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NEWSLETTER



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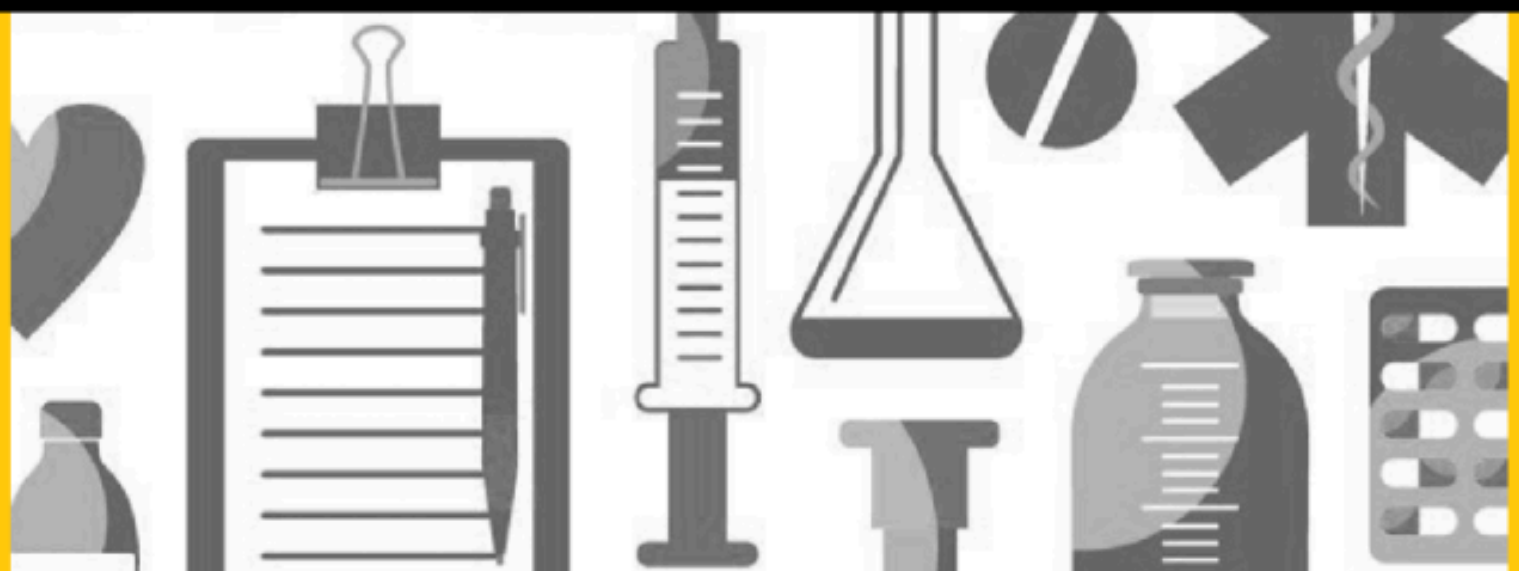


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EDITOR'S PIECE

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 take on this role and share my creativity with all of you.

I hope everyone had a fun summer and did well in all their classes during this summer semester. I know a lot of our students and faculty have had fun, as you'll see in the articles! I look forward to seeing and meeting everyone in the fall!

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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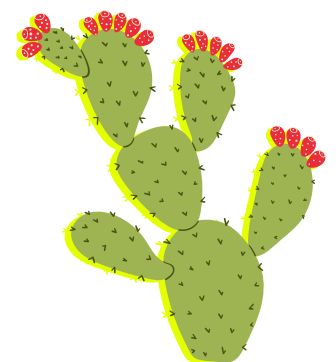
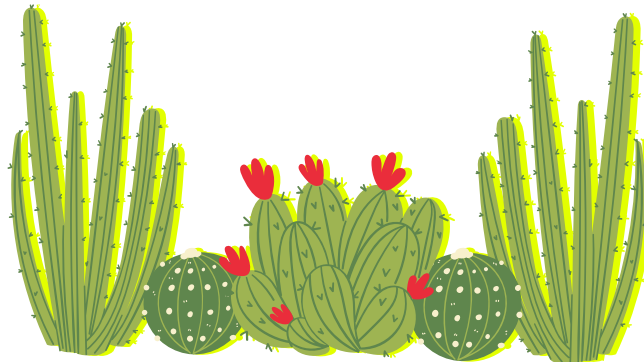
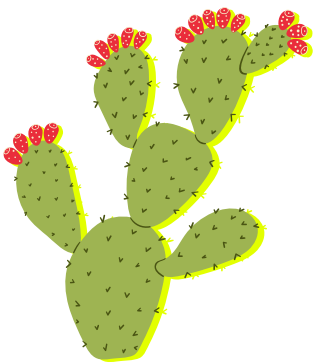
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STUDY ABROAD ADVENTURES: AN INTERVIEW WITH DR. SOTOS





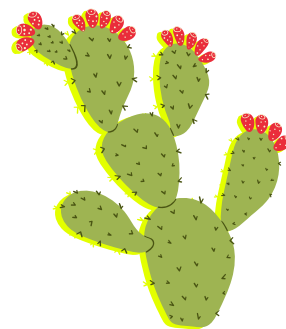
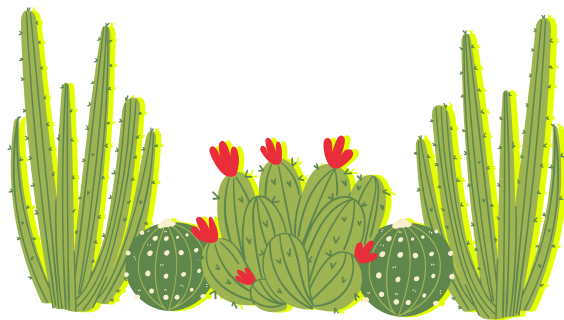
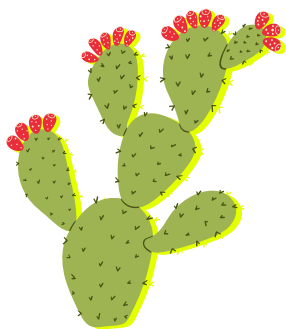
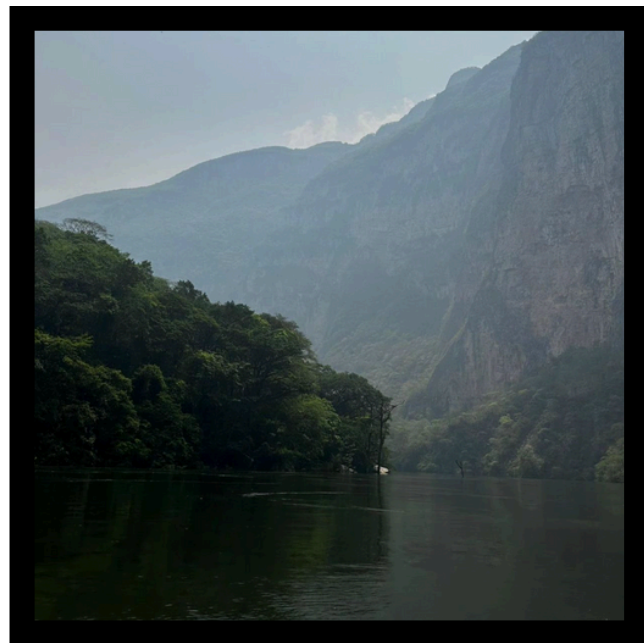
Dr. Sotos and
Dr. Galura

