haven't seen any of his videos, I highly recommended that you do.

After Nurse Blake, there was FNSA Convention. It was a busy few days for us board members. Three whole days of convention, moving non-stop, but it was also a lot of fun. I met so many new people, networked with people in the OR, did a perioperative experience where I learned to do a sterile gown and glove, learned to suture, talked with U-world and



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Florida Hospital representatives and spoke with graduate programs. It was also a chance to bond with some of my classmates and still learn new things. If you ever have a chance to go again, I urge you to do so. There are so many things to do, you won't be disappointed.

Right after that was Halloween and of course, the UCF Heart Walk! We had a team this year with students and faculty that raised money and did either a 3 or 1 mile walk around campus. Of course, while walking we made sure to study for our Adult exam on Monday. There are no days off as a nursing student. And after the walk, I made sure to drive straight to the place where I was assigned to vote.



Voting is a strange thing. Who do I vote for? What do these people really stand for? How are they going to help me? What do these amendments mean? At least, those are all the questions I thought of. Voting was never something that was drilled into me. It was just casually mentioned as something you should do or could do, but it wasn't until nursing school that my thinking changed. As a nurse, and while in clinical, we can see the direct impact our government has on how healthcare is run. Unfortunate a lot of the time, money makes a difference. As nurses, we try to bridge that gap with patient centered care, but we also have to be mindful of insurance, what's covered, can they be transferred here or not, etc. Every vote we make for a new governor, senator, president, sheriff, changes to amendments, does make a difference. It's up to us to make our voices heard, as cheesy as that sounds. However, we meet people from all



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walks of life and the people we put into power and the amendments we vote on affect everyone differently. Something we may not think of could directly effect someone else, maybe our patients or a coworker. Voting is so important and nursing school really made me realize that. The seminar class you take over summer can really help open your eyes to a lot of the issues facing our world, specifically in healthcare. All of this is really just my way to encourage everyone to vote. Believe it or not, but you really can make a change with just one vote.

Speaking of making a difference, our Community Health Director sets up appointments with the Ronald McDonald Houses in our area to do Share-a-Meals. These facilities are used by the families of children who are in the hospital and need treatment. One thing many people don't think of while taking care of a child is eating. UCF SNA takes this opportunity to provide warm and nutritious meals to the families so that it is one less thing to think of. I was able to go to my first Share-a-Meal this month and I'm already excited to go back. You get to cook for them and meet some of the families and hear their stories. They are always so thankful and it really warms your heart. If you ever see the opportunity on the Facebook page, sign-up. You won't regret it!

After all that, my month couldn't get any crazier right? Wrong. It's Homecoming week at UCF! That means Spirit Splash and the football game! Spirit Splash is one of the best campus traditions. If you've never been, it's essentially thousands of students that rush into the reflection pond on campus to fight over and hopefully catch a rare duck. I have been incredibly

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lucky to get a duck every year (between my sister and I who is also a UCF student), but some people can go all 4 years without catching the coveted duck. People line up hours before the event in hopes that they can receive a shirt and get a good spot on the lawn. I didn't get a shirt this year, however I was interviewed for channel 13 news. If I thought check-off's were scary, being interview for television is much worse. I'd rather do my head-to-toe assessment any day. It was fun though. Both me and my best friend were interviewed and we both caught ducks. And we ended the day with a celebratory dinner at Bento. And the game was just as exciting. Actually, the game against Cincinnati was energetic as well.



But on top of all that going on, the brakes on my car broke, I got a new kitten to take care of, I had community clinical, psych clinical, classes, SNA meetings, family events and of course exams. Somewhere in there I'm sure I slept and ate too. Nursing school is truly a juggling act and you learn to manage it rather quickly. It feels like just the other day I was doing my injection check-off's and now I'm about to start my last semester of college before I get my BSN. While some months are busier than others, it's always good to find some time to relax. While that may be hard to do with finals coming up, I encourage everyone to take even just a few minutes to do something relaxing; whether that be painting, listening to music, taking a

deep breath, yoga, running, sleeping or anything under the sun that could help you refocus and calm down. It's different for everyone. For me sleeping, painting or music is usually the way to go. Find what works for you and do it! As I'm sure you've heard before, you don't want to burn out. You have to take care of yourself before you can take care of others.



Memories to Last a Lifetime

By Casey Blackwell, Fundraising Chair, Basic BSN'19

My experience at the State Convention was amazing. It was my first time attending convention, so I was a little nervous about what to expect. However, I was immediately impressed when I saw how many other students were there from across the state. It was so cool to be able to interact with other nursing students and learn about their program and clinical rotations.

One of my favorite parts of the convention was attending the "Pharmacology Made Easy" focus session. Pharmacology has been something that I struggled with, however, the speaker made the information really interesting and very easy to follow. She also had us singing different songs about the drugs as a way to remember them. Those songs will definitely come in handy for the NCLEX!

I truly had such an amazing experience at State Convention and I would highly encourage others to attend.



SIM Day: Take 2

By Alexis Hollingsworth, Accelerated BSN'19

If you read last month's newsletter you likely read my take on how my first Sim Day experience went. To refresh, it was a bit overwhelming not knowing what to expect and how to prepare. You have patients crying and family members distracting you from the task at hand. I described it as helpful chaos and explained it was all about critical thinking in a safe environment. Now let's fast forward to the next Simulation Day.

Sim Day take 2 was a very different experience. I felt like I had a better grasp on what was happening and how to handle each task as it was presented. My partner and I made a minimal game plan, because lets be honest game plans don't really work with simulation, and attempted to tackle each scenario. While we still weren't extremely confident in what we were doing, I felt we improved significantly. My favorite part is still debrief for many reasons.



I feel like we learn so much from discussing what happened and how we could've done better or worse. Hearing an outside point of view is very helpful and being able to slow down the thought process and think about what we did is a great way to learn.

