



LIFELINE

NEWSLETTER

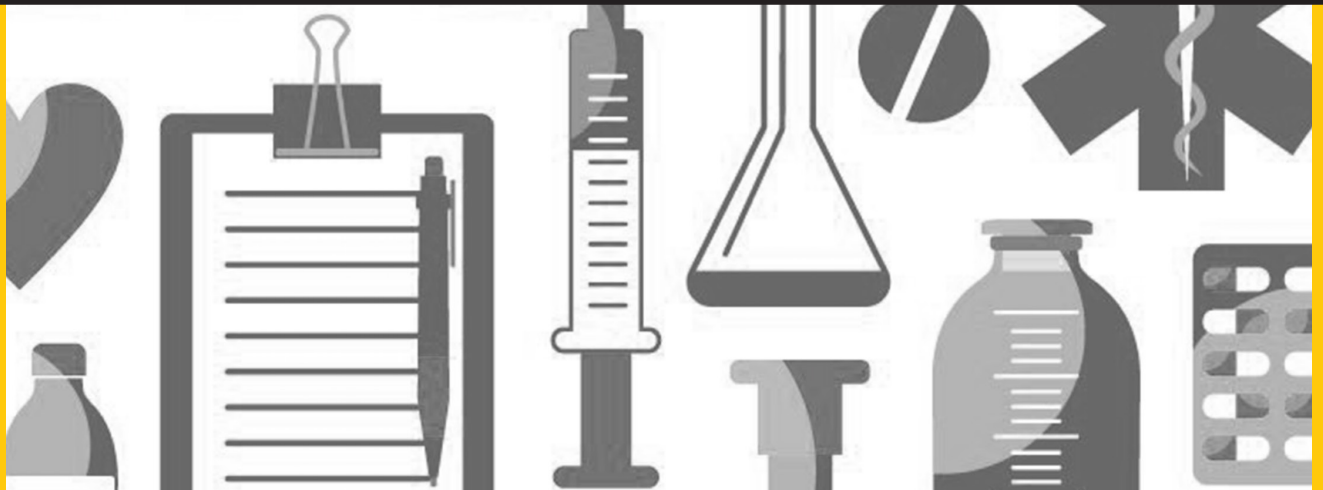


STUDENT NURSES'

ASSOCIATION

AT UNIVERSITY OF CENTRAL FLORIDA

ORLANDO



The Editor's Piece: A Letter To My Graduate Nurse Self

Written by: Amanda Wimmersberg, SNA Media Director

Hey you!

Congratulations on FINALLY finishing your BSN! I completely know the excitement and pride you feel at this moment. It makes me smile when I think about it—about you—about your hope to be a great nurse, your desire to work in the NICU, your determination to get into graduate school. It's all so exciting. And that's amazing.

As you go and pursue your dreams, here are some things I wish you won't forget on your very exciting journey:

Stay encouraged. You are, indeed, embarking on an incredible journey. To be transparent, it's going to be more than you ever imagined, but it's also going to get bad – really bad – before it gets good. You might think that you are in over your head. And you probably are honestly, because you like the challenge. It may sound difficult to believe, but you'll actually think about wanting to quit nursing, and you'll think about it quite seriously. How? Why? Unfortunately, you have to live it and learn it for yourself. As painful as it may be, it will shape you for the better, and you will know when it happens.



Lifeline Newsletter

Student Nurses' Association – UCF Orlando

Stay focused. The thoughts of graduate school that are rolling in your head now...Keep feeding them! Again—difficult times but incredible results. You'll wonder how you'll ever make it amidst everything else that life brings. But you'll make it. And then some. Remember what's important. Always.

Stay open. Remember why you went into nursing. That reason will keep you going long after everything else fades. What you think is permanent is just a flash, a temporary moment. Always be open to new experiences, new friends, new lessons, new opportunities. You're going to do things and experience moments that, if I told you now, you really wouldn't believe. It's quite amazing, and you'll have to experience it yourself to understand and fully appreciate it. Just wait!



Stay you. Above all, stay true to yourself. Some around you will want to make you conform to the cookie-cutter expectations. Some will help you break the mold and continue to help you find and enhance who you really are. Let go of the conformist-generators and hold fast to the enhancers. Some people will naturally leave you. Others, you will have to cut out and really work to stay away from. It's worth every painful moment. I promise.

That pin, that piece of paper, those credentials—congratulations on everything they represent. You've earned it. Enjoy it. Now, go pack for your move to a new city, a new home, and a new job. And squeeze as much NCLEX studying as you can but don't forget to get some rest. Yes, take a nap every single day. Cherish those that God has given you on this long journey. And don't worry, one day you will wonder what you did with all your free time.

