

## 2014 Professional Nurse award

To my amazement I was stunned to hear my name called at this year's CSGNA award ceremony as a recipient of the 2014 CSGNA Professional nurses award. I wanted to thank those of you who nominated me and those who approved the nomination. After the initial shock of hearing my name, I was further surprised to get a standing ovation from conference attendees.

As a longtime member of CSGNA and non-endoscopy nurse I wanted to reflect and share my thoughts. Coming into GI nursing after a lengthy Obstetrics, gynecology nurse experience, I was oblivious why my coworkers were asking me to become a member of national nursing organization. I soon realized the importance of being part of a professional association. Within few years, I was asked to do a presentation on Gastroparesis and

Gastric pacemaker at the local chapter. I was then nominat-

ed for the Canada Centre director, once again not knowing what I going to get myself into, I thought I would give it a try.

At my first face to face national board meeting I introduced myself to the board members, only to find out that I did not fit in with the group as I was considered a "non-GI nurse". According to the mindset of some of the members I was not GI nurse because I was not an endoscopy nurse. This was my first opportunity to educate the board members that GI nursing encompasses more than endoscopy nurse. Over the years within CSGNA, I have kept my mission to



portray all aspect of GI nursing to include research, clinical inpatient and outpatient nursing. During my many years of being on the national executive board as Canada Centre director and a secretary, I met many national and international leaders in GI nursing and had an opportunity to network with GI nurses from across Canada.

As we are all under personal and financial constraint, some of my colleagues ask what the benefits of being a member of CSGNA are and why they should become a member. For me being a member allowed me to be nominated for the

National executive board position, provided me with an opportunity to travel across Canada which I may not have done otherwise. Places I visited include Newfoundland, Halifax, Edmonton, Banff, Calgary, Regina and Vancouver to attend the annual conference. By attending the annual conference, I meet international GI nursing leaders, and our industry partners who support GI nursing. This has also provided me an opportunity for professional and personal growth. As a monetary reward of being a member, I have had opportunity to

access numerous scholarships and have received CSGNA/CAG scholarship on two occasions to attend the Canadian Digestive Disease conference, annual CSGNA scholarship on two occasions, CSGNA Professional Development Grant to attend the NP conference and now the CSGNA professional Nurse Award. The scholarships received have more than made up for my membership subscriptions. The National board under the leadership of Lisa Westin also nominated me for the 2014 CNA Order of Merit for Clinical Nursing Practice Award. I know it

was a lot of work for Lisa Westin, I was not successful; however the nomination meant a lot to me. In closing, I would like to thank-you once again for this year's nomination for Annual Professional Nursing Award.

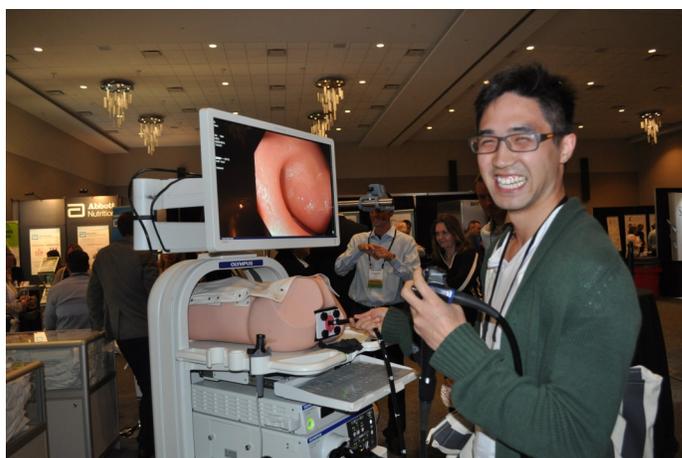
Sincerely,

*Usha Chauhan*

Usha Chauhan RN(EC), MN, BScN, ACNP(D), CGN(C)  
Nurse Practitioner- Adult Digestive Diseases, Specialty Adult Service  
McMaster University Medical Centre

*My First CSGNA National Conference:  
Thoughts  
Nehemiah Leung, RN BSc(N)  
Edmonton, Alberta*

Hi, my name is Nehemiah and I'm a registered nurse. And yes, I am a male nurse. I graduated in April of 2013 where I stumbled into Endoscopy. I currently work at the Misericordia Community Hospital Endoscopy unit in Edmonton, AB and have worked there for about one and a half years. It is incredible thinking back to what I thought of Endoscopy when I started, and what I think now, especially with the great help of the CSGNA 2014 National Conference. I am a new member of CSGNA and this was the first national conference that I've attended.



Like most nurses, I started in Endoscopy thinking it would be a breeze. In recovery, I was learning to start IVs, discharge recovery patients, and just other small tasks. But, the best part was the patients were all healthy! I know the more experienced nurses are probably wondering about the thought of a colleague "belittling" the acuity of Endoscopy. You have to understand that I didn't actually understand Endoscopy. As I continued seeing patients coming in and leaving the unit on the hour, I felt this would only be possible if the patients were healthy or had very mild diseases. Most of you reading this probably know how wrong I was; how wrong I am, all due to a lack of understanding. This is why I found the CSGNA Conference 2014 so significant.

