



# Chesapeake Speaks!

Chesapeake Society of Gastroenterology Nurses and Associates

Spring, 2007

## President's Message



As CSGNA begins its 26<sup>th</sup> year, I feel proud to serve as President. 2007 will be an exciting year. The highlight of the year will be hosting the SGNA Annual Course in Baltimore. At the course from Friday through Sunday, CSGNA will host a hospitality table to welcome SGNA members from around the US and other countries. This will require all of our members attending to assist at the table. Consider donating an hour or two to show your support. Anyone needing a roommate, contact Kathy Costello, Secretary (kmcostello@aol.com).

On March 2-4, CSGNA joined the Delaware and Old Dominion regions in hosting the 9<sup>th</sup> DELMARVA SGNA Multi-Regional Conference in Richmond, Virginia. As with past conferences, there were many interesting topics presented, such as Mad Cow Disease and Obesity Management. I apologize for the problem with members not receiving their brochures. When I realized that many members did not receive their brochure in snail mail, I e-mailed the brochure to all members who had e-mail addresses listed in the SGNA On-Line Directory and Christine Smith, Past President, contacted others by e-mail or fax. If we were unable to contact you, I again apologize. Some members expressed an interest in receiving their correspondences from CSGNA by e-mail instead of snail mail. If you are interested in receiving your info in this manner, please contact me by phone (703-830-3455- home) or e-mail (hcokeefe@msn.com).

*(Continued on Page Five)*

## Protect Yourself against Nursing Negligence

No one ever promised us a rose garden when we became nurses. We knew the work would be hard, the hours long and we knew we would be handling a lot of responsibility. We are expected to know what to do in all kinds of situations with the patients entrusted to our care; often in situations we never learned about in any text book. Nursing is an art as well as a science, and when we accept the responsibility that goes along with being a nurse, we open ourselves up to the possibility of a malpractice action. Here are some ideas to help keep you at the bedside and out of the courtroom.

Maintain your competency through continuing education and keep copies of your certificates as proof of attendance. Read journals and attend seminars.

Learn about and utilize other professionals who are available to help improve patient care, such as diabetes counselors, respiratory therapists, educational development staff, and risk managers. Know where your drug references and other resources are kept and make sure they're up to date. If not, notify your nurse manager. If you cannot read an order or are unfamiliar with a treatment, get help. Write only on approved hospital forms. Treat each patient as you'd like to be treated. Show

respect for your patient by involving him in care related decisions, teaching him about his treatments and answering his questions. Notify the doctor if your patient's condition changes. Document times and doctor's orders. If he or she fails to respond to your calls, notify another doctor and then proceed up the chain of command until someone takes notice and the patient is examined and treated. Always document the times you called, the orders received and the patient's response. Involve the nursing supervisor if you need a back up opinion or guidance on how to proceed. If you have questions about practice issues, ask your state board of nursing, state and specialty nursing organizations, or the nursing administrators at your facility for answers. Know who is on your team and delegate to unlicensed personnel based on their education, proven competencies, and hospital policy. Know your facility's policies and procedures; know your responsibilities and meet them. Last, but certainly not least, Document, Document, Document. Keep in mind the acronym **FACT** and document with the facts, accurately, completely, and in a timely fashion.

*Carolyn McQuighan, RN, CGRN*

## House of Delegates Resolutions

Before the start of the SGNA Annual Course in Baltimore, the House of Delegates will convene to discuss and debate the following resolutions. I will be the CSGNA delegate and Debbie McCluskey will be the alternate. We need to know CSGNA members' feelings on each resolution in order to properly present their views. Please review the resolutions and contact Debbie (dlmcccluskey@cox.net) or myself (hcokeefe@msn.com) to let us know if you are for or against each resolution and any

comments you wish us to express in the House of Delegates.

The House of Delegates meetings are open for anyone to attend, but only the delegate can address the resolutions and vote. The meetings are Friday, May 18th, and Saturday, May 19th. Check your advance program for times of the meetings. Attending a House of Delegates meeting will give you an inside view on how to make changes to SGNA and keep it the dynamic organization that it is.

