

# Guiding LIGHT

**csGna** 

Canadian Society of Gastroenterology Nurses & Associates

Société canadienne des infirmières et infirmiers en gastroentérologie et travailleurs associés

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MARCH 2019

## Nursing Awards

As a general reminder, to allow as many members as possible to obtain awards, we allow members to win any one award to which they are eligible, but you are only eligible to win a scholarship or award once every 2 years. In this way all members of CSGNA across Canada can share in these funds.

Award winners from 2018 include the following members:

Charlotte Dubkowski,  
Alexsandra Burrows, Tracy Bavis,  
Beverly Herzog, Jessica Robar, Erin Hohl,  
Chelsea Sheppard, Tara Green,  
Laura Brophy Hoyles



Linda Gandy BA RN BScN CNCC(C)

CSGNA Treasurer, Research and Awards Director

Please watch the CSGNA website for the updated 2019 requirements and deadlines in order to submit your application for any eligible Award. Once an application is received, an electronic notice is then sent for all submissions and when the deadline has passed the Awards Committee will review and notify the winning applicant(s). Remember when you receive an award, all original receipts must be submitted along with the CSGNA Expense form directly to the Treasurer for reimbursement.

For more information regarding awards and scholarships visit our website or contact Linda.

[www.CSGNA.com/grants-awards-scholarships-2/](http://www.CSGNA.com/grants-awards-scholarships-2/)

[awardsdirector@csгна.com](mailto:awardsdirector@csгна.com)

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If you have a submission, or suggestion for the next issue please contact us via email.

Correspondence can be sent to, Peter Habashi, Multimedia Director.

email: [multimediodirector@csгна.com](mailto:multimediodirector@csгна.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 practices and policies of any gastroenterology unit or endoscopy unit.

# A Message from the 2019 CSGNA National Conference Host Newfoundland Chapter

Hi Everyone

Time sure does fly when you're planning a National Conference. Here in Newfoundland we are as busy as beavers with all the preparations and plans to welcome all of you to the 2019 Scoping out the Rock CSGNA National Conference. We are looking forward to seeing all of you just as much as we are looking forward to seeing some signs of spring!

Change is in the air! Newfoundlanders have always been known for doing things a little different and our conference planning is no exception! Our conference will be comprised of a different platform for learning than previous conferences. We are excited to bring you a full day of "Vendor Hands on Learning". This is an exciting new approach to earn continuing GI education credits in a quick pace, workshop environment.

We will offer cutting edge topics such as "The role of Cannabis in IBD", sessions geared towards GI nursing management roles, and Focus Group participation with a free 1 -year CSGNA membership to those who participate. (Spaces are limited). These focus groups will be based on new ideas and emerging technologies. Oh! Just in case you were wondering, we also have a lot of fun things planned. You will be immersed in Newfoundland culture from start to finish. We will open our conference with our very own comedian, Sheila Williams, and end it with an award-winning Newfoundland show choir performance. While learning all the latest in the GI world, you will learn to speak some Newfinese and be part of the very first mummer's parade for the 2019 season. You can fish from a dory right inside the conference center, enjoy iconic George Street, and be part of a traditional Newfoundland kitchen party-complete with screech-ins and ugly stick lessons! And the BEST part... It's ALL AT NO EXTRA COST!

Yes, you read that right..... Our registration this year is \*ALL INCLUSIVE!!\*

We look forward to seeing you at the 2019 CSGNA Scoping out the Rock National Conference.  
Yes 'by.... It's gonna be a time!!

Rayleen Hogan RN BN CGNC CIC  
NL Chapter President

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## Awards and Research Director Report

Hello Everyone,

As we prepare to make plans to gather together again in Newfoundland for CSGNA National 2019, I wanted to provide an update from the Awards and Research Director. Currently we are reviewing and updating the award and scholarship requirements, and hopefully these will be posted shortly on the CSGNA website. Remember to look for 2019 requirements when you submit, as these will be the most updated and current versions.

We also have spots for poster submissions during the 2019 CSGNA Conference, so if you have been involved in any research projects, consider submitting a poster for review.

We are looking forward to seeing all of you in September 2019  
On the Rock!

