



LIFELINE

NEWSLETTER

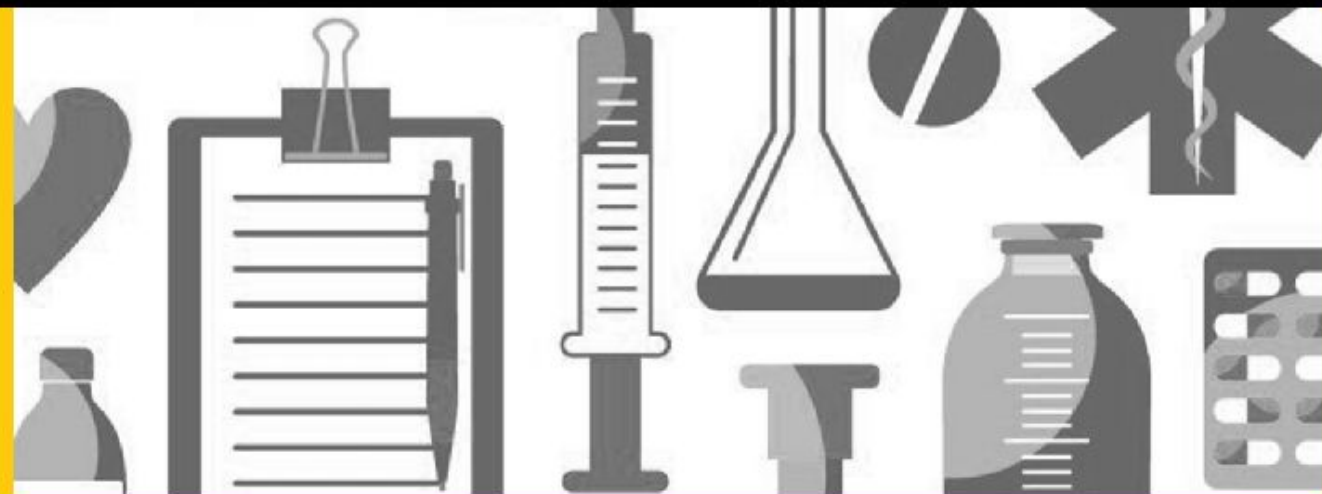


STUDENT NURSES'

ASSOCIATION

AT UNIVERSITY OF CENTRAL FLORIDA

ORLANDO



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! I cannot believe this will be my last semester here at the CoN. I'm so grateful for all of the memories and opportunities UCF has blessed me with. To the new spring cohort, good luck and make the best of it. Time sure does fly. :)

Please feel free to reach out via social medias if you are interested in writing for us. We would love to feature you!

Good luck this spring semester. Go Knights, Charge On!

Advisors' Corner

Dr. Peach & Ms. Dorminy

UCF Orlando SNA Advisors



Welcome to the UCF College of Nursing and the UCF Orlando Student Nurses Association (SNA) chapter, incoming class of 2025! We are so excited to have you join our Knight Nurse family! We are the faculty advisors for this chapter, and are pleased you're pursuing ways outside of the classroom to learn about this profession we love so much, and to grow as leaders. The SNA is a pre-professional organization, preparing students for what they'll see in practice, and helps those who attend events find their voice and develop into our profession's future leaders. To date, we have not met a

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student who joined SNA and regretted it. In fact, most students report it was transformative. When you surround yourself with other kind, passionate, and intelligent people, you grow in ways you never considered. You could not have joined a better chapter! Our SNA has won the Diamond Chapter Award 8 out of the last 9 years, given to the top chapters in the state of Florida. LIFELINE, this very newsletter, won the top SNA newsletter in the country two years ago at the National Student Nurses Association (NSNA)'s annual convention. Current president, Kaitlyn Yu, sang the national anthem at the NSNA convention this year in Salt Lake City, Utah. You're joining a chapter with an incredible legacy, and footprint in Florida and beyond. We have alumni all over the country who are happy to speak with you about jobs when you're preparing to graduate. .

