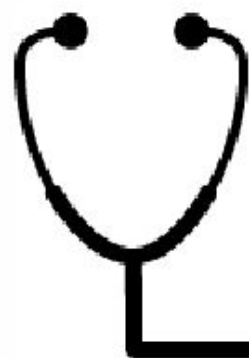




# LIFELINE

## NEWSLETTER

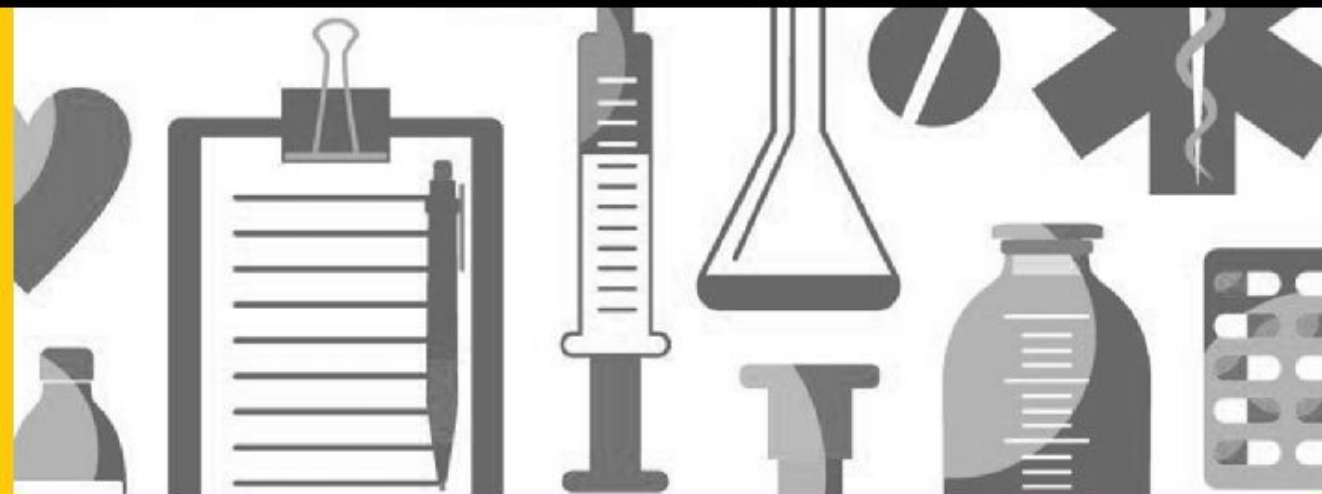


# STUDENT NURSES'

## ASSOCIATION

AT UNIVERSITY OF CENTRAL FLORIDA

ORLANDO



# Editor's Piece

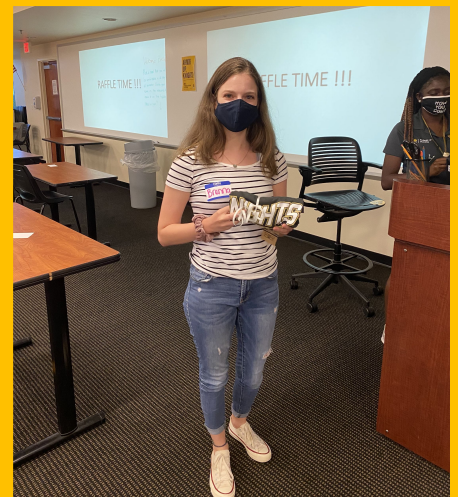
## Amber Keller

SNA Media Director, Basic BSN '21

On August 31st, SNA hosted our Back-to-School event which was a success! We were so glad to host everyone who attended! The event definitely looked a lot different from past year's events due to important safety precautions taken, but we were very appreciative of the mindfulness that everyone showed!

Junior-Senior Buddies had the opportunity to meet, we practiced NCLEX style questions, had a raffle, and students shared their nursing school experiences with each other. It was a great start to the year!

I am looking forward to the rest of a great semester with everyone!  
Stay safe!