Sincerely,

Linda Gandy BA, RN, BScN, CNCC(C)  
CSGNA Awards and Research Director



# Remembering Michele Paquette: A Life Dedicated to Advance GI Education

Just over 10 years ago Michele Paquette left CSGNA but her legacy truly remains to this time. She worked about 15 years of continuous service at the national level. Her major contribution to CSGNA and the GI Nursing Community across Canada was recognized many years ago and we continue to recognize her through CSGNA awards. In 2005, she was the first recipient of the GI Nurse Professional Award. She was described by previous CSGNA president Debbie Taggart as “a truly unique person... She is a gracious hostess who welcomes people into her home with open arms. Attributes noted by both physician and nursing colleagues include; her mentoring, her organizational skills, and her commitment to her staff & patients.”

Michele was a member of CSGNA since 1983 to 2007. During this time, she served in a number of roles both



*Nurses are  
the heart  
of healthcare.*



Donna Wilk Cardillo

at the local and national level. She was national president of CSGNA from 1993-1994. For well over 10 years, Michele actively pursued the goal of GI Nursing certification which became a reality in 2004. Following the official launch of certification, she encouraged many to achieve certification in GI nursing and continues to inspire us of the necessity of lifelong learning, continuing education, and striving for excellence in our clinical practice. Starting in 2008 and to this time, CSGNA annually offers the Michelle Paquette Certification Award and Recertification Award to remember

her leadership and tireless commitment in advancing nursing education. Congratulations to the 2018 winners and please do not forget to check our website and to apply for the 2019 Awards.

Peter Habashi RN, BScN, HBS  
CSGNA Multimedia Director

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## MORE REPORTS

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### President's Report

I officially took over as President of CSGNA on September 22, 2018 at the close of the Quebec Conference. As I start my official term as president, I have set some goals for CSGNA.

I certainly would love to see more participation in both the local and National Executive. At our next face to face meeting the Board of Directors will be discussing strategies to address this. If any of you are thinking about involvement but do not know what it entails, I would be happy to discuss it with you. Getting involved in CSGNA has been the best thing I have done for my

career. I am easy to reach by email at [President@csgna.com](mailto:President@csgna.com). Over the years there has been a decline in involvement in our association, as well as many of the other specialty groups.

I want to save our CNA Certification exam. We have had meetings with CNA and have been brainstorming ways to save it. 2019 is our last chance year. We need 100 people to write or re-certify. For those of you with current certification you will still be able to re-certify with education hours even if we lose the exam.

Our Website has been a continuing saga for many years, but we are getting there. We finally have control over the content and are able to fix issues. If you are still struggling, please contact the Administrative Assistant at [csgnaadministrativeassistant@csgna.com](mailto:csgnaadministrativeassistant@csgna.com). They will be able to reset your password. We hope to get more up-to-date pictures on the site. If anyone has anything they would like added to the website, please contact Peter Habashi our multimedia director. We are always

looking for stories, articles and hospitals to spotlight. CANIBD continues to grow as a community of practice under CSGNA. The number of IBD Nurses will only grow as the incidence of this disease continues to rise every year. If you are a CSGNA member, and work with IBD patients, please contact one of the CANIBD steering committee members. They have many resources, webinars, conferences etc. They send out frequent communication and can only reach you if you identify yourself as a Nurse who works with IBD patients. Last, but not least, is our yearly conference. We are changing the way we do things. You will see some changes in Newfoundland in 2019 with still more significant changes in 2020. With the constraints in Vendor support and rising costs we have to make sure we are providing the best education possible. I am looking forward to the next 2 years and getting to know as many of you as possible. Working together we can keep CSGNA going strong.

Cathy Arnold Cormier BScN RN CGN(C)



## Multimedia Report

I am extremely grateful to join the board of executives of CSGNA as the Multimedia Director. Thanks to Carina Kirk, she left an impressive legacy in this position and I am looking forward to walking in her footsteps. As a RN at Mount Sinai Hospital and Research Coordinator in the PACE IBD Telemedicine Program, one of my primary aims is to use Telemedicine to advance care and accessibility. As I am adapting to this new role, I am looking forward to use multimedia to share nursing knowledge and educational opportunities as we strive together to provide access to evidence-based standards, position statements, and educational sessions.

