



LIFELINE

NEWSLETTER

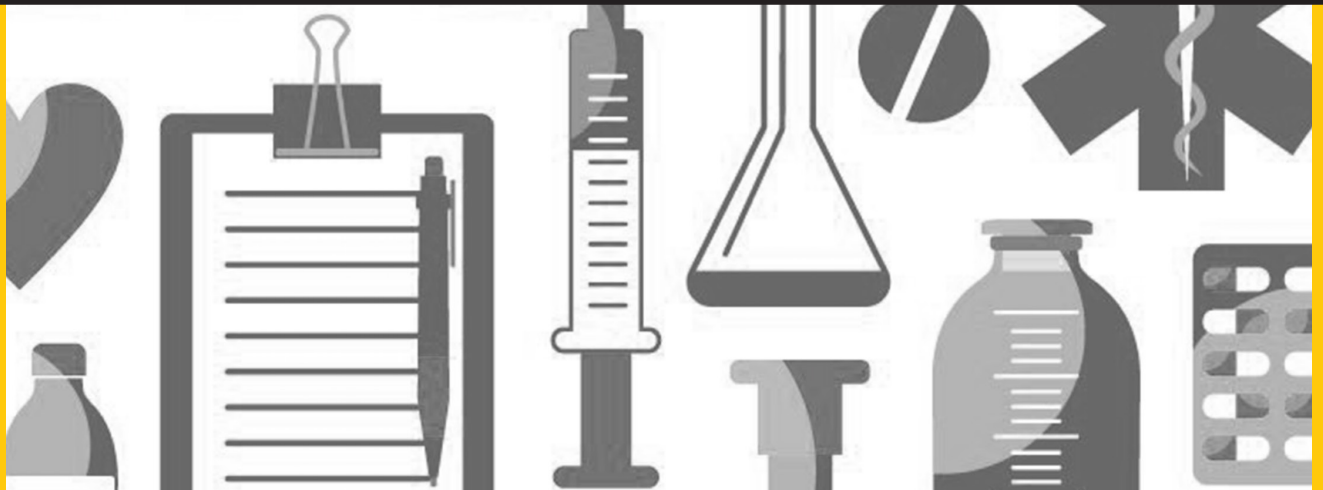


STUDENT NURSES'

ASSOCIATION

AT UNIVERSITY OF CENTRAL FLORIDA

ORLANDO



The Editor's Piece: The Kindness Rocks Project

Written by: Amanda Wimmersberg, Basic BSN 2017

As some of you might know, I grew up in a military family and I have had the pleasure to move around quite a bit. 15 times to be exact. I hated it. I really did, but I also kind of loved it at the same time. Whenever we moved, I always had to relearn my surroundings, make new friends, and just try to survive as the new kid. It got easier though. Since moving to Florida to go to college, my family has moved another 3 times, and because of the distance I don't get to go home as much as I would like. This year was the first year that I was able to go home for Thanksgiving since freshman year of college. And where is home now, you might ask? Home is about 1,300 miles away in a small town called Sandwich, Massachusetts.



