



LIFELINE

NEWSLETTER



STUDENT NURSES'

ASSOCIATION

AT UNIVERSITY OF CENTRAL FLORIDA

ORLANDO

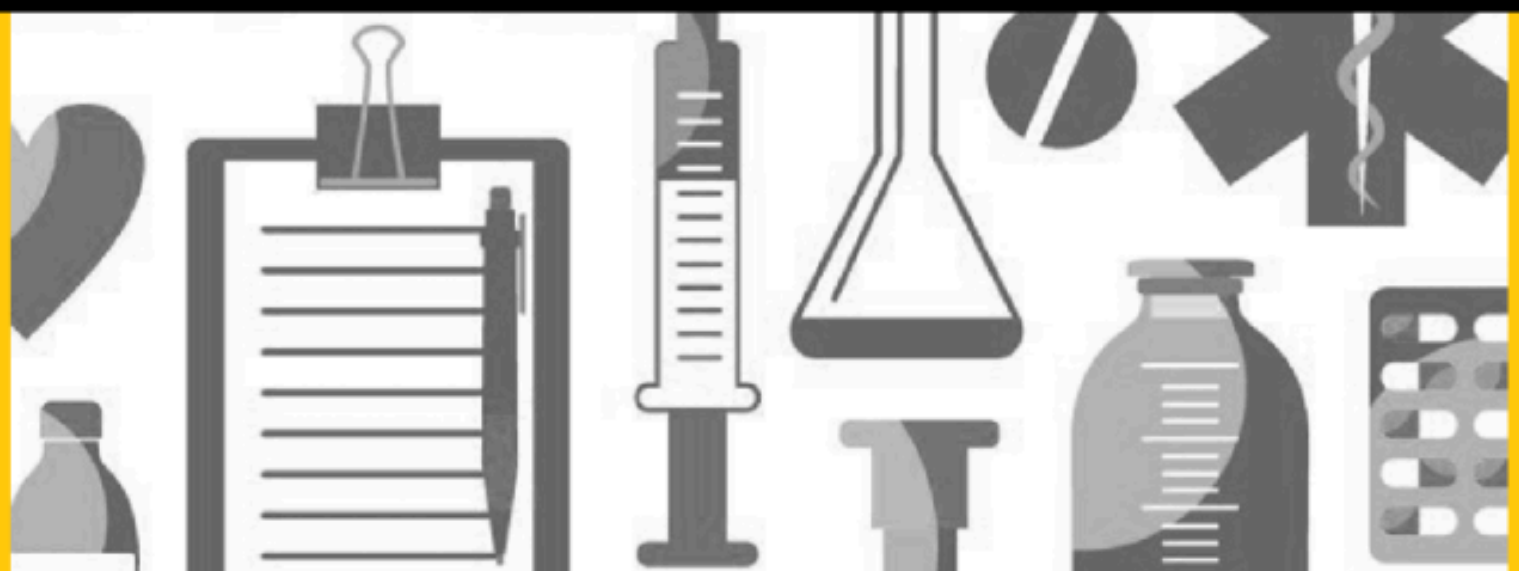


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EDITOR'S PIECE

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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.

We're officially more than halfway through the semester! Only a couple more weeks left of the semester! We can do it!

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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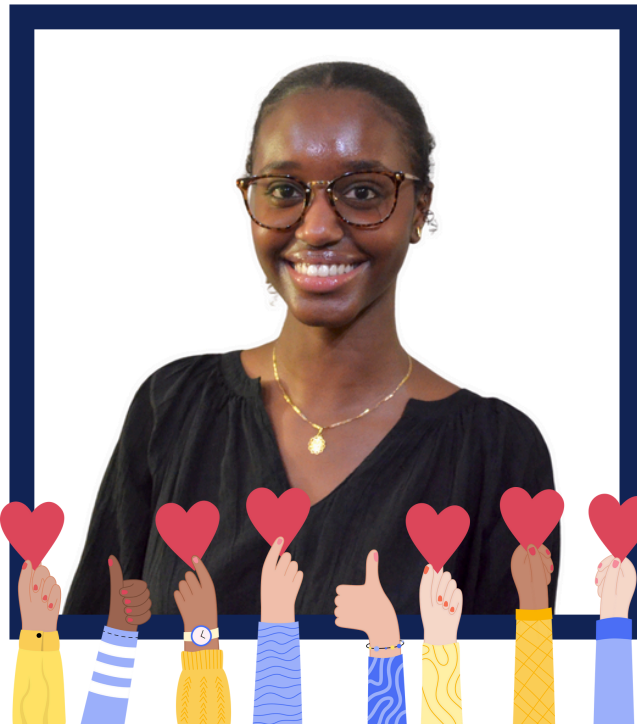
FACEBOOK: THE STUDENT NURSES' ASSOCIATION: UCF - ORLANDO

