

# cs<sup>g</sup>na<sup>+</sup> Guiding

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

# LIGHT

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

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## ***President's Message***

In the final stretch of my term as National President, I find myself looking back at the 12 years I have been a CSGNA member, Chapter Executive and Board member. So much has evolved in our organization and so much has been gained through my association with CSGNA. Although some days I felt like there were too many hurdles to jump, and others I was excited at our accomplishments, I do not regret my involvement in this specialty organization one little bit.

My first CSGNA conference was in Calgary. This was not only my introduction to a National conference, but I began to feel part of the larger group of GI nurses who were to become my colleagues and friends. Little did I know at the time, that I would end up on the board as President. Since then, through my involvement in the Central Alberta Chapter and in board positions, I have had the pleasure of attending not only the National conferences, but the CNA convention, a number of SGNA conferences, and more recently, CANIBD conferences.

I started out my role on the board as Public Relations director. This position was a somewhat loosely defined role, so I felt I should focus on encouraging new membership, and where better to start, than with student nurses! I attended the National Student Nurses conference in Hamilton and proudly set up a CSGNA booth. Almost all of the student nurses who shyly came to the booth asked "what is Gastroenterology anyway?" I had a draw for a registration at the Toronto National Conference and picked a winner. She was a very eager intelligent young woman who developed a poster to present at the conference and joined us in all of our meetings and after hour's events. What a treat to find such a deserving young woman. She was very appreciative of our hospitality and pride in our specialty. I believe she did not follow the path of GI after her graduation, but I think CSGNA members left a positive stamp on her memories of being included.

My years in the President Elect role, were, quite frankly, a bit stressful as we were faced with the task of meeting Industry Canada's Not-for-profit compliance. This required an overhaul of our bylaws to meet the regulations and a re-evaluation of our membership criteria to fit the options outlined by the Federal Not-for-profit Act. Even though this was an extremely time consuming event for the Bylaws committee, we were guided by a very capable Lawyer who made sure we were ready when the deadline approached. This event was compounded by lower than expected turn out at the AGM, so we put forward many measures to increase attendance in order to be able to pass our new bylaws through the membership and put the Act behind us. Thankfully, our members pulled through and we approved the new bylaws. As a result, we now have compliant and up-to-date bylaws that will take CSGNA into the future. We also improved some of our organizational methods such as proxy voting and making the quorum a reasonable number.

This is the time when I learned most about how much time and effort a volunteer board puts into the organization and its success. It may not always be visible on the surface, but they are one of the hardest working and productive group of nurses I have had the pleasure to be working with. When I began the role of president I knew they would have my back during challenging times and in supporting the diversity and growth of the organization.

My first year as President was also a year that I will not forget as the formation of the CANIBD IBD Nurse group joined forces with CSGNA and Crohn's Colitis Canada. This has introduced CSGNA members to the world of IBD nursing and allowed IBD nurses to build on their successes on a National basis. I am proud to say CANIBD is well on its way to becoming a National IBD Nurse community of practice that will have an impact on IBD nursing care on a global basis.

## ***President's Message***

This was also a year when the organization put more resources and effort toward supporting Francophone nurses and was rewarded with a primarily Francophone Chapter Quebec. We look forward to their accomplishments in the coming years. Even though some of the existing chapters have struggled with membership, others have renewed the spirit of GI Nursing and rejuvenated Chapters that we thought we may lose. This is not unique to our specialty and I think we should be extremely appreciative of those who built this organization and are now stepping back to allow others to step up. This ebb and flow is what similar organizations go through and help to ensure continued engagement and positive change over the years.

This past year was also a challenging but rewarding year as we built a new website from the ground up. A number of board members spent countless hours throughout the year providing and translating the content, revising and developing new practice guidelines, and providing opportunities for further networking and education for members. This project still has a few kinks to be worked out, but we feel it will serve the membership for the years to come. In addition, CSGNA was provided with an opportunity to improve our communication, networking and online education capabilities. [www.timedright.com](http://www.timedright.com) now has a CSGNA group with sub-groups including Board of Directors, Chapter Executive, CANIBD, Francophone, and IBD Nurse Fellowship. Each of these groups is available to members and invited guests to develop different methods of achieving a stronger connection among the group members. I am excited to see how our group will look in the next year.

We have also been in ongoing discussions with CNA regarding our certification program. We have discussed several ways of improving our annual certification numbers by advocating to Health System decision makers, providing additional financial supports, and participating in the redevelopment of our exam questions to make the exam more beneficial for the diverse roles of the members of CSGNA. This will be the first year for online testing, so I will be looking forward to feedback on the method.

In the next few months, I will be working to being ready to hand off the reigns to the incoming President Connie Wescott and her team. I look forward to future accomplishments and will settle back into the role of "member."

Thanks to all of you for your support and encouragement through the years.

Best wishes!

Lisa Westin, RN, MN, CSGN(C)

# National Executive and Director's Reports

## President-Elect Report

My role in the CSGNA is not glamorous, but I believe it's very essential. At present, I continue to work on correlating the roles of the National Board in the CSGNA's bylaws with the guide to our roles and the timeline of our duties.

The task of identifying all endoscopy sites across the nation has been completed. This was gathered to allow us to have contact with all staff that perform endoscopy procedures and increase awareness of CSGNA. This will allow endoscopy staff to have access to CSGNA for learning standards of practice guidelines and networking etc.

Other items currently being worked on are, a guide for the dissolution of Chapter's and revisions of the CSGNA conference planning guide. I am also the board's liaison with the planning committees for the upcoming 2016 Winnipeg and 2017 conferences.

It continues to be a busy year for CSGNA. You are all highly valued and I believe CSGNA will enrich each and every member and we will all become better GI health care providers as a result. Thank you.

Connie Wescott, RN, CGN(C)

## Secretary Report

Hi Everyone, I am the current National Secretary working for CSGNA. Although I am new in this position, I strongly believe in the innovative change that this organization brings to the world of GI nursing. It has exponentially evolved my personal practice and has allowed me to bring improved practice techniques to my local hospital in Kamloops, British Columbia. Through CSGNA, I have been able to travel the country and acquire strong partnerships within the GI Field. I believe choosing this leadership role will be rewarding, challenging and a choice I will not regret. This organization has provided me a fresh look through a lens filled with potential and opportunity. Becoming a member of CSGNA has easily been the best choice personally and professionally I have made as a nurse. I highly encourage you to become involved at the Board Level. It will be a life changing experience.

