



OSGNA

The Scope

Summer 2016

President's Message

Hello to everyone,

Summer is finally here and personally I could not be happier! As we all know the weather in Ohio can be crazy and warm weather can take forever to finally settle in. It is also a very busy time of year for many of us with vacations, gardening and sports activities. I hope everyone has a wonderful summer but also plans ahead to incorporate some of the following upcoming events for this year and next into their schedules.

Past events this quarter are:

The National Conference in Seattle, Washington was superb. I especially enjoyed the leadership sessions that focused on improvement within the Endoscopy unit. As nurses, we are always so focused on our patients that we sometimes forget to take care of ourselves and each other. Building each other up improves morale and ultimately improves patient care and patient experience as well.

Many sessions focused on scope reprocessing as this continues to be a hot topic in infection control. While we were at the conference we received notification that the SGNA had updated their [Standards of Infection Prevention in Reprocessing of Flexible Gastrointestinal Endoscopes](#). These 2016 updated standards can be found on the SGNA website at:

Officers

PresidentSheryl Fluegeman
TreasurerPeggy Bowling
SecretaryKim McNary
Legislation / Education.....Shirley Flowers
.....Joni Stewart
Newsletter / HistorianRachael Bowman

Upcoming Dates

- September 17, 2016
Ohio Gastroenterology Society
Annual Meeting Columbus, OH
- May 7-9, 2017
SGNA 44th Annual Course
New Orleans, LA



OSGNA™

The Scope

<http://www.sgna.org/Education/Standards-Practice-Guidelines>. Staying on top of these changes is vital to keeping your unit up to date and compliant. This is yet another reason to encourage our GI staff to become an SGNA member as it is a wonderful resource to aid us in molding our processes and policies.

Our 2016 OSGNA Annual Educational Conference was held at the Roberts Center in Wilmington, Ohio in April of this year. We had a generous turn out of nurses and associates that enjoyed a full day of GI specific education and networking opportunities that included 7 CE's for the day. If you were among them we thank you for joining us and cordially invite you to our next one in 2017. Please spread the word and invite all of your co-workers and colleagues.

Future Events:

The Ohio Gastroenterology Society Annual Meeting will be held at the Embassy Suites Airport hotel in Columbus, Ohio on September 17, 2016. This conference is free to SGNA members and offers 5.75 CE's. The link to the brochure is: http://gi.org/wp-content/uploads/2016/06/OGSannMtg_brochV2.pdf

The 44th Annual Course, "Invest in Yourself, Inspire Others", will be held in New Orleans, LA. The date for this is May 7-9, 2017 with pre-meetings and optional courses May 5-6, 2017. Attending the Annual Course, becoming a member of the SGNA and obtaining a GI certification truly is investing in yourself and will reap future rewards. We

employ you to look into scholarship opportunities through the SGNA that can be found at:

<http://www.sgna.org/About-Us/Awards-Scholarships>

Our home event, the 2017 OSGNA Educational Conference, will be held in Cincinnati, Ohio and is in the beginning planning phase as the board and education committee have begun foundation work on it. Be on the look-out for a save the date in the near future so you can plan to participate in this educational and networking opportunity that will provide no less than 6 CE's. To keep up with ever-changing technology and progress in the "green movement" we are pushing for everyone to use Eventbrite to register for this conference. Simply clicking on the Eventbrite link on our website will take you to a simple registration process.

We are still looking for enthusiastic members to make our Society the best that it can be. If you are interested in joining the leadership team, please contact me at president@osgna.org or any of the board members listed on our website. I hope everyone has a wonderful summer and keep that sunscreen on! Sheryl Fluegeman, BS, RN, CGRN
President, OSGNA



Legislative Liaison

Shirley Flowers, BSN, RN, CGRN

The 43rd Annual, 2016 SGNA Education Conference “*Breaking The Mold*”, attracted around 1900 participants to the lovely city of Seattle, Washington. The weather was great with sunny, balmy days and little need for umbrellas as our packing hints had mentioned. Walking shoes were a must, how easy the hills looked when navigating down, a note to self - another big **Thank You** to my Ohio buddies (see pic) that pretended they too, were exhausted after the trip back up the hill (mountain), as “we” hailed a cab instead of the planned walk back to the hotel after dinner. The educational offerings were top notch with topic selections geared for novice, intermediate, experienced GI Nurses, Techs and other GI professionals.

