



# LIFELINE

## NEWSLETTER

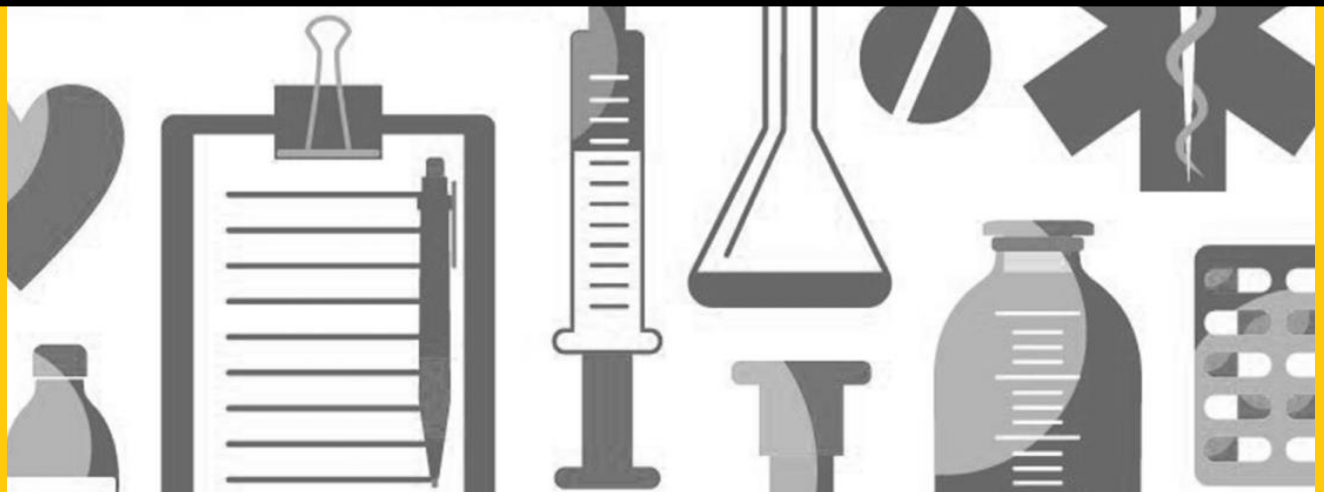


# STUDENT NURSES'

# ASSOCIATION

AT UNIVERSITY OF CENTRAL FLORIDA

ORLANDO



# *Editor's Piece:*

## Introduction to Convention:

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

This year's Florida Nursing Students Association (FNSA) convention was held at the Innisbrook Golf Resort in Palm Bay, Florida. The FNSA Convention hosted Marcus Engel as the keynote speaker, a plethora of focus sessions, and an exhibit area.

The exhibits allowed students the opportunity to network with representatives of graduate study programs, NCLEX reviews/study information, doctorate programs, and even outfitters to buy scrubs. FNSA also hosted an opening night Egyptian themed party, pre-nursing student Q&A sessions, new graduate nurse panel, and an NCLEX jeopardy game. The

convention is a great way to network with pre-nursing students, students from different nursing schools, and start planning further educational programs (MSN, ARNP,DNP, PhD programs). The Student Nurses' Association strongly encourages students to take advantage of this amazing educational and networking opportunity.



# The Keynote Speaker

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

One of the most anticipated events at the Florida Nursing Students Association's annual convention was the key note speaker. This year, we had the privilege of hearing from Marcus Engel. Marcus is unique since he is not a nurse, and has never worked in healthcare. Marcus was a patient. His story is of his experiences in the hospital, and how the nurses changed his life.

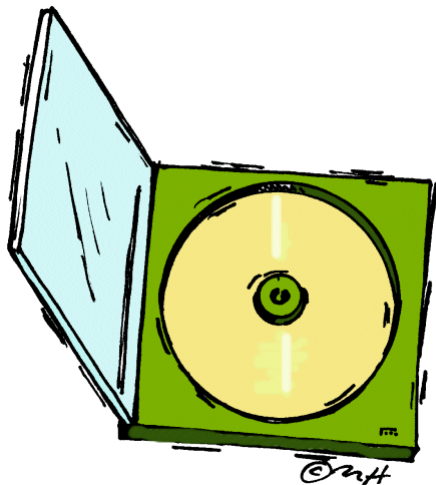


Marcus was in college when his life was changed forever. Him, and three other friends, were on their way to an event when suddenly a drunk driver ran through a red light and smashed into the passenger side of their car. Marcus was sitting in the passenger side front seat at the time of the accident. He said he can remember looking to his right and only seeing headlights. Then, the lights went out.

Marcus was taken to the hospital where he was in and out of consciousness. Marcus had lost his vision in the accident and was now living in a world of darkness. Any time he woke up, he said he felt very alone. The one thing that kept him going was a girl that was sitting in the room with him that held his hand and kept repeating the words, “I’m here.” He said that that little phrase is what kept him going through that first night. Many years later, he would get to meet that girl and finally learn her name so that he could thank her.



After going through extensive surgeries, Marcus ended up being moved to another unit. Here he would meet a nurse named Barb.



Barb was a nurse that went the extra mile. She treated him like a person, and not just a patient. One day she even brought him CD's so that he could listen to his favorite music in the hospital. She made sure to update him on everything that was going on and who was coming in on the next shift. On Marcus's discharge day, which also happened to be Thanksgiving, Barb was not working and Marcus was upset because he wasn't given the chance to tell her “thank you” and “goodbye.”

As he was leaving, Barb came up the elevators to surprise him. She had come in on Thanksgiving, a day she had not been scheduled to be at the hospital, to make sure that she got to say goodbye to Marcus. He said that that action was exactly what he needed to go home.

Marcus now travels around with his seeing eye dog, Elliot, and speaks to healthcare workers about his experience in the hospital and how hospitals can improve their patients' experiences. He is very passionate about healthcare and is so thankful to the nurses and healthcare team that saved his life.



# My First Convention

By: Bryce Harrison, SNA Legislative Elect, Basic BSN'19

My time at the FNSA convention's House of Delegates helped me work towards conquering my fear of speaking in a professional setting. Throughout my life, I was always told I talk too fast, and for the most part that was true. I often didn't think completely about what I was going to say, because I was always so focused on what others were talking about.