# Faculty Spotlight

## Jonathan Decker, PhD, APRN, FNP-BC

Professor at the UCF College of Nursing

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

I've lived in Winter Park and Oviedo for most of my life and have watched UCF grow from a "commuter school". I earned my BSN at UF almost 25 years ago. As an RN, I worked in a long-term care/rehab facility briefly before working as a circulating RN in an OR in Ocala. While in the OR, I went back to UF to earn my MSN in Family Practice. After graduation, I moved back to Winter Park and started work in a gastroenterology practice.

While working in that practice, the UCF School of Nursing (we weren't a separate college yet), developed a PhD program. I had never thought about getting my doctorate or teaching, but a family friend and UCF Trustee told me she "always thought of me attending the program" when it was being developed. So, I took her advice and came to UCF to work on my PhD. While attending school, I took the opportunity to work as



a Graduate Teaching and Research Assistant – getting my first experience teaching. That's when I discovered the pure joy of giving back to this profession and helping develop future generations of nurses. Once I graduated, I was able to come on board as a full-time faculty member and have been doing this ever since.

My wife, Alicia, is a pharmacist at the Orlando VA, and we've been married for 18 years. We have two amazing daughters, Hailey and Adeline, who are active in dance and theater. Our house is rounded out with our dog, Clip, and cat, Savannah.

I do still practice clinically. During Fall and Spring semesters, I work at the UCF Student Health Center. Summers, I do locum tenens (medical temp) work and for the past five years, I have worked in clinics in Southeast Alaska.

### **What motivated you to pursue a career in nursing?**

I always knew that I had to do something to make a difference in someone's life. I have always been drawn to healthcare and I saw that nursing would provide me with a way to make those connections with people and really touch lives.



### **What are some of your research interests and why are you passionate about them?**

My research area of interest lies in childhood obesity. Obesity leads to so many health problems and if we can lower obesity rates, we can really improve overall health in this world. Many of our behaviors are learned in childhood, so if we can instill behaviors and habits that lead to a healthier lifestyle, we can see the benefits over an entire lifetime.

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

I really just love spending time with my family and friends. I am passionate about college football, I love to read, and I am a huge movie fan.

### **What advice would you give a CON student?**

It's a tough program and you're going to make sacrifices, but it'll be worth it in the end. ***Remember at the end of the day, the letters that matter the most are not the A's and B's, but the RN, BSN.***



# Making a Difference While Social Distancing

## **Delainey Dietz**

SNA Community Health Director, Basic BSN '21

With the continuation of quarantine into the beginning of summer, volunteer opportunities within the community were looking bleak. Many places were closed, and everything was running virtually for the sake of our health, so we had to get creative. Luckily, over summer, we were able to make a huge impact with the Senior-Student Connections Program and collections for the Ronald McDonald Houses!

The Senior-Student Connections Program was a five-week opportunity in which students were paired with a resident of Westminster Communities to converse weekly with over the phone. The seniors living in Westminster were especially isolated due to rules in place to protect the health of all the residents in the buildings; they were so grateful for this opportunity to have conversations with students while being able to ensure their own safety and that of others. Students would call the residents for about twenty minutes a week, and topics ranged from fondest memories to favorite pieces of advice. This program made a big difference for the students and residents who participated, and hopefully we can do it again in the future!

See the Senior-Student Connections Program feedback below:

*"Through my participation in the program I learned about the loneliness that many of the residents in nursing homes are living with and it increased the need I felt to help out anyway I can. [Resident] was an inspiration by how she carries on with such a positive attitude in spite of the isolation caused by COVID-19."*

*– Tom G., ABSN '20*

*"As a senior citizen, I don't often get to talk to younger people and especially at this time, to sense that someone cared was great.... Marvelous program!"*

*– Westminster resident*

*"Delightful, interesting, informative conversation. Something to look forward to!"*

*– Westminster resident*

This summer, in both June and August, we also hosted collections for items that were much needed by the Ronald McDonald Houses.