One thing I learned from this Sim Day is that experience is your friend. It is almost impossible to walk in and conquer everything that needs to be done perfectly in 15 minutes. But your mind will get faster and you will learn to understand the process and maybe even enjoy it. This learning environment was made for you to make mistakes so no one gets hurt and you learn from them. Again, embrace the chaos and learn from it.

My First FNSA Convention

By Rebecca Smith, Treasurer-elect, Basic BSN'20



This past October, I attended the Florida Nursing Student Association (FNSA) convention. The experience overall felt like a whirlwind of House of Delegate sessions, intriguing focus sessions, and visiting the various exhibits. I came into the convention with an open mind, excited to learn more about the profession of nursing beyond the scope of a student. Throughout the 3rd day of convention however, I came to understand how powerful our role of “nursing student” truly is. I thought that clinicals were as far as our reach extended. The House of Delegates showed me just how wrong I was. There, I

saw students from across the state of Florida stand up and present resolutions that they formulated and composed themselves. Each proposed resolution was brought to the floor and we could ask questions, propose amendments, and state pro/con statements for the resolution in question. This process allowed me to learn more about how we, as nursing students, can encourage and create means for educating fellow students, and enact real change regarding important issues facing the nursing profession.

Bearing witness to this process has inspired me to become more involved, and I plan to create a resolution of my own. I want to help make a difference in something I am passionate about, just as I saw so many of my peers do.

What Freedom Means to Me: A Tale of Triumph

By Johmarc Dela Cruz, Legislative Director-elect, Basic BSN'20

It was exactly 5:30 pm. The trumpet echoed throughout the halls of the CLC (Community Living Center). One of the residents was playing “Taps,” signaling the first of two fallen veterans that day. I witnessed firsthand grief, the grief of the veteran’s wife as tears welled out of her eyes. My heart started to sink, a hole bored deep into my chest, as the melancholic melody stretched out before me for what seemed like an infinity, but those five minutes, those 300 seconds of sadness made me realize what freedom means to me.

To me, freedom means being able to get a good education, get into nursing school, and gain experience through clinicals in hopes to

prepare me for the “real world.” Those veterans fought hard, even to the point of sacrificing themselves so we can be freed from the injustices that have plagued our country. Some survived, but others did not even make it out alive. Nonetheless, they have taught us to keep fighting for what we believe in, for those values that deem us American, regardless of





each of our political affiliation, religion, race, ethnicity, gender, or even socioeconomic status. After all, we are “one nation under God.”

To me, freedom also means being able to express yourself in public without fear. I for one love public speaking even though I consider myself introverted. Ironic, right? If we live in fear, how are we able to progress? I believe that freedom has the power to unite us. In nursing school, just as in society, we have the freedom to ask questions and ask for help when we need it. We may not necessarily get the answers that we want, but often times we get the answers that we need and that suffices.

As soon as “Taps” stopped playing and it was time to say goodbye to the fallen, we went back to finish our clinical that day. I had just given my first insulin shot subcutaneously, which was a success. I smiled as I walked down the hall. One small step for student nurse, one giant leap for student nurse-kind.

My First Semester as President-Elect

By Kendall Neswold, President-elect, Basic BSN'20

My name is Kendall Neswold and I recently assumed the position as President-elect of UCF's Student Nursing Association. I couldn't be more grateful or excited to be a part of such an amazing association. I would like to thank Kim Lucas, the president of SNA for her leadership and guidance thus far. The association has had a great first semester with a BBQ for the first meeting, a pizza night and talk from Mrs. Fackler, and Nurse Blake. I'm looking forward to the next fun filled semester.

I recently had the privilege of attending the FSNA convention in Daytona. I learned a lot about the association and made a ton of new friends. One of the biggest reasons I wanted to join SNA is have the opportunity to attend events like the FSNA convention. During the convention, I met so my enthusiastic colleagues who were just as excited and motivated about the nursing profession as I am. One of the most exciting elements of the FSNA convention was to be apart of the House of Delegates and have the opportunity to vote on bylaws that will impact the future of SNA and the nursing profession as a whole. Apart from the agenda items during the convention, I was also very grateful for the bonding time I had with my fellow SNA members.

I look forward to our future and all the possibilities our SNA association has to offer us. I would encourage you to be active in the association and I look forward to meeting everyone soon.



My Perioperative Experience

By Emily Derayunan, Vice President, Basic BSN'19



Out of all the focus sessions that were offered at the convention, this was the one I made sure to make time for. While it's nice to hear tips and tricks from great nurses, the hands-on aspect of the perioperative experience was a nice change of pace from the other focus sessions offered at State Convention.

