

GI Professional Nursing Award

Rayleen Hogan, RN BN CGN(C)



CSGNA National Conference 2017

Rayleen Hogan meets and exceeds all of the criteria noted in the CSGNA scorecard with the exception of authoring a book. However, I am sure it's only a matter of time before we can check that one off too. Rayleen is however, published in the Evans et al, *International Archives of Health and Nursing Care*, Volume 2, Issue 1, 2016. "Does the Presence of an Endoscopy Nurse Influence Adenoma Detection Rate During Colonoscopy". Rayleen has written articles for the CSGNA's Guiding Light. She is currently scheduled to present at our upcoming GI day, which had to be rescheduled for April due to a huge snowstorm. Rayleen is continuously involved in the development of unit policies and procedures. Currently, Rayleen is providing input for the development of Pyxis materials/supplies for endoscopy policy. Rayleen takes every opportunity to organize, attend and participate in GI educational offerings. Rayleen has attended out of province offerings, including the CSGNA national conference in 2015.

Rayleen is a promoter of GI education in nursing. Recently, in her new position as president of our local CSGNA Chapter, she supported the expansion to Skype and T-Con meetings to allow staff to attend who may not be able to attend in person. This allowed fellow Chapter members provincially to join in. I'm happy to report that this initiative has had a measure of success with some of our rural nurses signing on "to see what CSGNA is all about".

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GI Professional Nursing Award

2017

Rayleen Hogan

Rayleen has also expanded Chapter meetings to include short in-service GI education sessions. Rayleen is focused on ensuring the GI nurses get extra educational offerings no matter where they are located. Rayleen lined up several vendor sponsored evening dinners in rural Newfoundland for the upcoming months. She understands that breaking of bread together supports a sense of community, encourages participation and makes learning fun. As past recipient of the SciCan award Rayleen has been and is still recognized by her peers for her dedication to GI and its continuous improvement.

Rayleen is considered a “go to” person when staff need education or support learning new Endoscopy procedures. New staff often find themselves assigned with Rayleen and share that they have learned and laughed a lot. We all know the value of a smile. Rayleen is an active volunteer with Lost Pets Newfoundland and recently assisted in relocating a Russian immigrant dog. While working full-time, Rayleen has completed her Baccalaureate in Nursing 2016 and is now working on her Masters Degree in Nursing. She recently secured the position of Regional Endoscopy Waitlist manager, a special 18 month project aimed at reducing wait times and meeting target scope dates. It is my honor to put this nomination forward and work side-by-side with her.

Kindest Regards,

Jeannie Harding RN

Regional Manager, Endoscopy and Pulmonary Services,

Eastern Health Newfoundland

Rayleen Hogan, 2016

Graduation Bachelor of Nursing



Scholarships



WHEN ARE GRANT/ SCHOLARSHIP APPLICATIONS DUE?

- Annual CSGNA IBD Educational Grant May 31
- CAG Scholarship Dec 1
- CSGNA Chapter of the Year Award May 31
- Chapter Executive Professional Development AT LEAST 45 days prior to the professional development event
- CSGNA Professional Development AT LEAST 45 days prior to the professional development event
- GI Professional Nursing Award July 1
- Michele Paquette Re-Certification Grant May 31
- Michele Paquette Re-Certification Grant May 31
- New Member Educational Grant May 31
- RPN LPN Technician Educational Grant May 31
- SciCan Educational Grant May 31
- National CSGNA Conference Grant May 31
- CSGNA Research Grant July 1

Visit [CSGNA.com/member-portal/education](https://www.csgna.com/member-portal/education) for more information.

Contact Awards Director Linda Gandy, if you have further questions.

awardsdirector@csgna.com

Please contact me about any comments you may have about this newsletter
or any ideas for future issues.

Carina Kirk, Newsletter Editor

Email: multimediodirector@csgna.com

18 Month Membership: Explained



WHAT IS AN 18 MONTH MEMBERSHIP?

Annual Report can be found
online through our website:
CSGNA.COM

Fall Edition CSGNA Newsletter



Need a Vacation?



We need to raise money for digestive health research and **YOU** need a trip to the beach!

Head to our online silent auction to bid on awesome prizes!

We have 2 West Jet Return Tickets to the destination of your choice, a Keurig, and much much more!

It's a great cause with great prizes! Send your patients or make a bid yourself!

biddingforgood.ca/CDHF

CLICK HERE



NEW FACT GUIDE:

Understanding irritable bowel syndrome with diarrhea

This fact guide covers the basics of irritable bowel syndrome with diarrhea, making this a great resource for patients who are seeking relief. In this informative guide, IBS-D is explained in an easy to understand way, treatment options are covered and lifestyle tips are offered. Patients who better understand IBS-D are more comfortable, and enjoy a much better quality of life. Visit: www.CDHF.ca/IBS

Understanding Pancreatic Exocrine Insufficiency

Get your patients back to living their lives, their way! This animation covers proactive strategies and other treatment options in an easy to digest way (get it?). Send your patients to www.CDHF.ca/PEI to watch the animation! CDHF is committed to helping your patients manage their symptoms and to let them know they're not alone!



UNDERSTAND.

TAKE CONTROL.

LIVE BETTER.

In the Spotlight: By Michael Miceli



I have always wanted to work abroad. I applied for my Canadian nursing registration with Canada's National Nursing Assessment Service (nnas.ca) www.nnas.com in February 2016. I was sitting at the Vancouver, International Airport on my return to Australia from vacationing in Canada. The process to apply to work and gain registration in Canada is very different to Australia.

Whilst I was waiting to hear back from the College of Registered Nurses of British Columbia (CRNBC), I found the CSGNA conference that was held in Winnipeg, September 2016. I was able to attend the CSGNA conference at that time and connect with fellow nurses.

The first step in registering was applying to the National Nursing Assessment Service (NNAS). This is where I had to send all my Australian documents for review prior to being eligible to apply to the College of Registered Nurses British Columbia (CRNBC). Coming from a Commonwealth country played a vital role in my transition to Canada as we are both an English speaking country.

In Australia, I worked as a Clinical Nurse and an Associate Clinical Service Coordinator in the GI unit at the Lyell McEwin Hospital (LMH) in Adelaide, South Australia. I have been working at the LMH since 2010 and started working in the GI unit from 2012 till my move to Canada. During this time I have been able to broaden my knowledge by being an active member of the Gastroenterological Nurses College of Australia (GENCA) www.genca.org. I attended workshops such as the Sydney International Endoscopy Symposium (SIES) held in New South Wales Sydney, Australia. The SIES is organized by Professor Michael Bourke who was working alongside Professor Rajvinder Singh at the LMH with his cases of Barrett's esophagus. I have also had the privilege of assisting Professor Singh in live feed streaming overseas with our most recent one to Japan.

"Some of my new friends at St. Paul's Hospital, Vancouver, BC"



"Fellow nurses at CSGNA Winnipeg 2016"



In the Spotlight:

Continued by Michael Miceli

As a member of GENCA, I knew there had to be a similar organization here in Canada. This is when I found the CSGNA and the national conference was to be held in Winnipeg, Manitoba September 2016. Having the opportunity to travel as nurses and attend conferences in our skilled areas is extremely valuable. The CSGNA allowed me to meet new people and share/gain new knowledge within Gastroenterology. CSGNA and the networks I made gave me the guidance/assistance to future employment in British Columbia. Finding employment can be very difficult when you don't know anyone or know the correct process of applying for jobs in a new country. As I had no friends or family in Canada, the CSGNA was my family and allowed me to interact with fellow nurses and make new friends.

My application for registration was with the CRNBC allowing me to only work in BC. After the 2016 National conference in Winnipeg, I flew directly to Vancouver, BC. I introduced myself to St Paul's Hospital in downtown Vancouver, expressing my interest to work in Canada and continue to further develop my skills and knowledge in GI. St Paul's Hospital is where I gained full time employment in April 2017 in a scope line. I continue to enjoy working in GI especially in Canada. I would like to thank two National board members, Suzette Lloyd and Stephanie Carr who were of great assistance in providing me with contact information for my move to Canada. Through my connections with everyone at the CSGNA, I was able to successfully gain employment in Canada and continue to work in Gastroenterology. Thank you CSGNA!

Michael Miceli RN

Vancouver Regional Chapter



“Colleagues from the Lyell McEwin Hospital, Australia”

“Sydney International Endoscopy Symposium ”



Synopsis for 2017

Victoria, British Columbia Annual Conference Face to Face Board Meetings September 20th and 24th

Attendance Pre & Post Board Conference

11 CSGNA Board Members were in attendance.

2 CSGNA Board Members were absent.

Minutes taken and submitted by Suzette Lloyd, CSGNA Secretary.

Review / Additions / Adoption of Minutes

A few agenda items were shuffled from Pre to Post Annual General Meeting. 12 new motions items were passed and minutes were circulated.