What was your role on the trip?

I am a co-instructor, together with Dr. Sandy Galura... who is an amazing professor in the MSN Nursing Management program. Together, we coordinate the nursing elective class International Perspectives of Health that students take pre-travel. We also coordinate with the She Wins Mexico NGO and with the Autonomous University of Chiapas, where we are partner colleges together with their medical school.

What was the environment in Mexico like?

Wonderful. It is pretty warm; it is both tropical and mountainous. Some parts of the Study Abroad have us going up into the cool highlands, in and around San Cristobal. In other parts of the trip, we go into jungle areas. In every way, it is 100% Latin American in the way the cities and communities look, sound, smell, and feel. There is amazing food everywhere and the Mexican people in Chiapas are extra friendly and welcoming.

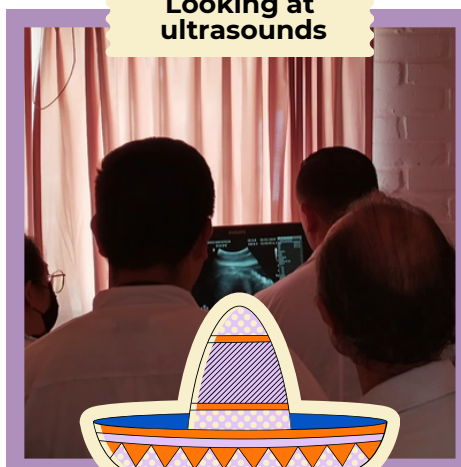


What experiences did you complete on the trip?

We do a number of things. First and foremost, we take part in community service clinics that focus on ultrasounds for pregnant women, prenatal care, screening visits for children, health education, and hypertension and diabetes screening and prevention for people in Chiapas. We also go into communities and classes where we learn about traditional "partera" midwives' work in Indigenous communities. We tour a Mexican hospital in a highlands city; we also visit a connected natural birthing center staffed by traditional midwives. We do some fun and educational cultural activities, as well. We want students to feel like partners and colleagues with the Mexican medical students. So, we have taken trips to national parks together, we've visited the Tonina Mayan pyramids, and we've explored the breathtaking Canyon of Sumidero in boats. We've also visited Indigenous communities in the mountains.



Taking BPs



Looking at ultrasounds



Health Fair with UNACH



Visiting National Parks



Knight Nurses at the airport

MEXICO

How was the experience of partnering with UNACH Medical School and She Wins MX?

The UNACH medical school partnership is unique and Dr. Galura and I love the work that we do together with UNACH. It is very unique because medical school begins in the freshman year in Mexico, lasting for 6-7 years. Most of the medical students that take part in the experience are in their 2nd or 3rd year of college. So, basically, they are at the same point in their education as most of our nursing students are who join the Study Abroad. She Wins is an awesome NGO based in Mexico City. They focus on women's issues and non-profit causes having to do with health and education. In fact, one of our events is a girls and women's soccer day...the president of She Wins is a former college soccer player from Mexico City and a graduate of NYU.



**She Wins
Soccer Game**



**Final Night
Dinner**

What was your favorite memory from this year's study abroad?

I think it's just the overall partnership that builds bridges between students and faculty from two different countries. There is no one single event. We learn from people in some poor, rural communities that life can be very rich and fulfilling, even without material things. Yet, coming from both UCF and UNACH, we are able to use our knowledge and skills to help these people who do not have a lot of material things, or easy access to healthcare.





Visit to ISEEECH

Was there anything unexpected that happened?

We had a new event, which was supposed to be a 2-hour visit to a nursing college in Tuxtla Gutierrez, the capitol of Chiapas, Mexico. It turned into the start of a new partnership. We had a wonderful tour of the ISEEECH Nursing College, a beautiful, comprehensive, mango-tree filled 4-year public college. We intend to build and grow this new partnership with fellow nurses in Mexico. In talking to them and meeting their nursing students, we saw that so many things about the approach and the spirit of nursing are absolutely the same in a different culture.

What is a lesson you learned during this trip?

This was our second time to do the UCF Nursing Abroad to Mexico trip. Honestly, I'd say the biggest lessons were to have bottled water, seek out shade if feeling hot, and enjoy the wonderful people, food, and culture of southern Mexico.

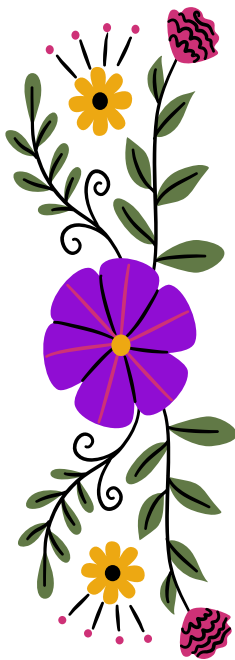


If you plan to travel with the study abroad again next year, what do you look forward to?