I am so proud of you. Take care of yourself.

With Much Anticipation,
Amanda



My Share-A-Meal Experience

Written by: Scotlynn Bell, Basic BSN 2017

On Sunday afternoon, I was kicking myself for mismanaging my time yet again. An all too frequent scene in my nursing school career: I was trying to calculate my long drive up I-4, while hurriedly throwing on my scrubs, and simultaneously highlighting a study guide for a test the next day that I was feeling completely underprepared for. But I had made a commitment, and I was determined to get those 2 Community Psych hours from the monthly Share-A-Meal at the Ronald McDonald house.

What I walked away with is worth so much more to me. I had volunteered a couple of times at the Ronald McDonald House in Minneapolis when I was in high school, but honestly not until this most recent visit did I have any sort of grasp on the incredible service that the organization and all those involved provide to the families of critically ill children. In taking a short tour, my perspective was blown wide open. In seeing the tired but relentlessly hopeful faces of the family members, I could truly sympathize with their pain. In helping to preparing a meal for them, I felt like I was able to give some small peace of mind to those in the most stressful times they could be faced with. It was just two hours and a few pans of lasagna at the end of the day. But it's little experiences like these that make me remember the profound impact that both ailment and aid can have on us all.

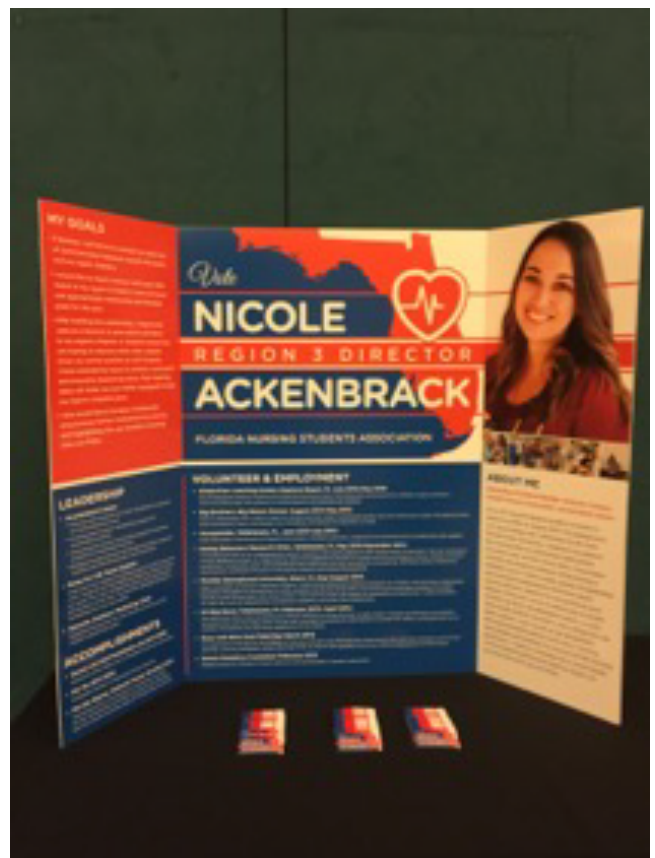


An Opportunity of a Lifetime

Written by: Nicole Ackenbrack, SNA Accelerated Liaison

Throughout my undergraduate career, I have always been involved. I knew nursing school would be a challenge, but I also wanted to find my niche at UCF. I decided to take the plunge and become SNA's Accelerated Liaison. I enjoy this position so much, that when sitting at preconvention and hearing about the leadership opportunities that FNSA has to offer, I was immediately drawn to the Region Director role. I went back and forth for the next week, trying to decide if it was something that I wanted to take on. All I kept thinking of was previous accelerated student Ali Carson's words: "when I began nursing school, I told myself I'd never say no to an opportunity."

Deciding to think in this way, I began my application for Region 3 Director. I spoke with Allison Dascani who ran for a national position and she described a campaign that I needed to coordinate. This was something completely new to me, and frankly, the idea was overwhelming. Taking a deep breath, I finished my application, received my letters of recommendation, and got all of my documents signed. Next came the fun part: designing a logo. I'm very lucky to have a father who's career is in graphic design. He took my idea and brought it to life.