Welcomed New In-coming Board Members for 2017-2019

In-coming Board of Directors:

Katherine Mansfield "Treasurer 2017-2019"

Marleen Spenser "Canada East Director 2017-2019"

Jeannie Harding "New CSGNA Secretary 2017-2019"

Bobbie Sheppey "New Canada West Director 2017-2019"

Continuing Board of Directors:

Connie Wescott: "President 2016-2018"

Cathy Arnold-Cormier: "President-Elect 2016-2018"

Joan McKechnie: "Canada Centre Director 2016-2018"

Paula Triantafillou: "Public Relations Director, 1 year 2017-2018"

Linda Gandy: "Awards and Research Director 2016-2018"

Jody Hannah: "Practice Director 2016-2018"

Gail Mason: "Education Director 2016-2018"

Carina Kirk : "Multi-Media Director 2016-2018"

Said Goodbye to Out-going CSGNA Board Members

Out-going CSGNA Board Members:

Jacqui Ho: "Treasurer"

Suzette Lloyd: "Secretary"

Mildred Clement: "Public Relations Director"

Stephanie Carr: "Canada West Director"

Executive Assistant:

Miranda Boyer: contracted till Sept 2018

Synopsis for 2017

Victoria, British Columbia Annual Conference Face to Face Board Meetings
September 20th and 24th

Bylaw Changes/Revisions

Complete CSGNA bylaws will be reviewed and revised at the next Annual CSGNA conference in Quebec City, Quebec 2018. All proxy votes are encouraged in order to make quorum. All members and non- members are encouraged to join the Annual General Meeting.

Financial Reports

CSGNA financial terms with Revenue Canada were changed from May to April 30th in 2016. All accounts were reviewed by Outgoing Treasurer, Jacqui Ho.

CASH: \$189,506.

Short Term Investments: \$175,170.

Operational Funds: \$239,536.

Educational Fund: \$40,053.

Conference Fund: \$85,086.

CSGNA Accountant: Sandy B. Scholfield, CPA will continue to aid CSGNA through 2017-2018.

All attending members were in favor of accepting CSGNA Financial Report for 2017.

New CSGNA Events Team

CSGNA has discovered the current events coordinator we have been using for over 11 years have closed its business. The Board of Directors were notified in May of 2017. A new events company was hired by CSGNA in the middle of August of this year. This company called Events Management Plus has been highly recommended by other medical groups and is presently working with the Quebec City Planning Committee with 2018 Annual CSGNA Conference.

Board of Directors met with Heather Dow, our new events coordinator at the Victoria, BC conference face to face meeting. This company appears to be very forward thinking, organized, knowledgeable in event planning as well as website design. Heather Dow participated behind the scenes at the Victoria, BC conference and CSGNA Board of Directors feel this company will be a great fit for 2018.

Synopsis for 2017

Victoria, British Columbia Annual Conference Face to Face Board Meetings
September 20th and 24th

CSGNA Administrative Assistant

Miranda Boyer, CSGNA Executive Assistant has agreed to extend her contract with CSGNA until the end of September 2018. Thereafter, the contact will need to be negotiated at the face to face Board of Directors meeting held before the Quebec City CSGNA conference. Miranda Boyer will continue to work the registration booth as a familiar face for members as well. The National Executive are extremely excited to keep her onboard. If you have any questions in regards to her role or services please contact her through the website. Hours of operation will be from **11:30-16:30 EST Monday-Thursday**. This role will continue to encompass office management/secretarial roles such as: answering phones, emails in regards to membership, website activities, and aiding with organizational events during national conference times. The central phone line and addresses have been updated. Please refer to website for current information.

CSGNA CNA GI Certification Update

In August 2017, CSGNA was approached by an international Gastroenterology nurses Group in Abu Dhabi to create a Gastroenterology Nursing syllabus for nurses preparing for their CNA certification. Thirty nurses in Abu Dhabi are expected to write the Canadian Nurses Association (CNA) Gastroenterology Nursing exam in the next year. CSGNA accepted this offer. Within 3 weeks CSGNA developed a syllabus in which all CSGNA members along with any Gastroenterology nurse in the world will have access to in preparation for the Gastroenterology CNA exam.

Website Development and Future Strategies for Improvement

Since 2016-2017, the website has gone through a tremendous amount of changes. CSGNA is always looking at transitioning into new website opportunities and relationships to improve website use for its members. New ideas to improve the website were discussed and final motions within the Board of Directors will be made at the next teleconference November 18th, 2017.

From 2015, when CSGNA first introduced the TimedRight Platform at the Annual General Meeting, the Board of Directors predictions were to see this forward thinking communication tool be adopted by all CSGNA members to utilize. Unfortunately, the TimedRight service revealed a downward spiral in the amount of people accessing this platform. With this in mind, CSGNA will review its contract with TimedRight and review its feasibility and need for members before the next teleconference on November 18th, 2017.

Synopsis for 2017

Victoria, British Columbia Annual Conference Face to Face Board Meetings September 20th and 24th

Education Hours per CSGNA National Conference

Educational Director, Gail Mason has communicated the importance of taking back control of accredited GI educational hours granted after each conference. Vendor time within the syllabus will also be accredited toward total conference accredited hours. In past conferences, GI related accredited hours have somehow moved away from the CSGNA Education Director's duties. Moving forward, the Education Director will now liaison with CSGNA's new conference planner and all future planning committees to ensure GI related hours are all accounted for.

Overview of CSGNA Victoria, British Columbia Conference

2017 CSGNA Annual Conference in Victoria, British Columbia had over 200 delegates in attendance. 47 delegates were first time attendees with CSGNA. The Planning Committee worked extremely hard on the program and all felt pleased with the way the program flowed. Feedback from members suggested both opening and closing plenaries were well received.

The Friday CSGNA Social started off with elegant appetizers & wine; a tasty sit down meal and ended in a fun extravaganza rock concert featuring favorite songs from the 50's to the present. All members who attended were smiling ear to ear. Good job Planning Committee. GI certification accredited hours were once again attached to CSGNA's evaluation portfolio in which all members would fill out on line following the conference.

CSGNA National Conference 2018, Quebec City, Quebec

Planning stages for the upcoming National Conference held in Quebec City, Quebec are well on its way. The conference will take place at the Delta Conference Centre. Please visit the website in the future for accommodation details and dates. Blocked rooms sell out fast so don't hesitate to hold your date for the conference. See you all there.

Online Applications for Grants/Awards

Congratulations to all CSGNA scholarship winners for 2017. On-line grants & awards are now offered within the website for 2018. There were no applications for the Research Grant and the Professional Development award for 2017. For future grants and awards CSGNA encourages all of you to apply. All necessary documentations will need to be attached to the application process. All applicants are sent an award application response,. If you do not receive an acknowledgement please contact the CSGNA administrator.

Synopsis for 2017

Victoria, British Columbia Annual Conference Face to Face Board Meetings September 20th and 24th

Nominations for CSGNA Secretary & Canada West Director

Two Board positions were available for nomination to all attending members as an open forum at the Annual General Meeting held on Friday September 22, 2017.

CSGNA Secretary Position:

Rayleen Hogan from Newfoundland nominated Jeannie Harding, from the Newfoundland Chapter. No other nominations were placed. Jeannie Harding accepted the Secretary position (2017-2019).

Canada West Director Position:

Shirley Maltman from Calgary, Alberta nominated Bobbie Sheppey from the Calgary, Alberta Chapter to run as the next Canada West Director, Carina Kirk from Manitoba nominated Carol Reidy from the Manitoba Chapter to run for Canada West Director. A ballot system was used to vote by all attending members during the elections. Bobbie Sheppey was nominated to be the new Canada West Director (2017-2019). Both members were thanked for offering their nominations and participating in the elections. This is always the exciting component to the Annual General Meeting.

Marketing & Membership Strategic Plan for 2017

CSGNA's core strategies are to focus on increasing membership for 2018. A new slogan was given to Chapter Executives at the Chapter Executive Dinner in Victoria, BC to "Bee a Member". Each attending member received a "Bee House" signifying the relationship and bond CSGNA members have to their association and to their profession.

Check the front page of the CSGNA website for more details. New membership slogans and interactive events will be highlighted on the front page news of the website in the future. This is the year the website and Facebook page will be transformed.

Secondly, improving support and communications to all Chapters Executive across the country will continue to be strengthened between board and Chapter Executive. CSGNA will continue to foster strong partnerships with CANIBD, vendors, Canadian Association of Gastroenterology and CNA.

Synopsis for 2017

Victoria, British Columbia Annual Conference Face to Face Board Meetings
September 20th and 24th

Upcoming Events

CANIBD Conference: November 4th, 2017.

Teleconference: CSGNA Board of Directors:

November 18th, 2017.

Face to Face CSGNA Board Meeting:

February 2-4th, 2018 Toronto, Ontario

Submitted by,

Suzette A. Lloyd BScN CGN(C)

Secretary

A graphic for membership renewal featuring several stylized flowers with vibrant, multi-colored petals in shades of pink, orange, purple, blue, and green. The flowers are on thin green stems with small leaves. The background is white with faint, repeating text like 'McGill University Art' and 'May 1st to April 30th' visible through the design.

Membership Renewal

RUNS MAY 1ST TO APRIL 30TH ANNUALLY

President's Report

Dear Fellow CSGNA Members,

Summer has been upon us and now that fall has come, there is work to be done. The National CSGNA conference was a great experience for all to be had. The courses were excellent. I hope that you all had time to network with your fellow members and also members of industry. I enjoyed myself thoroughly, I hope that you did as well.

Challenges were put forth by my fellow Board members and I would like to reiterate them myself. Firstly, I challenge each and every one of you to bring in a new member into your Chapter. Share your enthusiasm for CSGNA and the benefits of being a member.