At our monthly general body meetings, you'll have the opportunity to hear from registered nurses working in a wide variety of settings and advanced practice providers like nurse practitioners and nurse anesthetists. Through participation in community service and Breakthrough-to-Nursing events, you'll positively impact our community and make friendships, some of which will last a lifetime. One of the most exciting parts about being an SNA member is attending state and national conventions, where you'll meet students from all over Florida and the country.

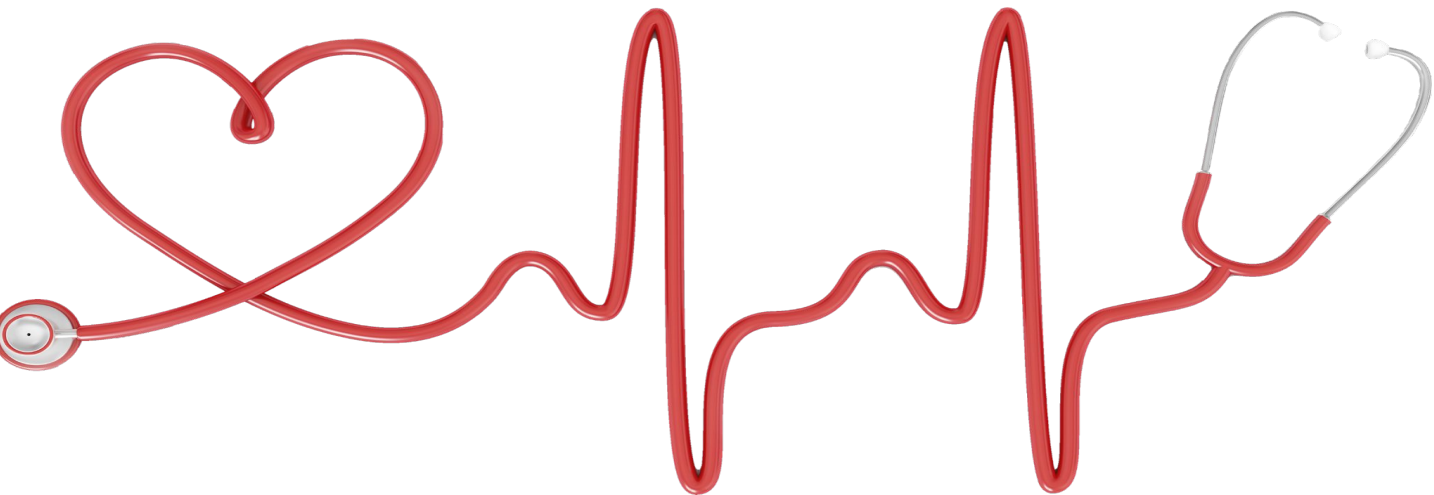
Please consider running for office at the chapter, state, or national level. When you run for office at the state or national level, you're not doing so alone. You'll have a team of Knights, including advisors helping

you prepare for the election and in your corner. We both served on a chapter or state board, and these experiences enriched our college experiences and shaped us into nursing professionals. If you're shy, don't let that stop you from taking a step that will help put you on a path to success. Again, we are so pleased you have chosen to join this state's top SNA chapter!

Sincerely,

Dr. Peach & Mrs. Dorminy

P.S. if you are interested in joining SNA, feel free to fill out the membership form, linked here: [SNA Membership Form](#)



Faculty Spotlight

Sotos Djiovanis

UCF Instructor



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

Well, most people know I was born in the nation of Cyprus and speak Greek. But, I grew up in Central Florida. Nursing is my second career. I had the amazing opportunity to go to a fine music conservatory in Ohio, the Cleveland Institute of Music. Playing the oboe professionally is all that I did for the first 10 years of my adult career. I still play, part time in the Orlando Philharmonic, very regularly. Being from Florida, I always knew the BSN

program at UCF was excellent. "Word on the street," for as long as I can remember, was that UCF was the place to be for anyone studying nursing. I applied to the program in 2014. I still remember talking to Dr. Simmons on the phone back then...and I got in. I was also very fortunate to have been awarded one of my Accel cohort's Robert Wood Johnson Foundation (RWJF) New Careers in Nursing Scholarships. Dr. Allred was my mentor in that scholarship program and we had regular meetings and lunches with Drs. Sole and Covelli, too. I had an all-around excellent BSN experience and that scholarship and mentorship program made it even better for me.