Fast forward to convention! Allison became my campaign manager. She stuck by my side 24/7. She introduced me to people, assisted in working my platform into conversation, and just helped calm my nerves when I needed a strong woman by my side. She danced the night away with me at the Great Gatsby party and listened to my speech 100 times in our hotel room along with Karis and Mandy (thanks again, guys). All of this preparation for a 3 hour time frame dedicated to the candidates-but I was ready. Friday I spent most of the day prepping, I'd go through waves of being calm and then having crazy amounts of nerves. Each time I felt nervous though, I'd look around and see the familiar faces of UCF nursing students all wearing my stickers in support.

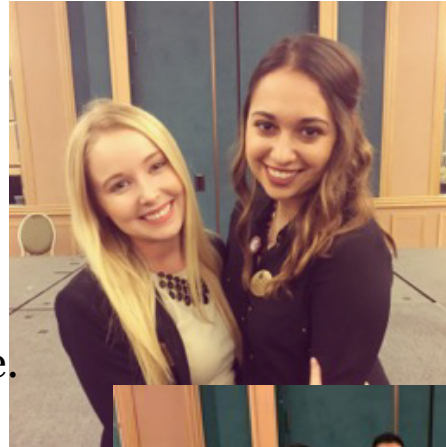
That night, I read my speech to the largest group I've ever had the pleasure of speaking in front of. Following my speech I stood next to my poster for three hours answering questions about why I was the best candidate for the position. I've been a part of many organizations in the past, but I can honestly say that I've never felt so much love and support. I pushed myself out of my comfort zone at convention, but never felt uneasy because I had so many people that were rooting for my success. I'm honored to say that I won the position of Region 3 Director and also now chair of the FNSA Membership Committee. I couldn't have done it without my SNA board and members and I am forever grateful for their friendship.



Lifeline Newsletter

Student Nurses' Association – UCF Orlando

If you are not a part of SNA already, I urge you to join. I can write about all of the benefits of being an SNA member from the discounts at office depot to the immense networking opportunities, but I'm here to tell you that you can get so much more. You can get a friend like Allison who barely knows you, but sticks by your side for an entire weekend because she wants to use her past experience to help you succeed. You can get friends like Karis and Mandy who sit in the room and listen to your speech a million times and tell you it's amazing.



You can develop relationships with faculty like our amazing advisors Ms. DeGennaro and Ms. Deatrick. You can gain friendships like Lauren, Haley, Amanda, Corrine, Caroline, and Victoria who give you hugs every time you walk by and double check that you're okay. You can have support from someone like Haley who sits in on meetings that she doesn't have to-just because she wants to be there for you. You can have someone like Keith who asks you the hard questions, just to prepare you for anything that comes your way. And if you're as lucky as me, you might even find a Sean who's laugh is contagious and who will hold your hand as they're announcing the results of the election. I can't imagine what my journey through nursing school would be like without this amazing group of people. I hope you find your people in SNA just like I did.

Haunted Lab Was a Horrific Hit!

Written by: Karis Tindell, SNA Clubhouse Director

Eerie noises emanated from the Simulation Lab on Monday, October 24th as dozens of volunteers worked to create the creepiest space possible. In just a few hours I saw half of the sixth floor transformed from a clean nurses station to a blood-splattered maze of terror. I gathered up my courage and make-up supplies to do my part but what I experienced was almost beyond words.



The event was shocking – not so much because of the frights, but because of how flawlessly it all came together. I raced through painting one horror look after another and all around me were nursing students, pre-nursing students, and other volunteers looking out for each other. Granted, I never thought I'd hear, “Did you drink your water?” and “Are you sure there is enough of my guts are spilling onto the floor?” in the same conversation but it was magical regardless.



When the time came to review what we had done I couldn't help but feel proud to be a part of it. The maze itself was well designed to allow for maximum scare opportunities. The donated decorations were incredibly generous and set the mood perfectly. The music was spine tingling, but what really made everyone's night were the actors. These amazing people shared fake blood, real sweat, and created fears that made adults scream like children. The bake sale goodies sweetened the deal for everyone, making it one the most fun and successful SNA charity events I've had the pleasure to work.



I could not think of a better way to ring in my favorite holiday than volunteering at this event. Every single donation of food or costumes or time or décor was in abundance. Everyone showed their giving spirit and it led to hundreds of dollars being raised for charity. Together we shocked and awed the dozens of people who came through our doors, some of which came running out in fear. I look forward to next semester when we can all rise up again and help stamp out the fear of cancer by running in the Relay for Life!

How Do You Do It? A Quick Guide About Surviving Your First Year

Written by: Corrine Mederios, SNA Historian

“How do you do it?” A question that I’m asked plenty of times during the week. It’s certainly a valid question as I constantly juggle studying, SNA officer responsibilities, working as a tech in the ED, spending time with my dog, and taking care of my most basic needs while also trying to fit in time for a phone call with family. I remember being a junior in the program only a short year ago and looking up to the seniors wondering how on earth they were all so composed and confident as they held so many responsibilities.

