

# Guiding LIGHT

**csna** 

Canadian Society of Gastroenterology Nurses & Associates

Société canadienne des infirmières et infirmiers en gastroentérologie et travailleurs associés

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## Retirement Congratulations



### Donna Bremaud RN CGN (C)

Donna Bremaud has been nursing for 45 years and recently retired in August 2017. Donna has a wealth of nursing experience in endoscopy, acting as the Co-ordinator and Educator Registered Nurse for the Flexible Sigmoidoscopy Colon Cancer Screening Program from 2011-2017 at Southlake Regional Health Centre (RHC) in Newmarket, Ontario. Here Donna was a fulltime staff nurse working closely with a Gastroenterologist, assisting procedures, managing patient load, direct patient care and patient follow up. Donna advocated and provided many colon cancer screening presentations on the colon cancer screening benefits. Donna worked in endoscopy rooms as a staff nurse from 1999-2011 at Southlake RHC. From 1989 to 1996 Donna worked in the operating rooms as a scrub and circulating nurse, as well as part time coverage on the surgical floors and ICU at Amherst Regional Hospital, in Amherst, Nova Scotia. From 1974 to 1996 Donna worked at the St. Boniface Hospital, Winnipeg, MB in the operating rooms. The start of Donna's career in nursing was in the Rural Municipality of Winkler, MB at

Winkler General Hospital as a surgical staff nurse. What a wonderful career she has had, moving from province to province with her expertise.

Donna's nursing education began at the St. Boniface Hospital in Winnipeg, Manitoba in 1970, completing her Nursing diploma in 1972 at the St. Boniface School of Nursing. Donna completed her CNA Certification in Gastroenterology in 2004. Donna has been an active member in good standing for CSGNA, Ontario Nurses Association (ONA), Society of Gastroenterology Nurses and Associates (SGNA) and the college of Nurses of Ontario (CNO). Donna is a past member of her Ontario CSGNA Chapter holding executive positions in her local Chapter and later moving on to hold 4 consecutive terms on the National CSGNA Executive Board as Awards and Research Director until 2016.

Donna's community involvement has been with Southlake Regional Hospital Foundation in securing funds to help build new facilities for patients. In 2017, Donna was working to obtain additional funding for the new Cancer Treatment Center in Newmarket, Ontario.

Donna is involved with sports as a certified competition accountant at the Sanction Level, including active participation in the Newmarket Figure Skating Club. Donna is a timekeeper for the Newmarket Minor Hockey Club, and worked with the Referee in Chief & Local Minor Hockey executive to develop an off-ice officials program. This program allowed Donna to run yearly seminars for new timekeepers.

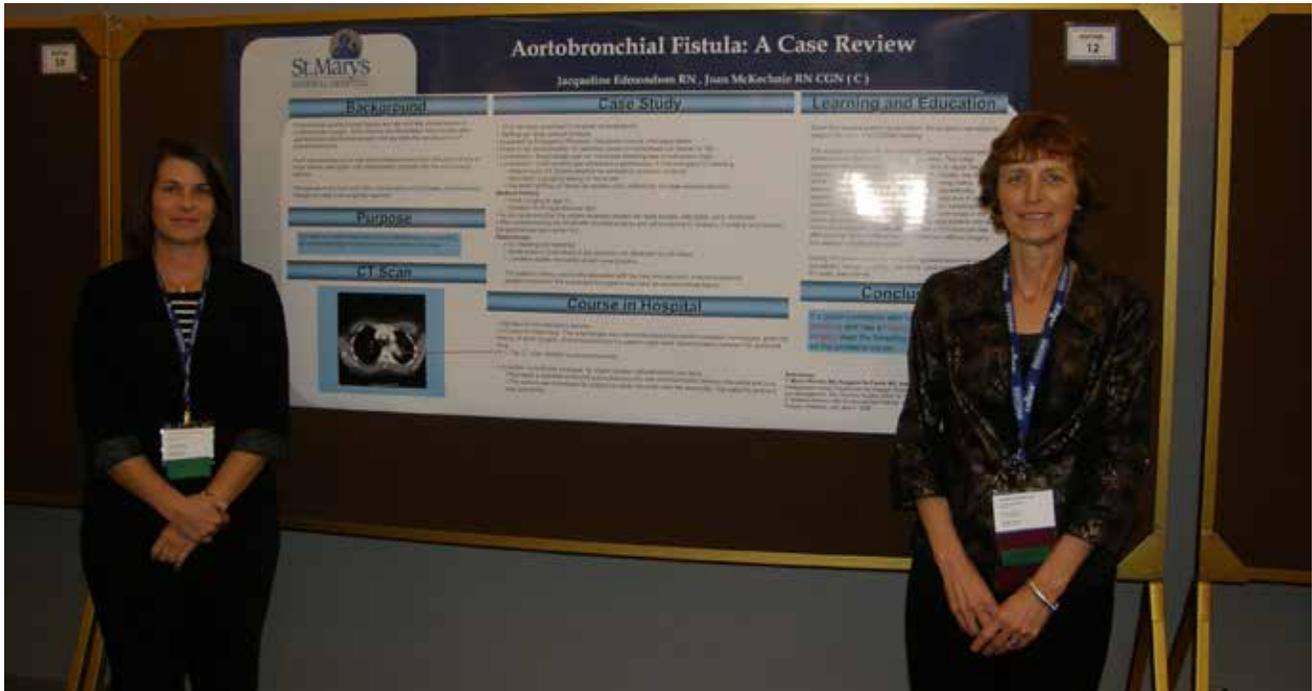
Lastly, Donna was awarded the Newmarket Volunteer Ambassadors Award. Quite a commendation for such an active woman. Congratulations Donna, we know you are enjoying all our time doing the things that you never had time for before.

Carina Kirk,  
*Multimedia Director*

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## Joan McKechnie RN CGN (C)

I have been a member of CSGNA for 15 years now and have never written an article for the newsletter, even though a certain someone, has encouraged me to do so for years. So, on the occasion of her retirement I hope I make her proud.

CSGNA will not be the same without Joan McKechnie. Joan has not only been my friend, teammate, roomie and mentor but an inspiration to anyone who has ever met her. Joan's enthusiasm and dedication for CSGNA has inspired countless new members and some seasoned ones too.