What motivated you to pursue a career in nursing?

I was very good as a musician, but I am not Chicago Symphony good, you know? I wanted to have a very impactful career and life and I started to think about a second career, when I was out in the Honolulu Symphony. My parents both come from healthcare, and my mom has been a fine nurse since the late 1970's. I thought nursing was a good route for me. I think that I made a good choice, although occupational therapy was a little tempting for me too. (Remember, I spent time as a musician often teaching people how to improve hand coordination, dexterity, and breath control.) My mom is the kind of nurse who is beloved by her patients and coworkers. I figured, if I could be half as good as she was, that I'd still be a success. Coming around to the teaching work that I do here at UCF; I knew for certain that I would probably get into some kind of nursing education, eventually. I had done a lot of teaching before I ever went to nursing school. Believe it or not, being a preceptor and teacher in nursing came a lot more naturally to me than clinical work did, initially. Early on in my nursing career, clinical work was new for me, but teaching was not new. I

have a saying, that I still stick by: "in nursing you have good days and bad days, but I have never had a bad day as a nurse educator, not one."

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

I do have to say that I am an "in the trenches" RN and a classroom nurse educator first, and a researcher second. Still, research is important for all of us to have some backing in...you, me, all of us. It's no secret that I'm working on a second doctorate right now, in nursing education. Most of it occurs on Zoom and online, but occasionally I go to New York City to touch base with my professor at school. I am starting to get into simulation a little bit and refining future dissertation topics. I am interested in ways that we can refine, but not reinvent, nursing education. For instance, sometimes our classes, or work, and our approaches may need a tweak, or an adjustment. However, those of us lucky enough to study and work at fine universities need not necessarily radically shift what we're doing, but only modify. I am also working on a diabetes research team right now; we're researching messaging and language that is used with patients. Stay tuned as our work unfolds...

Dr. Sotos in his
work attire &
Ms. Dorminy!



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

I don't have much free time. I ride fast road bikes on the Cady Way Trail a lot, for exercise. I am obsessed with cars too, always have been. I like fixing, servicing, and restoring Japanese cars. You might see me at O'Reilly or the Honda parts department on the weekends!



Dr. Sotos at the symphony!

What advice would you give a CON student?

Take your classes and your clinicals very seriously. Come prepared and be ready to learn, every day. I have a BSN and an MSN from UCF. Take it from me, on the "other side" of graduation, you are getting the very best of nursing preparation at UCF and you have great faculty who are specialists in every area that there is. Yes, do give yourself some down-time and take some mental health breaks. But, you're in a program that will prepare you very well, for clinical work and for graduate study. Study hard...and go with the flow. As you enter your career in the beginning, choose a place to work

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mostly based on whether it will give you good training in residency to grow wings and be a strong nurse in the future. You have your whole career to chase the most exciting opportunities in amazing places and head to fantastic graduate programs. Your first year in practice, you want to be in someplace that will primarily support you and teach you well as a novice nurse. Somewhere that picks right up where your fine BSN culminates. Your generation will be nurses much longer than those of us in Generation X. Always think of yourselves as future innovators and leaders who will both care and inspire. You most certainly will.



UCF College of Nursing graduation - Dr. Sotos on the far right and Ms. Dorminy & Dr. Peach on the left! Featured in the center next to Dr. Peach is Giena Small, an accel graduate in 2022.

National Convention

Kaitlyn Yu

SNA President, Traditional BSN '23



“Have you ever wanted to travel out of state on an overnight trip? Are you looking to make unforgettable memories with your college friends? Do you desire to know just what exactly you want to do as a nurse? Experience this and more when you attend the 2023 71st NSNA Annual Convention in Nashville, TN!”