Secondly, I challenge you to become certified and those of you who are to continue to do so. It's important to show your colleagues the pride you have in being a GI nurse and a certified one at that. Keeping up to date and certified is an important part of CSGNA.

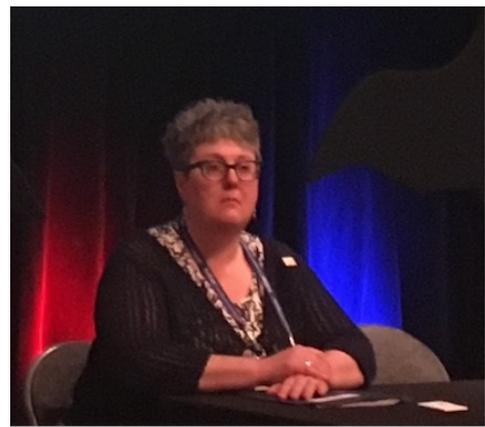
Thirdly, I challenge you to become more active in your Chapters' activities, volunteer with an education function, volunteer to be a member of your Chapter Executive. There is a sense of accomplishment with being a volunteer, so give it a try.

I hope that you will be able to accomplish a challenge.

Submitted by,

Connie Wescott RN CGN(C)

CSGNA National President



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 Wolters Kluwer



President Elect Report

All Nursing specialty organizations have been working with the Canadian Nurses Association (CNA) to improve the numbers of new certification and renewals. CNA has created a mandate to increase numbers of certified nurses in every specialty. CSGNA has been fortunate and was offered an opportunity to work with a nursing organization in Abu Dhabi, Saudi Arabia to create a syllabus for the Gastroenterology Nursing exam. This special interest group in Abu Dhabi was interested in having their nurses write the CNA Gastroenterology exam. The request was that a course be developed in a very short time frame, only a matter of weeks. The syllabus course content was developed and completed September 12th, 2017. The course content and syllabus was approved shortly after by the CNA. This valuable opportunity has given CSGNA two important and encouraging prospects. Number one, it has created more Gastroenterology nurses to write the CNA certification exam, approximately 30 nurses from Abu Dhabi, increasing CNA's numbers overall of certified GI nurses. Number two, the possession of the materials developed in the form of a syllabus of GI specific course content lends itself to CSGNA in developing its own certification study materials. CSGNA is in the process of getting the study materials, (syllabus) copy righted and then it will be put in the appropriate place for all CSGNA members to use to prepare to write the exam. This could potentially be enough to save our specialty.

I implore everyone to encourage one person to write their certification exam. We need to increase our numbers.

On a different note, there are a few bylaw changes needed. Bylaw changes will be posted on the website in February 2018 and will be voted on at the next Annual General Meeting (AGM) in September 2018. If you cannot attend the 2018 AGM please give a proxy vote to someone attending. Proxy vote forms are also available on the website.

Submitted by,

Cathy Arnold Cormier BScN RN CGN(C)

President Elect



Moving?

If you have moved recently or plan to, please notify our Administrative Assistant Miranda Boyer to update our files.

@

csgnaadministrativeassistant@csgna.com





SATURDAY, JANUARY 13, 2018



ADVANCES IN NUTRITION
FROM DAILY LIVING TO HIGH PERFORMANCE SPORT

Waterloo Sports - 145 Richmond Street West, Toronto, ON M5H 2L2

Advances in Nutrition: From Daily Living to High Performance Sport will offer delegates an opportunity to listen, learn, network and engage with some of our leading experts on nutrition as it relates across the spectrum of daily physical activity to high performance sport. The conference will focus on weight loss and muscle gain in athletes and active individuals; low carb, high fat diets for prevention and performance; nutrition and healing, and strategies for building a successful sport nutrition practice.

CONFERENCE PROGRAM – SATURDAY, JANUARY 13, 2018

SEGMENT 1: WEIGHT LOSS AND MUSCLE GAIN IN THE ATHLETE AND ACTIVE INDIVIDUAL

The Right Amount of Protein at the Right Time: Protein Needs for Muscle Gain and During Weight Loss

Speaker: Daniel Moore, PhD, Assistant Professor, Faculty of Kinesiology & Physical Education, University of Toronto

Designing a Weight or Fat Loss Program: Practical Tips from the Trenches

Speaker: Erik Sesbreno, MSc (c), RD, CBDT, Dip. Sport Nutrition IOC Sport Dietitian, ISAK L3 Anthropometrist and Clinical Bone Densitometry Technologist, Canadian Sport Institute Ontario

SEGMENT 2: POPULAR DIETS AND SPORT PERFORMANCE

Low-Carb, High Fat Diets for Athletes: What does the Evidence Say?

Speaker: Dr. Trent Stellingwerf, Lead Research and Innovation, Canadian Sport Institute Pacific

Gluten-Free Diets for Sport Performance

Speaker: Dr. Dana Lis, RD, IOC Dipl Sport Nutrition, CSSD, PhD

SEGMENT 3: NUTRITION FOR HEALING

Can Nutrition be a Tool to Protect or Treat Concussions?

Speaker: Ashley Armstrong, MS., RD., CSSD, IOC Dipl. Sports Nutrition, ISAK Level 1 Canadian Sport Institute, Sport Dietitian

Nutrition + Medicine for Maximizing Athlete Performance: The Perfect Recipe

Speaker: Margo Mountjoy, MD, PhD, CCFP (SEM), FCFP, FACSM, Dip Sport Med McMaster University, IOC Medical Commission Games Group, FINA Sports Medicine Committee Chair

SEGMENT 4: BUILDING YOUR SPORT NUTRITION PRACTICE

Sport Nutrition Concepts for the non-Athlete: Perspectives from a Clinical Setting

Speaker: Marina Mourtzakis, PhD, Associate Professor & Associate Chair, Applied Research, Partnerships and Outreach, University of Waterloo

What Now? Strategies to Build and Develop a Successful Sports Nutrition Practice

Speaker: Jen Sygo, MSc, RD, Registered Dietitian and Sports Nutritionist and Nicole Springle, MAN, RD, Lead, Sport Nutrition, Canadian Sport Institute Ontario Toronto PAN AM Sports Centre

Register before the early-bird registration ends on December 15, 2017.



Register today! www.cnc-scn.ca

The Canadian Nutrition Society - promoting nutrition science and education, and advocating for best practice and policies to support healthier Canadians

SAMEDI 13 JANVIER 2018



PROGRÈS DANS LE DOMAINE DE LA NUTRITION DU SPORTIF OCCASIONNEL À CELUI DE HAUT NIVEAU

Waterloo Sports - 145, rue Richmond Ouest, Toronto (Ontario) M5H 2L2

Progrès dans le domaine de la nutrition: du sportif occasionnel à celui de haut niveau Les délégués auront la chance d'entendre, d'apprendre, de réseauter et de dialoguer avec des sommités de la nutrition et de son application dans l'éventail des activités physiques jusqu'au sport de haute performance. La conférence mettra l'accent sur la perte de poids et le développement musculaire chez les athlètes et les personnes actives, les régimes à faible apport en hydrates de carbone et à forte teneur en gras pour la prévention et la performance, la nutrition et le rétablissement, et des stratégies pour développer un bureau de nutrition sportive à succès.

PROGRAMME DE LA CONFÉRENCE : LE SAMEDI 13 JANVIER 2018

ATELIER 1 : PERTE DE POIDS ET DÉVELOPPEMENT MUSCULAIRE CHEZ L'ATHLÈTE ET LA PERSONNE ACTIVE

The Right Amount of Protein at the Right Time: Protein Needs for Muscle Gain and During Weight Loss

Speaker: Daniel Moore, PhD, Assistant Professor, Faculty of Kinesiology & Physical Education, University of Toronto

Designing a Weight or Fat Loss Program: Practical Tips from the Trenches

Speaker: Erik Sesbreno, MSc (c), RD, CBDT, Dip. Sport Nutrition IOC Sport Dietitian, ISAK L3 Anthropometrist and Clinical Bone Densitometry Technologist, Canadian Sport Institute Ontario

ATELIER 2 : LES RÉGIMES POPULAIRES ET LA PERFORMANCE SPORTIVE

Low-Carb, High Fat Diets for Athletes: What does the Evidence Say?

Speaker: Dr. Trent Stellingwerf, Lead Research and Innovation, Canadian Sport Institute Pacific

Gluten-Free Diets for Sport Performance

Speaker: Dr. Dana Lis, RD, IOC Dipl Sport Nutrition, CSSD, PhD

ATELIER 3 : LA NUTRITION POUR LE RÉTABLISSEMENT

Can Nutrition be a Tool to Protect or Treat Concussions?