Overtime, I learned that this wasn't a downfall, but a skill I can master. Extemporaneous speaking is something I enjoy because I feel that what I am saying is truly meaningful and honest. So, when it came to a professional setting, I was worried that many others would not see it my way. During the House of Delegates, I spoke on a few resolutions, whether I was for or against them, and afterwards, I receive a few praises from other chapter members about what I said. I feel more comfortable about speaking extemporaneously in public, but I would like to continue doing this at nationals in the Spring.

# Risk Response for Chest Pain

## Focus Session

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

Edward Briggs is a Family Nurse Practitioner with the U.S. Department of Veteran Affairs in Bay Pines, Florida. He earned his Doctor of Nursing Practice (DNP) at the University of Florida College of Nursing. He was awarded with the Barbara Lumpkin Award for Health Policy in 2011. Not only was he President of the Florida Nurses Association in 2014/2015, he is now the Current Acting President for the Florida Nurses Foundation.

The lecture consisted of a well assembled PowerPoint depicting an outline for the clinical assessment of chest pain. Edward Briggs outlined the initial decision between “testing” vs “freak-out” that all emergency nurses must face. He broke down each section to discuss etiology, risk factors, symptoms, and complications. Towards the end of his lecture he invited the audience to participate in case studies he has personally seen and treated.

Here are a few key points he highlighted in the discussions:

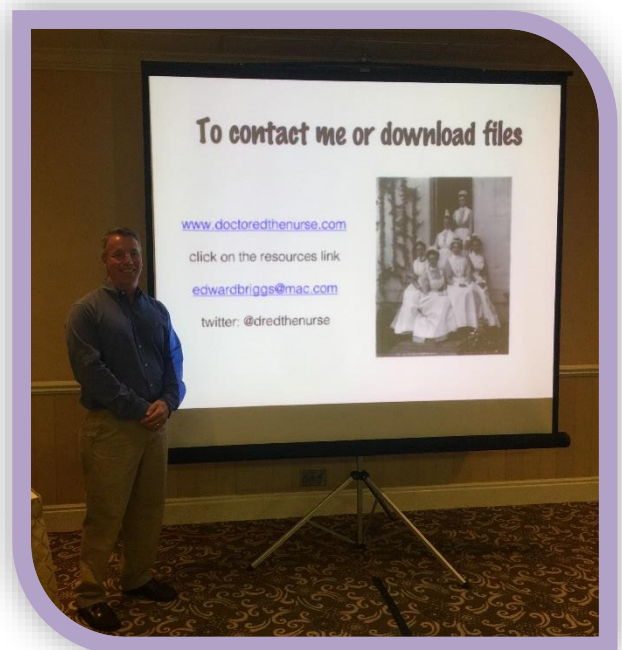
- ➡ How can we differentiate between chest pain that we have time to test for the etiology or immediately begin interventions?
- The devil is in the details. True cardiac chest pain ends within an hour due to infarcted tissue. Time is muscle. If your patient has

the risk factors for acute coronary syndrome, we to start treatment. Treatment may mean ASA, nitroglycerin, and thrombolytics.

➡ How to we find out if our patient has risk factors?

- We need to be conducting a thorough patient interview. Cardiac risk factors include: Age, Diabetes Mellitus, hypertension, family history, smoking, hypercholesterolemia, cocaine (if used less than 2 hours before chest pain), or a low hemoglobin. It's very important to get as much information we can in order to determine an etiology of the chest pain.

Unlike cardiac chest pain, a pulmonary embolism (PE) will present with a sudden onset of chest pain, dyspnea, tachypnea, loss of consciousness, and a sense of impending doom. Briggs explained that 60-80% of people with a PE had a DVT that dislodged and traveled to their heart. The one-hour lecture touched on many real-world nursing difficulties that can occur in any hospital setting. For example; the patient is having chest pain, so the nurse calls the provider immediately. “The provider is going to ask you what you think it is. You better have a response better than I don't know.” Briggs explained that providers





utilize our assessment skills and documentation to support their clinical judgment. Thus, we need to be able to differentiate between the different etiologies of chest pain to advocate for our patients.

Briggs also emphasized the importance of a complete social and family history. The goal of the patient interview is to gather information on the chief complaint, demographics, history of illness, family history, social history, medical history, allergies, and special health needs. This material will give you an impression of the potential risk factors contributing to the chest pain. It is essential for nurses to notice the risk factors to gain a better compilation of possible interventions.



# State Conference Interview Focus Session

**By: Erin McIntosh, SNA Clubhouse Director, Accelerated BSN'18**

While at the state conference I attended the “Rocking your Nurse Interview” focus session. The speaker, Becky Kwitowski, is very knowledgeable, and she is currently a part of her organizations hiring department. She made a lot of great recommendations, and I wanted to share them with fellow nursing students.

First - Research the organization you are applying to. Make sure the organization is a fit with you. If there is not a good fit, then long term satisfaction is questionable. Also, look at your personal and professional goals to see how they line up with the organization. Lastly, think about how the position affects your work-life balance.





Second - Do a self SWOT analysis (Strengths, Weaknesses, Opportunities and Threats). By doing the analysis you can better prepare for almost any question an interviewer may throw at you. Additionally, almost all interviews include a self-analysis, and the interviewer will ask about strengths and weaknesses. Being prepared gives you a chance to answer and put positive spins on the weakness.

### Third - Questions to Ask:

- Describe a typical day on the job you are applying for
- Describe the ideal candidate for the job?
- To whom would I report?
- What are the training or advancement opportunities?
- How is performance evaluated? (if performance not evaluated - shake hands and exit the interview)

### Fourth - Questions you should not be asked:

- Are you a US citizen?
- Where were your parents born?
- What is your native language?
- How old are you? Date of Birth?
- What is your marital status?



### Basic To Dos for Interviewing:

- Arrive a few minutes early
- Bring your nursing license (if you have it)
- Dress Appropriately!!! (do not wear scrubs)
- Be prepared
- Make allies along the way
- Take extra copies of resume
- Taking notes during interview is fine and expected



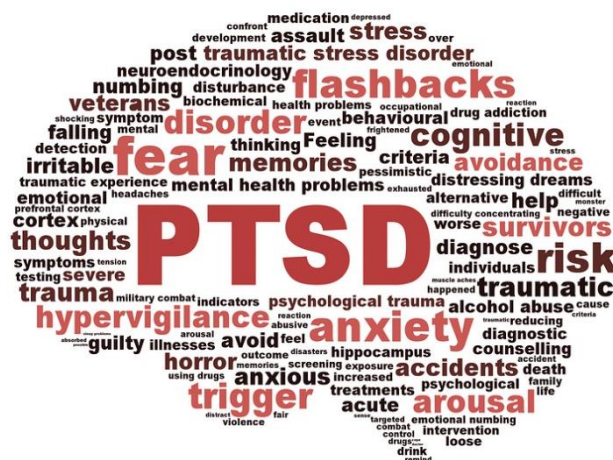
Hope this helps as we will all be interviewing sooner or later. The key is to be prepared and good luck!