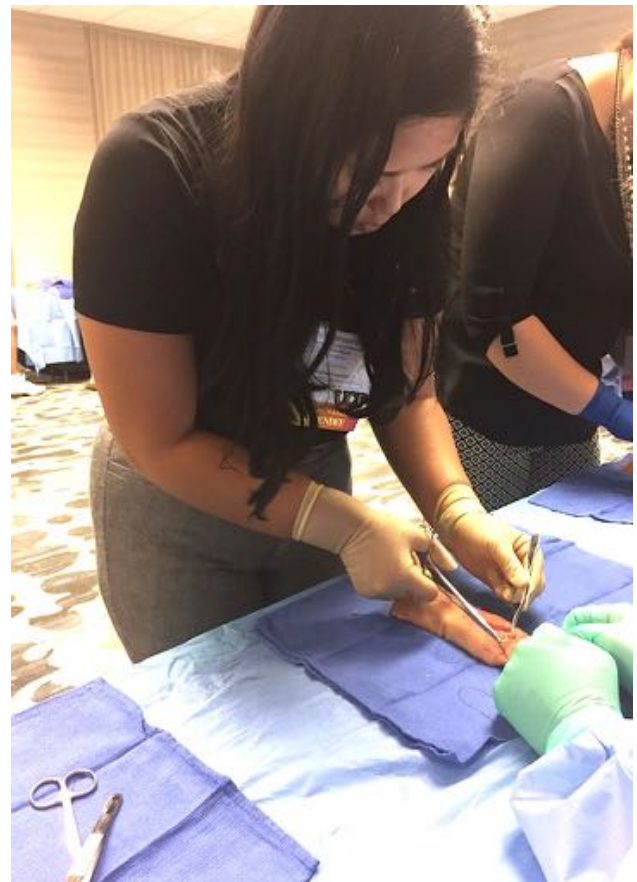
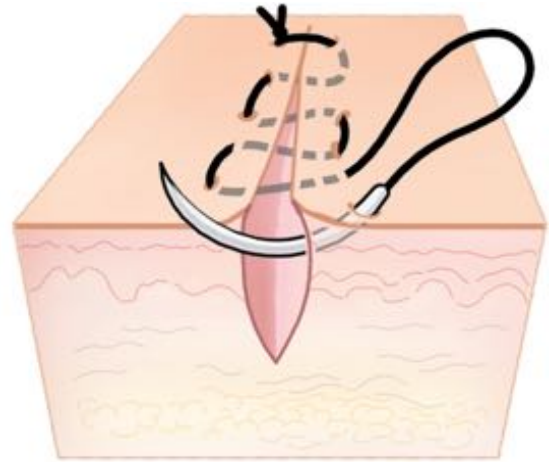
Many of us are provided an observation day in the operating room during our Adult 1 rotation, but for most of us, that day is spent standing in the background quietly observing the

procedure. While it's a great experience being able to witness a surgery, there is a lot about the OR that remains a mystery. The perioperative experience gave me the opportunity to get some of my lingering questions answered by experienced OR nurses.

We all know that nursing is the best profession. One of the reasons for this is the vast variety of options that nurses are given. Perioperative nursing is a specialty area where nurses assist patients before, during and after surgery. However, nurses who work in pre-op, OR, and post-op have very different and distinct roles. While we learn what PACU and Circulating Nurses' roles are from class and clinical, the role of the scrub nurse is one that is more foreign. The perioperative experience was able to shed some light on this specialty of nursing.

During this focus session, participants were able to rotate between three stations to learn how the nurse sets up the sterile field for surgery, how to don a surgical gown and perform closed gloving, and how to perform rudimentary surgical sutures. Seeing the sterile field set up and practicing sterile technique were aspects of OR nursing that were familiar to me, but being able to do sutures was one that was completely foreign. The scrub nurse manning the station was extremely patient with each one of us at the table. She took the time to explain and demonstrate each step in throwing a suture. When it was our turn to suture, it definitely wasn't as easy as Grey's Anatomy makes it look! After a few moments of fumbling around with the suture needle and the needle holder, I was able to do a continuous suture that was well approximated.

Being able to see and do these skills was a great opportunity that I wouldn't have had otherwise if weren't for this focus session. For those of you that are interested in OR nursing, I recommend attending this session. If the Hands On Perioperative Experience is available at the next State Convention, make the time to stop by!



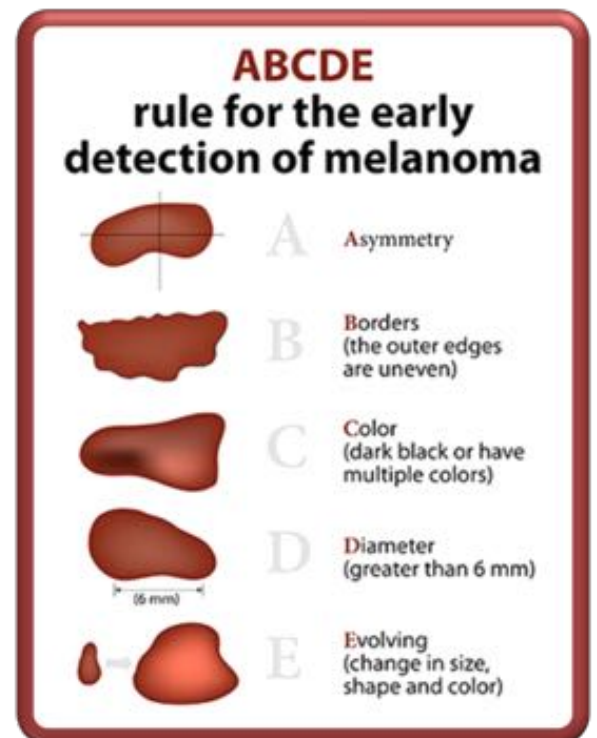
The Care of Nursing: A Reminder of why I Chose this Profession

By Karina Jimenez, Basic BSN'19

"Every nurse was drawn to nursing because of a desire to care, to serve, or to help." —Christina Feist-Heilmeier, RN

Last week was one of those clinical shifts that reminded me of why I chose Nursing. I had a patient who had been diagnosed with metastatic melanoma just 4 weeks earlier. In the words of his family members, "the cancer was there from his head to his toes"; there were tumors everywhere. The hospital was strongly advising that the family choose hospice, as doctors believed this patient was at the end of his life. A consensus was not reached until the morning when I received report. The family members were overwhelmed with new terminal diagnoses and beginning to arrange for hospice. As I walked into the room for the first time that morning and saw the patient's wife sitting on the couch by the window and staring outside with empty eyes, I was reminded of what I needed to do.

I chose Nursing because I care, because I know that I was meant



to serve others. I asked her how she was doing, and she immediately broke down. I was deeply moved; as this was my first time having a patient where the best thing I could do was simply provide comfort and symptomatic relief. I chose to do my long form on this patient, and used his daughter as my source. She was very appreciative of me taking my time to sit with her, talk about her dad, and ask her how she was doing with the entire situation. She thanked me as I was there when the doctor told her the patient didn't have much longer; and for answering his questions and clarifying findings. I was able to see what end-of-life family education includes; as the doctor described usual signs and symptoms they may see at home with hospice.

