

# Giving Back in Banff

*"We make a living by what we get,  
 but we make a life by what we give."*  
 Winston Churchill

**J**une 20, 2013 was a day that made Canadian history and one that changed the lives of 13,000 residents of High River, Alberta forever. Throughout the first days of the devastation of a flash flood in their community, hospital staff left their lives and homes to care for those who needed them most. Tragically, as the waters subsided, a number of the health care employees at High River hospital not only lost their homes, but most of their possessions, and their lives as they knew them.

Although recovery from this tragedy has taken place over the last few months, families are left with the trauma of the event and uncertainty as to their future. Some of the most vulnerable people in this community remain displaced and those that have been able to return are still living in less than ideal conditions.

The Board of Directors of CSGNA learned about the amazing efforts of a small group of Health Care Providers from High River and made

a commitment to help them help others by holding a "Giving Back" in Banff donation drive at the CSGNA 2013.

The Board was overwhelmed by the generosity and caring of delegates at the conference. The donations ranged from cheques and gift cards, to toothpaste and toothbrushes, blankets, towels and makeup among others. The donations filled two vehicles and will be taken to High River by the end of October to be offered to those in need.

Sam (one of the founders of Giving Back) indicated that children and elderly are among those who need extra attention at this time as the community continues to rebuild. Although they have received an extensive amount of new clothing for distribution, they continue to need monetary donations to help them address future needs as the weather gets colder and holidays are approaching. She said the committee wants to keep the momentum going and looks forward to further initiatives along with the local government and other concerned community members.

On behalf of the Giving Back committee, Sam sincerely thanks those who participated in this donation drive and commends our generous and thoughtful spirit. On behalf of the Board, we are very proud of our members and thank them for their compassion and act of giving back.

Submitted by  
 Lisa Westin, RN, MN, CGN(C)  
 President Elect, CSGNA 



*Sam Tattersall RN (South Health Campus),  
 Paula Steele RN (High River Hospital),  
 Dr. Eagle, Laurie Light RN (SHC),  
 Maria Bushell RN (HRH),  
 Dana Wagner RN (HRH)*

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# President's Message

**Our vision** *"We aim for excellence in gastroenterology nursing care by collaborating extensively across the Canadian healthcare continuum and partnering with professional organizations and industry".*

**Our mission** *"We support knowledgeable, engaged, professional members."*

The Banff "Summit of Inspiration" experience was indeed inspiring for each of the 362 attendees. The Annual conference takes enormous work, collaboration, communication and careful planning for over the past 18 months. I would like to extend a sincere thank you to the two chapters, the Central Alberta and Alberta Southwest Regional Chapters for all of their hard work and dedication. The 3 day conference offered quality education with exciting keynote speakers, concurrent sessions, hands-on workshops, and panel discussions.

A dedicated and overwhelming giving spirit was evident in the "Give Back in Banff" and "CDHF's Rise Walk on the Wild Side" which helped to improve the lives of many Canadians. CSGNA members

will carry on with this spirit going forward to climb to new heights.

CSGNA is moving forward by implementing our Strategic Plan with a clear focus on where we have been, what we have become and where we need to go next in 2014 towards becoming a stronger national association. Our focus is on meeting the needs of the lifelong learning members of today and meeting the challenges of the future.

Membership participation is necessary for the exchange of ideas and to understand the near and long term goals. Step up, get involved locally and nationally or volunteer on committees and help CSGNA do better today to make a difference tomorrow.

CSGNA's dedicated Board of Directors and Chapter Executives give their time and efforts doing work that needs to be done. Thank you for your commitment to supporting our membership across Canada and for doing so much, so often and so willingly. Thanks to all our members old and new. Your continued support and participation will help with

the growth and success of our association.

Thank you and best wishes to the retiring Canada East Director Sandra Marshall and congratulations and welcome to the new Canada East Director Paula Triantafillou.

Members are fundamental to CSGNA's future. Stay connected with CSGNA at [www.csgna.com](http://www.csgna.com), Facebook, Twitter and share your knowledge and skills by submitting articles to the Guiding Light.

Come join the special celebration at CSGNA's 30th Anniversary, **Brave the Current: Innovation\* Inspiration \* Illumination** next October 2-4, 2014 in beautiful Niagara Falls, Ontario.

This event will surely be an extraordinary memorable experience highlighting the rapid changes and challenges facing our gastroenterology specialty. Do not miss out... There will be lots to celebrate.

Warm regards,  
Mabel Chaytor RN, CGN(C)  
CSGNA President ♦

## Giving Back in Banff



# In the Spotlight

## Maisonneuve-Rosemont Hospital (HMR)

Welcome to the Maisonneuve-Rosemont Hospital in Montreal, Quebec which is affiliated with the University of Montreal. This hospital holds 588 beds. Our department is physically located in the center of ambulatory services units.

Our unit consists of 4 endoscopy rooms solely for gastroscopies and colonoscopies, a negative pressure room reserved for bronchoscopies and EBUS and also another room for manometry and capsule endoscopy. We also perform endoscopic ultrasound procedures on two afternoons per week and ERCP procedures in the radiology department on 3 afternoons per week. In the recovery room, we admit patients for triage, preparation and hold 8 spaces for patients post-sedation. All reprocessing of endoscopes are done in our unit.

Our unit performs 40 to 45 procedures per day and these procedures may be either diagnostic or therapeutic in nature. Our unit has treated gastrointestinal bleeds using both Gluban 2 and Hemospray.