RONALD MCDONALD  
HOUSE CHARITIES



Donations included:  
household goods,  
cleaning supplies,  
food items,  
gift certificates,  
and more!

**Megan Donnelly, Accel BSN '21 & Delainey Dietz, BSN '21  
collecting donations at the College of Nursing**

Our current projects include making hygiene kits for and volunteering with Straight Street, a meal-sharing program hosted downtown for homeless and low-income individuals and families. In September, using student and faculty donations of hygiene items such as hand sanitizer, masks, soaps, and toothbrushes, we were able to make 54 kits to provide to Straight Street! All the kits were distributed in one night, and everyone was very grateful. Look out for this opportunity again in the future!



**BSN students Delainey Dietz ('21), Anna Kurtek ('21), Sadie Richards ('21), Mikala Dockery ('22), and Peyton Hawks ('22) volunteering at Straight Street**

Though it is still very important to adhere to social distancing measures and to maintain our health for the safety of others, there are still many ways we can make an impact in our community while following these guidelines. Continue looking out for new volunteer opportunities on our social media and in the GroupMe!



# From the Friendly Skies to the Bedside

## Megan Donnelly

SNA Accelerated Liaison, Accelerated BSN '21

One of the conditions of being an Accelerated nursing student at UCF is having one bachelor's degree and a pretty interesting life story under your belt. For me that meant having spent the past five years flying the friendly skies as a flight attendant, before realizing that ***my true passion and heart took flight on the wings of healing, rather than the literal airplane wings that kept me afloat for so long.*** It is quite a wonderful gift to be given a second chance to follow your dreams, and it is one that I will never take for granted.



The truth of the matter is that nursing school is difficult. Nursing school during a pandemic is a special kind of difficult. None of us could have imagined that we would be where we are today. But airplanes take off against the wind and just look how beautiful it is to watch them soaring up among the clouds. Think of the last time you got that coveted window seat and had the opportunity to watch the lights of a huge city sprawling out below you as night fell, the exhilaration you felt as the engines revved and the plane took off, the tranquility of seeing the sun set at 35,000 feet & the excitement of being whisked away on a new adventure. Each one of us is in that window seat right now, and our final destination may not be a tropical island, but it sure is going to be just as rewarding.



Nursing school can be overwhelming. But I ask one thing of you as you read this article. As flight attendants (and nursing students), one of the most important things we are taught is that in any kind of emergency, oxygen is almost always the first thing to consider. Even in everyday life, this holds true. In those moments where you feel stressed, frustrated, overwhelmed or are questioning anything, remember your breaths. Inhale slowly. Count to five. Exhale. Do it again. And again. Tell yourself that you can do anything. Because YOU CAN. Never underestimate the power you hold within you to be amazing - YOU hold the power to change the world, one life at a time. Visualize your reason for being in this program and in this field. Think of that one patient you just never can seem to forget, or a loved one who inspired you to become a nurse, or the greater calling you've felt in your heart since childhood. Visualize it and breathe. We got this. The world needs compassionate nurses now more than ever before.