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EMBRACING CULTURAL COMPETENCE BY SULAH MONIZE

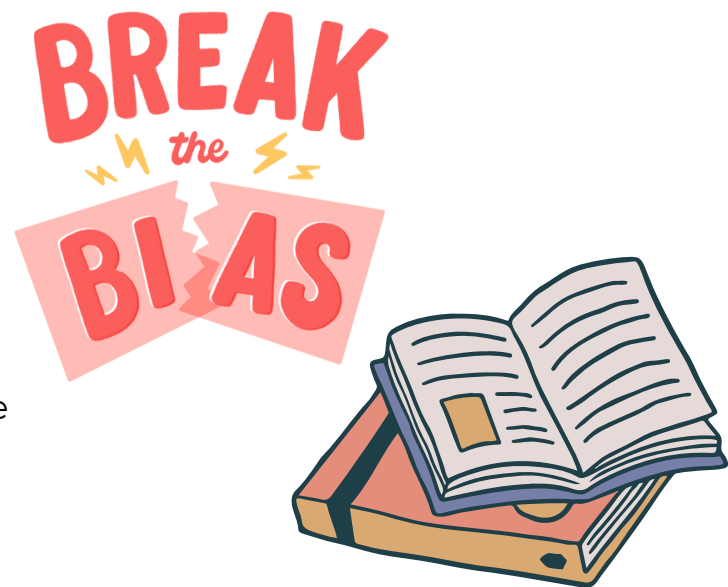


Cultural competence in nursing refers to the ability of healthcare professionals to understand, respect, and effectively interact with patients from diverse cultural backgrounds. It involves being aware of one's own cultural biases, understanding the cultural contexts of our patients, and adapting care practices to meet the unique needs of individuals from different cultures. The goal is to provide competent and considerate care that acknowledges and incorporates patients' cultural beliefs and practices.

A few ways we as future nurses can implement cultural competence into patient care:

1. Education and Self-Awareness:

Nursing students should educate themselves about different cultural practices, beliefs, and values. This includes learning about cultural differences in health beliefs, communication styles, and practices. Additionally, students should engage in self-reflection to identify and address their own biases and assumptions. Some easy and fun ways to go about this are trying new foods, attending public festivals of different cultures, and simply asking your patients about how they lead their lives!



2. Effective Communication:

Nursing students should practice using culturally sensitive communication techniques. In practice, you should actively listen to patients and use attentive and non-judgmental language. When language barriers exist, be sure to utilize professional interpreters rather than relying on family members to translate. Also, be aware of non-verbal communication cues that may vary across cultures, like eye contact and personal space.

3. Patient-Centered Care:

Implementing a patient-centered approach means incorporating patients' cultural values and preferences into their care plans. Although many of these preferences are covered upon admission, nursing students should ask patients about their cultural practices and preferences related to health and treatment.



4. Cultural Adaptation of Interventions:

Nursing students should be prepared to adapt interventions to align with cultural beliefs and practices. This could mean modifying health education materials to be culturally relevant, considering alternative medicine practices, or accommodating traditional healing practices alongside conventional treatments. It's important to work collaboratively with patients to find a balance that appreciates their cultural practices while ensuring safe and effective care, this makes for the best holistic outcomes!

By integrating our own cultures and that of our patients, we create a positive healing environment that's conducive to our learning and the benefice of the patient and family.

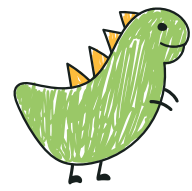
GKCO!!