### Website

Please stay tuned for updates regarding webinars, educational events, and more information regarding CSGNA 2019 in Newfoundland. Keep us updated with your Chapter Events, as we can update our website in both Events and Chapter Events. We will also post the award details and deadlines, so please check our site and spread the word to other GI nurses.

## Facebook, Instagram and Twitter

Facebook, Instagram and Twitter are updated with upcoming events, issues and services offered by CSGNA and by other GI associations. For example, CNA certification updates, conference details, GI Society lectures, Crohn's and Colitis webinars on pregnancy and IBD were some of the recently posted updates. Our social media has been able to get attention from Canadian Nursing Association, Bloomberg School of Nursing (University of Toronto), GI Society, and other GI associations throughout the world. I would encourage you to share nursing events on social media and utilize social presence for enhancement of GI care and knowledge. If you would like to suggest an event to share on our social media, do not hesitate to contact me. Please do not forget to follow us on social media if you have not done so already! Feel free to mention us in a tweet, post in our Facebook group, or tag us on Instagram.

### Follow us on



Peter Habashi RN, BScN, HBSc  
CSGNA Multimedia Director



## Education Director Report

The Planning committee in St John's Newfoundland is doing a phenomenal job planning the CSGNA National Conference for September 2019. We have entered a New Year and looking forward to new ideas and format changes for our conference. More information will be released in the New Year. Keep checking our CSGNA website, the program should be posted early spring. We look forward to seeing everyone in Newfoundland.

As Cathy Arnold Cormier announced in Quebec City, we are going to lose our CNA Certification exam in the next year. We need 100 renewals/ new writes per year to retain the exam. We are averaging 40 per year. We feel that this would be a great loss to CSGNA. To all our members who have their CNA certification, please encourage your coworkers to write the exam. The final

decision will be made Dec 2019. There are 2 writing sessions per year. The 1st Application window is January 10 to March 1st and Exam date is May 1 to May 15. The 2nd application window is June 3 to Sept 12 and Exam date Nov 1 to 15. Study material is now on the CSGNA website. For members the cost is \$25 and non-members the cost is \$125. If you have trouble getting on the website or obtaining the material, contact the CSGNA assistant ([csгнаadministrativeassistant@csгна.com](mailto:csгнаadministrativeassistant@csгна.com)) for assistance.

Gail Mason RN CGN (C)  
CSGNA Education Director



## Practice Director Report

The new year, 2019, will bring many challenges to CSGNA. Gastroenterology nursing is always changing and CSGNA must keep up with the changing times in health care. Standards and guidelines are

being updated and new ones are being developed.

Position statements on the Use of Simethicone During Endoscopic Procedures and The Role of the Licenced Practical Nurse in Endoscopy have been completed and should be available on the CSGNA web site. The Board of Directors is currently collaborating on new guidelines for the Nurses Role in Bowel Preparation and The Nurses Role in Caring for the Diabetic Patient Undergoing an Endoscopy Procedure. Hopefully these should be completed at our next board meeting. These guidelines are being developed due to the requests of our membership. Please keep me informed of any other issues our members would like addressed. I will attempt to answer your questions and address issues as best and as soon as possible.

Jody Hannah RN, CGN (C)  
CSGNA Practice Director



## Canada East Director Report

It has been a great year here in the Atlantic Provinces. We have had many opportunities to enjoy educational confer-

ences and share experiences with all nurses. Last year was a great year and this year we will have even more opportunities, so I encourage everyone to look for further information as it is posted.

### April 13th

New Brunswick Chapter education day in Fredericton, topics and locations to be announced.

### April 27th

Mentoring in IBD  
Hotel Beausejour, Moncton

### June 21, 22, and 23

Atlantic Association of Gastroenterologists  
Courtside Marriott, Halifax

### September 19, 20, 21

CSGNA National Conference  
St. John's Newfoundland

I am so looking forward to "Rocking in Nfld"  
October dates TBA  
Nova Scotia Chapter Education Day  
Halifax

Marleen A Spencer RN CGN (C)  
CSGNA Canada East Director

## Montreal Chapter

Great changes!!!