The medical team is composed of gastroenterologists, pneumologists and surgeons. The nursing team is composed of an assistant head-nurse, 9 to 10 registered nurses, 1 LPN and 4 beneficiary attendants (orderlies) and one reprocessing attendant. We have 2 administrative agents who coordinate the appointments and the waiting lists. The head-nurse of endoscopy and the clinical nurse specialist work in collaboration with the whole team, to help and support them. In the evening and at night, 2 nurses or 1 nurse and 1 licensed practical nurse (LPN) are on-call to assist the doctor.

Presently we are part of a pilot project center for Québec colorectal cancer screening program (QCSP). Once implemented, the program will invite people aged 50 to 74 to undergo a fecal occult blood test and will refer them for a colonoscopy if the test is positive.



The Guiding Light

A fast-track Referral Program in Endoscopy was developed at HMR to ensure access as well as quality and safety of care and treatment. This program allows users to undergo to colonoscopy without first seeing a gastroenterologist. The objective is to introduce a structured program that provides care in less than two months for urgent cases. A telephone Assessment and Intervention Form has been developed to support the Administrative Officer and the Nurse throughout the care provision process.

Nursing directives regarding colonoscopies from the Quebec Order of Nurses (OIIQ) in effect as of September 2011 allowed us to evaluate the following:

### 1) Professional aspects of the nursing practice:

- i) the roles and responsibilities of the GI nurse and LPN in endoscopy
- ii) the evaluation and clinical supervision in the context of analgesic sedation;

### 2) Organizational aspect:

- i) clinical support (ex. orientation program access, continuing education, reference documentation, new assessment tools)
- ii) evaluation of quality of care (Audit, risk management, incident reports analyzing)
- iii) collaboration of inter-professional teams (respect of all activities, reserved acts, in our area of expertise.

The nursing directives state that nurses can't insert, push or remove the scope that is in place. The team made a collaborative effort to make changes and we are very proud of it. Having applied the directives of the Quebec Order of Nurses (O.I.I.Q.) we offer security and quality care to our patients with great job satisfaction.

Respectfully submitted by:

Sylvie Nadeau RN, Service of Endoscopy at HMR,  
Treasurer Montreal Chapter CSGNA.

Danièle Normandin, inf., M.SC. Nurse Educator Clinician,  
Medical Ambulatory Services at HMR ♦



**B**onjour. Nous sommes de l'hôpital Maisonneuve-Rosemont (HMR). Situé à Montréal, ce centre hospitalier de 588 lits est affilié à l'Université de Montréal.

Physiquement, le service d'endoscopie se situe au Centre de soins ambulatoires. L'évaluation pré-examen et la surveillance clinique post examen s'effectue dans le même aire de travail. En récupération, il y a 8 civières. La salle de retraitement est située à l'intérieur du service. Quatre salles sont dédiées pour les gastroscopies et les coloscopies. Nous effectuons aussi de l'écho-endoscopie 2 après-midi par semaine et de la CPRE en radiologie 3 après-midi par semaine. Une salle pour la manométrie et la capsule endoscopique se trouve aussi dans le service. En pneumologie, nous avons 1 salle à pression négative. Nous effectuons en outre des bronchoscopies, fluoroscopie et EBUS. Nous effectuons des examens à visée diagnostique et/ou thérapeutique. Dernièrement, nous avons débuté l'utilisation de la colle Glubran 2 et de l'Hémospay.

Nous effectuons en moyenne 40-45 examens par jour. L'équipe médicale est composée de gastroentérologues, pneumologues et chirurgiens. Lors de la garde de soir et de nuit, 2 infirmières ou 1 infirmière et 1 infirmière auxiliaire accompagnent le médecin.

L'équipe quotidienne en endoscopie se compose d'une assistante infirmière-chef, de 9-10 infirmières, d'une infirmière auxiliaire, de 5 préposées (aux bénéficiaires et retraitement) et d'une agente administrative. Deux autres agentes administratives sont affectées à différente tâche pour la coordination des rendez-vous et de la liste d'attente. L'infirmier-chef en endoscopie et la conseillère clinicienne en soins infirmiers travaille en partenariat afin de soutenir l'équipe en place.

Nous sommes un site pilote pour le programme Québécois de dépistage du cancer colorectal (PQDCCR). Lorsqu'implanté, ce programme offrira à la population de 50 à 74 ans la possibilité d'effectuer une recherche de sang occulte dans les selles et d'être référé pour une coloscopie si le test est positif. Un programme de

référence accéléré en endoscopie a été mis en place à HMR pour faciliter l'accès et assurer la qualité et la sécurité des soins et services. Ce programme permet à l'utilisateur nécessitant une coloscopie et rencontrant les critères d'admissibilité de se présenter en endoscopie sans avoir vu le médecin préalablement. À la place, une évaluation téléphonique est effectuée par une infirmière. Elle fait l'enseignement, transmet les consignes de sécurité et initie la préparation colique. Des outils d'aide à la pratique ont été développés.

La parution des lignes directrices de l'Ordre des infirmières et infirmiers du Québec (OIIQ) sur la coloscopie en septembre 2011, nous a permis d'évaluer :

1. **le volet professionnel** de notre pratique : 1-les rôles et responsabilités de l'infirmière et infirmière auxiliaires ainsi que 2- l'évaluation et la surveillance clinique dans un contexte de sédation analgésie et
2. **le volet organisationnel** : 1-le soutien clinique (ex. accès à un programme d'orientation et à de la formation continue, la mise en place d'un nouvel outil de documentation, l'accès à des documents de références), 2- l'évaluation de la qualité des soins (ex. audit, analyse des rapports d'incidents/accidents, gestion des risques) et 3- la collaboration interprofessionnelle (ex. respect des activités réservés et des champs de pratique).