We do intend to offer the UCF Nursing Abroad to Mexico course and experience in 2025. To be honest with you, Dr. Galura and I look forward to going back to Chiapas for service learning and sharing our partnership and sharing all there is to know and learn about Chiapas with ten more UCF students. It's going to be great and we're totally looking forward to "chapter three" of this awesome Study Abroad.

What advice would you give to someone who wants to study abroad?

Come and talk to me or Dr. Galura, at any time! You do not need to speak Spanish to be part of this Study Abroad. Our partners speak English and you will inevitably pick up a little Spanish along the way. The most important this is to be open to new cultures, new situations, and go with the spirit of collaborative learning and service.



If you want to see more photos from this year's trip abroad to Mexico, follow @servicelearningMexico on Instagram!

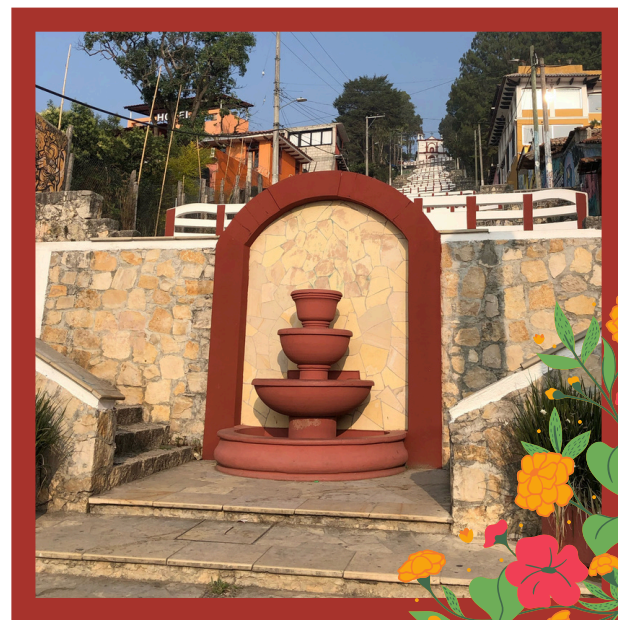


MEXICO: THE STATE OF HEALTHCARE BY JENNA KOO



I didn't know what to expect when I first traveled to Chiapas, Mexico. I heard it would be hot. Those reports were definitely accurate, as the weather was over 100F and most of the buildings lacked air conditioning. I went with a group of fellow UCF nursing students and two of my professors (Drs. Galura and Djiovanis) to learn about the health and wellness of the citizens of Tuxtla Gutierrez and Chiapa de Corzo, two towns in the southern state of Chiapas, Mexico. Chiapas is the poorest state in a very large country.

During the trip, we partnered up with one of the Mexican medical schools, Universidad Autónoma de Chiapas (UNACH) and She Wins Mexico, an organization dedicated to the inspiring and empowerment of young women in a still highly patriarchal society. In fact, our study abroad trip focused primarily on young women. We volunteered in medical clinics and held a soccer camp targeted to this group.



One of the clinics we ran while we were in Chiapas was an ultrasound clinic for pregnant women and girls. There, my patient was a fourteen-year-old girl at around twenty weeks gestation. She came in for an ultrasound, and was eager to determine the gender of her baby (it was a boy!). I couldn't believe that she was fourteen and already pregnant with her first child. But then one of the doctors in Mexico told me this is a rather common occurrence. He's cared for an eight-year-old girl prenatally and a fourteen-year-old girl having her third child. Hearing these stories truly impacted me, and I wondered what could be done from a public health standpoint to address early pregnancies.

We teamed up with the UNACH students to hold a soccer camp for young women early in our trip. Regular exercise in team sports is great for young women's health, and helps them find their voice and develop autonomy. However, I also learned that playing sports may be an effective public health strategy to reduce early pregnancies.

According to The Women's Sport's Foundation, girls who play sports are far less likely to have an early pregnancy when compared to girls not participating in sports (5% vs. 11%). They found girls who play sports are more likely to be virgins (54% vs. 41%). For girls who are sexually active, those who play sports were more likely to have intercourse later in adolescence, had sex less often, had fewer sexual partners, and were more likely to use condoms, when compared to non-athletes. Their data came from the Centers for Disease Control and Prevention's Youth Risk Behavior Survey and the New York State Research Institute on Addiction's Family and Adolescent Study. It's important to note 1) this was a secondary analysis of previously collected survey data, not a randomized control trial, so there could be other variables that might explain these results besides sports participation; and 2) this is data from the United States, so enrolling young girls in sports may not be an effective strategy to prevent early pregnancies in Chiapas. It is worth considering though whether enrolling young women in sports could be a useful public health tool that could benefit the Chiapas community.

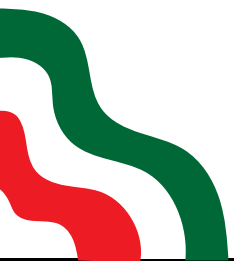
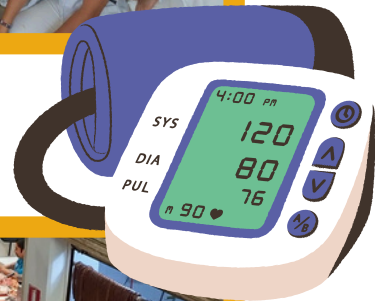




There's another huge epidemic in Mexico, and it's not from the flu, COVID-19, or any virus or bacteria. That epidemic is diabetes, and that's certainly true in Chiapas. After, I learned one of the main contributors to diabetes in Mexico is excessive consumption of Coca Cola. Mexico is a large manufacturer of the sugary drink, and many citizens drink it instead of water. It's very hard to find good water in Chiapas. In fact, in many areas, it's simply unsafe to drink due to the huge presence of E. coli and human pollution. I saw this firsthand when we went on a little touristy trip through the Cañón del Sumidero, a canyon cut by the Sumidero river in one of Mexico's national parks. It was such a beautiful place where we got to see wild crocodiles and spider monkeys, but the waters were filled with trash, plastic, and city grime. The tour guides told us that the trash is cleaned daily, but there is always so much more to contaminate the waters.