Joan graduated from Ryerson Polytechnical Institute Toronto in 1978 with her nursing diploma. She continued her studies at Humber College, Conestoga College and the University of Waterloo. Joan obtained Patient Assessment and PAR Certificates, Advanced Cardiac Life Support and Critical Care certificates. I had the pleasure of studying with and obtaining the Gastroenterology GI CNA Certification with her in 2008 and recertifying in 2013.

Joan began her career in Toronto but has been at St. Mary's Hospital in Kitchener Ontario since 1987. She began at St. Mary's in Critical Care, then Infection Control and finally endoscopy from 2003-2017. Joan tells me that she was sent to endo temporarily and was bitten by the endoscopy bug. She was only in endoscopy a few months when, she not only became a CSGNA member, but also the Golden Horseshoe Chapter President! Since that day Joan has been one of CSGNA's greatest advocates. She has served as Golden Horseshoe president from 2004-2007. She moved to the National Board as Newsletter Editor and Website Director 2008-2009 and Canada Central Director 2012-2017.

Joan has not only attended many National Conferences across Canada but has presented research posters at 6 conferences and has had numerous articles published. Her dedication to education in GI nursing is legendary. Joan was on the planning committee for the Toronto 2009 Conference and Board Liaison for the 2014 Niagara Conference. She was always ready to help in any capacity.

I could continue to tell stories of our adventures at CSGNA National Conferences from coast to coast. I will miss my roomie and our endless midnight talks about everything and anything. Most of all we discussed our careers and families. Joan always made me feel welcome as a CSGNA member and as a National Board Member. Her infectious enthusiasm had a way of making myself and I am sure countless others, feel that they are able to do much more than they ever thought they could. Joan would say "Get involved, Become a member. It's great. You can do it." She was right. Over the years Joan had taught me about friendship, GI nursing and commitment. She also taught me that red wine can be as good as white.

I hope that Joan will relax and enjoy her next adventures in life. Retirement is time to be with family, husband Harold, children and grandchildren. Joan, you deserve every good moment life will bring to you for a very long time. CSGNA will miss your presence but your legacy will be there always in the lessons you have taught and the friends you have made. Cheers, Joan

Jody Hannah,  
Practice Director

# IN THE SPOTLIGHT



Two of our nurses successfully wrote their CNA Gastroenterology Certification exam. Big congratulations to Laura Hoyles BN RN CGN(C) and Tracy Bavis RN BN CGN(C). Tracey has an emergency nursing background and moved to the endoscopy unit five years ago. Laura previously worked in British Columbia and came to our program four years ago. Both nurses are currently practicing in our endoscopy suite at St. Clare's Mercy Hospital, St. John's, NL.

We encourage all members all across Canada to write their certification exam. It benefits our patients by expanding your knowledge base of Gastroenterology (GI) nursing. This translates to competent quality care and it also gives credibility and confidence to you as a practicing GI nurse.

***Way to go ladies. You're awesome.***

Submitted by, Rayleen Hogan, *Newfoundland Chapter*



## President Elect Report

Nursing in 2018 is a very hopeful year for me. CSGNA has many new executive members bringing new ideas and progressive action. The Executive Board has taken on five new board member positions. I would personally like

to congratulate Giselle Marrella (Canada Centre director), Marleen Spencer (Canada East Director), Kathleen Mansfield (Treasurer), Jeannie Harding (Secretary), and Bobbi Sheppy (Canada West Director) for taking on the wonderful and challenging experience of Executive Board member. It is a very rewarding volunteer opportunity to connect with members across the country. It brings us closer together as an association. Many of the new executive have been interviewed in the March Guiding Light. These interviews show experiences all member share. We are a very tight knit community with a common goal. Share the commonalities and notice your personal potential contributions to CSGNA. Be proud of what you have accomplished.

On another note, our dear president Connie Wescott has to take a personal leave of absence. The Executive Board fully supports Connie's decision, and awaits her return when it is best for her. Myself, Cathy Arnold Cormier has stepped into the President role and are encouraging Executive Board members to assist in the very busy position of President Elect until business returns to normal.

CNA Certification continues to be a strong part of our association. I commend all the members who have sought out, mentored and assisted colleagues in attaining this special certification. Your roles are vital to our association. Enrollment numbers continue to be a challenge. Would it not be an attainable goal that one day all members of CSGNA are CGN certified? Use your senior years as an advantage to recognize you true knowledge and expertise. Junior nurses, who have two years' or more experience, the knowledge is at your fingertips. This has given you an added advantage to achieve the brilliance you have within you.

Stay tuned for our upcoming Chapter events, National Conferences and future website changes. A lot is happening behind the scenes. I am so excited to share it all with you very soon. Until then, keep up the amazing work you all do. I am truly proud of this association. Thank you,

Submitted by,  
Cathy Arnold Cormier BScN RN CGN (C)  
*Interim President*



## Multimedia Director Report

I have been working very hard along with our event planner, Heather Dow our new CSGNA administrator to update our website, newsletters and new E-letter that will come out monthly.

Reports from members indicate the website is in need of some changes. Some requests have included a "chat" section in replacement of the TimedRight platform to allow members the ease of communicating from one social media site rather than several. Another request that the board is working on developing is a Webinar section, with webinar access built right into the website. Many members report not having the time to browse and communicate from all the options presently available. Social media sites such as Facebook and Twitter are excellent for posting quick pictures of member's activities, as well as attachments to recent articles of interest. We continue to update members of upcoming conferences. Stay tuned for Facebook and Twitter to give updates of CSGNA 2018 Quebec, QC conference details. Events & Management Plus Inc. is assisting us with the Guiding Light, did you notice a difference in the appearance of the March Newsletter? I hope you are looking forward to and enjoy some of the changes. Keep me posted if you have any questions or concerns.

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



## Practice Director Report

I hope everyone had a wonderful Christmas and you are enjoying a good 2018 so far. I hope everyone is staying warm. I have not received many questions in the past few months.

Everyone must have been busy with the holidays. There is nothing new yet for updated standards and policies at this time. Issues are complicated in nature and will be reviewed during our February teleconference meeting. I will be off work for a while but I will continue to check my email for any CSGNA news or questions. I will continue to answer questions as best as I can and as soon as I can. Happy New Year.

Submitted by, Jody Hannah RN CGN (C), *Practice Director*



## Public Relations Director

Hello all, I took over this position for a one year term. As I am new to this position and I am still trying to define my role and what I can do best for the members and the Board. As we move forward, I hope to become more involved with the vendors, and to assist members if any issues or questions arise. Please feel free to contact me if anyone needs help identifying a contact with a company, or if you are new to an executive position and looking for some guidance.