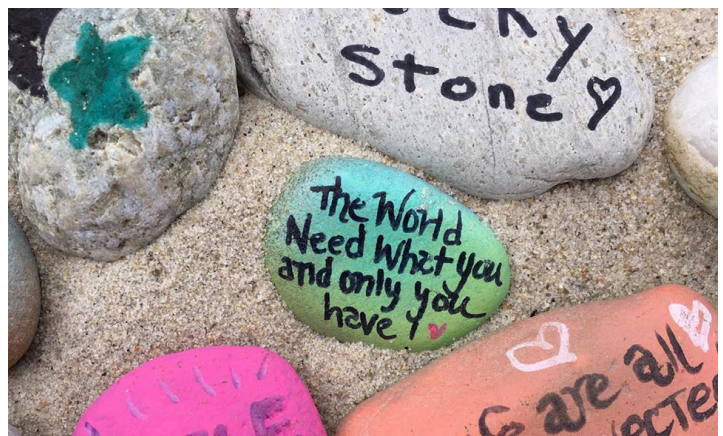
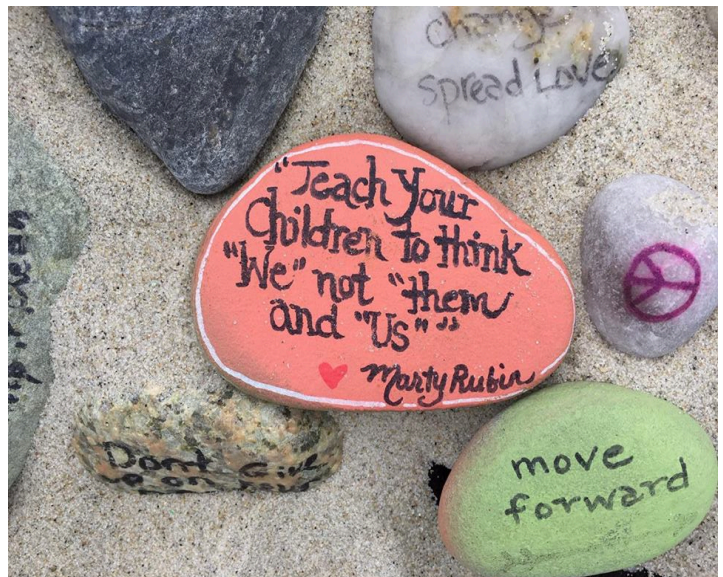
Sandwich is a small town located on Cape Cod, which really has its own kind of charm. My family is always wanting to show me around, so I go and I enjoy the tours that they give me. However, one afternoon my whole family went to the beach and I found this rock. The rock said, “My wish for you is that you continue. Continue to be who you are, to astonish a mean world with your acts of kindness.” I said to myself, “Wow, that’s so beautiful! I wonder if someone dropped this on accident.” I didn’t bother picking it up, I just left it because I figured someone dropped it. It was nice to have that inspiration though. Later on that day, my mom and I were shopping and I came across another rock. It said, “Great things are headed your way.” Not even 10 minutes later I found another rock, and it said, “The end really is just the beginning.” I was so confused. I asked my mom why I kept finding all of these rocks with all of these nice sayings on them. She looked at me, smiled, and told me that it was called the “Kindness Rocks Project”.

Lifeline Newsletter

Student Nurses' Association – UCF Orlando

Basically this kind woman in Sandwich started this project where she would write nice sayings on rock and encourage others to do so as well. You could take a rock if it meant something to you, share it with a friend who needed some inspiration, or just leave the rock and let whoever needed some kindness/inspiration in their life find it. However, once you took a rock, you would need to replace it. I couldn't help to just look around while I was walking now, because I wanted to come across some more kindness rocks. I must have found at least 20. All in the most unique places. In a tree, in a window sill, on a bench, in the sand, everywhere! I was so inspired. As we were walking home, I found a rock that said, "Your legacy is every life that you have touched." I picked it up and put it in my bag.

Once I got home, I realized that this was probably one of the best things that I have ever heard of. So I decided that I wanted to make some of my own kindness rocks. With everything that is going on in today's world, there needs to be more kindness. People need to feel loved. People need to be inspired. People need to know that there are other people who care. Whether it's just a reminder that you are awesome or to just keep going. It could make a difference in someone's life. Every time I would find a rock, I would smile so big. And I'm sure others do the same. Give one to your friend. Give one to your patient. Just remember that small acts of kindness could go a long way. And if you are in Orlando, keep an eye out for some kindness rocks 😊.



Knight-Thon FAQ

Written by: Lauren Hurley, Basic BSN 2017

What is Knight-Thon?

Knight-Thon is the University of Central Florida's Miracle Network Dance Marathon. It's the largest student run philanthropy with year-long fundraising efforts to support our local Children's Miracle Network Hospitals. In the spring, we will stand for 20 hours to support the courageous kids undergoing treatment at our local CMN hospitals. We stand for a cause and we fundraise to help make miracles happen.

Where does our money go?

ALL donations benefit our local Children's Miracle Network Hospitals: Arnold Palmer, Winnie Palmer and Shands.

When is the actual event?

April 1st-2nd

How do I sign up?

1. Follow this link:

<https://events.dancemarathon.com/index.cfm?fuseaction=register.start&eventID=1157>

2. Register as a dancer (\$10 registration fee)

3. Join the Student Nurses Association



What is the goal for fundraising and the minimum for every dancer?