It certainly isn’t easy taking on so much work, but it is most definitely worth it. Your first year in nursing school will always be the most difficult. Nursing school is unlike anything you have ever done before; it is a new way of learning, thinking, and feeling. You are challenged to think critically and to look beyond the surface of a problem. It isn’t unheard of or unusual to feel “dumb” for not getting it right off the bat. As you balance four classes, two labs, and clinicals, you wonder, “How do the seniors do so much but look more calm than I do?” I promise you that behind the scenes, we are just as stressed, the only difference is that we have three semesters of experience with nursing school and have become accustomed to whatever it may throw at us; I promise you will too!



So how did I do it? How did I make it through my first year and take on my last with confidence and a go-getter attitude? I persevered and pushed through every obstacle. I refused to let my first nursing exam grade (a “C+”) put me down and ended off the year with straight “A’s”.



It does not require innate ability to succeed in nursing school, what it takes is the belief that you can accomplish anything if you try hard enough and want it enough. You may feel doubt in your abilities but you should have faith that you will understand it all and someday soon it will all come together. Even though you may feel like you can hardly handle your workload now and don't want to participate in SNA, Honors in the Major, or other extracurricular activities, remember that you become more resilient throughout the program. What you feel you can't handle today will become less of a nuisance tomorrow. Nursing school is what you make of it and I want to be the kind of nurse that makes a difference in the lives of my patients and coworkers.





How Being Involved Helped Me Get the Job of My Dreams

Written by: Alexandra Carson, UCF Nursing Alumni

Hey Knight Nurses!

For those I didn't get the chance to meet, my name is Alexandra Carson and I am the former Accelerated Liaison for the Class of 2016. For those who know me, long time no see! It has been a very short time since graduation (not even 3 months yet), but I wanted to share a bit of my experience with you in hopes that it will help make your dreams come true too.



The day I passed the NCLEX!

So let's talk about student involvement! We always hear how important it is to be an involved student, however with the numerous daily stresses of nursing school and everything in between, we are quick to put off activities that aren't necessarily required of us. After the initial shock of nursing school week 1 wore off, I told myself that this upcoming year was filled with opportunities and it was time to take advantage of as many as I could. Many of these opportunities were presented by our school's own organization, the Student Nurses' Association. Between the numerous volunteer and fundraising events, relay walks, and student conventions, there was always something worth being a part of.

Before I knew it, the last semester of nursing school was here and the real world was just around the corner. When it came time to write resumes, cover letters, and apply for jobs, I was able to reflect on the past year and ended up being able to list all of the things I was a part of. This helped my resume get into the hands of nursing managers and educators and when I went on my panel interview, the first thing one of the managers said was “Wow, you’ve been busy this year!”. The way I see it is, no matter what, the time spent in school is going to pass anyway, so what will you have to show for it at the end? When we involve ourselves in activities that aren’t required of us, not only are we helping others, but we are showing future employers that we go above and beyond what is expected. We also get to meet and communicate with many different people through these experiences, which helps strengthen our interview skills whether you believe it or not!

There is no doubt in my mind that being involved helped me land my dream job as an RN on the Neonatal Intensive Care Unit and I know it can help you too! So say yes to volunteering (even when you want to nap), and stay after class for meetings with awesome keynote speakers (even when you have patient pick-up) and I promise it will be worth it! Be proud of yourselves for making it this far, be positive and be supportive, and remember you are capable of making your dreams come true no matter how challenging people tell you it will be!



Stressed is Dessert Spelled Backwards!

Written by: Victoria Wynne, SNA Fundraising Director

We all know nursing school is beyond stressful. Don't let that get in the way of your goals. Below are a few fun recipes to curb that sweet tooth without losing sight of your goals.

Protein pancakes:

- 1 cup quick oats
- 1 scoop of protein powder
- A tsp of baking powder
- A splash of almond milk

Mix all of the ingredients up in a bowl and pour onto pan. Cook until golden on each side (just like a regular pancake). Top with your favorite fruit, peanut butter, or some Walden Farms 0 calorie syrup!

Pumpkin carrot cake muffins:

- 1 package of carrot cake mix (you can use whatever cake mix your heart desires)
- 1 can of pumpkin
- A handful of chocolate chips

Mix all of the ingredients up in a bowl and pour into muffin pan. Cook at 350 degrees. These cook quick so check them every 10 minutes!



