



LIFELINE

NEWSLETTER

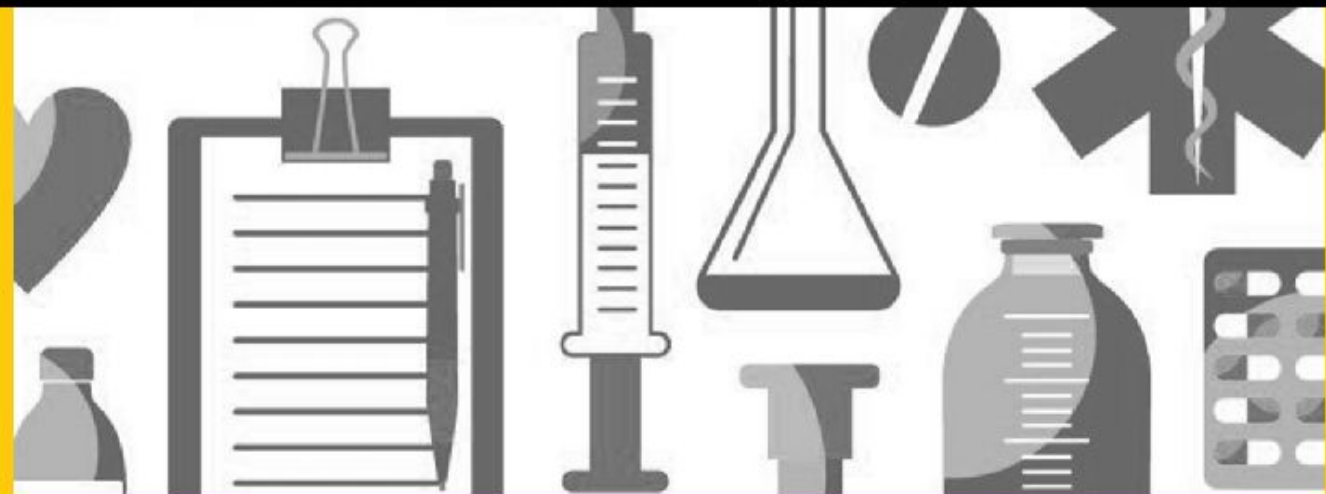


STUDENT NURSES'

ASSOCIATION

AT UNIVERSITY OF CENTRAL FLORIDA

ORLANDO



Editor's Piece

Nathan Moran

SNA Media Director,
Basic BSN '24



Hello everyone! My name is Nathan Moran, and I was your SNA Media Director for the 2023-2024 academic year. My roles as the Media Director included updating the Instagram and managing our fantastic SNA website where I create and post this Lifeline newsletter. My successor will be Brianna Annunziata starting in May 2024 and will do fantastic in this role.

Feel free to reach out to me with any questions or comments via the SNA social media @SNAUCFOrlando or email me at ucfsnaorlwebmaster@gmail.com. Feel free to send in submissions for the Lifeline Newsletter. They will be posted every month and it's a great way to get involved and share your thoughts about all things nursing (you can check out our website for past examples). I hope everyone had a great semester and good luck on finals!



(NSNA opening party)

My time serving on the SNA board has been filled with so many pleasant memories and I would gladly do it all over again if I could. Thank you to my fellow board members and both advisors for leaving such a positive impact on my life in such little time.



(NSNA closing ceremony)

Top 5 exercises for nurses

Shannon Carter

SNA Accelerated Liaison

Accelerated BSN '24



Being a nurse is not an easy job. Not only is it mentally demanding, but it can take a physical toll as well. Rolling, holding, and lifting patients, not to mention walking up and down the unit, is exhausting. So I will be sharing with you 5 exercises every nurse should should do to stay strong and fit for the job.

1. Plank

Planking is a classic core exercise that targets the back, glutes, and hamstrings. Practice your posture and build your endurance. Remember, a weak core can lead to fatigue, back pain, and those dreaded back injuries!



