

SGNA news

Quarter Four 2016 | Volume 34

Where in the World are SGNA Members

See page 4 for the worldwide
locations SGNA members
have covered.

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HOT TOPIC

Colorectal Cancer Awareness: Spread the Word, Take Action

March is closer than you think—and that means Colorectal Cancer Awareness Month. It's never too early to start thinking about ways to mobilize your community and spread awareness of the message of prevention through cancer screening.

Here's a fact: Colon cancer is the second leading cause of cancer-related deaths among men and women in the United States, and more than 90 percent of cases occur in those aged 50 and older. Now here's another fact: Colon cancer is one of only a few cancers that can be prevented through screening.

As a gastroenterology nurse, your role is significant in spreading awareness. And being a member of SGNA means you have a wealth of resources at your disposal that enable you to inspire patients, spread the word, and ultimately help take action at a much higher level.

SGNA offers a number of educational resources and partnerships that help at each stage of the process. Let's take a look:

Get Inspired

- The National Colorectal Cancer Roundtable launched the 80 percent by 2018 campaign in 2014 with the goal to achieve 80 percent of adults aged 50 and older being screened for colorectal cancer by 2018
- Fight Colorectal Cancer has been inspiring the community since 2013 with its One Million Strong (OMS) movement. With OMS, inspiring stories of strength and survival are captured and shared, which can be used as powerful narratives to those suffering from colon cancer

Spread the Word

- Discover new ways to use social media and other forms of digital communication to elevate awareness in a fun and engaging manner
- Send reminder eCards through ASGE, CDC, or the American Cancer Society or use the SGNA GI Nurses Week eCard to thank your colleagues for their great work
- Produce a "Screen-A-Gram" from the Prevent Cancer Foundation

Take Action

- Support the Removing Barriers to Colorectal Cancer Screening Act of 2015 (SB 624, HR 1220)
- Tell your governor to declare March Colorectal Cancer Awareness
- Read and share the President's message declaring March Colorectal Cancer Awareness Month

Take a look at the SGNA website (www.sgna.org) for a full list of resources. ●

Save the Date

Celebrate GI Nurses
and Associates Week

March 20-24, 2017

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SGNA is an organization of 8,000+ registered nurses and other healthcare providers functioning in administrative, clinical, educational and/or research roles in the management of individuals with GI health problems.

SGNA News is published to provide association and industry information for the benefit of its members. Reference to any company or product within SGNA News should not be considered endorsement or approval.

Mission & Purpose

The Society of Gastroenterology Nurses and Associates, Inc. (SGNA) is a professional organization dedicated to the safe and effective practice of gastroenterology and endoscopy nursing. SGNA provides education, training and evidence-based GI/endoscopy practice documents to enable our community to provide the very best patient care. With more than 8,000 members, SGNA is an influential voice on issues impacting the specialty. SGNA continues to collaborate with other healthcare organizations that share our ultimate goal of empowering GI/endoscopy professionals to deliver the best possible care. Additional information is available at www.sgna.org.

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Inspire Others Around the World

Kristine Barman, BSN RN CGRN, 2016–2017 SGNA President



The seasons are changing with summer vacations at an end, but it's not necessarily the end of traveling. As your 2016-2017 SGNA president, I was privileged to represent our society at the CSGNA meeting in Winnipeg, Manitoba, Canada, on Sept. 29 – Oct. 1. There, I enjoyed the warm hospitality of gastroenterology nurses from across the provinces and territories at the Muddy Waters.

I was able to attend some wonderfully informative educational sessions, visit with exhibitors and enjoy a variety of local entertainment. The highlight for me was meeting with gastroenterology professionals and sharing experiences and stories. Two nurses from Nova Scotia — Susan and Fatima — took me under their wings and helped me navigate an unfamiliar city and conference. They were a blessing to this inexperienced traveler, and I will always be grateful for their kindness.

I was on familiar ground in Chicago for the SGNA Budget Finance and Audit Committee meeting, where your SGNA Executive Committee worked to determine a balanced budget that will give our membership the most value and support our strategic plan. Thank you to all the committee chairs for submitting their budgets for this next fiscal year.

I am also thrilled to have had the opportunity to attend the ESGNA/UEG meeting in Vienna, Austria. It was a time of learning and sharing with gastroenterology nurses from across

It is my joy to represent SGNA in these educational opportunities and share my message “Invest in Yourself, and Inspire Others” wherever I travel.

Europe in all manners of practice settings. I also visited with vendors in the exhibit hall and saw what products and services are available in Europe. The cathedrals and museums were places I enjoyed during my free time.

In March 2017, I will lead a delegation of SGNA representatives to Cuba. We will tour Havana, meet with nurses practicing in gastroenterology and learn more about healthcare in Cuba. I look forward to some of you joining me in this fantastic experience.

