

Acupuncture as a Safe and Effective Treatment Option for IBS **Michael Moons** RN, R. Ac



Irritable Bowel Syndrome (IBS), what are we missing?

Irritable bowel syndrome is a growing medical anomaly with virtually no laboratory or diagnostic features. With a disease so illustrious, perhaps we should be looking outside modern medicine to practices like acupuncture as an effective treatment option for these patients.

IBS affects over 5 million Canadians with symptoms ranging from diarrhea, constipation, pain to other Gastrointestinal (GI) related complaints. It is a multifactorial dysregulation of autonomic (ANS) and enteric nervous function, making it difficult

to develop a standard of care. Diagnosing and treating IBS not only affects our health systems resources but the quality of life of its sufferers. Until this point, medical treatment involves medication, dietary restrictions, probiotics or fibre supplementation all with varying results. Patients are often left with negative beliefs about their symptoms, leaving them more confused than prior to diagnosis. There are many alternative medicine practices that could offer valid treatment options, with acupuncture at the top of the list.

Functional bowel disease has been shown to be negatively affected by poor sleep, stress, nutrition and other biopsychosocial factors. Flare ups tend to occur during highly stressful periods, after poor dietary choices and also at random. Medications and current treatment options unfortunately do not address key factors in IBS symptoms such

as, biopsychosocial factors, previous trauma, mental health, sleep dysfunction, stress and false belief systems about IBS. Since IBS is a clear dysregulation of the autonomic nervous and enteric system, treatments should look to address these key factors.

Acupuncture's application to modern medicine is promoting blood flow and resolving pain. What isn't common knowledge is that acupuncture and adjunct therapies have been shown to be effective in treating over 85 conditions listed by the World Health Organization. From stress, inducing labor, chronic pain, Rheumatoid Arthritis and insomnia to functional bowel disease, acupuncture can be a go to therapy for treatment. With contributing factors to IBS being poor sleep, post infectious causation, anxiety and autonomic dysfunction, referring out for acupuncture may be the missing link in treating this population.

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Acupuncture as Medicine

Acupuncture is an ancient Chinese medicine that has been used for over 2000 years. When looking at needles placed in the legs or feet for digestive issues, you might presume they are located at random. In order to understand the significance of these acupuncture point functions, you must understand how the system was created. Over thousands of years, the medicine evolved from placing needles or primitive spikes into areas of tenderness during an illness. When the point resulted in relief or a change it was said to affect that organ system, eventually forming the meridian system. Incidentally, the acupuncture meridian pathways follow modern fascial and nervous system anatomy almost exactly. Do we scientifically know without a shadow of a doubt these meridians exist? Not exactly, but we can measure certain responses by the body by using them. Recent studies show a significant release of oxytocin during acupuncture treatments, a hormone involved in regulating the autonomic nervous system (ANS) and many other functions (6). When the ANS is activated, especially post meal, IBS patients often need to rush to the bathroom. This is an indicator of sympathetic arousal not being held in check (3). Patients who present with Autonomic Dysfunction related to IBS are associated with higher health care utilization and lower quality of life (5).

Sleep Dysfunction and IBS

Insomnia, stress, digestion and pain all contribute to life altering symptoms in IBS. Insomnia and poor sleep are present in significantly higher numbers of IBS patients than the normal population (1). This is directly associated with significant increases in IBS related pain and worsening symptoms (2). Acupuncture's ability to treat sleep related illness is well documented and studied in research and one of the most commonly treated patterns. By obtaining quality sleep, allows the enteric nervous system to "rest and relax", a manifestation of the parasympathetic nervous system. Improving and promoting better sleep patterns could play a significant factor in reducing or eliminating IBS related symptoms.

