



The Inside Tract

A publication of
 Southern California Society of Gastroenterology Nurses and Associates
 December 2008

Our New Logo!

After a long contest, we finally have a new SCSGNA logo! The shape of the sun is reminiscent of our old logo and with the addition of the ocean waves, hills and mountains and palm tree, we believe it is a more comprehensive depiction of what makes Southern California so special! We hope you like it! The winner will receive \$1000 towards expenses for the 2009 SGNA Annual Course in St. Louis.

President's Message

As we begin this new year together, allow me to express my deepest gratitude to each of you for the opportunity to serve as SCSGNA president. It truly is my privilege and honor. Our theme this year is SGNA: Our Gateway to Opportunity. In my personal experience, SGNA has opened many vistas in the field of gastroenterology. Most notable is education and collaboration. The initial catalyst for joining our organization was to increasing my knowledge and understanding. However the greatest benefit has been the friendships and professional relationships with our members and the networking of ideas, ideals and challenges.



In the spirit of opportunity, I invite you to experience personal and professional growth through involvement in SCSGNA. It will be a rewarding encounter.

- Cathie Wulff, SCSGNA President 2008-2009

SCSGNA 2008 Fall Course - San Diego

This year's Fall Course was held on October 18th at the Sheraton Mission



Valley in San Diego. The Course was a success with over 160 attendees, 29 vendors and wonderful service by the hotel staff. Our distinguished speakers included **Dr. David Balaban** (Prep School) who not only educated us on various bowel preps but entertained us with his Indiana Jones persona and music at the end! Who would've imagined learning about preps would be fun! **Barbara Bonnice, RN** spoke about the importance of relationship based communication competency. Her topic was intense and interesting, leaving many wanting to learn more about improving our interpersonal skills. We were fortunate to have several MDs from Sharp Grossmont speak: **Dr. Al Banaie** (biliary and pancreatic pathology and stenting), **Dr. Ananthram Reddy** (stents), and **Dr. Rokay Kamyar** (GERD complications and treatment). Lastly, we were proud to showcase our own Board members **Cathie Wulff** (eosinophilic esophagitis) and **Judy Lindsay** with **Teri Derimanoczy** (starting an EUS program) who presented these topics at the Annual Course this year. We are so grateful to our speakers, vendors, volunteers & hotel staff for making our Fall Course a success!

Conference Photos



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Education and Information



www.SGNA.org

Visit the website to get information on Standards and Guidelines of practice, the latest news, regional information and educational opportunities. Here's what is available for you from SGNA:



Designed for Associates & Technicians,

these courses provide a basic core foundation of the GI specialty and work setting or for the advanced, an opportunity to gain critical thinking skills and skills validation. Nurses may take these courses for CEU credit.

Learning Link A unique educational tool for purchase designed for GI units and facilities.

High quality instruction with a wide range of GI topics and sessions from the Annual Session.

Welcome to the SGNA Online Practice Exam!

Consider taking this time sensitive on-line exam of 150 questions to prepare you for the certification exam! For purchase, you may take the practice exam as many times as you can within two weeks. References for the answers will allow you support to review on your own.



www.ABCGN.org

Through it's certification program, the ABCGN helps nurses maintain and improve knowledge, understanding and skill in gastroenterology and GI Nursing. Computer Based Testing is now available for you: you must register and attend a site to take the exam. Information about recertification can also be found on this site.

SedationFacts

www.sedationfacts.org

SedationFacts.org is a joint initiative of the American Society for Gastrointestinal Endoscopy, AGA Institute, and the Society of Gastroenterology Nurses and Associates, Inc. The site is an online resource for GI physicians, trainees and nurses seeking information about endoscopic sedation. All content is developed and reviewed by physicians and nurses who are subject-matter experts, and is updated regularly.

2009 SGNA Affiliated Courses and Conferences

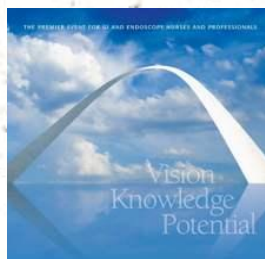


SCSGNA 2009 Spring Course
Saturday, March 28, 2009
Pechanga Resort Casino
45000 Pechanga Parkway
Temecula, CA 92592

As a reminder, we have scholarship monies available to you for education and certification or recertification! Check our website!

Please visit us and visit often!

www.scsгна.org



"Your Gateway to Opportunity"
SGNA's 36th Annual Course
May 15-20, 2009
St. Louis, MO
America's Center Convention Center

For more information, visit www.sgna.org



Safe & Effective Procedural Sedation

Providing safe and effective care for patients undergoing procedures with local anesthesia and intravenous medications for their physical and psychological comfort is a challenging part of our practice.

Changing terminology reflects changes in practice driven by the increasing number of such cases done each year and the evolving responsibilities of nursing roles in these procedures. New definitions and standards are being promulgated by groups such as AORN, ASA and the Joint Commission.