# Stressful Things: PTSD in Nursing Focus Session

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

This focus session emphasized the importance of mental health in nurses. As health care professionals, Mr. Perry stressed the importance of taking care of ourselves as well as our patients. PTSD is the 4<sup>th</sup> most common psychiatric diagnosis in the United States and nurses aren't immune to it. Mr. Perry went into great detail explaining the etiology of PTSD and how we as nurses can recognize the signs and symptoms of it. He explained the four areas of a nurses' life that it can affect: cognitive, emotional social, and personal. Prior to this focus session, I had no idea how many nurses were impacted by PTSD, but now I have a better understanding of the disorder and the effects it can have on nurse's life.




# Easier Approaches to Master Pharmacology

By: Amanda Leyva, SNA Fundraising Director, Accelerated/ Independent BSN'18

Have you ever felt you are having a power outage in your brain while reviewing Pharmacology?

As nursing students, we don't usually think of Pharmacology as an easy subject. We complain of it being too complex to comprehend and of having too little time to learn it. This is often concerning to nursing faculty who strive to facilitate student learning in the subject. It is even more worrisome to the students themselves who are dealing with the added stress of a heavy curriculum and their non-scholastic life. Yet, a third group of individuals is more affected by the poor understanding of pharmacology: ***our patients.***

In 2006 the Institute of Medicine reported that medication errors injure approximately 1.5 million Americans each year, costing \$3.5 billion wages and medical expenses (Morales, 2017).



"The most important thing in pharmacology is not so much to obtain more and more facts, but to master and transform how we think about them!"

LORETTA MANNING

As future nurses, we ought to recognize the vital importance of Pharmacology and work toward adopting new strategies tailored to Our individual learning styles. “The decisions made by nurses affect the health status, recovery time, and even the life or death of a client” (Catalano, 2000, p. 95).

Undoubtedly, Pharmacology is not our favorite class, but certainly that does not have to make us less proficient at it. Here are some tips and tricks I learned courtesy of the **2017 Florida Nursing Students' Association Convention** and Loretta Manning (MSN, RN, GNP) lead author of *Pharmacology Made Insanely Easy!*



- ❑ Chunk the information (Why learn hundredths of pages when you can just learn the basics? Start with the drug's mechanism of action, side effects, contraindications, and nursing implications.



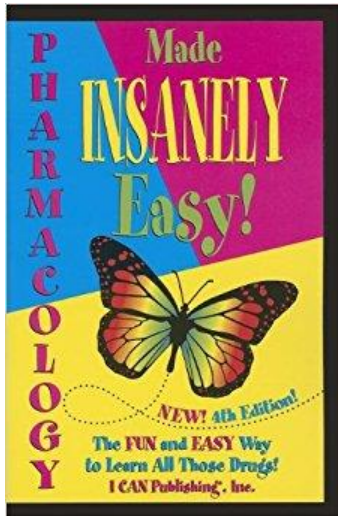
Think: “What would be important for my patient's safety and prompt recovery?”)

- ❑ Make mnemonics ( Mnemonics are an easy and fast way to remember the material)



- ❑ Draw pictures (If you are a visual learner, this is perfect for you!)





## CEF THE GIANT

**G**: nausea, vomiting, diarrhea

**I** ncrease in glucose values

**A** naphylaxis may occur; alcohol may cause vomiting

**N** ephrotoxicity

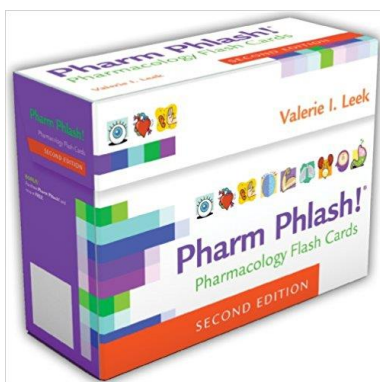
**T** hrombocytopenia



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Cef/Ceph, the "GIANT" is a powerful antibiotic that can destroy several types of bacteria and represents the 1st generation of cephalosporins. He can also produce "GIANT" undesirable effects.

Pictures are easy to remember and they may help you group more information while unleashing your creative side. If you can draw it you can know it!



Chunking strategies allow information to be organized in the brain and stored for future application.

- Make flashcards and continuously quiz yourself
- Arrange group study sessions
- Make **short** study guides (learn how to identify what is **most** important. Follow the class objectives outlined by your professor)



☐ Make rhymes, jingles, and songs (This may sound ridiculous or childish, but it works!)

Let's Give It a Try!

# Hypoglycemia

(sung to the tune of "Row, Row, Row Your Boat")

Hot and dry

Your sugar's high.

Your insulin is what you need.

Cold and clammy,

You need some candy.

And milk will help, indeed.



HYPOLYCEMIA



Onset Rapid...  
1 - 3 Hours



- Anxious
- Sweaty
- Hungry
- Confused
- Blurred or Double Vision
- Shaky
- Irritable
- Cool, Clammy Skin

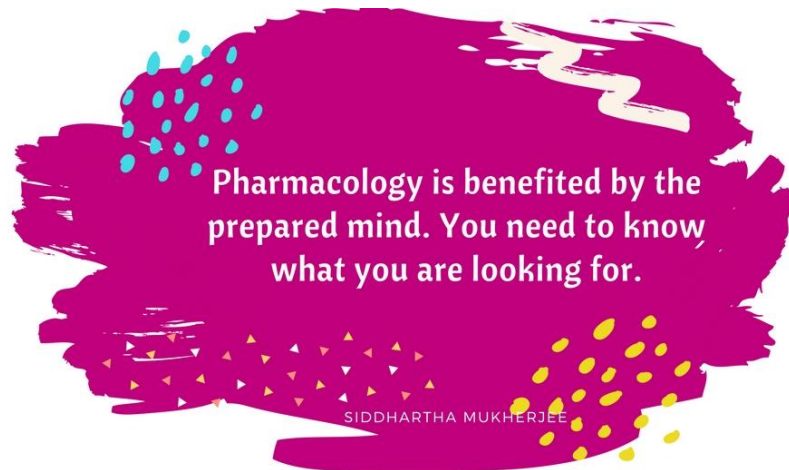
Needs...  
**BLOOD SUGAR** ↑  
Increased

# Rudolph The Red-neck Reindeer



Rudolph the red-neck reindeer  
Had an adverse side effect  
From the drug Vancomycin  
Must keep all the labs in check.