Submitted by,  
Paula Triantafillou BScN RN CGN (C)  
*Public Relations Director*



## Education Director Report

Quebec City is the place to be September 20-22, 2018. Quebec tourism quotes: "Between the River and the Mountains, Discover us." The Planning Committee is working very hard and it is going to be a great three days of education and interacting with fellow Gastroenterology nurses across Canada and the USA.

Education material for the CSGNA website is on hold. CSGNA is working on improving website and having some logistical issues that we have to work out before putting new materials on the website. We will send out a web blast when it is available. Just a reminder, the CNA application window is open January 10 to March 1st, 2018 for CNA registration and writing May 1-15, 2018. CNA renewal is open online from January 10 to November 1, 2018 this year. I hope to see you all in Quebec City, QC September 2018.

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



## Awards and Research Director's Report

Success stories since my last report include the CSGNA National Board has awarded over 20 different awards and scholarships to our membership in the past 12 months. We were pleased to note the number and quality of award applications, and indeed the Board had a difficult time determining winners. What a great dilemma to have. The board heard members concerns and have updated the awards and scholarship requirements to reflect changes needed. Please review the award requirements carefully, and ensure you submit your application using a 2018 form. In general, we have agreed that only 1 award will be given to any one member, and in order to offer as many awards as possible to the entire membership, a member would be eligible for only 1 award to be given every other year.

The use of the updated website and posting of all award and scholarship applications on the website has been very helpful. One of the Award and Research Director challenges has been to accurately track awards as they are submitted, and this has required a co-ordinated effort between CSGNA main office and the Director. We have initiated a tracking record and detailed record keeping so hopefully this year will be easier. We did run into an unexpected issue after the CSGNA National Conference in Victoria, BC where award reimbursement monies had to be replaced, again we apologize to any member who encountered this problem, and steps have been implemented to avoid this in future.

We did not receive any submissions for the CNA Gastroenterology original certification award, so we hope to continue to promote CNA specialty certification and promote this award of up to \$500 to cover the cost of writing this exam. Gastroenterology is a very large and diverse specialty, and we have a very skilled membership; let's promote this knowledge, skill and expertise. I challenge each member to mentor a new practitioner, and promote your local CSGNA Chapter.

We did not receive any applications for either the Canadian Association of Gastroenterology (CAG) award (2018) or the Research award in the past 2 years, so we will review the applicable criteria and try to determine if criteria are appropriate or not.

If you have any questions, comments or concerns regarding any of the CSGNA Awards or applications for awards, please do not hesitate to contact me at any time.

Submitted by,  
Linda Gandy BA RN BScN CNCC (C)  
*Awards and Research Director*

# CNA Certification



## Renewal by Continuous Learning

The vast majority of CNA-certified nurses renew their credential through the CL option, which requires you to accumulate 100 CL hours related to your nursing practice specialty over the five-year term.

Please take the time to familiarize yourself with the activity guidelines outlined below.

### Track your learning

The easiest way for you to track your CL hours is by using our form, [Continuous Learning for Certification Renewal: Activities and Competencies](#) [DOCX, 67.1 KB]. It is a convenient way to log your activities as you complete them. At the end of your five-year term, you submit your CL activities as part of your renewal application (we don't need to see your CL hours until then).

It's also important that you keep all official documents confirming your attendance in CL activities. These documents may be required as part of our renewal auditing process.

### CL activities

The CNA Certification Program offers a great deal of flexibility on the type of CL activities you can count toward renewing your certification credential.

## General guidelines

- Each CL activity must relate to improving knowledge and skills in your nursing practice specialty. This means the primary responsibilities in your job description would not count (e.g., if you're a nurse educator responsible for orientating new staff, orientations or teaching would not count as a CL activity).
- Each CL activity must be completed within the five-year certification term.
- Count one CL hour for each clock hour.
- Count any CL activities that are 30 minutes or longer.
- You don't need our pre-authorization to count your CL activities.
- Count the same CL activity only once during the five-year term, unless it's at a higher level. For example, you can only count "basic cardiac life support" once over the five years, even if you take it more than once. But "basic cardiac life support" and "advanced cardiac life support" would count as two separate CL activities.
- We accept CL activities earned outside Canada.

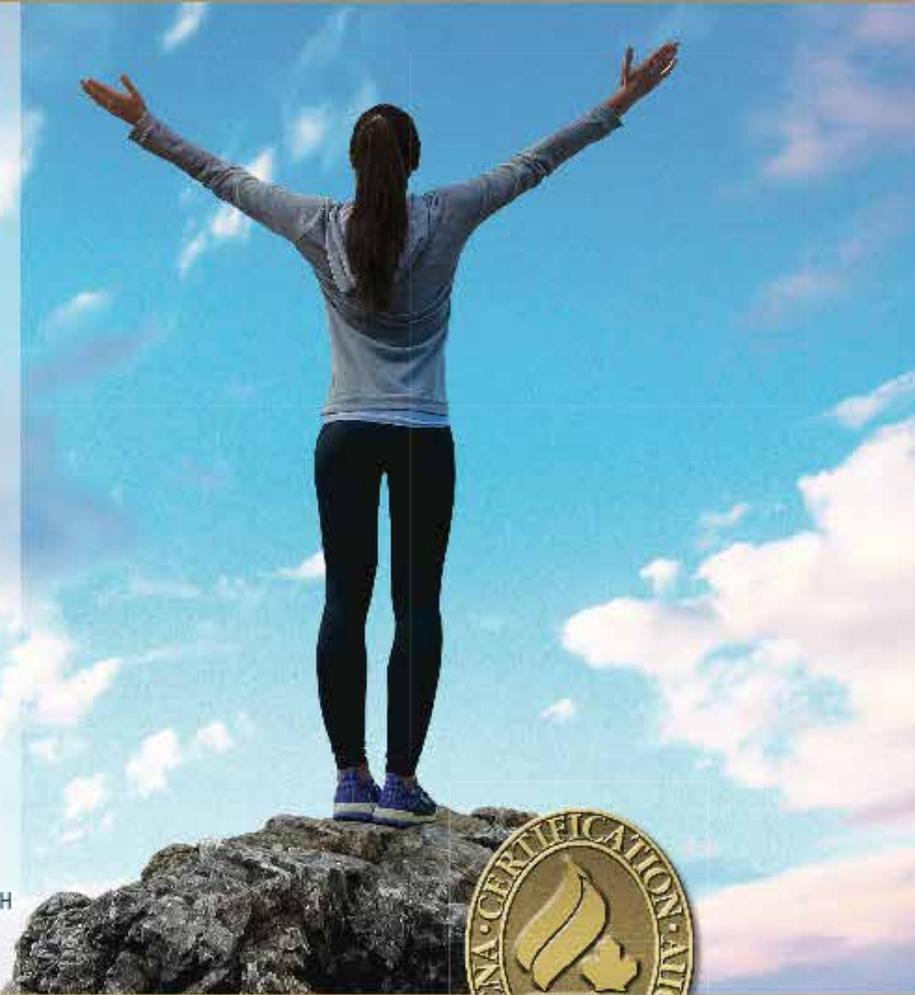
See more at: [www.cna-aiic.ca](http://www.cna-aiic.ca)