Chocolate covered frozen banana peanut butter bites:

- Bananas
- Peanut butter
- Chocolate morsels

Directions:

1. Cut banana into slices and spread out on parchment paper
2. Top each banana slice with peanut butter
3. Top with another banana slice (it makes a sandwich)
4. Freeze sandwiches for approximately 1 hour
5. Mix chocolate morsels in a bowl and microwave until melted
6. Dip each sandwich into the chocolate
7. Freeze for at least 3 hours



Doorway Into Daytona!

Written by: Samantha Meere, Daytona SNA Historian

This past weekend the Daytona UCF Nursing campus had the opportunity to help the Stewart-Marchman-Act Foundation and make the building even more beautiful by planting and mulching the landscape. The Stewart-Marchman-Act Foundation is an organization that aides those in need of help with addictions and provides behavioral healthcare. They have a whole array of healthcare services they offer and focus on prompt and effective treatment while maintaining respect for their clients. It was a wonderful opportunity and we are so proud we were able to make a positive impact in such a beneficial and positive organization!



Catching Up With Cocoa!

Written by: Alysha Andrus, Cocoa SNA Website Administrator

This month, Cocoa's SNA has had many events planned toward the end of the month of October. We are doing a Basket Brigade food drive throughout October and into November. This will allow people to donate food to families with financial strain during holiday season.

We participated in a Breast Cancer Walk on October 22nd and we held a blood drive on October 31st outside of our campus location and those who donate blood will receive a cool Halloween shirt!

A majority of our SNA members attended the FNSA Convention on the weekend of October 27th through the 29th and had a great time!

We will be selling Tervis cups for 15\$, T-shirts, lanyards, and more throughout and after the convention. It was so nice meeting everyone from all the different campuses!



Treat Yourself

Written by: Lauren Hurley, SNA Community Health Director

We really go through a lot in nursing school. It can be stressful between challenging classes/tests, hours spent in clinical, volunteering, etc. Therefore, every once in a while you just need to treat yourself to something nice and what personally makes me happy is food. Normally, my “college budget” only allows cheap eats like Chipotle, Jimmy Hulas, and Sus-Hi Eatstation. However, every once in a while I like to splurge a little because I work hard and I deserve it—or at least that’s what I tell myself. Anyways, we all need to treat ourselves sometimes and Gaviota is the perfect place for that.



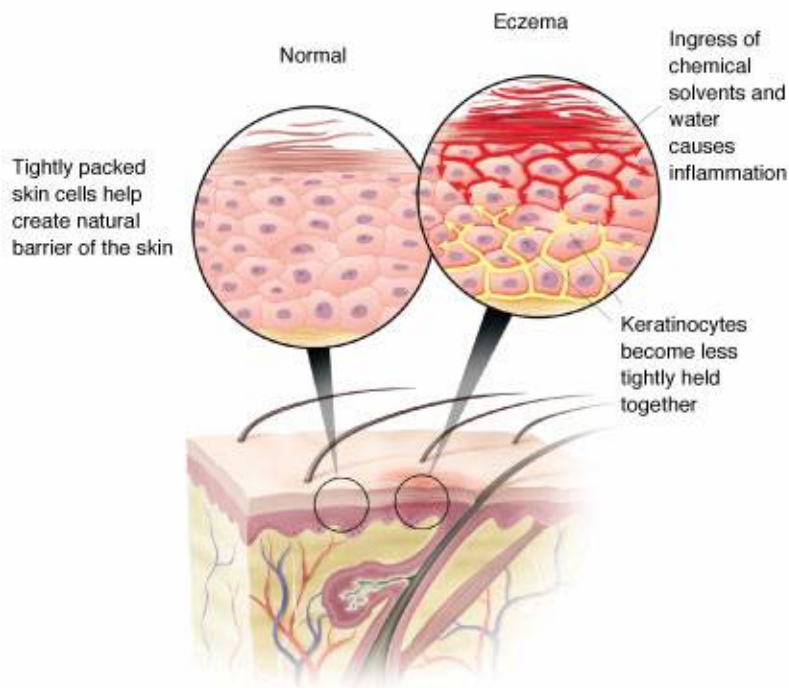
Let me start by saying that the location is perfect for a romantic night out or for a special evening with family/friends. It is right around the corner from Lake Eola and the restaurant itself is very elegant. In addition, the staff is extremely friendly, attentive, and knowledgeable about all of the dishes. Before my visit to Gaviota, I had never experienced Peruvian cuisine and I did not know what to expect. I can now honestly say that it was one of the best meals that I've had in a while. And that's not just because I'm a college student! We started with ceviche and it was so good that I'd probably go back just for that. The fish was extremely fresh and flavorful. I then had the "Quinoto" for my main course which consisted of quinoa cooked with cheese, milk, and olive oil with a fillet of salmon on top. Everything was wonderful and I wholeheartedly recommend this restaurant if you're looking for a unique and delicious meal.