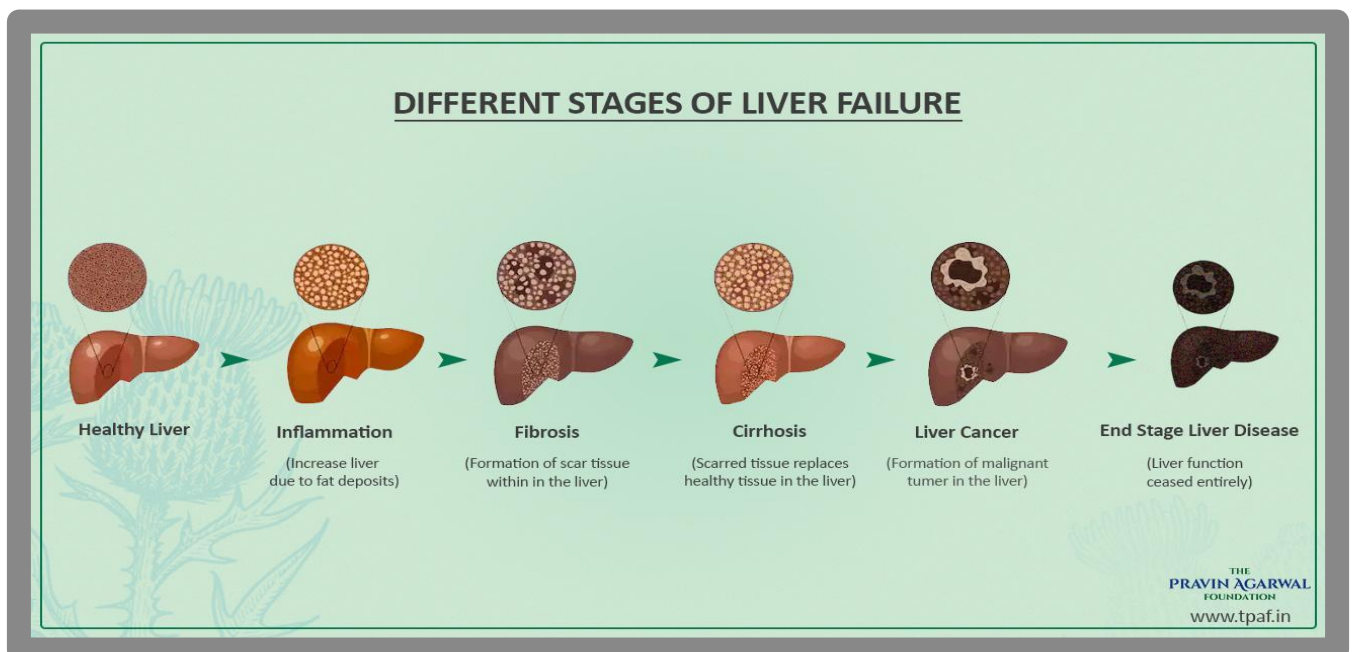
# Pathology of Cirrhosis

**Natalie Klosinski**

SNA Breakthrough to Nursing Director, Basic BSN '21

- **What is cirrhosis?**

- A late stage of **scarring** (fibrosis) of the liver caused by many forms of liver diseases and conditions, such as hepatitis and chronic alcoholism.
- Each time the liver is injured it tries to repair itself. During this process, scar tissue forms. As more scar tissue accumulates, it makes it increasingly difficult for the liver to function.
- Liver damage done by cirrhosis can't be undone!





● **Causes:**

- Chronic alcohol abuse
- Chronic viral hepatitis (B, C, and D)
- Nonalcoholic fatty liver disease
- **Hemochromatosis:** iron buildup in the body
- Cystic Fibrosis
- **Wilson's disease:** copper accumulation in the liver
- **Biliary atresia:** poorly formed bile ducts
- Alpha-1 antitrypsin deficiency
- Autoimmune hepatitis
- **Primary biliary cirrhosis:** destruction of the bile ducts
- Infection such as **syphilis** or **brucellosis**
- Medications



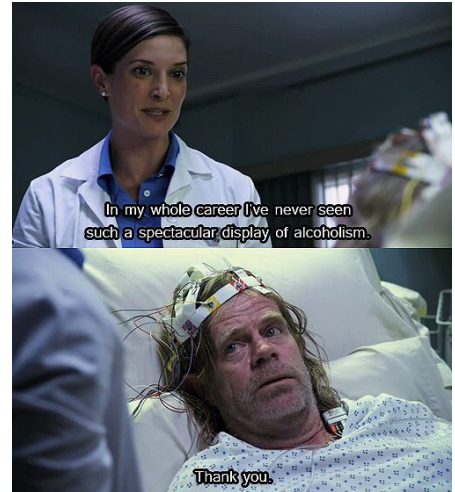
● **Risk factors:**

- Excessive alcohol consumption
- Being overweight/obesity
- Having viral hepatitis

Frank Gallagher is a character in the TV show Shameless with chronic alcohol abuse. The character ends up going into liver failure and receives a liver transplant. He still drinks alcohol even with all of the alcohol related issues. It is important for nurses to have an understanding of substances like alcohol and the pathologies related.

