



Chesapeake Speaks!

Chesapeake Society of Gastroenterology Nurses and Associates

www.csgna.org

SPRING 2008

President's Message

A new year is here for Chesapeake SGNA and with it, new names and faces. With much trepidation, I assumed the role of president as of January and I look to my colleagues who have been in this position before me to help me along as I stumble here and there. It was a very busy 2007 for us since we were the host region for the national annual course that was held in Baltimore. I hope a lot of you were able to experience the excitement of a national course since it was in our very own backyard. I want to take this opportunity to thank Chris O'Keefe for all her hard work as president for 2007.

For those of you that do not know me, I currently work at the Endoscopy Center at Inova Fair Oaks Hospital in Fairfax. I am from the old school, having graduated from a diploma nursing school in Massachusetts. From nursing school, I joined the Navy Nurse Corps and completed my two year tour of duty at Camp Pendleton in Oceanside, California. I met my husband while there and we spent the next thirteen years in Southern California. During that time, I worked at several hospitals staying in the ICU/CCU/ED arenas. We had two children during that time and I also returned to school and completed an Associates Degree program. We moved to Virginia in 1986 and I have worked for Inova since that time; fifteen years in the ED, one year at the research institute and the last five years in endoscopy. Both our daughters are married

and live in the area and we have one grandchild.

I encourage each of you to get involved with SGNA this year. We are always looking for help on committees or at our educational events. Come to a board meeting to see what happens—we would love to hear what you have to say. Our next big event will be the DelMarVa conference in April. For the past ten years the Delaware, Chesapeake and Old Dominion Regions have joined forces in presenting a weekend conference in the spring. This year we are the hosting region with the conference being held at the Westfield's Marriott Conference Center in Chantilly from April 11-13. Come and join us as we celebrate a decade of excellence in education. See you there!
Debbie McCluskey

Past-President Message

It's hard to believe that my reign as President is over. 2007 was a busy, but interesting year. The big event was CSGNA hosting the SGNA National Course in Baltimore. It was a daunting experience to get in front of all of the attendees to give the Welcome Address at the start of the conference. I never in my life thought I could ever do that. I was pleased to have everyone take a moment of silence in memory of Kathy Maher. Kathy was one of the many past presidents of CSGNA who were influential to my professional growth. There are so many talented members of CSGNA. I hope many of you will consider becoming involved in the committees to help our organization continue to be the great region that it is. There is a current need for someone to assist the Vendor Liaison. Vendor participation is a big part of the success of our conferences. If anyone is interested in assisting Dani Karl, please contact Dani (dkarl@pwhs.org) or myself. I will be continuing my involvement in CSGNA as the Webmaster, another challenge, and Membership Chair. If you have anything that you want to put on the website or any ideas, please contact me at hcokeefe@msn.com.
Chris O'Keefe

CALENDAR of EVENTS

DELMARVA

Westfields Marriott Conference Center
Chantilly, VA

May 16-21
35th Annual SGNA Annual Educational Course
Salt Lake City, Utah

JULY
½ Day CSGNA Meeting
(Date TBA)

OCTOBER
CSGNA Fall Meeting
(Date TBA)

CELEBRATE
GI NURSES'S DAY
MARCH 26

CSGNA Newsletter
Editor

Ida Hopkins RN CGRN
National Naval Medical
Center
Gastroenterology

240-353-1177
ida.hopkins@med.navy.mil

Telephone Directory

Debbie McCluskey, President

(w) 703-391-3720
(h) 703-698-0511
dmccluskey@cox.net

Jennifer Lee, President-Elect

(w) 202-782-5272
(h) 301-963-3758
jennifer.lee@na.amedd.army.mil

Kathy Costello, Secretary

(w) 703-504-7801
(h) 703-866-9357
kmcostello@aol.com

Cathy Dykes, Treasurer

(w) 301-319-8139
(h) 301-681-0018
Cathy.dykes@med.navy.mil

Chris O'Keefe, Past-President

(w) 301-295-4589
(h) 301-681-0018
hcokeefe@msn.com

Dani Karl, Vendor Liaison

(w) 703-369-8828
(h) 703-369-2654
dkarl@pwhs.org

Barb Pedersen, Scholarship

(w) 301-593-5110
(h) 301-279-2579
endonurse@att.net



DELMARVA MULTI-REGIONAL CONFERENCE

As the Chair of the DELMARVA SGNA Planning Committee, I am proud to have been part of "A Decade of Great Education". The Planning Committee has produced the 10th Annual DELMARVA Conference. This year, the conference will be held at the Westfields Marriott Conference Center in Chantilly, Virginia on 11-13 April, 2008. As in past years, the topics are diverse and pertinent to nurses and associates. Some of the topics include involvement in SGNA, safety monitoring during sedation, ergonomics, ERCP, scope cleaning, photodynamic therapy, esophageal cancer, electrocautery and a research topic. Since the conference is being held in our region, I hope many of you take the opportunity to attend. For more info, go to the CSGNA website, <http://csgna.org>.

