



LIFELINE

NEWSLETTER



STUDENT NURSES' ASSOCIATION

AT UNIVERSITY OF CENTRAL FLORIDA

ORLANDO

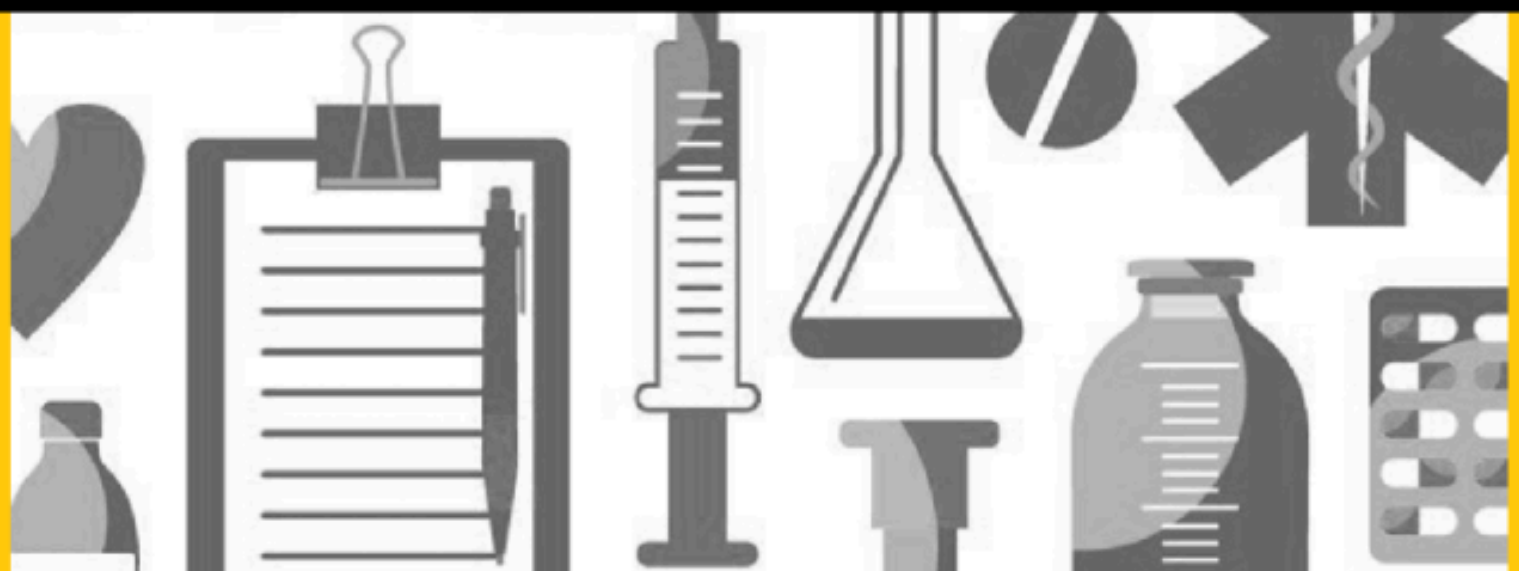


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EDITOR'S PIECE

”

Hi everyone! My name is Brianna and I am the Social Media Director for the SNA chapter at UCF Orlando. As the Social Media Director, I continuously create and post for our social medias and website and bring our Lifeline Newsletter to life! I am so excited to share my creativity with all of you.

Welcome back Knight Nurses! I hope you all had a wonderful winter break! I can't wait for all the memories we will make in this new year!

Feel free to reach out to me if you want to write an article, have suggestions, or if you have any questions at all!

