

# CFI HEARTBEAT



Winter/Spring 2012

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## Workplace Readiness Program

Workplace Readiness is a professional and career skills training program created by Central Florida Institute to ensure that our students are successful and marketable in the medical industry. In addition to extensive medical training, CFI graduates are also equipped with professional skills that make them the premier choice for companies in the Tampa Bay Area. These professional skills include emphasis on the right attitude, perception, and appearance.

The Workplace Readiness program consists of six interactive workshops that are taught from the first week of class and continue throughout the student's time at CFI until their senior level studies. The workshops are broken down into three series. Each series provides a professional skill set (attitude, perception, and appearance) and a career skill set (resume writing, job searching, and interviewing techniques).

During the freshman series, students

learn about the importance of a professional and positive attitude as well as how to write an industry specific resume.

In the junior series, students learn how perception is essential for determining decisions and success. As a career skill, they also learn how to conduct a well-organized and effective job search.

In the last or senior series, the importance of a professional appearance is emphasized and students learn how to interview

properly in order to find employment.

Central Florida Institute's mission statement has three main focal points which we are continuously striving to implement in our curriculum and student experience. Those main focal points are Academic Excellence, Innovative Hands-On Training and High Ethical Standards. These standards along with our Workplace Readiness program produce highly skilled and trained medical professionals.



## Scheduling Sleep

by Nicole Sondermann, Polysomnographic Technologist Graduate, RSPGT

The obligations and responsibilities included in the life of students have changed over the years. As we see at Central Florida Institute, in addition to attending classes and spending hours studying, it is common for students to have a job and family obligations. This busy schedule can be exhausting, and could seriously affect an often overlooked responsibility of staying alert while driving. Drowsiness can lead to serious fatigue, which exposes us to the risk accidents. Students entering into the medical profession are exposed to a greater risk of experiencing fatigue because so many positions re-

quire longer than 8 hour shifts and rotating schedules. Shift work requires a great deal of preparation and personal awareness of one's ability to get the sleep they require to live healthy and safely. Alertness is not only a job requirement, but it is necessary while driving, for your safety and for those sharing the road with you.

Drowsy driving is similar to drunken driving in that both drivers have a false level of confidence in their driving abilities. Both drivers experience a substantial reduction in their response time and ability to assess situations, leading to a much greater risk of accidents. Results of simulated tests

done comparing drowsiness and drunkenness indicate a high positive correlation between blood alcohol levels and fatigue. Although a quick blood test can measure a driver's blood alcohol content,



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driver fatigue is a relative and personal factor. Drivers should use the same precautions when considering driving while fatigued as they do when consuming alcohol. If you are too tired to drive, don't!

At CFI, the Polysomnographic Technologist students are trained to assist physicians in measuring sleep patterns and behaviors. There are numerous causes for daytime fatigue, ranging from medical to behavioral conditions. One of the most prevalent medical conditions leading to drowsy driving today is sleep apnea. Obstructive Sleep Apnea, also known as OSA, occurs when the airway is obstructed while the patient is sleeping. Breathing is either greatly reduced, or it can stop completely. This can go on numerous times per hour throughout the night. Each time the body stops breathing, the patient wakes up to catch a breath. The heart and lungs are compromised, as there is less ox-

xygen getting to the heart, lungs and body. After time, this can lead to high blood pressure, weight gain, diabetes, depression, anxiety, aggression, and can eventually lead to right-sided heart failure and even death if it goes untreated. One can speak to a physician to determine if a medical condition is causing fatigue.

Since we usually cannot change our schedule to accommodate our personal sleep requirements, we have to change our behavior to ensure that we get the sleep we need. Be stingy with your sleep. Set a schedule for sleeping, and let those in your home know how important sleep is to you. Incorporate sleep-enhancing behaviors such as taking a warm shower before going to bed, limiting caffeine intake to the early part of the active day, and avoiding the foods which limit sleep, such as sugars. This limitation with sugar includes alcohol, which helps one fall asleep but later causes the sleeper



to awaken mid sleep. Exercise helps to reduce stress and increase the quality of sleep. Vigorous exercise before work and gentle activities like yoga at the end of a busy day are both known to encourage better quality sleep. Finding what works best for you may take time, but will be well worth the effort.