Treasurer, Sylvie Nadeau, and I, Mildred Clement, President, are stepping down after our spring chapter conference. We have found 2 wonderful people to take our positions. We will stand by them on the sidelines to encourage and support the new team.

Saturday, April 13, 2019 - We will have our chapter conference at Maisonneuve Rosemont Hospital. It will be a whole day conference (7 accredited hours). See you soon!!!!

Mildred Clement,  
Montreal Chapter President

Des changements!!!

Sylvie Nadeau Trésorière et moi Mildred Clement Présidente céderont notre place après notre conférence le 13 avril 2019. Nous avons trouvé 2 merveilleuses personnes pour prendre nos postes. Nous seront présent pour les encourager et donner un support. Samedi le 13 avril 2019 nous aurons la conférence de

notre chapitre à l'Hôpital Maisonneuve Rosemont. C'est une conférence d'une journée de 7hres accrédités. À bientôt!

Mildred Clement,  
Présidente du Chapitre de Montréal

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## Nova Scotia Chapter

The NS chapter had a very successful Education Day this fall with 50 nurses from across the province joined by great presenters and learning opportunities. We are looking forward to warmer weather and with that comes the AAG (Atlantic Association of Gastroenterology) Annual meeting. The AAG is the weekend of June 21 – 23, 2019 at the Halifax Marriott Harbourfront Hotel. There will be some nursing topics on the agenda so stay tuned and make plans now to attend!

Jessica Robar,  
N.S. Chapter President



## Canada Centre Director Report

I would like to congratulate the Quebec City planning committee for hosting our National Conference this year. It was great to see that some of our frequent members were

able to attend, as well as, a few first-timers. I remember how the little light was lit under me as the result of attending my first National Conference because it helped me see the importance of CSGNA membership and how staying connected is beneficial to provide safe care for our GI patients and GI nurses. The Golden Horseshoe Chapter hosted an educational evening in November to provide education on Fecal Immunochemical Testing (FIT). Ontario will be switching to FIT in the spring of 2019. It was an informative evening and many questions were answered. I would like to thank Cathy Goodenough the out-going treasurer of the Golden Horseshoe Chapter. Ravinder Quil will be assuming the position as Treasurer of the Golden Horseshoe Chapter.

Giselle Marrella RN CGN(C)  
CSGNA Canada Center Director

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## Canada West Reports

### MANITOBA CHAPTER

Manitoba had one educational meeting in June; it was attended by 20 people. The presentation was on snaring techniques and was sponsored by Boston Scientific. Seven members of the Manitoba chapter attended the National Conference in Quebec City. They expanded their knowledge of gastroenterology nursing and everyone enjoyed visiting beautiful Quebec City. The next educational meeting is on October 16 and will be sponsored by Boston Scientific. There will be another meeting in November which will be sponsored by ConMed.

Submitted by:  
Carol Reidy  
Manitoba Chapter President

### REGINA CHAPTER

Fall has arrived, and the first snowflakes in Saskatchewan fell while nine of us lucky nurses attended the Annual CSGNA Conference in Quebec City. Our entourage consisted of two nurses from Saskatoon, a manager, unit co-ordinator, two educators, and three nurses (including me) from Regina. We had a great time touring the city, and brushing up on our French skills while at the conference. Thank you to the planning committee for organizing the event!

Back at home we are wrapping up our planning for our Annual GI Day's coming up. Presentations will be made on patient privacy, medical cannabis, GI pathology, PICA, GI lab testing processes and considerations, and bariatric care in gastroenterology. There is still time to sign up if you are interested. See the CSGNA website for information on the conference, or call Dorothy Bateman at (306) 766-2441 to get a registration form.

Pamela Wilson BsN, RN

### CALGARY CHAPTER

Our chapter was honored to accept the Chapter of the Year Award at the National Conference! Our chapter has worked hard every year to provide excellent learning opportunities to not only our members, but to staff throughout Calgary and the surrounding areas. Thank you so much to the Awards Committee for recognizing our hard work and dedication to our specialty.