Speaker: Ashley Armstrong, MS., RD., CSSD, IOC Dipl. Sports Nutrition, ISAK Level 1 Canadian Sport Institute, Sport Dietitian

Nutrition + Medicine for Maximizing Athlete Performance: The Perfect Recipe

Speaker: Margo Mountjoy, MD, PhD, CCFP (SEM), FCFP, FACSM, Dip Sport Med McMaster University, IOC Medical Commission Games Group, FINA Sports Medicine Committee Chair

ATELIER 4 : DÉVELOPPEMENT DE VOTRE BUREAU DE NUTRITION SPORTIVE

Sport Nutrition Concepts for the non-Athlete: Perspectives from a Clinical Setting

Speaker: Marina Mourtzakis, PhD, Associate Professor & Associate Chair, Applied Research, Partnerships and Outreach, University of Waterloo

What Now? Strategies to Build and Develop a Successful Sports Nutrition Practice

Speaker: Jen Sygo, MSc, RD, Registered Dietitian and Sports Nutritionist and Nicole Springle, MAN, RD, Lead, Sport Nutrition, Canadian Sport Institute Ontario Toronto PAN AM Sports Centre

Inscrivez-vous avant l'inscription hâtive qui prend fin le 15 décembre 2017.



Consultez notre programme à l'adresse www.cns-scn.ca.

La Société canadienne de nutrition - Pour la promotion de la science et de l'éducation en nutrition, des pratiques exemplaires et des politiques orientées vers la santé ! Pour des Canadiens en meilleure santé !



ADVANCES IN NUTRITION

FROM DAILY LIVING TO HIGH PERFORMANCE SPORT

Hilton Toronto - 145 Richmond Street West, Toronto, ON M5H 2L2



Canadian Nutrition Society
Société canadienne de nutrition

**SATURDAY,
JANUARY 13,
2018**

Advances in Nutrition: From Daily Living to High Performance Sport

will offer delegates an opportunity to listen, learn, network and engage with some of our leading experts on nutrition as it relates across the spectrum of daily physical activity to high performance sport. The conference will focus on the latest research, current knowledge and practical application of sport nutrition for the every-day practitioner. **Join us for an exciting day of presentations.**

Delegates will learn about

- Weight loss and muscle gain in athletes and active individuals
- Low carb, high fat diets for prevention and performance
- Nutrition and healing
- Strategies for building a successful sport nutrition practice

CNS is in the process of seeking accreditation for this conference.

Certificates of participation will be provided to all participants.

www.cns-scn.ca



ADVANCES IN NUTRITION

FROM DAILY LIVING TO HIGH PERFORMANCE SPORT

SATURDAY, JANUARY 13, 2018

Hilton Toronto - 145 Richmond Street West, Toronto, ON M5H 2L2

CONFERENCE PROGRAM

SATURDAY, JANUARY 13, 2018



Canadian Nutrition Society
Société canadienne de nutrition

7:30 am - 8:30 am	REGISTRATION, NETWORKING, BREAKFAST	12:15 pm - 1:10 pm	LUNCH
8:30 am - 8:35 am	Welcome from the Conference Co-Chairs Speakers: Jennifer Sygo, RD and Melanie Plourde, PhD	SEGMENT 3: NUTRITION FOR HEALING	
8:35 am - 8:40 am	Greetings from the CNS President Speaker: David Ma, PhD	1:00 pm - 1:50 pm	Can Nutrition be a Tool to Protect or Treat Concussions? Speaker: Ashley Armstrong, MS., RD., CSSD, IOC Dipl. Sports Nutrition, ISAK Level 1 Canadian Sport Institute, Sport Dietitian
SEGMENT 1: WEIGHT LOSS AND MUSCLE GAIN IN THE ATHLETE AND ACTIVE INDIVIDUAL		1:50 pm - 2:30 pm	Nutrition + Medicine for Maximizing Athlete Performance: The Perfect Recipe Speaker: Margo Mountjoy, MD, PhD; CCFP (SEM), FCFP, FACSM, Dip Sport Med McMaster University, IOC Medical Commission Games Group, FINA Sports Medicine Committee Chair
8:40 am - 9:20 am	The Right Amount of Protein at the Right Time: Protein Needs for Muscle Gain and During Weight Loss Speaker: Daniel Moore, PhD, Assistant Professor, Faculty of Kinesiology & Physical Education, University of Toronto	2:30 pm - 2:50 pm	SEGMENT 3 DISCUSSION
9:20 am - 10:00 am	Designing a Weight or Fat Loss Program: Practical Tips from the Trenches Speaker: Erik Sesbreno, MSc (c), RD, CBDT, Dip. Sport Nutrition IOC Sport Dietitian, ISAK L3 Anthropometrist and Clinical Bone Densitometry Technologist, Canadian Sport Institute Ontario	2:50 pm - 3:05 pm	COFFEE BREAK / POSTER VIEWING
10:00 am - 10:20 am	SEGMENT 1 DISCUSSION	SEGMENT 4: BUILDING YOUR SPORT NUTRITION PRACTICE	
10:20 am - 10:35 am	COFFEE BREAK / POSTER VIEWING	3:05 pm - 3:55 pm	Sport Nutrition Concepts for the non-Athlete: Perspectives from a Clinical Setting Speaker: Marina Mourtzakis, PhD, Associate Professor & Associate Chair, Applied Research, Partnerships and Outreach, University of Waterloo
SEGMENT 2: POPULAR DIETS AND SPORT PERFORMANCE		3:55 pm - 4:35 pm	What Now? Strategies to Build and Develop a Successful Sports Nutrition Practice Speaker: Jen Sygo, MSc, RD, Registered Dietitian and Sports Nutritionist and Nicole Springle, MAN, RD, Lead, Sport Nutrition, Canadian Sport Institute Ontario Toronto PAN AM Sports Centre
10:35 am - 11:15 am	Low-Carb, High Fat Diets for Athletes: What does the Evidence Say? Speaker: Dr. Trent Stellingwerf, Lead Research and Innovation, Canadian Sport Institute Pacific	4:35 pm - 4:55 pm	SEGMENT 4 DISCUSSION
11:15 am - 11:55 am	Gluten-Free Diets for Sport Performance Speaker: Dr. Dana Lis, RD, IOC Dipl Sport Nutrition, CSSD, PhD	4:55 pm - 5:00 pm	Closing Remarks Speaker: Dr. David Ma
11:55 am - 12:15 pm	SEGMENT 2 DISCUSSION		

* Program subjected to minor changes.

Register before the Early-bird registration ends on December 15, 2017.

www.cns-scn.ca

Multimedia Report

TimedRight

The TimedRight website digests continue to go out monthly. TimedRight has 132 members. Communication throughout the site has been slow throughout the summer, hoping that it picks up now in the fall. TimedRight is offering Live Event broadcasting. For example, if we want members who could not attend the conference to watch a live session presented at the conference we can through their service. A video of the comprehensive package has been emailed to the Board. An Events page was created to view conferences and other events we want to post on TimedRight. A Banner was created on the TimedRight page about Janssen's Bio advance program with an interactive video.



CSGNA has recently set up an online community for our members where you can:

- *Exchange Knowledge With Peers*
- *Share Experiences*
- *Ask Questions*
- *Post Solutions*
- *Collaborate on Projects*
- *And more!*

This new community is very exciting, as it will help bring our members together more often, no matter where they are located. As we know, CSGNA is made up of professionals from all across Canada and having a central place to share, discuss, learn, and enhance education is a huge asset.

Join the discussion! Create an account at:
<http://csgna.timedright.com>

Multimedia Report

Website

The website has been running smoothly since the spring email change. Chapter Events are now appearing under both Events and Chapter Events. We had a job posting that was posted under “Employment Opportunities”. Chapter of the Year Award was moved to the Awards section. This may have been part of the reason it was not utilized to full ability. Its title does make it the appropriate place for the award.

Facebook, Instagram and Twitter

Facebook, Instagram and Twitter are regularly updated with current events, issues and services offered by CSGNA. For example, CNA certification updates, conference details, NursingCenter.com webinar on sepsis have recently posted. Our social media is linked to other gastrointestinal associations throughout the world. Twitter is most widely used with “tweets” from local members, to organizations such as Crohn’s and Colitis Foundation, Gut journal, Canadian Digestive Disease Week and American college of Gastroenterology. This multimedia could be better utilized.



Webinars

Mildred Clement is working with Dr. Gad Friedman to develop two webinars for our education. The location of the webinars is to be determined for future broadcasting. TimedRight has produced webinars on their platform for a cost. “Demystifying Biosimilars” was produced and continues to be offered on their site. Without a contract from TimedRight, we will not be able to access the webinars unless they are also placed on our website. Past webinars have been added to our own website, utilizing Vimeo. Research is underway to determine the best location of the two webcasts. Consultation has been with TimedRight, Colibri our present website contractor and online search’s.

Submitted by ,

Carina Kirk RBNB CGN(C)

Multimedia Director



Education Director Report

This has been a busy summer. Cathy Arnold Cormier and I have been working on improving the CNA information on the website. We will be presenting this at the meeting in Victoria. Cathy is working on having IBD modules from AbbVie added to our website. A co-worker is working on a power point presentation as a study guide for nurses studying to write their GI CNA exam.

Mildred Clement, Carina Kirk and I have been talking about having webinars on the website or TimedRight. Dr. Gad Friedman has offered to do webinars for us. He is willing to do two as a pilot project. We will be discussing this at our face to face meeting as well.

This fall, I'm working on obtaining videos from our GI doctors grand rounds presentation and I'm working on getting their consent to put them on our website as well. If anyone has a presentation or education information that they would like to have put on the website, please forward the information to me.

I'm looking forward to seeing everyone in Victoria.