To start, this year's CSGNA National Conference had a variety of topics ranging from inspirational talks, nurses' experiences and recommendations to live endoscopy, a large vendor room and upcoming

research that will affect Endoscopy entirely. It was great! One moment we would be going in depth about the correlation of coughing and acid reflux, and the next there would be music and shouting on stage. The large variety really gave the opportunity for me to tailor my learning experience to what I wanted to learn. I had two learning objectives in mind: bowel preparation and colon cancer. Both of these topics were covered thoroughly by people of their specialty and I learnt a lot. Even though completely unrelated, it was still easy to find information on what I wanted to learn about.

Of course over a year and a half of working in Endoscopy, I've realized the GI system isn't as simple and "problem-less" as I had originally thought. I started seeing the effects of chronic diseases on patients with Crohn's and Colitis. I noticed how short-tempered most were and/or over-dramatic about small issues. But the CSGNA conference presented a different perspective; one that I probably wouldn't have been able to see myself. This conference helped me empathize with the fact that patients with inflammatory bowel disease (Crohn's and Colitis) have it hard all the time. The difficulty it creates for them to hold a job because of their increased sick times and discomforts at work. The difficulty it holds for them in a hospital when they have flare ups, being put in over-capacity beds where they have no convenient bathroom to go to (despite the fact during IBD flare-ups they usually go to the toilet over 8 times a day). Facts like these started to add up, and soon I started to realize that they did have more than enough reason to feel a little annoyed at the world. I even started considering what a huge impact nurses could be, every time an IBD patient came to the hospital.

I feel that the 2014 CSGNA Conference really made a huge impact on my practice; not in gaining more "abilities" or "skills", but in understanding. It's the nurse's role to advocate for the patient. When

we first go into an environment like GI without much carry-over information from University, the nurse's task easily becomes a motorized set of skills: asking a set of questions, starting an IV, taking biopsies, removing polyps, reading discharge information, reviewing the results, and finally removing the IV. Simply put, those are the majority of tasks an Endoscopy nurse does, and it can be simple or it can be complex. But the complexity of it doesn't come from the nurse's "over-exaggerating" problems. It's from a clear understanding of each step. Why are we taking biopsies? What are we looking for? What can we expect? What symptoms do we expect from the patients? Why are there certain adverse effects from the procedure? What can we do to prevent these adverse effects? Is there anything else that can be done?

I think answering those questions is what separates an average nurse from an exceptional one. That is why I feel the CSGNA conference was key to building on my career in Endoscopy. It taught me one key thing: UNDERSTANDING.

Nehemiah Leung, RN BSc(N)  
Edmonton, Alberta



# Synopsis CSGNA Face to Face Niagara Conference Board Meetings, October 1st - 5th, 2014

**ATTENDANCE:** All existing board members with one exception.

**REVIEW AND ADOPTION OF MINUTES AND AGENDAS:** Motions were passed to adopt minutes and agendas as circulated, prior to the meetings.

**WEBSITE:** The RFP's for a new website management company were presented and discussed. Board voted on one website management company for the future. Website director Maria Clarke will gather the appropriate information and timelines for moving ahead with a new web host.

**NFP STATUS AND BYLAW CHANGES:** The AGM quorum and voting process were led by President Lisa Westin and discussed by the board. Board resolutions were voted on and signed, for submission to Industry Canada.

**MEMBERSHIP:** There was a board discussion about chapter participation and engagement, with support from the board. There is a plan to provide additional support and training for chapter executive. A chapter conference planning guide will be developed by board members. The membership

fee structure and renewal forms are under revision.

**BUSINESS PLAN:** National treasurer Jacqui Ho and President Lisa Westin are developing a business plan for the Association.

**COMMUNITY OF PRACTICE:** The board plans to collaborate with the IBD nurses group to incorporate into the CSGNA community of practice. It will be the bringing together of IBD nurses from across Canada, sharing educational practices. Two pharmaceutical companies would like to provide some educational opportunities to be made available via our website for CSGNA.

**AWARDS AND EDUCATIONAL GRANTS:** Extensive discussion about awards and educational grant opportunities and how we can encourage members to apply for them. Successive vs cumulative membership years were also discussed as this impacts grant applications.

**BYLAW CHANGES TO YEAR END AND MEMBERSHIP YEAR:** CSGNA's year-end will be April 30th of each year which will tie into each membership year.

**PRACTICE:** Final approval was

given to current standards, guidelines and position statements on various GI areas of practice. Infection control continues to be a work in progress, and conscious sedation guidelines are being formatted and finalized to be posted on the website.

**MEMBER VOLUNTEERS:** Group lists of volunteers have been compiled by Lisa Westin and will be forwarded to the head of committees.

**STRATEGIC PLAN REVIEW:** Priority strategies were reviewed by Lisa with the board

**CONFERENCE PLANNING:** Logistics and flow of the Niagara conference were discussed. Conference planning guide will be reviewed and revised as needed.

**HONORARY AWARDS:** Past Presidents were honored specifically at the conference social in Niagara, in keeping with the 30<sup>th</sup> anniversary of CSGNA.