Contact me: ucfsnaorlwebmaster@gmail.com



BRIANNA ANNUNZIATA
SNA SOCIAL MEDIA DIRECTOR
TRADITIONAL FALL BSN '25

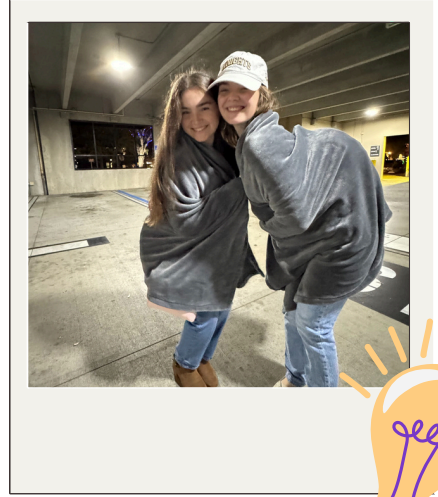
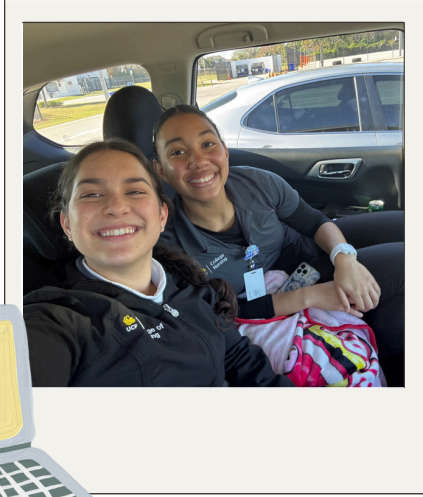
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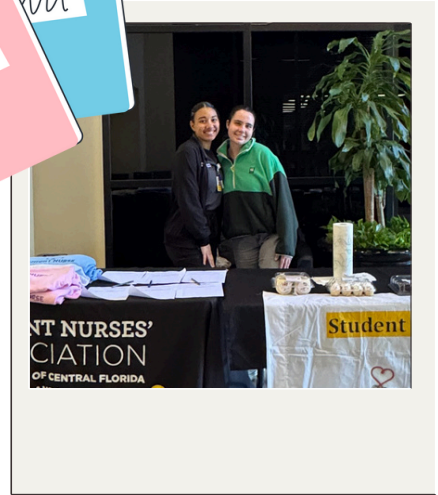
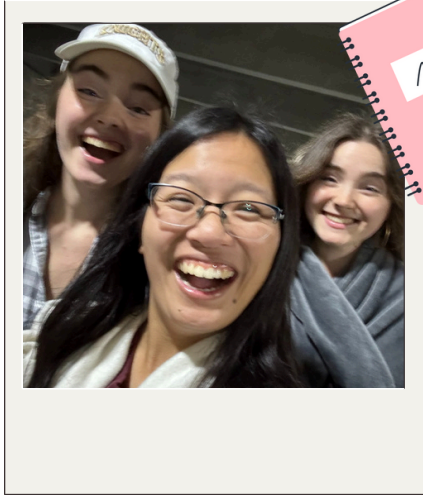
FACEBOOK: THE STUDENT NURSES' ASSOCIATION: UCF - ORLANDO

LINKTREE: UCFSNA

WEBSITE: SNAUCFORLANDO.COM



WELCOME BACK KNIGHT NURSES!



CHAMPIONING CARE: THE ESSENTIAL ROLE OF NURSES IN PATIENT ADVOCACY BY LINAH MONIZE



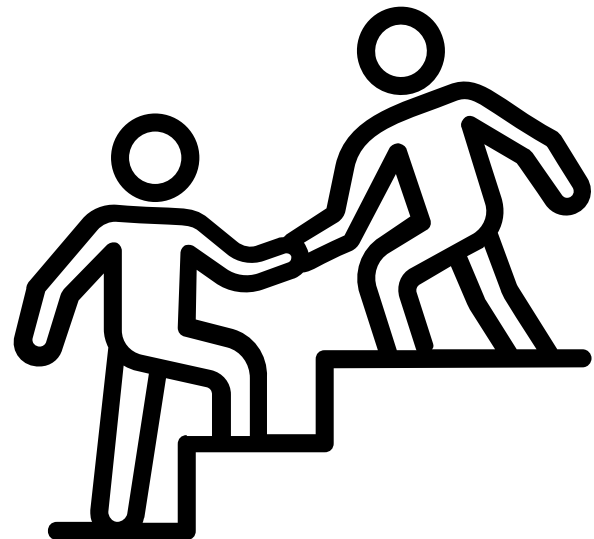
Hey Knight Nurses,

As we move forward in our nursing journey, one principle that will remain central to our practice is patient advocacy. As nurses, we are not only caregivers, but fierce advocates for the well-being, rights, and autonomy of our patients. We are essential to ensuring that patients receive the care they deserve while having their voices heard, particularly in the most vulnerable moments when they are unable to speak for themselves.

Why is patient advocacy such a crucial skill in nursing?

1. Empowerment:

One of the key aspects is empowering patients to make informed decisions about their healthcare. As nurses, we have a unique opportunity to educate patients and explain their options and care in terms they can understand. Making sure our patients are fully informed can make them feel a greater sense of control as they become active participants in their own care.



2. Safety:

Nurses spend day in and day out with their patients, and we are often the first to recognize potential issues in patient care. This can be anything from medication discrepancies, changes in patient's condition, or concerns about the quality of care being provided. By promptly identifying and addressing these concerns, our patients can receive the highest standard of care.