Submitted by,

Gail Mason RN CGN(C)

Education Director



Advantages to Being a member:

- **Comradery and Networking with other GI nurses across the country**
- **Discounts to our Annual conference**
- **SGNA Gastroenterology Nursing Journal bi-monthly**
- **Awards given each year to subsidize trips to the CSGNA Annual conference as well as to help with Certification costs (see Scholarships and Grants under Member Education)**
- **Discounts to local Chapter Events**
- **TimedRight account**
- **Education to keep current in your nursing practice**
- **Resources to assist you in Certification**
- **The Guiding Light newsletter 3 x per year**
- **Bad Gut magazine subscription**

Awards and Research Director Report

During the CSGNA National Conference in Victoria, BC we were happy to award many different Grants and Awards to CSGNA members. Since the conference we have awarded one final Professional Development Award for up to \$2000 to Jessica Robar to attend an IBD conference in November 2017.

This was a great learning opportunity for me in particular, and plans are well under way to refine the awards and grant descriptions and requirements, to ensure awards are easy to apply for and open to all of our members.

We would like to see greater numbers of members apply for all awards and submit their applications in a timely and accessible manner. To do this we are reviewing the website and Director email's to ensure all applications are received and noted. We plan to post all names of award winners so there is no question of who has won an award in previous years and who is eligible for this year's awards. We are working towards enhancing and continual improvement of our CSGNA website to promote these awards and scholarships, and I would like to personally thank Carina , our Multimedia Director for all of her work on this project.

The use of an Award Log Book will continue, so that all applications will be dated on receipt, and letters of acknowledgement will continue to be sent for all Award submissions. I would like to try to encourage a few research proposal submissions, so we will try to share greater detail and information regarding this award option.

I don't believe we had any research posters submitted in Victoria for the 2017 conference, but I do know there is much research ongoing within our workplaces. I would like to personally try to encourage members to ask those research questions and submit a poster or question.

Lastly our CSGNA study guide for the CNA Gastroenterology specialty exam will be an awesome asset to those interested in writing this certification, and I personally am looking forward to review of this material once the copyright concerns are settled.

The Award Log Book was started in early 2017, and a new book will be used for 2018 awards. Please see the list of 2017 CSGNA Award winners.

Submitted by,

Linda Gandy BA RN BScN CNCC(C)

Awards and Research Director



2017 CSGNA Awards, Grants and Scholarships

Award name	Winners Contacted
1. Annual CSGNA IBD Educational Grant	Krista Combden, Koralee Kovacs, Rayleen Hogan, Donna Bremaud, Sandy Stone
2. CAG Scholarship	Suzette Lloyd
3. Chapter of the Year	Winnipeg, Manitoba
4. Chapter Executive Professional Development Award	Shelly Dosso
5. Professional Development Grant	Donna Joncus, Carina Kirk, Jessica Robar,
6. GI Professional Nursing Award	Rayleen Hogan
7. Michelle Paquette Certification Education Grant	none

2017 CSGNA Awards, Grants and Scholarships

8. Michelle Paquette Recertification Grant	Stephanie Carr
9. New Member Educational Grant	Danielle Gerrick,
10. LPN/ RPN/ Technician Education Grant	Debi Lyn Leippe
11. SciCan Educational Grant	Krista Combden, Donna Bremaud, Carol Reidy
12. National Conference Grant	Krista Combden, Jeanie Harding, Rayleen Hogan, Giselle Marella, Carol Reidy, Sandra Stone

Did you know?

CSGNA members attending the Annual CANIBD National conference qualify for CSGNA Grants?

Professional Development Grant

OR

Annual CSGNA/CANIBD Educational Grant

Visit CSGNA.com/member-portal/education for more information.

Contact Awards Director Linda Gandy, if you have further questions.

awardsdirector@csgna.com

Public Relations Director

This is my last time writing you all as Public Relations Director. It has been a privilege to serve and work for you.

Paula Triantafillou is your new Public Relations Director. I wish her the same pleasures I have had taking part in the advancement of this organization CSGNA.

Submitted by,

Mildred Clement RN CGN(C)

Public Relations Director



The Canadian anti-spam law (CASL) came into effect July 1, 2014.

In order to keep you on our monthly electronic Guiding Light newsletter and electronic mailing list, we need your consent to continue to send these electronic communications to you. If you have not done so already, please confirm your consent by sending a quick reply to Kim Dixon at csgnaexecutiveassistant@csgna.com

"I consent to electronic communication" will appear in the subject line. Please note, you will be able to unsubscribe at any time in the future.

Our members are our greatest resource and we want to keep our communication

Practice Director Report

The 2017 National Conference was a great success. New standards and revamping of old ones were discussed by the Board of Directors.

One of our biggest challenges is the changing roles of the Registered Nurses (RN) and Registered Practical Nurse (RPN). Many questions have been sent to me and I try to answer them all as soon as possible. However, I do take time to research to ensure my answers are as accurate as possible. Please continue to ask and I will continue to do in my best with answers that are consistent with CSGNA guidelines and standards.

The Role of the Nurse in the Use of Electrocautery has been revamped and is in the process of finalizing for the website. New standards for the role of the RPN were discussed by the Board and are being updated. When editing is complete, they will be available on our web site. Many questions have been asked regarding the role of the nurse in scope pre-cleaning. I am currently doing research on this new CSGNA standard. CSGNA recommendations and standards must be consistent with and reflect the Canadian Standards Association (CSA) standards. Also, new to our education standards is that there will be Guidelines for the Use of Oval in Endoscopic Procedures. I welcome your experiences and input regarding these initiatives.

These new initiatives will be discussed by the Board at our next teleconference in November 2017. They will be available on the website in the New Year.

Submitted by,

Jody Hannah RN CGN(C)

Practice Director



New Position Statement on the Use of Carbon Dioxide for Insufflation. See website for details!



Canada East Director Report

Where to begin... I was privileged to hold this position for the past four years and it was an honor. To see how the Board operates and all the hard work that goes into it was eye opening. My term is completed and I would like to welcome Marleen Spencer from Nova Scotia as the new Canada East Director. I'm sure she will enjoy the position as much as I did and find it equally rewarding.

Welcome Marleen.

Paula Triantafillou RN BN CGN(C)

Canada East Director



Nova Scotia Chapter

The Nova Scotia Chapter continues to be small. However, we did get two new members and, we have had two nurses who are registered to write the Certification exam in November. We had a very successful conference in June at White Point in conjunction with the Atlantic Association of Gastroenterologists. Next year this conference will be hosted by Newfoundland.

Our education day will be this November 4th. We are currently in the final stages of planning. Hopefully we will have great attendance from the Nova Scotia nurses. See you in Victoria.

Marleen Spencer,

Nova Scotia President

Montreal Chapter

It will be great again to see everybody at our next annual conference in April 2017. Please take into account that being a member will give you privileges, like a lower registration rate considering that most hospitals don't pay for conferences anymore.

We want to support GI nurses in continuing educational activities, so please come take part. Furthermore our sister Chapter, Quebec City Chapter will be hosting the 2018 National CSGNA Annual Conference. We want to organize busing and getting our Montreal Chapter there. If interested come in April and get informed! Our conference poster will be to follow in early 2018.

Mildred Clement,

Montreal President

The Guiding Light



**SAVE
THE
DATE!**

**RÉSERVEZ
LA
DATE!**

**"ENTRE FLEUVE ET MONTAGNES VENEZ NOUS DÉCOUVRIR !"
"BETWEEN THE RIVER & MOUNTAINS DISCOVER US!"**

SEPTEMBER 20 – 22, | 2018 | DU 20 AU 22 SEPTEMBRE

Hilton Quebec - 1100 boul. René-Lévesque Est, C.P. 157, Québec, Qc (Canada) G1R 4P3
Centre des congrès de Québec / Quebec City Convention Centre - 1000, boul. René-Lévesque Est, Québec QC G1R 5T8

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Canadian Society of Gastroenterology Nurses & Associates
Société canadienne des infirmières et infirmiers en gastroentérologie et travailleurs associés

<https://csgna.com/events>

Canada East Director Report

Québec City Chapter

Journée de Conférence avec Accréditation est planifiée pour le 4 novembre par notre Chapitre. Voir notre site internet: www.endoscopiedigestivequebec.com. Nous sommes sur le site de l'OIIQ sur mistral pour la formation continue.

Alain Meroux,
Quebec City President

Newfoundland Chapter

The snow finally stopped and the flowers began to bloom. The sun is out and we are all in great spirits. We have had a great summer here in Newfoundland. As a Chapter, we have been busy with in services and educational offerings throughout the summer. We had a very successful GI Day with 80 plus persons in attendance and a list of great speakers. There was lots of positive feedback from those who attended and we look forward to next year's GI Day.

Our city hospitals have had great success with the new automated notification system. It is a system that notifies patients of their upcoming appointment and allows the patient the option of rescheduling and/or receiving additional information by leaving a dedicated number for the patient to call. This has reduced the number of no shows at our units. The rural Carbonear site has received funding for an expanded Pyxis system for supply storage and automatic ordering. This system has proven invaluable for the city hospitals with an estimated savings of over \$110,000.00 in the first year. Amazing. We anticipate the same success in this site as well. We are at full speed preparing for our Accreditation Survey. I am very confident that our GI units are in top shape and will do exceptionally well through this process.