It’s coming — the biggest SNA event of the year is approaching fast! NSNA is hosting the 2023 71st Annual Convention in Nashville, TN on April 12th-16th

The theme this year is “Reflection: A Catalyst for Change,” which has been and will remain true in this new era of nursing. There will be an NCLEX-NGN review, distinguished speakers, focus sessions, workshops, a grand exhibition hall filled with companies and schools, leadership opportunities, the sharing of research, and the chance to impact your nursing career forever. Who’s excited?

In 2022, I had the opportunity to go to national convention for the first time. I attended the NCLEX mini review sessions, sung the national anthem at Opening Ceremony, met my future nursing floor manager at the Exhibition Hall, discovered my interest in emergency nursing, attended a state-wide caucus with students from multiple Florida schools, and explored a zoo with friends! This year, I expect nothing less between the exciting location and tentative schedule programming, some of which includes:

- NCLEX Mini Review Powered by Lippincott PassPoint
- Plenary Session: Nurses as Healthcare Changemakers: Stories of Care Transformation
- NLN Co-Sponsored Workshop: Exercising Students’ Brains: Cognitive Micro Skills at Work
- Exhibit Hall
- Career Development Center
- American Red Cross Disaster Certification for Students and Faculty
- Association Activity Seminars for Current and Aspiring Chapter Leaders
- Poster Session and Project Showcase
- House of Delegates
- First Night Party — Giddy Up and Dance
- Music City Live Auction

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To say I highly recommend any member to go is an understatement. In my experience, I was introduced to the endless possibilities of nursing through two SNA events — the guest speakers at general meetings and national convention — and it has not only given me confidence in entering the nursing profession but also has contributed greatly to my career planning. What's more, I made lasting memories with friends and discovered a newfound independence and self-assurance from taking charge of my professional development. I can only hope for a similar experience for young nursing students unsure of their next steps.

Next Steps if you are interested to learn more: By Feb 15th Contact ucfsnaorlpresident@gmail.com for more information including discounted rates and group travel discounts. Also by Feb 15th Contact SNA Co-Advisor and Clinical Coordinator Kate.Dorminy@ucf.edu for CON approval for students in good standing to attend this as a sanctioned academic event



The 2023 NSNA convention will be held at the Gaylord Opryland Hotel and Convention Center in beautiful Nashville, Tennessee!

