

Pensacola Junior College Simulation Camp



Left: Kiara (left) and Au'sani (right) successfully intubated their patient.



Above: Kenna is giving this patient an injection of his daily medication.



Left: Alyssa is checking this patient's pulse after he was injured during the mock disaster.

Right: 2009 Decontamination with an added Radiation Safety Officer: Shanice (left), Kristin, Skyler, Tiffany, Cole, Shane, & Catherine (right).



FSU Summer Institute

Blood slowly seeped out as the scalpel sliced deeper and deeper into the woman's chest until it reached the adipose tissue above the muscle. The doctor cut along the permanent marker lines that he had drawn over the golf-ball sized cyst. Soon the flap of skin was moved aside and the digging began. By then, I found myself against the cold tile floor. I was at Florida State's Summer Institute program at the College of Medicine. I was shadowing a family practice doctor who had removed a cyst from a middle-aged woman. It was there that I learned how to read an EKG. I also was part of a team that treated a patient having a heart attack due to her reluctance to take her medicine, and we helped treat a child with asthma.



Within an hour of my arrival at the College of Medicine Summer Institute Program at Florida State University, I began to have a great time. For one week sleep became a luxury and the exception. For one week we endured intensive medical training, attended SAT preparatory classes, and witnessed and discussed health care issues on a daily basis, but we also had a lot of fun.

We were reminded of the importance of volunteer work at The Ronald MacDonald House near Tallahassee. The Ronald MacDonald House is for families in need of a place to stay when their child has an extended hospital stay. Even though many of us may have to be reminded several times at home to clean our rooms, at the Ronald MacDonald House, we all were willing and eager to pitch in and clean the house and do yard work.

My partners and I were soon introduced to the Cappendijk-Lab Research, where pre-med students were studying the effects of nicotine on the zebra finch's brain and brain activities. The zebra finch is closely genetically related to humans, therefore will lead to more research development on the negative affects of nicotine on humans and more effective medicines. I was offered a research position after I finished high school and my undergraduate studies by Cappendijk. On geriatrics day, we studied the affects on aging. We also visited a retirement home where we shared experiences with the senior citizens.



The trip was not all fun and games it included a lot of serious topics, such as uninsured migrant workers. We taught their children about the importance of brushing their teeth and taking care of their bodies as much as they could. Talking to them and teaching them about hygiene was an alarming wake-up call. Some of the children's families did not have enough money to buy toothpaste. The experience was very moving and it made many of us want to help them any way we could.



The Simulation lab provided us with the information to diagnose certain but common problems that doctors see like pneumonia or a bacterial infection. When the week was almost over, we began to have more fun. We went to Fun station and had a blast racing each other, squirting each other, shooting each other with lasers, and anything else that you would think teenagers would do at a park.



The Summer Institution helped me in many ways like preparing me for the SATs, what the future would hold for me as a premedical student, what college would be like, and the passion for life that I would need to be an excellent doctor for my patients. Overall, the College of Medicine Summer Institute at Florida State University was a thrilling experience and I would recommend it to anyone with the idea of going into the medical field.

— Ashleigh Showler 11th grade SSTRIDE Student



Medical Skills: Blood Pressure/Blood Sugar Checks

Rising juniors and new seniors came together during the summer to learn infection control and how to assess vital signs and blood sugar. As these young medical professionals enter their upper level high school classes they are strongly encouraged to perform health-related community service. This class helps to prepare them by not only teaching them the medical skills but also orienting them to the art of patient care. After practicing the skills on themselves

and school personnel, they will continue to gain patient care skills by performing blood pressure checks at the monthly Chamber Breakfast and by assessing blood pressure and blood sugar at Compass Bank. Would you like to have a free blood pressure and blood sugar check? Just look for the posting of the SSTRIDE sign in front of Compass Bank and come see us!

- Hazel Holmes



Mandatory CPR Certification / Recertification

We will hold CPR classes this year during August and September for all returning and new SSTRIDE students 8th–12th grades to be certified/recertified. DMS students will be required to attend CPR certification on Tuesday Aug. 25th 2–5 pm and SRMS students will be required to attend CPR certification on Tuesday Sept 8th 3–6 pm. All NEW high school students and those who have not been certified yet will be required to attend the CPR certification course on Wed. Aug 26th @ 2-5 pm. All returning high school students will be

required to attend CPR Recertification one of the following dates: Wed. Sept. 2nd, Fri. Sept. 4th, Wed. Sept. 9th, or Wed Sept 16th all classes will be @ 2-4 pm. There will only be 18 slots available for each date so all returning students must sign-up for their desired date in PAWS. Please make sure you mark your calendars for the date that specifically pertains to you. PAWS and middle school teachers will have the details regarding the location for classes.