Recognizing Atopic Dermatitis

Written by: Ryan Woodmansee, Basic BSN 2017

Eczema also known as atopic dermatitis is a very common skin disease you might see in practice, especially those who work in pediatrics. Ten to twenty percent of children have atopic dermatitis, and only one to three percent of adults have atopic dermatitis.



Ninety percent of children are diagnosed with atopic dermatitis before the age of five. Atopic dermatitis generally will present as dry and red scaly patches on the skin. In infants it will often appear on the face, forehead, cheeks and scalp. In children it will usually appear in the crease of the elbows, knees, legs or buttocks.

In adults it will usually appear in the creases of the elbows or knees and nape of the neck. The chief complaint for atopic dermatitis is extreme itchiness. Infants will persistently scratch and rub their body against the floor to attempt to relieve the itchiness, however this can lead to a skin infection. In pediatrics, the itch can be so extreme that it prevents the child from being able to sleep. Atopic dermatitis is not curable, however it can be controlled. Atopic dermatitis can be long lasting so it is crucial to educate patients on the importance of taking care of the skin. As nurses it is vital to be able to recognize the signs and symptoms of atopic dermatitis as well as provide patient education. To reduce flare-ups and severity of the disease it is helpful to moisturize the skin twice a day, use fragrance-free products, trim nails frequently and bathe/shower in warm water.



Reference:

American Academy of Dermatology. (n.d.). Atopic dermatitis. Retrieved October 25, 2016, from <https://www.aad.org/public/diseases/eczema/atopic-dermatitis#overview>

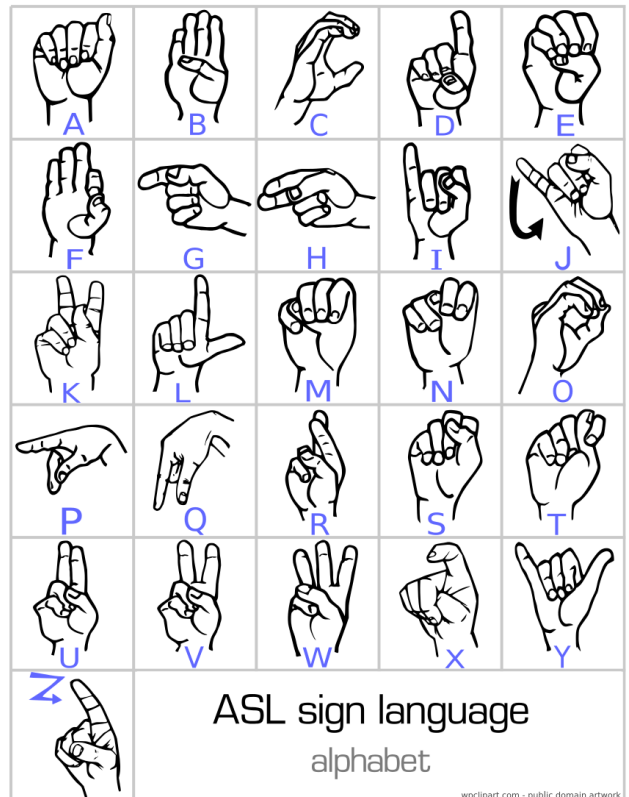
Hear Us Out: Culturally Competent Care for the Deaf Patient

Written by: Caroline Chu, SNA Secretary & Sean Lamphier, SNA Treasurer

The Difference Between “Deaf” and “deaf”

Deaf culture (uppercase D) is a community that values American Sign Language (ASL) and views deafness as a characteristic, not a disability. Members of this community share support, history, and core values. The term “deaf” person (lowercase D) is used to describe those who do not follow the same sensitivities as Deaf culture. They do not use ASL as their primary language and are referred to as deaf, hard of hearing, or hearing impaired.

Similar to how the initial intervention of patient care is to assess, a nurse must first realize that every Deaf person is different. The Deaf culture is a community- not a disability. Being able to read lips, have hearing aids, or even knowing ASL is a choice each individual makes. The first step to providing culturally competent care is to determine how your patient identifies with Deaf culture and what their preferred method of communication is.