- **Clinical Manifestations: (often has no signs or symptoms until the damage to the liver is extensive!)**

- Fatigue
- Bruising or bleeding easily
- Nausea
- **Edema in lower extremities**
- Unintentional weight loss
- Itchy skin
- **Jaundice of skin and eyes**
- **Ascites: fluid accumulation in abdomen**
- Abdominal pain
- **Spider angiomas: pinhead-sized spots on the skin from which tiny blood vessels spread out in a circle**
- **Palmar erythema: redness of palms of the hands**



- **Treatments**

- Treat alcohol dependency ⇒ stop drinking alcohol altogether
- Lose weight and live a healthier lifestyle
- **Medications:**
  - Meds that control hepatitis ⇒ limit further damage to liver cells
  - Meds that control the other various causes and symptoms ⇒ slow progression ⇒ **Ursodiol**
- Liver transplant surgery
- Treating complications

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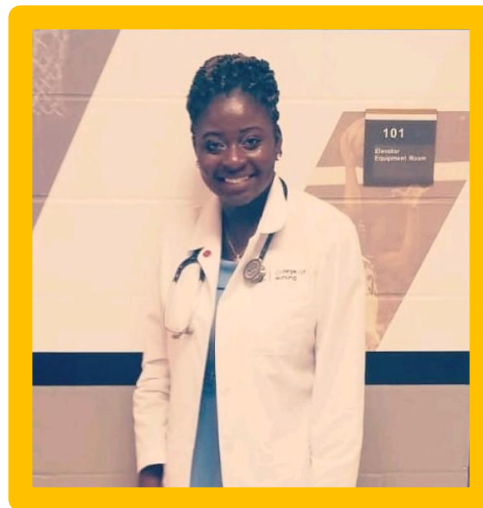
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# Armor Up!

## Josee Sarah Etienne

SNA Legislative Director, Basic BSN '21



The late Maya Angelou once said, “The ache for home lives in all of us. The safe place where we can go as we are and not be questioned” (1991).

As we step into fall 2020, home no longer feels like a safe refuge for many of us. Our new places of work and learning facilities have become our homes. Our ways of communication and interaction have shifted, thus impacting our education and the ways we adapt to change. The population has become accustomed to the dialect of healthcare facilities, and workers and parents/guardians worldwide have become temporary teachers and professors. Due to the unwanted companion of the coronavirus, the term “protection” has widened our awareness of our health, our safety, and the safety of those around us.

Thus, leading to the vital question: how are we protecting ourselves and those we love? My self-protection involves a collection of cloth masks that I alternate throughout the week and hand wash at the end of the week.

Wearing a mask allows for security from others as well as safety to the immunocompromised that surrounds me. I have also become accustomed to a mini hand sanitizer bottle attached to every bag, glove compartment of my car, and room in my household. Although difficult to pinpoint, I managed to get a hold of alcohol sanitizing wipes for all surfaces and devices. My armor may differ from yours; however, we are all fighting the same battle. Therefore, as we advance, let us not shy away from protection and security. Armor up, all heroes do!



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Angelou, M. (1991). *All God's Children Need Traveling Shoes*. New York: Random House

# Return to Senior Clinicals

## Chloe Frye

SNA Treasurer, Basic BSN '21

Summer is over and clinicals are back in full swing. After a much awaited return to clinicals, due to the abrupt halt we experienced in the Spring following Coronavirus, we seniors are elated. For many of us, our Adult I clinical or Families clinical was cut short. This unforeseen end to our clinicals left us with much more to be longing for. Upon our return to clinicals, I was extremely nervous. I felt like I had missed out on so much and knew nothing of how to proceed with direct patient care. Our spring was full of interacting with “patients” through a computer screen and it was hard to draw parallels between that and in-person care. The one thing that I have learned so far is that it is extremely easy to doubt yourself while in nursing school, but I actually know more than I think I do.