PEDS CLINICAL ROTATION TIPS WITH LAURA VELEZ





Starting my pediatric clinical rotation was a big source of anxiety for me. I was worried about working with such a wide range of ages, from just a couple of days old to 18 years. The thought of needing to adapt my communication style to fit different developmental stages was nerve-racking. Plus, the idea of parents asking questions I might not know the answers to added extra stress. But, through this experience, I've picked up some valuable tips that I'd like to share with you:

Build Trust:

Trust is the foundation of effective care. Building strong, trusting relationships with the kids and their families is essential. It allows us, as student nurses, to provide better support, education, and assistance to our patients and their families.



Be Observant:

Pay close attention to the children you're working with. Understanding their preferences, communication styles, and what makes them feel comfortable or uncomfortable can make a big difference. This helps you recognize their baseline behavior and tailor your care to fit their needs.



Respect:

Always approach patients and their families with respect. Communicate with children in ways that suit their level of understanding and respect the parents' decisions about their child's care. It's important to honor their choices and provide education without judgment.





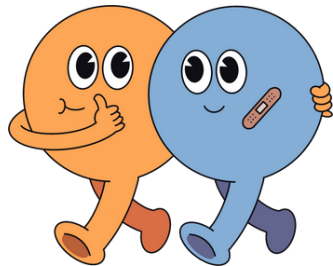
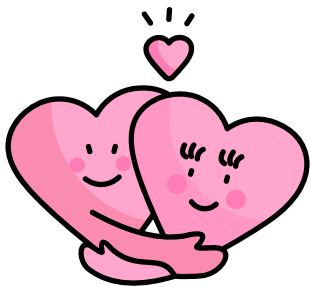
Educate and Empower:

Empowering families through education is key. When they understand their child's condition and how to manage it, they feel more in control. Share information about their child's condition, wellness tips, and even stress-reduction techniques to help them cope with the challenges they're facing.



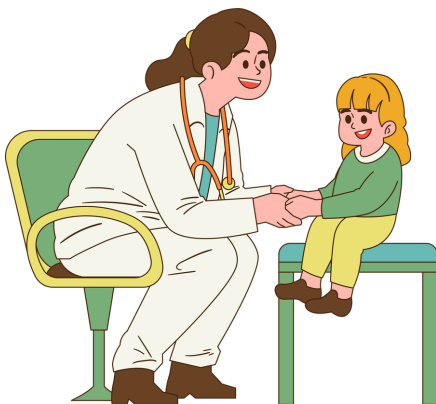
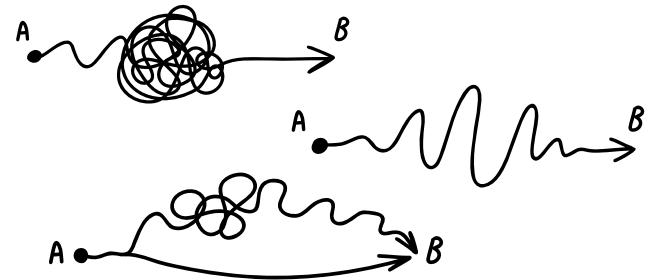
Stay Calm:

It's important to keep your cool, even when you're feeling anxious. Parents are already stressed about their child's health, so a calm and supportive demeanor from you can help reduce their anxiety and offer reassurance.



Be Flexible:

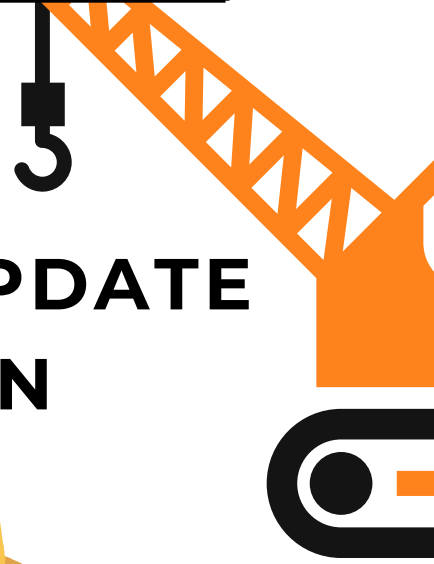
Pediatrics can be unpredictable. You'll face both expected and unexpected situations, so it's crucial to remain flexible. Being ready to adapt to new circumstances while ensuring patient safety will help you handle whatever comes your way effectively.



