

Editor's Piece

Nathan Moran

SNA Media Director,
Traditional BSN '24



Hello everyone! My name is Nathan Moran, and I am the current SNA Media Director for the 2023-2024 academic year! My roles as the Media Director include updating the Instagram and Facebook SNA social media accounts, and managing our fantastic SNA website where I create and post this Lifeline Newsletter.

If you want to write a submission for the next issue of the newsletter feel free to reach out to me via the social medias!

We would love to feature you in a student spotlight or have you share a nursing related story

Good luck in your classes and have fun this semester!



A special thanks to our guest speaker Lindsey Londono who talked about Daytona Speedway Nursing at our last general body meeting!

My Top 5 Places to Study

Alondra Bravo

SNA Historian

Traditional BSN '24



All of us know that Nursing requires lots and lots of studying. I think that finding the energy to start can be hard sometimes and the best way to do it is to get out of the house. If you're too comfortable in your own house, you might want to go lay in bed or watch Netflix but if you're not home and don't have those options it will definitely help to keep you engaged and productive.

Here are my Top 5 Places to study and why they're great!

Jay Blanchard Park (2451 Dean Rd, Union Park, FL 32817)



Though it doesn't have Wi-Fi, it's a beautiful environment to study in. It has many benches and picnic tables around the park where you can sit and look through your downloaded PowerPoints or your notes while also taking in the beautiful scenery. You can enjoy your study breaks by walking around the park and getting your daily dose of Vitamin D. Group study can also be beneficial to do here so that you can talk out the topics and ask each other questions without feeling like you're disturbing others!

Vespr Coffee Bar

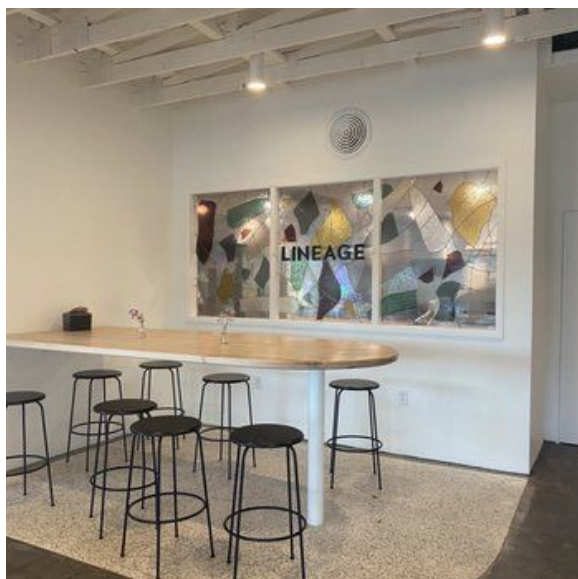
(626 N Alafaya Trail #105, Orlando, FL 32828)



This coffee shop is so cute, and many other people come here to do work or school as well! Aside from coffee, they also sell teas, paninis, and avocado toast. Included is free Wi-Fi and outlets for your devices. It's such a cozy place to study and you can focus on the material as everyone speaks at a reasonable volume.

Lineage Café and Bakery

(11556 University Blvd, Orlando, FL 32817)



This café and bakery has lots of space to study with areas to sit inside and outside. They have many coffee options and pastries such as croissants, muffins, and danishes available. There's free Wi-Fi and outlets available just in case your laptop needs charging. It's a more popular area to study so it's normally full of other students but don't let that stop you from trying to find seating!

The Muddy Root Kava Café (12082 Collegiate Way, Orlando, FL 32817)



This café is so comfortable that it's like a home away from home. They have a variety of couches and chairs for you to sit on and though they sell mostly kava, they also sell some teas. They have free Wi-Fi, outlets for use, and another plus is that they're open until midnight! Though they may be a little louder than other places, it's great for group study.

Paris Bakeshop & Café

(12789 Waterford Lakes Pkwy #1, Orlando, FL 32828)



This café is so cute, and all their menu options are delicious. Some of their food options include omelets, wraps, quiches, sandwiches, a big variety of desserts and so many different latte flavors. But it's not just good for their food, it's a great study space as it's not too busy and can provide the sufficient level of quiet you need to focus or to group study. They also have free Wi-Fi and outlets available to charge your devices and the staff is very friendly. I highly recommend it!