Addressing Autonomic Nervous System dysfunction with Acupuncture

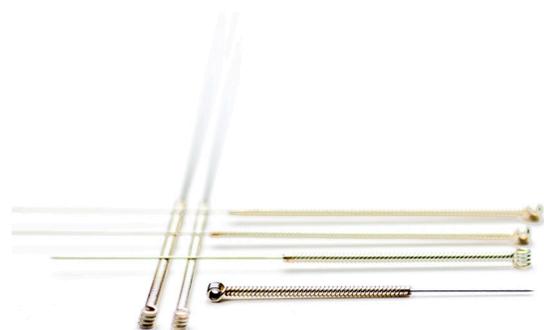
Stress and stress perception are also strongly associated with IBS symptoms although difficult to measure. Patients are often instructed to reduce stress causing practices or symptoms will persist. This is great advice however experience tells us this would involve sending their kids away

or quitting a hectic job. The reality that stress moderation leads to positive outcomes is a step in the right direction but eliminating some of these stressors may prove difficult. The negative belief system often attached to their diagnosis only makes matters worse. Acupuncture could be used as an effective option in tapping into the parasympathetic nervous system (PNS), lowering stress levels, and downregulating the "fight or flight" response. This is the main reason for the relaxed state patients receive during and after treatments. The PSN is activated by the acupuncture, suppressing the over active sympathetic tone. By utilizing acupuncture as a complimentary or stand-alone treatment option, patients can improve quality of life as well as eliminate unwanted side effects of medicinal treatment.

In Conclusion, when looking for treatment outside of our modern health system, it is important to be educated on these different types of medicine, in maximizing outcomes. The goal of any treatment is to maximize effect and minimize harm, in which case acupuncture is a safe and effective choice.

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Canada Centre Director Report

I would like to thank the Chapter Executives for promoting CSGNA and organizing educational events. These educational events offered members an opportunity to share their practice questions and concerns with colleagues

from other institutions and company representations. It is because of their effort that these learning sessions are so successful and enjoyed by all those who attended.

The Toronto Chapter had a great education day in April, which was held at St. Michael's Lika Shing Centre. They were very pleased with the number of attendees. It was fantastic to see so many new faces and renewed interest in education. Thanks to the sponsors, presenters, and the attendees who made this education day possible and so successful.

The Golden Horseshoe Chapter held their educational day on April 14th, which was successful despite the weather. The speakers captivated the attendees with interesting topics such as Pain management in IBD, Management of Upper GI Bleeds, and new developments in Endoscopy reprocessing.

Wishing everyone a safe and sunny summer. Looking forward to seeing everyone in Quebec City at the National Conference.

Submitted by,
Giselle Marrella RN, BScN, CGN(C)
Canada Centre Director



Canada West Director Report

Most of the Western Chapters had their annual Chapter conferences over the past few months. I was able to attend both the Calgary and Edmonton Chapter conferences. I wish I could have attended every conference, but it just isn't possible when covering

such a large geographical area.

Several of our Chapters have new Presidents and other Chapter executives. I would like to thank all past Chapter executives for your work in supporting education and Gastrointestinal (GI) Nursing. On behalf of the national board, I would like to give you all a well-deserved thank you. Our group would not exist without the tireless work of the Chapter executives.

There are some great new initiatives being started in several of our Chapters, I look forward to hearing about them.

I hope to see many members at our conference in Quebec City.

Submitted by,
Bobbi Sheppy, RN CGN (C)
Canada West Director

Vancouver Island Chapter

Greetings from the Vancouver Island Chapter. This is the end of my third year as Chapter president. The highlight for me was hosting our National conference last September 2017. We held our annual education day on May 5th. We had 36 delegates (including three nursing students) attend from nine of our endoscopy centers. We enjoyed the talk from the Canadian Nurses Protective Society (CNPS) on charting for GI and there were many questions from the delegates surrounding consent and discharge teaching. We heard about Helicobacter Pylori, Inflammatory Bowel Disease (IBD), respiratory emergencies in the endoscopy suite, and case studies on post-colonoscopy complications. The education event was followed by our Annual General Meeting (AGM). Erin Hohl was voted in as the new President, Aleksandra Burrows and Diane Bjola let their names stand for another term as Secretary and Treasurer (respectively) and were voted in by acclamation. All the best to you. I have enjoyed the many contacts and friendships I have made across the country. Please welcome Erin as she leads the Chapter.