Les lignes directrices mentionnent également que le personnel infirmier ne doit pas insérer, avancer ou retirer l'endoscope. Ce changement fut aussi actualisé. Grâce à la collaboration de tous les membres de l'équipe, de nombreux changements de pratiques ont été possibles et nous en sommes très fiers. Le fait d'appliquer les lignes directrices de l'OIIQ et d'être à l'avant-garde nous permet d'offrir des soins sécuritaires et de qualité à la clientèle et d'en retirer une grande satisfaction.

Respectueusement soumis par :

Sylvie Nadeau, infirmière autorisée, Service d'endoscopie à HMR, Trésorière au Chapitre de Montréal –CSGNA.  
Danièle Normandin, inf., M.Sc. Conseillère clinicienne en soins infirmiers, secteur ambulatoire en médecine à HMR. ✦



# Synopsis of Annual Conference Meeting in Banff 2013

**ATTENDANCE:** All executive board members and conference planner.

**REVIEW AND ADOPTION OF AGENDA & MINUTES:** Motions were passed to adopt the agenda and minutes as circulated prior to the meeting.

**BANFF CONFERENCE PROGRAM – FLOW AND PLANS:** Our conference planner Heather Reid outlined and summarized highlights of the Banff conference program and flow. She provided the board with an overview of the conference plan.

**DIRECTOR REPORTS:** were sent to the Board members prior to the meeting and reviewed.

**CANADA WEST:** Connie Wescott reported that she has sent out a letter to the Vancouver chapter members informing them of the resignation of their chapter executive and requested volunteers to fill the vacancy, she is awaiting a reply. The Kamloops chapter continues to be active, with chapter executive in place and more recruitment anticipated. The Edmonton chapter is flourishing with a large membership and is actively engaged in retaining members, attracting new chapter executive and providing education to its members.

**CANADA CENTRE:** Joan Mckechnie reported that all the chapters in her region are doing well and have been providing educational hours as required. She has been encouraging certification, at all the chapter meetings she attends. Membership numbers in the Central region have also been growing.

**CANADA EAST:** Sandra Marshall reported that the education hours

are continuing to be provided to the chapter members. Membership numbers are down. She introduced Paula Triantafillou, the new Director for Canada East to the group, with some words of encouragement in taking over the role.

**PUBLIC RELATIONS:** Dana Letto has prepared the conflict of interest policy and the endorsement policy which is being reviewed by a lawyer to ensure it complies with legal requirements. Once this is completed the board will give the final OK for posting on CSGNA website. Dana has also completed a revamping of the PEG guideline and position statement, to be reviewed by the board and posted on the website.

**RESEARCH AND AWARDS:** Donna Bremaud shared, that new guidelines are being developed by vendors, for educational funding. Olympus is no longer providing individual nursing scholarships for the annual conference, which was their tradition for many years. They are leaning to the provision of funding that potentially benefits the whole organization as opposed to individuals. Sci Can has voluntarily increased their scholarship amount. There will be an effort made to attract new scholarship sponsors.

**PRACTICE:** Sandy Stone confirmed that radiation and bronchoscopy guidelines have been completed, and will be approved by board and posted on the website. Mabel is working on the Conscious sedation guideline. From the member's survey done early this year, some of the guideline suggestions were, the role of the EUS/EBUS/ERCP nurse, reprocessing and infection control and the role of the IBD nurse.

**SECRETARY:** Having been involved with the chapter luncheon at the conference, Lorraine had some questions about who were included as the invitees to the luncheon. Discussion ensued and a motion was passed by Lisa and seconded by Connie that the chapter executive luncheon would be solely for chapter executives or their designates. Included in the invitee list would be the SGNA President and the editor of the Gastroenterology Nursing Journal (GNJ). In addition there would be a welcome reception, for first time and international attendees, which would be organized by the conference planning committee.

**PRESIDENT ELECT:** Lisa, who is the CSGNA representative for CNA, shared information about incentives from CNA for certification. She also spoke about the varied ways of achieving education hours by being a CSGNA member. CNA is also promoting an award of merit, for which we can nominate a CSGNA member, who we think has made a personal contribution and has had a significant and sustained positive impact, on the nursing profession and practice in Canada. CDHF has been in communication with CSGNA and is expressing a desire to work in close collaboration with our organization. There have been approximately 20 CSGNA members who have volunteered to be on ad hoc committees. We expect to tap into their interest in serving on committees. Lisa has a template of a business plan from our consultant Annamarie Fuchs, and will be plugging in information, that has been gathered from various means of communication with the members.

**NEWSLETTER AND WEBSITE:** Linda reported that there are no changes with the newsletter and continues to welcome articles for publishing from our members. The website has been upgraded on a regular basis by Linda who has worked hard to maintain it. There was discussion about searching for a new web master as the present company is not as effective as we would like.

**TREASURER:** Insurance for directors and moving the financial year end to accommodate Industry Canada's requirements for the AGM to be held within six months of the year end, were some of the discussion around finance.

**EDUCATION:** Cathy has been working on infection control guidelines. She is also putting together a certification prep guide for members with regard to resources, for what to study, and also study groups.

**BYLAWS:** Lisa provided information on the new Not for Profit Corporations Act that CSGNA has to comply with, in order to remain a viable organization. This was presented to the members at the AGM held during the conference in Banff.

**2013 BANFF CONFERENCE:** The Alberta Southwest Regional and Central Alberta chapters combined to host an outstanding conference in beautiful Banff. It was well attended with excellent speakers and some fun down time. The committee added detail to the planning of the conference, one of which was an individually wrapped chocolate caramel bear claw in each delegate's bag, and colorful bandanas provided for the foot stomping "Shindig" social.