Overall goal: \$1,200,000

Student Nurses Association goal: \$17,000

Individual dancer minimum: \$300

Please strive to go above the minimum. We made a promise to our Miracle Families to raise a total of \$1,200,000 this year and we won't get there unless EVERY dancer does their part! Each and every one of you have the power to make a difference.

What are some tips for fundraising?

- Make something artsy/cute to sell
- Sell baked goods
- Post embarrassing pictures of yourself online for a donation fee
- Don't just make general Facebook posts, message people individually
- Ask your family members (They will usually donate the most money)
- Bucket on main campus
- Team fundraising ideas: Challenge another team about who can raise the most money in a certain period of time and the loser has to do something embarrassing, bucket outside of local stores (with permission of course)



Is it really worth it? How will I stand for 20 hours?

Knight-Thon has been one of the greatest experiences I've ever had during my time at UCF. Every hour, we participate in the "Morale" dance which is a ten minute long dance that keeps everyone in the dance marathon spirit. I'm a terrible dancer and literally did not remember it all until the very end, but I had a lot of fun trying. To remember WHY we stand, Miracle Children and their families take the stage to share their stories. At that time, we kneel and give them our utmost attention and support. I know I cried during multiple stories and truly felt inspired by the strong people standing before me.

I'm not the type to stay up really late or to pull all-nighters, so I honestly thought I'd be exhausted during the entirety of the event. And yes, there were times during the 20 hours when I was tired, but I had the most amazing time and knowing that we were making a difference made it all worth it. Knight-Thon is a very meaningful event that is full of inspiration, but it's also really fun. Last year, there were board-games, an air hockey table, live bands, a hypnotist, a "silent disco", a talent show put on by our Miracle Families and much more! I really can't even describe how wonderful this event is, so you'll just have to check it out for yourself. Please join our team and help make miracles happen.



RELAYing for an Unforgettable Cause

Written by: Corrine Medeiros, Basic BSN 2017

Tents of various colors and decorations line Memory Mall as smiles and laughter are shared between strangers and friends alike. Everyone is here for his or her own reason – to honor someone they know who was or is currently affected by cancer. Mothers, fathers, siblings, family members, friends, and classmates all come together to Relay for Life. It is a shared experience that unites as all, regardless of our individual differences and opinions.



Relay for Life is an event held by the American Cancer Society every year at various schools and multiple communities, typically in March. Leading up to the event, fundraising and team recruitment takes place. Teams are encouraged to come up with their own unique fundraisers to raise as much as they can before the event. Like every year, SNA will be participating! Relay starts with the setting sun, symbolizing the diagnosis of cancer and the worry of the unknown journey ahead. The sun rising represents the end of treatment for the patient and new beginnings. There is a lot that takes place during the event including a survivor lap in which the survivors walk as the rest of us honor and support them. During the luminaria ceremony, luminaries dedicated to those who lost the battle to cancer light the track as we walk a silent lap. There is also a boxcar race where teams race to the finish line for points! The activities are endless and it is all what you make of it!

Lifeline Newsletter

Student Nurses' Association – UCF Orlando

My first Relay was in 2012, my senior year of high school. In 2011, I lost my uncle and my best friend to cancer. My uncle fought a six-year long battle with colon cancer. He was a firefighter for many years, but most importantly, he was my voice of reason. His funeral was on New Year's Day and I promised myself to make him proud and do all that he knew I was capable of. In September 2011, my best friend, Tommy, passed away from Non-Hodgkin's Lymphoma. He was diagnosed with cancer on his 16th birthday and pursued treatment in California. Although we were on opposite sides of the country we still found time to speak to each other. Even if it meant Skype calls at 3 AM for me on a school night. Tommy spent his junior year away in CA getting treatment and he missed school so much. He was getting ready to come back for his senior year but passed away before he could start. I finished high school in honor of what Tommy couldn't do and read a poem for him during Senior Night at our last home football game. During my time in college, I kept in touch with Tommy's family and had dinner with them every time I visited my hometown. My uncle and Tommy inspired me to help lead and organize my high school's first Relay for Life. I instantly fell in love with Relay and have advocated for it ever since! I will never stop fighting against cancer and will always remember how my uncle's and Tommy's humor and light outshined the cancer.