Submitted by,
Shelley Dosso
Vancouver Island President



Alberta Southwest Regional Chapter

We are looking forward to 2018 with a new executive on board. Merrill Wight as President, and

Tara Lehman as Treasurer. A big thanks to Barbara Harbers who has served diligently as our past President. Barb has taken on a very key role in our area as IBD nurse. This is a newly created position making Barb's day's extremely busy setting up the clinic, meeting with patients and addressing multiple needs. Our endoscopy department does not know how we got along without Barb in this position. Barb does a

great job teaching her patients and keeping staff updated. We will miss her as President but see her spreading her wings to soar to greater heights. Good luck in your new venture Barb.

We are looking forward to an Education Evening May 24 on Colon Preps presented by Dr. Raj Hundal and look forward to another education evening in the fall. Our focus this year is expanding our membership and encouraging certification in Gastroenterology. With some new staff members in our department we are seeing a renewed interest and look forward to helping them accomplish their goals. The future looks bright.

Submitted by,
Merrill Wight RN CGN(C)
Alberta Southwest Regional President

Okanagan Chapter

Our Okanagan Chapter is looking forward to the summer months ahead. We are hoping the flooding situation does not progress into as much of an issue for our communities as last year. Our thoughts and support go out to everyone being potentially affected by this. Within the coming month, we are planning to meet and address the needs of our Chapter. The executive roles are up for discussion and if more than one member is interested in taking on these roles, we will accept nominations and hold a vote. We would like to have these vacancies filled by the Annual Conference and existing executive will act as mentors until that time. We are excited for these changes to bring some new perspective and plans to our Chapter.

Nursing week was an amazing time had by all and we felt quite spoiled by our management and physicians in Kelowna, BC. Each day there was something to celebrate us, from pizza parties to ice cream sundaes. The only negative was the expansion of our waistlines.

We are looking forward to the coming months in preparation for the Annual Conference, it is sure to be a wonderful time in Quebec City.

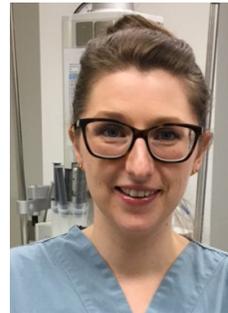
Submitted by,
Bethany Rode
Okanagan President

Regina Chapter

There have been a few exciting changes in the Regina Chapter over the past few months. Marie Turton our previous President started a new adventure working in the emergency room. We wish her well and thank her for her time as President. I am

pleased to announce that I was elected as President for the next two years. I have been an RN in endoscopy for seven years and am looking forward to the learning opportunities that lie ahead.

Vantage Endoscopy recently provided a learning opportunity for many of our nurses about electro cautery. Thank you to Vantage for that informative evening.



These days our Chapter is busy preparing for our annual "Endo Day's" education event we host every October for nurses all over Saskatchewan. Hopefully we will see some of you there.

Submitted by,
Pam Wilson
Regina President

Calgary Chapter

The Calgary Chapter hosted our annual conference on March 3 at the Alberta Children's Hospital. It was a successful event with 83 attendees, seven speakers and support from ten vendor representatives. Dr. Tarun Misra started the day by providing a review of iron deficiency anemia from a Gastroenterology perspective. Our own CSGNA member, Shirley Maltman talked about GI Motility. Barbara Aspinall, a Nurse Practitioner here in Calgary, reviewed Alcoholic Liver Disease. Dr. Kerri Novak spoke to us about the role of intestinal ultrasound in characterizing and monitoring IBD. Viona Lam described her role as an RN in the Children's Hospital Intestinal Rehabilitation Program and provided several interesting case studies. Dr. Christian Turbide spoke about a hot topic in medicine, the role of cannabis. His presentation was focused on its utility in patients with Irritable bowel Disease (IBS) and IBD. To end the day, Wendy Schaufert talked about her nurse clinician role in the NAFLD clinic and the differences between Non-alcoholic fatty liver disease (NAFLD) and Non-alcoholic steatohepatitis (NASH). Attendees completed a feedback survey at the end of the day and the responses were wonderful. All the hard work and planning definitely paid off.