**NEXT MEETING:** Face to Face in Toronto Feb 21st – 22nd, 2015.

Submitted by

Lorraine Majcen RN, BScN, CGN(C)  
CSGNA Secretary

# Message from the President

2014 has been both an exciting and critical year for CSGNA. First, we celebrated our 30<sup>th</sup> Year as an organization in the amazing setting of Niagara Falls, ON at CSGNA 2014. We included in our celebration, recognition of our members who contributed significantly to the ongoing success of CSGNA by giving them the title of “CSGNA Honorary”. This award was applied to the former National Presidents, of which, a number were able to attend the Social at Ravine Vineyard and join in the festivities. The conference planning committee was also recognized for the incredible program they developed and the overall success of the conference.

The Board is committed to continuing to celebrate the achievements of the organization and individual members. In the future, members will be given the opportunity to nominate a colleague who exemplifies the qualities of a CSGNA Honorary.

The board also was responsible for ensuring the organization met the requirements of Industry Canada’s Not-for-Profit compliance with the recently enacted Federal Not-for-profit Act. This required a complete overhaul of the existing and continuance bylaws and acceptance by the members before the due date of October 17, 2014. This was accomplished with much effort and coordination from both the board and members, existing and new. Our draft Bylaw #100 has been submitted to Industry Canada and we await their approval.

As a result of the incentives and encouragement that was put forward for this purpose, CSGNA now has approximately 100 more members than prior to the October AGM. This demonstrates to me that we are stronger as a whole and we have many committed members who want to see our continued success as an organization.

We have a major initiative upcoming that will set the foundation for strategies to support your GI education, practice and involvement in CSGNA. Our website will be undergoing a major overhaul over the next few months. Our Website and Newsletter Director, Maria Clark will be overseeing the process. We will be sending out a short survey to members

asking for input into the development of the website.

Along with the website development, our practice documents will be reviewed and updated with the guidance of our Practice Director, Dana Letto. This will also include new general operating documents such as the Chapter Guidelines. This document is being updated and will provide Chapter Executive with current information on the organization and operation of Chapters along with local conference planning information. We will be continuing to translate the documents into French as we anticipate more French speaking nurses are joining CSGNA.

Finally, as a result of the changes to the bylaws, a few important dates have changed. Our fiscal year end will be March 31, 2015. Jacqui Ho, our national treasurer will be notifying the Chapter Treasurers of the new deadlines for financial reports. Our membership renewal date will be May 1, 2015. We will be putting out a call for nominees for upcoming board positions January 15, 2014. If any member is interested in discussing what a board position entails, you are invited to contact me or Connie Wescott, President Elect.

I look forward to working with all of you over the next two years, and for the exciting initiatives to come.

Sincerely,

Lisa Westin

## 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.

# Outgoing President's Report

Congratulations to the 2014 PLANNING COMMITTEE. What an amazing award winning program. A special thank-you goes out to the professional expertise and guidance of Heather Reid our conference planner and team. Great job keeping things running smoothly.

This is CSGNA 30<sup>th</sup> Anniversary of making a difference in the gastroenterology field. What a wonderful WAY to celebrate with colleagues and friends from coast to coast. The 30th Anniversary Traditional gift is Pearls. SO FITTING sharing pearls of wisdom past, present and future. It is hard to comprehend where the time has gone. Very proud to say we love our GI SPECIALTY. The passion and dedication of all the extraordinary visionary Past-Presidents contributed significantly to the growth of our association.

LEARN, SHARE STORIES, AND ENJOY NETWORKING is what we do best.

The Conference theme "Brave the Current: INNOVATION INSPIRATION ILLUMINATION", inspired passion for all that is gastroenterology. A Passion is what you DO EVEN when it is hard. It's the challenges that keep you going. With nursing you know that every day IS MEANINGFUL. You will touch a life or a life will touch yours. This was an exceptional program with live endoscopy, speakers, interactive sessions, and much more for all for you.

It was time well spent meeting and greeting new friends, and reuniting with old ones. The incredible knowledge and expertise of attendees was an amazing opportunity for novice and seasoned alike.

Taking a look back over the past 30 years, WOW, a lot has been achieved. Publications of the Guiding Light, the website [www.csgna.com](http://www.csgna.com), CNA certification in Gastroenterology Exam, annual Chapter of the Year, GI Nurse Professional, and Professional Development & Michele Paquette Certification Awards are just a few. These achievements wouldn't have been possible without the Chapter executives support and member's involvement. We appreciate your help TODAY, TOMORROW AND THROUGHOUT THE YEAR.

Looking ahead to the future of CSGNA, there is so much more yet to come. CSGNA, with your support, passion and involvement will grow. Stay connected and involved locally and nationally. Everyone can make a difference. Each and every one has something to offer. You are the leaders IN EVERYDAY PRACTICE and THE FUTURE OF CSGNA. Be involved in CSGNA. PROVIDE FEEDBACK, DISCUSS ISSUES, and ATTEND MEETINGS .