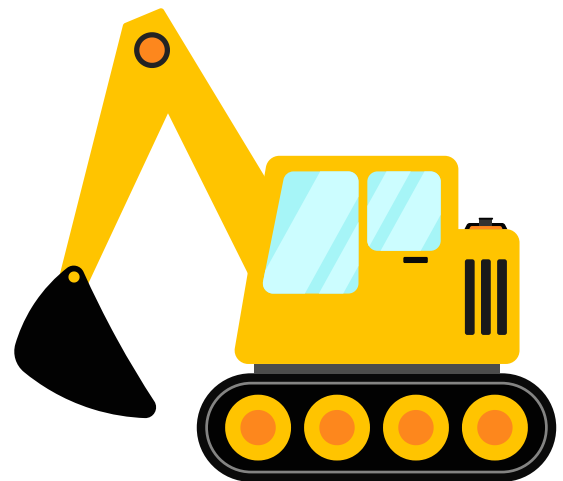
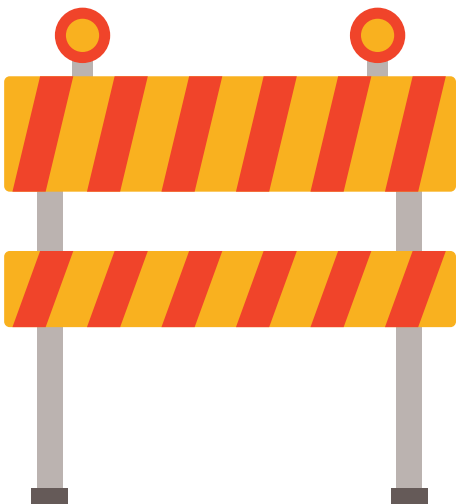
Have Fun:

Remember, pediatrics is incredibly rewarding. You have the opportunity to make a significant impact on children's lives. Bring positivity and joy to your interactions—it can significantly enhance their well-being and outlook.

Overall, pediatric nursing is a dynamic and evolving field with endless learning opportunities. Staying open to new ideas and continuously expanding your knowledge will help you provide the best care for children.