3. Promoting Ethical and Compassion Care:

Advocacy in nursing is also about upholding the ethical principles that protect patients' dignity and rights. Think about a patient's cultural and religious practice. Does their care plan align with these values? Are there alternative routes they can take to receive the best treatment while being true to what they believe? Are they being pressured into receiving a type of care that conflicts with their religion? Are they giving informed consent? Nurses are in the best position to support patients through these cultural emotional practices



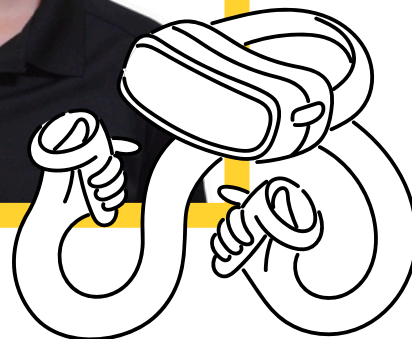
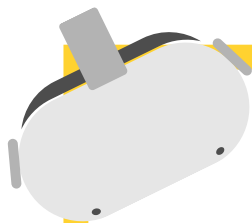
4. Advocating for Vulnerable and Underserved Populations:

As a nurse, you will frequently care for patients from marginalized or underserved communities who may be facing significant barriers to accessing the proper care. Whether these barriers are financial, cultural, or systemic, it is our responsibility to look after these patients and ensure they receive the care, resources, and support they need. By addressing health disparities and championing their needs, we contribute to a more just, equitable, and trustworthy healthcare system.



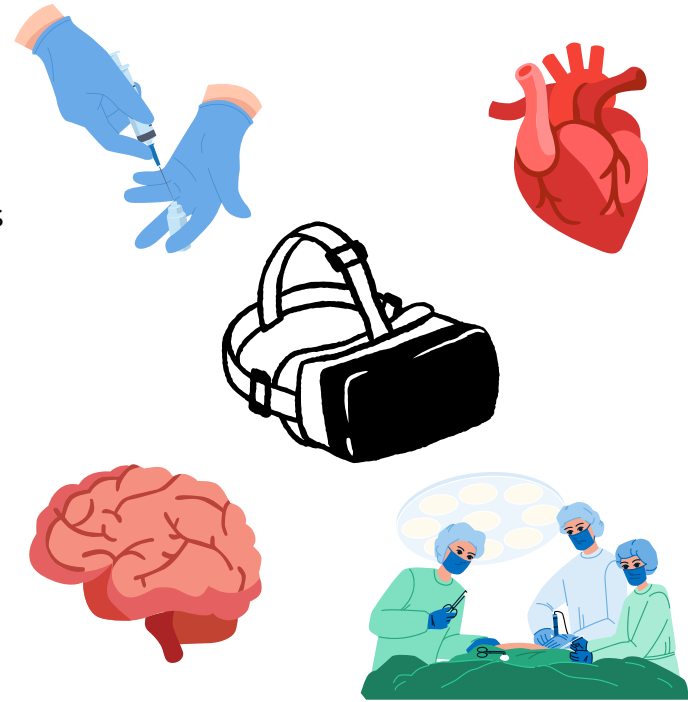
As you continue your education and embark on your clinical experiences, remember that your patients are people too. It is not only a professional responsibility but also a moral imperative to be their voice. Whether advocating for their rights, ensuring their safety, or addressing their unique needs, patient advocacy is the cornerstone of compassionate and ethical nursing practice. Let us commit to upholding these principles in every interaction with our patients, and together we can create a healthcare environment that truly puts patients at the center of care.

INTEGRATION OF VIRTUAL REALITY IN NURSING BY LAURA VELEZ



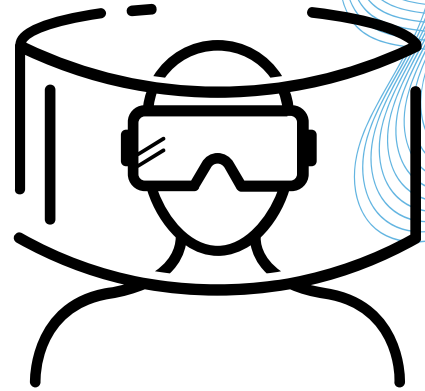
Imagine stepping into a world where nursing students can practice their skills without the pressure of real-life consequences. This is the promise of virtual reality (VR) in nursing—a game changer for training and patient care. By using VR, we can provide future nurses with experiences that prepare them for the complexities of real-world situations, all while minimizing the risks associated with practicing on actual patients.

One of the most significant advantages of VR in nursing education is the opportunity it creates for hands-on training. Students can encounter various scenarios, from managing mass casualties to communicating effectively with distressed patients, all in a safe and controlled environment. This kind of practice enhances technical skills and builds confidence in our future nurses. Imagine a new nurse who has never performed a particular procedure—VR allows them to practice repeatedly until they feel comfortable, significantly reducing anxiety when performing in real life.



Moreover, VR training offers a unique way to engage nursing students. It's interactive, dynamic, and far more captivating than traditional lectures or textbooks. By immersing themselves in realistic simulations, students can better grasp patient care's emotional and psychological aspects, leading to more compassionate and effective nursing.