# CNA CERTIFICATION

## COMMIT TO EXCELLENCE

### SPECIALTIES

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



Care to Be  
the Best.®

### IMPORTANT DATES

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



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1-800-361-8404 • [certification@cna-aiic.ca](mailto:certification@cna-aiic.ca)

# Canadian Inflammatory Bowel Disease Nurses (CANIBD) Annual Conference Review



On Saturday, November 4th, 2017, CANIBD hosted the Fourth Annual Inflammatory Bowel Disease (IBD) nurses conference in conjunction with Crohn's Colitis Canada's Future Direction meeting in Toronto, ON. The IBD nurses held their members meeting in the afternoon a total of Fifty IBD nurses attended with representation from research, clinical, patient support, nurse practitioners, adult and pediatric nurses.

The topics this year included:

- Session 1: Mental health and IBD: Presented by Dr. Michael Vallis from Halifax, NS a psychologist in IBD. Mental health in IBD was highly requested as a topic by the IBD nurses. Healthcare providers, due to lack of knowledge or time, often under recognize the prevalence of mental health problem in IBD. Mental health disorders can lead to array of other problems when taking care of a patient with a chronic illness, such as IBD. These issues include poor compliance or adherence with medications, treatment and follow-up care. There are number of quick screening tools available to screen patients in the clinic setting. Healthcare providers often listen, validate and offer advice; however, this may not be what the patient wants to hear. It is very important to ask the patient what is important to them and ask for permission from patients when talking to patients in order to get patient engagement. Commonly used treatments are cognitive behavioral therapy (CBT). In addition, there are self-help books that are often used.
- Session 2: Pain Management in IBD. Are cannabinoids and opioids needed? Presented by Dr. Amol Deshpande from Toronto, ON. Another very important topic for the IBD nurse in light of the new Federal Marijuana regulations. An overview of cannabis, it's different strains, the amount of Tetrahydrocannabinol (THC) content and its use in pain management was presented. Some precaution to be aware of include prescribing to under twenty five years of age, someone with personal and family history of psychosis, cardiac disease and pregnancy. In July 2018, cannabis will have two streams (recreational and medical marijuana) available through commercial or recreation use.
- Session 3: Future Landscape of IBD therapy. Presented by Dr. Claudio Fiocchi from the Cleveland Clinic, Cleveland, OH. Dr. Claudio Fiocchi provided an overview of new small molecule drugs in the horizon as an alternative biological therapy and precision medicine for targeting individual IBD patients. Additionally, he presented information on Biosimilars that is currently available and in use internationally.



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THE  
DATE!**

**RÉSERVEZ  
LA  
DATE!**

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"BETWEEN THE RIVER & MOUNTAINS DISCOVER US!"**

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

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

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<https://csgna.com/events>

New this year: A Three-hour evening nurses' session:

- Started off by a presentation from Tracie Risling RN, BScN, MN, PhD who was the recipient of the first 2016 CANIBD/CCC (Crohn's Colitis Canada) IBD nurses grant. Tracie presented the results of her transitions study and follow-up study "A national nursing survey on healthcare transition (HCT) and how to improve it". Tracie is presently looking for Canadian nurses who work with IBD patients (pediatric and adult) to please complete the survey <https://tinyurl.com/IBDnursesonHCT>. 2017 CANIBD/CCC IBD grant was awarded to Usha Chauhan RN, ACNP who will be conducting qualitative study "Understanding Patient's Perceptions of Fecal Microbiota Transplant."
- CANIBD Nurse Fellowship program: An overview of the CANIBD nurse fellowship program was presented by Usha Chauhan. In addition, Johanne Lin one of the 2016 recipients of the CANIBD fellowship award presented her experience of the of the fellowship program. Recipients for the 2017 Fellowship program are Stephanie Nicol (Kelowna, AB), Heather Lennox (London, ON) Jessica Robar (Halifax NS) and Bethany Rode (Kelowna, BC)
- CANIBD Nurses Research initiative: The CANIBD research subcommittee has been busy conducting a telephone and email communication audit provided by IBD nurses. The two-week audit conducted in May to June 2017. Irina Nisto, NP form Oakville, ON presented the preliminary results of the audit findings. Abstract for the audit was submitted and accepted for poster presentation at the upcoming 2018 Canadian Digestive Disease Week (CDDW) Conference and European Crohn's and Colitis Conference.

- Clinical Practice Guideline for IBD nursing: Joan Heatherington and Barbara Currie have been busy developing the practice guidelines. The draft version was presented for feedback from the nurses attending the conference. Changes to the draft practice guidelines will made and distributed to members feedback in spring 2018.
- Pediatric CANIBD Nurses Committee: Karen Frost from Toronto Sick Kids, Toronto, ON and Melanie Watson from London, ON briefly provided and overview of "IBD does not define me" book. Five hundred copies have been distributed to date. The authors are trying to get more printed and are looking for funding. The group is also working on an emoji-messaging platform. Patients can text questions, while information is sent back in bite sized information based on a preset algorithm. More content is being added.

Thank you, Jennifer Stretton and the CANIBD Planning Committee for putting together the 2017 CANIBD Conference. The CANIBD Conference was very well received by the attendees. The overall quality of the program was given a score of 4.55/5. Evaluations are currently being reviewed and planning for the November 2018 conference is underway. Stay tuned for more details.