Suzette Lloyd

RN, BScN, CGN(C)

# National Executive and Director's Reports

## Treasurer's Report

This is the first report with our new financial year ( May 1/15 – April 30/16 )Last year we submitted to Revenue Canada 2 tax reports the first covered January – December 2014 and the second covered January – April 30th 2015.

Our current accounts as of April 30/16 is as follows :

Operational Account   \$ 76,132.26

Education Account     \$ 26,398.00

Conference Account    \$ 153,140.80

GIC's                    \$ 191,750

A quick update on each account and what they cover.

The Operations account is derived mainly from our yearly dues with some money coming from our industry partners. This account pays for the day to day operations of the association. These include but are not limited to the office space and our assistant, website set up and costs ,Gastroenterology Nursing and many other planning costs.

The Education account is the 25% given by the chapters. This is used to offer our yearly grants to our members.

Finally the Conference account is money to pay for our national conference. This money comes from the registration to the conference and the cost of the booths etc. Over the last few years we have been able to maintain this as a separate account and any funds that we make are rolled into the next year's conference budget.

CSGNA remains financially stable. Our goal however is to increase our membership so that we can continue to represent and advocate for GI nursing.

Jacqui Ho RN, BScN, CGN(C)

## Education Director's Report

I am currently working with Millie to put together a review for the CNA exam to be given at the National Conference, which includes practice questions and discussions. This should be timely as Nurses can write the exam immediately after the conference. If successful this will be offered annually at the National Conference.

As well, Lisa and I are sitting on a committee with the Canadian Nurses Assoc. concerning the new exam format and to hear what the goals are for going to the on-line method of writing the exam. We are also brainstorming ways to encourage and support nurses to obtain certification in our specialty.

Cathy Arnold-Cormier RN, CGN(C)

# National Executive and Director's Reports

## Practice Director's Report

It has been a year of reflection for many of us. I first became involved with CSGNA in 2005 and was hooked immediately when I attended my first National Conference in Regina. During my GI nursing career, I have held positions at the local chapter level and with the National Board, first as the Public Relations Director and later, Practice Director. Both positions have provided me with opportunity to network across Canada and the opportunity to grow professionally. My term as Practice Director is coming to a close and I look forward to continuing my participation with CSGNA as an active member.

Upcoming position statements include The Role of the Nurse in EUS, CO2 insufflation, and Certification.

I attended the Edmonton Chapter conference April 30th at the Robbins Learning Center at the Royal Alex Hospital. It was well attended by all health disciplines and the education content was exceptional. I will be attending the next education session June 7th in Edmonton on Fecal Transplantation by Dr. Kao and Primary Sclerosing Cholangitis by Dr. Selvarajah at the Grey Nuns Hospital. I then will travel to Lake Louise to the ADDS (Alberta Digestive Disease Summit) June 2-3, where I hope to network with members and engage others to join CSGNA.

Wishing everyone a safe and happy summer holiday!

Dana Letto NP

## Public Relations Director Report

As I reflect over my involvement with this association I realize I have been a member of CSGNA since 2007. I became the Montreal Chapter President in 2008 and just handed the presidency over this May 2016.

I also was approached to join the executive national board and became Public Relations Director in 2014 and reapplied for the position for 1 year.

I have grown and matured as a professional in this wonderful specialty of gastroenterology. I also feel very strongly that throughout the years that I have been in this association I have been able to make new friendships, experience things that I would have never experienced if I had not volunteered to take part in CSGNA.

These are some of my precious moments:

- Travelling to the different provinces
- Meeting nurses that work as endoscopy nurses like me and want to adopt gold standard practices, networking to find solutions, guidelines,
- Sharing concerns and getting loads of feedback
- Coming back a bit physically tired but refreshed professionally after a conference

# National Executive and Director's Reports

## Public Relations Director Report

- Feeling good about staying updated to give quality care to my patients
- Achieving goals and having a common vision
- Supporting GI nurses all over the country to help guide the different institutions in which they work

There is lots more to say but more importantly I realize there is a lot to do and maintain. If you are feeling bored or need a challenge I encourage you to come and be part of a chapter or even the national board. Get involved! You can be part of the progress CSGNA needs.

Mildred Clement RN CGN(C)

## Awards and Research Director

As I come to the end of my time as Director of Awards and Research, I look back over the last eight years and marvel at what we accomplished as a board and as a group of nurses who care for their patients. I was first introduced to CSGNA in Nova Scotia in 1995. After a brief break from nursing and the CSGNA, I was drawn back in when I attended a chapter meeting in the GTA and then went on to write my Certification in Gastroenterology, along with our colleagues from across Canada with the first sitting of the examination. I then held the positions of Secretary and President of the Central Ontario Chapter for 9 years.

Being involved as a Director at the National level has awarded me learning opportunities with which has allowed me to grow as a nurse and the chance to work with a remarkable group of nurses. It has been an amazing and overwhelming learning experience, dealing with the Not-for-Profit legislation as well as bringing the by-laws up to date.

The trials and tribulations associated with the new website have certainly proven a challenge for both our members and the board. With a light at the end of the tunnel now, applying for educational grants should progress more smoothly.

I want to congratulate all the past award winners. It is only through hard work and dedication that you are able to qualify for the grants. It is this dedication that we feel proud to be able to support. My greatest wish for the association is for the upcoming Director of Awards to be overwhelmed with applications for our educational bursaries.

Thank you to all our members who have helped shape the association. There is a greater pleasure than to watch new members become excited and then become involved in CSGNA. There are so many opportunities for you to become involved, from conferences to working committees.

Donna Bremaud RN, CGN(C)

# National Executive and Director's Reports

## Multi Media Director Report

As the completion of my first term as Newsletter Editor and Website Director approaches, I find myself reflecting on all that I have experienced in two short years. I think back to when I first joined CSGNA in 2007. I had been introduced to the organization through co-workers at the Northern Lights Health Center Ambulatory Care / Endoscopy unit in Fort McMurray. My co-workers / co-members always shared their Gastroenterology Nursing Journals and Guiding Light Newsletters with the entire staff and posted the National Conference Brochure.