Nicole is successfully working at All Children's Hospital as well as a guest speaker on the topics of Sleep Disorders, Drowsy Sleep and Healthy Sleep Hygiene.

***CFI is very proud of Nicole's success.***

## CFI Orlando Diagnostic Medical Sonographers Present Case Studies For CFUS Meeting



On December 7, 2011, CFI Orlando students joined others from Florida Hospital College of Health Sciences and Valencia College in presenting case studies during a meeting of the prestigious Central Florida Ultrasound Society. These three schools have the only CAAHEP

accredited DMS Programs in Central Florida.

Crystal Aly, Geraldine Brogan, Donna Kettle, and Shanique Quarterman skillfully represented CFI Orlando in presenting cases involving Acrania, Cirrhosis of the liver, Gastroschisis, and a displaced IUD. The students were assisted in

preparing their presentations by Mrs. Cindy Cerverizzo (DMS Program Director) and Ms. Maggie Webb (DMS Clinical Coordinator).

***Congratulations to these  
DMS students!***

***The Accrediting Bureau of Health Education Schools (ABHES) has granted Central Florida Institute a 4 year renewal extending the institutional grant of accreditation through December 2015. Congratulations to all Staff, Instructors, and Students who have worked so hard to achieve this renewal! - Rose Lynn Greene, Compliance and Development Director***



# 7th Annual Suncoast Support Community Awareness Health Fair

Ms Frazel, MA Instructor with Sondra Cranford, Health Education Director and MA student volunteers performing health screenings. Theologia Peros, Tiffany Demps, Kayleigh Pettis, Robert Arbeiter, Brittany Cunningham, Pam Cunningham, Kimberly Bullock, Janice Bock and Ali Sameni were the student volunteers.



## Medical Assistant Job Shadowing Day

by Sara Hrifko, Zephyrhills High School Health Academy Senior



My freshman year at Zephyrhills High School I remember walking into my Medical Skills and Services class, it was the last period of the day and I was exhausted. That day we had guest speakers (Mrs. Sondra Cranford, students and teachers) from the CFI, after listening to them speak about the school and all it had to offer - it interested me.

I had forgotten about CFI for a while, but then during my junior year our CNA class took a field trip to CFI. The only thing that sucked was I was on crutches but I still had a blast touring the school and seeing all it has to offer as opposed to just hearing about it. Once again I had forgotten about CFI until one day while we

were at clinicals with my CNA class, we shadowed Medical Assistants at Florida Medical Clinic and I thought their job was so interesting. I went home and immediately jumped on Google to find out more about Medical Assisting and then I talked to my CNA instructor and asked her more about it. She told me about CFI and how it would only take nine months for me to become a Medical Assistant. I thought that was awesome because I want to get in and out of college as fast as possible.



I visited two other schools that offered the Medical Assisting program, but none of

them treated me the way I was treated at CFI. The staff was so helpful and understanding and the teachers and students made me feel right at home. I enjoyed my experience there more than anything and, although I was not on crutches this time, I did get to ride in a wheel chair. Thank You CFI for helping me decide that I do want to go to your school after high school!



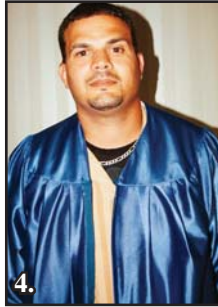
**Congratulations CFI!**  
**Polysomnographic Technologist Program**  
**Received CAAHEP Approval Through 11/30/13!**

*If you have any events, thoughts, or stories, please submit to Sondra Cranford, Health Education Director and Editor, at [Scranford@cfi.edu](mailto:Scranford@cfi.edu).*