To perform a plank, place your forearms on the ground, elbows aligned with your shoulders (you may also start in a push-up position and lower down to your forearms). Keep your back straight, engage your core, and balance yourself on your toes. Hold the position for a few seconds, then rest. The more you practice, the stronger your core will become, and the longer you will be able to hold this pose.

2. Squats

Squats are another classic exercise that helps work those hamstrings and calves! Best of all, this exercise can help to prevent hip and knee injuries while lifting patients.



Stand with your feet wide apart - slightly wider than the distance between your shoulders. Point your toes outward, look forward, and keep your back straight as you squat down - like you're about to sit in a chair. Don't let your knees jut out further than your toes, and stay balanced. If needed, you can place one hand on a small chair, stool, or another sturdy piece of furniture to provide support and to help stay balanced.

3. Lunges

Lunges can help improve your balance, stability, and coordination by exercising the glutes, hamstrings, and quadriceps.



Stand upright with your feet planted under your hips. Step forward with one leg and bend your knee until both the front and back legs are bent at a 90 degree angle - you can bend to a smaller angle if you can't bend to 90 degrees. Keep your back straight and stay balanced as you move back to a neutral standing position and lunge with the opposite leg. Repeat.

4. Shoulder Shrug

Now that you've worked your core and lower body, it's time to focus on upper body strength. Shoulder shrugs improve the strength of shoulder muscles and relieve tension in the upper back.



This exercise can be done with or without dumbbells (you could even use a couple of water bottles instead). Stand with your hands at your sides. Slowly raise your shoulders as high as possible and hold for a few seconds. Then slowly lower your shoulders without bending your elbows.

5. Reverse Fly

Like the shoulder shrug, this exercise also targets the upper and middle back. It can also be done with or without dumbbells.



Sit in an armless chair and lean forward. For a more intense workout, stand shoulder width apart, hips pressed back with your chest almost parallel to the ground. Let your arms hang next to your calves and slightly bend your elbows. Raise your arms until they are level with your shoulders, then lower your arms. Repeat this motion.

Bonus exercise: Walking!



Yes, I know what I said about walking before...we do enough of that on the unit. However, walking is good aerobic exercise. It boosts mood, relieves stress, and walking regularly can increase energy levels. Rather than saving walking for work days, why not take a walk around the neighborhood, a shopping mall, or even a local track? Combined with a healthful diet, walking is also a great weight loss exercise!

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Beyond the Bedside: Exploring Unique Nursing Specialties

Alyssa Torres

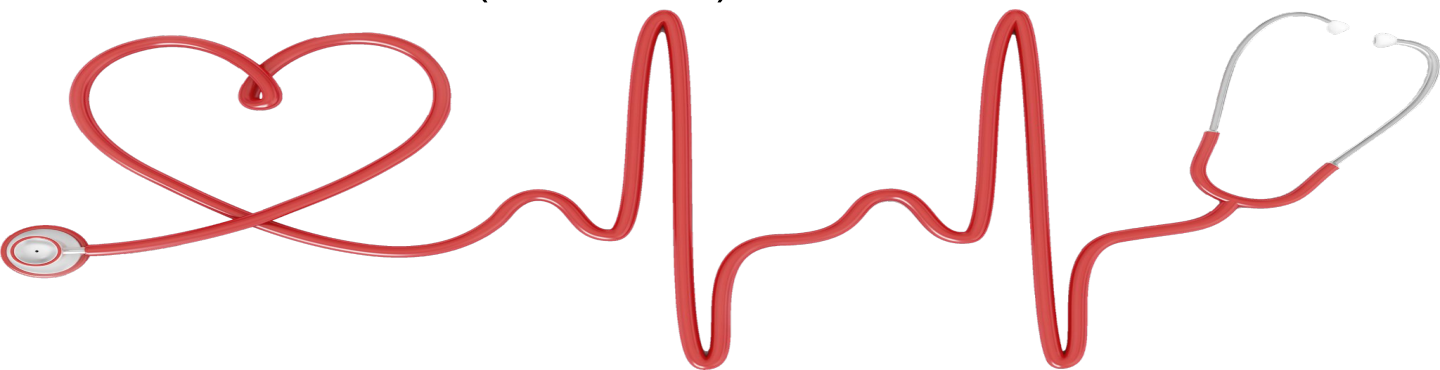
SNA Vice President
Traditional BSN '24



The world of nursing offers a diverse range of career paths, extending far beyond the familiar hospital setting. As the Vice President of the Student Nurses' Association at the University of Central Florida, I have had the pleasure of meeting many nurses in these unique roles through our monthly general body meetings. If you are seeking an exciting adventure or a specific area of focus, consider these unique specialties:

Flight Nursing: Adrenaline junkies and critical care experts, take flight! Flight nurses provide vital care to critically ill or injured patients during air transport (ASTNA, n.d.). Could you picture yourself administering medications, managing ventilators, and collaborating with a flight paramedic in a fast-paced, high-altitude environment? If so, then this might be the job for you!

Military Nursing: Nurses with a patriotic spirit can make a real difference serving in the military. Military nurses provide care in various settings, from on-base clinics to combat zones (Whittle, 2023). They treat active-duty personnel, veterans, and their families, often specializing in areas like trauma, mental health, or critical care. Some military nurses may even have the opportunity to serve as part of the healthcare team for the President of the United States of America (J&J, 2016)!



Speedway Nursing: For those who crave the thrill of motorsports, speedway nursing might be the perfect fit. Speedway nurses provide immediate medical care to race car drivers and track personnel in the event of accidents (Nelson, 2024). This role requires quick thinking, trauma expertise, and the ability to function calmly in high-pressure situations.

Forensic/SANE Nursing: Do you have a passion for justice? Forensic nurses, also known as Sexual Assault Nurse Examiners (SANEs), play a crucial role in collecting evidence and providing support to victims of sexual assault and violence (IAFN, n.d.). They work closely with law enforcement and legal teams, ensuring sensitive evidence collection and comprehensive patient care.

Aesthetic Nursing: For nurses with an interest in beauty and wellness, aesthetic nursing offers a unique opportunity. Aesthetic nurses work in medical spas, dermatology offices, or plastic surgeon practices, providing non-surgical cosmetic treatments such as Botox injections or laser hair removal (Dr. Sam, 2023). This field combines artistic talent with nursing assessment and safety skills.

Cruise Ship/Yacht Nursing: Combine your love for travel with your nursing skills by working on a cruise ship or private yacht. Cruise ship nurses provide medical care to passengers and crew members at sea, treating everything from seasickness to more serious medical conditions (Monti, 2023). Yacht nurses, on the other hand, cater to the specific needs of a smaller group on a private luxurious vessel, often functioning as a sole medical provider on board (Nurse.org Staff, 2017).

Medical Script Nursing: Lights, Camera, Action! While these specialties offer a taste of the diverse world of nursing, there is another unique area - working in film and television! Medical script nurses ensure the portrayal of medical procedures and situations is accurate and realistic. They collaborate with writers, directors, and actors, providing technical expertise and guidance (Nurse.org Staff, 2017).

Emerging Field of Cannabis Nursing: The legalization of cannabis for medicinal purposes has opened doors for a new nursing specialty - cannabis nursing. These nurses focus on educating patients on the therapeutic uses of cannabis, potential side effects, and proper dosing (ANA, 2023). While this field is still evolving, it offers great opportunities for nurses interested in this area of healthcare. This is just a glimpse into the exciting world of unique nursing specialties. There are so many more unconventional opportunities such as Nurse Informatics (ANA, 2023), Nurse Attorneys (TAANA, n.d.), and so much more. If you are looking for a career that goes beyond bedside nursing, definitely check out these options and discover how your nursing expertise can take you on an wondrous journey!