If it is ASL: Make sure you have a certified interpreter present. Thanks to the Americans with Disability Act, hospitals are required to provide interpreting services to deaf patients at their request. Like any other language, this must be a professional medical interpreter. By embracing their language barriers and meeting their needs, this will help the patient feel as if you are talking to them, not about them.



If it is lip reading: Speak at a normal rate and rhythm. Speak clearly while using grammatically correct English and clearly identify the subject and when you are changing subjects. Avoid using exaggerated mouth shaping or speaking slowly; this will distort the words and cause confusion. Always face the patient when speaking and be careful not to occlude your mouth. Use facial expressions to further express the emotion of your statement (exclamation, question, etc).

A Nurses' Behavior

Remember to always speak to the patient, even if there is an interpreter present. This allows the patient to feel integrated in his/her care. While caring for a Deaf patient, describe the activities being done to avoid feeling invasive. Furthermore, when trying to communicate with a Deaf patient that may not see you, gently tap on their shoulder in order to draw their attention. In addition, another intervention is to have them repeat back what you had said in order to verify understanding.

Environmental Pointers

- Optimal lighting for lip reading or reading ASL
- Provide space in the room for the interpreter (person or computer)
- Keep the call bell close by to the patient
- Provide Closed Captioning on television screens



References

Benedict, B. S., & Legg, J. (2014). Deaf culture & community. Retrieved from <http://www.handsandvoices.org/comcon/articles/deafculture.htm>

Richardson, K. J. (2014). Deaf culture: competencies and best practices. *Nurse Practitioner*, 39(5), 20-29. <http://www.doi.org/10.1097/01.NPR.0000445956.21045.c4>

My Resolution of Bringing the NATO Phonetic Alphabet into the Healthcare System

Written by: Keith Bartolome, SNA Vice President

My time at the FNSA state convention this past weekend was beyond phenomenal. Besides the plethora of focus sessions and networking with students from across the state, the big culminating event was when my resolution passed the House of Delegates. My resolution focused on standardizing communication methods in healthcare by spreading awareness of the NATO phonetic alphabet [alpha, bravo, charlie, delta, etc.]. Commonplace in the military, law enforcement, and aviation, my resolution emphasized the need to incorporate this communication method into healthcare. The reason for this resolution is because of a majority of sentinel events occur because of miscommunication. When spelling out the name of a drug or a patient, you won't have to hear "A as in apple or N as in Nancy" but instead hear "alpha and November". This is a more concise and succinct method.



When I presented my resolution in front of the entire assembly, it was a surreal moment. I wasn't merely talking to some classmates or faculty members from UCF, I was talking to students and faculty members from every part of Florida. It was also extremely intimidating since that was the largest audience I have ever talked to, which was way over 150 people. Luckily, I was able to get a hold of the adrenaline rush I had when I was standing in front of the microphone.