Looking back on this experience and how I've progressed since the beginning of nursing school, I feel that my communication with my patients and their families has improved tremendously. I was able to sit with a grieving family and try my best to keep it together, when they didn't have it together themselves. When seasoned nurses tell you that there will be those patients that stay in your heart throughout your years in this profession, they're right. This was one of those patients that I definitely won't forget.



The House of Delegates

By Rachel Evans, Breakthrough to Nursing Director, Basic BSN'19

This October at convention, I was chosen to be a part of the House of Delegates. Before convention, I was not sure what being a delegate entailed, but after seeing what it is all about, I'm glad that I was able to be a part of it.

The House of Delegates is where delegates vote on resolutions for the Florida Nursing Students Association to put into place. Resolutions are an opportunity for members to make their opinions known on issues which they feel FNSA should advocate for or against. If the House of Delegates supports the resolution, then FNSA advocates for the resolution to the agencies and associations chosen by the author and performs interventions to help accomplish the goal of the resolution. The resolutions this year aimed to raise awareness about many topics ranging from human trafficking to autism spectrum disorder. Our school presented two resolutions: one entitled

“IN SUPPORT OF INCREASING THE AWARENESS AND PREVENTION OF UNINTENTIONAL DROWNING RELATED INJURIES IN AT RISK POPULATIONS” by Allison Buschbom, Amy Coisnard, Kimberley Lucas, and myself; and the other

“IN SUPPORT OF IMPLEMENTING LGBT INCLUSIVE OPTIONS ON MEDICAL INTAKE FORMS TO PROVIDE COMPREHENSIVE HEALTH SERVICES FOR SEXUAL AND GENDER MINORITIES” by Bryce Harrison.





Both of UCF Orlando's resolutions passed!

My favorite part of my experience was the resolution hash. This is when delegates and audience members can make pro and con statements about the resolutions as well as ask the authors questions. The debate became much more passionate than I was

expecting, but it was truly moving to hear people share their personal stories. When people were stating their opinions on our resolution, one of the delegates expressed to us how thankful she was that we had chosen this topic. She explained to us that she had recently lost a young family member due to drowning and that it truly only takes a few seconds of looking away for a tragedy to occur.

Overall, being a delegate was an amazing experience, and I encourage the Juniors to get involved next year and become delegates or even write a resolution!



My Time at FNSA Convention

By Allison Buschbom, Secretary, Basic BSN'19

My name is Allison Buschbom and I am the Secretary of SNA. I just recently had the pleasure of attending the Florida Nursing Student Association state convention. At convention, I attended focus sessions such as, “Pharmacology made easy”, and a “Nurse specialty panel”. I was able to learn a lot about different specialties within nursing and it gave me a better idea of what trauma nursing looked like, as well as a day in the life of a Pediatric nurse. Although these focus sessions were very informative and beneficial to my future career, I spent most of my time at convention in the House of Delegates. In the House of Delegates, my group and I were able to

present our resolution, “In support of increasing the awareness and prevention of unintentional drowning related injuries in at risk populations”.

Our resolution was debated on, and later passed. This was an incredible opportunity to watch our hard work in action and to see other nursing students from all around Florida come up to speak passionately about our resolution. I strongly encourage all Juniors to attend convention next year and to truly get the most out of all SNA has to offer.



GO KNIGHTS!

A New Path

By Jesyca Ramirez, Accelerated Liaison, Accelerated BSN'19



Last month I had the privilege of attending the FSNA convention in Daytona. I wasn't quite sure of what to expect, but my experience far surpassed what I was thinking. Most of my time was spent in the House of Delegates listening to resolutions. Having a passion for politics, I was interested to see what health issues others wanted to advocate. While there wasn't a resolution that introduced me to a new issue, they all showed me a new way of looking at the issue. When I was in high school I wanted to work in the political arena. Before starting nursing school I thought that my interest in politics would simply be a hobby. However, after starting nursing school I have come to see how influential nurses can be in politics. Convention, and in particular the student presenting in the House of Delegates, opened my eyes even more to the incredible impact nurses can make in our patient's lives. I can think of no other career that allows you to make such an encompassing impact on people's lives. I can also not think of any other career that allows you to turn almost any passion into actions that help others. Although I didn't think it was possible, convention gave me one more reason to love nursing.

The Biggest Things I Learned from Being a Delegate at FNSA's State Convention

By Amy Coisnard, Community Health Director, Basic BSN'19

This year, I had the privilege of serving as a delegate for the UCF College of Nursing - Orlando at the Florida Nursing Student Association's State Convention. Along with 11 other students, I represented the members of our chapter of SNA throughout the three-day convention in the House of Delegates. I was able to debate, amend and vote on eight resolutions that focused on various healthcare topics aimed at improving nursing and the wellness in our communities. Here are my three biggest take-aways.



Nursing goes FAR beyond the bedside

The biggest misconception I came into nursing school with is that a majority of what a nurse does is make sure that doctors' orders are completed. Since my very first day in this program, I have been proven so incredibly wrong. Beyond the skills of practice at a patient's bedside, nursing is about assessing, educating, caring and advocating for our patients. As a delegate I came to realize that our jobs and responsibilities as nurses are not done when we clock out at the end of our shift. We will always have a role in educating and advocating for a better, healthier society and we can do so in many different ways. This role starts with being aware of changes to healthcare being made at every level. From your unit's policies, to federal

laws, we have the obligation to stay informed and knowledgeable. Being a delegate has shown me how getting involved in professional organizations and societies can aid you in doing this and keeps you up to date and aware of what the changes continuously being made. Which brings me to my second take-away...

Learning NEVER ends

We are responsible for human lives. Because of this we need to make sure that we are always staying on top of the latest research and using the best practice techniques and methods. This will mean refreshing our skills, learning about new drugs, staying up to date with current facts and educating our patients with the best information out there. As technology, medicine and society continue to progress and develop, nurses can provide the best care by learning about, promoting and voting on resolutions like the ones brought to state conventions to spread information about the changes that are being made. By getting involved and having willingness to learn, you may have the opportunity to serve as a delegate and have your eyes-open by other professionals who are passionate about a specific

aspect of healthcare that you never thought to learn about. Being able to learn about, vote on and be a part of making changes that benefit the profession, our patients and healthcare as a whole was extremely rewarding and something I look forward to doing more of in the future. Lastly...