Hypertension rates are also high in Chiapas Mexico. During one of our clinics within the community, we walked around a market, offering to take blood pressures for those who wanted it. One I took was for a merchant man who had been walking around in the heat with his heavy load for a long time. The man mentioned he had issues with high blood pressure, and took medications for it. The readings came back in the 180s/100s, a very high reading. We asked the usual questions such as whether he was experiencing headaches, blurred vision, dizziness, chest pain, and so forth. He mentioned having blurred vision and headaches in the morning, but he took his medication to help with that. That's when we realized, this patient of ours didn't have the means or resources to go to the hospital and get frequent enough prescription refills for his hypertension medication, so he only took the medication whenever he felt those alarming symptoms.



This is but a small glimpse into the health and wellbeing of these people in Chiapas, Mexico. I could talk for hours about the healthcare system in Chiapas. There are opportunities to improve diabetes and hypertension care there, and to develop public health strategies to prevent early pregnancy in young women, through partnerships with organizations like She Wins Mexico. The longer we were there, the more I learned about how the work we were doing could benefit the community. There is much to love about Chiapas, including its amazingly delicious food, natural beauty, and the nursing and medical schools, Mexico really is a beautiful country built upon centuries of traditions, and I'd love to return some day.



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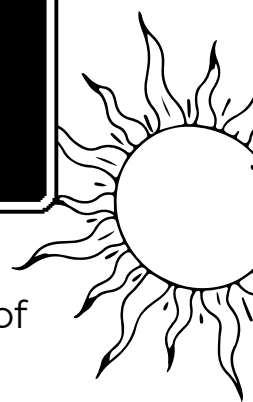
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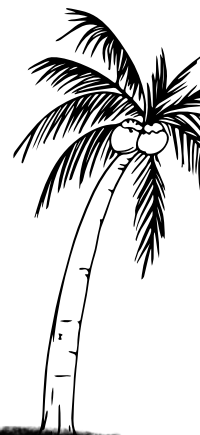


MY TOP 5 SUMMER READS BY JAYLA CALL



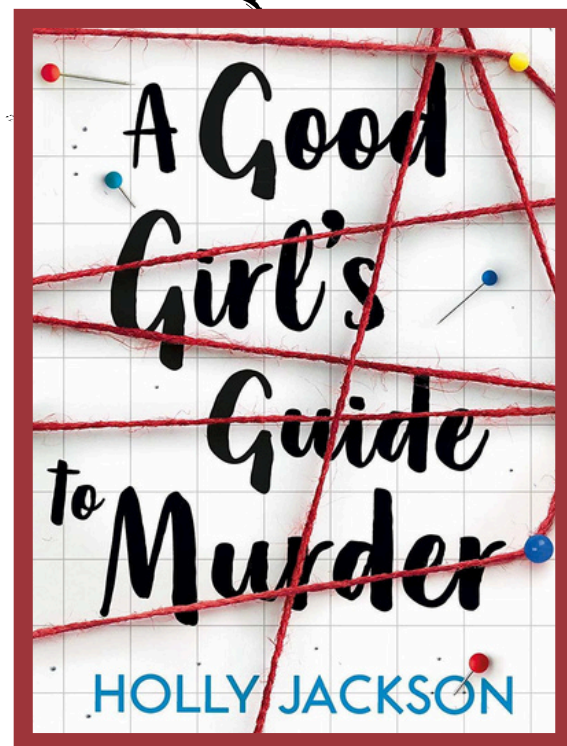


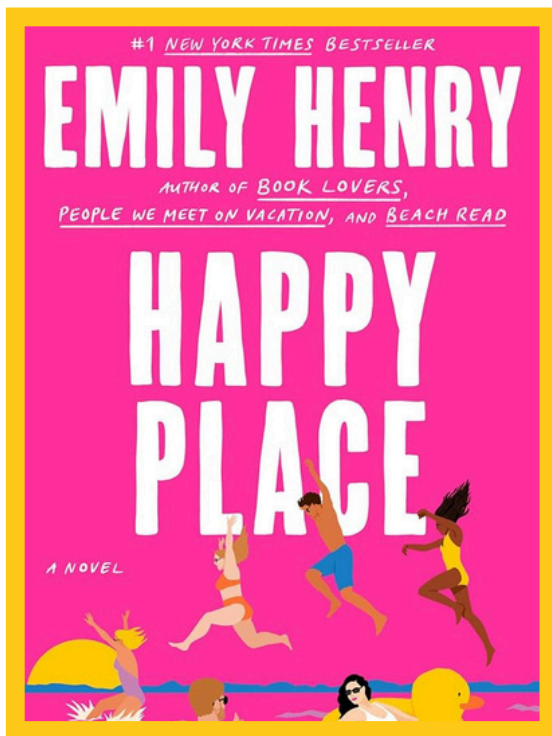
Summer is a great way to relax and unwind, and my favorite of way of doing so is with a book. Reading can be enjoyed anywhere: the beach, pool, and even your couch when you're trying to beat the Florida rain. Picking a good book can be tough when there are so many great options out there, so I will be sharing my Top 5 books that you should read this summer! This list contains books from many genres, so there will be something for everyone here.



A Good Girl's Guide to Murder

This first read is written by bestselling author Holly Jackson, who created the AGGTM series. The series follows Pippa Fitz-Amobi, a highschooler who is determined, in the first book, to solve a murder case in her town for her school project. This book is filled with many twists and turns, all of which were unexpected. I couldn't put this book down, so it is worth a read. If books aren't your thing but this storyline intrigues you, AGGTM is in the process of becoming a TV show and will be released to Netflix on August 1st, 2024.



