



Chesapeake Speaks!

Chesapeake Society of Gastroenterology Nurses and Associates

www.csgna.org

SUMMER 2008

CSGNA 2008 FALL CONFERENCE

SATURDAY, 01 NOVEMBER

Anne Arundel Medical Center

TOPICS INCLUDE:

- **Pediatrics & Abd Pain**
- **Spyglass**
- **Stents**
- **Interventional Radiology**
- **Best of SGNA**
- **GI Pathology**

CHECK WEBSITE

CSGNA.ORG

FOR MORE DETAILS

PRESIDENT'S MESSAGE

I cannot believe that it is already July---the year seems to be flying by. We have had some exciting things so far this year and more are to follow. We were the host region for the DelMarVa spring conference back in April and I hope many of you were able to attend. Chris O'Keefe and her committee did a marvelous job and I have heard many compliments since then about the conference and the fabulous site at the Westfield's Conference Center. Please mark your calendars now for next year's conference which will be hosted by Delaware SGNA and is being held in Dover, Delaware. The dates are March 27-29. Our fall education conference will be Nov. 1, 2008 and will be held at the Anne Arundel Medical Center so mark your calendars now.

In May, Jennifer Lee and I were honored to represent our region at the national conference which was held in Salt Lake City. Neither of us checked the weather forecast and brought typical early spring attire. They set heat records for the first three days that we were there with temperatures in the mid-90's!!! So the lesson learned is to always check the weather channel before you travel anywhere. Next year's course will be in St. Louis so check out the SGNA website for more details.

Debbie McCluskey



CSGNA Newsletter Editor

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Ergonomics and the GI Nurse

Those of us devoted to the specialty area of GI nurse have put ourselves at risk for repetitive motion injury. While paying close attention to the comfort of our patients and assisting the physician we may be neglecting the safety and comfort of our own bodies. The following is a summary from an article in Endo Nurse August/September 2007 that you may find beneficial.

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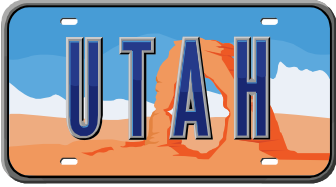
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- Use of a draw sheet beneath a colonoscopy patient is extremely useful in turning the sedated patient side to side on the stretcher.
- Keep the bed at an appropriate height for the MD and assisting staff. Negotiate the height if necessary; use a step stool if needed.
- Use core muscles to maintain good body alignment. Shoulder muscles pulled back and down, tummy drawn up, and in activating the transversus abdominis, providing a straight line from the ears to the shoulders, the shoulders to the hips, the hips to the knees, and the knees to the ankles.
- If at all possible an additional monitor for the nurse may help avoid twisting motions and neck strain while applying pressure and accessing its benefit during colonoscopy.
- IV tubing may require an extension to decrease reaching motions by the nurse during the administration of moderate sedation.
- When applying abdominal pressure it is best to have the patient within 10-20 inches of the person applying pressure to the abdomen. Be mindful of the back posture by reducing forward reaching distance. The back should be in a neutral spine posture and the knees and hips have at least a slight bend. Ask the doctor where the scope is located in the colon, and to reduce all loops before pressure is attempted.
- Also when abdominal pressure is applied one should rest more on the forearm, not all on the wrist and hands and protect the thumb. If sigmoid pressure is not helping reposition the hands or reposition the patient.

In conclusion, we as GI nurses need to take care of both the patient and ourselves. These ergonomic tips just might help prevent injury.

Carolyn McQuighan



I would like to thank CSGNA for providing me with the opportunity to participate in the SGNA's Mini Leadership Course

and the House of the Delegates Workshop in Salt Lake City. Although I had been attending SGNA annual courses almost every year since 1988, this is the first time that I attended the leadership and the Delegates Workshop.

When Cathy Dykes e-mailed asking members to actively participate in CSGNA, **OUR ORGANIZATION**, and emphasized CSGNA might not be able to re-charter as a chapter of SGNA if no one is willing to lead the organization, I felt bad about this and had a deep guilty feeling. I had benefited so much from SGNA and CSGNA local leaders. Knowledge and skills I had learned from them helped me both professionally and personally. Frequently, I applied what I had learned with positive results. For this, I am grateful. I am sure most of the members have similar experience. Can we let CSGNA disappear? Absolutely not! With this in mind, I answered Cathy's call and stepped in. At the time when I accepted the position as the President-elect, I did not really know what I got myself into. Subsequently, I had great fears. Fear that I could not perform the job as President-elected properly. Fear that I fail not only personally but also CSGNA.