We have every reason to be PROUD to be Future Nurses and Knight Nurses

Whether you are about to finish your first semester, almost half-way done, or only have one semester left, I'm sure you are already aware of the amazing profession that you are working towards being a part of. Nursing students are among the most passionate, intelligent, and caring group of individuals I have ever had the privilege of being a part of. After all, nursing is the most trusted profession in the country, and that starts in our very first clinical rotation. We have the power to make a difference not when we graduate, not tomorrow, but today! Whether it be by writing a resolution, going out with SNA to volunteer in the community or talking with a patient at the hospital, we can start changing healthcare with every interaction.

As a delegate, I was reminded that we each have a lot of individual reasons to be proud of the work we do in and out of the classroom. And we also have a lot of reasons to be proud to be Knight Nurses, learning in a highly recognized and awarded program, getting ready to enter the best profession out there: Nursing.



Clinical Experiences

By Megan Argento, Clubhouse Director, Accelerated BSN'19

If your clinical instructor ever gives you the opportunity to watch a surgery, take it! Observing surgeries have been the most exhilarating experiences I have had throughout all of my clinical rotations. It's fun to see the organized chaos that goes into every surgery: timing in, introductions, counting tools and then surgeons cutting a person open, blood being suctioned, CRNA's maintaining the anesthesia, and the circulating nurses keeping everything in order – I feel lucky to have been able to witness it.

The first surgery I observed was a baby born through cesarean after its mom failed to progress in labor after hours of pushing. It was amazing to watch these surgeons confidently slice through the layers of skin, fat, abdominal muscle and a uterus to pull out a baby! The baby was born within minutes of slicing the mom open. The second surgery I saw was a bronchoscopy to biopsy a mass in a 58-year-old patient's lungs. This was done through a bronchoscope, so instead of cutting the patient open, we were able to see inside of his lungs through a small camera that went down his trachea and into the right lobe of his lung. This





mass was just far enough that the bronchoscope could not reach, so the surgeon needed to inject dye into the patient that attached to the mass in his lungs and use a machine that detected and outlined his lungs and the mass on a screen. It looked like a video game that the surgeon was playing, but this technology enabled him to grab a piece of the mass without cutting the patient open! The surgeon also needed to biopsy the surrounding lymph nodes confirm if the mass metastasized, and this was done using an ultrasound machine to identify the lymph nodes. I hope that every nursing student is able to observe surgeries because these are some of my favorite memories from nursing school.



Surgical Time Out or Universal Protocol

- Correct patient identity
- Correct site
- Procedure to be done
- Other standardized items to your OR



An Internet Sensation Arrives at UCF: A Nurse Blake Workshop

By Shannon Straus, Historian, Basic BSN'19

If you are a nurse or a nursing student, there is a pretty good chance that you know or have heard of the internet sensation Nurse Blake. Before I even started nursing school, I knew who Nurse Blake was and enjoyed watching his videos and even followed his Facebook page. Little did I know that I would not only have the opportunity to attend one of his workshops, our very own SNA would have the privilege to have him speak at one of our general body meetings!

The popularity of our internet sensation guest speaker was evident by the amount of non-UCF College of Nursing students that wanted to partake in the workshop. Students from UF and Keiser expressed their interest in the event and followed through with showing up on the big day. As a board member, I was extremely honored to have someone with such a big following come to speak for us.

In the beginning of the lecture, Blake told us about his journey and how it led him to where he is today. He taught us that as





nurses, we will all have a different journey and that helps shape us into the professionals we were meant to be. Just because one situation or one job doesn't work out for you, it does not mean that you are a failure or lesser than anyone else. Bumps in the road help make us stronger and more well-rounded nurses for the road to come.

Nurse Blake's workshop was much more than just having a guest speaker—it was a truly empowering and inspirational experience to not only nurses and nursing students, but to anyone willing to stand up for what they believe in. Sometimes I believe that as nursing students, and even nurses, we can get down on ourselves and think that our voice isn't important or heard. Nurse Blake proved this wrong by highlighting all the changes he has made in the nursing and healthcare community in the short time he has been an RN. Nurse Blake is much more than the star in a string of funny videos, he is a true inspiration!



"As other nurses follow in our footsteps, we need to always inspire, motivate, and help them. We are all in this together."

Nurse Blake | @nurse.blake

SUPPORT

Nurses ~~Eat~~ Their Young

Resolution Experience

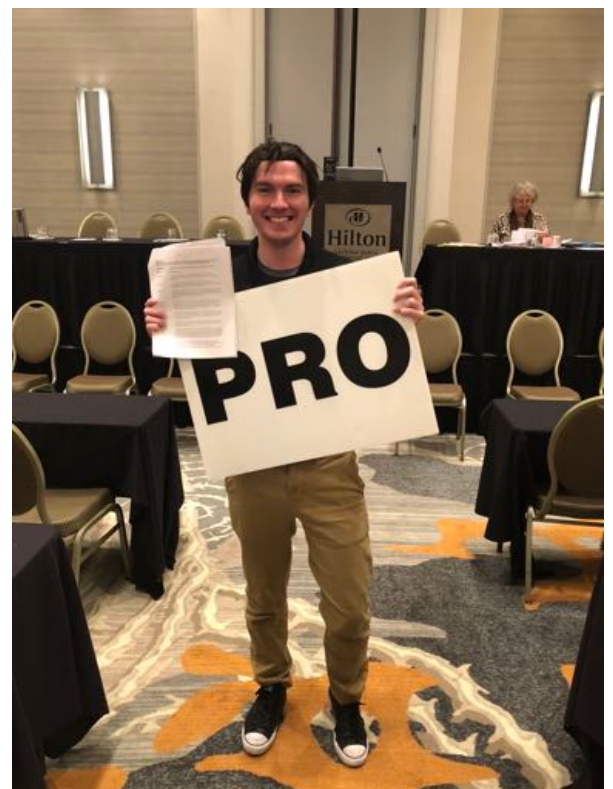
By Bryce Harrison, Legislative Director, Basic BSN'19

