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The Scope

“Our lives begin to end the day we become silent about things that matter” -Dr. Martin Luther King

I have been having a hard time finding the right words to share with you. It doesn't feel right to focus only on the conference, or the uncertainty COVID has brought into our lives. Yet as I reflect on the words and actions of my colleagues recently - I am reminded that as we come together as professionals, we have the opportunity to be the catalyst for a positive change.

It has been hard to “come together” as we are used to. Social distancing, fear, frustration, and a flurry of change have brought us all to a new place. I feel confident that each of us has undergone an immense amount of change and uncertainty the first part of this year. We have all been challenged to think differently, act without the full story, and flex in ways we never thought possible.

Dr. Peck, Interim Dean of Capital University, shared four sentences that have been the foundation of her approach to leadership. They resonate with me and have been the way in which I have approached my personal and professional life, as of late.

I don't know.

I need help.

I am sorry.

I was wrong.

I don't know the right words to share with my peers, my patients, my team, or our members - particularly those of color. Yet, I cannot remain silent. I don't know what action I should take. Yet, I am trying to learn. I need help as we move forward together. I need help in making decisions for our members, our organization, and our community overall. I look to you, our members, and our board to give me that guidance.

I'm sorry I have been silent so long. I'm sorry if my words now seem inappropriate or too late. I'm sorry that so much is unfair and that I have been blind to the benefits of my white privilege. I see everything differently than I did before. I was wrong to assume that others would know how I feel. I was wrong to assume that focusing on updates regarding our conference, membership, and certification was sufficient. I was wrong to wait this long.

I believe the power of our voices, when used together, can collectively and collaboratively motivate positive change. I believe we have a duty to discard indifference and inspire engagement. We need to speak up for those who cannot speak for themselves, and add our voice to those who are not being heard. We need to promote positivity in our workplace, advocate for one another, and celebrate each other.

TOGETHER, our voices are stronger and we have the opportunity to be the catalyst for a positive change.

Jessica Miller RN, BSN, CGRN, NE-BC
OSGNA Board President



OSGNA™

The Scope

Anti-Racism Resources

Anti-racism resources on how you can become better educated, involved, and identify unconscious bias.

Articles to read:

- "The Death of George Floyd, In Context," by Jelani Cobb of *The New Yorker*
- "This Is How Loved Ones Want Us To Remember George Floyd," by Alisha Ebrahimji for *CNN*.
- The *New York Times Magazine's* award-winning *The 1619 Project* is as important as ever. Take some time to read (or re-read) the entire thing, particularly [this essay](#) by Nikole Hannah-Jones
- "You shouldn't need a Harvard degree to survive birdwatching while black," by Samuel Getachew, a 17-year-old and the 2019 Oakland youth poet laureate, for the *Washington Post*
- "It's exhausting. How many hashtags will it take for all of America to see Black people as more than their skin color?" by Rita Omokha for *Elle*
- "The Case for Reparations," by [Ta-Nehisi Coates](#) for *The Atlantic*

Books to read:

- "So You Want to Talk About Race," by Ijeoma Oluo
- "Born a Crime: Stories from a South African Childhood," by Trevor Noah
- "How To Be An Antiracist," by Ibram X. Kendi
- "White Fragility," by Robin DiAngelo
- "Biased," by Dr. Jennifer Eberhardt

Things to watch:

- Speaks Volumes Anti-Racism Activist & Educator Jane Elliot Speaks To White Citizens On Receiving (<https://www.youtube.com/watch?v=xUlqTNwm-mk>)
- How to deconstruct racism (https://www.ted.com/talks/baratunde_thurston_how_to_deconstruct_racism_one_headline_at_a_time)
- The Hate U Give, a film based on the YA novel offering an intimate portrait of race in America



OSGNA™

The Scope

- Just Mercy (now free to rent thanks to Amazon), a film based on civil rights lawyer Bryan Stevenson's work on death row in Alabama
<https://www.amazon.com/gp/video/detail/amzn1.dv.gti.9ab792c9-d158-dbcc-452d-232a8e14f6a0?autoplay=1>
- The 1965 debate between James Baldwin and William F. Buckley
- Becoming, a Netflix documentary following Michelle Obama on her book tour
- When They See Us, a Netflix miniseries from Ava DuVernay about the Central Park Five

Things to listen to:

- Still Processing, a New York Times culture podcast with Jenna Wortham and Wesley Morrison
- Seeing White, a Scene on the Radio podcast
- Code Switch, an NPR podcast tackling race from all angles

UPDATES ON CGRN RECERTIFICATION

My email to ABCGN

Hello –

I am the president of one of the SGNA regions. Will there be any extender on recertification for the certified GI Nurses?

With all the cancellation of the live conferences, there are nurses that will not be able to get the live contact hours. I have nurses in my region that are very concerned.

Will there be any waiver, deadline extension, or accommodation for these nurses?

Thank you for the information,
Jessica Miller

ABCGN Response

Jessica,

Thank you for your email. The recertification deadline is still December 31, 2020. Nurses that are due to recertify in 2020 that do not have the required number of contact hours can take advantage of the ABCGN hardship policy as outlined in the recertification guide excerpt below.



OSGNA™

The Scope

Hardship Extension

Any candidate who is unable to fulfill the necessary requirements for recertification by the December 31st deadline in any given year due to circumstances of a serious nature may request a hardship extension. The request for extension must be received by ABCGN Headquarters no later than **January 15 of the year following the candidate's December 31 expiration date**. The request must be accompanied with a **\$100** fee and proof that 50% of Category 1 GI specific contact hours (15 hours) have been earned. Requests should be mailed to ABCGN, 330 N. Wabash Avenue, Chicago, IL 60611. If approved, the candidate will be granted a 6-month extension to earn the remaining hours.

ABCGN will discount the recertification fee that is paid in 2021 by \$100 that paid for the hardship extension to ensure each recertificant only pays the full recertification fee.

This information was also covered in the ABCGN Annual Business meeting that took place on May 20, 2020, the recording is located on the ABCGN website under the about tab as well.

Thanks,

Heather Rich, MPA | Executive Director

American Board of Certification for Gastroenterology Nurses (ABCGN)

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CONFERENCE UPDATES

OSGNA 2020 Conference

As you are aware- Due to the confirmed Ohio and Columbus cases of COVID-19, the subsequent declaration of a state of emergency, and need for social distancing, **the OSGNA Executive Board made the decision to postpone the upcoming Saturday, March 21st 2020 Beyond the Basics Conference**. At this time we have decided not to reschedule. Your health is of utmost importance and we hope you understand our



OSGNA™

The Scope

decision in delaying the event. Rechartering will not be affected by this decision, as the Board received word from National Leadership that all regions will receive a waiver on education requirements this year. Thank you for your continued understanding, patience and support.

SGNA 47th Annual Course

The 47th Annual Course in Louisville Kentucky has been rescheduled for Nov 1-3, 2020. If you are already registered – you should have received a survey from our National Board regarding your intent to attend, reservations related to attending, and what your ideal environment would be. Please respond and share your perspective.

As we get closer to the date we will post more information on the hotel where we will be staying and any updates on Facebook!



OSGNA™

The Scope