



# LIFELINE

## NEWSLETTER

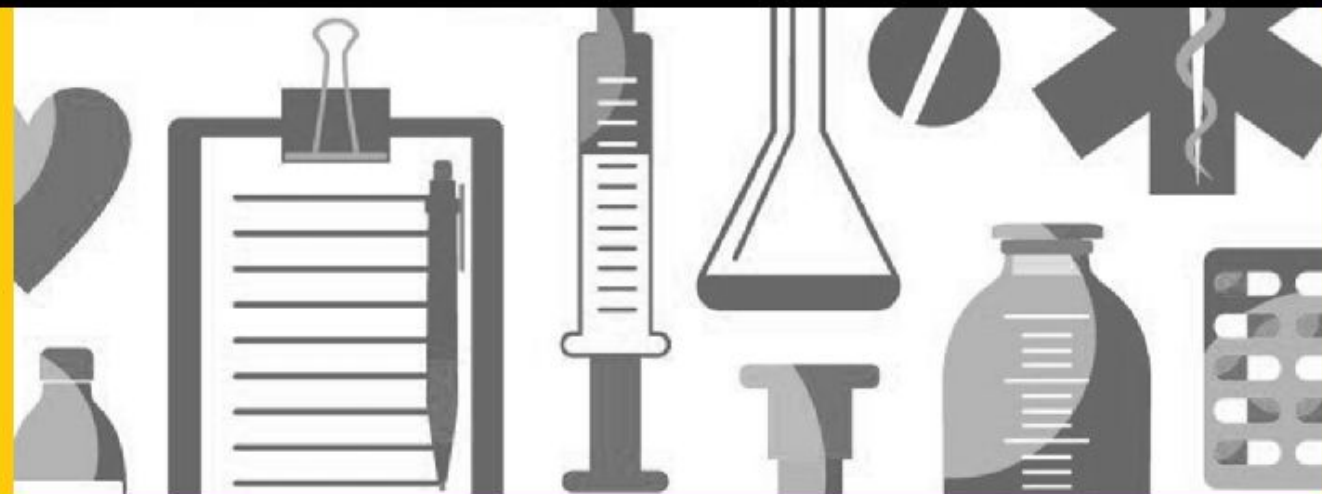


# STUDENT NURSES'

## ASSOCIATION

AT UNIVERSITY OF CENTRAL FLORIDA

ORLANDO



# Editor's Piece

## Amber Keller

SNA Media Director, Basic BSN '21

Election season is upon us and many of us are preparing to vote to have our voice heard in the U.S. election this November. Voting for candidates running for office is an important responsibility for citizens or members of any group. Our SNA elections are coming on **October 28th!** I encourage everyone to come to the meeting and vote for our candidates who will represent you!

- Junior Positions
  - President-elect
  - Treasurer-elect
  - Legislative Director-elect
- Accel Position
  - Clubhouse Director

Support the  
candidates  
& VOTE!

The positions available for junior are elect positions. The students elected will shadow either Samantha, Chloe, or Josée and will become the President, Treasurer, or Legislative Director next year! The student elected for Clubhouse Director, will be helped by Andrea with the transition!

If you have already submitted an application, and have further questions about running, contact Josée at [ucfsnaorllegislative@gmail.com](mailto:ucfsnaorllegislative@gmail.com) !

If you are not running in this election, but are interested in a position, we will have elections for our other positions in the spring.

# Student Spotlight

## Amanda Lynch

Basic BSN '21

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

My name is Amanda Lynch and I am a senior nursing student and am from Tampa, Florida. I came to UCF because of the Florida schools, I felt that it had the best atmosphere; I like how large and diverse the school is. Right now, I aspire to be an emergency room nurse, however I am still very open to different areas.

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

My favorite part of nursing school is applying the knowledge I get from classes to my clinical experiences. There are times where I have learned about a topic and got to apply my knowledge to the real world within the same week. It is the first time in my schooling experience where everything is important, and will be used in a practical way throughout my career.



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

Right now, I am a SNA member, but in the past I have been involved in APNS, Hearts for the Homeless at UCF, and the Honors College. I was also an SI leader for UCF's Student Academic Resource Center for 2 semesters where I held weekly review sessions for classes that students are taking.