We have two members registered to write their CNA GI certification exam in November. This is such an important part of our specialty. The knowledge and confidence this experience gives to GI nurses is invaluable. It allows us to practice at our very best and as a result our patients receive the best care we can provide. We wish Laura and Tracey the very best of success. We encourage all GI nurses to write this certification.

We look forward to the September conference in Victoria, BC. With the grant/scholarship program offered through CSGNA we are able to send four members to this conference. This is fantastic. We encourage all nurses to attend. The information, networking, and experience will enrich your practice and enrich your nursing soul.

See you in BC.

Rayleen Hogan,
Newfoundland President

Canada East Director Report

New Brunswick/ PEI Chapter Report

We said goodbye to one of the best GI doctors and Inflammatory Bowel Disease (IBD) specialists, Dr. Chad Williams who had moved to Dartmouth, Nova Scotia. We wish him the best in his future endeavors. Dr. Lisa McKnight welcomed her third bundle of joy in April and has just returned from maternity leave. Congratulations to Tracey Curtis on obtaining her Bachelor of Nursing (BN). Heidi Hanlon and Carolyn Hussey were able to attend the National CSGNA Conference in Victoria. We will hopefully have an information session to pass what they learned while away. We also welcomed two new additions to the GI lab. Dr. Stephen A Smith; colorectal surgeon and Dr. Julian Poon, thoracic surgeon. We look forward to hosting our next Chapter meeting here in Saint John, NB.

We also welcomed Christina Costello our newest nurse to the GI lab. It was busy year here with many new faces, farewell parties, and births of several babies. We welcome several grandchildren as well as Dr. McKnight's new daughter. We look forward to another productive year.

Suzanne Kelley,

New Brunswick/PEI Secretary

CSGNA DISCLAIMER

The Canadian Society of Gastroenterology Nurses and Associates is proud to present The Guiding Light newsletter as an educational tool for use in developing and promoting your own policies and procedures and protocols.

The Canadian Society of Gastroenterology Nurses and Associates does not assume any responsibility for the practices or recommendations of any individual, or for the practices and policies of any gastroenterology unit or endoscopy unit.

Guidelines for Submissions to "The Guiding Light"

- Submit all materials by email to the newsletter editor in word format.
- Submissions must be received by the first of the month preceding each issue i.e.: Feb 1st for March issues, June 1st for July issues and Oct 1st for November issues.
- Include all references using APA referencing.

Canada Centre Director Report

Greater Toronto Chapter

I attended the National Conference in Victoria. It was in a nutshell, fantastic. Kudos to the Planning Committee. Your hard work paid off. The venue was excellent and their efficiency at meal times was impressive. I loved Victoria. It's a beautiful city with lots to offer. We are looking for members interested in stepping up to fill the Chapter Secretary and Treasurer positions. Kim Dooner, Treasurer has retired but has been very kind to remain until the position is filled.

Our next education day will be in the spring. I will contact our partners in industry who have offered us education opportunities to see if an evening session can be arranged.

Daysi Sandino,

Greater Toronto President

Golden Horseshoe Chapter

Life in the endoscopy unit is busy but fortunately our Chapter President, Christine Couture was able to attend the National Conference in Victoria, BC. She said it was a great learning and networking experience. The speakers were engaging and she enjoyed talking with peers about how centres run in other regions. We thank the Planning Committee who organized CSGNA 2017 Victoria for providing such an opportunity for professional growth. An education evening is being planned for late November. We continue to support and encourage our colleagues to be engaged with CSGNA.

Julie Light,

Golden Horseshoe Secretary

Central Ontario Chapter

The Central Ontario Chapter has dissolved. Donna Bremaud, Janet Young-Laurin and Liz Robins have all retired. Unfortunately, they were not able to recruit Chapter members to fill the Executive positions. Members of the Central Ontario Chapter will be reassigned to the Greater Toronto Chapter.

Thank you to Donna, Janet and Liz for your many contributions to CSGNA. Happy retirement.

The Ottawa Chapter

The Ottawa Chapter is in need of a new President to fill the vacant position. If interested, contact the Chapter Treasurer, Denise Chiasson or Canada Centre Director, Joan McKechnie.

Submitted by,

Joan McKechnie RN CGN(C)

Canada Centre Director



Canada West Director Report

It is hard to believe that two years as your Canada West Director of CSGNA has come and gone in a blink of an eye. In August of 2015, I sat outside on my deck contemplating my goals for the year with my husband, sipping some wine with great satisfaction. I reflect each year during the summer as a commitment to myself and continued lifelong learning. These thought processes seemed to clearly indicate that I needed to advance my professional/volunteerism career. I had already been in a role as Endoscopy Educator at Royal Inland Hospital, Kamloops, British Columbia for many years and then decided to throw in my hat for a National CSGNA Board position in my spare time. This was by the way of recommendations from many previous colleagues and current CSGNA Board Members. I remember thinking, I'll never get this position, but this will be a great experience. Now, as I talk to other CSGNA members and colleagues, "If you apply for a position, expect to be offered the job". At that point of time I remember thinking "Am I up for this position? Do I have the academics or skills to promote my passion for GI on a National level?". A person that I admire in the GI world stated to me, "Life starts at the end of your comfort zone". I personally think this saying is true. We as GI nurses can choose ways that can help us thrive in uncertainty. As I write my final report, the rest is history.

When I decided to take on this new National role in GI, I felt the best way was just make a run for it. I didn't want any gradual adjustment phase to my new position. This way of knowing was not in my character. I immediately started to network and talk to fellow colleagues GI and non GI nurses, physicians and industry. These discussions consisted of personal phone calls, e-mails, face-time conversations and old fashioned face to face communications. These dialogues occurred on a local, provincial and national level. I wanted to see the present ideas that members felt were important. These included the successes that have been tried with individual Chapters and the hurdles that needed to be addressed. In my journey as the Canada West Director, my only advice to my successor is to take a chance and make change. Don't be afraid to be a change agent, especially in the career that you love.

I encourage you to think outside of the box and challenge yourselves and your career. All who know my personality, know that I have grown throughout my role as Canada West Director of CSGNA. There are absolutely no regrets. If I was feeling overwhelmed or needed support, the National Board was so supportive and the members understanding. I thank each person that I connected with over the past two years and you will always be remembered.

I just wanted to share a list that has always been a part of my life, especially when I began my journey as a National CSGNA representative. Silvia Christmann is a famous author who has published many books on change and ways of thinking. The list that I am about to share has guided me during my times of change and volunteerism opportunities, Silvia states,

1. Stay willing to learn
2. Be open to strangers and be curious about their world
3. Take nothing for granted
4. Don't be entitled
5. Learn to be a good judge of character
6. Keep a sense of humor and surround yourself with those who can laugh at their own missteps and misfortune
7. Do what makes you happy
8. Love life and it will love you back

Thanks to CSGNA for this amazing opportunity and I will be a lifelong member to this association.

Submitted by,

Stephanie Carr RN. BScN(C)

Canada West Director



Canada West Director Report

OKANAGAN CHAPTER

Our Okanagan Chapter was able to have a great attendance at the Annual CSGNA Conference in beautiful Victoria. The weather was amazing and so were the plenary and break-out sessions. It's always rejuvenating and fantastic to reconnect with our fellow GI nurses from across the Country. Again, thanks to the Planning Committee for doing such an amazing job in putting together a really fantastic conference. We were all inspired to leave with the goal of each member getting at least one new Okanagan CSGNA Member registered for this year. To help with this goal and breathe some excitement back into our Chapter, we are hoping to organize a fun recruiting session later this month.

For upcoming Chapter events, there are no formal dates for these yet. The first one we are aiming for would be providing a Dinner Talk format in mid-November following the CANIBD Meeting of the Minds in Toronto, ON. There is likely going to be some great information to share about what is happening in the world of IBD. We are very fortunate to have some wonderful GI doctors that are willing to provide talks to our Chapter. These dates and topics are still to be determined. Having an education offering every two months with Chapter meetings would be ideal and is another goal moving forward.

Bethany Rode,

Okanagan President

VANCOUVER ISLAND CHAPTER

The Vancouver Island Chapter was busy this quarter preparing for the 2017 National Conference. Thank you to those of you that were able to attend. It was truly an honor to host the Conference in Victoria. I hope you all took back the "Straight and Narrow on the Inside Passage" to your home units. Three of our members attended the BC Digestive Diseases day on September 9, 2017. Two members wrote their CNA GI certification exam in the spring. Our Chapter membership is holding steady at 38.

Shelley Dosso,

Victoria Island President

Canada West Director Report

REGINA CHAPTER

Summer is over already. We are meeting September 13th for a supper meeting to discuss any last minute details for our GI day. We are looking forward to our upcoming GI Education Day held in Regina each year. Registration is on the website. This year it is taking place on October 20th. As always, we have some great speakers and topics in place. Thank you to the team for all your participation.

Marie Turton,

Regina President

CALGARY CHAPTER

We are pleased to announce that two more of our members are now CNA GI certified. Congratulations to Norm Chuong and Jennifer Gilabert. We had a Dine & Learn on June 5. Our evening was sponsored by SciCan and we had a great presentation on how to design the optimum Medical Device Reprocessing area. Our Chapter had a nice summer break. We will be planning a Dine & Learn in November and our annual education day will be on March 3, 2018. We are also very proud that one of our Chapter members, Shirley Maltman was a presenter at our National Conference in Victoria. The Annual Conference in Victoria was excellent. Thanks to the Planning Committee for a wonderful job and memorable conference.