❄️ Caution with renal failure,  
Hearing loss and allergies,  
Take a temp and blood cultures,  
'Specially a CBC!!! ❄️



## Additional Resources



-How to Study for Pharmacology in Nursing School (by RegisteredNurseRN)



- Pharmacology Made Insanely Easy
- Memory Notebook of Nursing: Pharmacology and Diagnostics
- Pharmacology Made Incredibly Easy

### References

Catalano, J (2000). *Nursing now! Today's issues, tomorrow's trends* (2nd ed.). Philadelphia: F.A. Davis.

I CAN Publishing (2013). Online catalog. Retrieved from [www.icanpublishing.com](http://www.icanpublishing.com)

Morales, K. A. (2017). Active learning strategies to enhance nursing students' knowledge of pharmacology. *Nursing Education Perspectives (Wolters Kluwer Health)*, 38(2), 100-102. doi:10.1097/01.NEP.0000000000000085

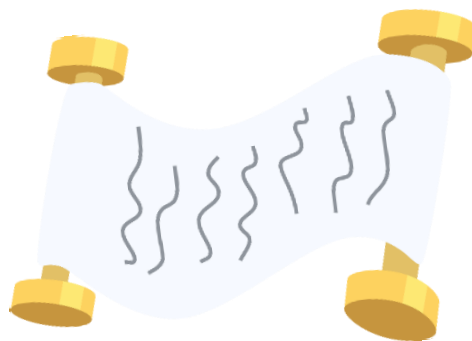
# Writing a Resolution

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

Resolutions are fundamental in providing student nurses an opportunity to have a voice in the nursing community. Although, many students aren't aware of what they are, nevertheless the process it takes to write one. They serve as the basis of policies and actions of the Florida Nursing Students Association. After reading about the resolutions FNSA passed this year, hopefully you are inspired to make your own. Here are a few steps that can help you get started:



**1. Find a topic.** One of the most important aspects in this process is finding a topic that you care about and want to change. Some ways you can get ideas are from watching the news, reading the literature, or even experiencing them in the hospital setting. Find something that you want the FNSA to raise awareness for, form an opinion on, or educate the state of Florida about. You can even look at previous resolutions FNSA has passed to see what else needs to be done.

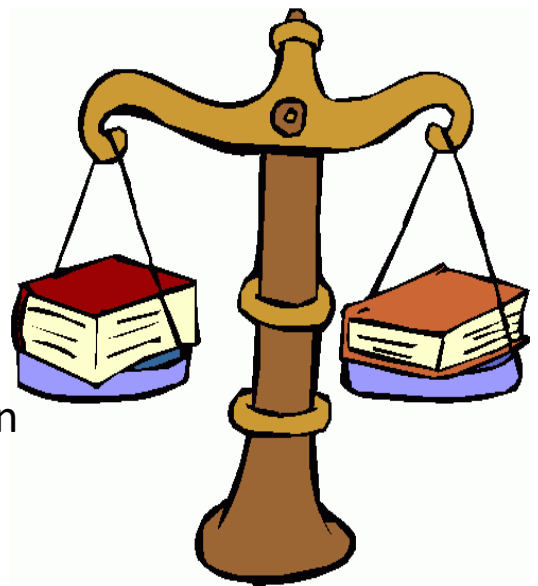


**2. Research it.** Look in the literature to see what evidence is out there that supports your topic. If your topic is something practice based, look at its effectiveness in healthcare. If it is awareness based, why is more awareness needed on the subject?



**3. Contact your current SNA board!** Show them that you're passionate about your topic and they will be able to point you in the right direction as to what steps need to be taken next and how to write it.

**4. Prepare to Present Your Topic.** After writing your resolution and getting it submitted, you will be bringing it to the State Convention in October to debate on it. You will be presenting in front of the House of Delegates who will then debate on why your resolution should be passed and then vote on it. If a majority agrees on your position, you will have successfully passed a resolution that will be implemented throughout the state of Florida!



It may sound easy, but work is put into these resolutions and the process can be intimidating. A few tips that may help you through the process include: teamwork and applying to be a Delegate. You don't have to be alone in this process! If you have a friend or friends who share your opinions, you can co-author a resolution and research it together. There may only be a few spots for resolutions to be brought to convention and we want to encourage participation! Also, when September comes around, applications to be a delegate at the convention will be released by SNA which will allow you to attend the entirety of the convention and be more a part of the process! I hope this inspires you to think about what you can do to impact healthcare today. Because change starts with you!



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# In Support of Increasing the Awareness and Prevention of Generator Carbon Monoxide Poisoning Injuries

By: Sarah Rose Thornton, SNA Treasurer, Basic BSN'18

Writing a resolution was something I had wanted to do since last year because it is a great opportunity to use speak out about an issue you wish to bring attention to. I was fortunate to take up this opportunity with a good friend and we had the honor of presenting our resolution titled, “In support of increasing the awareness and prevention of generator carbon monoxide poisoning injuries”. The aftermath of Irma is what sparked our interest in this topic. When we turned on the news we were left with unsettling feelings, seeing that entire families passed due to carbon monoxide poisoning related to their generators. As student nurses we figured we should take the opportunity to shine a light on this subject as a part of the nurses’ role to take part in health promotion. We proposed that FNSA should best take action by producing educational brochures, promoting education and by encouraging generator companies to include carbon monoxide detectors with the purchase of a generator.