Summer may be over, but the opportunity for travel is alive and well in the schedule of the SGNA president. It is my joy to represent SGNA in these educational opportunities and share my message “Invest in Yourself, and Inspire Others” wherever I travel. Thank you for this wonderful opportunity. ●



Learning How to Better Your Career with SGNA SIGs

Associate/Technician SIG Chair Lisa Brown, ACNA AGTS CFER, shares her plans to develop better education efforts that will benefit all GI nurses in the greater scope of their careers.

SGNA's Special Interest Groups (SIGs) are a place for SGNA members to share resources, discuss issues and develop content on specialty topics. These new groups have already begun to provide invaluable information to members, but there are even bigger things in the works. Lisa Brown, ACNA AGTS CFER, chair of the Associates/Technicians SIG, said she plans to focus first on developing educational resources in her new role.

"I hope to help education and help the technicians understand their profession better from infection prevention, scope reprocessing, procedures, A&P and everything in the GI field," Lisa says.

Within the scope of education, Lisa says collaboration with other SIGs is a key to success. By collaborating with the three other groups, the educational pieces would be spread and shared amongst members, ensuring everyone is receiving the same great resources and learning opportunities.

"We are posting articles, resources and webinars that deal with every aspect in the GI field; not what is just for the technicians/associates, but for everyone," Lisa says. "After all, we are a team and education is not just for one group."

"We are posting articles, resources and webinars that deal with every aspect in the GI field; not what is just for the technicians/associates, but for everyone."

This is the first task Lisa says she plans to take on — generating relevant content, resources and events that encompass the entirety of the GI setting. Specifically, the Associates SIG is developing an Anatomy webinar for Technicians that is due to roll out in early 2017. The overview will cover basic information of the GI anatomy and physiology of the GI system, Lisa says.

"[The overview] is based off of an idea our orientation committee had for the technicians in our department," Lisa says. "We ask our technicians what would help them do, and understand, their job better; they wanted to know more about anatomy and physiology and the disease processes of the GI system. I read the *SGNA Core Curriculum* and compiled basic information that would help the technicians most. We incorporated a few hours of classroom teaching and gave them time to read and study."

"The development of this new tool has helped GI technicians understand the process and procedures they do on a daily basis better than before," Lisa says.

While some of these procedures are completed solely by technicians, the Anatomy Overview for Technicians document will benefit all SGNA members, however. Lisa shares this will help everyone with orientation, training and in giving better care for their patients.

"This information is so important because every member of the endoscopy team should be educated well in order to do their job," Lisa says. "I hope the technicians gain the education they need to do their job. Education is key to providing better care for our patients." ●

Learn more about SGNA SIGs at snga.org/SIGs

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- ✓ ANSI/AAMI ST91:2015, 12.4.2
- ✓ 2016 Edition, AORN Guidelines for Perioperative Practices - Flexible Endoscopes, Recommendations VII

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Multi-Center Visual Inspection Survey, Communique' May/June 2016
Participating hospitals: 41 Endoscopes Inspected: 126

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Where in the World Are SGNA Members?

When it comes to world travel, SGNA members have it covered. From Africa to Europe, SGNA members have traveled worldwide to gain the value of new perspectives and apply knowledge for the betterment of other countries.

**Phyllis Mapas, MA RN CGRN,
2012-2013 SGNA President**
October 2012
Amsterdam

European Society of Gastroenterology
Nurses and Endoscopic Associates
(ESGENA) Conference.

*"Finding such [diverse] individuals one after
another, who, against many odds, share
our enthusiasm, eagerness and passion for
gastroenterology nursing is most heartening.
As GI nursing professionals from America, the
world is ourstage — every corner of it."*

2013, Q1 SGNA News

SGNA Trip to Cuba 2017
March 6-11, 2017
Havana, Cuba

Join the Cuban Society of Nursing and
learn about Cuban healthcare delivery.

Visit the SGNA website at
sgna.org/Events/SGNA-to-Cuba

Agnes Gaber, MSN RN APN-BC CGRN
Debbie den Boer, BSN RN
November 2012
Calabar, Nigeria

Spoke at the two-day GI nurses program
of the 6th African Middle East Association
of Gastroenterology (AMAGE).

The newly formed society of GI nurses is
striving to make an impact on improving
the safety and care of patients.

*"We found the nurses to be educated, professional
and dedicated to improving their practice. They are
their countries' brightest, as work opportunities are
limited for women; they are exceptional and striving
to improve healthcare."*

2015, Q2 SGNA News



**Leslie E. Stewart, BA RN CGRN,
2011-2012 SGNA President**

October 2011

Stockholm, Sweden

European Gastroenterology Federation

Meeting of 3,000 GI physicians and nurses from all over the world sharing and searching for best practice and their own unique way of attaining excellence in patient care.