Bobbi Sheppy,

Calgary President

MANITOBA CHAPTER

Eleven members from Winnipeg were able to attend the National Conference, plus one from Brandon, Manitoba. Everyone enjoyed the conference and thought it was very worthwhile learning and networking experience. I have three educational meetings planned before the New Year. Boston Scientific is sponsoring our first meeting later this month. Conmed is sponsoring our educational meeting in November and it will be on TATME, Trans Anal Total Mucosal Excision. Our December educational meeting will be on Diarrhea and Constipation, "Are you going or not going?" on December the 5th. Meetings are posted on the website. We are also planning on having a spring conference.

Carol Reidy,

Manitoba President

IN 2016 CROHN'S AND COLITIS CANADA, ALONGSIDE THE CANADIAN IBD (CANIBD) NURSES:

Provided funding for IBD nurses across the country to attend educational conferences.

Launched and judged an inaugural nurse-led research competition.

Increased advocacy efforts on behalf of nurse-led IBD treatments and care.

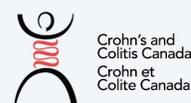
As one of the country's leading patient-focused health charities, we know the vital role that nurses play in the Canadian healthcare system. We empower nurses so they can continue to provide consistent, high quality care to people living with Crohn's disease or ulcerative colitis.

To see how we support nurses, and learn more about research opportunities that you can be a part of, visit us at

crohnsandcolitis.ca



In Partnership with



CANIBD: Community of Practice (CoP)

Meeting of the Minds 2017

Annual Conference Details



JOIN US FOR THE DEFINITIVE EDUCATIONAL EVENT OF THE YEAR IN INFLAMMATORY BOWEL DISEASE!

University of Alberta's *Mentoring in IBD* and Crohn's and Colitis Canada's *Canada Future Directions in IBD* are proud to bring Canadian gastroenterologists, allied healthcare professionals, and researchers an exceptional and unique two days of continuing health education in inflammatory bowel disease (IBD). The fifth annual *Meeting of the Minds* returns to the Ritz-Carlton Hotel, Toronto, on November 3th and 4th, 2017.

On Friday, November 3th, *Mentoring in IBD* continues its 18-year tradition as the best program to integrate information into practice with a proven formula of clinically relevant state-of-the-art lectures on hot topics in tandem with case-based workshops and open discussions with distinguished faculty and peers.

On Saturday, November 4th, *Canada Future Directions in IBD* reaches forward to bridge the gap between research and clinical care to establish and inform clinical best practices, communicate the latest research data to define unanswered clinical questions and explore important research initiatives.

Again this year, the Canadian IBD Nurses (CANIBD) annual conference will be held in collaboration with the Canadian Society of Gastroenterology Nurses & Associates (CSGNA) and Crohn's and Colitis Canada (CCC) on the afternoon of Saturday, November 4th. CANIBD provides nurses with a tailored program to meeting their evolving needs.

We look forward to seeing you there.

Co-Chairs

Mentoring in IBD

Richard N. Fedorak, MD FRCPC FRCP
(London) FRCS
Professor of Medicine
Division of Gastroenterology
University of Alberta
Edmonton, Alberta

John K. Marshall, MD MSc FRCPC AGAF
Professor of Medicine
Division of Gastroenterology
McMaster University
Hamilton, Ontario

Canada Future Directions in IBD

Remo Panaccione, MD FRCPC
Professor of Medicine
Division of Gastroenterology
University of Calgary
Calgary, Alberta

A. Hillary Steinhart, MD MSc FRCPC
Professor of Medicine
Division of Gastroenterology
University of Toronto
Toronto, Ontario



A G E N D A – Saturday November 4, 2017

Time	Topic – Format, Content & Objectives	Speakers/Moderators
13:00–13:15	Opening Remarks: Welcome - Updates in CANIBD	Karen Frost
(1) Mental Health in IBD		
13:15–13:45	1.1 Plenary Presentation (30 mins) Session Objectives: <ul style="list-style-type: none"> • Discuss the importance of understanding the psychosocial issues that impact adjustment to IBD and adherence to medical management • Explain the psychological reactions to living with IBD that need to be addressed as part of medical management • Review the mental health disorders that impact on treating the patient with IBD 	Dr. Michael Vallis
13:45–14:10	1.2 Q&A/Discussion (25 mins)	MODERATOR: Barbara Currie
14:10–14:25	<i>Refreshment Break (15 mins)</i>	
(2) Pain Management in IBD: Are Cannabinoids and Opioids needed?		
14:25–14:55	2.1 Plenary Presentation (30 mins) Session Objectives: <ul style="list-style-type: none"> • Be aware of the 2017 Canadian Guidelines for Opioids for Chronic Non-Cancer Pain • Understand the <i>potential</i> role of cannabis in pain management • Learn to utilize simple tools to monitor pain patients 	Dr. Amol Deshpande
14:55–15:20	2.1 Q&A/Discussion (25 mins)	MODERATOR: Jennifer Stretton
(3) Future Landscape of IBD Therapy		
15:20–15:50	3.1 Plenary Presentation (30 mins) Session Objectives: <ul style="list-style-type: none"> • Review the most significant advances in our understanding of IBD pathogenesis and management over the past 10 years • IBD Research: where are we going in the next 5 – 10 years? Where will the next great breakthrough be? 	Dr. Claudio Fiocchi
15:50–16:15	3.2 Q&A/Discussion (25 mins)	MODERATOR: Marie Louise Martin
16:15 – 16:45	4.1 CANIBD Practice Document (30 mins)	Joan Heatherington
16:45–17:15	<i>Refreshment Break - Wine/appetizers (30 mins)</i>	
17:15–18:45	5.1 CANIBD- Nursing Forum (75 mins) <ul style="list-style-type: none"> • 17:15: Introduction/Opening remarks • 17:20–17:40: 2016 Research Award Recipients Research – Tracie Riesling • 17:40–18:00: Fellowship update- Usha Chauhan & Johanne Lin • 18:00–18:30: SOP development for clinical practice in IBD Barbara Currie and Joan Heatherington • 18:30–18:45: CANIBD Research Initiatives - Irina Nistor 	MODERATORS: Barbara Currie & Joan Heatherington
18:45–19:00	Closing Remarks (15 mins)	Barbara Currie & Joan Heatherington

Certification

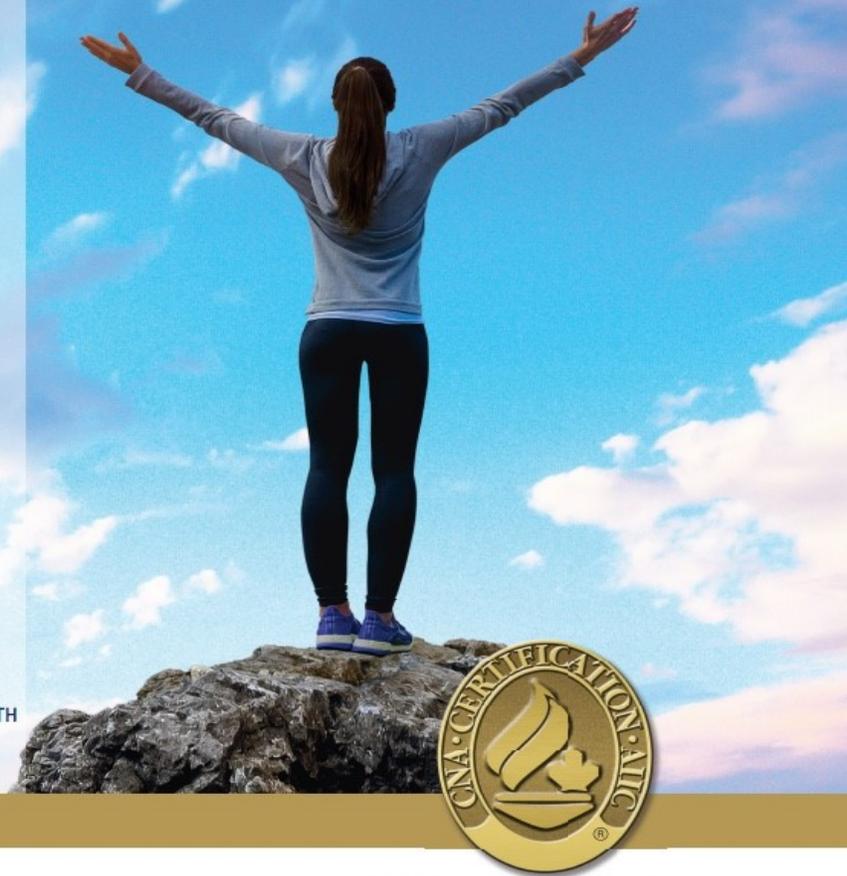


CNA CERTIFICATION

COMMIT TO EXCELLENCE

SPECIALTIES

CARDIOVASCULAR
COMMUNITY HEALTH
CRITICAL CARE
CRITICAL CARE PEDIATRIC
EMERGENCY
ENTEROSTOMAL THERAPY
GASTROENTEROLOGY
GERONTOLOGICAL
HOSPICE PALLIATIVE CARE
MEDICAL-SURGICAL
NEONATAL – **NEW**
NEPHROLOGY
NEUROSCIENCE
OCCUPATIONAL HEALTH
ONCOLOGY
ORTHOPAEDIC
PERIANESTHESIA
PERINATAL
PERIOPERATIVE
PSYCHIATRIC AND MENTAL HEALTH
REHABILITATION