Two of our chapter members, myself and Bobbi Sheppy (also our Canada West Director) were able to attend the previous National CSGNA Conference in Quebec City. It was great to connect with other CSGNA executives, nurses, physicians and sales representatives. Some of the personal highlights of the conference included the keynote speaker, Jimmy Sevigny, who inspired us to reach our goals no matter how unattainable they may seem to be. Dr. Marla Dubinsky also gave an excellent talk on the Personalization of IBD. I also thoroughly enjoyed listening to Dawn Banavage and McKenzie Quevillon who provided an overview of some of the nursing led quality and safety initiatives at St. Michael's Hospital. The educational content was top notch. Outside of the conference, Quebec City was amazing, and the planning committee did a fantastic job at showcasing their city to their guests. I feel fortunate to have had the opportunity to experience the rich culture of Quebec City. Bring on Newfoundland! I encourage members to become involved in their local chapters and seek out opportunities to attend these events as it really offers a great opportunity to learn, network and travel around our amazing country.

Bobbi Sheppy and I were also invited to represent CSGNA on the Alberta Endoscopy and Screening Quality Committee (AESQC). This committee was formed through a partnership between the Alberta Colorectal Cancer Screening Program and the Digestive Health Strategic Clinical Network (DHSCN) to implement, monitor and evaluate an endoscopy quality management framework in Alberta. One of our chapter members, Jessica McLarty is the manager of the DHSCN. During our last CSGNA general meeting she presented DHSCN and CSGNA's role in the AESQC. We are very excited to be participating in improving endoscopy and screening across our province.

We are in the early stages of planning our annual spring dine and learn. Details to follow very soon. Our chapter has 3 members planning to write their certification exam in Gastroenterology in November. We wish them best of luck with their studies.

Finally, I am very excited to hear that St. John's, Newfoundland will be hosting the 2019 National Conference. "Best kind, Whatta time we'll have!" Newfoundland is my home province and for those of you who know Newfoundlanders, we all count down the days until we can go home. So I'm already saving up! Looking forward to seeing many of you there.

Tara Green,  
Calgary Chapter President

## CENTRAL ALBERTA CHAPTER

The Central Alberta Chapter had its first meeting in early September. Plans are under way for the chapter year to have four education evenings. We had four delegates attend the national conference in beautiful Quebec City. Congratulations to the planning committee for organizing the previously successful conference. And what an amazing city to visit. Our next chapter meeting will be in October which will include elections for the secretary and president seats. I have enjoyed sitting on the executive for the past four years and will always cherish the experience.

Koralee Kovacs  
President

## VANCOUVER ISLAND CHAPTER

Greetings from Vancouver Island!

A lot has happened this fall. Alex Burrows and I were thrilled to have attended the National Conference in Quebec. The Vancouver Island Chapter meeting was held on September 27th with 7 members in attendance. We discussed ways to encourage increased CSGNA membership and CNA certification. We also started planning for our annual spring education day in May. We had chapter members attend a GI Form in Vancouver in October.

Erin Hohl  
VI Chapter President

# Celebrating the Career of GI Nurses

On behalf of CSGNA, we would like to thank you for your great commitment as GI nurses and wish you all the best in your retirement.

Central Alberta Chapter CELEBRATES!



From left to right: Maria Vetter, JoAnne Didrikson, Brenda Perlau, Joanne Glen and Betty Bradford



Our chapter would like to recognize, honor and celebrate the contributions of our Chapter members who have recently retired from nursing. Congratulations **Maria Vetter, Joanne Didrikson, Brenda Perla, Joanne Glen and Betty Bradford!** In 2006 Central Alberta CSGNA Chapter was established. All of these retirees have influenced and created the vision that our Chapter has actively followed. The legacy they have inspired for us all to become better GI nurses came from what they gave, created, contributed and dreamed. Their impact lives on from what they accomplished.

Maria Vetter was an active member who held executive position as Treasurer, assisted with our Chapter education days, and attended many National CSGNA Conferences. Maria was a passionate advocate to encourage CLPNA to consider GI Certification for LPN's in Endoscopy. She also collaboratively worked to contribute a poster presentation to CSGNA on the Role of LPN's in the Endoscopy Setting. Maria was on the planning committee that hosted the 2013 CSGNA National Conference in Banff.