A Brief Assessment of Popular Medical Dramas

Taylor Thomas

Clubhouse Director, Accelerated BSN '23

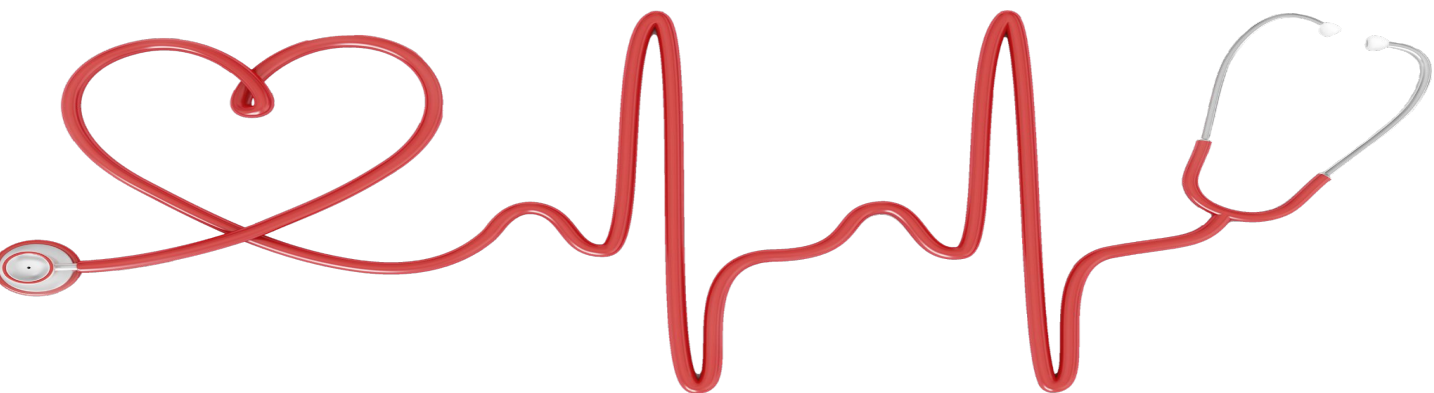


There are dozens of dramas that cover medical personnel and the interventions they use to save and improve patients' lives. We wanted to offer some guidance around popular shows, discuss their inaccuracies, and help students and faculty direct some of their attention to the most informative sources for "real" medical knowledge. The first drama and arguably the most popular of all time is Grey's Anatomy.

Grey's Anatomy (Grey's) premiered in 2005 on ABC as creator, Shonda Rhimes's, first big television series and still has the potential to get a 20th

season. With over 19 seasons and over 400 episodes, Grey's is the longest standing medical drama long surpassing E.R.'s 15 seasons and 331 episodes from 1994 to 2009. Rhimes is not a medical expert, and her show was never designed to portray accurate medical circumstances. Rhimes even explained when the show premiered that, "unlike other medical shows, like E.R., there isn't a big focus on medicine" Grey's "is very much a show that's about the relationships that the doctors are having. I always say that the show is not so much about the patients" (Robichaux 2006).

Rhimes is a master builder of dramatic story lines. Her writers rely on medical advisors who edit the script to include proper verbiage and terminology. One advisor wrote "The writers would ask if a medical scenario was possible or had ever happened, and my first inclination would be to say "no"; but then I'd research and find a case report in the literature where it had happened, an interesting medical case that could help tell the story the writer intended." Grey's is born from the imagination of writers, not medical professionals. As a result, it's a very entertaining and often inaccurate show (Princing, 2017). E.R. was mentioned as the previous longest standing medical drama on televisio, and despite the fact the show is no longer running, it's still a household name.



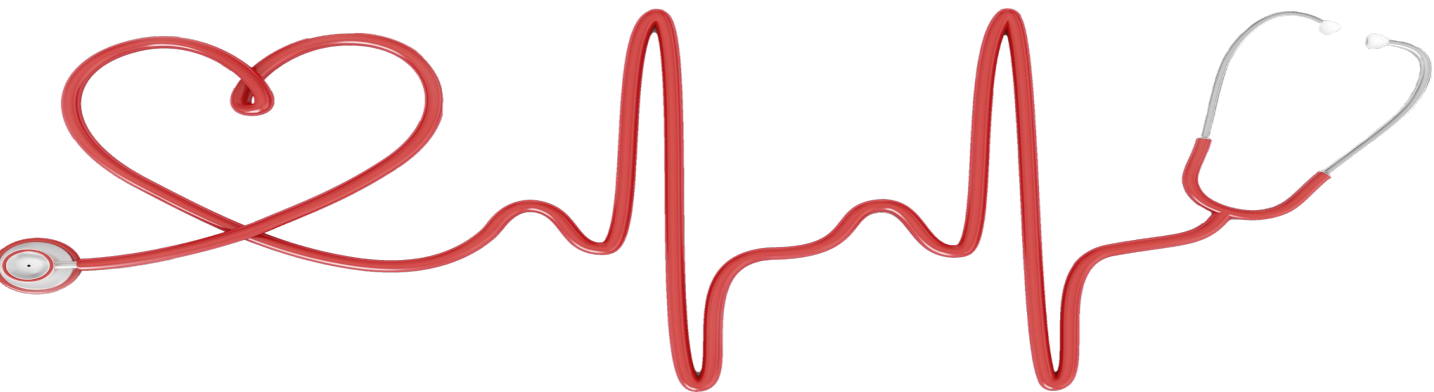
E.R. and Scrubs are both acclaimed for accurately representing the difficulties healthcare workers face balancing personal life, navigating conflict mediation between team members, and burn-out. Clips from “ER” and “Scrubs” offer examples of teaching and learning as an opportunity for growth and can encourage students to develop their expertise over time, ideally relieving some of the stressors of imposter syndrome. Though these shows have value for discussing interpersonal relationships, they need the dramatics of higher acuity injury and compared to real life. “The two most common acuity categories for television were the extreme categories non-urgent and emergent, whereas the two most common categories for reality were the middle categories semi-urgent and urgent” (Primack 2012). One of my personal favorite dramas, House, covers a litany of rare conditions and their diagnosis and treatment, often using accurate signs, symptoms, and exacerbations.