As SNA's Relay Team Captain, I am still recruiting members for our team and as always, we are still fundraising. I share my story because I know there are more stories like mine and the goal of Relay is to keep this from happening, and to keep us from losing those we have around us. Whether you're interested in joining the team or donating, I encourage you to look into Relay and to find your own reasons for participating in the event. You just might fall in love with Relay too.



Catching Up With Cocoa: November Events!

Written by: Alysha Andrus, SNA-Cocoa Website Administrator

November has been a very busy month, but the Student Nurses Association hosted a Paint Along fundraiser on November 15th in Sun Tree, Viera. A big thank you to everyone who supported SNA by participating and thank you to Deb Oller for donating your time!! Everyone had an excellent experience!

On November 16th, the SNA Breakthrough to Nursing Committee welcomed Lori Swails Spicer, MSN, ARNP-BC, CEN Major, USAF retired to speak to our cohort about her career path and tips for graduate nurses. Her insight was greatly appreciated!

SNA participated in this years Thanksgiving Space Coast Basket Brigade on November 20th. Thank you to everyone who donated food or time to this great cause!! Over 1000 baskets were made for local families in need. It is always important to remember the holidays can be a tough time for families, especially when they are patients in our hospitals, so we need to be kind, caring, and loving. There are always ways to help our community during these times like volunteering and donating resources!



A Nursing Student's Thanksgiving

Written by: Kimberly Bogers, Basic BSN 2018

Thanksgiving is my absolute favorite holiday. Spending an autumn day relaxing with my family while eating delicious food and preparing for the most wonderful time of the year? Nothing beats it! This Thanksgiving, I was thankful for a lot of the usual things: my amazing family, my friends, my goofy Chihuahua, the roof over my head. However, I found that my list of gratitudes was longer than it has been in the past, and it's all thanks to nursing school. Nursing school has drastically changed my life, and it has helped me to appreciate so much more about the world around me.

As a nursing student I am thankful for:

The support of my family. Without them I certainly would not have made it this far. Honestly, I probably would have given up after the first week of class! They have helped me keep my sanity despite early mornings commutes, exhausting late night study sessions, piles of homework, week after week of exams, and many moments of fear and discouragement. Whenever I received a bad score on an exam, they were there to provide comfort and ideas for new studying techniques, and whenever I received a good score they were there to celebrate with me. They have given me such wonderful support and love, and I am so blessed to call them my family.



The patients I have interacted with during my clinical rotations.

At the start of this semester I was extremely intimidated by clinicals. Now, nearing the end of the semester, I realize that clinicals have been one of my all-time favorite parts of nursing school so far. I have had the privilege to work with some really inspirational individuals who were incredibly kind and brave in the face of tragedy and pain. Helping them was such a privilege, and thanks to the hands-on experience I gained during clinicals I am 100% positive that I truly belong in the healthcare field and that nursing is the career for me.



My classmates. It is invaluable to have people who understand exactly what I am going through in nursing school, and who deal with the same crazy schedule and intense assignments that I do. When I felt terrible after taking the second exam in Pathophysiology, the only thing that kept me from crying was laughing with my classmates about how absolutely horrifying the exam was. It is so awesome to talk about things like wound care, catheter insertion, and patient hygiene with people who are unfazed by situations that would make most people nauseous. Nursing is a very team oriented career field, so I am happy to have a team of fellow future nurses by my side.

Earning passing grades on assignments. Because this program was so competitive and difficult to get into, I am sure that most of my classmates will agree that before this semester it was a rather common occurrence to get high scores on exams and assignments. That is most definitely not a common occurrence in nursing school. At first I had a hard time adapting to this fact, but I have come to realize that getting a decent score on an exam does not necessarily make you a good nurse, and getting a bad score definitely does not make you a bad nurse. As long as we all study hard and work to be the best nurses we can possibly be then we will end up being successful, regardless of whether or not we earn an A+ or a C on that upcoming exam.

The Internet. I have come to appreciate the power of the worldwide web more than ever before! It is so great to be able to look up the signs and symptoms of different diseases with the click of a button, and to have the ability to search for mnemonics and YouTube videos to help me better understand coursework. I do not know how nursing students made it through school before the Internet, I can only imagine how much longer it must have taken to complete assignments and really understand course material. The Internet has also made it much easier to keep in touch with my classmates to stay on top of our assignments and due dates, and I am a member of multiple groups on Facebook for nurses and student nurses that have provided me with great study tips and advice.