We are planning another evening dine & learn for September of this year and are looking forward to the CSGNA conference in Quebec City this fall. We are hoping that some of our members will have the opportunity to attend.

We would like to encourage our local members to join our CSGNA Calgary Chapter Facebook group. We have been posting regularly with updates and reminders of events and deadlines and hope to be able to use it as a tool to connect with each other and keep everyone in the loop more easily.

Lastly, we hope everyone has the opportunity to enjoy our much-deserved summer weather. It has been a very long winter here in Calgary and before we know it, we will be receiving the fall issue of Guiding Light.

Submitted by,
Tara Green
Calgary President

Central Alberta Chapter

The Central Alberta Chapter is happy to report another successful annual education on May 5th. Our focus for the day was disorders of the esophagus. We had a large number of delegates and great feedback. To promote membership Joanne Glen presented on the benefits of membership with CSGNA. We followed this with a draw for new members which had a very good response. Our last Chapter meeting will be in June for the year which I will be hosting at my house. We will be celebrating the hard-working members in our Chapter and have invited some of our recent retirees. Hope that everyone has an amazing summer.

Submitted by,
Koralee Kovacs,
Central Alberta President



Canada East Director Report

It has been a very busy spring for me this year. I had the privilege of attending, for the first time, the New Brunswick/Prince Edward Island education day. It was great to see what other Chapters do as well as reconnect with

Gastroenterology nurses. The topics were very timely and covered liver, nutrition, safety, as well as an open forum. The day ended with a very interesting talk.

Upon returning from my winter vacation back to Nova Scotia, I attended the College of Registered Nurses of Nova Scotia education forum. All speakers were excellent. The Future of Nursing was the theme, from practice settings, the expansion of nursing scope of practice to the challenges we face, for example medical cannabis, and its impact provided for a very full day.

There are many opportunities and challenges facing the Gastroenterology nurse in the foreseeable future. Now more

than ever. As nurses, we must be involved with not only our regulatory bodies but also our specialty bodies.

Submitted by,
Marleen Spencer
RN, CGN(C)

Nova Scotia Chapter

We have several members looking forward to attending the Atlantic Association of Gastroenterology meeting in June in beautiful St. John's Nfld.

Save the date for the NS chapter annual education day. It will be held Saturday October 13th in the Bethune building, Victoria General site, Halifax, NS. Agenda and registration information will be sent out shortly. Please send along any topics you would like us to consider.

Submitted by,
Jessica Robar
Nova Scotia President

Newfoundland Chapter

Yes...This is Nursing 2018. Well, it's that time of year when we celebrate the hard work, dedication, and inspiration of the nurses around us. The theme of Yes...This is Nursing has been carried over for another year. "Nursing roles are evolving at an exponential rate, particularly with the influence of technology and the expansion of digital technologies. We can leverage social media to raise awareness, promote advocacy and connect people across the globe on important issues. For me, this theme speaks to the expanding traditional and non-traditional roles, settings and sectors nurses work in as well as the unique opportunities for our profession presented by social media and emerging tech trends."-Alliah Over, RN MN creator of this year's Nursing Theme.

So many nurses can connect to this theme. GI Nursing is no exception. While we practice on the foundations of traditional nursing, we strive to remain current and effective to our patients through the ever-expanding digital technologies.

Our Canadian Association of Gastroenterology (CAG) Skills Enhancement for Endoscopy™ (SEE™) program is a perfect example of how we are using technologies to improve the patient care experience. Here in Newfoundland, we continue our monthly CSGNA meetings that include education sessions focusing on best practice nursing for GI specific diagnosis.

We are preparing for the American Association of Gastroenterology (AAG) being held here in June. It is sure to be a great conference, with some really interesting topics for all.

We continue to hold sponsored educational sessions on “hands on” learning within the GI setting. Our latest was an evening event on Endoscopic-Pancreatography (ERCP): A Nurse’s Basic Training. This has been a popular event. This is the third offering of this session with record numbers attending each time.