Submitted by,

Usha Chauhan RN ACNP CGN(C)  
CANIBD Steering Committee

# CANADA DIRECTOR REPORTS

## CANADA WEST DIRECTOR REPORT

### Vancouver Island

Greetings from Vancouver Island.

Once again, thank you to everyone who came to Victoria, BC for the National conference last fall. We took a wee breather after the conference was over but are now planning for our annual education day to be held on May 5, 2018. We will be looking for a new Chapter President at our annual AGM as my term will be over.

Submitted by,  
Shelley Dosso,  
*Victoria Island President*

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### Calgary

Happy New Year to each of you. Our Chapter has had another great year with great enrollment, several learning events with great attendance and many of our members supported financially to attend conferences outside of the city, including the National CSGNA conference in Victoria, BC. I'd like to personally thank the Chapter Executive, Bobbi Sheppy, Marcy Cloutier and Shanti Supinski for making this happen. Their dedication and passion for our GI specialty is what has made this year such a success. Our Chapter Executive has undergone some changes very recently that I am pleased to announce. Firstly, our previous Chapter President, Bobbi Sheppy has been appointed the Canada West Director role. Congratulations Bobbi. This is an amazing opportunity and the National Executive is so lucky to have you as a member of their team. Bobbi's appointment presented a new opportunity for myself. I have been honored to accept the role of Chapter President, with a gentle, most-welcomed guidance of course. It's been an adjustment and there's a lot to do but I always look forward to a new challenge and the opportunity to help my colleagues realize their fullest potential through opportunities for professional development.

We are happy to announce that our enrollment is up with four new members joining our Chapter in the last quarter. Welcome onboard. We look forward to seeing you at our meetings and events.

The Calgary Chapter hosted a Dine & Learn that was sponsored

by Pfizer at a local restaurant in southeast Calgary called Starbelly. Donna Horne, who is one of our CSGNA members and an amazing IBD nurse clinician, gave an excellent talk about IBD and Surgery. It was a wonderful evening with great food, amazing company and intellectual conversations. We are planning our next Dine & Learn for May of this year.

Our Chapter has also been busy organizing our Annual Conference to be held on March 3, 2018 at the Alberta Children's Hospital. Several local physicians, nurses and nurse practitioners have been invited to talk on topics including Cannabis & IBD, Intestinal Ultrasound, Iron Deficiency Anemia, Alcoholic Liver Disease, Children's Intestinal Rehabilitation and GI Motility. With such an amazing agenda, there's no surprise that we are already expecting a higher than average attendance and many who work in fields outside of GI have already registered.

Going forward into 2018 we hope to connect more with each of our members individually and find avenues to obtain more frequent feedback from them. We are starting this by revamping our Facebook group and hoping to use polls, frequent updates and create a friendly dialogue between members. We are also encouraging our members to attend our Chapter meetings and "have a voice". We have so many experts within our Chapter and their knowledge, ideas and opinions are critical if we hope to see our Chapter expand and improve. We look forward to hearing from each of you.

Submitted by,  
Tara Green  
*Calgary President*

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## CENTRAL ALBERTA

Happy 2018!

The Central Alberta Chapter has been busy planning our Education day scheduled for May 5th of this year. Our topic for the day will focus on disorders of esophagus, with several speakers from varying disciplines presenting. Our Chapter will also be promoting membership at the upcoming Central Alberta Annual Conference. We would like to congratulate the planning committee of the Victoria, BC CSGNA conference. Our delegates that attended were pleased with a well organized conference and excellent speakers.

Submitted by,  
Koralee Kovacs  
*Central Alberta President*

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## Regina

Our annual education day was held in October 2017 with great success. We have a dinner meeting planned for January 31, 2018 to review our past GI Day. We will also discuss our upcoming year. We look forward to planning a Journal Club in the next couple months.

Submitted by,  
Marie Turton  
*Regina President*

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## Manitoba Chapter

Our Chapter had three educational meetings before the new year. Boston Scientific sponsored our first meeting October 9th with approximately 30 persons in attendance. CONMED sponsored our educational meeting in November and the presentation was on Trans Anal Total Mucosal Excision (TATME) by Dr. D. Hochman. It was an excellent turn out for this event. Thank you to Ryan Del Bigio, CONMED representative.

Our December educational meeting was on diarrhea and constipation, "Are you going or not going?" and was sponsored by Tim Kennedy, Allergan representative.

Submitted by,  
Carol Reidy  
*Manitoba President*

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# CANADA CENTRE DIRECTOR REPORT

## Golden Horseshoe Chapter

We have started our planning for our spring education day. Save the date for April 14th, 2018 at a venue of the Highway 404, location to be determined in an area that many can join us. We are still discussing topics that will be relevant and interesting to our local area. We hope to reach out more to our Niagara and other surrounding areas to encourage membership to CSGNA and participation in education. We are also planning to visit some locations to get to know more endoscopy centers and fellow peers.

We look forward to serving the community this year.

Submitted by,  
Julie Light  
*Golden Horseshoe Secretary*

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# CANADA EAST DIRECTOR REPORT

This is my first time as a member of the CSGNA Board of Directors and it has certainly been eye opening. The amount of work that these dedicated volunteers have and continue to do on our behalf is amazing. I am proud to be part of this team. This term as the Canada East Director will be very educational and rewarding. We have very good news to share. Four nurses, two from Nova Scotia, and two from Newfoundland wrote and passed their GI certification exams. Well done ladies. I encourage every nurse to take advantage of the opportunity to continue to expand your knowledge base and join these nurses in writing the certification exam. Upcoming educational opportunities include: Mentoring in IBD, The Master Class, and Satellite Symposium. April 7, 2018, contact Jessica Robar, President Nova Scotia Chapter for more information. New Brunswick (NB) and Prince Edward Island (PEI) Chapter Education Day: April 21, 2018, contact Heidi Hanlon, President NB/PEI Chapter for more information. Atlantic Association of Gastroenterology Meeting, St. Johns Newfoundland, June 22, 23, 24, 2018. Nova Scotia Chapter Education Day, October 13, 2018, contact Jessica Robar, President Nova Scotia Chapter for more information.