**CHAPTER EXECUTIVE LUNCHEON:** The chapter luncheon was well attended by our chapter executive and international attendees. Usha

Chauhan presented her research study on the role of the Canadian GI nurse in IBD care. Each guest received an appreciation gift, of a travel manicure set from the Board.

**2013 CHAPTER OF THE YEAR AWARD:** Congratulations to the Central Alberta chapter.

**2014 CONFERENCE:** In Niagara Falls Ontario at the Scotiabank Convention Centre, October 2-4, 2014. The theme of the conference is "Brave the Current", Innovation, Inspiration, Illumination. The Planning committee are from the Golden Horseshoe Chapter with Jody Hannah as chairperson and Maria Cirocco as Education chairperson. Best wishes to you all.

**NEXT MEETING:** Monday November 18th 2013 via teleconference.

Submitted by Lorraine Majcen RN, BSCN CGN(C) CSGNA Secretary ✦

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

**Linda Pinches, Newsletter Editor**

Email: [newslettereditorwebsitedirector@csgna.com](mailto:newslettereditorwebsitedirector@csgna.com)

## 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.

## 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.

# REPORTS

## PRESIDENT ELECT REPORT

My first year as President Elect has been one filled with growth, development and strategic planning. One of the primary activities of my position has been the development of a detailed strategic plan for the governance of CSGNA and the other has been the process of ensuring CSGNA meets the federal government requirements for Not-for-Profit organizations by the deadline of October 2014.

The strategic plan outlines the major strategies, initiatives, and actions that will match our values and drive our organization over the year to come. The Board of Directors has paid attention to initiatives that aim to increase and strengthen membership, provide support to Francophone members, entice new members, recognize, highlight and support chapter achievements, promote CNA certification, improve attendance at the National conference, and standardize the way the National Board interacts with industry. Strategies that are at the initial stages are the development of a marketing and business plan, and drawing on the expertise of membership to develop, strengthen and support the communities of practice within GI Nursing.

Compliance with the Canadian Not-for-profit Corporations Act (CNCA) brought with it a great deal of activity for the Bylaws committee, of which the President Elect is chair. One of the primary focuses of the committee was to amend the Member bylaws to meet the CNCA requirements. Another task was to review the 2011 Bylaws and revise and update them to meet minimum government requirements. These two items were brought to the membership for vote at the September 27, 2013 Annual General Meeting in Banff.

Now that the amendments and revisions have been ratified by the board and membership, we wait for Industry Canada to inform us of the outcome of their review, and to prepare the documents required by CNCA for continuance of CSGNA under the act.

I am thrilled to say we have had a number of members indicate they would be willing to participate with the National Board on adhoc committees, in reviewing practice guidelines and documents and to assist with French translation. The Board wishes to thank the volunteers and fully utilize their expertise, experience and enthusiasm to enhance the ability of CSGNA to meet the practice and educational needs of the GI nursing and associate fields of practice. I would like to encourage any other members who wish to participate in this way to contact me at [presidentelect@csгна.com](mailto:presidentelect@csгна.com)

Submitted by  
Lisa Westin, RN, MN, CGN(C)  
CSGNA President Elect

## OUTGOING CANADA EAST DIRECTOR'S REPORT

The national conference is now over for another year, and I would like to send a big "Thank You" to the planning committee for a job well done. Not only was Banff beautiful it was also a very educational venue.

Canada East was very well represented, and I was glad to see old friends and meet a lot of new ones. Now is the time to go back to our local chapters to motivate and educate our members. The Newfoundland chapter is now busy with organizing their fall educational events. The Nova Scotia, New Brunswick and Prince Edward Island chapters are all making plans for their spring education days.

It is good-bye for me now as the Canada East Director; it's been a pleasure working with the board and hope to see everyone again next year at the Niagara in the fall of 2014.

Submitted by  
Sandra Marshall, RN, CGN(C)  
Outgoing CSGNA Canada East Director

## CANADA CENTRE DIRECTOR'S REPORT

Thank you to the Central Alberta Chapter and Alberta Southwest Regional Chapter for hosting the CSGNA 29th National Conference in beautiful Banff. The Planning Committee did an excellent job organizing the educational program for us. All the Canada Centre chapters were represented at the conference.

### *Ottawa Chapter*

The Ottawa Chapter Secretary, Monique Travers reports that the chapter has a new Treasurer, Lise Lacasse. Welcome Lise. Thank you to Micheline Lafrance, outgoing Treasurer for your commitment to CSGNA. We are also organizing a half day spring conference on April 12, 2014. More information will be available at a later date.

### *Greater Toronto Chapter*

The Greater Toronto Chapter President, Daysi Sandino reports that the National Conference was a success. The venue, the food and the speakers were outstanding. We will be planning our next education day for the spring most likely during April as we have found that the spring events are well attended. The Treasurer and Secretary positions will be open next spring and we will have elections at our next educational event. I am sad to report that Mark Blomme, Treasurer and Beverly Gilley-Yannuzzi, Secretary will be stepping down from their roles. It

has been a privilege for me to have worked with both of them and I am truly grateful for their help and will miss them greatly. Thank you both for all that you have done and for accepting the challenge.

### **Montreal Chapter**

The Montreal Chapter President, Mildred Clement reports that the two Alberta chapters provided a wonderful conference. Thank you. We felt really welcomed! We had great food, great company and very interesting speakers. The venue, well not enough words to express the location but I will say it was peaceful and majestic. We had the pleasure of meeting some new faces from Quebec and we hope to see them again for our spring conference.