The first day of meetings for us, began with an early morning cup of coffee on the way to the 2016 SGNA House of Delegates. The meetings are open to all participants, with special seating arranged for delegates and alternates. The agenda began with aspects of leadership, including methods, outcomes and goals then led into fundamentals of holding productive formal meetings using Roberts Rules of Order. The leadership sessions were followed by parliamentary proceedings, refreshers and the introduction of 2016 Resolutions submitted to the HOD from SGNA members. After being formally presented and following our newly honed skills of Roberts Rules of Order, the resolutions were discussed/ debated, and in a few instances revised and re-presented for vote. Three of the four Resolutions passed and were submitted to the SGNA Board for final adoption (or not). We’ll keep you posted on the final update.

Synopsis of Resolutions submitted to the SGNA Board of Directors:

- Prorating membership for first time SGNA members
- SGNA development of Regional event planning tool kit
- SGNA outgoing Program Committee Chairs remain on the committee an additional year

For a look at the resolutions as submitted to the HOD, check out the SGNA website under 2016 House of Delegates.

One of the highlights of the day was the re-chartering ceremony of SGNA regions, with OSGNA president, Sheryl Fluegeman receiving the SGNA 2016 Re-charter certificate for Region 45.

ABCGN CERTIFICATION

Registration window for the Fall 2016 exam this year is June 1 through July 29th, (last business day of July). The Fall testing window this year is October 1st through the 31st. Once the registration window closes, candidates will be contacted when scheduling is available for their selection of testing date and location through Prometrics, the testing



OSGNA™

The Scope

company. ABCGN certification is open to RNs currently or recently working in a gastroenterology and gastroenterology/endoscopy setting; RNs employed in a clinical, supervisory, administrative, teaching or research capacity, in hospital or private practice setting for a minimum of two (2) years full time, or part-time equivalent of 4,000 hours within the past five (5) years in GI/Endoscopy.

- Must have 2 years work experience as an RN prior to sitting for the CGRN designation
- Full time industry RNs whose focus is at least 40% clinical practice, education, or research are eligible. Those RNs whose focus is sales are not eligible
- CGRN candidates must have a current RN license issued by a US state to be eligible

Additional information including testing criteria, domains tested and CGRN exam application process can be found on the website at www.ABCGN.org

New Contact hour requirements for CGRN Recertification

CGRN certification is granted for a period of 5 years. The certification period begins on the date of certification and expires on December 31st five years later. Recertification can be achieved by retaking the certification exam or submitting an application for recertifying by contact hours.

Minimum Requirements if recertifying by contact hours

	Old Requirement	New Requirement
Total Hours	100	75
GI-Specific	80	60
GI-Specific Category 1 (Live Nursing Seminars)	40	30

See the Recertification Handbook online for more information www.ABCGN.org

Take a look at the scholarship opportunities offered by ABCGN – including Recertification Scholarship – deadline Nov 1, as well as Certified GI Professional of the Year – deadline Nov. 15

Hint - You'd be surprised at how few take advantage of these opportunities

Next year's SGNA Annual Conference is scheduled May 7-9th in New Orleans, Louisiana – only one time zone away!

Respectfully submitted June 2016
Shirley Flowers, BSN, RN, CGRN



Education

Joni Stewart, RN, CGRN

The OSGNA annual Education Conference held April 2nd at the Roberts Conference Center was well attended with over 130 participants, including vendors. Participants were able to earn 7.5 Nursing Continuing Education hours, which met ABCGN guidelines of being GI specific. A sincere thank you to the Education Committee for bringing forth another quality program with great topics and speakers. We are also very appreciative of all the vendor support we received, most notable from ERBE, Inc. for providing National speaker Rhonda



DelCampo. We would be remised if not also thanking members and conference participants for their continued support of OSGNA GI educational opportunities.

A sincere thank you to participants that brought canned items. They were donated to the local food pantry, "Sugartree Ministries - Our Father's Kitchen" in Wilmington.

The Education committee is looking forward to next year's conference in the Cincinnati area. So Cincinnati Share your ideas/suggestions for great topics and Cincinnati area Speakers, for the upcoming OSGNA 2017 Conference!

Upcoming Educational Events

To register for the following educational opportunities go to:

Web site: ccme.osu.edu

Create an account

Go to View Conferences and click on conference to register and view the agenda, topics, and speakers. (I looked for the date offered).