Although presenting our resolution in front of the House of Delegates was a powerful moment that allowed us to express our concern towards this topic, it was the response after presenting that truly impacted me. In the House of Delegates, any delegate can present a “Pro” statement demonstrating their support for the resolution whether it be a matter of fact statement or how it has personally impacted that delegate. After our resolution, the President of FNSA stood proudly with a “pro” statement card and while I was already appreciative of him showing support for our resolution, his words spoke volumes. He spoke about his personal experience of how he and his mom became victims of carbon monoxide poisoning after Irma. He had lethal levels of carbon monoxide, and essentially had a near-death experience. His response was emotional and left goosebumps on everyone in the ballroom. This emphasized the fact that although deaths are

what make the evening news, this may even effect people in our own profession because of this gap in education and intervention of generator safety post-hurricanes.

Although our time in the House of Delegates is over, we are determined to follow-up with FNSA regarding our plan for resolving this issue. It will be important to push for our resolution to be implemented when hurricane season approaches. We had a great experience and were proud to represent the University of Central Florida College of Nursing.



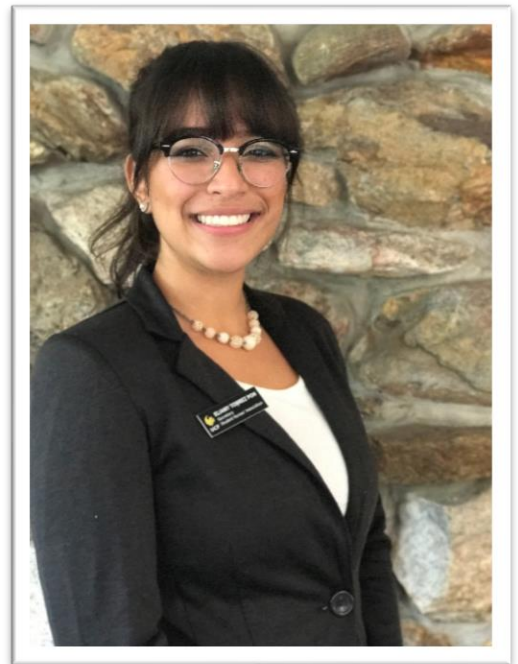


# Resolution Adopted by FNNSA: Support DACA Recipients in the Healthcare Field!

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

My resolution: In support of Deferred Action for Childhood Arrivals in the healthcare field was passed and ADOPTED by the Florida Nurses Students Association! It is truly an honor to have the liberty and freedom to stand up for such a remarkable cause. I couldn't have done it without the endless support of my consultants: Mrs. DeGennaro and Ms. Deatrick, along with my wonderful team.

Submitting a "resolution" consists of submitting a topic that one wants to defended/implement that is relevant to the nursing/healthcare field. A document filled with cited facts is followed by the author's suggested resolutions for the topics. This is mine:



TOPIC: IN SUPPORT OF DEFERRED ACTION FOR CHILDHOOD ARRIVALS (DACA) IN THE HEALTHCARE FIELD

SUBMITTED Student Nurses Association at the University of Central Florida Orlando

BY:

AUTHORS: Torrez Pon, Eliany

WHEREAS, between 2012-2016, 23 states have approved 787,580 undocumented aliens into the program (U.S. Citizenship and Immigration Services, 2016); and

WHEREAS, DACA recipients must meet a number of criteria, ranging from never been convicted of a felony offense to proof of current enrollment in school (U.S. Citizenship and Immigration Services, 2017); and

WHEREAS, DACA recipients come from around the world (U.S. Citizenship and Immigration Services, 2017); and

WHEREAS, the largest percentage of DACA participants (22.5%) envision pursuing a career in the health services industries (ex. Dentist, Pharmacist, Nurse) (Perez, 2015); and

WHEREAS, DACA students face difficulties in participating in higher education due to factors not limited to: fear of deportation, high levels of poverty, and ineligibility for financial aid (Perez, 2015); and

WHEREAS, increasing racial/ethnic diversity in nursing to reduce health disparities and achieve health equity (Phillips & Malone, 2014); and

WHEREAS, minority nurses' contribution to eliminating health disparities is reflected in the growing number of minority nurse scientists actively engaged in health disparities research (Phillips & Malone, 2014); and

WHEREAS, minority nurses in influential leadership roles are more likely to be better positioned to directly influence resource allocation and the recruitment and retention of a diverse workforce, and shape organizational and national policies aimed at eliminating health disparities (Phillips & Malone, 2014); and

WHEREAS, 38.8% (123,757,837) U.S. population are a part of a minority group (U.S. Census Bureau, 2016); and

- WHEREAS, 83.2% (2,496,000) of registered nurses (RNs) are non-Hispanic white (Phillips & Malone, 2014);  
and
- WHEREAS, 16.8% (504,000) of registered nurses (RNs) are from minority backgrounds (Phillips & Malone, 2014); and
- WHEREAS, minority patients in race/ethnic concordant relationships are more likely to use needed health services, are less likely to postpone or delay seeking care, and report a higher volume of use of health services (Saha, Taggart, Komaromy, & Bindman, 2000); and
- WHEREAS, 20,000 DACA individuals work in healthcare related industries (Capps, Fix, & Zong, 2017); and
- WHEREAS, national nursing leadership organizations and important stakeholders have articulated the need for more diversity in nursing and are responding to this need by implementing initiatives that focus on recruiting and retaining underrepresented minority groups in the nursing field (Phillips & Malone, 2014); therefore be it
- RESOLVED, that Florida Nurses Students Association (FNSA) encourage its members and constituents to contact his/her local senators and representatives in support of DACA; and be further
- RESOLVED, that the FNSA send out an electronic fact sheets about DACA to its members, if feasible; and be it further
- RESOLVED, that the FNSA publish an article on this topic in *Hotline* on this topic, if feasible; and be it further
- RESOLVED, that the FNSA demonstrate support for the DACA diversity in the healthcare local organizations that are committed to protecting immigrant rights and are led by people who will be most affected by local, state, and national policy decisions through the Florida Immigrant Coalition; and be it further
- RESOLVED, that FNSA send a copy of this resolution to the Florida Nurses Association, and any others deemed appropriate by the FNSA Board of Directors.

I further defended my resolution by giving a two-minute speech on why FNSA and delegates should support this cause. This is my speech:



“DACA stands for deferred action for childhood arrivals. These individuals must meet a number of criteria to become eligible to work and study in the United States, while not qualifying for any federal aid or assistance.