Sleep. I have never appreciated sleep so much in my life since starting nursing school.



The Night I Worked EDC

Written by: Keith Bartolome, Basic BSN 2017

Over 150 patients were admitted within the span of two days at EDC last year. A lot of this was because of dehydration, alcohol consumption, and drug usage. As a result of this, the Central Florida Disaster Medical Coalition teamed up with Insomniac Events in providing on-the-site care to prevent an excess influx of patients into ORMC. I was fortunate to be able to volunteer at such a unique event. This was no typical clinical setting at a hospital, but instead a field hospital.



The medical facility was right outside the perimeter of Tinker Field near one of the stages. It consisted of three large tents connected to each other with smaller canopy tents outside for basic triage and hydration. Partygoers would either check in the front or be brought in by EMS that are located at first aid stations throughout the venue. The medical facility itself was divided into 3 units: green, yellow, and red. Green consisted of patients with minute problems while red consisted of patients needing immediate treatment and potentially transportation to the hospital.

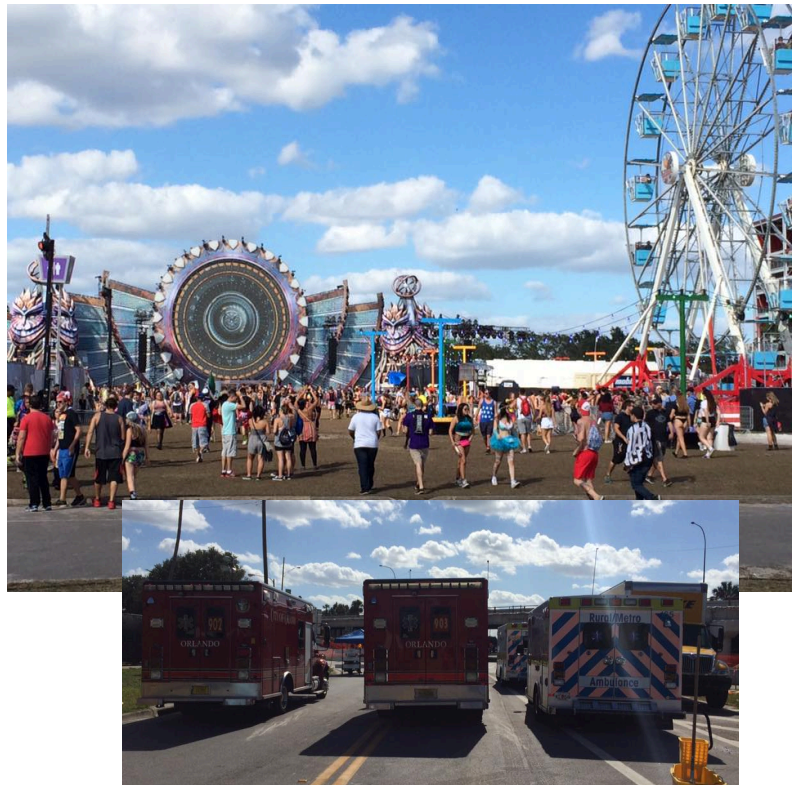
Lifeline Newsletter

Student Nurses' Association – UCF Orlando

Throughout the whole event, the music from the stage would reverberate through the air and even the tent. The first 4 hours were actually slow as the festival was beginning. As a festival known for its alcohol and drug use amongst partygoers, people were just starting to drink and utilize whatever substances they had. It wouldn't be until 5PM approximately that the patients started coming in regularly. While I couldn't treat the patients, I was allowed to assist in patient administration, managing patient flow, preparing beds, restocking supplies, and checking the patients to make sure they're ok. The hours flew by as wave after wave of patients came in. There really wasn't time at all to sit once 5PM had passed. There was a sense of chaos throughout the tents as numerous patients took up beds, new patients were admitted, and as medical personnel floated from patient to patient. At the same time, there was an organized rhythm to this chaos. Patients were treated and discharged or hospitalized appropriately in a timely manner. It was an organized form of chaos. By 11:45PM, my legs were sore but I was still wide awake from the music that had been blaring for the last 12 hours.