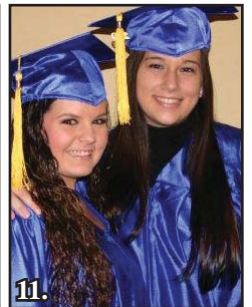




# Graduates



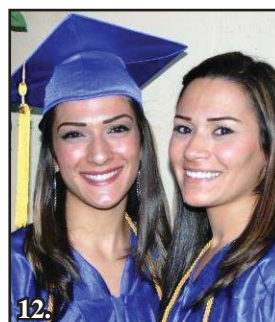
1. Ms. Dees is awesome! Angela Brinkley, MAC
2. I'm finally finished. I'll miss all my teachers, I love you all. Amie Florence, MAX
3. CFI gets you there! Sam Soto, MAX
4. Thank God I'm done! Oscar Morales, MAC
5. CFI is awesome. The whole experience was life changing! Kira Humenick, MAX
6. I've been looking forward to this day. Great seeing everyone again! Thought I'd die the first day when I learned all that I had to do. And now, I have it all! Honors, 4.0 GPA and perfect attendance! Audrey Green, MAC
7. DMS rocks the house! Kristi Stachowicz, Kara Dube, Lan Truong, Rosalind Golden, Jennifer Kochnover, Kelly Donahue, Valerie Kelly, Andres Lopez, Shavaghne Barrow, DMS
8. CFI simply rocks! Kat Przewozniak, Dana Patterson, Yadira Santiago, Natalie Escobar, DA
9. CFI is here to stay, they're the best because they help lead the way! Janet Mederos, Tiffany Walters, Farah Lexima, Miranda Olson, Anya Lake, Deshonda Young, DA
10. Ms. Miller was an amazing teacher! Laura Cheatham and Kayla Wyman, MAX
11. Thank goodness it's over. It was a great experience. I'm so happy I graduated from CFI. Nicole Kellner, MAX; I'm happy to be working in the field. Kristina Kourtides, MAC
12. CFI gave us the skills we need for the field. Miranda Olson, Natalie Escobar, Maya Price, DA
13. Working at FL Orthopedics, putting my skills to work and learning new things everyday! Magali Viton, MAX. The training changed my life. I'm working in a different field now and love Baycare. Made lots of friends. Nohora Peada, MAC





# Graduates

1. I couldn't be happier with my new career choice and the training that CFI provided me. I love doing ultrasound. I work at Mobile Ultrasound Services.  
Samantha Catanese, DMS
2. Here your teachers and classmates become friends that turn into your family. They teach you how to make people smile. I am now part of the Bright Now Dental Team! Misty Williams, DA
3. I am very proud of my accomplishment. And if it wasn't for my teachers I wouldn't have had the knowledge at my externship. I have to thank my family the most for pushing me to be the best I can! Samantha Misuraca, DA
4. I got hired at my extern site (Trinity Urgent Care) and I just passed my RMA and am studying for my Radiology BXMO exam. I will get a raise with each state exam I pass. So I don't have to bartend anymore. I also made honors! Tracy Smith, MA
5. CFI was a good experience. It was hard at first because English is not my first language. I want to thank my instructors and classmates, family and friends for their help. Without them, I could not have made it! Monica Gomez, MAX
6. Going on to Cath Lab ICT. I am a 42-year-old who never thought that I could graduate with a 4.0 perfect attendance! If I can do it, anyone else can do it!  
Renee Dunfee, CBS
7. I'm excited! It's a big accomplishment. I'm really young and so glad to start my new career. This is going to be a corner stone for future careers! Brandon DiFilippo, MAC
8. CFI provided me with a beginning to my second career. I began working shortly after graduating at Citrus Memorial Hospital. James Kane, DMS
9. Great experience, friends for life, changed my life. The core minus one. Never below, never above, but always beside you! The sense of accomplishment is rewarding. Inspires me to achieve more. Left to Right: Brett Wilkens, Leonardo Sciandivasci, Todd Rodriguez, James Bermudez, CBS
10. I was blessed to attend CFI. Great school, great teachers! Thanks also to Rose Kelly from WorkNet, who encouraged me along the way, and to Sondra Cranford for introducing me to CFI at the VA Job Fair. Lanitha Hardy, MAX
11. So glad I took the initiative to further pursue my career. Graduated as a MA in 2004 and now I'm an Ultrasound Tech. I work at Suncoast Medical Clinic.  
Jacinta Sherman, DMS
12. I couldn't have asked for better instructors. The DA program was very informative and fun at the same time. Thank you CFI; If it wasn't for my instructors, I would have been a wreck. Thank you for everyone! I will miss it! Who knows, I might be back. Rita and Marwa Nuhra, DA Graduate Sisters



## Surgical Technology Graduates



# "Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime!"

by Nicole Sondermann, Polysomnographic Technologist Graduate



*A*lmost immediately I saw a relationship between two of my academic experiences with USF and CFI. Graduating from USF I had earned a degree, but not a set of measurable and marketable skills. I interacted with some of my professors and classmates while in class, but haven't seen any of them in at least 10 years.