Most importantly, I want to thank SciCan, Sylvie Nadeau, Jan Petelle and the CSGNA Executive for recognizing my efforts and special interest in GI nursing education. Receiving the SciCan Award just gave me encouragement to want to do more. Opportunity, resources and teamwork is a recipe for success! I feel blessed.

### **London and Area Chapter**

London and Area Chapter President, Donna Pratt reports that four chapter members attended the National Conference in Banff. We are planning an education day in late April or early May. We already have the speakers confirmed.

### **Golden Horseshoe Chapter**

The Golden Horseshoe Chapter President, Jody Hannah reports that the chapter has had a busy year. Another year and another conference have gone by already. As announced in Banff, we will be hosting the CSGNA 2014 National Conference in Niagara Falls, October 2-4. The Planning

Committee has been busy and our theme Inspiration, Innovation and Illumination is well under way. Hope to see you there.

On June 1st, we had a very successful education day in Guelph. Not only was the day informative and fun but one of our newest members won a free CSGNA membership. Many thanks to Carmen Vidican and the staff at Guelph General Hospital for all their hard work in making the day a success.

Golden Horseshoe members were the recipients of three CSGNA Annual Scholarship Awards this year to attend the Banff National Conference. We were also able to give three CSGNA Golden Horseshoe Chapter Scholarships to chapter members to attend the National Conference. Because of these achievements, we had a great turnout in Banff and a very good time was had by all. Some of our members have been lucky enough to also attend education days in Toronto and Huntsville. Looking forward to a very busy new year in 2014.

### **Central Ontario Chapter**

The Central Ontario Chapter President, Donna Bremaud reports that the Chapter Executive is in the process of trying to find a Secretary to fill the vacated position. We had our spring meeting in Newmarket with two guest speakers. Two nurses from Mackenzie Health spoke on risk management and charting from the perspective of the nurse and well as the patient-hospital liaison. An educational dinner meeting will likely be held before the end of November 2013.

Submitted by  
Joan McKechnie RN CGN(C)  
CSGNA Canada Centre Director

## **CANADA WEST DIRECTOR REPORT**

I would like to start off by tipping my Stetson to the planning committee from Southwest Alberta Chapter and Central Alberta Chapter for planning a successful national conference. Well done ladies! It was also the first national conference planned by two chapters and almost 4 hours in travel time apart. They have told me that the many conference calls and video conferencing was the key for success.

Canada west is facing many hurdles this fall. Membership is dropping; however methods to recruit and maintain membership are in progress. The Vancouver chapter executive has resigned and there are ongoing efforts to recruit members to volunteer for the executive positions, even if temporarily. If anyone would like more information or to share information please email me at westcottc@shaw.ca.

### **Okanagan Chapter**

The Okanagan Chapter was fortunate to send 5 Members to the Summit of Inspiration Conference in Banff and had an amazing time. We would like to again thank the Southwest and Central Alberta Chapters for their hard work to create such a great educational event! All of the speakers were wonderful, the location was spectacular and it was fantastic to reconnect with Members from across the Country.

Heading into fall we are looking forward to getting back into regular meetings and journal review sessions now that summer holidays and National Conference have wrapped-up. It's always re-energizing after an event that brings people together and reminds us how awesome GI Nurses really are.

### **Central Alberta Chapter**

For those of us, from our Chapter, on the National Planning Committee for the National Conference in Banff, AB, we had a very busy summer. Pulling together, and finalizing the many details for the Conference, kept us well occupied.

We started our fall season off in early September, so we could reconnect with our members before the National Conference. 18 staff from our hospital were able to attend the conference. One of the highlights for our Chapter at the National Conference was being awarded "The Chapter of the Year Award". This is a great honor for our Chapter, as we all work hard through the year striving to attain and maintain a high standard both in our jobs and increasing our knowledge. We came back inspired, motivated and challenged to make this year an even better one.

We have already started planning our next big Education Day, which will be held the last Saturday of April, 2014. Throughout the year we hope to use the power point and audio presentations that were collected at the National Conference for some of the Educational segments of our meetings. We're excited about the coming year, hoping to attract more members and keep challenging ourselves to higher goals as a Chapter.

### **Edmonton Chapter**

Congratulations to the Alberta Southwest Chapter and the Central Alberta Chapter for the excellent conference in Banff. Thank you for all of your hard work and time that you put into the planning of this great event.

Our Edmonton Chapter had twenty one members attend the national

conference. That was an all time high number for us. Having the conference close to home certainly was a factor, but I do not hesitate in saying the program was the main draw for our attendance.

Early planning of our spring one day conference is under way. We will be having an education day on Inflammatory Bowel Disease on April 26, 2014. In addition to the conference, we will be hosting three evening supper/presentation education sessions. Three sites have begun to plan their events, and more information will be available closer to the dates. For now, we hope to see the Grey Nuns Hospital members for late January and University Hospital members planning for May. The Royal Alexandra Hospital members were looking at a late October date, but this may be moved to March due to speaker availability.

We continue to enjoy the interest and support of our education endeavors from many of our companies. We are very appreciative of their help and resourcefulness. Their contributions play an important part in our chapter offering a membership year that is filled with learning, growing and networking. Many thanks.

### **Regina Chapter**

A supper seminar on IBD was held in June at the lakeshore by Jennifer Taylor and was sponsored by Humira. In September, a lunch & learn was held at both the GI and Endoscopy workshop sites in Regina. The topic was on the medication Dexilant given by one of the drug reps.