"We are all so different in customs and culture, and yet not really so different at all. We all search for quality."

2012, Q1 SGNA News

**Colleen Keith, MSN RN CGRN,
2014-2015 SGNA President**

Fall 2014

Vienna, Austria

European Nurses and Associates
(ESGNA) Conference

"The ESGNA conference had representation from 22 countries and had education courses on the same hot topics as the CSGNA event."

2015, Q1 SGNA News

Agnes Gaber, MSN RN APN-BC CGRN

May 2012

Amman, Jordan

Invited as guest speaker for the Jordanian Association of Gastroenterology and Endoscopy Nurses and Associates (JAGENA) 7th Conference.

"On behalf of these individuals [people who received books like 'The Manual of Gastrointestinal Procedures' and a 'GI Nursing Pocket Guide'], I wish to convey their gratitude and sincere appreciation for the educational tools provided by SGNA to assist with their daily care of their gastroenterology patients."

2012, Q4 SGNA News

Debbie den Boer, BSN, RN, SIGNEA Editor

February 2012

Khartoum, Sudan

Participated in the Sudanese Association of Gastroenterology and Endoscopy Nurses 3rd Scientific Workshop.

"This was an unforgettable journey, and the memories are etched in my heart and mind. What a great privilege we have to share information with our colleagues around the world, because wherever we are, our task is the same: providing safe, quality patient care."

2012, Q2 SGNA News

Diane Kouzmanoff Williford, RN CGRN

August 2015

Tenwek Hospital in Kenya

First recipient of the SGNA Medical Aid Scholarship.

Spent two-and-a-half weeks in [the hospital] supporting the hospital's endoscopy suite and helping educate the GI staff on best practices and infection prevention protocols.

"It [the scholarship] allowed me to network with other GI nurses, to provide education, to help problem solve and to assist in delivering safe patient care through [the creation of] standards and guidelines."

2016, Q1 SGNA News, "An African GI Adventure"

Your Roadmap to the 2017 Annual Course

When you're about to go on a road trip, one of the most important steps is looking at a map. You need to know where you're going and how to get there in order to arrive. Similarly, when it comes to your professional development, it's important to have a road map to better understand where you want to go and how you want to get there. A key destination – or stop along the way – in your education journey is the 2017 Annual Course, where you can connect with gastroenterology colleagues, learn from subject matter experts and experience the power of being an SGNA member.

Invest in Yourself Inspire Others

Jazz Up Your Journey



May 7 – 9, 2017

44th Annual Course

Pre-meeting events: **May 5 – 6** New Orleans

Continue building your GI network outside of sessions at the opening party, exhibit hall or closing celebration.



Register by March 31, 2017 to take advantage of early bird pricing.



Earn up to 36.75 contact hours. Sessions are also gastroenterology-specific or Board for Sterile Processing and Distribution Certified.



Bridge the Gap:
Nurses and technicians paired together for orientation and refreshment of hands-on technical skills in the endoscopy lab

Nursing competency:
More than just a checklist

Relevant to staff nurses, nurse managers and more

How to Optimize Your EMR to Improve Patient Care in Gastroenterology

Learn how to improve patient care with electronic medical records

Gastrointestinal Anatomy and Physiology: Know Where You're Going Before You Start the Journey

Build a solid foundation for a future filled with caring for GI patients

Maintaining Endoscopy Center Survey Readiness

Discover how to stay prepared for Joint Commission, the Accreditation Association for Ambulatory Healthcare and DNV GL Healthcare



Hilton New Orleans Riverside Hotel

- Experience the museums and exhibits
- Enjoy the birthplace of jazz
- Try New Orleans style GI-friendly foods

Explore more at annualcourse.sgna.org.



5 Tasks You Do That Are Harder Than Voting for Your SGNA Board



As a GI nurse, you run into difficult tasks every day, which means that voting for your next SGNA Leadership and setting the course for our future is a breeze. SGNA board elections are coming up quicker than you think, and as an SGNA member, you have the opportunity to influence who is selected. This is a great way to shape the future of SGNA and have your voice heard. Engaging with SGNA has never been easier!

Here are five tasks you do every day that are exponentially more difficult than voting:

1. Colonoscopies
2. Balloon-assisted endoscopies
3. Liver biopsies
4. Enteroscopies
5. Esophageal manometries

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Did You Know?

Highlights from *Gastroenterology Nursing Journal*
September/October 2016

The official Journal of SGNA, *Gastroenterology Nursing*, is packed with information to keep you on the cutting edge in gastroenterology.

Take a look at some of the articles featured in the September/October 2016 issue, and visit the Journal to dive deeper into these topics.