In 2007, I was one of the lucky nurses that was able to attend the conference in Halifax. That was the first conference of many I attended and when I truly realized the potential CSGNA offered to members. At that conference, I met members that had successfully completed CNA certification as Gastroenterology Nurses, as well as members that worked in G.I. specialty units such as hepatology and IBD. Those members shared how networking and communicating with other members and Industry Representatives had expanded their knowledge and enabled them to provide better patient care. I was highly impressed and eager to continue to grow within the CSGNA organization.

When I was first approached and asked if I would like to be nominated for the Website Director / Newsletter Editor position on the National Board, I was a little hesitant to say the least. I was unsure if I possessed the knowledge and skills to fulfill the responsibility. After some encouragement, I accepted and was given the opportunity. Now, I have to say, that it was one of the best decisions I could have made. Being a member of the Board of Directors with this organization has provided me with insight into the workings of a registered not-for-profit organization such as this. Over the past two years as well, our website was revised to improve and increase availability of information as well as interaction between members. This venture was a joint effort, pulling feedback and suggestions from all members of the board and executive to deliver what we have today. Of course, with any transition there will be hurdles and we continue to encounter those but with less frequency now, I am happy to say. In addition to our website, we have recently joined in a social network call TimedRight. This enables our members to link with other health care providers as well as CSGNA members. The site offers our members various opportunities to have open discussions, send private messages, or host webinar meetings at premium rates. I recommend that members check out the TimedRight website and sign up using your email address as your user ID.

I am proud to have participated in delivering the new website, but most of all I am impressed at what can be accomplished through teamwork and support. Support is what comes to my mind when I think of our organization. I have made many new friends and have been introduced to many other professionals that eagerly provide information and/or assistance when called upon. Therefore, I strongly encourage members to step forward, to participate in our organization at this level, and to actively guide and unite Gastroenterology Nurses across Canada.

Maria Clarke RN, BScN, CGN(C)

# National Executive and Director's Reports

## Canada East Director Report

It has been a busy time for the Eastern Chapters this past year. We welcomed a new Chapter to our group- well done Quebec City!, Moncton hosted the annual CSGNA Conference and did a fantastic job- congratulations once again to the planning committee and all that were involved in making it a success. All Chapters met their education requirements and continue to recruit new members to the CSGNA. It has been a job well done by all members.

**New Brunswick/Prince Edward Island Chapter :** Our 2016 Annual Education Day was held in Summerside , PEI this year . Nurses from the Endoscopy Unit at the Prince County Hospital organized a very successful day . The event was attended by Nurses from New Brunswick and Prince Edward Island . We all enjoyed listening to GI specific topics and we then drew names for 10 free CSGNA memberships . The Atlantic Association of Gastroenterologist meeting is to be held in Fredericton NB June 24-26 , 2016 . The Annual CSGNA Conference will be held in Winnipeg September 29 - October 1 2016 , hoping to have a great turn out from the East ! *Carla Martin. President NB/PEI Chapter*

**Nova Scotia Chapter:** The NS Chapter has just completed a very successful education day. We had 35 nurses registered. The topics presented were very relevant (based on comments from the evaluations). We said goodbye to Kathy Dykens as our secretary. She has retired and we wish her well in this new life chapter. We welcomed (by acclamation) Helena Bortolin, from Halifax, as our new secretary. *Marleen Spencer. President NS Chapter.*

**Newfoundland Chapter:** The NL chapter has had another successful year. We continue to meet monthly from September to June and receive tremendous support from our membership. As a chapter, we consider continuing education as a top priority .We recently organized a full day GI education day with 50 attendees and the evaluations of the day were extremely positive. In addition, we have had several evening lectures on various GI related topics.

Our chapter also fully supports having members attend the annual National CSGNA conference in Sept/Oct. each year and the Annual Atlantic Association Gastroenterologists meeting each June. We have several members scheduled to attend these conferences again this year. Our members continue to actively recruit new members to join our organization and grow with us. *Sandy Stone. President Newfoundland Chapter.*

**Montreal Chapter:** I feel privileged to have served the Montreal Chapter as President for the past nine years. I've been fortunate to have Sylvie Nadeau and Jan Petelle work side by side with me, to help achieve our goals. We had a record 103 participants attend our Education Day this year. Our chapter welcomes new executive members, Nadia Joseph as Secretary and Sebastien Turner as President this year. Sylvie and I will continue to provide mentoring support to the new executive. I wish the new executive members all the joy I have experienced in their new roles.

*Mildred Clement. Outgoing President Montreal Chapter.*

**Quebec City Chapter:** A very successful Education Day was hosted again this year in Quebec City with approximately 100 participants attending. This new chapter continues to successfully recruit new members and we wish to extend a warm welcome to this wonderful team as they continue to grow with us.

*Paula Triantafillou. Canada East Director.*

# National Executive and Director's Reports

## Canada Centre Director Report

In May 2004, while attending my first Chapter Education Day, I was encouraged by coworkers to become a CSGNA member. It sounded like a good idea at the time, so I joined. I was new to endoscopy and eager to learn all I could about GI nursing. Later that day, the Chapter Executive elections were held and to my surprise, I was elected the Golden Horseshoe Chapter President. That began my amazing journey with CSGNA.

A few months later, the incoming Chapter Executive met with the outgoing Executive. The hand over took place then and the responsibilities of the Chapter Executive roles were explained to us. The outgoing Chapter Executive agreed to organize the next Chapter Education Dinner event in the fall and support the new Executive through the process. They certainly were a great help to us!

The following spring, I attended the CSGNA Greater Toronto Chapter Education Day and reconnected with a friend from the nursing diploma program at Ryerson in Toronto where we met years ago. She has become an inspiration and a mentor to me ever since.

CSGNA has provided me with many opportunities to grow and learn as a professional. I probably wouldn't have been as involved had it not been for the guidance and support I received from leaders in the organization. About ten years ago, a CSGNA colleague asked me to submit an article for the Guiding Light newsletter and offered to edit it for me. I couldn't refuse the offer! Writing articles for publication became something I enjoyed. Then, a previous Board member phoned and invited me to co-chair the 25th Anniversary CSGNA Toronto National Conference in 2009. I had never been involved in planning a large conference before but agreed to participate. The CSGNA Toronto Planning Committee and the conference planner were invaluable. It was a wonderful experience! After that, a past President suggested that I should consider a National Executive position and for the last six years, I've held positions on the Board. I look forward to serving another term if I'm elected again. It is an honour and a privilege to represent the Ontario Central region!