Thank you to Linda Pinches and Sandra Stone. It has been a privilege working with each of you. Best wishes to the 2015 National Board under Lisa's and Connie's leadership CSGNA will GO FORWARD continue to grow TOGETHER.

Warmest regards always,

Mabel Chaytor RN CGN ( C )

A fitting quote by Madeline Bridges "Give to the world the best you have & the world will give back to you"

## CONTACT INFORMATION FOR CHAPTER & NATIONAL EXECUTIVES

Contact information for the Chapter and National Executives is available on the website. Click "About Us" on the toolbar on the homepage and a drop down box will appear with "Chapter" and "Executive" lists. Click again to choose the appropriate list.

# Reports

## President Elect

Time has passed quickly since the National Conference in Niagara Falls. I would like to thank the membership for their participation in the AGM and the vote to pass the new bylaws that were required for us to continue on as non for profit organization. I hope that you all enjoyed your time in Niagara Falls, learned something new and were able to network with colleagues from across the country.

As I transition into my new role as President Elect there is much to learn. I am playing catch up in the duties of my role, one as CSGNA representative to the CNA. I hope that I can do justice to the role, be assured that I will do my best.

The future holds many exciting changes for us in the CSGNA, from a new website to collaboration with other gastroenterology groups, nurses, physicians and more. Check the website to keep apprised of upcoming events and changes.

As I am challenged with many new things in my role, I would like you to challenge yourselves to participate in CSGNA's events this and in the up coming year, maybe even consider a certification.

I would like to wish you and your families all the best in the upcoming holiday season.

Connie Wescott RN CGN(C)

President Elect CSGNA

## Canada East

**The Montreal Chapter** will be hosting a fall conference in Quebec City on November 22, 2014 and voting for a President, Secretary and Treasurer. Post conference, the Quebec City group will be applying to be recognized as an official Chapter! The Montreal Chapter has coached 3 candidates for the past year and a half.

The team is quite able and ready to organize continuing education activities. The Montreal Chapter is planning a spring conference for the end of March. They are hoping to see colleagues across the Island of Montreal and possibly Quebec City.

**The Newfoundland Chapter** will be holding a Christmas dinner meeting at which time they will be voting on changes to their executive. Plans are also being discussed for future topics for evening education sessions for the new year.

**The New Brunswick/Prince Edward Island Chapter** is also active. The Chapter Executive will be moving from Moncton, NB to Summerside, PEI. The new executive is still to be determined. The Moncton area is quite busy planning the next Annual Conference.

Submitted by

Paula Triantafillou

## Canada Center

**The Golden Horseshoe Chapter** Congratulations for hosting the CSGNA 30<sup>th</sup> National Conference in scenic Niagara Falls. The 2014 Planning Committee did a great job organizing the educational program for us. It was wonderful that so many delegates from across Canada and the USA attended the conference. The Chapter is planning their annual spring education day in late May 2015 and it will be held in the Kitchener-Cambridge area. Information about the event will be available early next year.

**The Greater Toronto Chapter** elected a new Secretary, Sudong Huang and a new Treasurer, Kim Dooner. Welcome Sudong and Kim to the Chapter Executive. The Executive will soon begin planning for their next Chapter education day.

**The London & Area Chapter** needs volunteers to fill the Treasurer and Secretary positions. Deborah Holmes has recently resigned as Chapter Treasurer. Thanks Deb for your commitment to CSGNA as past President and Treasurer of the Chapter.

**The Central Ontario Chapter**

executive is researching a few educational options for 2015.

The Chapter Secretary position remains available.

### **Members**

*For the past several months, your chapters have been receiving copies of the Inside Tract*

*courtesy of Badgut (Intestinal Society) for your use.*

*This newsletter contains many fascinating articles about GI disorders, treatment and patient care information. Badgut has generously provided this newsletter for free to CSGNA members. As many chapters have limited funds to distribute the newsletter by mail, Badgut will be sending the newsletter to each member at their CSGNA contact address starting with November's edition.*

*If you do not wish to receive the Inside tract newsletter, please send an email to [csgnaexecutiveassistant@csgna.com](mailto:csgnaexecutiveassistant@csgna.com) indicating you are unsubscribing to the Inside Tract.*

*If you wish to change your contact address for the newsletter, please also inform Kim at the email above.*

*Lisa Westin, RN, MN, CGN(C)*

# Reports

**The Ottawa Chapter** needs volunteers to fill the President, Secretary and positions. Joanne Bertrand has resigned as Chapter President and Lise Lacasse has resigned as Chapter Treasurer. Thanks to Joanne and Lise for your commitment to CSGNA. Monique Travers has recently resigned as Chapter Secretary. Monique has been an active CSGNA member for many years. She has held positions on the Ottawa Chapter Executive and National Board. Thank you for your dedication and leadership. Enjoy your retirement.

Submitted by

Joan McKechnie

CSGNA Canada Centre Director

## Canada West

It is with great pleasure that I am involved with CSGNA as Canada West Director. I really believe in our organization with the educational and networking opportunities it offers to any of us with a GI interest! The standard of care for our patients continues to rise because of our efforts to know more and understand better.