*(Continued on Page Three)*

## CSGNA Newsletter Staff

### Editor

Janet Yoder, RN, BSN, CGRN  
Johns Hopkins Outpatient Center  
Gastroenterology  
601 N. Caroline St.  
Baltimore, MD 21287  
(w) 410-955-9426  
(h) 410-625-1323  
e-mail: gjjanet1@comcast.net

### Reporters

AEC MD	Meg Gordon
Alexandria Hospital	Joanne Scully
Andrews AFB Hospital	Verlie McBroom
Bethesda Naval Hospital	Lea Lathan
ENDO Center, Baltimore	Melo Vaeth
Endoscopic Center, Towson	Denise Sandlass
Endoscopic Surgical Ctr of MD	Barbara Pedersen
Fair Oaks Hospital	Dee Marrone
Harbor Hospital Center	Debra Marsch
Holy Cross Hospital	Carol Morris
Inova Alexandria Hospital	Connie Campbell
Johns Hopkins Hospital	Cathy Garrett
MedStar Georgetown Medical Center	JoAnne Specht
MD Endoscopy Center	Irma Haak
North Arundel Hospital	Linda Davenport
Potomac Hospital	Ilse Kuehne
Prince Georges Hospital Center	Theresa Ford
Prince William Hospital	Danielle Karl
Sibley Hospital	Carolyn McQuighan
St. Joseph Medical Center	Nancy Dabkowski
Winchester Medical Center	Alice Ensogna

The CSGNA is committed to continuing education, providing its members with educational meetings that incorporate new concepts and ideas, sharing experiences, knowledge and information.

### Telephone Directory

Chris O'Keefe, President  
(w) 301-295-4589  
(h) 703-830-3455  
e-mail: hcokeefe@msn.com

Christine Smith, Past-President  
(w) 410-614-3467  
(h) 410-931-2828  
e-mail: clsmith@jhmi.edu

Kathy Costello, Secretary  
(w) 703-504-7801  
(h) 703-866-9357  
e-mail: kmcostello@aol.com

Deborah McCluskey, Treasurer  
(w) 703-391-3720  
(h) 703-698-0511  
e-mail: gndmcccluskey@cox.net

e-mail: CSGNA@erols.com  
Web site: www.csgna.org

## Chesapeake Society of Gastroenterology Nurses and Associates

### Officers

Chris O'Keefe	President
Christine Smith	Past-President
Deborah McCluskey	President-Elect
Kathy Costello	Secretary
Cathy Dykes	Treasurer
Brooks Cash, M.D.	Medical Advisor

### Board of Directors

Christine Simon	Education
cp2cs@yahoo.com	
Jennifer Lee	Membership
shlushalee@comcast.net	
Dani Karl	Vendor
dkarl@pwhs.org	
Christine Simon	Conference Coordinator

### Committee Chairs

Christine Simon	Education
Jennifer Lee	Membership
Barbara Pedersen	Scholarships/Awards
Janet Yoder	Newsletter
Dani Karl	Vendor Liaison
Linda Hyland	Legislative/LMNO
Gettie Butts	Community Service
Chris OKeefe	Web site

## Deadline for the Next Issue of *Chesapeake Speaks* September 15, 2007

e-mail:  
gjjanet1@comcast.net

## New Mailing Address

Chesapeake Society  
of Gastroenterology Nurses  
and Associates  
P.O. BOX 2134,  
Rockville, MD 20847-2134

## From the Editor

Once again it is time for changing of the guards. I want to say thank you to Christine Smith for her reign as president in 2006. With hard work and dedication to CSGNA her guidance and help with committees sought success. She passes the baton to Chris O'Keefe. Chris has the responsibility of her position to lead us in the hosting of the National SGNA conference in May. All hand on deck to charter a course of education and hospitality for Baltimore. Volunteers are needed for the hospitality table. Please contact Chris O'Keefe to sign up. CSGNA cannot function without the help of its members. Please take part. If anyone needs a roommate for Nationals, contact Kathy Costello.

Our membership on-line is 122 while our membership in general is 260. We can always have more members. Show your support by encouraging membership to those who are not. Then recruit these members to take an active part in our organization. There are benefits for joining. Conferences are discounted, scholarships are available, awards to be given, recognition of your work, networking, etc. It is never too late. *Janet Yoder*

## Treasurer's Report

Checking Account	\$18,299
Money Market	\$30,473
Balance	\$48,772



Chesapeake Speaks  
is published by  
**CompuSolve**  
301-983-1785  
e-mail:  
hgbox2@verizon.net

## House of Delegates Resolutions

(Continued from Page One)

### Resolution #1:

*Background Information:* WHEREAS, Advances in technology have determined that capnography is a more effective monitoring tool for monitoring respiratory status of sedated patients.

*Recommended Strategy(s) or Outcome(s):* RESOLVED, That SGNA will recommend end title CO2 monitoring as a standard of practice for sedated patients undergoing endoscopic procedures.

*Rationale:* End title CO2 monitoring gives a real time measurement of ventilatory status.

### Resolution #2:

*Background Information:* WHEREAS, SGNA is a recognized leader of gastroenterology nurses and since colon cancer is still the second leading cause of cancer deaths in the United States.