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

Always know that you are never alone. Whether you need help in class or in clinicals, there are always people there to help you. The first clinical I went to was honestly the first time I had ever been in a hospital, and I was under the impression that it would just be me all by myself caring for “my patient”. However, I was never alone, and knew that I had my peers, nurses, and my instructor to ask for help. In general, always remember that you are still learning, and don't be afraid to ask questions.

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

In my free time, I enjoy cooking, going on walks and exploring, and watching some good Netflix shows.



## **Tell us about your experience in the VALOR program.**

I am currently in the VALOR program at the Veteran's Affairs (VA) hospital in Lake Nona, which has been an amazing experience. This program is a paid internship that consists of 800 hours total: 400 over the summer through September 30<sup>th</sup> and another 400 from October 1<sup>st</sup>- April 30<sup>th</sup>.

As a VALOR student, I am rotated around different areas of the hospital, and in each area I am paired with a nursing preceptor. A lot of people do not realize this, but the VA hospital has many different areas, including an Emergency Room, ICU, and a surgical area. So far, I have been in the stepdown and medical-surgical floors, and soon I will move through the infusion center, dermatology clinics, and surgery areas.

On a typical shift, I take report from the night nurses with my preceptor. Then, after going through the chart and paying special attention to their new orders and labs, I pick the patient who requires the most care and assessments to focus on. For example, I have cared for stroke patients requiring neuro checks every 4 hours, a patient with Crohn's disease on parenteral nutrition, patients undergoing detoxification for alcohol withdrawal, patients with acute COPD exacerbations, many surgical patients, and various acute infections. I then go with my preceptor to pull meds for all 4-5 of her patients, educate the patient on these meds, and administer them. I have since become very comfortable with setting up IV infusions and drawing up and giving injections. Throughout the rest of my

day, I continue to chart and care for the patient I am focusing on, and perform any nursing tasks for any of my preceptor's patients. Also, because other nurses on the unit know that I am a student, they pull me to learn or see new things. I am looking forward to rotating through other areas such as infusion, where I will get good practice inserting IVs and accessing ports.

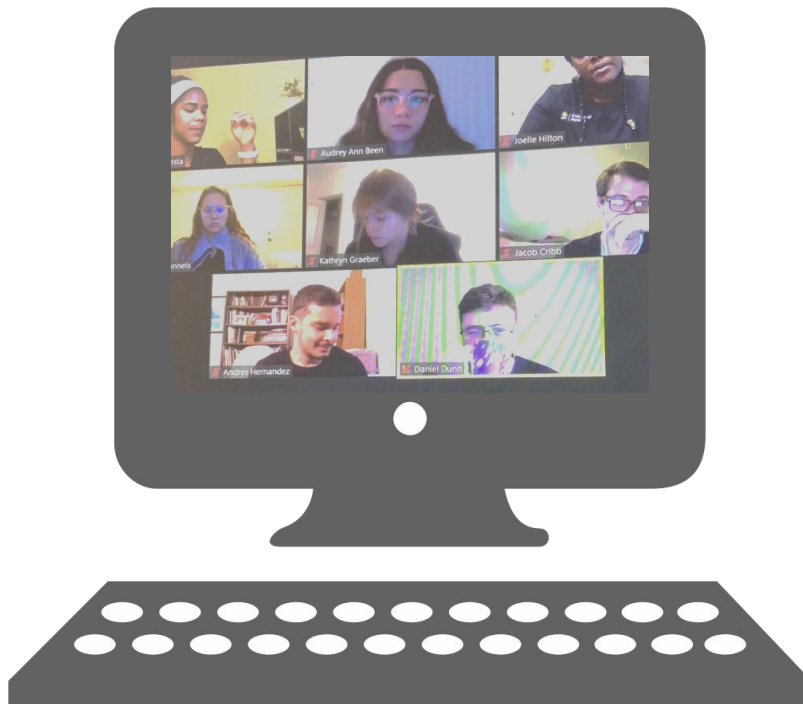
The VALOR program has improved my confidence in my nursing skills, and I love getting to care for veterans. It is not a program requirement to commit to working for the VA post-graduation, but I definitely see myself working for the VA as a registered nurse!

Annual applications open in January!  
The **VA's VALOR Program** is an excellent opportunity that any juniors interested should consider applying for!