I encourage you to volunteer for an ad hoc committee, a Chapter or National Conference Planning Committee, a Chapter or Board position. You won't regret it! It's definitely worth your time and effort. Plan to obtain your Canadian Nurses Association Gastroenterology certification! It may well be one of the best decisions you make in your professional career.

Share your ideas and concerns with your Chapter Executive, Regional Director or other Board member. We are here for you!

I hope to see many of you at the 2016 Winnipeg National Conference in September. Submit a poster presentation for the conference! It's a great way to share your knowledge and expertise with others.

Joan McKechnie RN CGN(C)

# National Executive and Director's Reports

## Canada Centre Director Report

**Golden Horseshoe Chapter :** This year, 2016, is a year of changes for the Golden Horseshoe Chapter. We have executive positions coming available in the fall. The secretary role will be open as Linda Gandy has accepted a position on the National Board. Congratulations Linda. My position as President is also available, as I have had the pleasure of holding this post for the past five years as well. I am willing to continue for another year to ease transitions. We welcome members who may be interested to please contact one of the Golden Horseshoe Executive. See our contact information at [csgna.com](http://csgna.com) on the About Us page.

Our Chapter Executive will be attending the CSGNA 2016 Winnipeg National Conference in September. This year, the Golden Horseshoe is once again offering three scholarships to attend the conference and we encourage all of our Chapter members to apply. We have also awarded an early bird conference registration to one lucky member who attended our Chapter Education Day on Saturday, April 30, 2016. This prize was won by Rose Houser. Congratulations Rose!

We held our Education Day at Trillium Health Partners in Mississauga and would like to thank Giselle Marella and her Trillium team who facilitated the organization of this event. We had approximately fifty attendees plus vendor displays, great food and super door prizes. Evaluations indicated a very positive response.

We hope everyone has a happy and healthy summer. See you in Winnipeg September 29-October 1!

*Jody Hannah . Golden Horseshoe Chapter President*

**Greater Toronto & Area Chapter :** The Greater Toronto & Area Chapter held a successful Chapter Education Day at St. Joseph's Health Centre in Toronto on April 16. About thirty people attended this event. We raffled two CSGNA memberships and one free registration scholarship to attend the Winnipeg National Conference in September.

At the moment, our Chapter has no Secretary! Sudong Huang has stepped down because of family responsibilities. Thank you for your commitment to CSGNA Sudong. We are still looking for someone to step up to the plate.

Kim and I will be attending the National Conference in September and will also attend the Chapter Executive Dinner meeting.

*Daysi Sandino. President Greater Toronto & Area Chapter.*

**London & Area Chapter :** The London & Area Chapter are planning an educational event in November. They are in need of three Chapter Executive members. Any interested members are encouraged to contact Joan McKechnie, CSGNA Canada Centre Director by email at [CanadaCentreDirector@CSGNA.com](mailto:CanadaCentreDirector@CSGNA.com)

**Ottawa & Area Chapter:** The Ottawa & Area Chapter are planning an education day in the fall. Misha Sharma has stepped down as Chapter President because she has accepted a new position that is unrelated to GI health. Thank you for your commitment to CSGNA Misha. Jennifer Lainez, who previously held the Chapter Secretary position is the new President. Arozoo Wardak accepted a new position as Secretary.

Best wishes to those planning to renew or write the CNA GI certification exam .

*Joan McKechnie RN CGN(C)*

# National Executive and Director's Reports

## Canada Centre Director Report

**Central Ontario Chapter:** As the current President for the Central Ontario Chapter, I would like to say another year has gone by very quickly and we have enjoyed three evenings of great education sessions. We are a small Chapter and pull from a large geographical area which sometimes poses a problem acquiring good attendance at meetings. So I would like to say thank you to all the people that work hard to attend our educational events.

We are currently looking to fill a couple of Executive positions in our Chapter. We are in need of a new Treasurer. Liz Robins is stepping down. Thank you for your commitment to CSGNA Liz. I would also like someone to step forward for the President position. We are very grateful for a new member Evelyn Jaszczur, who was recruited at last year's National Conference in Moncton to fill our Chapter Secretary position. So we hope others will follow Evelyn's lead and volunteer for these Chapter Executive positions.

I look forward to seeing old and new friends at the CSGNA Winnipeg National Conference in the fall.

*Janet Young-Laurin. Central Ontario Chapter President*

## Canada West Director Report

Whether you are interested in volunteering on a National board or volunteering in another capacity, there are many great reasons to donate your time to CSGNA. If you have ever thought of joining the family of CSGNA you might have asked yourself "How can I volunteer my time with my already busy schedule?" Existing demands such as family, work, personal interests, and other commitments plays a strong role in our volunteer capacity. I have had all those thoughts over the years while being a CSGNA member, chapter executive and now having served six months on our National Board. I have no regrets. I am amazed how quickly I have connected with others, learned new skills, built and shared knowledge, and had loads of fun.

When I accepted the role of Canada West Director as a National Liaison, my portfolio was to network and build relationships with members spanning from British Columbia to Manitoba. I contemplated, "How can I do this job and do it well?, while working as a full-time nurse, mother, wife and of course, a glorified taxi driver". In my heart I was needing more. I have strongly believed that the best leaders are motivated by an altruistic desire to help out. I believe that this thought process is within each and every nurse. Stepping out of one's comfort zone to volunteer can be so rewarding.

My current National volunteer experience has helped me believe that I can help build something bigger than myself. My personal nursing journey motivates me to believe that I have the potential to make a lasting impression on the members of CSGNA. This belief is immeasurable. This interest in strengthening our GI nursing profession and our CSGNA association seems to have led me to volunteering in a bigger way that I have ever done before.

If you think you are looking for a challenge and think a board position is not possible, believe me, it is. Be proud to represent GI Nursing in any volunteer capacity.

# National Executive and Director's Reports

## Canada West Director Report

Everyone has something valuable to bring to the table and to the members. Learning new skills, gaining valuable work experience, and networking with GI nurses across Canada, you will most certainly bring your talents to this association. As a volunteer, you too can make a difference in more ways than you know. Celebrate your patients in Gastroenterology and most of all celebrate the differences each of you are bringing to this specialty. I am so pleased to represent CSGNA on a national level and I will hope to inspire others to do the same. Thanks to Connie Westcott (President-Elect) and Lisa Weston (current President) for being exceptional mentors. I always like to find something inspirational to end my Canada West Directors submission.