Joanne Didrikson held the executive position as Chapter Secretary and was the smiling face that welcomed attendees to our annual education days & regular chapter meetings. She worked hard supporting our chapter events and attended several National CSGNA Conferences.

Brenda Perla achieved CNA Certification in GI and was Co-Chair for the 2013 CSGNA National Conference in Banff. Moreover, she held Executive positions of Secretary and President in our Chapter. Brenda attended many National Conferences and was active in supporting our local chapter events and education days.

Joanne Glen wrote her American Gastroenterology Certification in 1998 then her CNA Certification in GI in 2004. She was a founding Leader of the Central Alberta CSGNA Chapter, serving as President. Joanne also served on the National CSGNA Board in the capacity of Western Canada Director, President-elect & President. Joanne was a long-standing Endoscopy nurse and a passionate advocate of education for all healthcare professionals working in GI.

Betty Bradford held her CNA Certification in GI and was a very active Chapter member who held the executive position of Treasurer. Betty always made sure our education day was full of door prizes and no one left without one! She could be seen stirring the pot on Silent Auction item bidding wars and always contributed to laughter and fun in our Chapter education days. Betty also attended many National CSGNA Conferences. Central Alberta CSGNA Chapter would like to sincerely thank each of you for inspiring, influencing and mentoring us all to be the best GI nurses we can be!

Written and submitted by Sherry Wardley.

## CSGNA Membership:

Not a member? Or you have an expired membership, do not forget to sign up on CSGNA website: <https://csgna.com/iump-subscription-plan/>

### MEMBERSHIP FEES

1-Year \$100	2-Year \$185	*18-Month (after November 1) \$140
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\*18-month memberships are **ONLY** available **AFTER November 1**. This membership level is tailored to those who wish to register for the November CANIBD conference. The 18-month membership term is November 1 – April 30 (of the subsequent year). If you purchase an 18-month membership **BEFORE November 1** you will be contacted to either receive a refund of \$40 (\$100 1-year membership which will expire the following April) **OR** remit payment for an additional \$45 to extend the membership until April of the following year. (\$185 2-year membership)

# Benefits of CSGNA Membership

- Reflection by Jody Hannah

As my nursing career slows down I have had time to reflect on the best aspects of my 42 years of nursing. One of the most significant and best part of my career was, and still is, my involvement with CSGNA. Officially I retired from 41 years of Nursing at St. Joseph's Hospital Hamilton in June of 2018. I am lucky enough to now work casually in a Gastroenterology out-patient clinic.

Gastroenterology must have been my calling. I began my career in 1977 on a GI medical/surgical unit. Following a few years working critical care, in 1992, I accepted a job in Endoscopy. Those were the days of IM injections of Valium and Demerol for sedation Fiberoptic scopes with eye pieces for the physician and learning attachments for residents. Patients were able to have a light meal before discharge. Needless to say, I have seen many changes.

One of the most significant parts of my career was my membership in CSGNA. I would never have been able to adapt to the many changes in patient care, equipment and treatments if not for CSGNA. I have had the privilege to attend National CSGNA Conferences from coast to coast while also attending SGNA Conferences in Baltimore and New Orleans. The people I have met, the places I have been, the things I have learned and the friends I have made will remain a part of me forever.

It is our similarities in caring for the GI patient that stands out the most, not our differences. Whether from one coast of Canada to the other, or across the USA, the people I have met are all compassionate, educated, and dedicated to providing the best care possible for the GI patient. Through CSGNA I have met LPN's, RPN's, RN's, physicians, reprocessing personnel, sales reps, executive staff and patients. All of whom bring an important perspective to GI nursing.

Being able to learn and grow professionally, as well as personally, from everyone I have met has been my greatest professional privilege. I have served as CSGNA Golden Horseshoe President and now on the National Board as Practice Director. As many positions on the Board of Directors come up for re-election this year, including my own, I would encourage you to consider becoming an Executive member of a real National Association. You can also choose to become involved in your local Chapter Executive. I can assure you that the satisfaction of doing the job far outweighs the time commitment or the work obligations! For years I did not think that I would be able to do the job of an Executive member. The encouragement and help I received from seasoned CSGNA members to help my on the life journey was incredible. They made the job easy, rewarding and a whole lot of fun. Both past and present CSGNA Executive members were always supportive and the personal & professional rewards are worth the effort.