The Effect of Warm Water Intake on Bowel Movements in the Early Postoperative Stage of Patients Having Undergone Laparoscopic Cholecystectomy: A Randomized Controlled Trial

By Çalışkan, Nefise MSN, RN; Bulut, Hülya RN; Konan, Ali MD

This study sought to determine the effect of orally administering warm water during the postoperative initial stage on the time of first flatus in patients who had undergone laparoscopic cholecystectomy. Literature suggests that warm water has favorable effects on intestinal movements.

Comparison of Rectal and Esophageal Sensitivity in Women With Functional Heartburn

By Freede, Margaret PhD, JD, RN; Leasure, A. Renee PhD, APRN-CNS, CCRN; Proskin, Howard M. PhD; Hatch, Daniel MA; Edwards, Karethy DrPH, APRN, FNP-BC; Pascucci, MaryAnn PhD, APRN-CNS; Smith, Patsy R. PhD, RN

This study tested if there is a correlation of maximum pain threshold (MPT) in the esophagus and rectum in persons with functional heartburn. The team also evaluated correlations with initial perception threshold (IPT) and pain threshold (PT).

The Effects of a Self-Care Program on the Severity of Symptoms and Quality of Life of Patients With Irritable Bowel Syndrome

By Ghiyasvandian, Shahrzad PhD; Ghorbani, Mojtaba MSc; Zakerimoghdam, Masoumeh PhD; Purfarzad, Zahra MSc; Kazemnejad, Anoshirvan PhD

This research team sought to determine the effects of a self-care program on the severity of symptoms and quality of life of patients with irritable bowel syndrome, a chronic disease that requires self-care strategies.

To learn more about these research studies and many more, find the *Gastroenterology Nursing Journal* online under the "Member Center" tab and "Journal" quick link. You must be logged in to access these issues.

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Plan Your Future with SGNA

This is the perfect time of the year to look ahead and start planning your SGNA events and GI celebrations for the rest of the year and 2017.

January 1, 2017

Infection Prevention Winter Session starts

Renew your membership before the new year

March 2017

Colorectal Cancer Awareness Month

March 6-11, 2017

SGNA Cuba Trip

March 31, 2017

Annual Course Early Bird deadline



April 2017

Esophageal Cancer Awareness Month

April 21-22, 2017

URMC 3rd Annual Advanced Endoscopy Course

May 7-9, 2017

44th Annual Course, Invest in Yourself, Inspire Others

June 1, 2017

Infection Prevention Summer Session starts

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*Source: MD Buyline, Technology Report™: Low-Temp Sterilizer and High-Level Disinfectant, (September, 2013). The provider community recognizes MD Buyline as the one-stop shop for holistic financial, clinical, and operational information across all medical technology categories. "Class" of AERs includes models that support 2,000 procedures per year.

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Exploring the Travel Bug

Rhonda Maze-Buckley, RN, SGNA News Editor

What an exciting time for SGNA members! Right around the corner is our Annual Course in New Orleans, and in March, several SGNA members will make a historical journey to Cuba to learn about Cuban healthcare. While not all of us will be able to travel with our fellow members to either of these exciting places, we can learn a few amazing facts. Did you know:

- Cuba is often called El Caiman or El Cocodrilo (Spanish for alligator), which is what the island looks like from the air.
- Cuba has the highest doctor to patient ratio in the world. They are often sent abroad to other countries that need medical physicians.
- Cuba has a 99.8 percent literacy rate, which is one of the highest in the world.
- Without Cuba, we would not be able to enjoy the classic dance styles of the cha cha and the mambo as Cuba is the birthplace of both styles of dancing.
- A prehistoric fish called the mangar, or King Barbus fish, is only found in Cuba.
- A statue of John Lennon was erected in 2000. Fidel Castro admired his music and believed him to be a true music revolutionary.

There are also a number of fun and interesting facts about our very own New Orleans:

- "Archie" Manning was a New Orleans Saints quarterback for over 11 years and then proceeded to raise two famous quarterbacks in New Orleans: Payton Manning and Eli Manning



- The Superdome, located in the New Orleans business district, is the largest fixed domed structure in the world.
- Since New Orleans allows alcohol on the street, many restaurants provide to-go beverages.
- New Orleans is pronounced "New Or-lins or "New Or-lee-yuns," but the parish and avenue is pronounced "New Or-leens."
- You will not find the cardinal directions of north, south, east or west in New Orleans; the locals use uptown, downtown, riverside or lakeside.

I'm looking forward to hearing the exciting stories from Cuba at our Annual Course. Hope to see you in New Or-lins!

Reference

www.discovery.com, 2015

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Save the Date for the SGNA 44th Annual Course

Join your colleagues in New Orleans, LA, to jazz up your GI journey!

It's not too early to start getting excited about the 2017 Annual Course, taking place in the Big Easy. The SGNA 44th Annual Course will be hosted at the New Orleans Morial Convention Center May 7–9, 2017, with pre-meeting events slated for May 5–6.