# Zoom University Survival Tips

**Audrey Been**

SNA Historian, Basic BSN '21

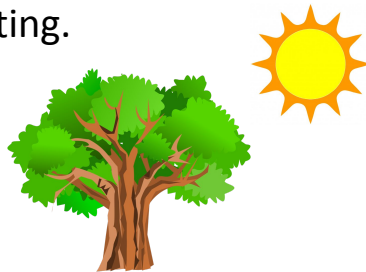


The transition from the traditional classroom setting to being at home behind a computer screen for the majority of the time has been a difficult change for students and faculty alike. You might find yourself a little too comfortable at home or tempted to go back to bed since it's a few steps away, but hopefully these tips will help you pass this semester with flying colors.

**Having a routine** is crucial, especially when you have to attend classes and study at home. Wake up early and get ready as if you were attending class in-person. Doing this gets you out of snooze mode and will help you be more attentive during lecture and studying. Setting up at a desk or dining table also helps simulating more of a classroom/workspace environment rather than just staying in bed.



**Going outside** for some fresh air, whether it be a walk, a run, or simply sitting outside can do wonders for clearing your mind and getting rid of brain fog. Going outside or changing locations are great ways to take a break from studying when the temptation of scrolling on social media as a study break sounds tempting.



**Staying in touch** with friends and classmates while virtual is very important. Online courses and the lack of public studying spots can leave you feeling very isolated and lonely at times. A quick text or phone call to a friend or classmate can remind you that you're not alone. Study groups over zoom are also a great option. I hope everybody has a successful Fall semester!





# Six Weeks

## Megan Donnelly

### SNA Accelerated Liaison, Accelerated BSN '21

The first clinical rotation of the fall semester has come to a close, and I can't believe it. Just six weeks ago, my clinical group and I were meeting up in the parking garage before dawn, nervously clutching our clipboards and backpacks and having no idea what to expect. Not even two months later, I think I can speak for all of us in saying that we have grown and changed in SO many ways, and we are not even the same people that we were that morning. Due to the COVID pandemic, we had our summer clinicals virtually, and while we learned a lot, there was just something missing. After spending six weeks on the unit with patients and their families, it's evident what it was. Nursing is about connection and empathy as much (if not more) than it is about skills. Being able to return to live clinicals gave us that missing piece of human interaction that we had been longing for since May.

One of the most incredible experiences of this rotation was feeling the trust that comes with being a nurse. Many of my professors have told us over and over again that being a nurse means belonging to a profession that is more trusted than any other. Hearing that and then experiencing it for myself was nothing short of humbling. As soon as we walk in a room, the

patient and their loved ones look to us for guidance, knowledge, comfort, care and strength. They put their lives in our hands instantly and without question. They lay all of their fears at our feet; they show us the most vulnerable sides of themselves; they admit their pain; they shed tears and scream and groan; they trust us to save their lives. Connecting with each of those in my care is something I will never grow tired of, and it is something that I will never take lightly.



With that being said, this week ended the first live clinical experience for me, and I cannot wait to see what the next one brings. During our orientation, one of our faculty told us to *'come ready to say yes!'* and I took that piece of advice and turned it into a daily mantra. Every single thing you do for the first time, no matter how scary it is, is the only time you will have to do it without experience. Once you do something 'for the first time,' there will never be another first time. You will have already set a foundation to grow, learn and become better and more experienced. I left the floor thinking to myself – I felt like a nurse today. Not just a nursing student, but a nurse. If six weeks can do that, I can't WAIT to see what the next year brings!

# Osteogenesis Imperfecta

**Delainey Dietz**

SNA Community Health Director, Basic BSN '21

Osteogenesis Imperfecta (OI), or Brittle Bone Disease, is a rare group of genetic disorders that primarily affect the bones. It is caused by a mutation in the gene that is involved in the formation of type I collagen. In this disease, bones break easily, often without an apparent cause. Symptoms can range from mild, in which a person will only get a few fractures in a lifetime, to severe, in which multiple fractures may be present at birth.



**An X-ray of a baby with Osteogenesis Imperfecta.  
Notice the shape of the femur in both legs.**

Clinical manifestations affect many body systems and include osteopenia (low bone density), fatigue, pain, hearing loss, and a short stature, along with an increased rate of fractures. People with OI may have a blue tint throughout the sclera and may also develop Dentinogenesis Imperfecta, in which the teeth appear to be discolored and translucent. An aortic dissection (a tear to the inner layer of the aorta) is a severe complication that can occur due to the fragility of body tissues.