Albert Schweitzer summed it up perfectly, "Do something wonderful, because people will imitate it". Think seriously about stepping up to a board position, either locally or nationally, you will not be disappointed.

*Stephanie Carr, R.N., BScN, CGN (C)*

**Vancouver Island Chapter:** Our chapter was very busy preparing for our Full Annual Education Day, scheduled for May 28, 2016. We prepared an exciting day for all of our 60-80 attendees. The participants were from all over the Island and across the province. We were delighted to have Stephanie Carr, Canada West Director of CSGNA introducing herself to our members and potential new members at our AGM. We are in for a full year of organizing new events and planning what is important for the coming year.

*Shelley Dosso. Vancouver Island Chapter President*

**Okanagan Chapter:** Happy GI Nurses Day!!! May 13th was our day to celebrate! Our chapter activity has mostly involved small educational opportunities. Our latest discussion was with Dr. Penner presenting on IBD. We are hoping to get another evening event organized soon before the summer vacations begin. We have looked at the National Winnipeg CSGNA Conference details and it looks wonderful. Will try and get some members to this Important networking opportunity.

*Bethany Rode, Okanagan Chapter President*

**Calgary Chapter:** We have been busy in the Calgary Chapter this term. We had a journal club dine and learn in February 2016 with Joan Heatherington presenting on Entyvio.

March 8, 2016 was the Calgary Zone GI Educator's Conference. There was a great turn out and we had some interesting presentations. The focus was on self-care so we really enjoyed the talks on Nutrition, Exercise and Mindfulness.

The Alberta Digestive Disease Summit is June 3-5, 2016 in beautiful Lake Louise. I am proud to say that two of our chapter members will be doing presentations at this event: Shirley Maltman on Motility and Wendy Schauer on the NAFLD Clinic. We will also be having another journal club dine and learn meeting in Mid-June.

*Bobbi Sheppy . Calgary Chapter President.*

**Edmonton Chapter:** The Edmonton Chapter closed the 2016 membership year with our April 30th conference "GI Update: A medley of topics". We had ninety-five delegates attend coming from various GI nursing and Radiology Tech backgrounds. New to us this year was the number of GI Medical nurses. We were excited to receive several out of town delegates coming from Saskatoon, Lethbridge, Fort McMurray and Camrose. We are ever so appreciative for physicians who continue to enthusiastically support our educational events with presenting in our Faculty.

# National Executive and Director's Reports

## Canada West Director Report

**Edmonton Chapter:** Two National Board members were with us: Dana Letto, Practice Director and Maria Clarke, Website Director. Thank you to Maria for greeting our delegates during the Welcome Address and informing us of what CSGNA is able to provide to our members in GI Nursing. Thank you to our twelve companies supporting our event! Having the opportunity to talk with our industry is valuable as we don't seem to have this time at our units.

Thirteen memberships were given as door prizes at our conference of which all were new to CSGNA except for three. In keeping with the suggestion given to us from the National Board about giving back to our members, we were very pleased about donations from our doctor's group and our chapter funds that provided these memberships. We hosted this year at the Royal Alexandra Hospital's, Robbins Theatre. The delegate evaluations have given us many excellent suggestions for future educational events. We also had an evening dinner/presentation session on Tuesday, June 7 at the Grey Nuns Hospital. The two topics were "Fecal Transplantation" by Dr. Kao and "Primary Sclerosing Cholangitis: by Dr. Selvarajah.

With our next year's conference date set on Aprils 29, 2017, we are considering a hotel conference venue to accommodate a program offering break-out sessions due to the specific GI sub-specialty groups that we had at our conference and the specific topics suggestions given. We have physicians who have already asked us to include them in our faculty.

A chapter meeting was held on Wednesday, May 18, 2016. We looked back at our year and planned forward to next year. There were draws for two memberships from names of our members who have attended meeting throughout the chapter year. The Chapter President position is up for election as the two-year term is up. Secretary and Treasurer position's are due next year. Staggering the positions for election in alternating years, allows for continuity with our Board. Our Treasurer, Kim Bernard, will be stepping down from this position in October. This position will be up for election at our meeting. Members are encouraged to consider becoming involved at this level and to continue supporting our chapter any way they can. This truly is a rewarding experience! We learn so much about GI even through planning and organizing events! We have been successful as a team and accomplished a lot together!

Our thoughts remain with our Fort McMurray members and their families, and with the Fort McMurray community in the wake of the wildfire. We are staying close in tough times with our members and will provide ongoing help as we can. They all safely evacuated and are waiting to return to their homes when they are allowed back in the weeks to come. A heartfelt thank you to the chapter's donations! CSGNA truly is united as a family in difficult times.

Wishing everyone a safe and wonderful summer.

*Yvonne Verklan, RN CGN. President, Edmonton Chapter .*

### 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.

# National Executive and Director's Reports

## Canada West Director Report

**Alberta Southwest Regional Chapters:** Here in Lethbridge, we have been quite busy recently. We have had two evening education events for our local staff regarding Hepatitis C and Fibroscanning and treatments for Hep C. These have been well attended and we sure appreciate the assistance of our physicians and vendors in helping to put these together. We are in the process of training for Endoscopic Ultrasound which began in May and we are excited about the new procedure and new knowledge flooding into our area.

Our Chapter has grown to 12 with new staff members and we have two of our members who are preparing to write the GI certification exam in the next two years. I am so excited and pleased to see the desire for education grow, it means we are being effective in what we do, both as a chapter as well as individual nurses to encourage and promote growth among our peers.

Coming in October, we are preparing for our next full education day with the focus on Hepatitis C, Fatty Liver Disease, and Liver Transplant. We have support from vendors and speakers already so I am hopeful that this will be another well-attended and well received day of education. I will be sure to send our save the date cards to those in and around our area to get as many of our chapter friends to come as possible.

Wishing everyone a healthy and happy summer! *Barb Harbers BN, CGN (C). President, AB SW Regional Chapter*

**Central Alberta Chapter:** The Central Alberta Chapter had good attendance at our spring education day: Colon Cancer: Beginning to End, on Saturday, April 9, 2016. We started with one of our gastroenterologist explaining FIT testing, which is often the way that we see patients enter the system, and we have diagnosed a lot of colon cancer this way.