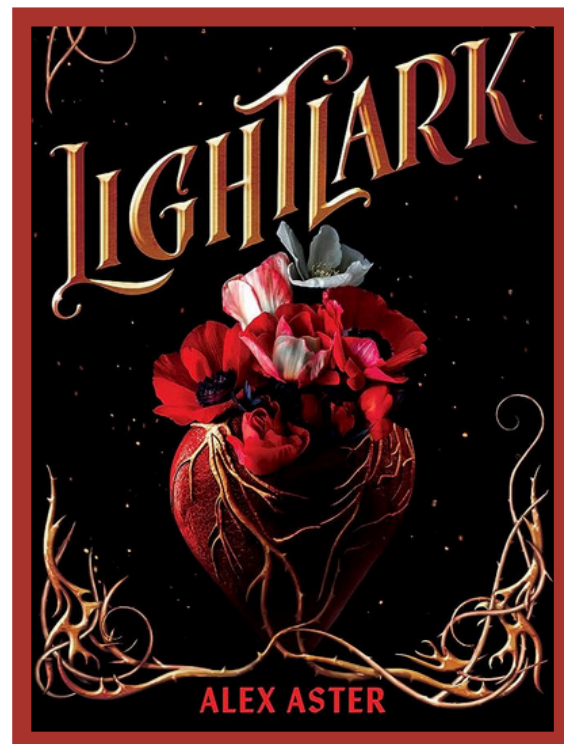


Happy Place

Happy Place, written by Emily Henry, screams summer in the best way possible. It made me reminisce on my favorite vacation spots and all the fun I had there. Happy Place is about the story of a group of best friends that have a yearly getaway to Maine, except there are two issues: the cottage is up for sale and the friends only have one more vacation at the cottage, and a couple in the group is broken up. The couple haven't told their friends the big news, so they must pretend to enjoy each other's company for the sake of not ruining the vacations. This story has offers heartfelt moments with bits of comedic relief. Emily Henry writes books that are perfect to read in the summer setting, so you should consider picking this one up!

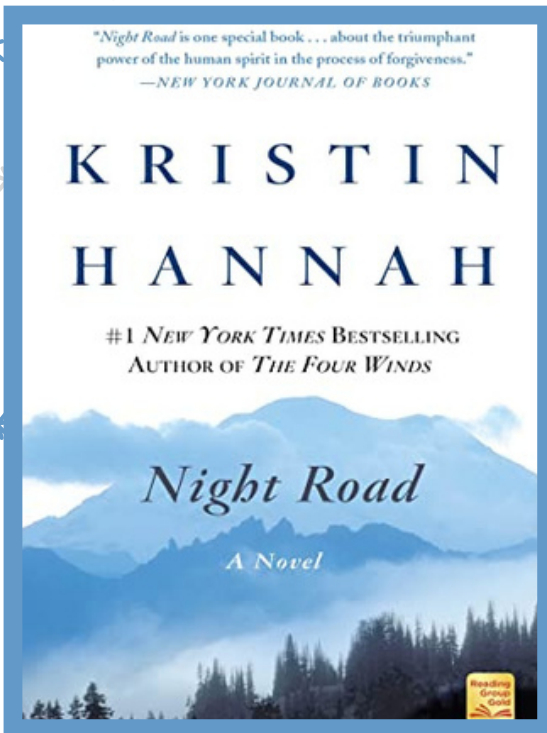
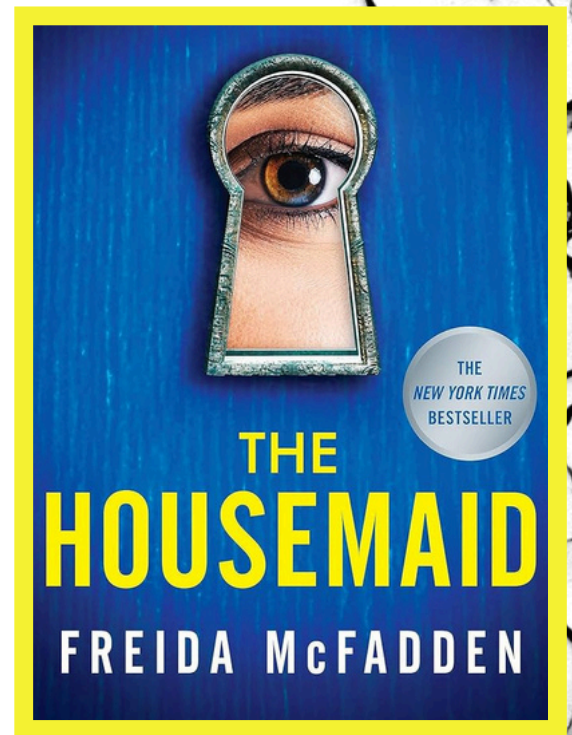
LightLark (The LightLark Saga Book 1)

This read is a part of a fantasy series created by Alex Aster that is jam packed with powers and magic; rulers from different realms come together every 100 years on an island called LightLark to compete and break the island's curse. The Centennial is the event held every 100 years to allow rulers to fight and attempt to break the curse, yet the main character Isla was born without powers, and must find a way to survive the Centennial. This story follows Isla's strategy to survive the game and the steps she must take to make it to the end. LightLark reminds me of the Hunger Games series, so if you are interested in dystopian-fantasy series, this would be a hit for you!



The Housemaid: An absolutely addictive psychological thriller with a jaw-dropping twist

This psychological thriller written by Freida McFadden will have you on the edge of your seat. Millie was offered the opportunity to be a maid for the Winchester family, but soon realizes that there is something very off with the Winchester couple, Andy and Nina. Millie wishes to have the life Andy has created for Nina, but Nina suddenly turns cold towards Millie. Millie has secrets of her own that are unleashed throughout the book; every chapter in the HouseMaid ends on a cliff-hanger and leaves you ready wanting to read more. If you enjoyed reading this book, there are two others that follow.



Night Road

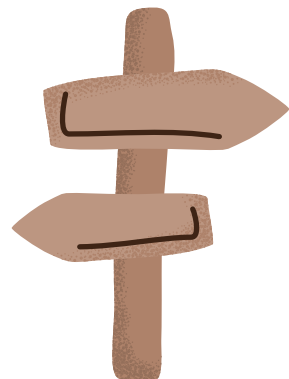
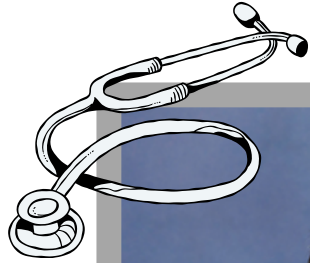
Kristen Hannah is an exceptional author who has written many award-winning novels, and one of my favorites from her is Night Road. Night Road portrays a powerful story about forgiveness and overcoming hard times without holding grudges. This story is about 3 teenagers that become best friends and grow up together, but a tragic accident happens that alters everyone's life forever. Navigating through this time turns certain people against each other, but Night Road shows the difficult journey of grief and how it can be overcome over something that was a true accident.