*Recommended Strategy(s) or Outcome(s):* RESOLVED, that SGNA launch a National TV ad campaign encouraging people age 50 or older to be screened by their professionals.

*Rationale:* SGNA is an expert on colonoscopy screening and should therefore be the one to encourage the public to be screened. This would also educate the public and uninvolved nurses about the organization and certified nurses.

### Resolution #3:

*Background Information:* WHEREAS, The LPN/LVN certification exam has been discontinued. There is a need to provide documentation of advanced knowledge to employers and SGNA leadership positions such as the online associates GI specific competency modules.

*Recommended Strategy(s) or Outcome(s):* RESOLVED, that SGNA develop an online course study for LPN/LVNs to acknowledge advance level practice.

*Rationale:* Many LPN/LVNs will lose their certification in 5 years. Those new LPN/LVNs to the gastroenterology field will be unable to obtain a certification making them stand out or specialized in a field of nursing, due to the discontinuing of the exam. Employers seek individuals

with advanced or specialized skills in gastroenterology. A certificate of completion would be an alternative for consideration at the SGNA national level.

### Resolution #4:

*Background Information:* WHEREAS, SGNA's mission is to promote education of its members.

*Recommended Strategy(s) or Outcome(s):* RESOLVED, that SGNA develop a "nurse exchange" program for Regions to exchange nurses for a regional program.

*Rationale:* Allow greater networking/partnership opportunities and exchange of ideas, alliance! Learn the inner workings of a region's program.

### Resolution #5:

*Background Information:* WHEREAS, some regional societies have large memberships with more financial strength while others have smaller memberships and less financial strength.

*Recommended Strategy(s) or Outcome(s):* RESOLVED, that SGNA work out a networking strategy to support mentoring regional leaders, such as a "Big Sister Program" where a link could be placed on the SGNA website for interested regions to seek support.

*Rationale:* It is good to promote national membership and local participation by assisting regions with education, networking and financial assistance.

### Resolution #6:

*Background Information:* WHEREAS, the increasing costs of SGNA nurses attending and at the optional sessions, that in addition to receiving monetary reimbursement for these talks,

*Recommended Strategy(s) or Outcome(s):* RESOLVED, that nurses who provide a lecture for the SGNA have a stipend for one night's accommodation at a hotel.

*Rationale:* High cost to attend conferences and most hospitals are no longer covering their nurses for these costs.

### Resolution #7:

*Background Information:* WHEREAS, there is no procedure developed for use of formalin when obtaining GI endoscopy specimens.

*Recommended Strategy(s) or Outcome(s):* RESOLVED, that SGNA de-

velop protocol/procedure for placing specimen in formalin without contaminating instrument with fixative.

*Rationale:* Concerns with carcinogenic effects of formalin on instruments, or instruments not for patient use if in contact w/formalin.

### Resolution #8:

*Background Information:* WHEREAS, there is an increasing population of patients with AICD and no recently published guidelines.

*Recommended Strategy(s) or Outcome(s):* RESOLVED, that SGNA will collaborate with ASGE to develop guidelines in regards to care of the patient with AICD in all Endoscopy settings, particularly when electricity may be used.

*Rationale:* To establish best practices to safely care for patients with AICDs in the GI setting.

### Resolution #9:

*Background Information:* WHEREAS, Technicians and LPNs working in GI labs, Endoscopy Units; whether in a hospital setting or stand alone clinic, salary ranges are less than those of Registered Nurses, and GI LPNs and Technicians are an important part of the Endoscopy/GI team by playing an important role in the smooth operation of day to day routine, and are interested and involved in educational opportunities for themselves and others AND have a history with the SGNA as being actively involved, participating in and with the organization on every level from Regional to National AND are deemed as highly valuable members to the SGNA

*Recommended Strategy(s) or Outcome(s):* RESOLVED, that SGNA decrease membership fee for Associates and Techs.

*Rationale:* The lower pay scale/ salary levels of technicians and LPNs places them at a disadvantage for initially joining and continuing membership in the SGNA, as their living expenses are the same as those whose salaries are higher. Prorating membership fees will encourage new members to join and current members to renew yearly. LPNs and technicians have shown themselves to be valuable team members, interested, enthusiastic and motivated to advancing the goals. *Chris O'Keefe*

## Where We Work

National Naval Medical Center at Bethesda provides care to our patients with gastroenterology needs at the GI Clinic and Colon Health Initiative. We have 10 full-time RNs and six technicians who work 10 shifts in the Procedural Area including a Charge Nurse. In addition are a clinic nurse, five clerks, four schedulers (who also schedule Virtual Colonoscopy), Virtual Colonoscopy Coordinator RN, and 2 Research Coordinators who are all under the command of LCDR Denise Johnson RN. The majority of our proce-



dures are optical and virtual colonoscopy for colorectal cancer screening. We also offer cryotherapy for Barrett's esophagus and esophageal cancer. We have a robust gastroenterology research program. We perform ERCP in the unit with a C-Arm and also endoscopic ultrasound. A nurse practitioner performs various esophageal and rectal manometry procedures and capsule endoscopy.