After I attended these two sessions, I gained confidence. Many important areas such as running meetings, communication techniques, minute's keepings, and leadership were fully discussed. Now I know there are many great leaders out there in CSGNA willing to help. If I need assistance, it is just an e-mail away or phone call away. This year, under the guidance of our President, Debbie McCluskey along with the cooperation and assistance from you, I am sure there will be ample opportunities for me to practice and sharpen these skills that I have learned in these two sessions and hence better prepare myself for CSGNA duties.

No doubt in my mind that we, the CSGNA, will encounter many difficulties and hurdles next year. I am confident that, with your full support and cooperation, we will overcome these difficulties and move on. I will work as hard as I can. Let's work together to keep CSGNA alive and make her to grow even further.

Jennifer Lee

Treasurer's Report

Checking Account \$ 8,768

Savings Account \$31,009

Balance (6-1-08) \$39,777

HOD

REPORT

Jennifer and I participated in the House of Delegates where the members get to have a voice. 4 resolutions adopted last May were rejected by the SGNA Board of Directors (TV ad campaign for CRC Screening, development of an online course for LVN/LPNs: BOD rejected due to too many projects ongoing; Guidelines for AICD's was put on hold and will await presentation to ASGE in the fall; ↓membership fee for LPN's this would involve a multi-tiered structure that was deemed too expensive at this time).

6 of 10 resolutions were adopted this year

1. Publicity for Pancreatic Cancer awareness month
2. Offer certification review course for independent study online
3. Author or Designee of a resolution at the House of Delegates to explain or clarify
4. Remove criteria for leadership roles and awards to exclude certification which would allow more opportunities for associates
5. SGNA recommends that any nurse administering moderate sedation be ACLS and/or PALS certified
6. SGNA will provide the names and addresses of other regions' membership roster in label format to the requesting region at no charge



csgna.org



Future CSGNA

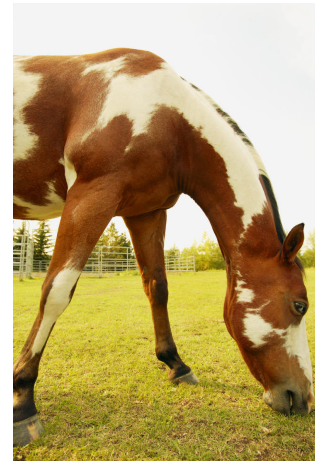
Announcements, Brochures will be available at the CSGNA Website and will be e-mailed to the current e-mail address we have for you. These addresses will NOT be shared with anyone



I just looked at the SGNA Website and Chesapeake SGNA has 238 Members! We are spread out in quite a large geographic area and I know it's hard to travel from Baltimore to Virginia. Not so much the miles, but the traffic not to mention the price of gas.

Now having said that.....

The current leadership of CSGNA needs your help. Current President Debbie McCluskey, Past-President Chris O'Keefe, Vendor Liaison Dani Karl, and Treasurer (yours truly) have put in many years on the regional and national level and it's time to put us out to pasture!



Jennifer Lee, our current President-elect, and Karen Carlson (who agreed to run for Treasurer) stepped up to the plate last year when we put out a plea for people to get involved. And I think we "hit" one out of the park!



I know you are all very busy yet dedicated nurses and associates. But CSGNA and our patients need you! It doesn't take as much time and effort as you might think and us "old timers" are willing to mentor you, hold your hand, whatever you need.

Please think about it-we need a President-elect who will be mentored by past regional and national presidents. The President-elect will attend the SGNA Annual Educational Course in St. Louis next May (all expenses paid) and will take over as President in 2010. We also need people in "un-official" capacities willing to give a little bit.

Call me or any of the other officers who will be glad to talk to you. It takes all of us to make CSGNA successful. Don't let the outcome be dissolving our precious region.

Remember, "It's more blessed to give than to receive" and you will receive so much more than you give of your time and talents to CSGNA!

Cathy Dykes
CSGNA Treasurer