The beginning of Adult II clinical is the breath of fresh air that we all needed in this new world that we are all living in. The days of completely learning behind a computer screen with no real human interaction are over. This is where we finally get to connect all of the things that we are learning in class to our real life experience. We also get to watch our knowledge grow before our eyes. I am so grateful to have the opportunity to return to clinical and get to continue our experiences in this program. I look forward to watching my confidence grow as we continue along this final year of nursing school.



# Student Spotlight

## Maddison Jarocha

Basic BSN '21

### **Tell us about yourself and what brought you to UCF?**

I'm Maddie and I'm a senior in the nursing program. As of right now, I'm not too sure as to which specialty I want to choose yet, but I am really interested in oncology nursing. I definitely want to do travel nursing, and I know I want to go back to school after graduation, whether it is to become a nurse practitioner, a nurse educator, or do research. I came to UCF from Pennsylvania by myself, because I wanted to start over with a clean slate and figure myself out. I always loved the warm weather and Florida beaches. I toured many schools here and UCF was absolutely my favorite.



### **What motivated you to pursue a nursing education?**

I decided to pursue nursing as a career because I know what it's like to be a patient in a hospital, and know the fear and anxiety that can come with it. When I was a sophomore in high school, I was diagnosed with an autoimmune disease called systemic sclerosis, along with pulmonary fibrosis and other various diseases stemming from it. I've been in and out of hospitals the last 6 years of my life, have had many surgeries, procedures, and have gone through chemotherapy and other various trial treatments. Not much is known about what I have and there isn't a cure, which definitely has been frustrating. I know that I wouldn't be here if it wasn't for the amazing doctors and nurses that I have had, and I knew that I wanted to help other people out the same way my nurses helped me. I want to have an impact on others, motivate them to get better, and be a nurse that patients can open up to and feel safe around.

### **What is your favorite experience/part of nursing school?**

My favorite part of nursing school easily has been the friends I've made and clinical experiences I've had. I met my best friends in the program and honestly don't know how I went my whole life without them. They have made me a better version of myself, and have supported and been there for me every step of the way. I will always cherish the clinical experiences and moments I've shared with patients. I will never forget the first time I had a patient thank me for caring, and for spending time with her. She told me it was the first time in a while she was happy and that I motivated her to

keep on going. I didn't think I did anything special, but it was so heartwarming knowing I could do that for somebody going through a hard situation, and it's something I will carry with me throughout my nursing career.

### **How have you been involved at UCF?**

I was a part of APNS (Association of Pre-Nursing Students) for 2 years and was the president during my sophomore year. I am also a current member of SNA, and I have been a participant in Knight Thon (a dance marathon fundraiser for the Orlando Health Arnold Palmer Hospital for Children).

### **What advice do you have for other CON students?**

The most important thing I could say would be that it's okay to fall, as long as you get back up. In life, you're going to fail- it's inevitable. But the most important part about failure, hardship, or stress in school, is how you handle it. Life truly can come at you in ways you never expect and ruins plans that you thought you had. In my life, I've definitely learned how to take that failure, or setback, and motivate myself to keep going because everything happens for a reason. Due to my autoimmune disease, I was told that I wasn't going to be able to be a nurse, that nursing school would be too hard on my body. I have been hospitalized multiple times since the start of my nursing career, each time my doctors telling me to quit. I had a lot of things stacked against me and so many people telling me that it was impossible. But you genuinely can do anything you want to if you set your mind to it. Take your life experiences, your trauma, your failures and learn from them, because they shape you into who you are.

We are all human and we aren't perfect. Knowing how to push past it and motivate yourself to keep going, is what I think is so vital in becoming the best nurse and version of yourself you can become.

### **What do you enjoy doing in your free time?**

I really enjoy spending time with my friends, listening to music, going to the beach, and travelling. I love seeing new places and meeting new people. I am definitely a very social person and take any chance I get to go and make new experiences.