NEW CON BUILDING UPDATE WITH IZZY PARRON

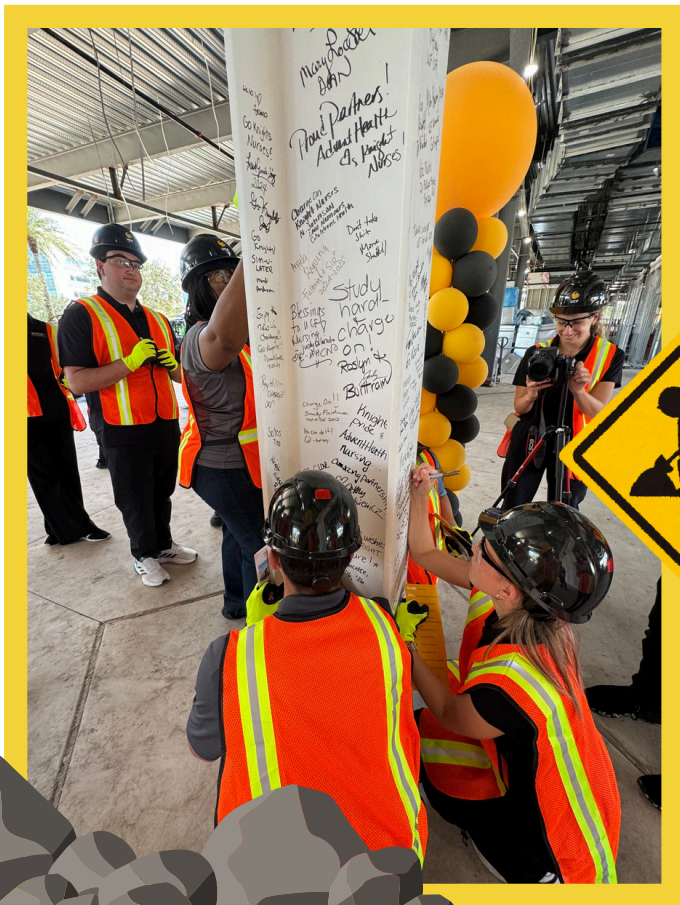


On September 24th, I had the opportunity to attend UCF's event showcasing their completed-structure tour of UCF's brand new College of Nursing building in Lake Nona. During the walk through portion, I was able to see the areas dedicated to studying, learning, practice, and more. My favorite part was learning about the plans for the simulation spaces. According to the tour guide, there will be a space set up for a "hospital setting", a "home-health setting", and virtual simulation lab. I think that their idea to include simulation rooms that extend beyond the hospital was excellent, as it allows nursing students to further explore the various avenues that this career path has to offer, as the hospital may not be for everyone.



The areas they reserved for studying were also well thought out, with a good portion of them being strategically placed in natural lighting to make the spaces more inviting. My favorite area is the curved showcase entrance and lobby, which is once again, placed in an open-window space. During this part of the tour, they also gave us insight into why they designed the building this way; to symbolize the dedication and compassion for the community through metaphorical "open arms".

Also in this area is where they allowed those of us on tour to sign one of the structure's steel beams. It was a very heartwarming experience to read all the kind and encouraging messages left on the beam by various alumni, sponsors, and faculty, all wishing the best for our future Knight Nurses.



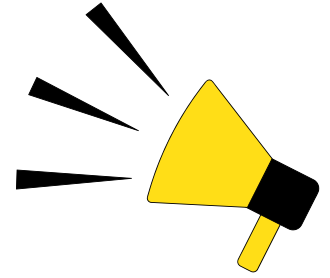
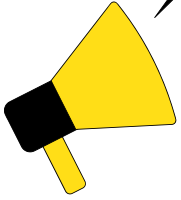
Even though I will unfortunately not have the opportunity to take BSN classes at this campus, I am excited to know that future nursing students will be able to take advantage of all the funding being poured into UCF's mission to aid in the nursing shortage of today.

SNA EVENT RECAP

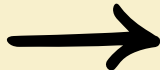
This month we had a Partial Proceeds at Chipotle,
Pink Out, College Fair, and our GBM!



ANNOUNCEMENTS & UPCOMING EVENTS



CHECK OUT OUR NEW MERCH WEBSITE
BY CLICKING THE ARROW BELOW!

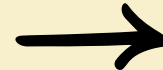


SAVE THE DATES FOR OUR NEXT GENERAL
BOARD MEETINGS:

NOVEMBER 20TH
5-7 P.M.

HELD IN ROOM 602!

FOR OUR NOV. GBM, SIGN UP FOR THE
POTLUCK!



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

NOVEMBER 4TH-5TH

THIS YEAR IT IS BEING HELD IN
ORLANDO!

IF YOU WANT TO ATTEND THE GREATER
ORLANDO HEART WALK, USE THE LINK IN OUR
LINKTREE TO REGISTER!

KEEP AN EYE OUT FOR OUR GRATEFUL GRAMS!
SEND SOMEONE YOU'RE GRATEFUL FOR A LITTLE
SWEET TREAT!

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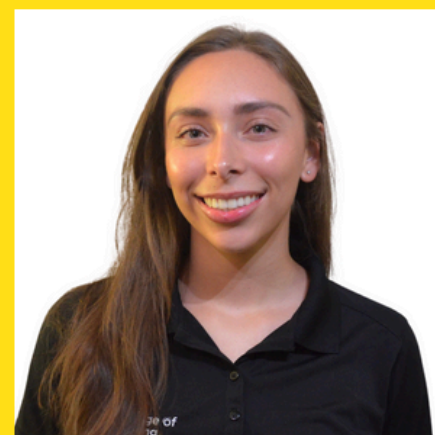
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Want to be a part of the UCF Orlando SNA board? Contact our Legislative Director Jenna Koo for more information on our next elections!