During convention, I had the unique opportunity to represent our organization, student nurses, and the LGBTQ+ community by bring the resolution: In support of implementing LGBT inclusive options on medical intake forms to provide comprehensive health services for sexual and gender minorities. The goal is to provide options for these populations so that healthcare providers are better prepared to thoroughly assess their patient. The experience was incredible because I was able to bring about positive change within our organization and potentially the field of nursing as well. I feel I have only just begun, and I want to continue improving the lives of this unique, diverse, and open population.

“IN SUPPORT OF IMPLEMENTING LGBT INCLUSIVE OPTIONS ON MEDICAL INTAKE FORMS TO PROVIDE COMPREHENSIVE HEALTH SERVICES FOR SEXUAL AND GENDER MINORITIES” by Bryce Harrison.



Bryce Harrison Speaking in the House of Delegates on his resolution.



What does it mean to be a member?

By Abbygail Lapinski, Treasurer, Basic BSN'19

As a member of the SNA chapters at UCF, you are also considered a member of the Florida Nursing Student Association (FNSA) and National Student Nurses' Association (NSNA). Each of these organizations offers different advantages to nursing students. NSNA hosts an annual convention as well as awards and scholarships to highlight members' leadership, community involvement, and advocacy. FNSA focuses on providing events and opportunities to its members to promote professional development, networking, leadership, and advocacy. Scholarships and awards are offered yearly to highlight student's leadership and commitment to the organization. Some of the member benefits are expanded below:

- **Leadership:** Each year at the annual convention, students may start or continue their nursing leadership journey by participating in our State Executive Board Elections. Members may also apply for one of our 13 available committees.
- **Professional Development:** Participating at the annual state convention through elections, the House of Delegates meeting, resolution hearings, attending focus sessions and listening to keynote speakers, provides members the opportunity to grow professionally and strengthen their resume.



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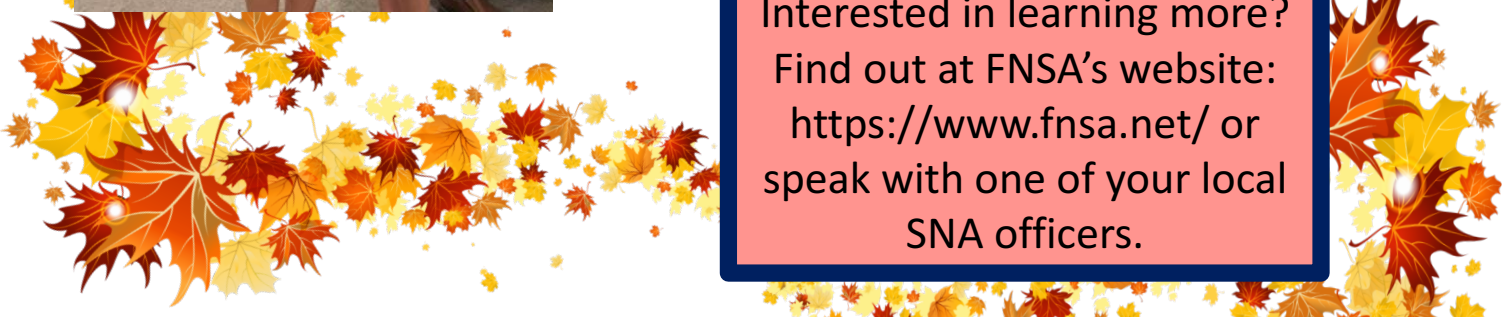
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- **Advocacy:** Our knowledge, experience, and passion for nursing give us a unique perspective on the health care field and the care our patients receive. This perspective is important when discussing political topics directly affecting our profession, community, and patients. Members may choose to highlight and advocate for health care issues they are passionate about by writing and presenting a resolution for the state convention. Further, members may participate in the Annual FNA Advocacy Days in Tallahassee, Florida where they may directly speak with Florida’s legislators.



Interested in learning more?
Find out at FNSA’s website:
<https://www.fnsa.net/> or
speak with one of your local
SNA officers.



Clinical Advocate of the Year Award

Letter for Stacey Brzezinski



There are few people who resemble the qualities such as initiative, leadership, and dedication quite like Stacey Brzezinski, RN, MSN, CCRN. At Orlando Health, she has worked many positions, such as a member of the rapid response team and Nursing Operations Manager (NOM), and actively uses her experiences to seek out interactive and impactful learning opportunities for students. On several occasions, Stacey Brzezinski was invited to the College of Nursing at UCF as a guest speaker for members of the Student Nurses' Association. From her experience as an NOM, she would provide a multitude of tips and advice for students who were about to be new graduates. This included interviewing tips, how to network as a student, and professionalism. Her support and encouragement would never fail to empower students, as her faith in them helped them to believe in themselves. She truly represented what it meant to be an advocate for students because of her constant dedication to their success. Because of this, her attendance as a guest speaker made for one of the most highly anticipated SNA events of the year.