We had our colon-rectal surgeon give a fascinating talk on TEMS, Trans-anal Endoscopic Microsurgery, a technique used for early cancers that occur in the rectum. He followed up with an enlightening talk on a new initiative, Enhanced Recovery after Abdominal Surgery. We all agreed that things have changed a lot since we worked the surgical floor. Love Advancements!!

The afternoon featured an oncologist speaking about chemotherapy for colon cancer and then the educator for the Central Alberta Cancer Centre spoke about community initiatives here in Red Deer and the patient perspective, focusing on survivorship. We included a tour of our new Cancer Centre building which is now able to provide radiation therapy to our local populace. There has been much positive feedback and we were happy to be able to highlight how Red Deer Regional Hospital is growing up and providing more specialized care locally. Several CSGNA memberships were awarded as door prizes and our local chapter is also sponsoring interested new members and those who are involved in keeping our chapter active.

*Joanne Glen, CSGNA Central Alberta Chapter President*

**Regina Chapter:** The Regina Chapter held a dinner meeting on April 5th. We have started planning our GI Day, booked for October 28, 2016. Everyone is Welcome.

To celebrate GI Nurses' day, the nurses in Endoscopy at the Regina General Hospital had a booth for the Celiac Society. This was booked for Thursday, May 12, 2016. We plan had some gluten-free dainties available as well.

# National Executive and Director's Reports

## Canada West Director Report

**Regina Chapter:** At the Pasqua Hospital, the nurses had a display board on the new GI/Endo referral form. They also had information regarding sending patients to the GI Unit and recovering patients from the GI Unit.

*Marie Turton, RN, BScN, CGN. Regina Chapter*

**Manitoba Chapter:** The National conference planning committee of 2016 has been meeting at regular intervals; the program is now available on the National Website! We have been laying the ground work from early 2015 with meetings about membership and the national conference. We are hoping to have a great turn out with Winnipeg alone!

Our New Year Educational agenda started on;

Feb. 16/16 on Food Bolus sponsored by Vantage Endoscopy and presented by Carol Reidy RN, CGN(C) with 34 attendees. Our next and Cameron Hawn from Medtronic talked about Radiofrequency Ablation. We had 35 attendees for this evening out. April 14/16 our educational evening was sponsored by Abbvie and was presented by Gastroenterologist Dr. C Schneider, who is new to the Winnipeg Endoscopy scene. His topic was Scope Technique and Medical Jeopardy and had 35 attendees. We had one more educational session May 26/16 sponsored by Conmed and the rep Ryal Del Bigio spoke on Pathway to Safety in Endoscopy (Cautery). This was our last event before the National Conference being held in Winnipeg, September 29th -October 1/16. The next educational meetings will be after the national conference and will be in the late fall 2016.

*Carol Reidy RN, CGN@ Manitoba Chapter*

## CNA Certification

Care to Be the Best

Join the growing network of more than 18,000 CNA-certified RNs at the leading edge of health care.

This year brings many exciting changes to the certification program as we celebrate our 25th anniversary!

Get certified by exam – **Application Deadline: August 8, 2016**

**Canadian Nurses Association**

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**Fax: 613-237-3520**

**50 Driveway, Ottawa, ON K2P 1E2**

**certification@cna-aiic.ca | www.cna-aiic.ca**

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# CANIBD Annual Report

This past year has proven to be extremely productive for CANIBD. With funding support from industry partners (AbbVie, Janssen, Takeda, and Shire) and administrative support from Crohn's and Colitis Canada (CCC), we were able to make great strides in moving our mission forward.

Working closely with the CSGNA, CANIBD was able to establish itself as a Community of Practice, with the ultimate goal of fostering collective learning and developing best practises for IBD nurses in Canada. An important first step towards achieving these goals has been to develop terms of reference so that there is clarity regarding the way CANIBD operates within the CSGNA. This includes the establishment of new subcommittees, each focusing on a specific target area in order to increase engagement with the IBD nursing community and to ensure key CANIBD programs are well delivered. These subcommittees will be dedicated to the following areas: standards of practice, research, conference planning, education, advocacy, and pediatrics.

Another area of focus for our community of practise has been increasing awareness and engagement with nurses. We have used the annual CSGNA and CANIBD conferences to promote our organization by distributing 300 brochures to interested parties. We are pleased to report that IBD nursing membership has increased from 3% to 9% within the CSGNA, a trend we hope to see continue in the upcoming year.

Conferences remain an important component of our networking efforts. We are pleased to report that the CANIBD Nurses Annual meeting was successfully executed alongside the Meeting of the Minds conference (the premiere combined event of the Mentoring in IBD and the Future Directions in IBD meetings). In total there were 58 participants. The feedback received was very positive, with attendees scoring the conference in the excellent range. The guest speakers included world renowned IBD expert Dr. Brian Feagan, and McMaster GI Psychiatry Chair Dr. Rebecca Anglin.

Our aim is to increase conference participation for nurses with the launch of the Nurses Travel Education award, created to make nursing education more accessible. The CANIBD steering committee received 6 applications by the February 1st deadline and adjudicated them successfully. The award notification letters were sent out and three applications were awarded. Congratulations to the following winners: Phyllis Durning (Nova Scotia Health Authority-QEII Health Science Centre), Kathi Evans (British Columbia Children's Hospital) and Melanie Watson (Children's Hospital London Health Sciences Centre).

CANIBD also wishes to focus on increasing the role of nurses in medical research, and is happy to announce a new nursing-led research grant. The application deadline was March 31st and we are pleased to announce that Tracie Risling from the University of Saskatchewan was awarded funding to lead a study on IBD transition of care.

CANIBD has also been busy in the field of nurse led advocacy. In September 2015 Crohn's and Colitis Canada led an advocacy training webinar which included several nurse representatives. This was archived and shared with the CANIBD community and posted on the CCC and CSGNA websites. The newly minted advocacy subcommittee was pleased by these online efforts and is now working closely with CCC to develop a position statement on the value of nursing in IBD care. In addition, CANIBD has been involved in a number of patient support and education programs in the past year including- CCC's annual volunteer congress, Lay UC Guidelines, the Summit on Burden of Disease, youth webinars, and the CCC staff lunch and learn. The newly created education subcommittee will look to further promote these types of nursing led education initiatives.