**White Coat Ceremony, Fall 2020**

# Day in the Life of a Nurse Tech

## Hope Wegge

SNA Fundraising Director, Basic BSN '21

Nursing school sure has been quite a journey! I always looked up to the seniors for guidance on how to get through these challenging 2 years, but also how to graduate as a well-prepared new grad. I remember one of the very first pieces of advice I was given, was to try to get a job as a Nurse Technician over the summer. The seniors that had done that were raving about what an opportunity it is and how much they learned. I made it my goal to look into it when the time came.

Fast forward to the middle of our Spring semester, I decided to apply and ended up securing a Nurse Technician position in the float pool at Advent Health right before COVID-19 caused a hiring freeze. I was *so grateful* because I know many of my peers were out of luck due to these unexpected hiring freezes. Now, I am definitely a type A personality that is a little over-the-top when it comes to planning things out and staying organized. So, when I found out that I would be a float, it scared me a little. Being in the float pool, you never know what floor you're going to be on until that very morning you come to work. My inner type A was screaming for help, but I told myself that this would be a good opportunity for me to get out of my comfort zone and learn to adapt. Well, I was 100% right.

This job has given me so much more experience than I could have ever imagined. Not only have I gotten to float to several floors such as a neuro-medical PCU, multisystem PCU, psych, pediatrics, oncology, and cardiovascular step-down unit, but I also got to cross-train with phlebotomy! Over the summer, I even got to be a part of the prone team on one of the COVID ICUs, which was very eye-opening to me. A typical day on the floor would consist of getting report from the night tech, assisting patients with hygiene needs, ADL's, taking vital signs, drawing blood, and helping the nurses out anyway I can.

One thing I have noticed over time is how much more comfortable I am in the clinical setting now. I truly see a difference in how quick my motor skills are and how much my communication skills have grown. Entering our LTC clinical, I remember how scared everyone was to walk into a patient's room for the first time... wow have we grown. If anybody were to ask me if being a Nurse Tech has been worth it, I would wholeheartedly say YES! If you have the opportunity to expand your clinical skills, do it! There are going to be long days, especially now that school is back in full swing, but it is so worth it. It has opened up so many doors and it will for you too!



# Tips for Success!

## Sadie Richards

SNA Vice President, Basic BSN '21

Hello everyone! I hope this semester has gotten off to a great start for you all. If it has not, it's not too late to turn it around. In the following few paragraphs, I'm going to share some tried-and-true tips that have been helping me in nursing school. Some of them you may have heard before, and others you may have not. Either way, here it goes.

My first tip is to identify your goals. Ask yourselves, "what are my goals for nursing school?" Or "what are my short-term goals for this exam block?" For some of you, your goal might be to survive and make it out with your nursing degree. While others might want to thrive. Whatever your personal goals are, write them down! I like to set my goal higher to better motivate myself. When you are studying, keep that goal in mind. The higher the goal, the more work I'm going to put in to achieve it. Once you have established your goal, now get into the mindset of success. Tell yourself that this is my goal and I'm going to do whatever it takes to achieve it. To meet that goal, that may mean staying up a few extra hours to study, turning down hang out time with my friends, asking for help from my professors, or seeking external resources.

Throw out the phrases: "it's too hard," "I don't get it," and "I'm never going to get it". Try not to put that type of negativity out there. That's not the best attitude to have towards goals you are trying to accomplish. Tell yourself that you can get it, and you will get it!

After you've written down your goals and gotten into the mindset of success, now it's time to work! The next step is figuring out how you learn best and translating your lecture information to fit your learning style. For example, if you are an auditory learner, I strongly recommend recording your lectures and listening to them. You can play your lecture in the car while you're driving or play them in the shower if you really don't have time. If you're not doing this already, try it out. It has made a huge difference in my performance on exams. I believe that repetition is key, and although we may not always have time to sit with a book in front of us, we can definitely play our lectures while we take care of other tasks. I like to think of it this way, if you listen to a song enough times, you will learn it word for word. The same principles apply here: if you listen to your lectures enough time, the material is more likely to stick.