Being a part of the chapters in Canada West, I plan to liaison between the local and national levels, bringing valuable awareness to each. I hope to be accessible to our chapters, to be aware of their goals and accomplishments as well as provide resourcefulness. I hope to facilitate a Canada West team support to help foster chapter growth in whatever aspect is needed for the individual chapter.

I congratulate each of the executive members for the wonderful achievements of their chapters as seen in each of the following reports! Thank you for all of your time, dedication and commitment you provide to coordinate current and pertinent GI sessions. I congratulate all members for your ingenuity and collaboration with the design of your chapter education portfolio!

To all CSGNA members, please consider being involved on an executive – local or national! Change brings growth in ideas and approach. Having a passion for education to improve the care for our patients is a strong attribute! Having a vision to spread the passion is what makes it work!

Respectfully submitted by,  
Yvonne Verklan, RN CGN(c)  
Canada West Director, CSGNA

## AB Southwest Chapter

The AB SW Regional Chapter is in the process of redeveloping itself. With some new members and a smaller group, we are looking at how to maximize the education opportunities for everyone. With help from sponsors, we have had one evening education event this fall with regards to new ideas in electrocautery. This was attended by 20 nurses and 3 doctors and was very well received. We have another evening event planned for November 21<sup>st</sup>, on “Colonoscopy and Polypectomy: Minimizing your handicap and improving your game” with Dr. Syd Bass coming down from Calgary to present to us. Our plan for a full day conference will come to fruition either in the spring or fall of 2015 with the focus on GI cancers, from diagnosis through to medical and surgical therapy options.

We are still a chapter very devoted to education and encouraging people to seek out and share their newfound information with others. Five of our nurses as well as some of our physicians were privileged to attend the Vancouver conference of Interdisciplinary Forum in GI and Liver Medicine and we came home with lots of new information to share with our colleagues.

Wishing all our chapter friends a wonderful fall, a Merry Christmas, and a Happy New Year

Respectfully submitted by,  
Barb Harbers BN,CGN(C)  
President, AB SW  
Regional Chapter of CSGNA

## Calgary Chapter

We have had a busy few months in the Calgary Chapter. Our long time president, Connie Wescott, has now moved up to the national President-Elect office. I have taken over from her as the Chapter President; she will be a hard act to follow. Thank you to Connie for your many years of service to the Calgary Chapter.

We are having a Dine & Learn on Nov 12. Dr. Alex Aspinall will be speaking on Hepatitis C and Current Treatment. I am pleased to announce that we have 36 people attending the presentation! We will soon start to plan for our Chapter Annual Education Day, which will be in March 2015.

Respectfully submitted by,  
Bobbi Sheppy  
President, Calgary Chapter CSGNA

## Central Alberta Chapter

Once again, many from our Chapter were able to attend the National Conference in Niagara Falls. We always find the Conference is such a great time to not only learn more about the newest research, newest endoscopy gadgets, and up and coming new medical breakthroughs, but a time to network with our colleagues across the country. Networking helps us learn how other centers deal with the issues we all face in the Medical field, no matter where we work in Canada, to make it an even better place to work. Conference is also a great time to have fun with our colleagues away from the work place, and do things as a group we probably wouldn't do at home. Thank you to the 2014 Planning Committee. You girls did an AWESOME job.

We have started our year as a Chapter with an Education evening on "Stenting" put on by Boston Scientific.

We are planning a full day Education Day on April 18, 2015. Mark that date on all of your calendars. This time we are planning to have a little more of a Surgical bent to our day. We will keep you all posted as our program unfolds.

# Reports

## Central Alberta Chapter continued

Have a great Christmas Season and we will be in touch next Guiding Light!

Respectfully submitted by,  
Brenda Perlau

President, Central Alberta Chapter CSGNA

## Edmonton Chapter

The Edmonton Chapter members who went to Niagara Falls for the 2014 National Conference to "Brave the Current", would like to thank all involved for a wonderful job. We enjoyed the informative program, the interactive faculty and the opportunities we had with industry and fellow delegates in this very picturesque setting!

The Edmonton Chapter successfully hosted a one day conference on *GI UPDATE on INFLAMMATORY BOWEL DISEASE* on Saturday, October 18. We were wondering how a change in the time of year with having a conference in fall instead of in spring, would be overall. We are very happy with the results! Our delegate numbers were strong with 102 attending. In her welcoming address Lisa Westin, National President spoke about the new IBD Special Interest Group initiative that CSGNA is involved with. Our program included four physician specialists and three nurse specialists who spoke on a variety of topics about IBD. It was very well received. Our appreciation and gratitude goes out to all of the companies that supported our event!

We are now planning our next two education sessions. "What Now? A Practical Approach to IBD Care in the Community" will be held in early winter at the Grey Nuns Hospital, organized by two of our member sites. Our other two member sites are working on a two part presentation on "Management of Strictures in IBD" to be given by a gastroenterologist and by a surgeon. This will be held at the Royal Alexandra Hospital.

Wishing all an early greeting for a safe and happy Holiday Season!