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ADVENTURES TO ALASKA BY DR. DECKER



Anyone in my classes may recall me talking about my summer job assignments in Alaska. But you may be wondering, “what does that even mean, really?” So, let’s take a moment to explore what that means!



First – what jobs am I doing? Most of you will be familiar with travel nursing. You work for a staffing company that helps organizations with staffing. This is something that I recommend having a year or two of experience before you try it out. You will be expected to hit the ground running from day one, so you need to have your basic skills ready to go. As an advanced practice provider, this is called locum tenens – Latin for “to hold the place of” or “to substitute for”. As a RN traveler, you are usually tied to a 4 – 6-month contract. As a locum tenens APRN, I can find assignments for anything from a day to a year. I have a little more leeway to negotiate my availability, based upon what the facilities need. I met the owner/founder of the company I work for many years ago at a conference. Why do I travel 2000 miles away from family for work? First – Alaska – if I’m away from family, why not someplace amazing? Second – the hourly pay is twice what is generally offered in Florida. Third – they also handle travel – round trip airfare, housing, and a vehicle while there. I’m getting paid to live and work where I would want to vacation!

So, what is it like? Well – I know my skills and experience. I know that I am a primary care family nurse practitioner, so I don’t want to be the only emergency or trauma provider for hundreds of miles – though those jobs exist. The jobs I have taken have been mostly primary care, though the level of that job depends upon the community.

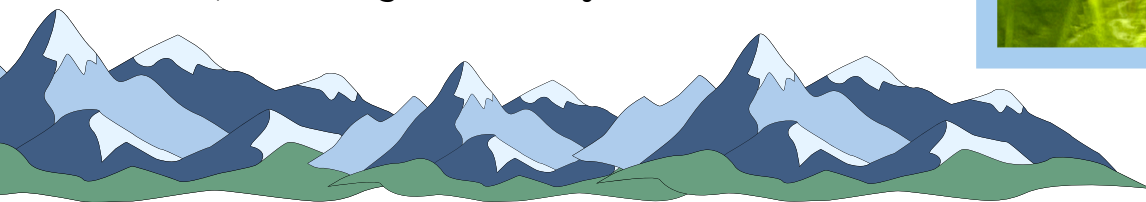
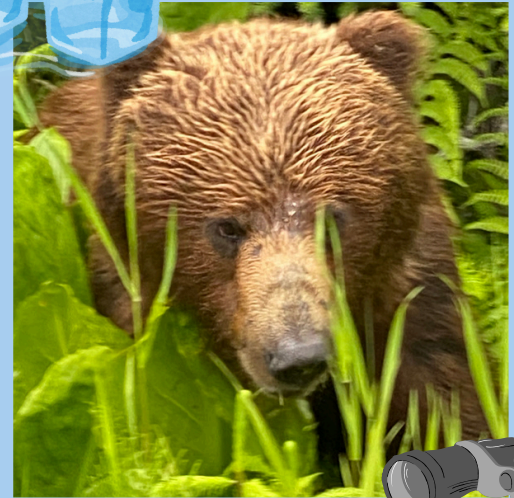


In Juneau, the capital city, the primary care job is a “typical” 9 to 5, Monday through Friday clinic. There’s a hospital in town for emergencies and a higher level of support. I also worked in some lower income / homeless clinics and at the prison. Again, pretty standard primary care. In Sitka, a town of about 8500 on Baranoff Island, I worked in an urgent care clinic, seeing what you would expect from most urgent care clinics, though there are a lot more fishing injuries. Where it gets more “exciting” is when you are more remote – take a 5-10-person plane, sometimes sitting in the co-pilot seat, remote. A place like Hydaburg on Prince of Wales Island, a Haida village of about 400 people. This was still a primary care position, though I was available to help in emergencies. However, there was a bigger clinic with more support about an hour’s drive through thick forests in Klawock. This is also the closest grocery store or restaurant.

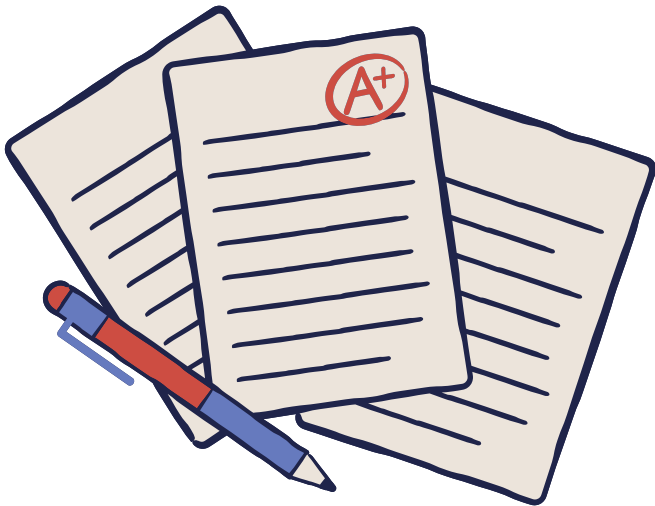
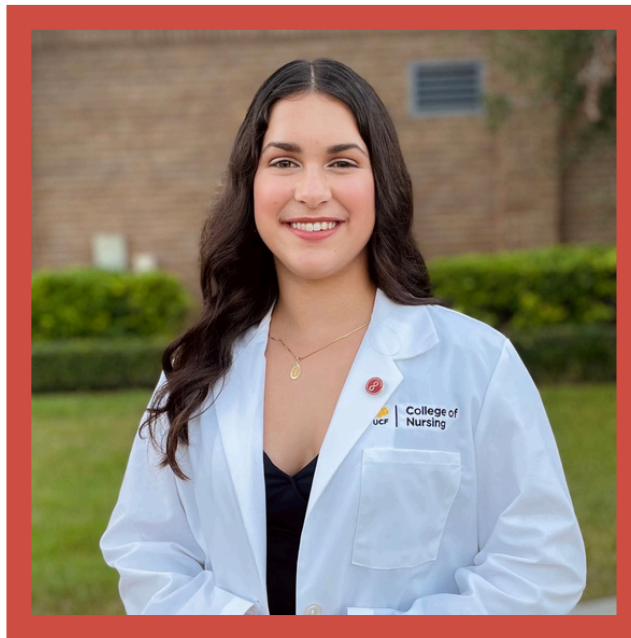


