



OSGNA

Ohio Society of Gastroenterology Nurses and Associates

The Scope

Winter 2013

President's Message

Officers

Greetings from Cincinnati,

I hope you are all staying warm. It is so hard to believe that the holiday season is here and 2014 is just around the corner. I don't know about anyone else but it seems that the older I am getting the faster time is going by.

We are in the process of organizing the upcoming March meeting. The meeting will be held March 29th, 2014. It is being held in Cincinnati at the Oscar Center. If you have any topics that you would like to hear more about, or if you are interested in helping plan the event please email me at jm52699@aol.com. There will be more information to follow about it.

You should have all received the email to vote in the SGNA national election. You can vote up to January 17th. You can go to SGNA.org and read about all the candidates who are running for positions.

We are still looking for members who would like to become a board member. For information about the different positions please contact any of us that are on the board.



2013 President, Joan Metze

- PresidentJoan Metze
- Past PresidentDebbie Vance
- President ElectTerri Geil
- SecretaryKim McNary
- TreasurerKaren Strader-Helton
- Education/LegislationShirley Flowers
- Historian/Newsletter.....Sandy Amos

Our Medical Advisors for 2012-13 are Dr. Carmen Meier and Dr. Christopher South. Thank you for your dedication and service.

Upcoming Events

March 5, 2014 - Nurses Day at the Statehouse
Enter The Conversation Change the World
Ohio Statehouse, Columbus OH

March 29th - OSGNA 2014 Conference
Oscar Event Center in Fairfield, OH (next to Jungle Jim's)

May 2-6, 2014 – SGNA 41st Annual Course
Nashville, TN

Continued on pg 2

Education/Legislative Update

Shirley Flowers, BSN, RN, CGRN

Education Chair/Legislative Liaison

With 2013 end of year wrap up for The Scope, I would like to take the opportunity to thank you for your support and assistance in allowing OSGNA's continued involvement in community programming as well as nursing continuing educational opportunities.

In February we participated in Nurses Day at the Statehouse, joining several hundred Nurses and nursing students representing Nursing organizations and nursing schools from throughout the state. Governor John Kasich joined us during the lunch program, along with other state legislators, providing opportunities for one on one exchanges of information with our state representatives. It has been said that one in every fifty voters in the United States is a nurse. What power we have when working together! Next year's Nurses Day at the Statehouse is scheduled for March 5, 2014, the theme chosen is Enter the Conversation Change the World. Nurses Day at The Statehouse is routinely a sold out event, check out the ONA website for registration information.

We would also like to encourage you to contact your US representatives asking them to support New Jersey Representative Don Payne's Proclamation, Designating March 2014 as National Colorectal Cancer Awareness Month, a community service project close to our specialty and our hearts. This is a great grassroots opportunity to be a part of the plan and the solution.

Through the generous support of our sponsors and affiliations this year, OSGNA was able to offer educational opportunities for over 20 nursing contact hours. We received feedback and suggestions for future education topics, from both OSGNA March conference held in Dublin and the October Multi-Regional SGNA conference held in Louisville, Kentucky this year. We would also like to again extend a very big Thank You to the Ohio Gastroenterology Society for so graciously including our members in their September program held in Columbus.

Happy Holiday Season and a very Happy New Year to all. Looking forward to seeing you soon!

Shirley

Dates to Remember

March 5, 2014 - Nurses Day at the Statehouse

Enter The Conversation Change the World
Ohio Statehouse, Columbus OH

March 29th - OSGNA 2014 Conference

Oscar Event Center in Fairfield, OH (next to Jungle Jim's)

May 2-6, 2014 - SGNA 41st Annual Course

Nashville, TN

Continued from pg 1

Remember that the deadline to apply for an OSGNA grant to be used in 2014 for GI educational offerings is December 31st. Please look on our website OSGNA.org for the application.

I hope that you have a very blessed holiday season.

Merry Christmas and Happy New Years

Joan Metze

President

Leaking PEG tubes: A great problem without a great solution

By Peter P. Stanich, MD and Somashekar Krishna, MD

Percutaneous endoscopic gastrostomy (PEG) tubes are now commonplace throughout hospitals and extended care facilities. It seems likely that the utilization will continue to expand as the general population ages and the need for non-oral enteral nutrition increases. The placement of PEG tubes have known risks such as infection, perforation and bleeding with which endoscopy staff are very familiar. However, the long-term complications can be more frustrating to manage.

A common complaint with chronic PEG tube usage is leakage from around the tube. This leads to skin irritation and discomfort and if it continues can progress to maceration and infections. The first thought of many is to place gauze underneath the bumper to try and absorb the fluid. Not only is this ineffective at preventing skin irritation, it can also lead to buried bumper syndrome if more and more padding is used. Buried bumper syndrome occurs when the internal plastic PEG bumper is pulled into and eventually through the stomach wall and subcutaneous tissue due to traction placed on the external bumper. We do have a few patients who swear by the “button buddy”, which is a thin pad made from cotton layer and a fleece layer. They report this is effective for a minimal amount of leakage and will likely decrease the risk of buried bumper compared to stacks of gauze.

If leakage remains and is of moderate to high volume, the best option is to remove the PEG once the tract is mature and allow the gastrostomy to close. A replacement can then be placed at a distinct site, often as soon as 24-48 hours after removal of the initial tube. Replacing with a larger PEG tube does not work and may actually worsen the issue by further expanding the gastrostomy.

A more difficult situation is when the tract is not mature and there is high volume leakage. This can occur when a patient has poor healing capacity, such as with severe malnutrition. If the PEG is removed with an immature tract, the patient is at risk for peritonitis from leakage of gastric contents into the peritoneal cavity. There are no well established therapies or treatments in this situation that limit the risk of early tube removal. We recently performed an innovative technique that may provide an option if it can be repeated and confirmed to be effective.

We used the Overstitch endoscopic suturing device (Apollo Endosurgery Inc.; Austin, Texas, USA), which allows for placement of a stitch and knot without necessitating removal of the device or endoscope, to close a fistulous tract around a PEG tube (image 1, left). We formed a mucosal wrap around the PEG which was immediately effective in closing the mucosal defect (image 1, right). This was typified by having persistent air leak at the start of the procedure necessitating constant pressure and air insufflation which was no longer needed once the wrap was formed. At follow-up appointments 2 and 8 weeks later, the patient reported a marked improvement in abdominal skin condition and only minimal leakage. A report of our case with further details will be published in the journal *Endoscopy*.



Photos from the Multi-Regional Conference



Shirley Flowers and Kim McNary



Board Member Representatives



• Open Invitation to All • Members

• This is an open invitation to all members to attend
• any quarterly board of director meetings in 2013 and
• 2014. We need to prepare, educate and mentor those
• who are interested in running for office for the 2015-
• 2017 term. Several current board members plan to
• step down and pass the gavel to our future leaders.

• SGNA requires that each region provide its members
• with contact hours, quarterly newsletters and that
• the board of directors meet quarterly too. We usually
• meet at the Jefferson Outlet Mall food court (half way
• between Cincinnati, Columbus and Dayton) to discuss
• how we are going to accomplish the SGNA require-
• ments. We always meet the evening before the spring
• educational conference.

• There are benefits of being a Board member. OSGNA
• pays for the Boards annual dues and waives the spring
• educational conference fees. All of this is dependent
• on available funds.

• Please consider pursuing an active interest in OSGNA
• by contacting Kim McNary through this website or
• check the website for Board meeting location and
• dates.