For Nurses Week we will have some unit celebrations, we will reminisce about all the years and all the memories. We will laugh and celebrate the life of nursing. It is a unique breed

of people to forge a career in the service of caring for others. None more unique than GI nurses.

Congratulations and Happy Nurses Week to all my fellow nurses here and afar. None are more cherished in this world than those who lighten another’s load...Yes, That Is Nursing.

Submitted by,
Rayleen Hogan
Newfoundland President





Awards and Research Director Report

Hello Everyone

What a busy time of year.

I have just a few messages to share with everyone.

First if all what a pleasure it is to see so many members interested in attending our National Conference in September 2018. if we were able to we would certainly offer scholarships and awards to every applicant. Unfortunately, we do not currently have much funding available to offer this year, but I will respond to each applicant to indicate their submission was received and when decisions are made who has been awarded a scholarship and thank those who applied but were not the final Award winner. Please remember this award money comes from a portion of each local Chapters educational events.

Secondly, Chapter Executives please consider submitting an application for a SciCan Award for someone from your Chapter. The deadline for this award has been extended to July 31, 2018 and there are four awards available. The requirements state the member shall be nominated by their Chapter and only one applicant per Chapter can be accepted.

Again, we are looking forward to meeting up with all of you in Quebec City in Sept. the Conference Team have been working very hard and I am sure this will be an outstanding event!

Enjoy the summer,

Submitted by,
Linda Gandy, RNBN CCN(C)
Awards and Research Director



Multimedia Director Report

The addition of the monthly "E News" has generated a lot of increase in awareness of Chapter events, the national conference and general goings on across the country with CSGNA. Social media

sites are gaining members on the Facebook page as well as a Chapter in Alberta has their own Facebook group which is an excellent way to stay connected. I encourage other Chapters to initiate this. You can create a "closed" group and control

who sees the content and who is accepted into the group.

Other non-for-profit G.I. related groups advertise in our newsletter and vice versa. If you know of for profit or not get them in touch to open up our community.

As this ends the completion of my two-year term as Multimedia Director I would like to thank all members for electing me into this position, it has been an honor to represent CSGNA. I look forward to seeing you all at the National conference.

Submitted by,
Carina Kirk, RNBN CGN(C)
Multimedia Director



Education Director Report

The Quebec Planning Committee has been very busy planning the National CSGNA Conference. The program is full of educational material and I look forward to seeing you in September in Quebec City.

We have four posters to be presented at the 2018 National Conference. If you would like to submit a poster, contact me and I will forward your information to the Conference Planning Committee.

I would like to encourage anyone who would like to write their certification. Online application opens June 1st to September 10 for writing Nov 1 to 15, 2018. Renewal online is due by November 1, 2018. Please check out the CNA website for mentorship or study group information. To all Registered Nurse's (RN) who have their certification, I challenge you to encourage other RN's to obtain their certification. We are in danger of losing our GI certification if we do not increase our number of writers.

We have upgraded our website. I hope you will take the time to check it out. See you in Quebec City.

Submitted by, Gail Mason, RN CGN(C), Education Director



NB/PEI Chapter Education day

Nurses Appreciation Week

Recognizing our Fellow Colleagues

1. Joan Heatherington

Joan Heatherington is a Calgary Nurse Practitioner and member of our local Calgary Chapter. Joan is recognized locally, nationally and internationally as a leader in IBD nursing. Her commitment and passion is unlike any other. Joan is a respected member of the inpatient multidisciplinary IBD team at Foothills Medical Centre, Calgary, AB. She is also a key member of several multidisciplinary outpatient clinics teams, including Pediatric Transition, Elderly IBD care, IBD Flare and Rural Outreach. She participated in the development of standard operating procedures for initiation, monitoring of response and risk and efficacy of biologic therapies in IBD and their implementation into an IBD Centre of Excellence in Calgary. She is a member of the Nutrition Centre of Excellence committee and has participated in developing standards of care to identify patients at risk for malnutrition in IBD and helped develop guidelines for assessment and treatment. She has developed national shared decision-making tools and patient education resources to facilitate dialogue between patients and clinical IBD care providers on treatment options