References

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Fly High, New Grad: The Path to Flight Nursing

Sarah Bell

SNA Legislative director
Traditional BSN '24



One of the best parts about earning an R.N. is the amount of opportunities that you have with this degree! A nursing license provides you with the flexibility to choose from a wide variety of clinical settings, such as a variety of inpatient (hospital) acuity levels, outpatient clinics, community health nursing, and also more unconventional roles. For example, another option is flight nursing! Being a flight nurse is a thrilling and fulfilling career which requires a strong mastery of critical care skills.

What is the role of a flight nurse?

Flight nurses are responsible for stabilizing patients who are transported from 'scene calls' as well as managing the care of patients who are involved in interfacility transfers, such as patients who require a higher level of care than what is offered at the facility they started at or those who require emergency surgery.

What skills are most important for a flight nurse?

Flight nurses need to have a strong mastery of basic nursing skills, such as a quick and accurate assessment, as well as critical care skills. In order to be most successful in transport care such as in a helicopter, flight nurses need to be able to utilize both emergency department (E.D.) and intensive care unit (ICU) skills. Having emergency department experience is beneficial because it encourages quick thinking and the ability to adapt rapidly to changes in the patient's condition as well as the environment. Managing drips of critical medications and complex equipment such as chest tubes, tracheostomy tubes, and mechanical ventilators is also a requirement.

How do I become a flight nurse?

Requirements to vary between healthcare systems, but the majority of flight programs require multiple years of experience (around five) in critical care. Candidates with experience in both the emergency department and the intensive care unit are generally preferred and this may be mandatory for some programs. In addition to this, obtaining an emergency medical technician (EMT) license is a requirement for some programs. Overall, these positions can be highly competitive and there may be a large number of qualified applicants for each open position.

Where can I learn more?

Air & Surface Transport Nurses Association:

<https://www.astna.org/page/AboutUs>

Air Force Flight Nursing:

<https://www.airforce.com/careers/healthcare/flight-nurse>

Advent Health's Flight Nursing Program:

<https://www.adventhealth.com/business/adventhealth-central-florida-media-resources/news/where-er-care-takes-flight>

Orlando Health's Flight Nursing Program:

<https://www.orlandohealth.com/services-and-specialties/emergency-and-trauma-care/air-care-team>

Scheduling a shadow day or “ride along” is also possible depending on the facility. Reach out to an organization if you are interested; the best way to gauge if this career is for you is to get as hands-on as possible!

Announcements & Upcoming Events!



RSVP for the faculty vs students kickball game!

SPONSORED BY UCF SNA ORLANDO

JOYCE DEGENNARO ANNUAL FACULTY/STAFF VS. STUDENTS KICKBALL GAME

MARCH 13 @ 4:30 PM

Jay Blanchard Park
2451 Dean Rd. Union Park
FL 32817



- \$7 for non-SNA members/faculty
- Food provided
- Bring your competitive edge and love for fundraising as students go head-to-head with faculty/staff

Announcements & Upcoming Events!



Candy Grams purchases available now!



Advertisement for Cupid's Candy Grams. The background is white with a yellow border. It features several cartoon hearts with faces, arms, and legs. One heart is wearing sunglasses. In the center, there are pink, bubbly letters spelling "LOVE". The text "Show your bestie some love with:" is written in a simple font. Below that, "Cupid's candy grams" is written in a large, stylized, grey font. Underneath, it says "Includes a sweet message of your choice and a bag of candy!". A QR code is centered below the text. At the bottom, it says "Click the link in bio or QR code for info + order form!". There are small pink hearts and stars scattered throughout the design.

Show your bestie
some love with:

Cupid's candy grams

Includes a sweet message of
your choice and a bag of
candy!



Click the link in
bio or QR code
for info + order
form!

Announcements & Upcoming Events!



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

ucfsnaorlwebmaster@gmail.com

Next General Meeting:

Wednesday,
February 28th
(In-Person) @ 5 PM!

Contact Info for the 2023-24 SNA Board!



President	Jamie Lanza	ucfsnaorlpresident@gmail.com
Vice President	Alyssa Torres	ucfsnaorlvicepresident@gmail.com
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