For several years, she became a clinical adjunct instructor at the University of Central Florida in order to have more of a direct impact on students. She supervised senior-level students in their Adult II clinical at the Trauma Stepdown Unit at Orlando Health, precepted several students during their final semester in their student practicum, and was also often assigned to specialty areas such as the Emergency Department and critical

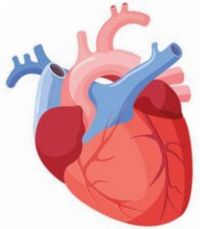
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care areas. From her roles in these areas, she would regularly seek out opportunities for students and supported them in their learning. “As Clinical Coordinator for the College of Nursing at UCF, I supervised Mrs. Brzezinski’s performance as a clinical adjunct... She sought additional learning opportunities for the students [and] consistently received comments stating that [she] provided them with excellent opportunities to meet their clinical goals... I strongly support Mrs. Brzezinski for this award,” stated by Mrs. Patricia Leli, the clinical coordinator at UCF who retired earlier this year. According to one former UCF student, “[Stacey Brzezinski] really focuses on your goals and helps you form a plan for the future, which was unlike any other clinical instructor.”

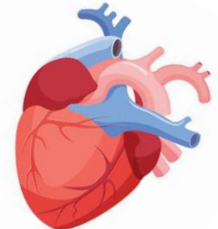
In 2017, Stacey Brzezinski suffered numerous injuries after a critical accident in one of the garages at her place of employment, Orlando Health, on her way in to the hospital to do clinical with an Adult 2 group. The overwhelming support of her recovery has never ceased, whether from UCF faculty, current and alumni UCF Students, and fellow Orlando Health team members alike. On behalf of all of the lives that have been touched by Stacey Brzezinski, we would like to dedicate this prestigious honor to her in order to show her that her passion, dedication, and commitment to students everywhere has not gone unnoticed. Her devotion to nursing and teaching nursing students has earned her the respect of her peers and students as well as made her a role model in her field. She exemplifies on a daily basis that nurses not only do and act and practice, but they also teach and inspire others to be the best nurse that they can be. According to one of her former students, “she is the true meaning of an educator through and through.” Her impressive contribution to students is unmatched, and no matter what challenges or adversity she has endured, her legacy as a student advocate is one that needs to be celebrated for years to come.



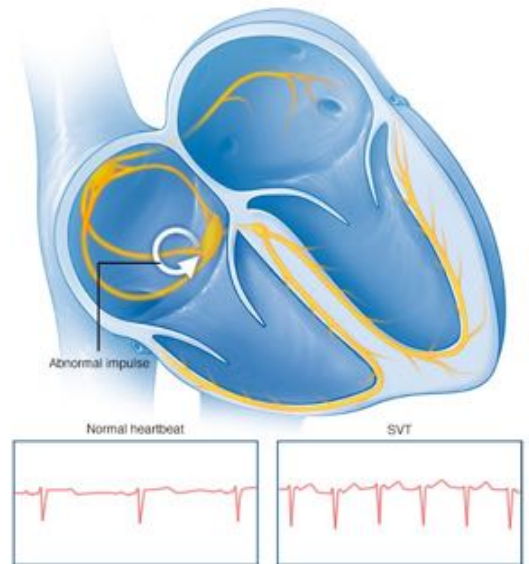


SPOTLIGHT DISEASE

Supraventricular Tachycardia



- Supraventricular tachycardia (SVT) is defined as an abnormally fast heartbeat (that includes heart arrhythmias that originate above the ventricles, in the atria or AV node).
- Some risk factors include older age , CAD, previous heart issues or surgeries, drugs and supplements, anxiety, physical fatigue, diabetes, obstructive sleep apnea, nicotine and illegal drug use.
- You can prevent SVT with eating a heart-healthy diet, increasing your physical activity, avoiding smoking, keeping a healthy weight, limiting or avoiding alcohol, reducing stress, getting plenty of rest, using over-the-counter medications with caution, and avoiding stimulant drugs such as cocaine and methamphetamines



Diagnositics:

- Electrocardiogram (ECG)
- Holter monitor
- Event monitor
- Echocardiogram
- Implantable loop recorder
- Stress test
- Tilt table test
- Electrophysiological testing and mapping

Signs and Symptoms:

- A fluttering in your chest
- Rapid heartbeat (palpitations) >100bpm
- Shortness of breath
- Lightheadedness or dizziness
- Sweating
- A pounding sensation in the neck
- Syncope or near fainting

President's Corner

SNA at UCF Orlando – What Makes us a Renowned Diamond Chapter

By Kimberley Lucas, President, Basic BSN'19

Diamond Chapter. A prestigious award reserved for, according to the Florida Nursing Students' Association (FNSA), "top high-achieving chapters who display commitment for FNSA's mission and goals through their activity in the previous year." The chapters that best meet these criteria are determined by the FNSA board based on a system of categories such as Faculty Support, Membership, Community Health Participation, Legislative and Political Action, Breakthrough to Nursing, Communications, and State and National Participation. At this past FNSA 2018 State Convention, SNA at UCF Orlando was awarded with the Diamond Chapter Circle Award, an award we've been privileged to receive since the award's fruition. Receiving this honor, however, would not be at all possible without the unrelenting dedication of the numerous SNA members at UCF Orlando as well as the continuous faculty support of the College of Nursing Administration and staff.

With that being said, CONGRATULATIONS SNA @ UCF ORLANDO! You, yes YOU, are the reason that we are the chapter that we are today. From every meeting you attend, to making up the 100+ attendees at the FNSA 2018 State Convention, joining a committee, participating in bake sales, and being involved in our community health events, your commitment to this organization goes way beyond what you realize it does. Your commitment and dedication to your professional and leadership development does not go unnoticed. To prove it, I'd like to take the time to highlight our members, who are the reason why we are the chapter that we are. So sit back, enjoy, and give yourself a well-deserved round of applause!

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One of our most notably recognized categories was Breakthrough to Nursing (BTN), in which Rachel Evans, our BTN director, received the award of “Best of: Breakthrough to Nursing.” Rachel coordinated many events starting all the way from the beginning of the summer which depended on the involvement of her committee members and SNA members who volunteered to help. To name a few, Rachel was responsible for planning events such as the college and career fair at Timber Creek High School and tabling for Winter Park High School. At Winter Park, Rachel and her committee member, Morgan Adams, were able to connect with local high school students and encourage them to pursue nursing. When Rachel was unable to attend the career fair at Timber Creek due to clinical scheduling, Amy Coisnard and Delaney Miklos stepped up to the plate in order to stimulate interest in the nursing profession.