and monitoring strategies in collaboration with Crohn's and Colitis Canada. She has contributed to the IBD handbook development for the University of Calgary Medical clinic (UCMC) IBD clinic outlining treatment options, roles of patients and clinical IBD care providers. Joan's commitment to providing the highest standard of care to all IBD patients through education, mentoring, research and collaboration has been an inspiration to GI nurses here in Calgary and abroad and we would like to thank her for her tremendous contribution and passion to our specialty.

Calgary Chapter Executive
Tara Green, Marcy Cloutier & Shanti Supinski

2. Carol Reidy

I would like to recognize Carol Reidy, Manitoba Chapter President for her research contributions to infection control of endoscopes. Over the years Carol has worked alongside beside Dr. Michelle Alfa in Clinical research and published studies. Dr.



Carol Reidy receiving the nursing excellence award at Saint Boniface Hospital in Winnipeg

Alfa along with Gale Shultz of St. Boniface hospital recognized Carol by nominating her for the Nursing Excellence award. Dr. Alfa stated in her nomination "I have had the pleasure of undertaking clinical studies in the endoscopy department at Saint Boniface Hospital since 1991. This specific study turned out to be a pivotal study demonstrating that duodenal scope drying was inadequate and that at least 10 minutes of forced air drying was needed. The importance of the endoscope drying is still a pivotal concept in 2018. Carol Reidy was a key reason that my research laboratory was able to undertake clinical studies, as she believed this reflected her ongoing commitment to keep abreast of changes in endoscopy reprocessing to ensure patients in her clinic setting got the best care possible.

Carol is tireless in her pursuit of knowledge and also in undertaking clinical research projects despite the fact that these studies added more work to her already busy schedule. Without her commitment and support we would never have been able to undertake the many clinical research projects that were the basis of multiple publications over the years. Carol is an outstanding example of a proactive endoscopy nurse who stands up to be counted to ensure optimal protocols are implemented so that endoscopy clinic practices reflect the current state of the art."

Dr. Michelle Alfa, April 2018.

Carol Reidy was nominated by Dr. Michelle Alfa and Gale Shultz, April 18, 2018 and successfully received the nursing excellence award at Saint Boniface Hospital in Winnipeg, Manitoba. Thank you, Carol Reidy. Outstanding work.

Carina Kirk,
Manitoba Chapter

3. Bobbi Sheppy

I would like to Recognize Bobbi Sheppy who has been an RN for 29 years. She spent 14 years working in critical care and started working in the endoscopy unit at the Peter Lougheed Centre in Calgary in 2006. This is where she realized her passion. Bobbi was inspired by some of her colleagues, including our current CSGNA President, Connie Wescott, to successfully write the GI certification exam in 2011. She renewed this in 2016.

Bobbi has been actively involved with the Calgary Chapter of CSGNA for many years, first by helping organize conferences and volunteering at events. She became the Chapter Treasurer and then took on the role of Chapter president. Bobbi planned many conferences and dine and learn events, and still continues to support and mentor the local Chapter executive members. Bobbi has also written an article for the Guiding Light about her unique experience assisting with endoscopy of a sick female gorilla at the Calgary Zoo!

Bobbi took on the role of Nurse Clinician of the South Health Campus Endoscopy Unit in 2014 and excelled in this role until she discovered a new opportunity. In January 2017 she became the Inflammatory Bowel Disease Nurse Clinician at the South Health Campus. This was a newly created position to help manage the complicated IBD patients that were being seen in the GI clinic. Bobbi started the clinic from the ground up, developing standards of care and clinic goals. Bobbi works with the gastroenterologists to manage these complicated patients. She provides education and support to patients who are starting on biologic medications. She also works closely with the GI clinic dietitian and social worker to provide the patients with a cohesive multi-disciplinary team. She also sees newly diagnosed patients while they are in hospital to initiate early education and disease management. Bobbi sees patients independently in clinic and through telephone consultations.