The American Medical Association’s CEO and Executive Vice President released this statement: “President Trump’s recent announcement to end the DACA program in six months **fails** to recognize the enormous contributions of hundreds of thousands of individuals who are living, working, and providing vital services in the United States, including health care services,” We *must* be concerned with the *severe* consequences for many in the healthcare workforce, impacting patients and our nation’s healthcare system.

Our nation’s healthcare depends on the care provided by nurses and other healthcare personal with DACA status, who *fill* gaps in patient care, as well as provide fundamental relationships with patients.

DACA students are more likely to be bilingual, to come from diverse cultural backgrounds, and to understand challenges in certain ethnic communities. The quality of care provided by these individuals positively impacts a patient's relationships in their inclination to seek healthcare services.

It is our **DUTY** to protect these individuals who have demonstrated their commitment to the United States in numerous ways by attending nursing school, training in the healthcare field, caring for patients, conducting research, and improving our healthcare system. DACA is the reason I am here today. DACA is the reason why I will be a nurse. DACA needs your support.”

All were in support, none in opposition. I am tremendously grateful for this experience. If one feels inclined to fight for a cause, I encourage that person to take charge and make a difference in this world!



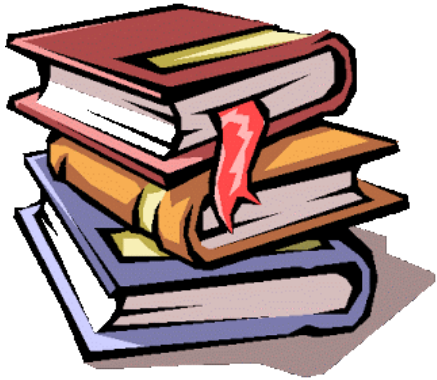
# Nurse Anesthesia as a Career Choice

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

Out of all of the focus sessions that were offered at the convention, this was the one I made sure to make time for. The speaker for this session was Ginny Ferrera, BSN-RN, CCRN, SRNA who is also on the Admissions Board for Wake Forest School of Medicine Nurse Anesthesia Program.

Like many new student nurses she was not sure of what specialized area of nursing she wanted to get into. She was tired of having a job as a waitress and decided to get a job in the hospital. She took the first job she was offered which was a tech in the CVICU. On this specialized unit she worked a lot around anesthesia and fell in love. After nursing school, she was hired straight into the ICU and received her 2 years of experience in critical care, became a CCRNA and is currently an SRNA!





The overall career timeline to becoming a CRNA is having your BSN, at least 2 years in an ICU, 3 years of anesthesia education, then ta-da! You're a CRNA! After you pass the board exam of course! The ICU specialties you want to aim to work in are in

trauma, surgical cardiovascular, neuro, surgical, and medical cardiovascular. It's important to get those high acuity patients! Although you can still these patients in the ED, programs do NOT except ER experience! So if seriously pursuing a career in nurse anesthesia aim for those critical care units.

All anesthesia education programs focus on pharmacology and chemistry. It's important to take those organic chemistry classes—especially at the graduate level! Just like the BSN program, anesthesia studies all age groups such as adult, pediatrics, and obstetrics. So even if you want to specialize in pediatric surgery, you still have to learn and go through all of the adult rotations.

What are some of the job benefits of being a CRNA? It's a VERY challenging career! You will never be bored! You will always be constantly using your nursing critical thinking skills. As a CRNA you have more independence than ever before. Job security—if it were easy, then everyone would be doing it and the demand wouldn't be so high! As a CRNA you will ALWAYS have a job.



There are many different challenges that come with this career such as:

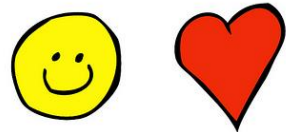
- ✓ Being able to perform well under pressure
- ✓ Lifelong learning
- ✓ Malpractice risk
- ✓ Dealing with “headstrong” individuals—you have to be able to confront and **BE AN ADVOCATE FOR YOUR PATIENT!!**
- ✓ Being able to make decisions quickly
- ✓ Comfort in leadership roles
- ✓ Ability to adapt to changes
- ✓ Interviews play a major role in the admission process. If you have been chosen for an interview that means you’re already considered a serious candidate for a spot so **NAIL** that interview. There three sets of interviews: a personal interview, just like a normal GN interview, a clinical interview, where that ask you what you would do in clinical situations, and a written interview, where they stick you into a room and tell you to write about a certain topic and you have a certain amount of time to answer! It’s important that you do **NOT** talk about things you do not know about. Everything that you say or mention in that room is fair game. So if you mention something about IABPs, they can ask you **ANY** question regarding IABPs. Also, every grade that you earned starting from high school **COUNTS!** They look at **EVERY** grade. However, these programs understand that





- ✓ At the end of the day which program you choose is vital. You want to look for a program that has a strong internal support system. Does this program match up with your values? You want to be a part of a program whose board passing rate is HIGH. So be sure to ask at the interview, “what is your first time board test taking rate?” You don’t want to be a part of a program that has a low rate!

HAVE YOU CHECKED



YOUR VITAL SIGNS?

So what can you do now as a nursing student to start pursuing your dream of being a CRNA?

- ✓ **START NOW!!!** Why though? It’s TOUGH to get into a nurse anesthesia program. You have to be a very well-rounded and dedicated candidate.
- ✓ **KEEP YOUR GRADES UP!!!** As MATTER! Remember you are competing against so many others to get that spot, you want to be able to stand out and show you have the knowledge and exceed in it.
- ✓ **Prerequisites during your BSN**—look at the programs you are interested in and see what prerequisites you need. Get them done early 😊
- ✓ Shadow a CRNA
- ✓ **VISIT** your programs of interest and get your face shown!



- ✓ **Get a job in an ICU!** Definitely as an RN but start early as a tech if you can.
  - ✓ **GET INVOLVED!** They look SPECIFICALLY at leadership experience. Build that resume up and make yourself stand out.
  - ✓ **Develop good relationships with faculty and keep in touch!** You will need references for applying.
- ✓ **Take your GRE during your last semester of nursing school** while you're still in study mode!
  - ✓ **Start working on your CV (curriculum vitae) NOW!** This plays an important role in applications

Hopefully I did not scare you away into becoming a CRNA 😊 If you have any questions or concerns I highly suggest getting in touch with an admissions faculty member of your programs of choice! However, I am always available to try and convey more information that was relayed during this focus session.