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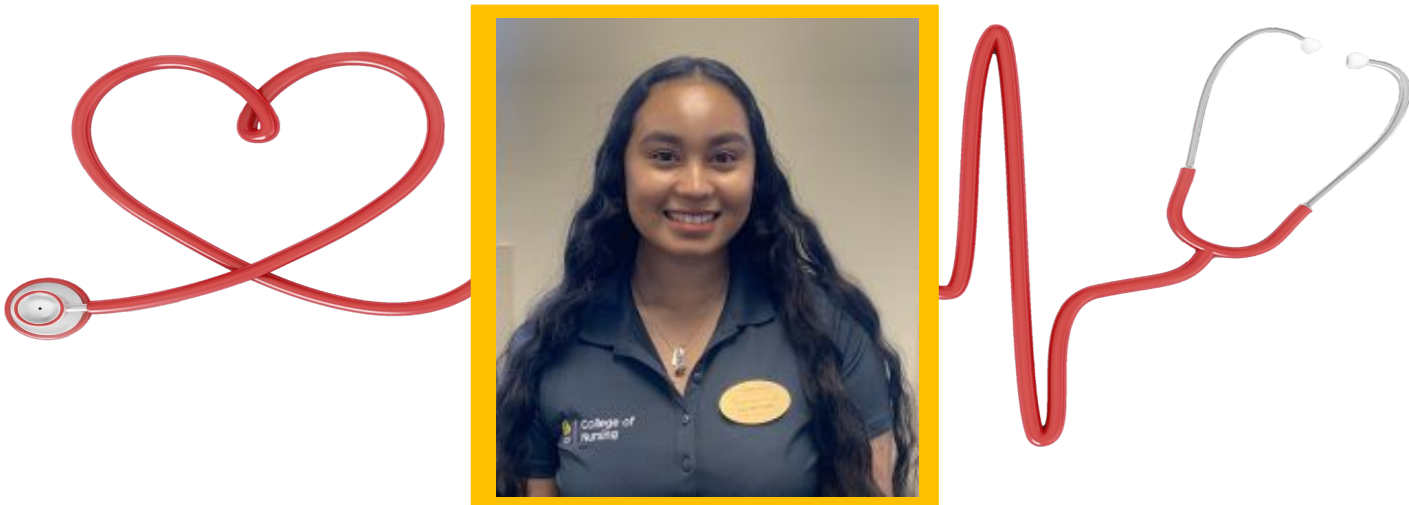
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[-nurse/](https://www.forbes.com/advisor/education/healthcare/become-a-military-nurse/)

March 10th was National Women and
Girls HIV/AIDS Awareness Day

Trinity Eloriaga

SNA Secretary
Traditional BSN '24



As mentioned in the title, the National Women and Girls HIV/AIDS Awareness Day was on March 10th! This day brought awareness to the impact HIV has on women and girls, and showed support to the women and girls who have been diagnosed with HIV. This day promotes HIV testing, treatment, and prevention to reduce the HIV numbers in addressed population.

According to the CDC, in 2021, 18% of new HIV diagnoses in the U.S. were among women (CDC, 2024a). With that, 54% of women with HIV are Black/African American (CDC, 2024a). All levels of prevention can be seen on this day. An example of primary prevention is patients receiving education on what HIV is, how it is spread, and how the virus can cause Acquired Immune Deficiency Syndrome (AIDS). Getting tested to learn one's HIV status is a form of secondary prevention. Tertiary prevention interventions help to prevent the spread of HIV. For example, PrEP reduces the risk of contracting HIV by 99% (CDC, 2024). In addition, using condoms every time during sexual intercourse can protect those unaffected by HIV. For those with HIV, it is important to educate patients on taking ART drugs, also known as antiretroviral drugs, to reduce mortality and morbidity rates among HIV positive individuals. While antiretroviral drugs cannot cure HIV, it reduces the risk of a HIV positive individual to develop AIDS.

As Knight Nurses, it is our duty to educate and advocate for all our patients! It begins with us to be the change in patient's lives.

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Announcements & Upcoming Events!



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

ucfsnaorlwebmaste
r
@gmail.com

Tentative Future
Meeting:
Thursday May
30th 1700-1830

Good luck on
your finals!

Charge on!

Contact Info for the 2023-24 SNA Board!



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