If you are a visual learner, draw things out. You can also try finding pictures or illustrations of the topic that you're studying online. You would be surprised to learn all that you can find by a simple Google search. If you write things down and learn better, then try writing out your notes. This might be a challenge sometimes because you may not always have time to do this, but try to summarize your notes in your own words and make them more concise. The act of writing out your notes really helps with the retention of the information. If you are anything like me, then your learning style is probably a combination of all three. In that case, combine all of the strategies: record your lectures, make sure to make time to listen to them, write out and summarize your notes in your own words, and look online for images and mnemonics that will help you to remember the more difficult concepts.



YouTube videos are also a great free resource. There are hundreds, if not thousands, of YouTube videos that cover nursing topics online. You can look for the topic you are studying. You are likely to find at least one video that will help you to better understand a concept. Some of my personal favorite nursing YouTubers are, RegisteredNurseRN, Level Up RN, and NursingSOS. They cover a lot of different nursing topics that you are likely to find helpful.

Another great tip that can work for any learner is to do practice questions! Train yourself on how to take NCLEX style questions. Learning how to take the test is just as important as learning the contents of the test. You can know the material and still get the question wrong. Most of these questions are not as straightforward as you might be used to. They require us to critically think and prioritize. I used to get so frustrated when I would get a question wrong on a concept that I had studied thoroughly. Once I realized that it was because I didn't know how to answer those types of questions, I started doing practice questions, and it made a world of difference. I started to get used to how questions were asked, and why one answer was more correct than another (priority questions). There are plenty of resources out there for practice questions. You can purchase an NCLEX book (I use the one from Saunders), or you can just lookup practice questions online. There are plenty out there.

I know this seems like a lot of steps to “success,” but this is where great time management comes in. Start early and do a little every day! Stay organized by using a planner. Schedule in study/review time every day, even if it is only 30 minutes. And if you try something that is not working for you, then do something else. Don't feel like you have to do things the way others are doing it. What works for someone else, may not work for you. Stay true to yourself and find your own path!

# Announcements & Upcoming Events!



The next  
Newsletter  
Submission  
Deadline is  
**October 8!**

Pre-Ordered  
**Knight Nurse**  
**masks** available  
for pickup at  
the CON 9/29

Next General  
Meetings  
**9/30/20**  
**10/28/20**

Stay tuned for  
future Ronald  
McDonald  
House and  
Straight Street  
**meal sharing**  
**events!**

# Contact Info for the 2020-2021 SNA Board!



President	Samantha Cooney	ucfsnaorlpresident@gmail.com
Vice President	Sadie Richards	ucfsnaorlvicepresident@gmail.com
Secretary	Amanda Shover	ucfsnaorlsecretary@gmail.com
Treasurer	Chloe Frye	ucfsnaorltreasurer@gmail.com
Clubhouse Director	Andrea Alvarenga	ucfsnaorlclubhouse@gmail.com
Historian	Audrey Been	ucfsnaorlhistorian@gmail.com
Legislative Director	Josée Etienne	ucfsnaorllegislative@gmail.com
Breakthrough to Nursing Director	Natalie Klosinski	ucfsnaorlb2n@gmail.com
Media Director	Amber Keller	ucfsnaorlwebmaster@gmail.com
Community Health Director	Delainey Dietz	ucfsnaorlcommunity@gmail.com
Fundraising Chair	Hope Wegge	ucfsnaorlfundraising@gmail.com
Accelerated Liaison	Megan Donnelly	ucfsnaorlaccelliaison@gmail.com
Advisor	Dr. Brian Peach	Brian.Peach@ucf.edu
Advisor	Joyce DeGennaro	Joyce.DeGennaro@ucf.edu
Advisor	Kate Dorminy	Kate.Dorminy@ucf.edu

## Social Media

Facebook: Student Nurses  
Association-Orlando

Instagram: snaucforlando

Website: snaucforlando.com