Overall, EDC was a great experience that really showed another façade of the healthcare system that wasn't centered on the hospital setting. There were so many other learning opportunities ranging from the types of patients that came in, the effects of alcohol and illicit drug use, the effectiveness of teamwork, logistical efforts and planning, and much more.

I am extremely grateful for the wonderful experience and I can't wait to volunteer again next year as a registered nurse.



Devine Veggie Sorceress: Fresh 2 Order

Written by: Caroline Chu, Basic BSN 2017

While in nursing school, the urge to eat take-out or fast food is extremely tempting. Just coming home from a 12 hour clinical, changing into my PJs, and cuddling in bed with my laptop and hot take out is definitely the perfect evening. However, not all take-out has to be heavy, fried, greasy food. One of my favorite restaurants, Fresh to Order, is just a mere 10 minutes away from College of Nursing, and even closer to the 408. This is the perfect stop off the highway after clinicals.

Fresh to Order is a simple restaurant that stays true to their name. Fresh food, cooked to order, and out in 10 minutes or less. They offer small plates, entrees, salads, sandwiches, soups, and many one-of-a-kind beverage mixes, such as flavored water, star anise lemonade, and different flavored teas.

Yes, I have tried almost everything on the menu. My go to however, has to be the almond skewer chicken and a side of creamy chicken vegetable soup. The skewers are chicken breast pounded thin and encrusted with almonds, rosemary, curry powder, and grilled fresh. They're crunchy and flavorful! The vegetable soup is a smooth consistency and has big chunks of vegetables and chicken. The price and portions are very fair- the half salad and soup is enough to fill me up!

Amongst my favorites include the market salad which is a blend of spring mix, nuts, and fruit. In addition, their curry salmon dish, grilled chicken, sweet potato mash, and bison burger are top contenders.

Fresh to Order is located in the Waterford Lakes shopping plaza and opened Monday-Thursday 1100-2100 and Friday-Saturday 1100-2200. There are vegetarian options as well.