# CANIBD Advocacy and Research Update

The advocacy committee members includes Aida Fernandes and Nathasa Mistry from Crohn's Colitis Canada, Karen Frost pediatric NP from Sick Kids Hospital, Branda O'Conner RN from Mount Sinai Hospital, Cathy Goodenough from Trillium Hospital, Susan Willert patient support coordinator, Usha Chauhan adult NP from Hamilton and Lisa Westin CNS from Red Deer. The group has had multiple teleconferences and is busy with nursing advocacy working on a position paper on, the role of IBD nursing. We hope to have the position paper finalized by November 2016 CANIBD meeting.

The Research Committee includes Aida Fernandes from Crohn's Colitis Canada, Barbara Currie NP and Jennifer Stewart Research nurse from Halifax, Irina Nistor Adult NP from Oakville, Jennifer Nichol patient support coordinator, Melanie Watson pediatric NP from London, Wendy McCaw IBD Nurse Specialist Robarts Clinic Trial London, Lisa Westin CNS from Red Deer and Usha Chauhan adult NP from Hamilton. The committee had an opportunity to review ten IBD nursing research priorities recommended by European IBD Nurses committee NECCO. The group were also fortunate to hold a teleconference with Christine Norton IBD nursing researcher from London UK and Dr. Vipul Jairaj from London Canada to brainstorm Canadian IBD nursing questions. The group has narrowed the ideas generated to initially start with auditing telephone activities by IBD nurses. The group is putting together a proposal which will be ready to execute by the fall. Stay tuned.

Report put together by Usha Chauhan June 26th 2016

## **TimedRight : A Space where Healthcare Professionals Connect**

CSGNA has recently setup an online community where our members can share experiences, exchange knowledge with peers, ask questions and post solutions, collaborate on projects, and more!

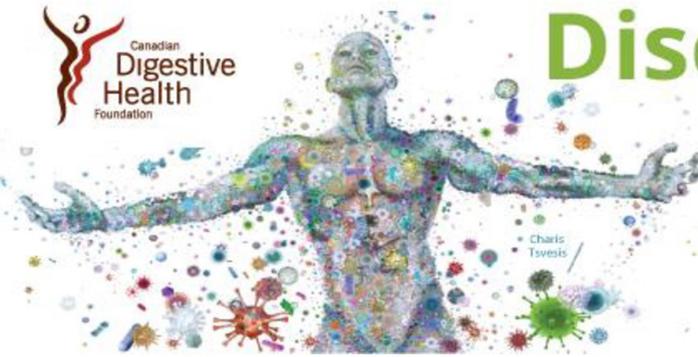
This new community is very exciting, as it will help bring our members together more often, no matter where they are located. As we know, CSGNA is made up of professionals from all across Canada and having a central place to share, discuss, learn, and enhance education is a huge asset.

We've already started to use the community. This past April, the first IBD Nurse Fellowship Webinar was hosted there. Hosting a live webinar, and making a recorded version available after the event allowed us to reach a Canada-wide audience and added convenience for members.

We've already opened up a number of online CSGNA community spaces, including knowledge exchange groups for all members, a CANIBD nursing fellowship program, and collaborative spaces for our teams, boards, and chapters. We would love to hear other ways you think the community will help CSGNA, and how it can benefit our events and programs! Visit CSGNA's Member Group to post your ideas and read what others are thinking: <http://bit.ly/CSGNAMembersGroup>

We look forward to connecting with everyone in our new community!

If you do not have a TimedRight account yet, you can create one here: <https://csgna.timedright.com/>



# Discover the world within

Understanding how the **human gut microbiota** impacts lifelong health

[www.CDHF.ca](http://www.CDHF.ca)

**Join the Canadian Digestive Health Foundation and our panel of national experts for ground-breaking education sessions.**

**Learn how food, supplements, medications, the environment and fecal microbiota transplants impact your clients' microbiota and health.**

Understanding the human gut microbiota represents a new and exciting opportunity to protect and enhance health. New strategies for predicting, preventing, diagnosing and treating disease are rapidly emerging.

You have the opportunity to be on the leading edge of a movement that will change how health is experienced and healthcare is delivered.

## Preliminary Program:

- Introducing the Human Gut Microbiota
- Establishing a Healthy Future: Microbiota in Pregnancy and Neonates
- How Antibiotic Use in Babies and Toddlers can Impact Long Term Health
- Using Probiotics to Solve World Health Challenges
- How Microbiota Health Impacts Chronic Illness
- Diet, the Microbiota and Health
- FMT – Getting Beyond the Ick Factor and C.Diff Infections
- Fibre – The Ultimate Prebiotic
- Protecting Our Elders – Microbiota and Nutritional Health in the Aged

## Questions?

Email or call Heather Reid at [HReid@innovcc.ca](mailto:HReid@innovcc.ca) or Sharon LaPointe at [SharonL@innovcc.ca](mailto:SharonL@innovcc.ca) or 519-652-0364.

Reserve your seat today for **Discover the World Within**  
**Monday, November 7, 2016**

12:30 - 5:30 pm  
at the

Design Exchange  
234 Bay Street Toronto, ON

## Early Bird Pricing

Registration fee today: **\$60.00**  
Price after June 1st: \$75.00

Spaces are limited and reserved on a first come, first served basis.

A presentation of the



in Proud Partnership with:





# Discover the world within

Understanding how the **human gut microbiota** impacts lifelong health

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Understanding the human gut microbiota represents a new and exciting opportunity to protect and enhance health. New strategies for predicting, preventing, diagnosing and treating disease are rapidly emerging. You have the opportunity to be on the leading edge of a movement that will change how health is experienced and healthcare is delivered.

On November 7<sup>th</sup>, 2016 join the Canadian Digestive Health Foundation, our panel of national experts and other HCPs in Toronto for ground-breaking education sessions to help you understand and share how food, supplements, medications, the environment and fecal microbiota transplants impact lifelong health.