Submitted by,  
Marleen Spencer RN CGN (C)  
*Canada East Director*

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## Newfoundland Chapter

Our fall was a busy one. Four of our nurses attended the Annual CSGNA conference in Victoria. It was a fantastic conference. Congratulations to all involved in the planning of the conference. It was smooth and seamless. Awesome job. Between September and Christmas our Chapter organized and provided multiple education sessions on GI Bleed therapeutics, ERCP, desmoid tumors and more. Thank-you to our sponsors for helping us in our educational endeavors. Two of our nurses successfully wrote their CNA GI Certification exam. A big congratulations to Laura Hoyles and Tracey Bavis. We are so proud of our newest certified nurses. We encourage all members to write their certification exam. It benefits our patients by expanding your knowledge base of GI and it also gives credibility and confidence to you as a practicing GI Nurse. We hope all members and their families had a safe and happy holiday. We wish all of you the best of success in the New Year.

Submitted by,  
Rayleen Hogan  
*Newfoundland President*

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## Nova Scotia Chapter

The Nova Scotia Chapter held a very successful education day on November fourth, 2017 with forty three attendees. There were also eight industry representatives in attendance. Evaluations of the day were very positive. We are looking ahead to start planning for our 2018 education day. If anyone has a topic, location or date suggestions please do not hesitate to contact me. I would encourage all Chapter members who have not obtained the Gastroenterology Nursing Certification to consider applying to write in the upcoming spring session. There is also an option to write in the fall. Having recently completed the process myself, I would be happy to speak and provide resources to anyone considering applying or who will be writing in an upcoming session. Finally, I would like to wish Marleen Spencer well in her new role as Canada East Director. Thank-you Marleen for your years of dedication to the role of Nova Scotia Chapter President. No doubt, you will still be very involved with our Chapter and we are happy to support you in your new role.

Submitted by,  
Jessica Robar  
*Nova Scotia President*

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## Advantages to being a member:

- Comradery and Networking with other GI nurses across the country
- Discounts to our Annual conference
- SGNA Gastroenterology Nursing Journal bi-monthly
- Annual awards given each year (see Scholarships and Grants under Member Education)
- Discounts to local Chapter Events
- TimedRight account
- Education to keep current in your nursing practice
- Resources to assist you in Certification
- The Guiding Light newsletter 3 x per year
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# A GLIMPSE INTO THEIR LIVES

The Guiding Light has interviewed our new Board Members to learn more about what brings us together as an association. Here is a glimpse into their lives.



Interview with  
**Bobbi Sheppy** -  
Canada West Director

**How many years have you been involved with the CSGNA?**

I have been a Registered Nurse for twenty-nine years.

**What area of nursing do you practice in? Do you mind telling us your years**

**of experience, types of nursing you have done?**

I started my career on a medical unit. Alberta during the early 1990's was a very difficult time for nurses in health care. Many positions, units and even entire hospitals were eliminated. I lost my nursing position when bumping started, so I took a position in the Intensive Care Unit (ICU). I loved that job and stayed for thirteen years.

**What made you interested in committing your time and energy to our association?**

After thirteen years I needed a change, so I took a position in the Gastroenterology (GI) unit. I loved GI nursing from the very beginning and have worked in this field since 2006. I worked in the endoscopy unit until January 2017, when I took on the new role of the Inflammatory Bowel Disease (IBD) Nurse Clinician. I set up our clinic and developed our Standards of Care. This has been a very challenging job but also very rewarding.

**Have you been involved at a chapter level, with events, conferences, getting membership?**

I have been involved with CSGNA since 2006. I was lucky

enough to work on a unit with excellent CSGNA mentors, for example Connie Wescott, who encouraged me to attend conferences and ultimately get my certification. I first got involved in our Chapter by volunteering at Dine and Learns as well as conferences. I became Chapter Treasurer and later Chapter President. I am a good role model to my peers. I promote GI nursing as a specialty and how important we are to patient care. I have helped organize many Chapter conferences and events. Last year, I was involved with the Alberta Digestive Diseases Summit nurses' course.

**Board members bring experience, wisdom, and strategic thinking. Can you tell us about what strengths you bring to the board from other aspects of your life personally?**

I love the camaraderie of CSGNA and the commitment to excellence in GI nursing. I believe a national board member needs to be a good listener, creative, and good at problem solving. Leadership can be done quietly and backstage.

**Can you tell us a little about your extra- curricular life?**

I have been married for 39 years and we have two sons. We recently became grandparents and we love to spend time with our little grandson. I also love hot yoga, hiking and kayaking. I belong to a book club. I love to watch old Seinfeld episodes, they are great stress relievers and The Walking Dead.

My husband and I are huge football fans and we love to travel to different cities to watch live National Football League (NFL) games.

**Do you have any questions for CSGNA? Future interests in where you would like CSGNA to go?**

I would love to hear from our members. I am sure you have many great ideas and suggestions to improve our group.



Interview with

**Kathy Mansfield -  
Interview Treasurer**

**How many years have you been involved with CSGNA?**

I have been a member of the CSGNA since 2012.

**What made you interested in committing**

**your time and energy to our Association?**

I have been fortunate to have worked with Maria Cirroco at St Michaels Hospital and she first encouraged me to attend the National Conference in Niagara Falls, ON. I was so impressed with the content of the conference and how well organized it was. I also met Daysi Sandino at the conference who effectively networked and added my name to the Toronto Chapter list.

**What do you think are the characteristics of a great board member?**

I think the main qualities of a great Board member are dedication, commitment to completing all the responsibilities which come with the role. Networking and effective communication are also invaluable skills. It is through networking that all that CSGNA has to offer as a professional organization are shared. Good and timely communication is important to ensure members of the Board and the CSGNA are aware of all the events, functions and business at hand of the organization and for my part the budget.

**Have you been involved at a chapter level, with events, conferences, getting memberships?**

I have been involved with the Toronto Chapter for the past year in helping Daysi Sandino with its Education day. This year the CSGNA Toronto Chapter meeting will be held at St. Michael's, Toronto, ON. I hope to help build membership and network as this is how I became involved with CSGNA.

**What area of nursing do you practice in? Do you mind telling us your years of experience, types of nursing you have done?**

I was a critical care nurse for twenty four years and a Clinical Nurse Educator for Gastroenterology and General

Surgery for the past five years. My critical care nursing was in trauma, neurology and medical surgical Intensive Care Unit (ICU). When I first became an educator in the gastroenterology inpatient unit, I wanted to create an environment of learning and knowledge exchange. Five Registered Nurses including my manager and myself prepared a study curriculum for the certification exam. All six of us were successful in acquiring certification from the CNA in Gastroenterology.