Approximately 7500 procedures per year are performed in the GI Clinic and Colon Health Initiative. *Cathy Dykes*

## CSGNA Medical Advisor



After graduating from the University of Texas in Austin and the Uniformed Services University of Health Sciences (USUHS) in Bethesda, MD, our new medical advisor, Dr Brooks Cash, completed his fellowship in Gastroenterology at the National Naval Medical Center in Bethesda, MD. Dr. Cash served as Chief of Endoscopic Services at Camp Lejeune, NC before returning to NNMC as a staff physician. At the present time, Dr. Cash is the Chief of the Gastroenterology Division and the Comprehensive Colon Cancer Center Initiative at NNMC and Associate Professor at USUHS.

It is difficult to list all of Dr Cash's accomplishments in his eight years in Gastroenterology. Dr Cash has published and presented numerous articles and abstracts. Along with being involved in various roles in ASGE, ACG, several Gastroenterology journals, the National Consortium of Digestive Diseases, and the American College of Physicians, Dr Cash is constantly involved in many research projects. In 2006, he won the Navy-wide staff Academic Research Award on "Colorectal Neoplasm Screening of Colonoscopy in Asymptomatic Women at Regional Navy/Army Medical Centers."

Dr. Cash is an expert on Screening Colonoscopies, Virtual Colonoscopy and Irritable Bowel Syndrome. He is a very dedicated professional and has always

## Calendar of Events

### March 21, 2007

GI Nurses and Associates Day Dinner Meeting - Members only  
"Constipation and IB Syndrome"  
Dr. Brooks Cash  
J.R. Stockyards Inn  
McLean, VA

### March 23-24, 2007

Walter Reed Gastroenterology Symposium  
Ritz Carlton, Tyson's Galleria  
McLean, VA <http://walterreedgi.com/>

### April 28, 2007

CSGNA Board and Planning Meeting (9-10 AM)  
DELMARVA Planning Meeting (10-12 AM)

### May 18-24, 2007

SGNA 34<sup>th</sup> Annual Course  
Baltimore Convention Center  
Baltimore, MD

### Apr 11-13, 2008

10<sup>th</sup> Annual DELMARVA Multi-Regional Conference  
Westfields Marriott Conference Center  
Chantilly, VA

been supportive in promoting the nurse's role in Gastroenterology. Dr. Cash has been a presenter at SGNA and one of his first research projects was "The Effectiveness and Patient Satisfaction with Screening Flexible Sigmoidoscopy Performed by Registered Nurses".

I am proud to work with Dr. Cash and am very pleased that he has agreed to be this year's CSGNA's medical advisor.

On GI Nurses and Associates Day, Mar 21, Dr. Cash will speak on IBS at a members-only dinner meeting at Maggiano's in Tysons Galleria, McLean, VA. Hope to see you there. *Chris O'Keefe*

## President's Message *(Continued from Page One)*

To celebrate GI Nurses and Associates Day on March 21, CSGNA will present a members-only dinner meeting at Maggiano's in Tyson's Galleria. Our Medical Advisor, Dr Brooks Cash, will speak on IBS. Watch for your brochure. Hope you can join us.

Evaluations forms from past educational sessions always have attendees asking for topics that are pertinent to their workplace. This has prompted me to set a goal this year to meet the educational needs of all CSGNA members by increasing the diversity of topics and increasing the size of the Education Committee. I am looking for beginner, intermediate and advanced GI nurses and techs who work in pediatrics, research, motility, advanced endoscopy (ERCP, EUS, interventional radiology), hepatology, or in ambulatory, free-standing, office, or university settings. With input from all areas of GI nursing, the Education Committee can provide a well-rounded program to meet the needs of all members. This will, also, assist the Education Chair, Chris Simon, plan and present high quality programs. With a larger Education Committee, the work of preparing for an educational session can be divided into small jobs that are easily accomplished.

If the Education Committee is not your point of interest, other committees have

small jobs that can be done to assist the committee chairs. If everyone gave a little time, no task would be overwhelming for any committee member. In order to keep CSGNA the dynamic region that it is, we need involvement of members. We need new ideas to help meet members' needs. When I became involved in Chesapeake I was leery about the demands that would be placed on me. I did not find this to be so. I found colleagues who were friendly, helpful and willing to share ideas. The best part was the friendships that I have made and will always treasure. Please consider becoming involved.