Diagnosis is typically based on symptoms, genetics, and X-ray imaging. The presence of OI can be confirmed through DNA or collagen testing, but usually the frequent fractures with no apparent cause or the presence of identifiable symptoms such as the blue tint in the sclera are adequate enough to make a diagnosis. There is no cure for OI, but there are many techniques used to enhance stabilization of the bones; for instance, intramedullary fixation with telescoping rods can be placed in children to provide stabilization of the long bones as they grow. Calcium and vitamin D supplementation are also given along with continuous physiotherapy.



### **Historical Fun Fact**

One of the oldest known individuals with Osteogenesis Imperfecta is a 3000-year-old mummy (pictured to the left). The reconstructed skull of the infant revealed Dentinogenesis Imperfecta, thin bones, and insufficient suture closures that are consistent with clinical manifestations of OI.

Along with the physical implications, it is important for nurses to consider the mental toll this disease takes, especially within school and social aspects. Children and adults with OI learn how to move properly to reduce risk of fractures and increase mobility. Even so, they must always be mindful of their limitations to avoid serious injury. Despite the setbacks that occur with recurrent fractures, individuals and families must continue to stay motivated to pursue treatments and physical therapy so that they can live their lives to the fullest extent.

#### References

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- Hoyer-Kuhn, H., Netzer, C. & Semler, O. (2015). Osteogenesis imperfecta: Pathophysiology and treatment. *Wien Med Wochenschr*, 65, 278-284. <https://doi.org/10.1007/s10354-015-0361-x>.
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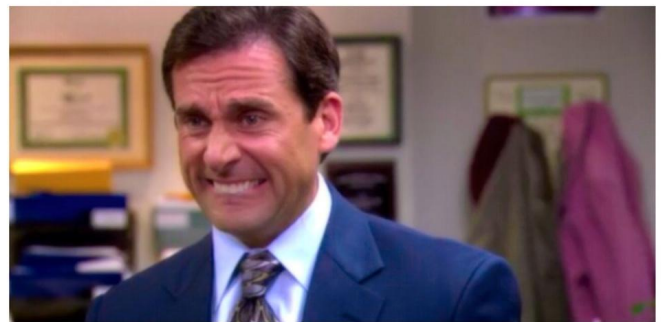
# How to Survive the First Year of Nursing School!

**Amanda Shover**

SNA Secretary, Basic BSN '21

1. **Organization is KEY** I recommend using Google Calendar along with a daily “To-Do” list written on paper or in a planner to keep up with due dates, exam dates, clinicals, and personal time. Nursing school can become overwhelming pretty quickly, so *staying organized* will help you make the most of your time!
2. **Study Along the Way** Material for exams for multiple classes accumulates fast, so it is important to review your notes, listen back to lectures, and *study earlier* than the weekend before the exam! Speaking from experience, trying to do everything all at once is not sustainable. Easier said than done, but you will thank yourself later!
3. **Independent Study vs Group Study** Studying along the way ties into independent study time in which you are able to reorganize your notes and collect your thoughts before meeting with a group. In order to contribute to a study group and get the most out of the experience, *you have to go prepared*. During my independent study, I listen back to the lectures and transfer my notes from PowerPoint into a Word document that I will print out before the study group and highlight/mark up when with the group! It is beneficial to hear from other students as they may have caught something important you missed!

4. **Take Study Breaks** For me personally, hours and hours of straight studying never served me well. It can sometimes be hard to justify with yourself in the moment, but *you certainly do need and deserve a break* when studying for an extended period of time. During your study break, put all notes away and relax by watching something funny (like *The Office*) or doing something you enjoy for about an hour! Your brain will be much more focused when you return.



5. **Reward Yourself** Nursing school can consume all of your time if you let it! Make sure you are dedicating some of your time to do activities you love such as exercising regularly, connecting with friends via zoom, or renting a movie at home, *you can do it!*

6. **Stay Involved** The CON has so many opportunities for joining clubs and volunteering which can serve to help in your time management skills! This not only helps build a profile for yourself, but also opens you up to more learning chances and new friends!

7. **Ask Questions** There are so many resources and people willing to help you throughout this nursing school journey. You are not alone! Any questions about classes, study tips, clinicals, etc. you are welcome to contact me!