**Board members bring experience, wisdom, and strategic thinking. Can you tell us about what strengths you bring to the board from other aspects of your life personally?**

Some of the strengths I bring to the Board are my experience within a leadership team as a nurse and as an educator. I think my strengths are positive thinking and enthusiasm for building capacity. I also enjoy finding solutions/problem solving. I am a part of the CNA Certification Exam committee (until 2021). I am also a member of Romero House Board, a not for profit organization which helps and supports refugees transition to a new life in Canada.

**Can you tell us a little about your extra- curricular life?**

I have been married for twenty-eight years and I have three grown children. Sophie (26) Simon (25) and Anna (20). We are active members within our community and enjoy bringing people together in our home. We have volunteered working with and supporting refugees through the Anglican Church of Canada and Romero House (Member of the Board). I love to cook and I really enjoy eating and tasting food. I enjoy the outdoors (hiking, snowshoeing and biking).

**Do you have any questions for CSGNA? Future interests in where you would like CSGNA to go?**

I am very excited about the development of the curriculum for CNA Gastroenterology Exam. I believe CSGNA has so much to offer as a professional organization and I hope to continue to support all the current initiatives and build and strengthen membership.



Interview with  
**Giselle Marella**  
- Canada Centre  
Director

**How many years have you been involved with CSGNA?**

I have been a CSGNA member since 1999. I've been involved with organizing several

education days in the last four years and have always attended education day 's national conferences. I have hosted two education days at Trillium Health Partners, ON and have donated numerous door prizes.

**What made you interested in committing your time and energy to our association?**

I noticed that there has been a decline in membership and interest in the association.

**What do you think are the characteristics of a great board member?**

Dedication, Supportive and a Team player.

**Have you been involved at a chapter level, with events, conferences, getting memberships?**

I have been involved with hosting and organizing two education days for the Golden Horseshoe Chapter.

I am the spokesperson and promoter for the CSGNA within our endoscopy unit. I advertise and provide information for any education events send reminders to renew annual membership. I give information about CSGNA to new staff members during their orientation. I have promoted and mentored staff members into writing the exam for GI CNA certification.

**What area of nursing do you practice? Do you mind telling us your years of experience types of nursing you have done?**

Once I graduated from nursing I worked in emergency/ outpatient unit part time from 1982 to 1998 and worked both in emergency and in endoscopy part time from 1998 to 2006, in 2006 went full-time in endoscopy at Trillium Health Partners, Ontario.

**Board members bring experience wisdom and strategic thinking. Can you tell us about what strengths you bring to the board from other aspects of your life personally?**

I'm empathetic towards patients with IBD. I was diagnosed with Crohn's/Colitis at the age of fifteen and had many struggles getting myself into remission. This is one of the reasons why I'm so passionate for GI nursing. I have also witnessed and worked through the many favorable changes in GI endoscopy. I strive for excellence and take pride in my work. I am honored to be a part of this association.

**Can you tell us a little about your extra-curricular life?**

I love to travel and cook. I enjoy curling two to three nights a week during the curling season.

**Do you have any questions for CSGNA, future interest in where you would like CSGNA to go?**

I would like to see an increase in the CSGNA membership and an increase in attendance within the Chapter education events.

## Canada West Chapter Directory

### BRITISH COLUMBIA

Vancouver Island Chapter  
President: Shelley Dosso  
shelley.dosso@viha.ca  
Secretary: Alex Burrows  
Treasurer: Diane Bjola

Vancouver Regional Chapter  
President: TBD  
Secretary: TBD  
Treasurer: TBD

Okanagan Chapter  
President: Bethany Rode  
behl@shaw.ca  
Secretary: Nancy Curatolo  
Treasurer: Deborah Levine

### ALBERTA

Calgary Chapter  
President: Tara Green  
Tara.green@albertahealthservices.ca  
Secretary: Marcy Cloutier  
Treasurer: Christy Hadala

Edmonton Chapter  
President: Yvonne Verklan  
yvohver@gmail.com  
Secretary: Kathy Korner  
Treasurer: Kim Bernard

Central Alberta Chapter  
President: Koralee Kovacs  
Kovacs13@shaw.ca  
Secretary: Shannon Beaudoin  
Treasurer: Maria Vetter

Alberta Southwest Regional Chapter  
President: Barb Harbers  
geraldnbarb@shaw.ca  
Secretary: Tracy Miller  
Treasurer: Stefanie Nicol

### SASKATCHEWAN

Regina Chapter  
President: Marie Turton  
marie-turton@rqhealth.ca  
Secretary: Ceigee Schrader  
Treasurer: Dorothy Bateman

### MANITOBA

Manitoba Chapter  
President: Carol Reidy  
creidy@sbgh.mb.ca  
Secretary: Donna Provost  
Treasurer: Lori Sitter

## Canada Centre and Canada East Chapter Directory

### ONTARIO

Golden Horseshoe Chapter  
President: Christine Couture  
ccouture@smgh.ca  
Secretary: Julie Light  
Treasurer: Catherine Goodenough

Ottawa Chapter  
President: TBD  
dchiasson\_5@hotmail.com  
Secretary: Arozoo Wardak  
Treasurer: Denise Chiasson

Greater Toronto Chapter  
President: Daysi Sandino  
daysisandino@yahoo.ca  
Secretary: TBD  
Treasurer: Kim Dooner

London and Area Chapter  
President: TBD  
Secretary: TBD  
Treasurer: TBD

### QUEBEC

Montreal Chapter  
President: Mildred Clement  
mil\_clement@msn.com  
Secretary: Jan Petelle  
Treasurer: Sylvie Nadeau  
Chapitre Québec  
Président: Alain Marcoux  
marcouxa1@hotmail.com  
Secretary: Nathalie Gobeil  
Treasurer: Emilia Simard

### NEW BRUNSWICK & PEI

New Brunswick & PEI Chapter  
President: Heidi Hanlon  
ghanlon@nbnet.nb.ca  
Secretary: Suzanne Kelley  
Treasurer: Debbie Downe

### NOVA SCOTIA

Nova Scotia Chapter  
President: Jessica Robar  
jess\_rae@hotmail.com  
Secretary: Kathy Dykens  
Treasurer: Edna Lang

NEWFOUNDLAND  
Newfoundland Chapter  
President: Rayleen Hogan  
rayleenhogan@nl.rogers.com  
Secretary: Krista Combden  
Treasurer: June Peckham