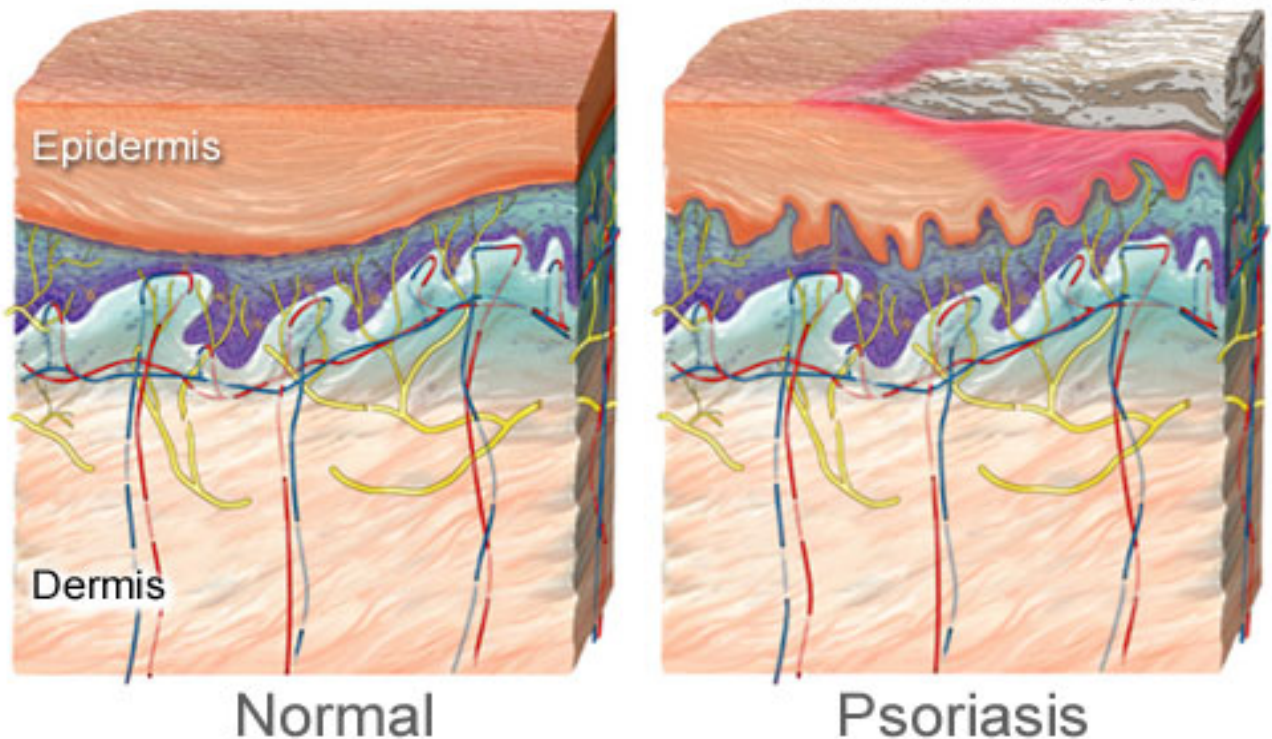


Management of Psoriasis

Written by: Ryan Woodmansee, Basic BSN 2017

Psoriasis is a chronic skin disease that develops when a person's immune system malfunctions and sends a false signal to tell the skin to grow at a quicker rate than normal, this makes skin cells form in a couple days rather than weeks. The integumentary system does not shed the excess skin cells, and the skin cells begin to clump together resulting in patches of psoriasis. There are five official types of psoriasis: plaque, guttate, pustular, inverse and erythrodermic. However, the most common is plaque psoriasis which affects eighty percent of people diagnosed with psoriasis. Plaque psoriasis is often noticed by having thick patches on the skin covered with a silvery-white scale. The patches most often appear on the scalp, knees, elbows and lower back, although they can appear anywhere on the skin. The patches can cause itchiness symptoms and scratching the patches will often cause the patches to begin to thicken.

thickened skin, flaky plaques



People diagnosed with psoriasis often have a family member who has psoriasis. However, not everyone who inherits the genes for psoriasis will get this disease. It appears that a person must inherit the entire mixture of genes and be exposed to a “trigger”. Common psoriasis triggers include: a stressful event, strep throat, lithium, cold weather or a bad sunburn. Treatment of psoriasis begins, after an examination of the skin followed by a skin biopsy leading to a confirmed diagnosis. Psoriasis cannot be cured, however treating psoriasis provides many benefits such as reducing signs and symptoms, sometimes completely clearing the skin and improving the patient’s quality of life.

As a nurse, it is important to be able to recognize what psoriasis looks like and common signs and symptoms. Nurses can provide patient education to help the patient manage this disease, make informed decision on treatment and become aware of things to avoid that may cause flare ups.



Reference:

American Academy of Dermatology. (n.d.). Psoriasis. Retrieved November 24, 2016, from <https://www.aad.org/public/diseases/scaly-skin/psoriasis#overview>

Be Better

Written by: Ryan Greene, Basic BSN 2018

I think we could all use a pep talk, so here's a pep talk. Nursing schools feels like drowning. Just the constant onslaught of test after test, assignments from labs and clinical, and then group projects that professors all waited until the week before to assign because we would just put it off until the last week to do anyway. It takes a second to adjust to the rigors of nursing school because we are all used to doing well. It's a strange and disappointing feeling then, when you become content, even ecstatic, at pulling a B or C on a test. Only to be even more discouraged when you see someone scored a 102. And yet we can do more, whether you're that 102 or a new subscriber to the "C's get degrees" mantra, we can do more. Every so often we become complacent and plateau. We accept this new normal, instead of striving for more. My goal for all of us is to do better. Juniors, Seniors, Inbetweeners. To be better.



Lifeline Newsletter

Student Nurses' Association – UCF Orlando

It may not be a realistic goal for every student in our classes to get an A on every test. Or to not make any mistakes as nurses. But it is realistic for us to do better after each time. Use your past self as a benchmark, not the highest grade or even the class average. It may be cliché but a true understanding of your strengths and weakness is what it takes to do well. Not only as a student, but as a nurse and everything else in life. We all want to do well in class and I hope that we all wish to be great nurses. But being a great nurse is not a destination. Being a great nurse is a commitment to be better, day after day. That no matter what happens with our patients (or with our classes as students), we learn from it and be better for the next one. There will always be another patient who needs our help and there will always be another test around the corner.