We are now busy planning our annual GI Education Day being held on October 25th. A CSGNA supper meeting was held on October 8th to

communicate committee progress and last minute details for this exciting learning opportunity

Submitted by  
Connie Westcott RN CGN(C)  
CSGNA Canada West Director

### **DIRECTOR OF AWARDS AND RESEARCH REPORT**

We had very few applications for this year; in spite of it being in Banff which I thought would be a great draw. There were only 13 applications for Annual Membership, 0 for Professional Nurse, 1 for Professional development but did not meet the criteria, 5 for New Member, 3 for RPN/LPN, 1 for Certification, 3 for recertification, 3 for SciCan with proper criteria, and 4 nominations that did not meet the criteria for the SciCan award. One chapter applied for the Chapter of the Year which will be announced at the AGM along with the rest of the scholarships.

This has been a very frustrating year for the awards component of CSGNA. We have had to face the fact that funding for scholarships will be more and more difficult to obtain as the compliance rules in the United States now become enacted. Although the act was established in July of 2009, there has been a grace period that has now expired. These compliance rules have severely restricted that amount of funding for any scholarships. At this moment, SciCan is the only vendor still able to supply funding. Any vendor with a head office in the US must follow these compliance rules. After spending hours on the phone with service representatives regarding the grant applications, we ran out of time for this year. It is pretty much a necessity to start the "grant application" process 6 months in advance and this requires all the financial information.

This is a summary of their compliance regulations:

*In keeping with Olympus' commitment to high professional and ethical standards, the decision-making process for the Committee is guided by the AdvaMed Code of Ethics on Interactions with Health Care Professionals, as revised effective July 1, 2009.*

To learn more about governing principles and expectations relating to grant support, visit [www.advamed.org](http://www.advamed.org) or review Olympus' publication, "Keeping our Focus: Compliance Summary for Customers and Health Care Professionals."

Important points include:

#### **Commitment to Independent Decision-Making**

- *The Committee does not make decisions based on the desire to generate goodwill from grant requestors or to reward past or future purchases, referrals or recommendations of Olympus products or services*
- *All Olympus sales and marketing personnel receive specific training advising them to remain separate and apart from matters relating to grant requests. With the exception of limited circumstances when they might be asked to solicit input regarding an equipment-related grant request, Olympus personnel may not:*
  - o *Initiate or promote grant requests on a health care professional's behalf*
  - o *Assist a health care professional in applying for a grant*
  - o *Create any expectations or convey information of any kind regarding grant approvals or denials.*

*We thank you in advance for respecting the integrity of our process.*

We are hoping to discover some other avenues to pursue regarding scholarship funding. More than ever we are going to have to rely on the local chapters to assist in providing us with the revenue to continue offering the scholarships.

Submitted by  
Donna Bremaud RN CGN(C)  
CSGNA Awards & Research Director

#### **PUBLIC RELATIONS REPORT**

I attended the CSGNA Summit of Inspiration conference in Banff Sept 26-28th. Thank you to the Alberta Southwest and Central chapters for an amazing conference and venue. Barbara Bancroft inspired us all with her well rounded knowledge and humour of the GI tract. How can we forget Jennifer Sanford and her motivational speech on customer satisfaction? John Amatt encouraged us to reach out of comfort zone and embrace challenges and change. CDHF's Rise Walk on the Wild Side gave fellow delegates the opportunity to view a majestic sunrise as we hiked up the Tunnel Mountain Trail. Thank you to all of the conference speakers and exhibitors that support us in furthering our knowledge in gastroenterology. Mark your calendars as the 2014 CSGNA conference in Niagara Falls, Ontario plans to be innovative, inspiring and illuminating as well!

Final editing has been completed on the Bronchoscopy and Radiation guideline. These documents should be available on the CSGNA website soon. A review has been completed and feedback provided by a consulting lawyer in regards to the

Conflict of Interest, Endorsement policies. Work will be done in the coming weeks to finalize revisions of these documents. The PEG position statement and guideline is currently being reviewed by the board and hopefully will be available on the website by November.

Submitted by  
Dana Letto BN RN CGN(C)  
CSGNA Public Relations Director

#### **PRACTICE DIRECTOR REPORT**

Hope that all of the delegates attending the national conference in beautiful Banff in September left with abundant knowledge in the field of gastroenterology and with a renewed passion for GI nursing. It was indeed a fantastic conference with wonderful speakers sharing their knowledge and wisdom. Many thanks to the planning committee for providing us a great learning experience in a breath-taking environment.

As we head into the fall the guidelines for bronchoscopy and radiation safety will be posted on the CSGNA web site. Our focus is now on developing new guidelines for infection control and conscious sedation for endoscopy. Following a survey conducted by the CSGNA board last winter; one of the questions dealt with what guidelines members wanted developed/revised and these two areas were requested the most. Revisions for RN's role in Peg-tube insertion and flexible sigmoidoscopy are also under review. Have a great fall.

Submitted by  
Sandy Stone R.N. CGN(C)  
CSGNA Practice Director

**NEWSLETTER EDITOR &  
WEBSITE DIRECTOR REPORT**

I would like to thank the planning committee of the Banff conference for delivering an inspiring event with excellent speakers and a beautiful venue in the heart of Banff. The presentations from the conference will not on the website under the Members Only section due to delays and problems with our web host.

The presentations will be available for viewing by clicking onto the link on the homepage under the

member's news alert section and entering the username CSGNA2013 and the password **Banff**. I will be updating the presentations as they are available.

Sponsorship for the Guiding Light newsletter has not been confirmed for 2014 due to the compliance rules in the United States for sponsorship. Letters have been sent out again to vendors requesting sponsorship and as with the scholarships we may have to explore other avenues to obtain funding for the newsletter.

The website will be updated frequently with any chapter events, conferences. Please submit any educational events or conferences that you would like posted on the website to me at [websitedirectornewslettereditor@csgna.com](mailto:websitedirectornewslettereditor@csgna.com). These events will also be included in the monthly e-newsletter and sent out to members each month.

