



NESGNA "SCOPE"

Winter 2006



New England Region 28

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Please post at work in your GI Unit to share with co-workers.

Linda Allen CGRN Editor
Katie Snyder-Past President Editor

March 2006
President's Letter

With the holidays behind us, and the New Year ahead of us, it is a natural progression for us to think about making resolutions. Some of us might resolve to exercise more, take a course, or simply clean out our closets. In the spirit of helping others, I hope some of you will consider getting more involved with your community.

There are many ways to accomplish this goal. For instance, you could organize or volunteer to help at a health fair. This affords a golden opportunity to educate the community in various GI issues such as colorectal cancer screening. Volunteer to speak to on these issues at Senior Citizen Centers or local organizations such as the Lions Club. Many of our hospitals have bulletin boards for patient education. Design a display dedicated to GI health and have educational pamphlets available to hand out. These are just a few examples of what you could do to become more involved with your community.

This year, the NESGNA would like to encourage our members to collaborate with fellow professional organizations such as the Crohn's and Colitis Foundation (CCFA). Support the CCFA by joining and taking an active role in the many programs and events they sponsor. If you are interested in legislation, become involved with their Advocacy team or Government Affairs Committee. Support group leaders and co-leaders are always needed. Volunteer to lead or co-lead a CCFA support group in your community. For those of you who like to be outdoors, the CCFA sponsors walk-a-thons and bike-a-thons. Chair a walk in your neighborhood, serve on a planning committee, or become a walk-day coordinator.

Let's enhance public awareness of GI health through increased community involvement and collaboration with our fellow professional organizations. Join and support organizations that promote GI health and wellness and prevention of disease. New England is one of the largest and most active regions in SGNA so let's make our presence known to our communities. And at the same time, help make NESGNA the "SGNA region of the year" by committing to increased community involvement this year.

Whatever you decide to do, please let us know. We would like to put your endeavor on the website for all our members to see and to give you recognition for your valuable work. Our website is "under construction" at the moment but you will be able to contact the board through the new site with one simple email address. Hopefully, by the time you read this message it will be up and running.

In April, we will be offering a meeting on "Things That Go Bleed in the Night" (have I piqued your curiosity ?) and our September meeting will feature sedation issues. The November dinner/ business meeting will feature a lecture about fulminant hepatic failure. We will be requesting a fall certification exam test site from CBGNA. The site to be determined and announced at a later date. I'm looking forward to an exciting year for New England and hope you are too.

Kim Foley President NESGNA

NESGNA Officers & Board 2006

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certification

The following NESGNA members were newly certified in October 2005:

Karen Zick CGN
Ann Marie Bishop CGRN
Diana Crampton CGRN
Debra Drenzek CGRN
Marjorie Voltero CGRN
Carolyn Bateman CGRN (in May 2005)

The following NESGNA members were recertified in October 2005:

Irina Filina CGRN
Linda Allen CGRN
Karen Markowski CGRN
Renee Yancy CGRN

Congratulations to you all! Each of these nurses will be receiving \$100.00 from the NESGNA for their successful certification or recertification.

Congratulations to other New England nurses who certified or recertified in October 2005:

Jean Silk CGRN
Laura Edwards CGRN
Beata Umugwangwali CGRN



A Special Congratulations goes to Kate Donovan, named Humanitarian of the Year for 2005 by the New England Chapter of the Crohn's & Colitis Foundation of America. Kate is a Project Coordinator at Children's Hospital in Boston and a NESGNA member. It is an honor to have Kate as our member.

New England Society of Gastroenterology Nurses and Associates
Annual Spring Meeting: Things That Go Bleed in the Night



April 1, 2006
Burlington Marriott, Burlington, MA

- 7:00am -- 8:00am *Registration and Breakfast*
- 8:00am -- 8:10am **Welcome and Regional News**
- 8:10am -- 9:10am **Topic: Upper GI Bleeding**
Speaker: Dr. David Lichtenstein
Affiliation: Boston Medical Center
- 9:15am -- 10:15am **Topic: Ischemic Colitis**
Speaker: Dr. George Dickstein
Affiliation: Metro West Medical Center
- 10:15am -- 11:00am *Break and Exhibits*
- 11:00am -- 12:00pm **Topic: EUS for the Masses**
Speaker: Dr. Seng Ian Gan
Affiliation: New England Medical Center
- 12:00pm -- 12:10pm *Questions & Answers, Evaluations*

No Registration Accepted After March 25, 2006, No Walk-In's
3.6 CEU's Pending Approval

NESGNA RN Member \$30.00 (ID # _____) RN Non-Member \$50.00

NESGNA Tech Member \$10.00 (ID # _____) Tech Non-Member \$15.00

Name _____

Address _____

Phone _____ E-Mail _____

New address

New Email address

Hospital/ASC Affiliation _____

Please note: No confirmation notice will be sent. We will only contact you if your registration cannot be accepted.

No telephone registrations accepted. Full refund granted for cancellations prior to March 25, 2006.

Check our website for weather cancellations: www.nesgna.org

Make checks payable to **NESGNA** and mail to: Debbie Gates
15 Marion Ave.
Norwood, MA. 02062

Scholarships



Three \$400.00 scholarships were awarded at the January 21st meeting. The recipients were chosen from a drawing at the Saturday meeting which had over 180 attendees. The scholarships will aide these 3 NESGNA members in attending the National SGNA conference in May. The scholarships will be presented to the recipients during a reception for the New England members at the National conference.

Scholarship recipients:

Donna Girard- Not Shown

Eileen Murphy and Elizabeth McAuley are shown with Kim Foley, 2006 NESGNA President.