Perhaps the most excitement came from my summers in Hoonah, a Tlingit community of around 1,000 people on Chichagof Island, though the population does increase to about 1,500 when the cruise stop, Icy Strait Point, is open. In this community, the clinic is the only healthcare option, unless you get on a plane or boat to go somewhere else. The providers here cover the community 24/7, including emergencies. There is EMS, but they are volunteers from the community with some training. Luckily, if there is a true emergency, the healthcare team will all jump into action to help. However, I have spent a number of long nights keeping someone alive long enough for them to be airlifted off the island to a hospital, often waiting hours for the weather or clouds to clear enough for them to fly. It can be daunting. At one point, the only other advanced practice provider on the island got influenza, so I was the only medical provider for 1,500 people for a week. This is both a daunting task and an honor that so many people would be willing to put their trust in me.

Most people don't get to see this side. It doesn't make my Instagram feed, unless I am charting and there is a 1,000 lb brown bear just outside the window. Instead, everyone sees the adventure. And with the sun up around 4 am to 11 pm every day, there are a lot of hours of daylight for fun, weather permitting, even after work. From the small villages, sitting and talking to elders for hours in the carving shack as they carve a new totem pole to the 100 lbs of salmon and halibut from just a day of fishing. I even explored the longest mapped cave system in Alaska. My favorites, though, will always be the hiking and kayaking adventures that I get to take and the wildlife I encounter. The glaciers always captivate me, viewing the ice fields from a nearby mountaintop, climbing on a glacier, or the chance to wander an ice cave under a glacier. Where else can you kayak out a hundred yards behind a humpback whale or see a pod of whales or orca swimming together. I have been mere feet away from black bears, brown bears, porcupines, and marmots. Imagine so many bald eagles that you eventually almost don't even notice them! And perhaps the greatest of all, for me, is the chance to be out in so many different environments: mountains, oceans, rivers, lakes, glaciers, muskeg, meadows, and boreal forest and coastal rain forest, in nothing but serenity and silence.



WHAT I WISH I KNEW BEFORE STARTING THE NURSING PROGRAM BY VICTORIA TRAUTWEIN



It is no secret that nursing school is extremely different from many other majors. When first starting in a nursing program, one can be easily overwhelmed by the number of exams, clinicals, assignments, and labs. To help new students navigate nursing school, here are 5 things I wish I knew before starting the program.



1. Exams and Content Are Unique

Class content in nursing school builds on all the knowledge you learned in your pre-requisites. You are no longer just learning about a disease process but learning how to treat and manage it. Nurses must consider what complications may occur and how they can prevent it. Before starting your program, be ready to change the way you think and learn material.

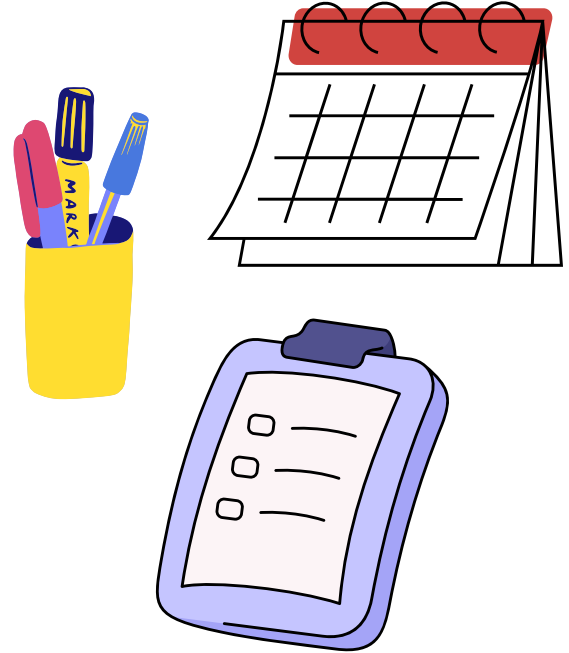


An exam question in your pre-requisite class might have been a multiple choice with 1 correct answer and 3 wrong answers. In nursing school, that is hardly the case. To prepare students for the NCLEX, exams will have varying question types (Assessment Technologies Institute, 2024). These may include multiple choice, select all that apply, drag and drop, and highlighting questions. It takes time to get used to these question types. Therefore, it is essential for students to utilize practice questions when studying!



2. A Calendar Will Be Your Best Friend!

Throughout all of nursing school, you will be very busy. A week may include 1 day of labs, 2 days of lecture, and 1-2 days of clinicals. In addition, you will be working on assignments and studying for exams. The best way to stay organized and on top of your assignments is to make a calendar for the entire semester. When you first receive your syllabi and schedules, fill out your calendar with all exam and assignment dates. This will help ensure you never miss an assignment! Another way to stay organized is to create a weekly schedule of how you will dedicate time to classes.



3. Find What Study Method Works Best for You

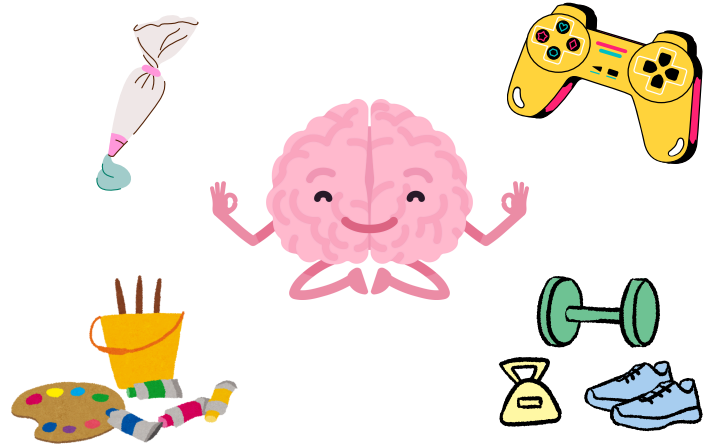
Due to the different types of classes and content in nursing school, your study methods may need to change. Be willing to change up your study routine until you find out what works best for you! Many students use methods such as writing or typing out their notes, recording and re-listening to lectures, and utilizing practice exam questions beneficial.