Thank you and have a great fall.

Submitted by  
Linda Pinches R.N. CGN(C)  
Website Director & Newsletter  
Editor ♦

**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.

**GI Certification 2014**

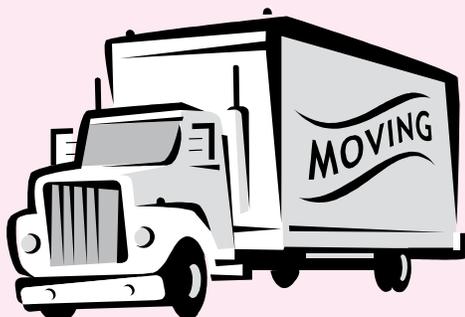
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It's one of the best career moves you will make. The exam date is April 5, 2014. The certification application deadline is November 6, 2013 and certification renewal due date is December 2, 2013.

Don't forget to apply for the CSGNA Michele Paquette Certification/Recertification Scholarship.

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# "SUMMIT OF INSPIRATION"

## 2013 CSGNA's National Conference

About 18 months ago, two CSGNA Chapters.....the Alberta Southwest Regional Chapter and the Central Alberta Chapter joined together to plan an expedition, hoping to make it to the Summit of our and your educational mountain top.

"Summit of Inspiration" became the name of the expedition, and it was planned for Banff Alberta, from Sept. 26 – 28th, 2013. Many hours were spent mapping out a vast variety of trail options, so the hikers (delegates) could choose a trail that met their goals. Our fabulous Corporate Sponsors and Partners also joined our expedition and guided us through some symposiums as well as some hands on ERCP training. (Skills we use during our career trails).

We started our expedition off with a wonderful speaker ... Barb Bancroft, who got our adrenaline going for the big climb by speaking to us on GI Health. We were able to secure many expert trail guides, in our speakers, to help us navigate some of the more difficult areas on our learning expedition. We found inspiration at every turn in the trail, with challenges presented by our guides.



Planning Committee at Conference



After a long day of hiking our trails, we as a group gathered together in the evening to celebrate our time together, at a Western Shin-Dig. We had a fabulous roast beef meal while relaxing around a huge bond fire. We were entertained by an Aboriginal Hoop Dancer, a live band, and lessons in line dancing. We left the shin -dig with our spirits lifted, ready for the last day of the climb

We reached the Summit and planted our flags at the top late in the afternoon of Sept 28th, 2013, under a beautiful sunny blue sky, with the majestic Mountains as our backdrop. Following the planting of the flags we were challenged to continue our journeys in our education and in our lives by challenging ourselves to try new things: push ourselves to see what summit we might try for next.



Planning Committee at Western Shin Dig

The scenery on our expeditions was breathtaking, and created a fabulous backdrop for our trails. Our overnight accommodations were very comfortable and the "grub" we were served was outstanding.

We as a planning committee found the planning of this expedition, a truly wonderful experience. We were able to challenge and push ourselves to see how good of an expedition, we as a group, with our many different personalities could put together. We were able as a group to maximize each of our strengths to plan and execute what we felt was a wonderful climb to the " Summit of Inspiration".

Respectfully submitted by the 2013 National CSGNA Planning Committee:

Barb Harbers (co- chair)  
 Brenda Perlau (co-chair)  
 Merrill Wight  
 Judy Klaus  
 Stefanie Nicol  
 Maria Vetter ❖



Aboriginal Hoop Dancer

# CSGNA Scholarship Award Winners



**FUTURE CSGNA CONFERENCE**  
**Niagara Falls, Ontario**  
**October 2-4, 2014**

# Pictures from



# the Conference



The Guiding Light





# My Experience in Endoscopy: *Putting Theory into Practice*

**W**hen nursing students manage to escape from the dungeon known as the library they can often be found in hospitals, working alongside their future colleagues. However, the endoscopy unit at St. Clare's hospital in St. John's, Newfoundland is the last place anybody would think to look for a nursing student. But this is where I found myself for my two-month preceptorship.

When I first learned that I would be placed in endoscopy I was extremely surprised. I did not even know what endoscopy was all about and after a little research I discovered that it was a nursing specialty. I knew then that I was very fortunate to be placed there and I was determined to make the most of the experience.

In the week preceding the start of the rotation I was very nervous, but eager to get started. The first week is still a blur to me because



of the vast amount of information there was to learn. I soon realized I had my work cut out for me with learning the different types of procedures, understanding the equipment used for the procedures and the nursing care involved. At the time I compared it to emptying St. John's harbour with a bucket. But fortunately, I had lots of help.

My preceptor Brenda Noseworthy, being the happy go-lucky person that she is, made me feel right at home and thus reduced the anxiety and pressure of learning the new skills related to working in endoscopy. I am also very grateful that the rest of the Endoscopy staff were always eager to teach, support and offer guidance during the two month preceptorship.

During the next few weeks I began to get the hang of things and felt that I was contributing to the team. Interacting with large numbers of patients and families was also a unique experience, and being able to use the knowledge I had learned to teach and care for patients really boosted my confidence. It was like the past three years of school came together into this one rotation.

Towards the end of the preceptorship, I felt I had only just scratched the surface of what endoscopy



had to offer. Even though I learned a lot there was still tons more to learn and experience. Leaving the unit for the last time was bittersweet, it was hard to leave my new found co-workers but I am looking forward, through "rose colored glasses", to moving ahead in the nursing program.

I can honestly say my time in endoscopy has been the most rewarding experience in my nursing career thus far. The confidence and knowledge I gained will be invaluable as I prepare for my fourth and final year of nursing school.

