



# The Inside Tract

A publication of  
Southern California Society of Gastroenterology Nurses and Associates  
July 2009



Mary Clark and Mayor Dave Golonski of Burbank with the City Proclamations for Colon Cancer Awareness Month and GI Nurses and Associates Day in March.

As a professional organization, it is important for us to educate others about what we do and who we are. One way to do this is by submitting a request for a city proclamation. Earlier this year, members of SCSGNA sent letters to their local officials about the importance of colon cancer screening as well as the significance of all GI Nurses and Associates. By the end of March 2009, we had proclamations for the cities of Burbank, San Diego, Hermosa Beach, Escondido and Oceanside. This is a great, easy way to promote our mission and profession with pride!

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## We Get GI Educated!



Our **2009 SCSGNA Spring Course at Pechanga** was a huge success with over 260 people attending! We are grateful to our distinguished speakers and guests: **Patty Sturt, RN**, Sedation; **Dr. Shervin Rabizadeh**, Eosinophilic Disease in Children; **Dr. John Lipham**, Endoscopic and Surgical Treatment of GERD; **Dr. Ravinder Mittal**, Difficult and Painful Swallowing; **Dr. Simon Lo**, TOGA; **Dr. John Carethers**, Polyposis Syndromes and **Laura Whitlock, RN**, Robotic Surgical Intervention. The topics were interesting and informative. As always, we are grateful for the many vendors who took the time to support us as well! The venue was such a success that plans are underway to make Pechanga the next destination for our **2009 Fall Course** on Saturday, November 7th! Plan on attending – more information will be forthcoming.



Keynote speaker **Dan Thurmon, CSP** (Motivation Works, Inc.) wowed the audience as he entertained nurses at the 36th Annual Course in St. Louis. Based on his experience of learning to juggle, Thurmon demonstrated how action takes your vision to something that impacts others. For him, it was not enough that he received and appreciated a gift. He states that by sharing and serving others, you improve yourself. During his comedic and physical routine, we learned:



Dan Thurmon, CSP

“There is no such thing as a perfect life balance: it is a matter of being ‘off balance on purpose’, which allows you to choose your direction.”

“Elevate your vision and your focus– don’t look down (at the tasks)”.

“When the object is in your hands, (throw it) - take action when you have the opportunity. Throwing things (ideas/goals) to your team builds attention, trust, and teamwork.”



President Cathie Wulff with our SCSGNA Region Charter

Over 1200 nurses attended the Annual Course this year. In addition to many educational offerings, leaders accepted their Recharter Certificates for their regions. Courses attended will guide them in organizing and leading their local areas. Saturday night, Boston Scientific sponsored a wonderful event at the Gateway Arch. Many nurses took the opportunity to ride pods up to the top to enjoy views of the city and river as well as enjoy the tasty local fare. Tuesday morning SCSGNA again participated in this year's Quiz Bowl. It was a very challenging round and while we didn't advance, we are gearing up for next year!

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We also spent time getting involved in St. Louis! We are very proud to support SGNA at the National level. Many thanks to those members who participated in the 2009 Annual course:

**Programs/Committees:** Laura Whitlock, Nan Carder

**Item Writers:** Kathy Krol (right)

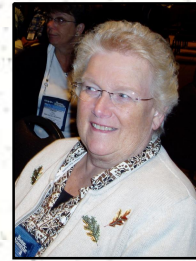
**Regional Director:** Barb Darby (lower left)

**Speakers:** Debbie Den Boer (second left); Laura Whitlock and Teri Derimanoczy; Denise Kohler (second lower right); Judy Lindsay; Rita Walters-Peyton and Betsy Tyler (lower right)

**Posters Sessions:** Barb Darby and Julie Zhe

**Moderators and Monitors:** Barb Darby, Cathie Wulff, Melissa Thyoneus, Cathy Dye, Laura Whitlock, Nan Carder and Midolie Loyola

**Quiz Bowl:** Cathy Dye and Midolie Loyola



SCSGNA Elections are just around the corner! The ballots will be mailed to members in September with results announced at the Fall conference in November. Please vote and make a difference for Southern California's SGNA!

**Please Vote!**

## President's Message



Dear SCSGNA Members,  
On behalf of the 2009 Board Members and myself, I would like to thank each of you for your continued involvement in our region activities. We have some outstanding regional members, and we are so

proud of their involvement on the national level as committee leaders, speakers and representatives. Our 2010 election ballots will be mailed to you in early September. Please exercise your power to vote!

We had the pleasure of attending the UCSD GI seminar this June in San Diego. It was excellent! Debbie den Boer gave the most exciting presentation on her travels with SIGNEA – Society of International Gastroenterological Nurses and Endoscopy Associates. How fortunate we all are to work in our country! I would like to encourage you to join SIGNEA and support the efforts to reach out to other GI nurses and associates. For more information visit [signeahq@aol.com](mailto:signeahq@aol.com).