- **Aug. 20th** | "Innovations & Advances in GI Endoscopy"
 Registration fee is \$15.00 - Lunch provided
 at OSUWMC - "Biomedical Research Tower"
 460 12th Ave. Columbus, Ohio 43210
 Has been approved for 6.5 CNE GI Specific
- **Sept. 24th** | "3rd annual management of High Value Care GI Disorders for Primary Care "
 Free of Charge
 Lunch Provided
 Located at OSUWMC - "Biomedical Research Tower"
 460 12th Ave. Columbus, Ohio 43210
 Has been approved for 5.5 CME's (in the process of applying for CNE's).
- **Nov. 12th** | "Neurogastroenterology & Motility Symposium"
 Registration \$15.00 (Half day)
 Located at OSUWMC - "Biomedical Research Tower"
 460 12th Ave. Columbus, Ohio 43210
- **Sept. 17th** | Ohio Gastroenterology Society Annual Meeting Free for members of OSGNA, Offering 5.5 CME's, located at The Embassy Suites Columbus Airport, Endorsed by OSGNA Registration will be available at a later date.
 More information on registration will be on the web site.



OSGNA

The Scope

- The following is a webinar available through the Hereditary Colon Cancer Foundation. Go to www.HCCTakesGuts.org for registration, additional information, and CNE's (GI Specific approved by ABCGN).

They are also available 4 days post presentation.

07/07/16 Hereditary Mixed Polyposis Syndrome – Sonia Kupfer

08/04/16 Serated polyposis Syndrome – Janes Church

09/01/16 Pediatric Considerations in Polyposis Conditions – Seth Septor

10/06/16 Patient Experience – Q/A based discussion w/Pt. advocates

Also check out the OSGNA/SGNA web sites for additional educational opportunities.

THE IMPORTANCE OF PROPER PREPPING

COLONOSCOPIES

10JUN2016

April Dermer, RN

Clinton County Outpatient Surgery

WHY IS THIS SO CRUCIAL FOR PATIENTS?

Colon cancer remains the second leading cause of death in the United States. Research indicates that approximately 1 in 4 to 1 in 6 patients are inadequately cleansed for a colonoscopy. Poor preparation for the procedure results not only in increased patient and healthcare system costs, but also in wasted time for the gastroenterologist and ultimately more required prepping for the patient in future procedures. The biggest risk for the patient is undetected, even life threatening, colon health problems (preventingcolorectalcancer.org).

Hydration

Hydration is one of the most important aspects of prepping for a colonoscopy. Many patients complain of nausea and vomiting as a result of the prep solution, however dehydration is often to blame. Because volume loss is essential to fully empty the colon prior to a colonoscopy, it is critical for the patient to understand the value of drinking plenty of clear liquids when instructed to avoid undesirable side effects. The continuance of fluid replacement post procedure also remains of high importance to minimize the symptoms caused by dehydration during bowel preparation. In addition, pre-screening for



OSGNA™

The Scope

co-morbidities such as renal disease and Diabetes should be of prime concern when considering the best choices for patient bowel preparation (medscape.com). In patients with chronic constipation, the prescribed preparation should be carefully considered and perhaps doubled by the physician to ensure the patient is adequately cleansed and to avoid repeat procedures.

Patient Compliance

Equally important are the abilities of health care professionals to recognize barriers to following preparation directions, such as language, literacy, visual problems, and support systems within the home or facility. Brochures and other educational materials should be utilized which provide clear, concise directions for the patient to follow and combined with contact numbers/website information that the patient can use when they have questions or concerns. Likewise, the patient should be reminded to follow the preparation exactly as prescribed by his or her GI physician, NOT the instructions provided by the manufacturer of the preparation they receive at the pharmacy (mdanderson.org). Patient cost should also be of prime consideration. Although many insurances, including Medicare, cover routine screening colonoscopies starting at age 50, the cost of bowel preparation may not be covered. The patient should then be directed toward resources which offer coupons or discounts on the necessary bowel preparation, if available (preventingcolorectalcancer.org).

In conclusion, it is vital for healthcare professionals to properly assess and educate patients prior to colonoscopies. A better informed patient who is provided individualized care based on specific health care needs and resources will increase compliance with colonoscopy preparation instructions, and will in turn decrease health care costs overall. While a bowel preparation is unpleasant, reduced symptoms of dehydration will provide a more positive outlook for patients. Colorectal cancer remains a highly preventable disease and the aforementioned measures to increase patient education and compliance with colonoscopy preparation will result in a reduced number of missed diagnoses and precancerous polyps not visualized on a poorly prepped patient.