Care to Be
the Best.®

IMPORTANT DATES

SPRING 2018	January 10 – March 1 May 1 – 15	Application window to write or renew by exam Certification exam window
FALL 2018	June 1 – September 10 November 1 – 15	Application window to write or renew by exam Certification exam window
	January 10 – November 1	Application window to renew by continuous learning



CANADIAN
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Certification



Initial Certification due dates:

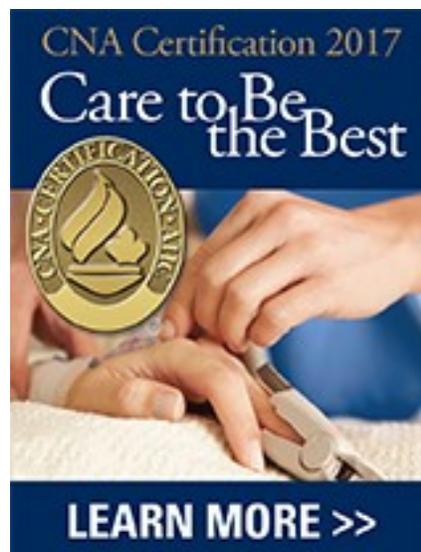
Important dates — 2017 initial exam

	Application window	Exam window	Results
Spring	Jan. 3 – March 1	May 1 – 15	June
Fall	June 1 – September 15 — New extended date!	Nov. 1 – 15	Dec.

Important dates — 2018 initial exam

	Application window	Exam window	Results
Spring	Jan. 10 – March 1	May 1 – 15	June
Fall	June 1 – September 10	Nov. 1 – 15	Dec.

See can-aicc.ca for more information



Certification



Renewal Certification due dates:

Renewal by exam dates

	Application window	Exam window	Results
Spring	Jan. 3 – March 1	May 1 – 15	June
Fall	June 1 – September 15 – New extended date!	Nov. 1 – 15	Dec.

Renewal by continuous learning (CL)

	Application window
Renewal by CL	Jan. 3 – Nov. 30

Please note: All certifications set to expire in 2017 are valid until December 31, 2017.

2018

Renewal by exam

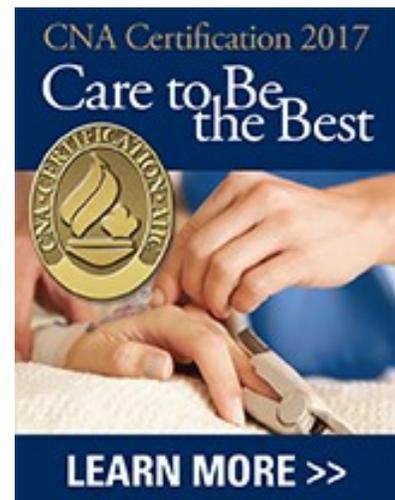
	Application window	Exam window	Results
Spring	Jan. 10 – March 1	May 1 – 15	June
Fall	June 1 – September 10	Nov. 1 – 15	Dec.

Renewal by continuous learning (CL)

	Application window
Renewal by CL	Jan. 10 – Nov. 1

Please note: All certifications set to expire in 2018 are valid until December 31, 2018.

See can-aiic.ca for more information



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Secretary: TBD

Treasurer: TBD

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Chapter Educational Events are posted on the website. Click on Events in the member portal to see what's coming up!

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Secretary: TBD

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Canadian Society of Gastroenterology Nurses & Associates
 Société canadienne des infirmières et infirmiers en gastroentérologie et travailleurs associés

Please make Cheque Payable to CSGNA and mail with completed application to:
 Prière de libeller le chèque à CSGNA et envoyez avec l'application remplie à :
59 Millmanor Place Delaware ON N0L1E0

CSGNA Membership starts May 1 each year

APPLICANT INFORMATION/INFORMATION DU MEMBRE

Please print or type the following information/ S.V.P. Imprimez ou dactylographiez l'information

SURNAME /NOM DE FAMILLE _____ FIRSTNAME/PRÉNOM _____

MAILING ADDRESS /ADDRESS DE RETOUR _____

CITY/VILLE _____ PROV/PROV _____ POSTAL CODE/CODE POSTAL _____

HOME PHONE/TELEPHONE (MAISON) _____

HOSPITAL/OFFICE/COMPANY NAME / NOM DE L'HÔPITAL/BUREAU/COMPAGNIE _____

BUSINESS PHONE/TELEPHONE (TRAVAIL) _____ EMAIL _____

TITLE/ POSITION _____

EDUCATION/ÉDUCATION (CHECK ONE/COCHÉZ UN) RN/IA RPN/LPN / I AUX TEC/TECH

OTHER/AUTRE (EXPLAIN/SPECIFIEZ) _____ CNA MEMBER/ MEMBRE AIE YES/OUI NO/NON

CNA CERTIFICATION IN GASTROENTEROLOGY/CERTIFICATION EN GASTROENTÉROLOGIE DE FAIC YES/OUI NO/NON

MEMBERSHIP/ABONNEMENT (CHECK ONE/COCHÉZ UN) RENEWAL/RÉNOUVELLEMENT NEW/NOUVEAU

CHAPTER NAME/NOM DU CHAPITRE _____

LANGUAGE/LANGUE ENGLISH/ANGLAIS FRENCH/FRANÇAIS BILINGUAL/BILINGUE

PRIMARY PRACTICE AREA/SECTEUR PRIMAIRE DE PRATIQUE

ENDOSCOPY/ENDOSCOPIE INFLAMMATORY BOWEL DISEASE/MALADIES INFLAMMATOIRES DE L'INTESTIN

MEDICINE/SURGERY/MÉDECINE/CHIRURGIE PEDIATRICS/PÉDIATRIE ADVANCED PRACTICE/PRATIQUE AVANCÉE

OTHER/AUTRE _____

I AM INTERESTED IN/ JE SUIS INTÉRESSÉ À YES/OUI NO/NON

SITTING ON AD HOC COMMITTEES AS A MEMBER AT LARGE/ SIÉGER À DES COMITÉS AD HOC EN TANT QUE MEMBRE DANS SON ENSEMBLE

REVIEWING NEW CSGNA PRACTICE DOCUMENTS/ EXAMINER LES NOUVEAUX DOCUMENTS DE PRATIQUE CSGNA

ASSISTING WITH FRENCH TRANSLATION OF PRACTICE DOCUMENTS AND WEBSITE INFORMATION/AIDER AVEC LA TRADUCTION EN FRANÇAIS DES DOCUMENTS DE PRATIQUES ET D'INFORMATIONS DU SITE WEB

Revised 1/19/2017

MEMBERSHIP APPLICATION (Check one)**FORMULE ADHÉSION (Cochez Un)****MEMBER**

1 year fee	2 year fee	18 month fee (After November 1)
\$100	\$185	\$140

Open to:

Registered Nurses, Registered Nurse Practitioners, Licensed Practical Nurses, or Registered Practical Nurses

With valid provincial registration or license, and are in good standing, and work in health care based settings (hospitals, clinics, educational institutions, private practice, government agencies) with a Gastroenterology focus, in a clinical, advanced practice, supervisory, educator, research or administrative capacity.

MEMBRE

1 ans frais	2 ans frais	18 ans frais (après Novembre 1)
100\$	185\$	140\$

Ouvert aux :

Infirmières Autorisées, Infirmières Praticiennes Autorisées, Infirmières Auxiliaires Licenciées, Infirmières Auxiliaires Autorisées

Qui détiennent un enregistrement provincial ou une licence valide, sont en règles et travaillent dans des établissements de santé (hôpitaux, cliniques, institutions éducatives, pratique privée, agences gouvernementales) principalement en gastroentérologie soient dans le domaine clinique, la pratique avancée, surveillance, éducation, recherche ou administration.

AFFILIATE

1 year fee	2 year fee	18 month fee (after November 1)
\$100	\$185	\$140

Open to those who no longer qualify to be members of CSGNA by reason of not having a valid registration or license as an RN, RNP, LPN or RPN. People who work in the field of Gastroenterology who are not registered/licensed nurses (endoscopic reprocessors, assistants, ISN, LPN/RPN students. Others engaged in activities of the field of Gastroenterology, but not employed in a health care setting (representatives and nurse employees of industry and pharmaceutical companies).

AFFILIÉE

1 ans frais	2 ans frais	18 ans frais (après Novembre 1)
100\$	185\$	140\$

Ouvert à ceux qui ne qualifient plus comme membres de la CSGNA en raison d'un enregistrement ou d'une licence tels IA, JPA, IAL ou IAA non valide. Les gens qui travaillent dans le domaine de la Gastro-entérologie qui ne sont pas des infirmières autorisées /licenciées (personnel assigné au retraitement des endoscopes, assistants, étudiants en sciences infirmières, infirmières auxiliaires licenciées ou autorisées. D'autres engagés dans le domaine de la Gastroentérologie mais non employés dans le milieu des soins de santé (représentants et infirmières employées dans l'industrie ou compagnies pharmaceutiques.

Revised 1/19/2017