Scholarships are available from SCSGNA and SGNA. Information can be found on the websites at [www.SCSGNA.org](http://www.SCSGNA.org) and [www.SGNA.org](http://www.SGNA.org). Hope to see you at our Fall Conference on November 7<sup>th</sup> at Pechanga Casino & Resort in Temecula!

Sincerely,  
Cathie

## Colon Cancer Awareness Contest!

**Congratulations to our winners!**

**1st Place** \$100 Center For Endoscopy

**2nd Place** \$75 Hoag Memorial Presbyterian Hospital

**3rd Place** \$50 Long Beach Memorial Medical Center



**The Center for Endoscopy in Oceanside**

proudly sponsored a colon cancer awareness activity in March. They held a bake and craft sale to help

sponsor a team of walkers for the American Cancer Society Relay for Life. Their mission during the Relay for Life is colon cancer education, advocacy and service to the community.



Nurses at Hoag Memorial in Newport Beach proudly display their table and colon shaped cake!

Monies awarded may be used for a department celebration.  
Thanks to all who participated!

# SCSGNA Board Members

**Cathy Dye BA, RN, CGRN**  
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Board Member/Past President

**Emma Arriola RN, CGRN**  
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Board Member

**Catherine Wulff RN, BSN, CGRN**  
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**Rita Walters-Peyton, RN, BSN  
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President Elect

**Judy Lindsay RN, MA, BSN, CCRN,  
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**Betsy Tyler, RN, BSN**  
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**Ann Herrin RN BSN, CGRN**  
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Board Member

**Midolie Loyola RN, BSN, CGRN**  
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**Kathy Krol, RN, CGRN**  
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Treasurer

## HONORARY

**Nan Carder, RN C, BSN, CGRN**  
ncard@antelecom.net  
Webmaster/Photographer

**Mary Clark, RN, BSN, CGRN**  
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**Barbara Darby, RN, BSN, CGRN**  
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**Janet Lemon, RN, CGRN**  
janlemon@cox.net  
CEU Coordinator

## Photos From St. Louis



(Above) Members enjoy a night of festivities at the Gateway Arch Museum, sponsored by Boston Scientific.



(Left) St. Louis' famous Gateway Arch.



SCSGNA Board Members together at the Exhibit Hall.

## Scholarship Awardees

*(excerpts from letters)*

"Dear SCSGNA Board,  
Thank you so very much for the generous scholarship that I received from SCSGNA. This allowed me to attend the SGNA Annual Course in St. Louis, which I enjoyed tremendously. SGNA's "Gateway to Opportunity" title was well interwoven in the variety and quality of the presentations offered during the course. It always amazes me how many endoscopy nurses and managers struggle with the same problems, no matter which state, city, hospital or unit they work in. Many of the topics covered those very struggles in detail and gave us valuable advice and tips to take back to our units. This is so much what educational courses are about....ultimately helping us in our daily tasks of patient care and safe practices.....Thank you for the support SCSGNA gives to its members, not only in the courses it offers each spring and fall, but also in the monetary scholarships. I feel honored that I was one of its recipients.

Sincerely, **Debbie den Boer BSN, RN, CGRN.**"

"Dear SCSGNA,  
Thank you so much for the scholarship I was awarded. I used it to attend the SGNA National conference. The amount of talent in our organization continues to astound me. I learned so much attending classes, visiting vendors and especially networking with all the other GI Nurses. It's amazing to realize no matter how far apart we are, our problems and concerns are the same!

**Cathy Dye, BA, RN, CGRN**"

Please visit [www.SCSGNA.org](http://www.SCSGNA.org)

# Because You're Worth It - Become A Certified Gastroenterology Registered Nurse!

## Why Certify?

- It validates your qualifications and your advanced competence.
- It demonstrates your professional aspirations and your desire to improve the quality of patient care and delivery of services.
- It rewards your continuing efforts to improve your knowledge and skills in your profession.
- It reflects your commitment in time, effort and expense to gastroenterology nursing.
- It assures professional recognition from your peers and colleagues.

## Prepare Yourself!

(each of the following may be found on [www.SGNA.org](http://www.SGNA.org))

- Order the Core Curriculum book, which serves as the primary resource for the ABCGN exam.
- The SGNA-Doris Barnie Certification Review Course will be held in **Baltimore, MD, August 15-16, 2009**. SGNA has teamed up with Doris Barnie, MSN RN CGRN, to present her legendary two day certification review course.
- Take the computer based, time sensitive practice exam, available through SGNA. After purchase, you will have access to the practice exam for two weeks and may take the practice exam as many times as you want. You will have the opportunity to review the questions and download the answers when you are finished.

## Take the Exam!

- Visit [www.ABCGN.org](http://www.ABCGN.org) for more details. You may take the pencil and paper exam or the computer based exam. (Please note this is NOT internet testing on any computer). Both requires a designated test site.
- Fall Exam: **Sunday, October 18, 2009**
- Application Deadline: **August 12, 2009** \*\$50 late fee if postmarked after August 12
- Late Application Deadline: **August 19, 2009** \*\$100 late fee if postmarked after August 19

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