Bobbi believes strongly in patient and family centered care as well as utilizing evidence-based practice. She feels that IBD care should empower patients to understand their condition and its management and this allows the patients to achieve the best quality of life possible.

Bobbi has shown a lifelong dedication and commitment to nursing and has been passionate about GI Nursing for the last 12 years. Her support for this specialty has been well known and she is continuously encouraging other nurses to become actively involved and have an opinion. She has been a mentor to many of us GI nurses across Calgary. Her newest role as the IBD Nurse Clinician has been inspirational, as starting a new clinic with such a complex patient population no doubt brings challenges. We would like to thank Bobbi for her dedication and passion that she brings to the GI specialty and wish her the best with her new clinic.

Tara Green, BN, RN
Calgary Chapter



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THE
DATE!**

**RÉSERVEZ
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Société canadienne des infirmières et infirmiers en gastroentérologie et tractus digestifs

<https://csgna.com/events>

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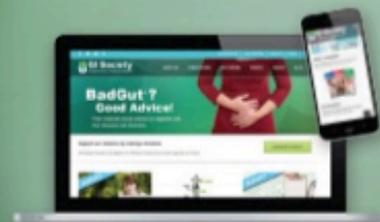
AWARENESS

Several of our targeted public awareness campaigns focus on empowering, encouraging, and educating persons living with various GI illnesses.



ADVOCACY

Staff, volunteers, and advisors work closely with health care professionals and governments at all levels on behalf of patients.



WEBSITE

Our website contains hundreds of articles and information on digestive and liver subjects as well as current information about our events.



A circular graphic on the left side of the page, partially overlapping the main text area. It shows a person's hands typing on a laptop keyboard. The laptop screen displays the word "Webinar" in a blue font. The background of the graphic is a gradient of purple and blue.

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CSGNA NEWSLETTER

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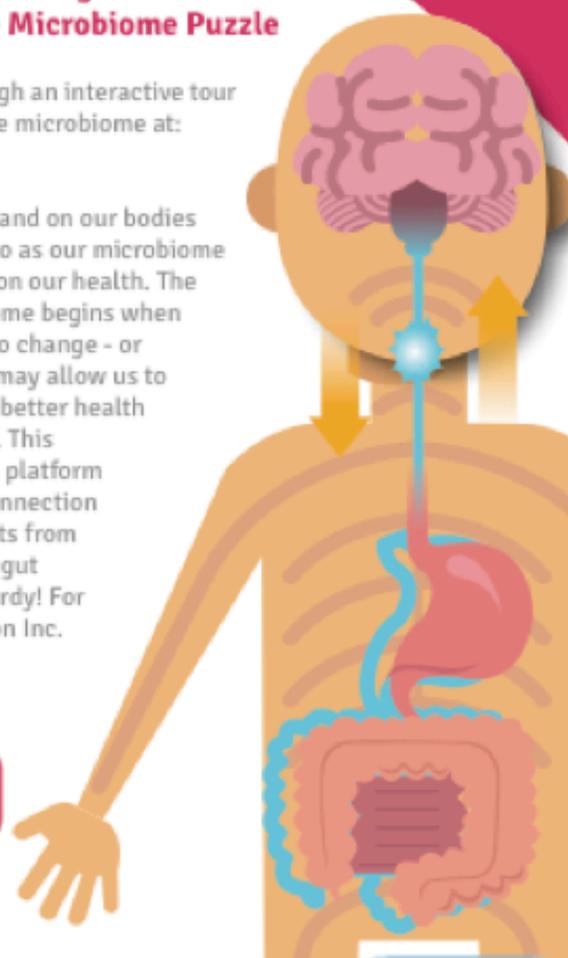
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Start Exploring!



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Biosimilars are approved based on a thorough comparison to a reference drug and may enter the market after the expiry of reference drug patents and data protection. Show this easy-to-understand animation to your patients to help them better understand what Health Canada is saying about biosimilars! Send patients to CDHF.ca/biosimilars to learn more!