House ran for 8 seasons and though season 1 had “no differences in accuracy of the treatments and diagnoses when compared to the signs and symptoms of each episode” by the time they got to season “4 and 6, the treatments were more accurate than the presenting signs and symptoms and the diagnoses” (Morris 2015). This does a great job demonstrating signs and symptoms and can help show us how various illnesses may plague our patients, granted they are not the most common diagnoses.

I also wanted to mention the Netflix movie “The Good Nurse” as a dramatization of Charles Cullen’s story. Charles Cullen used digoxin and insulin injected into IV bags to murder patients at various hospitals for almost 20 years. The movie demonstrates the various difficulties a nurse

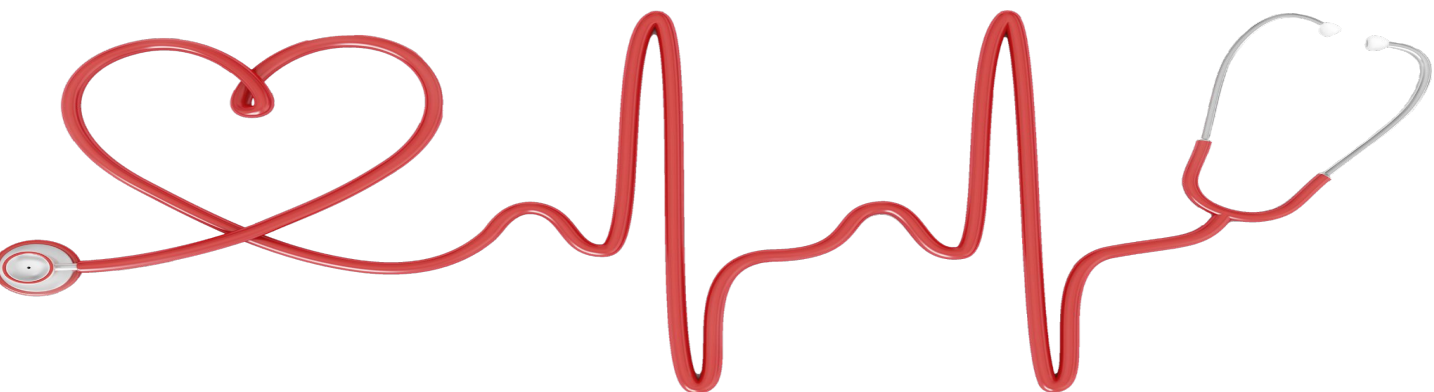
might face while managing the needs of their health and family. Though this movie is based off a true story, it's still a dramatic retelling. For the most accurate demonstration of patient cases and the healthcare workers that support them. I'd like to recommend the Netflix series *Lenox Hill*.

Lenox Hill is a 9-episode series following patients and healthcare workers at NYC's Lenox Hill Hospital's emergency medicine, obstetrics, and neurosurgery units. The series provides real-life examples of medical diagnoses, their treatment, and the social challenging surrounding them. It is an excellent source of information and obviously represents the most accurate depiction of how a hospital functions to save and improve lives. For further reading and analysis on some of the shows we've discussed, check out the Insider article "Doctors and nurses rate 10 popular medical shows based on accuracy" by Sophia Mitrokostas.