# My First FNSA Convention

By: Kim Lucas, SNA President Elect, Basic BSN'19



This past October, I attended my first Florida Nursing Students Association (FNSA) convention. I was surrounded by hundreds of other nursing students from all over the state, was a part of the decision-making process for the passing of Resolutions, listened to an inspiring key note speaker, attend focus sessions, and witnessed UCF come out on top with awards, scholarships and accolades. What I got out of the FNSA convention the most, however, was that it made me feel proud and honored to be a nursing student. Not just a “future nurse,” but a *nursing student*.

In the spur of the moment of tests, projects, long clinical hours, some tears, and not much sleep, it's easy to assume that nursing school is just the “rough times before it gets better” when we're all nurses one day. But that's not entirely true. Being a nursing student itself is such a huge honor. I mean if you think about it, there are state and national level conventions just for being nursing students. My biggest take-away from my first FNSA convention was that even if we aren't nurses yet, nursing students still do amazing things.

First of all, one of the most inspiring, and honestly just coolest things I've ever been able to witness in my life was the Resolutions in the House of Delegates. According to the FNSA website, a resolution is "a written document that is proposed to the House of Delegates, and if adopted, will serve as the basis of policies and actions of the Florida Nursing Students Association." Basically, nursing students all over the state of Florida have noticed issues in the community related to health promotion, patient education, nursing practice, therapeutic care, politics in healthcare, and so much more. Then, these students present to the FNSA House of Delegates a document comprised of the issue, the countless data providing credible evidence towards the issue, and a series of steps for the FNSA board to take in order to resolve these issues. After presenting their statement, the floor is open for people to make pro and con statements for the resolution, debate the resolution on the floor, and finally, the House of Delegates votes for the resolution to pass. If it sounds like a lengthy, specific, and tedious process, it is. (And by the way, UCF had TWO resolutions pass!)



Witnessing resolutions to me was witnessing real live positive social change coming to life. We learn in class every day that we are advocates for our patients. As individuals we do everything in our power to improve the quality of life for our patients. Resolutions enable us to put the needs of our patients onto paper in order to fix them at the state (and national come next semester) level. And that is done entirely by students.

## Lifeline Newsletter

Student Nurses' Association – UCF Orlando

Besides the Resolutions, the FNSA convention also had a lot to offer for nursing students to gain from. There were a variety of focus sessions where you could learn more about different fields of nursing, how to excel in skills like Pharmacology, EKG interpretation, and Head to Toe Physical



Assessments, and gaining hands-on perioperative experience. There were also focus groups that were primarily concerned with being a nursing student in general, like Stressful Things: PTSD in Nursing and a Pre-Nursing Student Q&A session. The Keynote Speaker of the event

Marcus Engel, ~~was~~ a man who lost his eyesight in an accident but was inspired by the care provided for him by a Nurse tech. His speech about the impact the healthcare team had on his life brought an entire room to tears.

One of my favorite things about attending the FNSA convention was that we were literally surrounded by hundreds of nursing students at any given time. And unlike many other majors, at the end of the day, we all support each other. One way or another, I as a UCF nursing student can relate to what a Broward College, UNF, UF, Seminole State, or



FAU student is going through. Nursing students have this special sort of bond, and I didn't quite realize it until having a conversation with students from other schools and realizing how similar we all are. We all may take different paths to get there, but one way or another we will all be nurses. If

you didn't get to go to the FNSA Convention this year, I highly recommend that you try to go next year. You get to meet students from so many school across the state, go to really informative focus sessions, witness social change right before your eyes, and just learn what it means to be a nursing student and aspiring nurse.



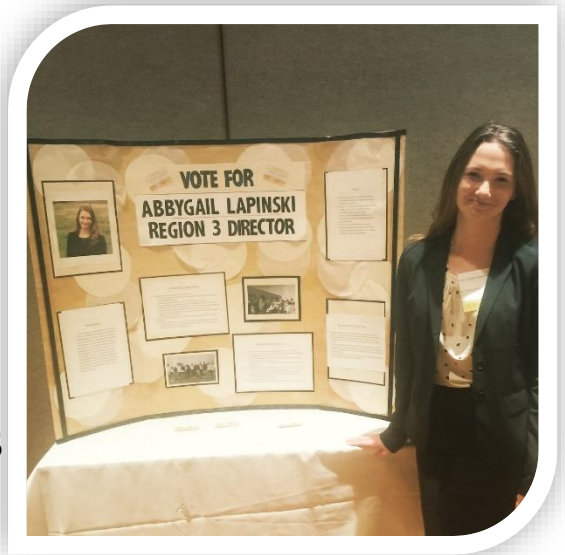
In my final thought reflecting back on my first FNSA experience, not only did the convention open my eyes to how honorable it is to be a nursing student, but also to be a UCF nursing student. Now don't get me wrong, I was able to witness some schools do amazing things, like see a junior from FAU run for, and subsequently be elected into, the President position of the entire FNSA Board, or hear about major events that other SNA chapters have done. But even just talking to people and them noticing I was from UCF, you could tell people were impressed. And after we passed both of our resolutions, won the Diamond Chapter award, several scholarships, first place in NCLEX jeopardy, the Newsletter award, consultant of the year award for both of our faculty advisors, and elected one of our own students to be on the FNSA board as the Region 3 Directors, it was easy to see why! There is something special about being a Knight Nurse, and that was proven to be true after being recognized at the state level at the FNSA convention. All I can say now is, bring it on Nationals!



# Awards and Scholarships

**By: Erin McIntosh, SNA Clubhouse Director, Accelerated BSN'18**

The SNA at UCF Orlando represented very well at the FNSA State Convention in many capacities. Among them, two resolutions were presented in the House of Delegates and received great support from the other nursing students. We had one of our very own run and win the Region 3 Director position for FNSA, Ms. Abigail Lapinski. She did an amazing job and made a really good impression on those at the convention. Additionally, we participated in the banner competition, had two teams enter the Jeopardy competition, and we also submitted for the Diamond Chapter Award. We also had a few members apply for the scholarships offered by FNSA.