**Reserve your seat today** at Discover the World Within 12:30 - 5:30 pm | Design Exchange | 234 Bay Street

[www.CDHF.ca/Discover](http://www.CDHF.ca/Discover)

## Discover our Preliminary Program:

- Introducing the Human Gut Microbiota
- Establishing a Healthy Future: Microbiota in Pregnancy and Neonates
- How Antibiotic Use in Babies and Toddlers can Impact Long Term Health
- Microbiome-based treatment strategies for IBS
- How Microbiota Health Impacts Chronic Illness
- Diet, the Microbiota and Health
- FMT – Getting Beyond the Ick Factor and C. Difficile Infections
- Fibre – The Ultimate Prebiotic
- Protecting Our Elders – Microbiota and Nutritional Health in the Aged



## Uncovering Biologics: IBD BodyGuard

People living with IBD need to understand that taking medication to manage symptoms and prevent flares is imperative – particularly those with moderate to severe Crohn's disease or ulcerative colitis who are prescribed a biologic. The latest "Mission Impossible-themed" animation from the CDHF on biologics and was created to help explain how these medications can protect patients and help keep them healthier, longer.

[www.CDHF.ca/IBDBG](http://www.CDHF.ca/IBDBG)

## The Game of Microbes



Leagues of superheroes live in the gut. They fight bad microorganisms and work to keep us healthy. Missing key players on your microbiota team can bring about an unbalanced playing field and create an environment primed for disease but there are things that we can do that can impact the state of balance. This ultimately affects overall health. Scientists will soon look at the microbiota and see early indicators of disease.

[www.CDHF.ca/Game](http://www.CDHF.ca/Game)



Empowering Canadians to take control of their digestive health.

[www.CDHF.ca](http://www.CDHF.ca)

The CDHF is the foundation of the Canadian Association of Gastroenterology.

## Capsule Endoscopy & Digestive Disease Week 2016

Recently, I was awarded the CSGNA Professional Development Award to assist me with travelling to San Diego, California for Digestive Disease Week 2016. Needless to say, I was honoured.

I am currently the sole Capsule Endoscopy nurse in Calgary and work at the new South Health Campus. I have been in this role since September, 2013. Since taking this on, it has been quite challenging to find formal training for nurses in a Capsule Endoscopy role. Though I was fortunate enough to find a distant mentor in Edmonton, most of my learning has been self-directed, research-driven and through experience itself. Nonetheless, I felt there was more knowledge to be gained and I was advised to seek it outside the country. DDW did not disappoint.

Not only was the sheer size of the conference itself a little mind-blowing (more than 5000 abstracts and hundreds of lectures were available), but the content at my finger tips was so exciting. A smartphone app was available to organize the day and allowed me to pre-plan for what sessions I wanted to take in for the day. The conference was then organized into 15 tracks that were specific to a topic or theme. Lucky for me, there was a Stomach and Small Bowel Disorders Track, as well as an IBD track. This made it easy to search through the lectures for things that were most relevant to me and allowed me to prioritize my time.

I was able to take in several lectures on GI Bleeding, Crohn's Disease, Gastric and Small Bowel Motility as well as lectures specific to capsule endoscopy and balloon-assisted enteroscopy. I was also fortunate enough to receive adequate funding to attend a 2.5 hour case-based session on Challenging Cases in Capsule Endoscopy. This session was tremendously valuable to my practice as it was moderated by capsule endoscopy-experts, Dr. Jonathan Leighton and Dr. Elizabeth Rajan. It was very intimate compared to other lectures I attended and it allowed me to openly ask questions related to my practice, as well as network with other professionals with a special interest in capsule endoscopy. This session was the reason I was interested in attending DDW and it was well worth the wait.

I am so grateful for my opportunity to attend DDW and would like to thank CSGNA for their assistance in getting me there. I strongly recommend to other GI nurses with a unique skill-set that are searching for broader learning opportunities to check out DDW 2017. I am sure you will find everything you've been looking for...and more.

Tara Green, BN, RN

Capsule Endoscopy Nurse

South Health Campus, Calgary, AB



# GI units show their pride and celebrate on May 13th, 2016 G.I. Nurses Day



May 13, 2016

Celebrating  
National GI  
Nurses Day

Proud to be in GI

Proud to be a  
CSGNA Member

Proud to be a  
leader providing  
Mentorship to all  
Endoscopy Nurses

**HAPPY  
GI NURSES DAY**

Being a Gastroenterology Nurse should be celebrated!!  
People across Canada Celebrated National GI Nurses Day with educational sessions, luncheons, and some with a very large FIBRE friendly cake. Be inventive and courageous in your journey into this fascinating professional nursing specialty. Advocate for your patients, access evidence based standards of practice, and gain tremendous knowledge with excellence in GI!

**cssna**  
Canadian Society of Gastroenterology Nurses & Associates  
Société canadienne des infirmières et infirmiers gastroentérologues et hépatobiliaires

**BECOME A MEMBER  
TODAY**  
Google: [www.cssna.com](http://www.cssna.com)  
Click on "Join Now"  
Find your local chapter  
today!

Photo submitted by Stephanie Carr



Photo submitted by Millie Clement.

*We thank the members for submitting pictures of their G.I units  
celebrating G.I Nurses Day on May 13th this year.  
Start planning how your unit will recognize our special day in 2017  
and don't forget to share with us here at CSGNA.  
We look forward to posting your pictures and/or  
stories on how you promoted the value of being a  
G.I. Nurse*



# MEETING OF THE MINDS

RITZ-CARLTON HOTEL, TORONTO

## NOVEMBER 4-5, 2016

Join us for the definitive educational event of the year in inflammatory bowel disease!



**View the details at CSGNA's website Events page.**



# MEETING OF THE MINDS

RITZ-CARLTON HOTEL, TORONTO



## CANIBD

Canadian IBD Nurses ANNUAL CONFERENCE

1 - 4:30PM, SATURDAY, NOVEMBER 5, 2016

**cs<sup>g</sup>na** Canadian Society of Gastroenterology Nurses & Associates  
Société canadienne des infirmières et infirmiers en gastroentérologie et travailleurs associés

## Chapter Executive Listings

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Secretary: Ceigee Schrader  
Treasurer: Dorothy Bateman

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Treasurer: Catherine Goodenough

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Treasurer: Deborah Levine

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Treasurer: Debbie Downe

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Secretary: Evelyn Jaszczur  
Treasurer: Liz Robins

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Treasurer: Christy Hadala

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Treasurer: June Peckham

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Treasurer: Edna Lang

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Secretary: TBD  
Treasurer: TBD

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Secretary: Koralee Kovacs  
Treasurer: Maria Vetter

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