4. Take Time for Yourself and Your Mental Health

Though you will be dedicating most of your time to school, it is important to find time to do things that re-energize you. Set aside a little bit of time every day to do something that brings you joy. Some ideas are to exercise, bake, play games, or paint. If you do not take this time to replenish your energy, you will quickly burn out.



5. You Will Find a Great Friends!



Nursing school is full of a very diverse group of students, but you will be surrounded by people who share similar goals. The friendships you make in nursing school are priceless; cherish each moment. Nothing makes people bond more than a crazy clinical experience or studying for an exam together. While nursing school is tough, having friends to get you through it makes it better!

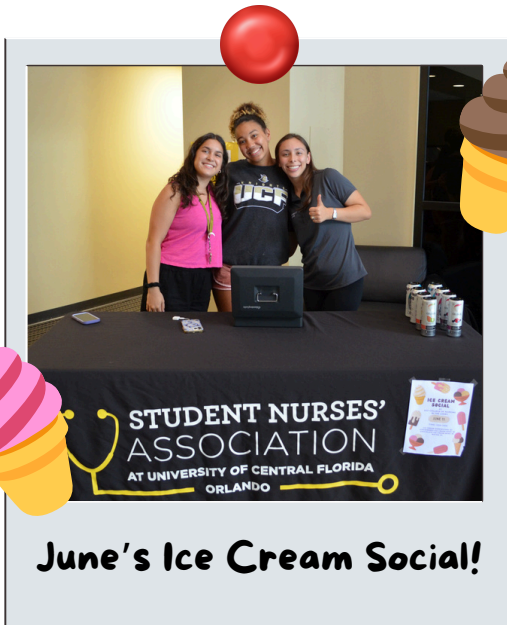


References

Assessment Technologies Institute (2024). New item types on the Next Gen NCLEX. <https://www.atitesting.com/educator/next-gen-nclex/item-types>

SNA SUMMMER EVENT RECAP

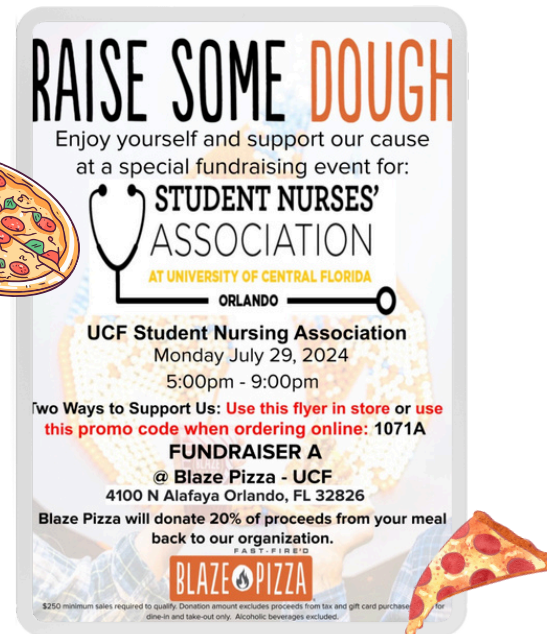
Check out some of our events from June and July!



June:
Ice Cream Social, GBM, and
Virtual Food Drive

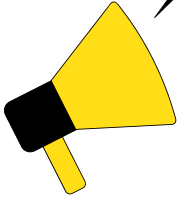


July:
Bake Sale and Blaze Pizza
Partial Proceeds



We had so much fun during these events! We hope to see you at our future events this fall!

ANNOUNCEMENTS & UPCOMING EVENTS



COME JOIN US AT THE BACK TO
SCHOOL BBQ ON WEDNESDAY,
AUGUST 21ST, FROM 5-7 P.M.!

FEEL FREE TO RSVP THROUGH THE
LINK IN OUR LINKTREE! WE HOPE TO
SEE YOU THERE!

SAVE THE DATES FOR OUR NEXT GENERAL
BOARD MEETINGS:
SEPTEMBER 25TH
5-7 P.M.

OCTOBER 30TH
5-7 P.M.

NOVEMBER 20TH
5-7 P.M.

SAVE THE DATE FOR THE FLORIDA
STUDENT NURSE ASSOCIATION
(FSNA) STATE CONVENTION:

NOVEMBER 3RD-6TH

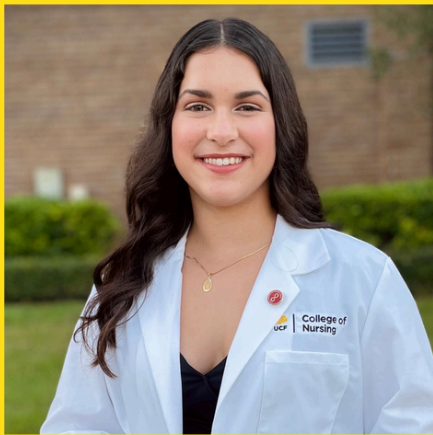
POSITIONS FOR SEPTEMBER ELECTIONS INCLUDE:

PRESIDENT, TREASURER, AND LEGISLATIVE
DIRECTOR

QUALIFICATIONS: MUST BE AN SNA MEMBER AND
IN THE TRADITIONAL FALL '26 COHORT

CONTACT LEGISLATIVE DIRECTOR, JENNA, KOO,
FOR MORE DETAILS.

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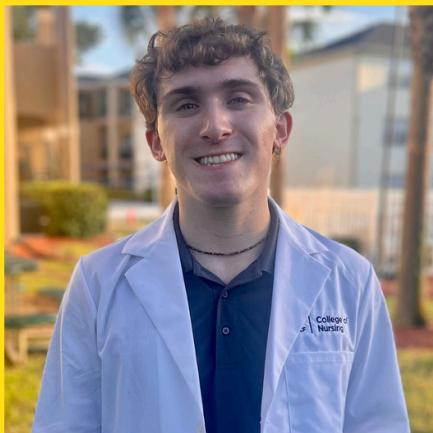


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