Submitted by  
Brandon Simmons ♦

## REMINDER

**As per Bylaw 22.12 all CSGNA Chapters shall submit to their Regional Director by November 30th the Chapter's financial report.**

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

30th Anniversary



CONFERENCE 2014 October 2-4  
Scotiabank Convention Centre  
Niagara Falls, Ontario

**BRAVE THE CURRENT**  
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[www.csгна.com](http://www.csгна.com)

# INNOVATION

**Mike Lipkin**  
World Renowned  
Motivator and Communicator

Mike Lipkin brings out the best in leaders and employees around the world. The founder and president of Environics/Lipkin, and the author of numerous bestselling motivational books, he combines Environics' trademark "social values research" with his personal expertise to provide people with the confidence and insight to take powerful action and achieve pre-eminence in their lives.

Lipkin is a former brand manager at Colgate Palmolive, board member at Grey Advertising, and account director at Olgivy & Mather – one of the world's leading advertising agencies. Environics/Lipkin has quickly become one of Canada's largest and most sophisticated polling companies.

Lipkin's motivational titles include, *Your Personal Best: The 12 Personal Best Practices to Help You Live at Your Highest Level*; *Luck Favours the Brave: How the Five Social Super Trends Can Make You Very, Very Successful*; *On Fire: The Art of Personal Consistency*; *Keeper of The Flame: How to Inspire Others on the Cusp of Change*; and his most recent title, *One Life, One Meeting: How to Achieve Pre-eminence, One Conversation at a Time*.



# INSPIRATION

**Tilda Shalof**  
RN  
Author and Speaker

Since the publication of the national bestseller, *A Nurse's Story*, author and ICU nurse Tilda has become an outspoken nurse leader, dedicated to explaining nursing to the public and raising awareness of nursing's role in health care and safety.

Passionate about helping nurses connect to the power and ideals of our profession, she inspires nurses to be all that they can be.

Tilda's second book, *The Making of a Nurse*, charts the educational, emotional, and spiritual steps in her journey of becoming a nurse. She shares professional and personal challenges she has experienced along the way to becoming the nurse she aspired to be.

In Tilda's presentation at CSGNA 2013, she will share anecdotes from her 27 years working in the Medical-Surgical ICU at Toronto General Hospital of the University Health Network. Tilda will also tell about her experience of being a "nurse in the news" explaining how she prepares herself to face the media, field the tough questions put to her about nursing and health care, why she believes it is imperative for nurses to speak up on behalf of their patients, our health care system and the importance for nurses to speak about our work and tell their stories.

Tilda has also written, *Camp Nurse – My Adventures at Summer Camp* and her latest book, *Opening My Heart – A Journey from Nurse to Patient and Back Again*. Please visit Tilda's web-site at [www.NurseTilda.com](http://www.NurseTilda.com)



**Nicole Moore**  
Shark Attack Survivor  
and Inspirational Speaker

Nicole has inspired people all over the world with her shocking story, spirit of survival and love of life. Nicole, an RN, lives in Orangeville, Ontario with her husband Jay and their two young daughters.

On January 31st, 2011, while vacationing with friends in Cancun, Nicole had one of the most unimaginable and horrific things happen... she was attacked by a shark. As a result, Nicole and her entire family, have had their lives forever changed.

The manner in which Nicole survived, will galvanize the belief in power of mind over body. Pain, multiple surgeries and eventual amputation has never dampened her spirit and today, still in recovery mode, she is thriving. Nicole's mantra "keep moving forward and don't let obstacles stand in your way" is now the focus of her motivational speeches.

A touching, moving story about how to face adversity with strength, courage, grace and determination. She will enlighten you with her quick wit and her ability to face an incomprehensible situation with a positive attitude. After hearing her story, you will be left with the certainty that there is simply...

*Moore to Life*



# ILLUMINATION

**Meg Soper**  
RN  
Comedienne and Speaker

Meg is recognized as one of the premiere motivators in Canada. She combines her remarkable sense of humour with a unique perspective of life to captivate her audience and provide them with a presentation filled with inspiration and entertainment.

Meg has appeared as a keynote speaker and feature performer at corporate functions, conventions and universities across North America and internationally. She has shared the stage with such celebrities as Ellen Degeneres and Ray Romano.

With over 25 years experience in the Health Care industry and as a Registered Nurse in the Operating Room, she understands the challenges that nurses face from a first hand perspective. From Children's Hospital in Vancouver, B.C. to St. Michael's Hospital in Toronto, Ontario and finally back to a community hospital close to home, Meg has gained a wide range of professional experience throughout her career.

Meg is co-author of the book, *From the Stage to the Page: Life Lessons from Four Funny Ladies*. She has appeared on the CBC Television Network, Women's Television Network and Prime TV, as well as being featured in many radio programs and comedy festivals. Meg has a tremendous ability to connect with her audience and take every event to a higher level.



cs<sup>g</sup>na CONFERENCE 2014

get all the info at ...  
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Treasurer: Christine Kunetsky

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Canadian Society of Gastroenterology Nurses & Associates

Société canadienne des infirmières et infirmiers en gastroentérologie et travailleurs associés

Please make Cheque Payable to CSGNA and mail with completed application to:

Prière de libeller le chèque à CSGNA et envoyez avec d'application remplie à :

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

CSGNA Membership ends May 31 each year

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Table with 2 columns: MEMBERSHIP APPLICATION (Check one) and FORMULE D'APPLICATION (Cochez Un). Rows include Active \$100.00, Affiliate \$100.00, Retired \$50.00, Lifetime Membership and their French equivalents.

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