Respectfully submitted by,  
Yvonne Verklan, RN CGN(c)

President, Edmonton Chapter CSGNA

## Manitoba Chapter

Mb. chapter had two members go to the National conference in Niagara Falls. We both got a lot of good information.

We then had an educational meeting Oct.15/14 sponsored by Cook Canada. It was presented by Dr. Haber on video on Biliary Stone Management. We had approx. 25 people there.

Our next educational session is on Nov.27/14 again graciously sponsored by Cook and rep Shana Gillespie.

Our third educational meeting is going to be on Dec.17/14 sponsored by Boston Scientific. We will most likely have a secret Santa gift exchange.

I am planning a Manitoba Spring Conference in April. I should have the definitive date by end of November.

Respectfully submitted by,

Carol Reidy

Manitoba Chapter President

## Okanagan Chapter

We are looking forward to a beautiful Fall and Winter season here in the Okanagan. A few of our Chapter Members have the opportunity to participate in an ERCP course November 20th and hopefully we can bring back some great information to share with our group at our next meeting. We have a couple of Journal Reviews topics that we have been chatting about and plan to get 2 meetings in before Christmas holidays start. Our GI Unit in Kelowna is undergoing yet more changes (seems never ending!) with another endoscopy room set to open late January. This will bring our core Unit to 4 dedicated full-time Endo Rooms plus our ERCP room. Future talks/small events are in the works for the New Year but nothing has been set.

Happy Holidays everyone!

Respectfully submitted by,

Bethany Rode

President, Okanagan Chapter CSGNA

## Regina Chapter

The Regina Chapter has been busy with our annual GI Day for Nurses which was held Oct. 18<sup>th</sup>. This was very well attended and we had great feedback from attendees. Topics at the conference included ERCP, spontaneous peritonitis, portal hypertension, IBD, procedural sedation and fad diets. We are now beginning to plan for next year's GI Day for Nurses and are also hoping to hold a journal club meeting in the near future.

Respectfully submitted by,

Jennifer Rodgers

President, Regina Chapter CSGNA

## Vancouver Island Chapter

Vancouver Island Chapter has been busy this fall sponsoring members to attend educational opportunities. We have helped members attend both local and national events, encouraging the need to keep current and never stop learning! Our chapter meeting is coming up next week; we will be brainstorming for ideas on topics for upcoming education evenings. We have added several members to the Chapter this year and look forward to fresh ideas!

Respectfully submitted by,

Andrea White

President, Vancouver Island Chapter CSGN

## Practice Director Report

I attended an IBD one day conference in Edmonton October 18<sup>th</sup>. It was well attended by many health care disciplines. Work is under way to revise the procedural sedation guideline. Many of the documents will be reviewed and revised this year. Best of luck to those applying to write their CNA gastroenterology certification this year

Dana Letto BN RN CGN(c)

Practice Director

CSGNA

# Mobilization

On March 22, 2014 I attended a conference on Mobilization. It was great! I wish all of my colleagues could attend. Soup for the nurse's soul. The speaker directed the conference through interaction with the participants by asking all kind of questions

The speaker started by asking, what are the difficulties that nurses are experiencing day to day. Three things were repeated over and over again: negative attitudes, working at different speeds, and some colleagues do not work to aim gold standards of practice.

The speaker then directed the discussion asking what would be an ideal situation at work. We all agreed working in a proactive environment would make us feel better about ourselves and our colleagues.

5 simple questions:

Why are we here? We answered – for the patient and some others added for themselves and others. Do we have a vision?

What? Most people do not know the mission statement of their organization. (When we know why and what, it can be inspiring!)

Who? We can be responsible professionals. Get involved!!! Its all about you and me. How do we perceive each other to be? Think about a coach who believes in his athlete. We communicate expectations.

Are we good listeners?

How? Good communication! Do I create a relationship of trust? Am I caring? We also discussed:

Who is the ideal colleague?

After some group discussion we came up with;

Someone who is motivated to learn, stays competent,.

Someone who looks for solutions (.....NOT PROBLEMS!!!!!!),.

Someone who is open to change, someone who is a reinforcement to others (says hello, good-bye, sorry

Someone who is present in the moment, communicates when things are not going well, shows by example,.

Someone who is able to say when they are wrong, a team player, on time, and respectful.

Our speaker added: being devoted and conscientious, coordinate with others, be an innovator to stimulate change, communicate what needs to change and asks for a response.

In conclusion:

Do I walk the talk?

Am I the person I want my colleague to be?

Mobilization is really about how do I work? How can I get my colleague to move....work with me. Going to work can be pleasant and motivating.

Hope these notes motivate you as it has motivated me to. ....

Mildred Clement Rn CGN(C)

# LA MOBILISATION

J'ai participé à une conférence au printemps dernier. Cette conférence a été tellement appréciée que j'ai voulu partager les grandes lignes avec vous.

Les leviers de la Mobilisation sont des clés utiles dans le but d'améliorer les relations interpersonnelles dans nos milieux de travail. C'est une méthode de travail, des outils et des façons de faire en sorte d'apporter de l'harmonie et de l'équilibre dans nos milieux de travail. Voici les clés de la mobilisation:

**La clé #1 : LA VISION .** On se pose la question, comment je vois ça? Pourquoi je suis là, quel est mon but? Ce que je recherche, mes ambitions ....etc

**La clé #2 : LA RESPONSABILISATION .** On s'implique et on se responsabilise. On prend des initiatives, on suggère, on valide, on apporte son aide.