## Accomplishments at the 2017 FNSA Convention

### FNSA Diamond Chapter Award:

- SNA at UCF Orlando

### FNSA Resolutions Adopted:

- *Support DACA Recipients in the Healthcare Field* By: Eliany Torrez-Pon
- *In Support of Increasing the Awareness and Prevention of Generator Carbon Monoxide Poisoning Injuries* By: Matthew Berry & Sarah Rose Thornton

### NCLEX Jeopardy Game Winners:

- Erin McIntosh, Amanda Leyva, Eliany Torrez-Pon & Abigail Lapinski

### Newsletter Award:

- Amanda Schultz, BSN '17 & Alexandra Weinstein

### Scholarship Recipients:

- Matthew Berry, Erin McIntosh & Sarah Rose Thornton

### FNSA Consultants of the Year

- Chris Deatrck, MSN, RN
- Joyce DeGennaro, MSN, RN





It was a very successful time at the FNSA Convention and the SNA at UCF Orlando represented Knight nursing amazingly! Winning Diamond Chapter 4 years in a row...the most of any nursing school in the STATE!



**GO UCF KNIGHT NURSES!**

# 7th annual Orlando Health Nursing Lecture

By: Alexandra Fox, SNA Historian, Basic BSN'18



As Florence Nightingale once said, “Nursing school should not be a sacrifice, but one of the highest delights of life.” It takes a very strong, compassionate and intelligent person to take on the ills of the world with passion and purpose. Although this responsibility can seem overwhelming, and as students, we sometimes wonder how we’ll ever be the perfect nurse.

However, I’ve come to learn that perfection is not

the goal in nursing. No nurse is perfect – not even the most experienced practitioner. The goal is to continually move forward by expanding your knowledge and experience base.

On October 24<sup>th</sup>, I had the opportunity to attend the ‘Orlando Health Nursing Lecture.’ The key note speaker, Donna Cardillo, a nurse with over 25 years of clinical, managerial, and business experience, led the lecture. She began by explaining her story and how she arrived to where she is in her career. She then explained the numerous ways nursing has grown as a profession during her 25 years in the profession. She went into detail about stereotypes and how important it is as nurses to not let those define our patients. She explained that we need to bridge the generation gap. I learned a lot from this lecture and it gave me a new perspective as a new nurse – listed below are key points from the lecture and my take on them:

- Bridge the generation gap – do not let a patient's age define how you will treat them. Treat each patient as an individual with different qualities, rather than grouping similar age groups into categories.
- Promote collegiality – promote intergenerational conversation!
- Appreciate differences – every person is unique in their own way – take the time to learn about them.
- Stay engaged at work – if you encounter a coworker who seems upset, ask how you can help them. Even if they do not take the help – they will appreciate that you asked.
- Set professional goals – this is something I have done since I started school and it has helped tremendously. Make sure to set the goals realistically and to make them in subsections (such as, this semester, 1 year from now, 5 years from now, etc.)



## SET GOALS

- 1.
- 2.
- 3.



- Be a catalyst for positive change – never let anyone change your positivity! Use positive self-talk every day to combat negative thoughts.
- Network, network, network! – business cards, linked-in profile and even Facebook. Work on having a firm handshake and make eye contact.
- Be a patient advocate – the patient and their families are counting on you to be their advocate – even if it means questioning orders.



As nursing students, we all know how tough it can be sometimes. However, nursing school should be one of the highest delights of life, not a sacrifice. Remind yourself that you've come such a far way, have accomplished so much, and are a resilient, strong individual who is capable of anything. How do I know this about you? You're a UCF nursing student!

# Update from Daytona!

**By: Glory Pierre, SNA Historian, Daytona BSN'18**

The University of Central Florida (UCF) Connect Center in Daytona Beach would like to thank Girl Scouts Troop 1644 for their donation to our Knights Food Pantry. The pantry is designed to make sure UCF students have access to food and toiletries. With a high homeless population in our community, we know this includes our less fortunate students and our hope is that Girl Scout cookies donated will place a smile on our student faces.



A special thanks to Ariana Brunner and her family. Ariana has an amazing spirit of giving. At the young age of 9 years old, she understood the financial obligations of going to college, and the sacrifices people had to make in purchasing their wants versus needs. There were times when the students wanted to purchase cookies from her, but they couldn't afford even one box of cookies. When it came time to choosing a donation location, Ariana asked her troop leader to choose the Knights Pantry for their donation this year because she wanted to help give back to the students who didn't have the money to buy cookies from her.

We are very grateful and appreciative of the cookies. We will let all our students know where and who they came from; thank you Ariana, thank you Brunner family and thank you Girl Scouts of America.



# Ask a Knight Nurse!

## What Are You Thankful for!?



**I'm thankful for the amazing support from my family and friends, especially my parents.-**  
Kimberly Bogers,  
Basic BSN'18

**I am thankful for the amazing opportunity I have been given to touch lives through nursing! Thankful for the amazing moments, for the sad moments, and for the challenging moments on my journey. Without amazing friends and family I would not have made it. Thank you to all who believed in me!-** Amanda Leyva, BSN'18

**I am thankful for having Dr. Peralta as my LTC instructor. She is someone who truly loves her students. I hope to one day be at least half the nurse and person she is. She comes in every day with a smile, and is so supportive. I am beyond grateful for her helping me stay strong through the semester!-** Nina Jaykay, Basic BSN'19

**The homeboys and homegirls that became my friends ♡-** Ricky Sanchez,  
Basic BSN'18

**I'm thankful for my health, my friends and my family!-** Allie Fox,  
Basic BSN'18

**I am thankful for the opportunity to be in such a rewarding career path and be able to make a difference in the lives of my patients!-** Samantha Downey, Basic BSN'18

**I'm thankful this semester is almost over and so close to graduation!-**  
Lauren Penton, Basic BSN'18

**I'm thankful for you!-** Hannah Stein, Basic BSN'18

**I am thankful to be surrounded by individuals who are dedicated, determined, and passionate about the nursing profession and patient care.-** Tori Quigley, Basic BSN'18

**I'm thankful for my mom who works so hard to ensure I reach my dreams. -**Eliany Torrez Pon, Basic BSN'18

# Announcements & Upcoming Events!



Help us  
fundraise!



## SOCKS MADE BY NURSES FOR NURSES

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

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

\$8

STUDENT NURSES' ASSOCIATION



## SNA CAR WASH FUNDRAISER!

December 9, 2017

0800-1400

2885 S Orange Ave, Orlando, FL 32806

\*Sign up on the doodle\*



# 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: