



LIFELINE

NEWSLETTER

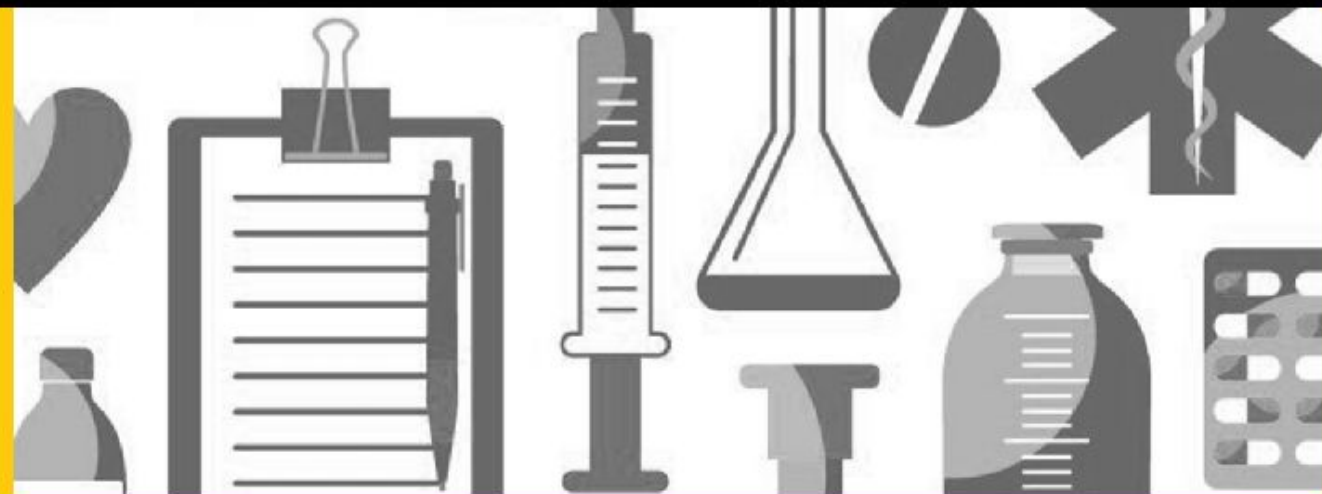


STUDENT NURSES'

ASSOCIATION

AT UNIVERSITY OF CENTRAL FLORIDA

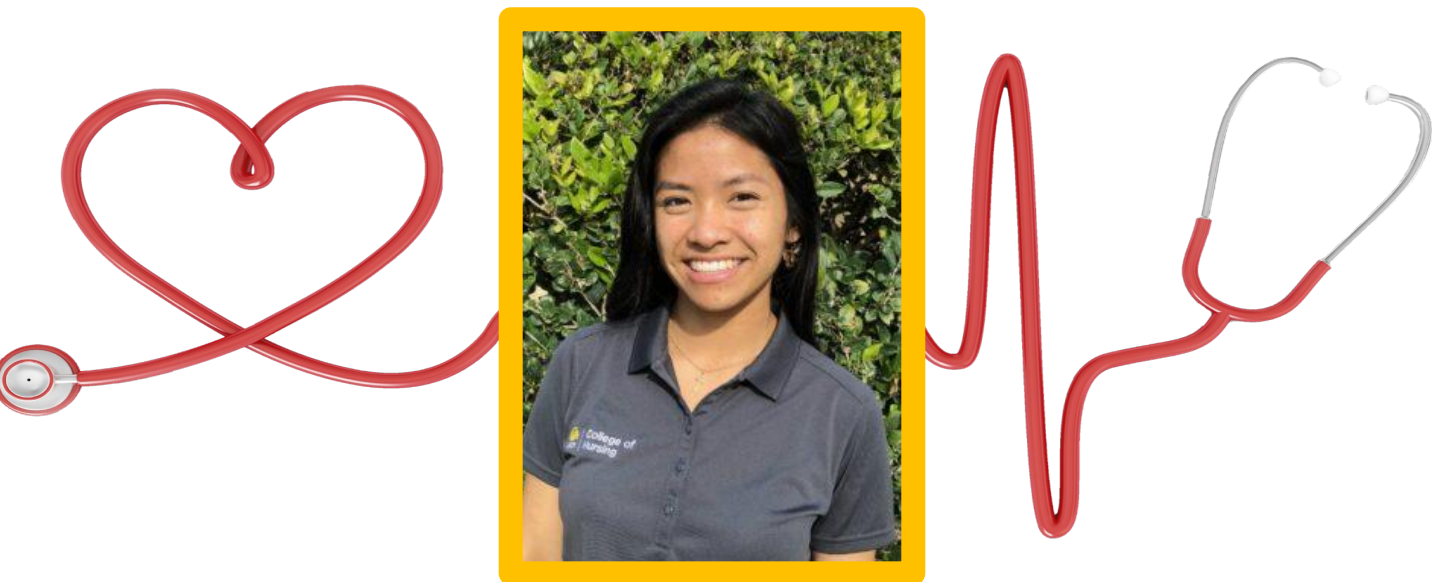
ORLANDO



SNA Orlando Leaves a Mark at the 2022 FNSA Convention

Kaitlyn Yu

SNA President, Basic BSN '23



2022 has been a big year for all, and the Florida Nurses Student Association was no exception. They would attempt to hold the first in-person state convention since the onset of the COVID-19 pandemic, and the SNA Orlando Chapter was determined to be a part of it.

It all started at last year's state convention, which was held virtually and in disarray. FNSA's legs were weak, struggling to march forward after being knocked down and kept socially distant. It was clear that without a new set of student leaders, the once impressive state association would stumble and

cease to exist. And indeed, the future looked bleak, with nearly all positions without a pre-slated candidate, minus the Recording Secretary who had Alexandria Moran, a former UCF Accelerated student. That fateful day in the House of Delegates spurred the rest of the SNA Orlando Chapter to step up and save their state organization, so step up they did!

Now, fast forward to this year's convention. The state board consisted of six 2021-2022 SNA Board and general members, including Caroline Porter as President, Lauren Fuller as 1st Vice President, Vanessa Iturri as 2nd Vice President, Leah Bidy as Corresponding Secretary, Alexandria Moran as Recording Secretary, and Christian de la Cruz Cancel as Region 3 Director. This was incredible! Together, they organized a stand-out convention that marked the rebirth of a stronger, more passionate student-led association, and the UCF Orlando Chapter would not stop there. It was time for our chapter's next set of leaders to go!

This year's convention was October 27th-29th at the Hilton Daytona Beach Oceanfront Resort. After three days of intensive workshops, House of Delegates sessions, merchandise tabling, and more, our hardy group of 14 members accomplished incredible things! Seniors Annaliece Balensiefen, Angela Frantz, Michael Keller, and Alexis Wade passed their resolution



titled, “In Support of Education about Human-Milk Feedings in Neonates to Prevent Necrotizing Enterocolitis,” which was adopted by FNSA and will be brought to national convention in the spring. This resolution will raise awareness of a life-saving preventative measure for babies!



Angela Frantz presenting the resolution, “In Support of Education about Human-Milk Feedings in Neonates to Prevent Necrotizing Enterocolitis”.

Five members obtained scholarships up to \$500 for their dedicated efforts in the local and state-level association. The recipients also had to be impactful leaders and reputable by others. It was truly a proud moment to see the following people recognized: seniors Annaliece Balensiefen, Morgann Betterly, Angela Frantz, Olivia Kennell, and Caroline Rose Tytar.

FNSA would see UCF's impact for at least another year to come, not only through the adoption of a resolution, but also with the election of two SNA Orlando Chapter members — senior Morgann Betterly as Region 7 Director and senior Leah Shinn as Region 5 Director. They will be representing chapters throughout Florida who may still be struggling on a local level with membership, involvement, and development.

As if it could not get any better, big news was revealed on the final day of convention. The UCF SNA Orlando Chapter was awarded Diamond Chapter, the greatest designation any chapter could receive. It was a big celebration



Seniors Morgann Betterly was elected as Region 7 Director and Leah Shinn as Region 5 Director.

for all! The application was not merely a 119-page document, but a reflection of the cumulative effort of leadership and involvement, present and past, that made our association what it is today. As President, I am incredibly proud of my board and our members, and I am honored that FNSA also recognized the accomplishments of our organization.

We left Daytona Beach and returned back to the usual routines of Orlando, but we carried something back with us. Every person who attended grew in some way or form, either intellectually, professionally, or in their network. It was no question that us students — we were the future of nursing. The UCF SNA Orlando Chapter did our part in making history at state convention this year, and we are committed to taking what we learned and accomplished everywhere we go. Next stop, leaving a mark on our patients, communities, and workplaces!



UCF SNA at the state convention opening night hula party.



UCF SNA at the conclusion of state convention.
Diamond Chapter and 5 scholarships won!

Did You Know?

Back in 2015, seniors Tiffany Sarg and Makenzie Cox passed a resolution on the state level that also related to human milk and its advantages, increasing awareness of the benefits of breast milk banking.

Fun Fact

Our chapter numbers 82 members, meaning we had 8 delegates to represent in the House of Delegates.



Your Oral Health

Michael Keller

SNA Secretary, Basic BSN '23



As summer transitions into fall, it is important to bring to light a seasonal change that we all forget about, increased sugar intake. 1 in 4 American adults have untreated tooth decay and 46% of adults over 30 show signs of gum disease (CDC, 2020). As Halloween sweets, Thanksgiving pies, and Christmas candy canes take over your diet, you need to be aware of your oral hygiene.

In a 2022 study, Millerman et al. found that using mouth rinse in combination with tooth brushing shows statistically significant reduction in plaque production, gingivitis, and gingival bleeding (p. 30).

Additionally, your dentist is right when they say to floss. Millerman et al. (2022) also found that "...using dental floss in addition to toothbrushing (BF) provided ... reductions in gingivitis and gingival bleeding..." (p. 30). This study found that the mechanical effect of flossing can break up plaques and reduce incidences of gum bleeds in a short period of time.

Another way to promote healthy teeth is to drink more tap water. Fluoride is used to strengthen enamel, prevent demineralization by bacteria, and prevent cavities. Fluoride was shown to reduce damage to adult teeth by 20-40% and 8-37% in adolescents (CDC, 1999). In the United States, tap water is often fluorinated by your local government to promote public health. Fluoride is also in toothpastes, mouth rinses, and even supplements (Healthline, 2021).

As our diet becomes more carb loaded, the more bacteria is able to grow. Brushing your teeth, using mouth wash, and flossing has a proven ability to protect you. As your diet returns to normal after this holiday season, just remember to maintain your dental hygiene practices to prevent plaque build-up, infection, and bad breath!



References

Center for Disease Control and Prevention. (2022, April 6). *Children's oral health*.

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Center for Disease Control and Prevention. (1999, October 22).

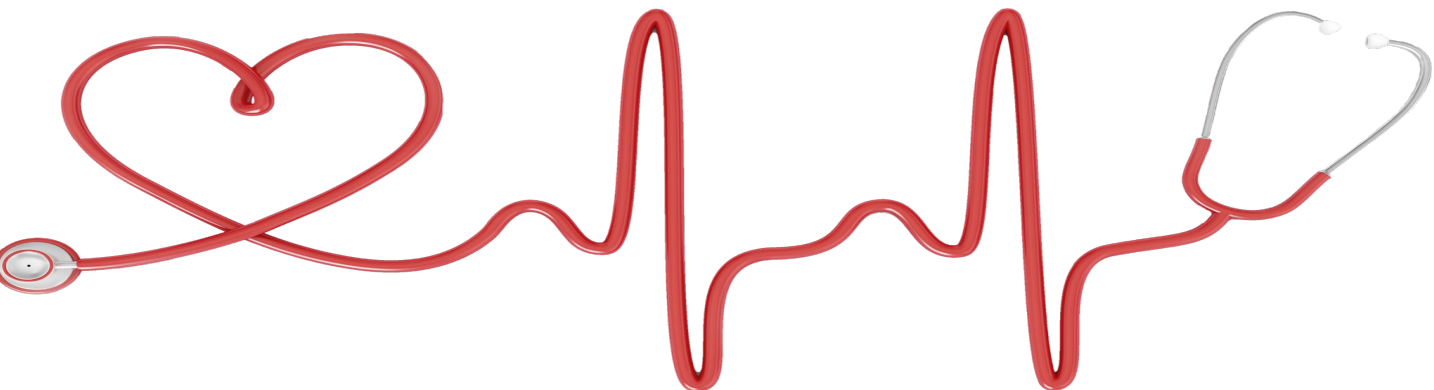
Achievements in public health, 1900-1999: Fluoridation of drinking water to prevent dental caries.

<https://www.cdc.gov/mmwr/preview/mmwrhtml/mm4841a1.htm>

Cafasso, J. (2019, July). *What is fluoride, and is it safe*. Healthline.

<https://www.healthline.com/health/what-is-fluoride>

Milleman, J., Bosma, M. L., McGuire, J. A., Sunkara, A., McAdoo, K., Delsasso, A., Wills, K., & Milleman K. (2022, June). Comparative effectiveness of toothbrushing, flossing and mouthrinse regimens on plaque and gingivitis: A 12-week virtually supervised clinical trial. *Journal of Dental Hygiene*, 96(3), 21-34.



My Experience as a Labor and Delivery

Student Nurse Intern

Annaliece Balensiefen

SNA Treasurer, Basic BSN '23



To all those interested in labor and delivery – this is for you!

I am a senior traditional BSN student here at the College of Nursing. I work at Winnie Palmer Hospital for Women and Babies as a Student Nurse Intern I (SNI I). I applied in the spring semester of my junior year. Once I started, I floated across the hospital floor-to-floor over the summer before I was permanently placed in the L&D pods and PACU.

I always knew my preference in units, but I definitely recommend going to

each floor at least once. I had the opportunity to understand the difference in nursing roles between the NICU, Antepartum, Mother and Baby, and Triage. This experience furthered my understanding and appreciation for each of those roles and now there is always someone I know and can run into whenever I come into work.

As a SNI I, I fulfill tech responsibilities in addition to observing the L&D nurses and patient deliveries. The tech responsibilities are to stock patient rooms, distribute linen, set up the sterile delivery tables, fill the fluid warmers, clean the patient rooms post-discharge, create c-section and “dad” packs, and perform EKGs. I have been fortunate enough to have not only witnessed several vaginal and surgical births, but actively participate as an assistant in them as well. In the OR, I was able to help transfer the patient, hand the team supplies, and organize the room. For the most part, I stood back and observed the surgery. For the pods, I gather supplies, assist the patient in varying pushing positions, and encourage breathing and pushing throughout the delivery.

My experience as a L&D SNI I has been fun, exciting, and the best learning experience. I encourage everyone in the nursing program to seek any observational opportunities you can before graduation; you may affirm what you already like or you may find something new!



Faculty Spotlight

Katherine Dorminy

UCF Professor



Tell us about yourself and what brought you to the UCF College of Nursing?

My UCF journey started in 2002 as a freshman student. Thankfully I was accepted into the College of Nursing in 2004, and ever since then I have been a proud Knight Nurse.

I realized I loved to teach once I became a Preceptor so I decided to obtain my MSN in Nursing Education and loved my job teaching at a local hospital for many years. In 2018, both Mrs. Joyce DeGennaro (prior CON faculty and

SNA advisor) and Dr. Kelly Allred approached me to consider teaching at UCF, and I guess the rest is history.

I am so thankful for my job that provides me not only an opportunity to facilitate learning to our aspiring Knight Nurses but the opportunity to mentor as well.

What motivated you to pursue a career in nursing?

Caring for others is really my main purpose in life. I believe it is my ministry and calling. I always loved science and learning about the human body. My mom was a nurse my entire life. She just retired this year once she turned 65, so that was a great influence and built-in support system as well. Nursing is a profession that constantly challenges me and one I can always be proud of.



SNA Board from 2021-2022 and 2022-2023 with both Advisors Dr. Brian Peach and Mrs. Kate Dorminy at FNSA Pre-convention this past September

What are some things you enjoy doing in your free time?

My priorities in life are God first, Family second, and then passion for others is third. Time with my 2 little girls is probably where I spend most of my time.

Having said that, it's not uncommon to find me at my local Target, working out in my self-made garage gym, attending a UCF event (Go Knights!), outside at the park or beach, or on a trip either in our RV camper or flying to an out of state destination.

What advice would you give a CON student?

So much I want to say. 'You can do it!' 'Have a celebration plan for every significant milestone' 'Surround yourself with people who lift you up and inspire you' But I read a quote recently that I'll share from Pablo Picasso... "The meaning of life is to find your gift. The purpose of live is to give it away."

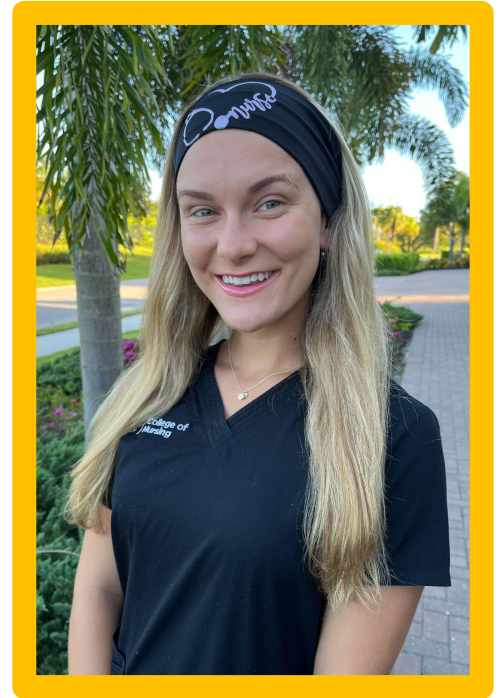


Mrs. Dorminy's Family from left Daren, Kaylyn (4), Kendall (8), and Mrs. Dorminy at post UCF game in Oct & Nov 2022 watching the rocket launch over the stadium (in background)

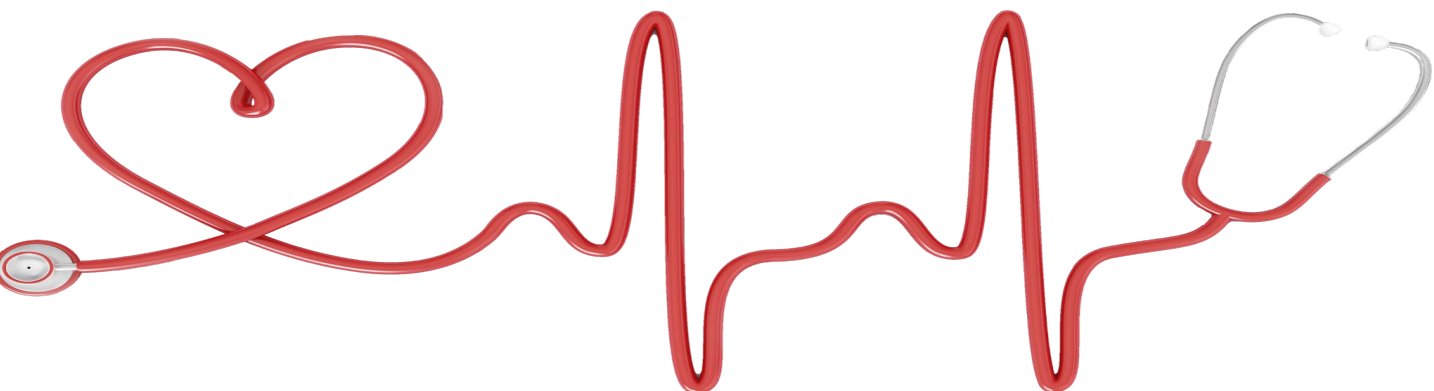
Community Corner

Olivia Kennell

SNA Community Health Director,
Basic BSN '23



Hello everyone! My name is Olivia Kennell and I am the SNA Community Health Director for the 2022-2023 school year. I'm here to let you know a little about what we have done in the community so far this year and what's coming up!





This month the community health committee hit an all time record of 20 members! Members within the committee help plan and coordinate donation drives and community events. The committee is still open to any members who wish to join, email ucfsnaorlcommunity@gmail.com



SNA also hosted a donation drive for the Ronald McDonald house. Thank you to all of those who donated! Five members were able to take these donations and cook a hot meal for 50 plus people at the Ronald McDonald house of Advent Health Children. The Ronald McDonald house offers a free place to live and eat for families with a child receiving long term treatment. The families were able to enjoy build your own tacos and rice bowls due to the generosity of those who volunteered and donated!



On Saturday November 12th, SNA participated in the American Heart Association's annual Heart Walk! This was an amazing event and we are so proud to serve our community.



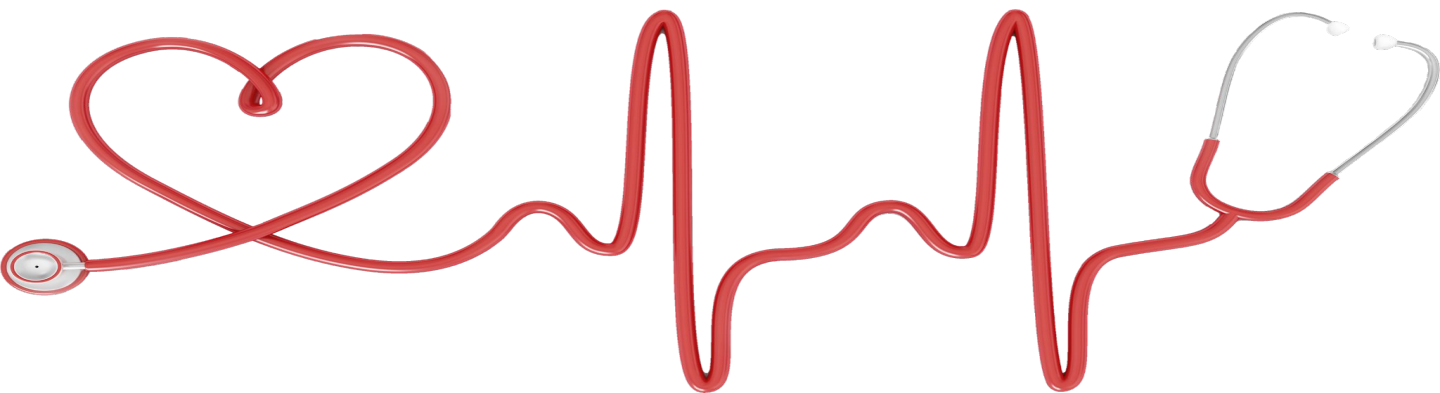
Fundraising Corner

Leah Hutchinson

SNA Interim Fundraising Director,
Basic BSN '23



Hello everyone! My name is Leah Hutchinson and I am helping out with SNA fundraising for the 2022-2023 school year. I'm here to let you know a little about what we have done recently to fundraise for our chapter of SNA and any plans we have in the works! Be sure to check the SNA and nursing GroupMe chats to stay up to date on all events, as well as the Instagram.



Lifeline Newsletter

Student Nurses' Association – UCF Orlando

- 11/14 - Rom CON Night in 602 (1600)
 - We unfortunately had to cancel the Rom-CON night due to the tropical storm but we are hoping to have a similar event in the spring semester, so be on the lookout for information about that.
- 11/16 - Grateful Grams Tabling in the lobby of the CON (1000-1400)
 - Thank you to everyone who purchased a Grateful Gram! The event and sales were a success. Grams will come with a bag of candy and be passed out on Monday November 21st.
- 11/28 - November Bake Sale in the lobby of the CON (1130-1330)
 - We will be having our monthly bake sale on November 28th. We had to move the bake sale from 11/9 to 11/28 due to hurricane Ian. Items will be fall themed and all money raised goes towards SNA. Prices for items vary.
- Finals Raffle Basket
 - Basket will include everything you need to survive finals week. The raffle will open on November 21st and close on November 30th. Be sure to check the GroupMe and Instagram for any new updates on these events!



Editor's Piece

Angela Frantz

SNA Media Director,
Basic BSN '23



Hello everyone! My name is Angela Frantz, the SNA Media Director for the 2022-2023 school year. I manage our presence online, including our website, social medias (make sure to follow us on FB and Insta), and this very newsletter! This month, I just wanted to say I hope that everyone is having a great fall semester. If you need any support or help through nursing school, always feel free to reach out to SNA.

We would love to feature you all in our newsletter, anything from nursing school tips to your favorite disease, always feel free to reach out to be featured in the next issue.

I had an amazing time at the SNA state convention and I'm so honored to represent us on social media.

Announcements & Upcoming Events!



The next
Newsletter
Submission
Deadline is
**December
15th!**

Thank you to
everyone who
bought grateful
grams! :)

We will be
having our
monthly bake
sale on
November 28th.
Make sure to
come out!

Be sure to
follow our
social media
pages in order
to be notified
of upcoming
fundraisers and
events!

Announcements & Upcoming Events!



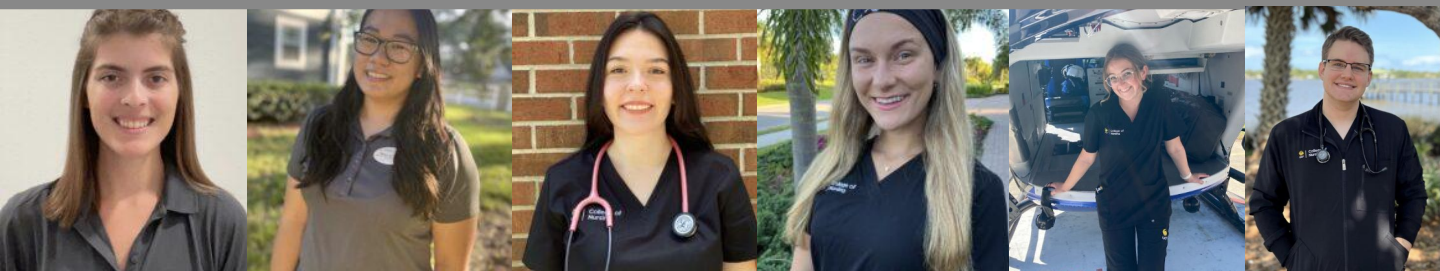
To submit your
work to the next
newsletter,
contact Angela!

ucf sna url webmaster
@gmail.com

Next General
Meeting:

**November 30,
2022
@1700
Room 602**

Contact Info for the 2022-23 SNA Board!



President	Kaitlyn Yu	ucfs opresident@gmail.com
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Treasurer	Annaliece Balensiefen	ucfsnaorltreasurer@gmail.com
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Advisor	Kate Dorminy	Kate.Dorminy@ucf.edu

Social Media

Facebook: Student Nurses Association-Orlando

Instagram: snaucforlando

Website: snaucforlando.com