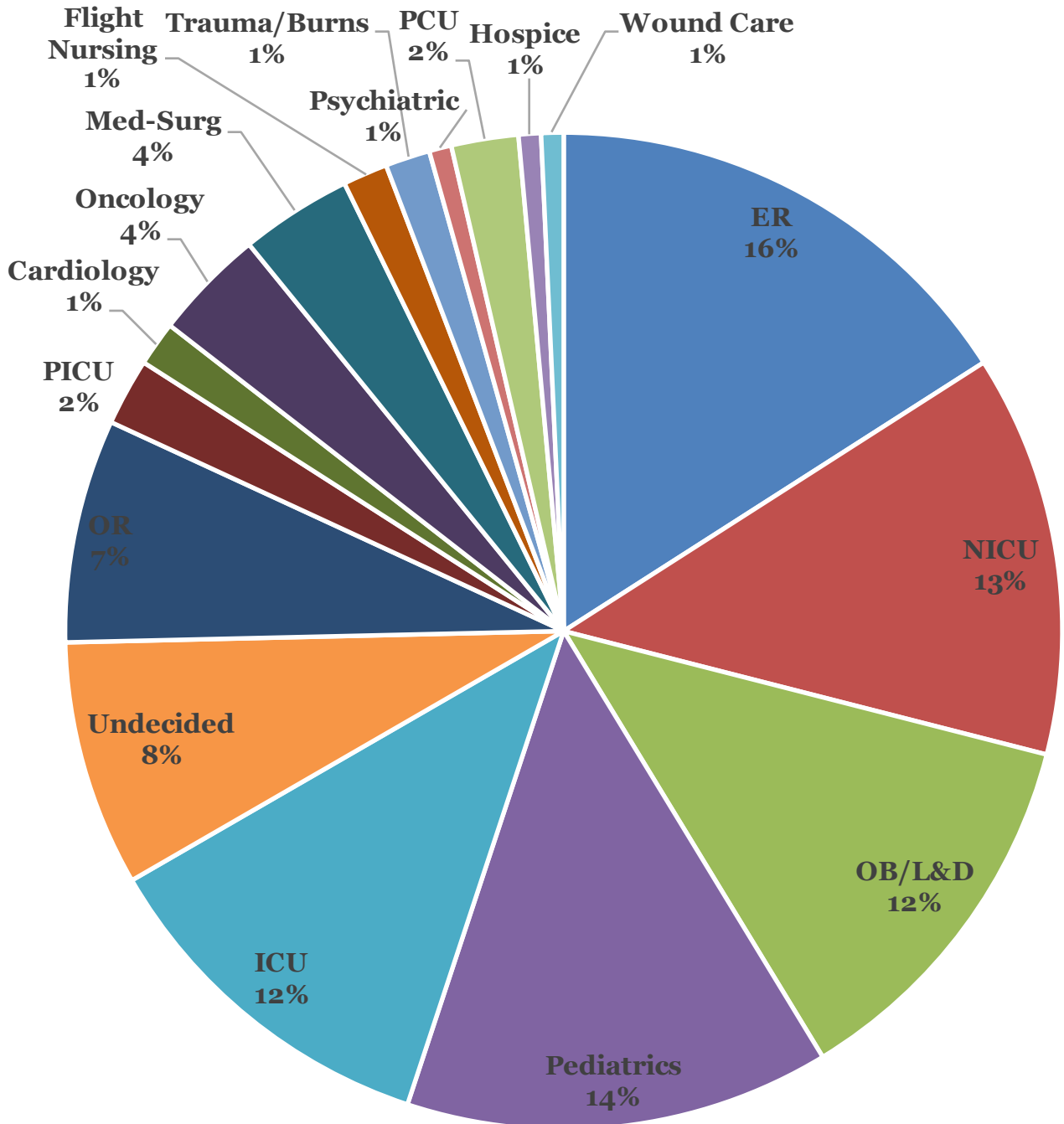


After giving my speech on the resolution, the floor was open to debate. This was the point where discussions got heated as delegates would speak in favor of or against the proposed resolution. I got nervous again as several members got up to the microphone to speak their opinions. They could have easily berated the resolution and question me as if I was on a trial. However, I was so relieved only to hear that they were all pro statements. Some of these individuals who came up were veterans and prior law enforcement that just came up to emphasize how important my resolution was and why it should pass.

The next day at the final meeting, the assembly voted unanimously on my resolution and was passed.

Ask a Knight Nurse!

“What specialty do you want to go into once you graduate nursing school?”



Announcements & Upcoming Events!



President: We hope you enjoyed Convention! Our chapter won awards for jeopardy and our banner, and we were given Diamond Chapter for the third year in a row! We are also very proud to announce that our Accelerated Liaison, Nicole Ackenbrack, was elected to the FNSA Board as Region 3 Director, and both resolutions brought to Convention were passed! We are very grateful to be a part of UCF's SNA and to have all of our members' support! Go Knights!

Historian: Relay for life registration is open! Contact Corrine Medeiros for more information.

Events and Traditions: We are in the midst of planning our first annual kickball tournament! Keep an eye out for more information! Contact Corrine Medeiros or Amanda Wimmersberg with any questions or concerns.

Community Health: The next Share-a-Meal is going to be on November 6th. There will be a Family Fun Day at arboretum on November 23th. Seniors First Thanksgiving food drive starting November 2nd and extending to November 18th. Contact Lauren Hurley with any questions or concerns.

Breakthrough to Nursing: On November 10th we are going to perform vision and BMI screenings all day at Goldenrod Charter. Contact Haley Congrove with any questions or concerns.

Clubhouse: We have new shirts from convention! Come stop by the clubhouse and check them out, they make great Holiday gifts!

Fundraising: Emoji and Pokémon badge reels now available, stop by the clubhouse and pick some out!

Contact info for the 2016-2017 SNA Board!



President	Haley Boyle	ucfsnaorlpresident@gmail.com
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Co-Advisor	Joyce DeGennaro	Joyce.DeGennaro@ucf.edu

Social Media Buzz

Facebook: Student Nurses Association-Orlando
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 Twitter: @snaucforlando
 Website: snaucforlando.com

Top Point Earners

Basic BSN 2017: Sarah Snoberger
 Accelerated 2017: Amanda Minnis
 Basic BSN 2018: Allie Fox