## National Executive Board

President (on LOA)  
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Canada West Director  
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canadawestdirector@csgna.com



Please make Cheque Payable to CSGNA and mail with completed application to:  
 Prière de libeller le chèque à CSGNA et envoyez avec l'application remplie à:  
 310-4 Catarauqui Street, Kingston, ON K7K 1Z7  
**CSGNA Membership starts May 1 each year**

**APPLICANT INFORMATION/INFORMATION DU MEMBRE**

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

SURNAME /NOM DEFAMILLE \_\_\_\_\_ FIRSTNAME/PRÉNOM \_\_\_\_\_  
 MAILING ADDRESS /ADDRESS DE RETOUR \_\_\_\_\_  
 CITY/VILLE \_\_\_\_\_ PROV/PROV \_\_\_\_\_ POSTAL CODE/CODE POSTAL \_\_\_\_\_  
 HOME PHONE/TELEPHONE (MAISON) \_\_\_\_\_  
 HOSPITAL/OFFICE/COMPANY NAME / NOM DE L'HÔPITAL/BUREAU/COMPAGNIE \_\_\_\_\_  
 BUSINESS PHONE/TELEPHONE (TRAVAIL) \_\_\_\_\_ EMAIL \_\_\_\_\_  
 TITLE/ POSTION \_\_\_\_\_

**EDUCATION/ÉDUCATION** (CHECK ONE/COCHEZ UN) RN/IA RPN/LPN / I AUX TECH/TECH  
 OTHER/AUTRE (EXPLAIN/SPÉCIFIEZ) \_\_\_\_\_ **CNA MEMBER/ MEMBRE AIC** YES/OUI NO/NON

**CNA CERTIFICATION IN GASTROENTEROLOGY/CERTIFICATION EN GASTROENTÉROLOGIE DE L'AIC** YES/OUI NO/NON

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

**CHAPTER NAME/NOM DU CHAPITRE** \_\_\_\_\_

**LANGUAGE/LANGUE** ENGLISH/ANGLAIS FRENCH/FRANCAIS BILINGUAL/BILINGUE

**PRIMARY PRACTICE AREA/SECTEUR PRIMAIRE DE PRATIQUE**  
 ENDOSCOPY/ENDOSCOPIE INFLAMMATORY BOWEL DISEASE/MALADIES INFLAMMATOIRES DE L'INTESTIN  
 MEDICINE/SURGERY/MÉDECINE/CHIRURGIE PEDIATRICS/PÉDIATRIE ADVANCED PRACTICE/PRATIQUE AVANCÉE  
 OTHER/AUTRE \_\_\_\_\_

**I AM INTERESTED IN/ JE SUIS INTÉRESSÉ A**

- SITTING ON AD HOC COMMITTEES AS A MEMBER AT LARGE/ SIÉGER À DES COMITÉS AD HOC EN TANT QUE MEMBRE DANS SON ENSEMBLE
- REVIEWING NEW CSGNA PRACTICE DOCUMENTS/ EXAMINER LES NOUVEAUX DOCUMENTS DE PRATIQUE CSGNA
- ASSISTING WITH FRENCH TRANSLATION OF PRACTICE DOCUMENTS AND WEBSITE INFORMATION/AIDER AVEC LA TRADUCTION EN FRANÇAIS DES DOCUMENTS DE PRATIQUES ET D'INFORMATIONS DU SITE WEB

**MEMBERSHIP APPLICATION (Check one)**

**FORMULE ADHÉSION (Cochez Un)**

<p><b>MEMBER</b> <input type="checkbox"/> 1 year \$100 <input type="checkbox"/> 2 year \$185 <input type="checkbox"/> 18 month (After Nov.1) \$140</p> <p>Open to Registered Nurses, Registered Nurse Practitioners, Licensed Practical Nurses, or Registered Practical Nurses with valid provincial registration or license, and are In good standing, and work in health care based settings (hospitals, clinics, educational institutions, private practice, government agencies) with a Gastroenterology focus, in a clinical, advanced practice, supervisory, educator, research or administrative capacity.</p>	<p><b>MEMBRE</b> <input type="checkbox"/> 1 ans 100\$ <input type="checkbox"/> 2 ans 185\$ <input type="checkbox"/> 18 ans (après Nov. 1) 140\$</p> <p>Ouvert aux Infirmières Autorisées, Infirmières Praticiennes Autorisées, Infirmières Auxiliaires Licenciées , Infirmières Auxiliaires Autorisées qui détiennent un enregistrement provincial ou une licence valide, sont en règles et travaillent dans des établissements de santé(hôpitaux, cliniques, institutions éducatives, pratique privée, agences gouvernementales) principalement en gastroentérologie soient dans le domaine clinique, la pratique avancée, surveillance, éducation ,recherche ou administration.</p>
<p><b>AFFILIATE</b> <input type="checkbox"/> 1 year \$100 <input type="checkbox"/> 2 year \$185 <input type="checkbox"/> 18 month (After Nov.1) \$140</p> <p>Open to those who no longer qualify to be members of CSGNA by reason of not having a valid registration or license as an RN, RNP, LPN or RPN. People who work in the field of Gastroenterology who are not registered/licensed nurses (endoscopic reproprocessors, assistants, BSN, LPN/RPN students. Others engaged in activities of the field of Gastroenterology, but not employed in a health care setting (representatives and nurse employees of industry and pharmaceutical companies).</p>	<p><b>AFFILIÉE</b> <input type="checkbox"/> 1 ans 100\$ <input type="checkbox"/> 2 ans 185\$ <input type="checkbox"/> 18 ans (après Nov. 1) 140\$</p> <p>Ouvert à ceux qui ne qualifient plus comme membres de la SCIGTA en raison d'un enregistrement ou d'une licence tels IA ,IPA,IAL ou IAA non valable.Les gens qui travaillent dans le domaine de la Gastro-entérologie qui ne sont pas des infirmières autorisées /licenciées (personnel assigné au retraitement des endoscopes, assistants, étudiants en sciences infirmières, infirmières auxiliaires licenciées ou autorisées. D'autres engagés dans le domaine de la Gastroentérologie mais non employés dans le milieu des soins de santé (représentants et infirmières employées dans l'industrie ou compagnies pharmaceutiques.</p>





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

Carina Kirk, Newsletter Editor

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

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