I wish everyone a safe, happy and healthy 2019. I hope to meet everyone at a local chapter event or in Newfoundland this fall.

Jody Hannah,  
CSGNA Practice Director

# 2019

**cs&na**  .com

**Save the Date  
Notez la date**

**30<sup>th</sup> Annual CSGNA National Conference  
St. John's Convention Centre, St. John's, N.L.  
September 19-21, 2019**

**La 30<sup>ième</sup> conférence nationale annuelle de la SCIIGTA  
Centre de congrès St. John's, T.-N.-L.  
Du 19 au 21 septembre 2019**



# COMMIT TO EXCELLENCE



## GASTROENTEROLOGY NURSING

*"The Canadian Society of Gastroenterology Nurses and Associates (CSGNA) is committed to supporting the efforts of gastroenterology nurses who choose certification as a measure of their nursing competence. We offer numerous educational opportunities to support the learning requirements to achieve certification and re-certification. CSGNA is proud to contribute to the ongoing growth and professional competence of gastroenterology nursing!"*

**Cathy Arnold Cormier, RN, CGN(C)**

President, Canadian Society of Gastroenterology Nurses and Associates

**Did you know** over 250 gastroenterology RNs across Canada now have their national CGN(C) certification designation?

Alberta .....	<b>30</b>	British Columbia .....	<b>45</b>
Manitoba .....	<b>6</b>	New Brunswick.....	<b>6</b>
Newfoundland & Labrador.....	<b>10</b>	Nova Scotia.....	<b>6</b>
Northwest Territories.....	<b>1</b>	Ontario.....	<b>124</b>
Prince Edward Island .....	<b>2</b>	Quebec.....	<b>18</b>
Saskatchewan.....	<b>8</b>	Yukon/Nunavut.....	<b>0</b>

### What distinguishes CNA-certified nurses

- Advanced clinical expertise with a commitment to lifelong learning
- Recognized specialty knowledge, authenticated by exacting national standards
- Dedication to evidence-based care and patient safety

### What employers of certified nurses are saying about certification

- Confirms an RN's enhanced competency and specialized knowledge
- Helps to recruit and retain the best nurses
- Fosters safe, high-quality care and raises the entire education culture

## Care to Be the Best.



CANADIAN  
**NURSES**  
ASSOCIATION ®

[getcertified.cna-aiic.ca](http://getcertified.cna-aiic.ca)

## IMPORTANT DATES

### FALL 2018

- Application window to write or renew by exam ➤ **June 1 – September 10**
- Exam window ➤ **November 1 – 15**
- Deadline to renew by continuous learning ➤ **November 1**

### SPRING 2019

- Application window to write or renew by exam ➤ **January 10 – March 1**
- Exam window ➤ **May 1 – 15**

Note: Once CNA certified, your CGN(C) credential is valid for a five-year term.

# Gastrointestinal Society

## Patient & Health Care Provider Resources

Registered charity committed to improving the lives of people with GI and liver conditions, supporting research, advocating for appropriate patient access to health care, and promoting gastrointestinal and liver health.



### PAMPHLETS

We publish a complete series of free patient information pamphlets that explain an array of complex gastrointestinal conditions in lay terms, while answering frequently asked questions.



### LECTURES

These free public forums cover various digestive topics for patients, caregivers, health care professionals, and other interested individuals across the country.



### NEWSLETTER

The *Inside Tract*® newsletter contains current information on digestive diseases and disorders. Distributed four times a year for a low annual cost to cover shipping.



### 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 purple circular graphic on the left side of the page. Inside the circle, a person's hands are visible typing on a laptop keyboard. The laptop screen shows the word "Webinar" in white text on a dark background.