***My experience at CFI has been completely different.***

First we have our core class within our selected program. In my case, the Poly students spent at least 4 hours a night, and at least 4 nights a week, with each other for nearly a year. Over that time period we worked together within our classroom setting, and became very familiar with each other. We learn to depend on each other, like spokes in a wheel. We developed relationships and we have seen each other on our externships, at conferences, and we stay connected through social networking paths.

Beyond the classroom, a larger group exists. Student activities at this school are ongoing, and the student participation is amazingly high. The service projects brought all of the students together and through this process, we expanded our experiences from beyond our program, like "I'm in poly" or "I'm in dental", or our class time, like "I'm days" or "I'm nights", to being a part of the CFI student body. The activities I remember

most that seemed to attract the most participation: Penny Drive, the 60's Dance, Halloween Dress-up and the Honor Society and Students-for-Students Food-fund raisers. We were a productive group – and had fun, even through the stresses of balancing school, work, families, and typical life obligations outside of the classroom. And finally, we have the school faculty.

***The dedication and commitment to seeing the students succeed is second to none.***

As students, we don't see what goes on behind the scenes. We show up every day, expect to be taught, tested, and stay pretty focused on our role as students.

I now sit on the CFI Advisory Board for the Polysomnographic program, and have had a glimpse of the work involved from the school's side of this academic equation. The teachers of this school have an amaz-



ing amount to do to make this relationship work. As students, the efforts we make yielded personal results.

As a faculty member, the efforts they make effect an entire class, and potentially an entire program. This is why CFI is so well recognized by both professional and academic accrediting associations.

Students are given all the tools and resources needed, **to learn as much as we wanted to learn**, about our chosen field, and related fields within the school capabilities. Through class projects and our externships, we were able to personalize our learning experiences. Because our instructors are actively, or have previ-

ously, worked in the field they are teaching, they know the **real world**, and they incorporate their experiences into our classroom learning experience. Now that I am working in the field, I have what I call "**Ah Ha**" moments. These are moments when I recall Mr. Daoud, Polysomnographic Program Director/Instructor, or Mrs. Ickes, Poly Tech Instructor, telling us stories about something happening to them.

Our relationship with CFI doesn't end with our final exam. From lining up job opportunities to sending transcripts and resumes, the staff continues to support the students. Mrs. Sondra Cranford, Health Education Director, attended a talk I gave at PTEC to support my efforts in educating truck driver students on sleep drowsiness and the importance of healthy sleep hygiene. Our teachers are still available to answer questions, and Ms. Rita is always available with a smile.

***If you stay in the Tampa Bay area, chances are you will cross paths with familiar faces from your time spent here. It's very cool to have this sense of belonging.***

And hopefully many of you will come back to share your experiences with the current and future students. They may be your coworker some day.

So back to the fishing and eating reference. Today we each walk away with a lot more than a diploma (or a fish) – we have acquired the necessary skills, and earned the recognition, to work in our chosen career path. We have been given the tools to succeed, and now our fishing classes are over.

***Congratulations!***

## Sunlake High School Teach-In



Thank you so much for coming to speak to my Medical Skills students. As usual, your presentation was wonderful, and the students really enjoyed the "hands-on" demonstrations! I appreciate the sharing of your time, experience, knowledge and skills with us! It is an invaluable educational experience for the students to have professionals from the community speak with us. Hope to see you next year! Sincerely, Sue Grego, RN, Health Education Teacher





# Zephyrhills High School Health Academy

Mrs. Brenda Carlson, RN, Mr. John Metzger, Career Specialist and Ms. Tammy Jordan

## River Ridge High School Great American Teach-In

Thank you! The presenters did a wonderful job as usual. Jackie Corbin, Jerry Blair and Maryanne Meyer, DCT & BTE Teachers