Later in the semester, Rachel put together a panel of students to speak to the Association of Pre-Nursing Students in order to answer any and all questions about college of nursing admissions, advice for the TEAs, and our insight of nursing school. On this panel included members Alison Cook, Hannah Greene, Sam Day, and Morgan Adams, along with several board members. Everyone has their own nursing experience, whether a board member, involvement in clubs such as Sim-Sations, or the opportunity to travel abroad on trips such as last year’s trip to Peru. Being able to share our unique experiences and words of advice was such a rewarding experience to pre-nursing students who look up to us and hope to be in our shoes one day. This is a stellar example of how the involvement of our students contributes to being a Diamond Chapter.

Another “Best Of” Award we received was for Legislative and

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Political Involvement, again having much to do with the exemplary dedication of our Legislative Director, Bryce Harrison, as well as SNA members. Did you know that we have had several students represent the College of Nursing as SGA Senators? That's right. Rebecca Coven, Kayla Senecal, and Kristen Hunter; I'm talking to you!

Thank you for everything that you have done and continued to do to advocate for your fellow nursing students whether to voice our concerns about access to printing, Internet, or other prominent issues. We are thankful for you and all that you do to support our needs as UCF students.

While there are many more examples of prominent student involvement in the making of a Diamond Chapter (such as your newsletter submissions—congratulations to Samantha Sherman for our 3rd “Best of” Award for our Newsletter), I'd also like to spotlight our incredible faculty who make up a massive foundation of support for our chapter in ways that they probably do not realize. For example, not every school allows for their students to be excused from a day of clinical to attend State Convention. Our school however, highly encourages it! Thanks to our faculty, a total of 113 individuals attended the FNSA 2018 State Convention, making up 10% of the total convention attendance across the state. In addition, top SNA point earners are not only rewarded with an FNSA cord at graduation, but also a letter of recognition for their participation in SNA to include in our portfolios when applying for jobs. In addition, each year our Dean writes a highly detailed letter in high regards of our chapter in support of us applying for the Diamond Chapter Award. This is a privilege not all chapters have, and for that, we thank you, Dean Sole. Your support means more than you

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know! Lastly, thank you to all of the faculty who have invited SNA to be a part of Orientation, the Meet and Greet, and the White Coat Ceremony. It is because of your promotion of leadership that we are able to grow as leaders within our organization. Lastly, do not even get me started on our advisors. Mrs. DeGennaro and Ms. Deatrack may say that they only “advise,” but their advice is exactly what keeps us growing in the right direction. It is because of them and the advisors before them that we are as organized and productive as we are today. There are so many more ways that our faculty have been such strong supporters of SNA: from the inaugural Champions of the first annual Student v. Staff Kickball Tournament, to a huge support to our coordinating of having Nurse Blake attend one of our General Meetings, there is no way that we can thank you enough!

As you can see, there is a lot that students and faculty alike do to make SNA at UCF Orlando a Diamond Chapter, and this article alone only highlights a few examples. That, of course, and the hard work the board puts in to this organization each and every day. So if you see a board member today, give them a thumbs up for everything that they do. I can proudly say that every event, meeting, and fundraiser is done in the best interest of our students and members, and it is because of your feedback and participation that we only grow stronger and stronger each year. As President, I could not be prouder of the chapter that we have today, and I have you, the faculty, students, members, and board, to recognize for that. Congratulations, SNA at UCF Orlando, for being awarded the Diamond Circle Award for the fifth year in a row!



Announcements & Upcoming Events!



Grades are finalized on December 14th.

Classes end on November 30th

SNA is hosting a Bake Sale on November 28th at the College of Nursing Lobby. Come buy a treat and support SNA.

Keep your eyes posted on the social media webpages for Spring 2019 SNA meeting dates and events

Thanksgiving Break is from November 22nd to November 24th.

Final exam period is from December 3rd to December 8th.



STUDENT NURSES' ASSOCIATION

NOVEMBER GENERAL MEETING

WEDNESDAY NOV. 14, 2018

Guest Speaker - Michelle Fackler
Emergency Nurse Manager at Parrish Medical Center.

Former Emergency Nurse Manager at ORMC

SNA Members Free
Non-Members \$5

University Tower 602 at 5 pm

FOOD | SNA POINTS | NCLEX REVIEW

Contact Info for the 2018-2019 SNA Board!



President	Kimberley Lucas	ucfsnaorlpresident@gmail.com
Vice President	Emily Derayunan	ucfsnaorlvicepresident@gmail.com
Secretary	Allison Bushbom	ucfsnaorlsecretary@gmail.com
Treasurer	Abbygail Lapinski	ucfsnaorltreasurer@gmail.com
Clubhouse Director	Megan Argento	ucfsnaorlclubhouse@gmail.com
Historian	Shannon Straus	ucfsnaorlhistorian@gmail.com
Legislative Director	Bryce Harrison	ucfsnaorllegislative@gmail.com
Breakthrough to Nursing Director	Rachel Evans	ucfsnaorlbtn@gmail.com
Media Director	Samantha Sherman	ucfsnaorlwebmaster@gmail.com
Community Health Director	Amy Coisnard	ucfsnaorlcommunity@gmail.com
Fundraising Chair	Casey Blackwell	ucfsnaorlfundraising@gmail.com
Accelerated Liaison	Jesyca Ramirez	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:
UCF - Orlando
Instagram: snaucforlando
Website: snaucforlando.com

Top Point Earners

Basic BSN 2019: Delaney Miklos, Haley Edenfield,
Caitlin Cox.
Accelerated 2019: Alexis Hollingsworth, Kelsey
Tilton, Andrew Bedaure
Basic BSN 2020: Bryana Blanco, Jordyn Watson,
Natassja Debra, and Lindsey Greene.