Chesapeake has many scholarships for national and regional educational courses. With decreasing financial support from employers, this is a way to help with the costs of tuition. This year, CSGNA has added a new scholarship. Based on SGNA's Gabrielle Schindler Award, the Chesapeake Board of Directors has decided to start the Kathy Maher Outstanding Nurse Award. Kathy, who died suddenly in December 2006, was a past CSGNA President & SGNA Gabrielle Schindler Award winner. For details on this or any of the other CSGNA scholarships, please contact Barbara Pedersen, Scholarship Chair (endonurse@att.net).

*Chris O'Keefe*

### Dedication to Kathy Maher

On November 6, 2006, Kathy Maher unexpectedly past away in her home in Falls Church, Virginia. Kathy was a veteran of Gastroenterology Nursing and the past 25 years she devoted her career to esophageal studies at Georgetown University. She was a certified GI Nurse and earned wide recognition as a leader in pH and manometry. Kathy was a past president of CSGNA. She was the first nurse in CSGNA to win the Gabriele Schindler Award of the 21<sup>st</sup> century. Kathy was a native New Yorker where she spent time as a critical care nurse before moving into GI nursing. Throughout her career she was a mentor to younger nurses and a committed member to CSGNA. In honor of Kathy, CSGNA will have a Kathy Maher, outstanding nurse of the year award. We had been indebted to the contribution Kathy has given us over the years and grieve her absence. May she rest in peace.

## The 9<sup>th</sup> Annual Multi-Regional DelMarVa Conference

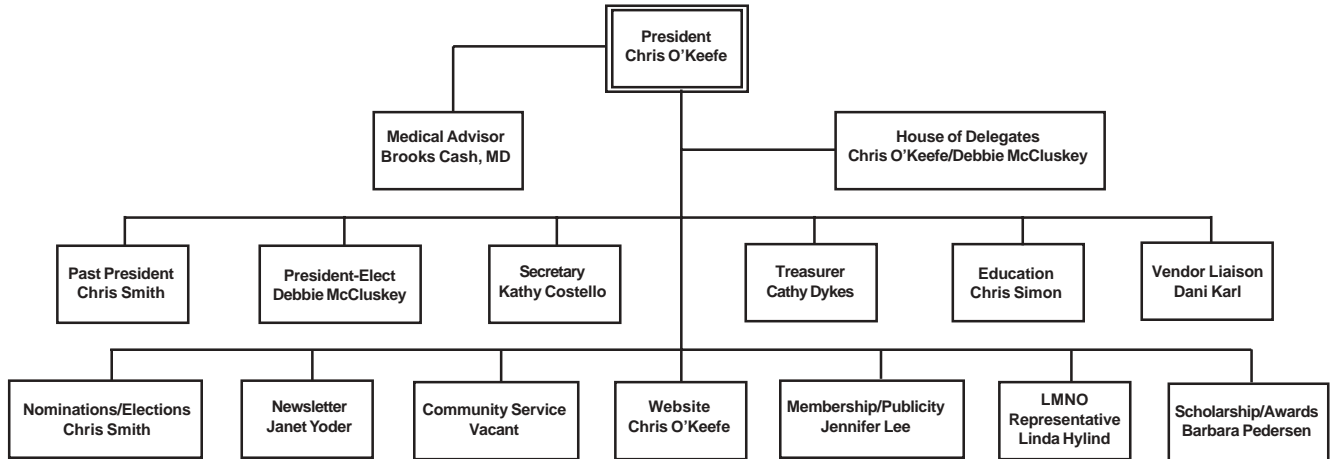
On March 3<sup>rd</sup> and 4<sup>th</sup>, the DelMarVa conference was well attended. Presentations of topics from many dynamic speakers filled the conference room. Topics of mad cow disease, infection control, eosinophilic esophagitis, pancreatic cancer, update on new GI drugs, and many more were presented. Richmond is a lovely town with lots of history and wonderful restaurants (see photo at right), night life, shopping. We had of view of the St. James River. The sunny warm weather added to the atmosphere. Many vendors were present to display their products. It was a good time had by all. *Janet Yoder*



Dinner at Sam Miller's with friends from Maryland, Delaware, Wash. D.C. and Steris vendors in Richmond.

# Chesapeake Society of Gastroenterology Nurses and Associates

## Organizational Chart



March 2007



*Chesapeake Speaks*  
P.O. Box 2134  
Rockville, MD 20847-2134