Reference

All I can do right now is put on a brave face from *The Office*. [Digital image]. (2017). Retrieved from [https://www.pinterest.com/pin/290271138473680438/?nic\\_v2=1a1hA3bCv](https://www.pinterest.com/pin/290271138473680438/?nic_v2=1a1hA3bCv)

# Seven (Not-so-obvious) Things You Will Need In Clinicals

**Andrea Alvarenga**

SNA Clubhouse Director, Accelerated BSN '21

There are some obvious things that as a nursing student, you know you'll need during clinicals. Stethoscope? Yes. Penlight? Yes. Cute Badge real? YES. But how about those things you might not be aware of until you actually have started clinical? I will list some must-have items that you might not have considered at first.

## **1. A Hairband or Cap with BUTTONS**

Welcome to the new world of clinicals during a pandemic. To protect ourselves and others, we are required to wear masks during the entirety of the clinical rotation. That means you (odds are) will be wearing a mask for TWELVE hours! Let me tell you, the mask ties are no friend to your ears. I got a blister after a single clinical shift. Getting a hairband or cap that brings buttons to hold your mask on (instead of your ears) really makes a difference!

## **2. Snacks**

Most clinical days start early! This means that you probably will have an early breakfast. Most of my clinical buddies have breakfast at about 0500,



and we don't usually get lunch until 1300. That is a LONG time, so having small snacks in your bag or the break room is a great must-have. So bring a packet of almonds, a snack bar, or a pocket-size snack that will keep your sugar up for a few hours before you head to lunch. This is a necessity that you might not realize until your tummy starts growling.

### **3. Goggles and Face Shield**

This is a more noticeable need now, and some hospitals require you to have one or the other. However, some hospitals might not make it a requirement. I would still say this is a must-have. As someone who has been sprayed by bodily fluids (in the face), trust me when I tell you that I was grateful for my goggles. I prefer goggles, but one or the other are must-haves.

### **4. Journal**

A pocket-size journal is another surprising useful item to have with you in your clinical. In clinical, you hear about medications, procedures, and diseases that you might be unaware of, so having somewhere to jot it down, to search it up later it is a must. During the clinicals, we are not allowed to have our phones out, so back to pen and paper, it is. Just remember and be aware of HIPPA. I also like writing down little tips and tricks that I learn from nurses as they teach me.

### **5. Clipboard**

It is a great place to keep all the paperwork in one spot. You might be carrying information on patients that you cannot leave around for others to see, and it is easy to misplace papers when you get busy working on the

floor. So save yourself from wondering where you left your papers and get a clipboard. You can buy them in Amazon or at your UCF SNA Clubhouse!

### **6. UCF Knight Jacket**

This is probably the only item that you might decide is not 100% a need since you could wear an undershirt beneath your scrubs. However, if you want to have a jacket, it must be a UCF approved jacket. I LOVE MY UCF JACKET! It is probably my favorite jacket that I have. I prefer wearing the jacket over layering up because if I get cold, I just take it off and tie it around my waist. It is harder to take off an undershirt. If you go to the OR, you will also realize how much you need a jacket. Burrrr! It is cold!

### **7. Comfortable, Impermeable Shoes.**

Okay, this might be a little of an obvious one, but just a heads up, cute sneakers might not cut it. As a nurse, you will be on your feet 98% of your day, so wearing shoes that will support you and keep your feet happy for a long time is a must. Impermeable shoes are a must. Who knows what you will step on or be drenched by. Keeping your feet dry is definitely important. So buy those cute sneakers for something else, and wear those robust (maybe not so stylish) shoes for your clinicals.

I hope this might help you in your future clinicals, and I hope it made you smile a little. If you have any other surprising must-have, share it with your nursing buddies! Nursing is all about teamwork, and successfully making it through your clinicals is only the beginning. Good luck with your clinicals! Stay safe! Go UCF Knights!

# Announcements & Upcoming Events!



The next  
Newsletter  
Submission  
Deadline is  
**November 20!**

**Knight Nurse  
Sweatshirts**  
are available  
for pre-order  
until **10/28!**

Next General  
Meeting and  
elections  
**10/28/20**

Join our  
KnightThon or  
Relay for Life  
teams!

# Contact Info for the 2020-2021 SNA Board!



President	Samantha Cooney	ucfsnaorlpresident@gmail.com
Vice President	Sadie Richards	ucfsnaorlvicepresident@gmail.com
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Treasurer	Chloe Frye	ucfsnaorltreasurer@gmail.com
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## Social Media

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