Los Angeles Area - Saturday, January 10, 2009

Holiday Inn Orange Co Airport - Santa Ana
2726 Grand Avenue
Santa Ana, CA 92705
Phone: 714-481-6300

Registration does not include hotel accommodations

Registration information and fees may be found at www.wrightnurse.com. Seating is limited. Please contact hotels directly for room rates if you need overnight accommodations.



Deborah Dlugose, RN, CCRN, CRNA
Instructor

2008-2009 SCSGNA Board

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Evaluation of a Low Residue Diet: Bowel Cleansing and Patient Tolerance **Julie Zhe, RN, BSN, CGRN, Mike Hodges RN,** **Dana Rutledge, RN, PhD, Rima Wehbe RN, BSN, CGRN** **(Excerpts from their research study)**

Patients have concerns and problems about colonoscopy preparation. One of these is failure to tolerate a diet modification requiring intake of only clear liquids for the day before the test. This can lead to lack of compliance with the clear liquids, which potentially can lead to ineffective colon cleansing. An initial trial of a liberalized diet (normal breakfast followed by low residue lunch) indicated colon cleansing (95% good/excellent) equally effective to the standard light breakfast plus clear liquids – 93% good/excellent (Scott, Raymond, Thompson, & Galt, 2004). Randomized clinical trials (Delegge & Kaplan, 2005; Rapier & Houston, 2006) support use of a prepackaged, low residue diet along with a cathartic for colonoscopy preparation

The St. Joseph Orange Endoscopy staff planned an evaluation of the use of a prepackaged low residue diet (Nutra Prep™, EZEM Inc., Lake Success, New York) plus standard cathartics ordered by one gastroenterologist who uses the center routinely. The diet consists of vanilla shakes, lemon drinks, chocolate flavored energy bars, cinnamon applesauce, potato poppers, and chicken-flavored noodle soup. Patients offered the low residue diet plus cathartics were compared with patients of another gastroenterologist who received standard colon preparation including clear liquids for 24 hours.

This non-blinded evaluation found equivalent colonic cleansing for patients prepared with cathartics plus a prepackaged low residue diet compared to those prepped in the standard manner with clear liquids. The staff also found that because patients tolerated the diet well, this could increase compliance with the prep.

Recommendations: Patients who are scheduled for colonoscopy should be offered a prepackaged low residue diet in lieu of clear liquids as an option for their preparation.

We thank Julie Zhe for sharing her research with us. A complete discussion with references may be requested from Julie at julie.zhe@stjoe.org.

Welcome to the Board!



Emma Arriola, RN, CGRN

Emma Arriola has been a registered nurse for twenty-four years, working medical-surgical and critical care before she asked herself "Is that all there is?" Looking for change, she was recruited to the GI lab. In the past twenty years, Emma worked in clinical and free-standing settings in front-line and supervisory positions. Working at Cedars-Sinai Medical Center has given her the opportunity to be exposed to new therapeutic modalities and clinical research trials. Emma has been a member of SGNA for 17 years and has maintained certification since 1997. After helping to coordinate the SCSGNA 2008 Spring seminar with CSMC, Emma wanted to be more active. Her goals for service are to network, identify GI nursing practices in various settings and to share her knowledge in any capacity. We are excited to have Emma join the board!

SCSGNA Treasurer's Report



Balance as of March 31, 2008

	\$ 30,100.81
INCOME	\$ 27,729.90
Membership	885.00
Interest	4.90
Spring 08 Seminar	
Attendees	16,540.00
Vendors	10,400.00
EXPENSES:	\$ 32,032.71
Membership	1,170.00
Annual course	
Travel/Registration	8,258.63
Spring 08 Seminar	
Syllabus	2,176.76
Vendor Mailings	166.94
CEU Expenses	270.38
Raffle & Candy	371.74
Speakers	1,500.00
Food	6,676.25
Hotel	2,503.55
Room Rental	5,603.94
Refunds	515.00
Bank Fees	214.30
Scholarship	500.00
Board Meetings	901.81
GI Nurses Day Awards	175.00
Newsletter	1,028.41
Balance as of June 30, 2008	\$25,798.00

SCSGNA Election Update

Congratulations to those on the Board who ran for re-election and won their positions: **Kathy Krol, Midolie Loyola, Rita Walters-Peyton and Judy Lindsay.** We also congratulate **Cathy Dye** and **Emma Arriola** for winning Board of Directors positions. Cathy has been a Past President of SCSGNA and remains active with the Board. Emma is brand new to the Board and we all look forward to serving you in the coming year!

Our region is only as strong as its members - we welcome your participation and interest! This is a great way to network and make a difference in your profession!

Please consider volunteering or submitting your ideas and suggestions. You will find our email addresses in this newsletter.



We'd love to hear from you!
We want and need you!



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