L'effet pigmentation est la perception qu'on a d'une personne, l'idée que l'on se fait d'elle ( positif ou négatif).

Une approche positive = une réponse positive .

**La clé #3 : LA COMMUNICATION .** Cela est la base de la confiance. Partager, échanger, informer, créer une relation de confiance ...etc. La communication est essentielle

**La clé #4 : LA COMPÉTENCE ET LA CONSIDÉRATION :** Encouragez chacun à utiliser leurs forces et leurs talents. Considérez chacun à leurs justes valeurs.

La validation permet d'arriver à l'équilibre, il faut 3 choses ou 3 points positifs pour une chose ou un point négatif.

Afin de maintenir un bon esprit d'équipe ( 3 + pour 1 - )

Il y a 4 stratégies ou genres d'individus en milieu de travail que nous pouvons d'écrire ainsi:

- 1) Innovateur 75%
- 2) Leadership 80 %
- 3) implication zéro 25%
- 4) Amical /Pacification 90%

**INSISTEZ TOUJOURS SUR SES POINTS :**  
CONSIDÉRATION,  
ENCOURAGEMENT,  
FÉLICITATION

**La clé #5 : L'ENGAGEMENT**

Elle favorise la fierté de l'équipe. Quel rôle y jouons nous?

- 1) Un rôle calculé . Aie - je trop à perdre monétairement ou en ancienneté?
- 2) Un rôle collectif . Je souligne les fêtes , les activités d'équipes.

3) Un rôle affectif . J'aime mon équipe et leur démontre.

J'encadre les plus jeunes infirmières.  
J'instaure un virus positif dans l'équipe.

**BONNE CHANCE À TOUTES LES ÉQUIPES !!!!**

Sylvie Nadeau Inf

# Winners of the CSGNA 30<sup>th</sup> Anniversary Pin Design Contest

Jody Hannah, the Golden Horseshoe Chapter President from Hamilton, Ontario and Julie Light from Waterloo, Ontario are the winners of the CSGNA 30<sup>th</sup> Anniversary Pin Design Contest. Both artists submitted pin designs for a chance to win a complimentary registration for CSGNA 2014 Niagara prior to the contest deadline. The graphic designer used both designs to create the lovely pins that we received at the National Conference in Niagara Falls. Congratulations and thank you for your submissions! Thank you also to Instrumed Surgical for sponsoring the CSGNA 30<sup>th</sup> Anniversary pins.



## The Canadian Not-for-Profit Act Continuance Process

CSGNA has received approval of the No. 100 Bylaws from Industry Canada and has been issued a Certificate of Continuance as a federal Not-for-Profit Corporation. Thank you to all members and board members who provided input and worked through the process. The new bylaws will be posted in the Member's Only Section of the website in the near future.

Thanks

Lisa

President CSGNA 2014-2016

Scholarship application forms  
are available on our website  
at [CSGNA.com](http://CSGNA.com).

# CSGNA Is getting a New Website

Thank you for your patience during the transition.

## **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](mailto: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***

## *The Making of a New Chapter*

Sylvie, Jan and I have been planning chapter conferences for a while now. Living in Montreal, it can be a challenge to get staff from all health centers to attend conferences, not to mention getting our french and english colleagues together. We see a need to reach out to our colleagues in far away places like Rimouski 6hrs away and Quebec City 3hrs away. Have you ever gone to a conference and said "Man that was so good! I wish everybody could hear that! We started to get the ball rolling by talking to company representatives. They started to talk to nurses that would be interested to get involved in organizing a small group of nurses specializing in gastroenterology in their region to organize conferences.

Sylvie was finally approached and she travelled to Quebec City meeting 3 nurses coming from 3 different health centers. This was the beginning of something very interesting. From then on, I met these three pillars and promised to support them by shadowing them for as long as it takes to get them confident and ready to proceed on their own.

They came to the Annual National Conference last year in Baniff. We met throughout the conference to discuss possibilities, vision and commitment. This year 2 members came to the Annual National Conference in Niagara Falls and brought lots of ideas home with them.

Throughout this past year, this group of 3 grew and formed a committee. They met consistently and with our guidance, they have setup a website .

The Guiding Light

They promoted the conference they planned for November 22, 2014. They put out promotions that reached as far as Rimousk. What is amazing, is that we had 96 delegates register for that conference, plus a waiting list.

Remember the Discovery channel, advertizing about people who were curious enough and went just a little further, were able to present us with some amazing stuff. People like Oprah Winfrey, Nik Wallenda, Malala You-safzai, Bear Grylls. How great is it to have a vision and persue it!

November 22, 2014 in Lévis, Qc we will be voting in a president, secretary and treasurer for the new CSGNA Quebec City Chapter. After that they will be applying to the CSGNA National Executive committee to be recognized officially.