Contact Information:

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Upcoming Events:

Aug 3rd–14th: Chem 1 Honors & AP Chemistry Tutoring 8 AM–Noon @ CHS Media Center

Aug 6th: Chamber Breakfast BP Checks –11th & 12th

Aug 24th: First Day Back to School

Aug 25th: DMS 8th grade CPR Certification @ 2–5 pm

Sept 1st: Mandatory Orientation / White Coat Ceremony for everyone 6PM @ CHS Auditorium

Sept 2nd: CHS 9th–12th NEW STUDNETS CPR Recertification @ 2–4 pm

Sept 3rd: Blood Pressure Checks @ Chamber Breakfast–11th & 12th

Sept 4th: CHS 9th–12th CPR Recertification @ 2–4 pm

Sept 7th: Labor Day / School Holiday

Sept 8th: SRMS 8th grade CPR Certification @ 3–6 pm

Sept 9th: CHS 9th–12th CPR Recertification @ 2–4 pm

Sept 12th: ACT Test (everyone who didn't take it in June)

Sept 16th: CHS 9th–12th CPR Recertification @ 2-4 pm

Sept 23rd: CHS 9th–12th NEW STUDENTS CPR Certification @ 2–5 pm



Welcome Back!!!

In a few short weeks the 2009-2010 school year will kick-off. We can't wait to see all of your bright shining faces. We hope you have all had an enjoyable and productive summer. At the WFAHEC office we have been diligently preparing for next year's activities and meeting with administration from FSU to ensure that you have the opportunity to gain the maximum possible out of our Rural SSTRIDE program. Our

goal is to provide opportunities to you that aren't accessible to typical high school students. It's these experiences which set our students apart from the rest. Our first class of Seniors graduated this past June and we are very proud of them. As we look forward to our future classes we have taken many of the ideas from our graduating seniors to enhance the program even more. For returning

students we hope you will gain even more experiences this year and for new students we hope that you enjoy the program as much as our current students. If there is anything we can help you with please feel free to contact us at the WFAHEC office anytime.

- Karen S. Molek, Ph.D.
Penny Eubanks

Parent & Parent Support Group Information

Here we are again, ready to begin another great SSTRIDE year. Last year was exciting for us, with our first graduating class. Now is the time to get back to work to support this year's graduating class and all of our other terrific SSTRIDE students, as well! As you have heard us say over and over...We cannot do it without our parents! Whether you are serving as a sounding block, a role model, a cheerleader, or any of the many hats a parent wears, you are an essential piece of the SSTRIDE plan. As our students learn in their anatomy and physiology classes, the systems of the body all work together to create the marvelous human body. It is much the same with our students, parents, and the SSTRIDE teachers, administrators, and staff. Only by working together can we make SSTRIDE the strong program we all want it to be.

Find out how you can help SSTRIDE by attending the

Parent and Parent Support Group meetings. As many of you already are aware, the SSTRIDE Parent Meetings are mandated by the FSU Strategic Plan with requested attendance at no less than three per year. As we did last year, we will alternate months for our Parent and Parent Support Group Meetings. Our first meeting will be the mandatory Orientation meeting in September followed by Parent Meetings to be held in November, January, March, and May. Parent Support Group Meetings will be held in October, December, February and April. Parent Meetings provide updates, SSTRIDE information, and, hopefully, some relevant guest speakers this year. The Parent Support Group (PSG) has now become an integral piece of our Okaloosa program. We were excited that through the PSG efforts, each one of our 2009 graduates received a \$275 scholarship. We also raised funds for our community

service project, "Relay for Life," and paid for a trip for our 8th graders to Seminole Bowl during their visit to FSU last spring. With a late start (second semester) last year for fundraising, we are excited that we were able to have the concession at Crestview High School during summer school. We raised around \$700 which allows us to start off the year with some funds already in our account. Many thanks to the parents and students who made this happen. Remember, we are prohibited from using FSU funds for certain things, and therefore fundraising is one of the two primary reasons that our PSG was formed. The other reason is to offer an arena for parents to provide feedback and suggestions to improve or enhance the Okaloosa SSTRIDE program. We need your support. Your students need your support! Please plan to attend these meetings.

- Penny Eubanks