So, we must not be complacent, we must not quit. We don't get to quit. We get to cry and get up the next morning and do it all over again. But it is up to all of us to refuse to accept failures or plateaus and to come back as better nursing students for it so that when we're finished we are better nurses for it.

Ask a Knight Nurse!

“What are you thankful for?”

“My loved ones!” –Nicole Alejandra, APNS

“I’m just thankful for all the opportunities I’ve been given and the family to support me through the process.” –Jason Wriglesworth, Accel 2017

“I’m thankful for my supportive family, wonderful friends, and the long Thanksgiving break to give me time to study!” –Kimberly Bogers, Basic BSN 2018

“My grandma!” –Sarah Snoberger, Basic BSN 2017

“My nursing school family!” –Rachel Bell, Basic BSN 2017

“The fact that we are graduating in May!” –Vanessa Schena, Basic BSN 2017

“Coffee, amazing nursing friends, and family!” –Corrine Medeiros, Basic BSN 2017

“Family, significant other, my friends, and my tubby cat!” –Lauren Hurley, Basic BSN 2017

“My amazing fiancé, health, family, and graduating with my BSN in 6 months!” –Christine Goodrich, Basic BSN 2017

“The friends that have become my family in nursing school.” –Dhana Concepcion, Basic BSN 2017



Announcements & Upcoming Events!



President: Good luck on finals and have a wonderful holiday season! Look for out back to school events coming in January!

Secretary: Any questions/suggestions regarding pre-requisites, nursing school requirements, courses, electives, schedule, or anything about nursing material that you may want addressed? Please contact Caroline Chu and she can make that happen!

Historian: Join our Relay for Life team! Our team name is "Student Nurses' Association". Contact Corrine Medeiros for more information and details!

Events and Traditions: Keep an eye out for our back to school events such as Lake Claire Day and our First Annual Kickball Tournament! Contact Corrine Medeiros or Amanda Wimmersberg with any questions or concerns!

Community Health: We are starting to collect hygiene items/purses & backpacks for our Nurses With Purses event! Also, join our Knight-Thon team! Contact Lauren Hurley with more details.

Accelerated Liaison: Our Interprofessional "Team Work Makes the Dream Work Event" is going to be in January! There are more details to come soon!

Clubhouse: The last day the clubhouse will be open is December 5th. Please be sure to pick up any pre-orders and make your final purchases by that date!

Contact Info for the 2016-2017 SNA Board!



President	Haley Boyle	ucfsnaorlpresident@gmail.com
Vice President	Keith Bartolome	ucfsnaorlvicepresident@gmail.com
Secretary	Caroline Chu	ucfsnaorlsecretary@gmail.com
Treasurer	Sean Lamphier	ucfsnaorltreasurer@gmail.com
Clubhouse Director	Karis Tindell	ucfsnaorlclubhouse@gmail.com
Historian	Corrine Medeiros	ucfsnaorlhistorian@gmail.com
Legislative Director	Allison Dascani	ucfsnaorllegislative@gmail.com
Breakthrough to Nursing Director	Haley Congrove	ucfsnaorlbtn@gmail.com
Media Director	Amanda Wimmersberg	ucfsnaorlwebmaster@gmail.com
Community Health Director	Lauren Hurley	ucfsnaorlcommunity@gmail.com
Fundraising Chair	Victoria Wynne	ucfsnaorlfundraising@gmail.com
Accelerated Liaison	Nicole Ackenbrack	ucfsnaorlaccelliaison@gmail.com
Co-Advisor	Chris Deatrick	Christine.Deatrick@ucf.edu
Co-Advisor	Joyce DeGennaro	Joyce.DeGennaro@ucf.edu

Social Media Buzz

Facebook: Student Nurses Association-Orlando

Instagram: snaucforlando

Twitter: @snaucforlando

Website: snaucforlando.com

Top Point Earners

Basic BSN 2017: Sarah Snoberger, Michael Isner, and Kaman Chang

Accelerated 2017: Amanda Minnis, Nicole Murphy, and Samantha Tillery

Basic BSN 2018: Allie Fox, Alexandra Weinstein, and Kavika Chugh