Throughout this process, Sylvie and I through networking, have grown and made new friends and colleagues that share the same challenges, even if we live far from each other. We have been encouraged to maintain gold standard practices (standardizing care practices), and to exchange clinical information. Now together we can work on educational activities, share information and work on some common concerns.

Our challenge now is to have our conferences at the local level accredited. Wouldn't it be good and make a lot of sense to provide educational activities that are recognized as being of a certain standard. For example to meet some requirements we need to answer: Who is the target group?

How many will attend? How is the nursing practice related to the topic? Having clear objectives and meeting those objectives is one of the things that is required. (remember the evaluation form?)

Is the information up to date and pertinent (where is the information coming from, reliable resource?).

Was the information well understood? Asking for validation of information by a small quiz is one way.

We have been working towards getting our conferences accredited through our local university since most of the speakers are faculty that teach at McGill/University of Montreal or at a teaching health center. It is still a challenge, but I am convinced that by delivering a conference at that standard we will eventually meet our goal.

The Quebec City chapter will be one to watch, they have a lot of talent representing different health centers across their city and they are already reaching towards other sub-specialities related to gastroenterology.

I hope I have inspired anyone who is looking for something gratifying to do! Get involved with your local chapter.

Mildred Clement Rn CGN(C)

## The Good Catch Award

Central Health Celebrates Patient Safety Days Good Catch Awards  
James Paton Memorial Regional Hospital in Gander, NL recently marked the 3rd annual Patient Safety Days. As part of the celebration, awards were given to the group/person that identified the “best” good catch. A good catch is a situation whereby harm did not reach the patient as a result of chance or prevention, or mitigation through a planned or unplanned process. One of the Awards for Good Catch this year went to Jackie Dalley an RN on the Endoscopy/ Minor Procedures Unit, JPMRHC .

Jackie has a heightened sense of awareness and accountability related to issues that could result in increased potential for injury. She most recently noted an unsterile tray in her unit that could have been used to provide patient care. She notified the appropriate people and went looking for other items with same issues in her unit that day. An occurrence was entered and a shared learning bulletin developed because of the follow through. Patients benefit from this proactive approach and action by the avoidance of potential for injury/harm.



### *Guidelines for submissions to The Guiding Light*

### Update your Calendar

- 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 1<sup>st</sup> for March issues, June 1<sup>st</sup> for July issues and Oct 1<sup>st</sup> for November issues.
- Include all references using APA format.

**Our New  
Membership year  
will run from  
May 1, 2015  
To  
April 30, 2016**

The online form is under revision  
and will be available soon.

# Niagara Falls reflections







# Making Waves

A changing of the 'times'  
cs&na\*

**Conference 2015 September 24-26**  
**Moncton, New Brunswick**

[www.csgna.com](http://www.csgna.com)

# Making Waves

A changing of the 'time's

**cs&na** 



[www.tourism.moncton.ca](http://www.tourism.moncton.ca)

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**Plan to Attend Conference 2015 | September 24-26 | Moncton, NB**

Get all the up-to-date details at ... [www.csgna.com](http://www.csgna.com)

# CSGNA Chapter Executive List 2014—15

## BRITISH COLUMBIA

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Secretary: Diane Bjola  
Treasurer:  
Christine Kunetsky

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## LABRADOR

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# CSGNA National 2014 -15 Executive

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Scholarship application forms  
are available on our website  
at [CSGNA.com](http://CSGNA.com).



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 :

#224 – 1540 Cornwall Road, Oakville, ON L6J 7W5 Canada

CSGNA Membership ends May 31 each year

**MEMBERSHIP APPLICATION (Check one)**

**FORMULE D'APPLICATION (Cochez Un)**

<input type="checkbox"/> <b>Member \$100.00</b> Open to Registered Nurses, Registered Nurse Practitioners, Licensed Practical Nurses and Registered Practical Nurses who hold 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.	<input type="checkbox"/> <b>Membre 100,00\$</b> Ouvert à 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.
<input type="checkbox"/> <b>AFFILIATE \$100.00</b> 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 reproprocessors, assistants, BSN, 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).	<input type="checkbox"/> <b>AFFILIÉE 100,00\$</b> Ouvert à ceux qui ne qualifient plus comme membres de la SCIGTA en raison d'un enregistrement ou d'une licence tels IA, IPA, IAL ou IAA non valable. 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).

**APPLICANT INFORMATION/INFORMATION DU MEMBRE**

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

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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)
TITLE/ POSTION		EMAIL	
EDUCATION/ÉDUCATION (CHECK ONE/COCHEZ UN) <input type="checkbox"/> RN/IA <input type="checkbox"/> RPN/LPN / I AUX <input type="checkbox"/> TECH/TECH			
<input type="checkbox"/> OTHER/AUTRE (EXPLAIN/SPÉCIFIEZ) _____ CNA MEMBER/ MEMBRE AIC <input type="checkbox"/> YES/OUI <input type="checkbox"/> NO/NON			
<input type="checkbox"/> CNA CERTIFICATION IN GASTROENTEROLOGY/CERTIFICATION EN GASTROENTÉROLOGIE DE L'AIC			
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