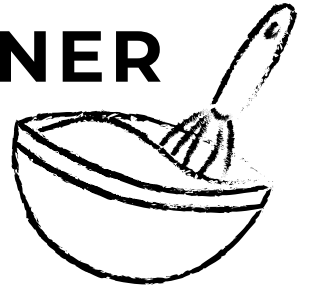
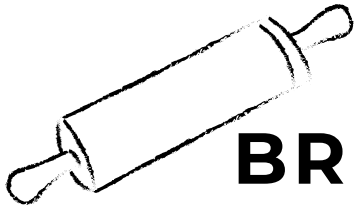
For experienced nurses, VR can serve as a refresher course or a way to learn new techniques without the stress of being evaluated in a clinical setting. It's an innovative tool that can adapt to different skill levels, ensuring that all nurses benefit from this cutting-edge technology.



In essence, integrating virtual reality in nursing is not just about enhancing skills—it's about revolutionizing how we prepare our healthcare professionals. With VR, we're not only stepping up training; we're stepping up the quality of care that patients receive. As we continue to explore the possibilities we have with technology, it's clear that technology has the potential to transform nursing education and practice for the better.



BRIANNA'S BAKING CORNER



Baking is one my favorite ways to destress. I am a big fan of sweet treats, so why not use my study breaks to make something yummy? As we enter the new year, I am looking forward to trying new recipes! This recipe is one of my favorites from 2024 that I wanted to share, just in case you need a sweet treat while studying.

Lemon Blueberry Loaf



Ingredients:

- 1/2 cup of butter, softened
- 1 cup granulated sugar
- 2 eggs
- 2 teaspoons of vanilla
- 1 cup sour cream or plain yogurt
- 1 lemon, grated for zest and squeezed for juice
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 cup fresh blueberries

Glaze

- 1 cup powdered sugar
- 2 teaspoons whipping cream or milk
- 1 teaspoon lemon juice

Instructions:

1. Preheat your oven to 350 degrees. Grease the bottom of your pan with cooking spray. Set aside.
2. In a medium bowl, beat the butter and sugar together. Add in eggs, vanilla, sour cream/plain yogurt, lemon peel, and lemon juice.
3. Mix in the flour, baking soda, and baking powder.
4. Fold in $\frac{3}{4}$ cup of blueberries.
5. Spoon the batter into the greased pan. Sprinkle remaining blueberries on top.
6. Bake for 55-60 minutes or until no batter is seen on a toothpick when inserted and removed.
7. Allow the loaf to cool for 10 minutes in the pan, then remove the loaf from the pan onto a cooling rack. Let the loaf cool completely.
8. For the glaze, mix the powdered sugar, whipping cream/milk, and lemon juice together until smooth.
9. Drizzle the glaze overtop the loaf and let it set before serving.
10. Slice and enjoy this yummy, refreshing sweet treat!



[Click here for the original recipe by Betty Crocker!](#)



Do you have a recipe you would like featured?

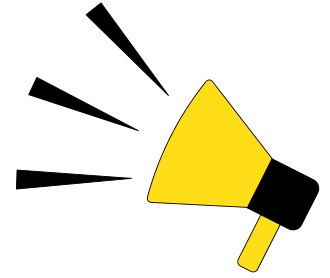
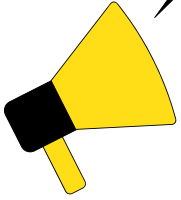
Send it in!

SNA EVENT RECAP

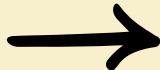
This month we had a dessert meet up, a blood drive, and held our monthly GBM!



ANNOUNCEMENTS & UPCOMING EVENTS



CHECK OUT OUR MERCH WEBSITE BY
CLICKING THE ARROW BELOW!



SAVE THE DATES FOR OUR NEXT GENERAL
BOARD MEETINGS:

FEBRUARY 26TH
1700-1900

MARCH 26TH
1700-1900

APRIL 16TH
1700-1900

HELD IN ROOM 602!

FEBRUARY ELECTIONS:

ELIGIBLE: TRADITIONAL BSN SPRING '26
COHORT

POSITIONS: VICE PRESIDENT &
FUNDRAISING DIRECTOR

MARCH ELECTIONS:

ELIGIBLE: TRADITIONAL BSN FALL '26
COHORT

POSITIONS: SECRETARY, SOCIAL MEDIA
DIRECTOR, HISTORIAN, BREAKTHROUGH
TO NURSING DIRECTOR, AND
COMMUNITY HEALTH DIRECTOR

CONTACT INFO FOR THE 24-25 SNA BOARD!



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Want to be a part of the UCF Orlando SNA board? Contact our Legislative Director Jenna Koo for more information on our next elections!