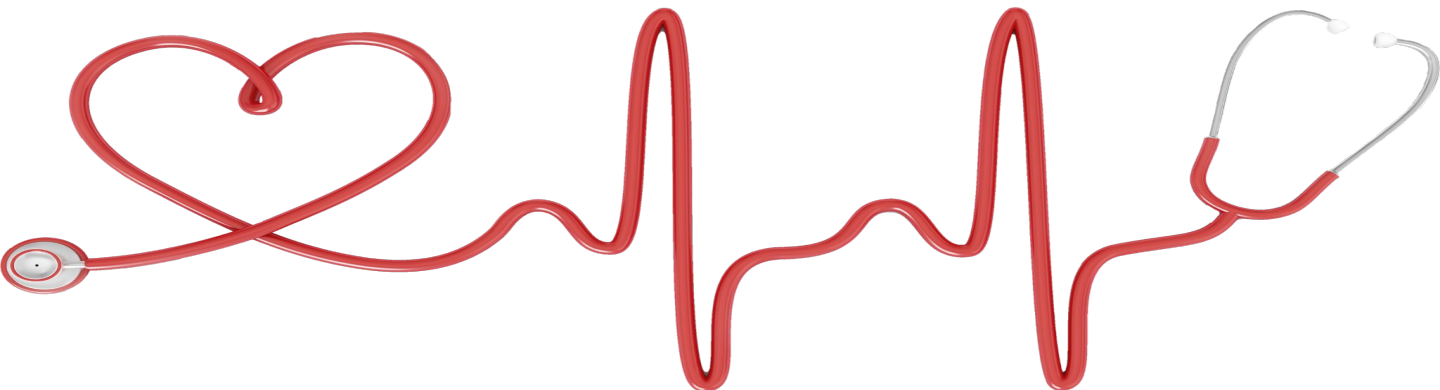
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2 Board Positions Open for the New Spring Cohort!

- **Vice President-Elect**
- **Fundraising-Elect**
 - a. The spring junior cohort members can run for the VP-elect and Fundraising-elect in February's general meeting.
 - b. Fill out the linked application by February 15th and elections will be held on February 22nd during the February meeting!
 - i. Please email ucfsnaorllegislative@gmail.com for any questions
 - ii. Link to Google Form to run!
 1. [Google Form for Spring Elections](#)





SNA MEETING

Schedule

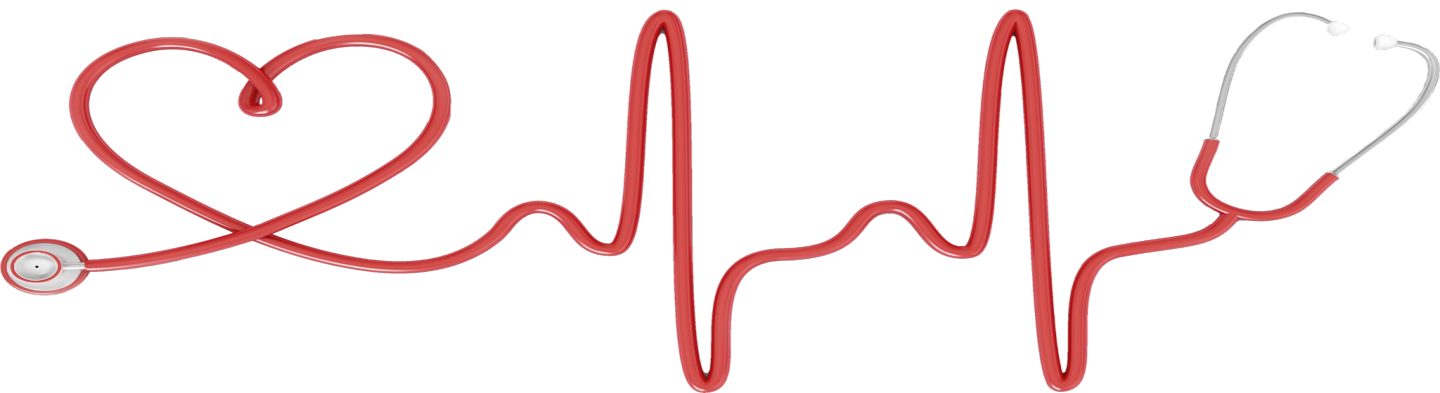
Jan 25th @1700 (CoN Room 602)

Feb 22nd @1700 (CoN Room 602)

March 29th @1700 (CoN Room 602)

April 19th @1700 (CoN Room 602)

@snaucforlando



Announcements & Upcoming Events!