## Gulf High School Health Academy Class Tour



## Gulf High School Health Academy Great American Teach-In



*CFI is currently educating several of last year's HCA graduates and provides a lucrative and much needed stepping stone into the health field. Thank you again!*  
*Heather Simon, HCA & IB English, Gulf High School*

## Countryside High School Great American Teach-In



## DON'T SHORTCHANGE YOUR DREAMS! by Kristen Foley

I attended CFI in 2007. Just before school started, my son and I drove across the country from Colorado hoping for a better life. When I started my first classes I had no money, barely a place to live, and a three year old little boy desperately needing me to pull through for him. I immersed myself in everything CFI had to offer. I became the president of their chapter of the National Technical Honor Society and participated in other clubs as well. I knew I not only needed an impeccable resume but I needed a family. I found a way to incorporate each student and their families in the CFI experience by throwing an amazing Christmas party the year I was there.

When it came time to take my clinical rotation and externship I spoke up. As an Army veteran, I knew where I needed to be

placed to make sure I had the best chance of success and I started my externship with Bay Pines VA Hospital. Bay Pines offered me an on call position when I completed my hours with CFI but it meant I never knew when I would be working. My paycheck depended on someone calling in sick. That wasn't enough for me because I had to make sure there was food on the table. I talked to everyone about my plans for success. I made sure that people knew where I was going and I found the people to get me there. I only stayed a Non-Invasive Cardiovascular Tech for a few months before I was hired permanently and full time at the hospital. Again, I wasn't where I wanted to be. So, I took the time to learn everything about the professional world and how business worked. I never stopped

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# National Surgical Technologist Week



**S**urgical Technologists are integral members of the surgical team, working closely with the surgeons and in alliance with nurses, delivering direct patient care and ensuring patient safety before and during the operative procedures. They are skilled professionals uniquely prepared for and proud of their roll on the surgical teams. Surgical technology profession has grown to meet the continuing demand for well educated, highly skilled, and versatile individuals to work with the surgical team to deliver the highest possible level of patient care. I have been a surgical technologist for

many years and have always been very proud to be a member of the Association of Surgical Technologists. September 18-24, 2011 was National Surgical Technologist week. I obtained two proclamations from the cities of Tampa and Tarpon Springs and one from The Governor of the State of Florida proclaiming Surgical Technologist Week. My name is Phyllis Hankins, CST, Surgical Technology Program Director at Central Florida Institute, where I have the privilege to teach and oversee this excellent program that produces highly skilled, well educated graduates into the field of surgical technology.

## DON'T SHORTCHANGE YOUR DREAMS! cont. from pg. 7

looking for that promotion and a way to stand out and make myself known.

I have been with the Department of Veterans Affairs for almost four years now. Each year I have been promoted to a new position to where I am at today. I investigate health-care insurance fraud across the entire world for our nation's veterans and I put money back into their pockets. If I didn't get the education and experience from CFI, I would not be as good at my job as I am today. I use the medical terminology, the anatomy and physiology, and every other class to

create a comprehensive knowledge base that puts me ahead of my peers. But, that's not it for me. I always have to be taking things a step further. I started my bachelor's degree shortly after I graduated from CFI and I graduate this winter. If I could offer a piece of advice to any student reading my testimonial it would be this: "Don't shortchange your dreams! Anything is possible when you want it bad enough. Central Florida Institute gave me the door to success. I just opened it."



## NTHS Donates \$290.00 to Harbor House of Central Florida!



The National Technical Honor Society at CFI-Orlando organized two events to help raise money for the Harbor House of Central Florida. The first event took place on July 22nd and was called Wear Jeans for Harbor House. The second event took place on August 26th and was called Sport Jersey Day. The NTHS students collected donations from students and staff, which allowed them to wear jeans or sports

jerseys on the indicated dates. Through their efforts \$290.00 was raised for the Harbor House of Central Florida. The Harbor House provides a safe shelter, crisis hotline, counseling, and emotional support as well as legal advocacy for domestic violence survivors, their children and their pets. Survivors are also given resources and taught skills to help them safely reenter the community as independent individuals.