What a great opportunity it is to attend the SGNA National Conference. It is a great place for learning the latest in GI nursing, networking with your peers and having a lot of fun. If you want to find out more about the 2006 conference in San Antonio, go to www.sgna.org.

Quality of Colon Cleansing Determines Diagnostic Yield of Colonoscopy

New research indicates that elderly and hospitalized patients are more likely to experience an inadequate colon cleansing before colonoscopy, which researchers have linked to more difficult and less thorough procedures.

Results from one of the first large-scale, multicenter trials to examine the effect of colon cleansing on the quality of colonoscopy establishes “a clear relationship between the quality of the bowel preparation, and the ease, the speed and the completeness of colonoscopy,” according to an article published in *Gastrointestinal Endoscopy*.

“The diagnostic accuracy of colonoscopy depends on the quality of bowel preparation,” wrote lead author Florian Froehlich, MD, Senior Lecturer in Gastroenterology, University of Lausanne, Switzerland, and colleagues. “Bowel preparation, therefore, is a critical issue with respect to the diagnostic yield, difficulty, time required, and the completeness of colonoscopy.”

Dr. Froehlich and colleagues studied 5,832 patients who underwent colonic cleansing and colonoscopy at 21 centers in 11 different countries. Complete colonoscopy was accomplished in a greater proportion of patients who had achieved a high-quality cleansing than a low-quality cleansing. The quality of cleansing was classified as low, moderate, or high based on the endoscopist’s assessment.

The study flagged certain groups of patients who have a significantly higher risk of an inadequate bowel preparation and who may therefore need more intensive or alternative bowel preparation protocols. In particular, patients older than 65 years or patients treated in hospitals had fewer adequate colon cleansings, perhaps because of decreased intestinal motility, the researchers suggested.

The quality of the cleansing was directly linked to the diagnostic yield of colonoscopy, thereby confirming the results of earlier, single-center studies. Detection of polyps of any size depended on quality of cleansing. Cancers, however, were not detected less frequently in patients with poor preparation.

The method of bowel cleansing had no impact on outcomes. Bowel preparation was performed with solutions containing polyethylene glycol solutions in 55.1% of patients, with solutions containing phosphate in 20.8% of patients and with other cleansing solutions in 24.1% of patients.

Based on an article by Froehlich F et al (Gastrointest Endosc 2005;61:378-384).

*Do you have a protocol in your hospital or GI center that assures adequate preps for elderly and In-house patients?
Please email me with your information and I will share the responses in our next newsletter.*

kimfoley_nesgna@yahoo.com

Or fax to Kim @ 781-932-966

Please include your place of employment in your correspondence. No names necessary.

GI Nurses and Associates Day

March 22 is GI Nurses and Associates Day. How will you celebrate and appreciate yourself and your peers this year?

GI Nursing is a rewarding field of nursing to be practicing in. The technology is ever changing and the delivery of our care is sometimes a challenge. Reward and celebrate what you do so well every day!!

Jackie Dillon's name was chosen from a drawing at the January 21st meeting. She and her co-workers at Saint-Elizabeth's hospital in Brighton will be receiving a breakfast compliments of NESGNA to help them celebrate GI Nurses and Associates Day.

Congratulations and enjoy!!

Educational Offerings by NESGNA and other regional opportunities:

SAVE THESE 2006 DATES:

NESGNA 2006 Meeting Dates at the Burlington Marriott:

April 1, 2006- Saturday 7am-12pm

September 16, 2006- Saturday 7am-12pm

November 14, 2006- Evening Business/ Educational Dinner

April 22, 2006: Spring into Endoscopy, Cape Cod Health Care, Hyannis, MA
Contact Arlene Myers-McKim at arldicmcki@aol.com or call 508-862-5148

April 29, 2006: Maine Annual Spring Conference in Portland, ME. Contact: Marsha Bouchard (207-831-8249) or Cindy Ferland (207-892-2808)

October 13-15, 2006: Central NY Multi-Regional Conference and CGRN test site, Albany, NY. Contact Barb Schwant @ 518-887-2850

October 20-21, 2006: CTSGNA Fall Conference, "Beyond the Scope" in Foxwoods Resort and Casino, Conn. Contact: Gail Steele @ gsteele170@yahoo.com

GI On Call Survey

Does your hospital have nurses on call when the endoscopy unit is closed? Are you curious to know what other hospitals do and how they manage their call responsibilities?

Then please answer these few questions about your facility and fax this form back to Kim Foley who will collate the answers and report the results to you in the Spring Newsletter.

Name of hospital: _____

What hours are you required to be on call?

How many nurses take call per evening/week-end?

If a second nurse is on call is it 24/7 or abbreviated hours?

Are your techs on call with you 24/7 or just certain times?

Are there a minimum number of hours you are paid for coming in?

Are you paid straight time or time and a half when called in?

How much per hour are you paid to be on call?

Where are endoscopic procedures done during call hours?

Thank you for taking the time to respond to this survey.

You may either fax your answers to 781-932-9660;

Or e-mail to: kimfoley_nesgna@yahoo.com

Or mail to Kim Foley RN, Ambulatory Care Unit, Winchester Hospital, 41 Highland Avenue, Winchester, MA, 01890.

Please include your place of employment in your correspondence. No names are necessary.

The Dave Project

Have you heard about it? The Digital Atlas of Video Education.
Go to www.thedaveproject.org/GINursing . You will find various video
and audio educational sessions related to GI Nursing.

The site was developed by Jane Harker CGRN and Chris Robbins CGRN.
Both Chris and Jane work at Mass General Hospital and are members of
the 2006 NESGNA Board.

NESGNA

Committed to Excellence in GI Nursing

Sandra Hession, NESGNA Secretary
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CONFERENCE REGISTRATION INFORMATION ENCLOSED