[SNA Committee Application](#)

We will be selling candy grams for Valentine's Day, so keep an eye out for that!

Rom-CoN Movie Night will be February 13th! Popcorn, candy, and a movie :)

DEI Cultural Event is happening February 28th! Contact Caroline for more info!

Next bake sale is March 8th! Come out for St. Patrick's Day themed treats!

Announcements & Upcoming Events!



[SNA Committee Application](#)

The next
Newsletter
Submission
Deadline is
February 15th!

**If you would like
to join a
committee, feel
free to sign up at
this link: [SNA
Committee
Application](#)**

Relay for life is
happening
March 25th!
Contact Leah
Shinn or our
socials to get
involved :)

Announcements & Upcoming Events!



[SNA Committee Application](#)

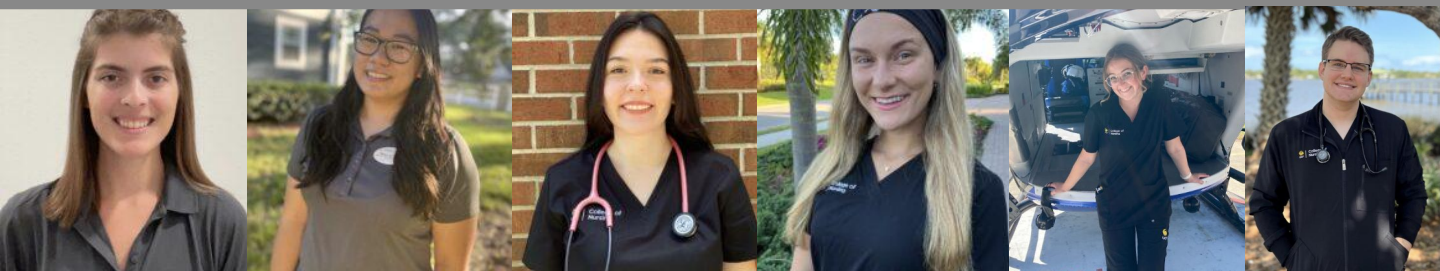
To submit your work to the next newsletter, contact Angela!

ucf sna url webmaster@gmail.com

Next General Meeting:

**February 22nd,
2022
@1700
Room 602**

Contact Info for the 2022-23 SNA Board!



President	Kaitlyn Yu	ucfs opresident@gmail.com
Vice President	Morgann Betterly	ucfsnaorlvicepresident@gmail.com
Secretary	Michael Keller	ucfsnaorlsecretary@gmail.com
Treasurer	Annaliece Balensiefen	ucfsnaorltreasurer@gmail.com
Clubhouse Director	Taylor Thomas	ucfsnaorlclubhouse@gmail.com
Historian	Leah Shinn	ucfsnaorlhistorian@gmail.com
Legislative Director	Alexis Wade	ucfsnaorllegislative@gmail.com
Breakthrough to Nursing Director	Caroline Tytar	ucfsnaorlb2n@gmail.com
Media Director	Angela Frantz	ucfsnaorlwebmaster@gmail.com
Community Health Director	Olivia Kennell	ucfsnaorlcommunity@gmail.com
Interim Fundraising Chair	Leah Hutchinson	ucfsnaorlfundraising@gmail.com
Accelerated Liaison	Pearce Copeland	ucfsnaorlaccelliaison@gmail.com
Advisor	Dr. Brian Peach	Brian.Peach@ucf.edu
Advisor	Kate Dorminy	Kate.Dorminy@ucf.edu

Social Media

Facebook: Student Nurses Association-Orlando

Instagram: snaucforlando

Website: snaucforlando.com