# CANADIAN NUTRITION SOCIETY WEBINAR LINE-UP

Check out our upcoming webinars on nutrition focused topics of interest, such as:

Novel Approaches to Promote Healthy Eating

Diabetes Prevention

New Guidelines and Evolving Evidence for Infant Feeding  
and Food Allergies

Assessing Protein Needs Across the Spectrum  
of Renal Failure

**THESE WEBINARS PROVIDE IDEAL OPPORTUNITIES  
TO LEARN FROM KEY EXPERTS AND LEADERS ON  
A RANGE OF NUTRITION FOCUSED TOPICS.**

**REGISTER TODAY!**



Canadian Nutrition Society  
Soci t  canadienne de nutrition



# RISE IS BACK!

## Become A CDHF Ambassador

Ride for your patients this year at CDHF's annual RISE event! You can participate in 3 different races in beautiful Collingwood, Ontario!

Join the CDHF Cycling team today!

### Is Cycling Not Your Thing? No Problem!

You can still raise money for this great cause by signing up as a RISE Ambassador. Show your patients you care and sign up today! Use the URL below to sign up!  
[CDHF.ca/RISE](http://CDHF.ca/RISE)

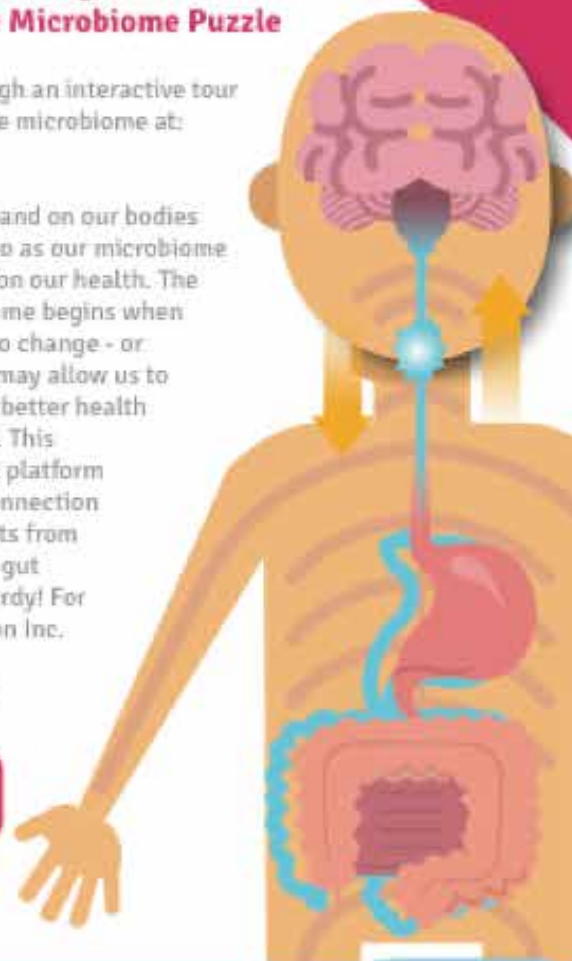
**Sign Up Now!**

### New Interactive E-Learning Tool! A Trillion Pieces: The Microbiome Puzzle

Send your patients through an interactive tour about the evolution of the microbiome at: [CDHF.ca/elearning](http://CDHF.ca/elearning)

The tiny visitors living in and on our bodies are collectively referred to as our microbiome and have a huge impact on our health. The evolution of our microbiome begins when we are born. Being able to change - or fortify - our microbiome may allow us to avoid sickness and enjoy better health throughout our lifetimes. This multi-teared educational platform explains the brain-gut connection and is loaded with insights from Registered Dietician and gut health expert, Andrea Hardy! For more from Ignite Nutrition Inc. visit: [www.ignitenutrition.ca](http://www.ignitenutrition.ca)

**Start Exploring!**



### What's Health Canada Saying about Biosimilars?

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](http://CDHF.ca/biosimilars) to learn more!





## PACE IBD Telemedicine Program



Have you considered eVisits?

Using videoconferencing technology, **Ontario** residents can minimize the disruption, stress and cost associated with travel to Toronto for IBD-related medical appointments.

For more information and the referral form:

<http://www.zanecohencentre.com/ibd/69-ibd/pace>

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