The past 10 years have been very interesting for me in helping find a variety of topics to present to the attendees of the conference. I have had the pleasure of networking with and making friends with members of the Old Dominion and Delaware regions. If anyone is interested in helping plan the next conference, please contact me at hcokeefe@msn.com or 301-295-4589 (W) or 703-830-3455 (H). The next Planning

Meeting will be at INOVA Alexandria Hospital on 3 May 2008 at 10AM.

Chris O'Keefe

Treasurer's Report

Checking Account	\$ 7,842.93
Savings Account	\$30,919.03
Balance	\$38,761.96

LMNO

I am happy to report that LMNO (Liaison of Maryland Nurse Organizations) is reforming since the death of Ruth Hans (Chair of the Organization). We are in the process of setting up a meeting for March 2008. To refresh your memories, LMNO is a voluntary coalition of nursing organizations in Maryland whose purpose is to network, share information, discuss professional issues, and communicate nursing needs to local and state leaders.

Linda Hyland

TIP
NEED A POLYP TRAP?
PLACE A PIECE OF
GAUZE BETWEEN THE
SUCTION CANISTER
AND THE TUBING
FROM THE SCOPE

New Medical Director

As regional chapter president, I have asked Dr. Waseem Aziz to be our medical director for 2008. Dr. Aziz has been in private practice in Northern Virginia since 2005 and currently does endoscopy procedures at Inova Fairfax and Fair Oaks Hospitals as well as Reston Hospital. He did his medical training at the King Edward Medical College, Pakistan and his internship at Shadyside Hospital in Pittsburg, Pa. He completed his residency and fellowship at the University of Connecticut and the University of Vermont with advanced fellowship experience at Beth Israel Deaconess Medical Center in Boston. He holds membership in the American Gastroenterological Association, the American Association for the Study of Liver Disease and the American Society of Gastrointestinal Endoscopy. Dr. Aziz is also a published physician, having authored or co-authored several articles. I appreciate his willingness to take on this job for me this year and I hope that we are able to have him speak at one of our conferences.



2008 House of Delegates Resolutions

Resolved that:

1. SGNA ask for annual publicity and help from SGNA National to encourage participation by our members in Pancreatic Cancer Awareness Month (November).
2. SGNA will offer the SGNA Doris Barrie Certification Review Course for independent study via electronic version for those unable to attend for purchase.
3. SGNA will provide more advanced courses to be offered to the more experienced endoscopy nurse (5 years or greater).
4. SGNA will offer the ABCGN Certification exam on Thursday or Friday prior to the Annual Course.
5. SGNA research the need for culturing of patient ready endoscopies in regard to use of high level disinfection.
6. The author or designee of a House of Delegates resolution is present at House of Delegates to explain or clarify.
7. SGNA will remove criteria for leadership roles and awards to exclude certification which would allow more opportunities to associates.
8. SGNA will develop a standard of care to establish a position on pregnancy testing.
9. SGNA recommends that one or more professional staff person(s) in the GI unit or endoscopy suite will be ACLS certified.
10. SGNA provides the names and addresses of 3-5 other region's SGNA membership labels to the requesting region at no charge. This request shall be limited to once per calendar year per region.

CHRIS O'KEEFE

We nominated Chris O'Keefe as SGNA Regional Society Member of the year. Her passion for both the profession and the organization is evident in her willingness to continue to mentor others and her service to CSGNA. Chris is very committed to mentoring nurses and associates with many years of experience as well as novices. She makes sure they know they are a welcome addition to the profession and organization. She is the first one to welcome new nurses and even students to the unit and make sure they get off on the right foot and sets them up for success.

Due to our large geographical area, it is difficult to get leaders to serve. Chris is passionate about the success of the organization. She has stepped up to the plate many times willing to take on various roles. She works full time and is a grandma with 4 grandchildren including a set of twins and could certainly say, "sorry, I'm too busy". But NOT Chris!

It is an honor and privilege to work and serve with Chris. We are proud to call her a colleague and a friend.

Cathy Dykes

Roberta Einarsen

Ida Hopkins



It is My Honor

The ICU nurses have their "stories". The ER has their "stories". What GI Clinic can compete with those exciting stories? Sure, we have those peculiar "guts and butts" humorous tales that can't be discussed during supper but not many can say with pride that the patient population they care for have sacrificed so much for us, the caretakers. Without breaking any HIPAA violations, I can divulge small excerpts of patients that have tugged at my heart. For instance, the very young man who was injured when an IED (Improvised Explosive Device) hit his HUMVEE and his GI tract got rearranged. This hero suffered through more than a few endoscopies and ERCP's with more maturity than someone twice his age. We have a "frequent flier" who comes so often to the clinic that she is more a member of the family than a

patient. While her husband is deployed in Iraq, she cares for their two small children while dealing with a chronic, debilitating illness without a hint of whining. She is but one of many who carry themselves with dignity and grace I rarely experience in a "civilian" setting. One can become used to the monotony of conveyor belt medicine, performing the same admissions, procedures, and instructions again and again. I never lose sight of the fact that the patients we care for have given so much back in some form or another. I consider it a privilege to care for the greatest generation and also their descendents.

Roberta Einarsen

BSN, CGRN