



Donna Sowles, RN

Donna started as a candystriper and took a CPR & 1st Aid course in high school. She has been in EMS for 50 years and continues to ride as a volunteer paramedic. She has worked as an RN for NYSDOC, as a school nurse and for the past 34 years, as a nurse in the Emergency Department and Urgent Cares at Auburn Community Hospital. She also works on the DMAT NY6 team, deploying for missions such as hurricanes, presidential inaugurations, & covid relief. She also travels and hopes to be able to visit every continent.

## Cruising with Donna

### Learning Outcomes –

- 1-Verbalize the difference between a boat & a ship
- 2-Understand the similarities between a ferry & a cruise ship
- 3-Comprehend the difference between USCG requirements, recommendations & where they are in force
- 4-Understand the ACEM guidelines for cruise ships
- 5-Comprehend the need for medical insurance
- 6-You will understand the need for a good credit card & high credit limit if traveling remote & internationally

### Bibliography

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