



## Call for Poster Presentations!

The CSGNA 2016 Planning Committee is currently accepting submissions for POSTER presentations for CSGNA 2016 - "**MUDDY WATERS ... CLEARING THE WAY**". This annual conference will be held **September 29 - October 1, 2016** in **Winnipeg, Manitoba**. The conference venue is the **RBC Convention Centre Winnipeg**. CSGNA 2016 submissions should be appropriate for the novice through to the advanced practice professional. Topics of interest may include: clinical research, innovative projects and solutions, ethics, case presentations and clinical reviews.

The submission deadline is: **FRIDAY, September 2, 2016**

Send submissions to: Sharon Lapointe at [sharonl@innovcc.ca](mailto:sharonl@innovcc.ca)

Please see document for *Poster Specifications and Preparation Tips*.

## Table of Contents

President's Message	Pg. 2
Synopsis of CSGNA Face to Face Board Mtg. January 2016	Pg. 3—7
Director's Reports	Pg. 8—11
In the Spotlight	Pg. 12

# President's Message

President's Message – March 2016

This past year has been such a whirlwind of activity and I am pleased and proud to say we have accomplished a lot!

Our long-awaited Website refresh and launch took place in January. This process was very labour intensive and updates are ongoing. I'd like to thank those who contributed to the new site and recreated content so that everything you see is up-to-date and translated. In particular, huge thanks and appreciation to: Maria Clarke, Connie Wescott, and Millie Clement. As with any new endeavor there will be a transition period. We are working to correct any difficulties with memberships and renewals, as well as logging in to the member's only site. The new login criteria are your email address and password provided by CSGNA. If you have forgotten your password, you can reset it by clicking "reset password." We aim to offer a comprehensive site that meets our member's needs, and ask that you please send us feedback about the new website.

Since the inception of the CANIBD CoP, we have seen our IBD Nurse Membership increase from 3% to over 10% of our membership. CANIBD's new initiatives are drawing IBD nurses to CSGNA from across the country. CSGNA, CANIBD and CCC are diligently working together to create a unique, and much needed, IBD nurse networking, research and fellowship opportunities, as well as educational programs that will assist new IBD nurses and seasoned IBD nurses to flourish in Canada. Check out all that CANIBD has to offer on the member's only section of our new website.

One of the exciting initiatives we have been involved in is the 'CNA Exam Question Writing Renewal'. Several CSGNA members will be participating in this exam question writing renewal process. Our aim is to evolve the exam to reflect current GI and IBD nursing practices, nursing processes, therapeutics and treatments. The exam will be conducted online in the fall of 2016. Please check the 'Certification' page of our website for further information.

Another unique opportunity this year is the TimedRight™ online CSGNA platform. If you enjoy professional networking sites, social media, online education, participating in working groups, and discussion forums, then you will love this platform! A team of hardworking members is currently developing the foundation of this site and will be developing groups for various aspects of our CSGNA activities. The team includes Maria Clarke, Connie Wescott, Nathalie Gobeil, Mille Clement, Usha Chauhan, and Karen Frost. We will be sending out invitations to members to join the site and see what it has to offer.

The CSGNA 2016 Winnipeg planning committee is hard at work! They are pulling together an amazing program and social evening for us. If you would like to attend the conference, then please don't forget to submit your education grant applications by the posted deadlines. We also encourage you to submit your practice solutions, research projects, and GI nursing posters for viewing at the conference. Hope to see all of you there!

Happy Spring Everyone!

Lisa Westin, RN, MN, CGN(C)

President CSGNA

# Synopsis of CSGNA Face to Face Meeting. Board of Directors: Toronto, Ontario. January 29<sup>th</sup>-31<sup>st</sup>, 2016

## **REVIEW /ADDITIONS/ADOPT THE AGENDA:**

Joan McKechnie and Millie Clement passed a motion to adopt the agenda.

## **APPROVAL FOR THE SEPTEMBER FACE TO FACE MEETING:**

Cathy Arnold Cormier and Stephanie Carr passed a motion to accept the previous minutes and motioned to adopt.

Reports from all executives were circulated and reviewed prior to adopting the agenda.

## **WELCOMED BY THE PRESIDENT:**

Lisa Westin welcomed and thanked everyone for attending the meeting in Toronto, Ontario. The President and President-Elect opened with a shared view of the evolution of CSGNA within the past few years. Many initiatives have been put into motion and they are foreseeing a more stable upcoming year. For 2016, CSGNA will be focusing on rebuilding membership and promoting the value CNA GI Certification holds to both GI nurses and managers working in Gastroenterology. The goal is to create a standard across the country by having all GI nurses certified. It's time to start developing a position statement on GI Certification for 2016-17 and to begin collaborating with CNA on various strategies to place these guidelines with job requirements for GI placements. This position will not only give Gastroenterology nurses a CNA certification increasing patient safety, but it will also give nurses job security. The vision is to speak as a national voice for GI nurses. More members are looking for relevant up-to-date practice guidelines. With this in mind, CSGNA will focus heavily on the development of position statements.

It's time to start using CSGNA as a political platform to give members a "snap shot" of what's happening in GI Healthcare from each province, and to explore some of the challenges GI nurses face across Canada.

## **Directors Reports:**

### **Canada West:**

A new chapter within the Vancouver region (Lions Gate) has expressed interest in developing a new chapter and executive. Chapter start-up packages have been sent and mentoring has begun. This group is holding a Symposium on April 2<sup>nd</sup>, 2016. All nurses are welcome to attend.

A new certification program offered through the Okanagan College in Kelowna, B.C. is well on its way. This is not to replace CNA certification but, rather, to give nurses entering endoscopy a basic entry level skill set for the GI team. If members would like to learn more about this distance learning entry level course, please refer to the links found within the CSGNA website.

The GI forum for both doctors and nurses will be offered again this year in Vancouver, B.C. Stephanie Carr (Canada West Director) will establish a CSGNA booth to increase our presence within this forum.

### **Canada Centre:**

Five Central Ontario chapters are starting to plan educational events for 2016. Central Ontario chapters are struggling with membership engagement and maintenance of educational requirements according to by-laws. Focus will be on stronger mentoring and support to these chapters. One suggestion put forward was to hold educational venues at different sites to improve GI networking, while another was to combine educational sessions within GI sites to decrease the financial burden. By combining venues, the exposure of CSGNA, the increase of membership, and the extension of networking platforms will be facilitated.

### **Canada East:**

Many success stories were noted for the eastern region. The Quebec chapter is flourishing, and all chapters are meeting education requirements while maintaining membership levels.

The 2015 National Conference in Moncton, New Brunswick was a huge success, and the Nova Scotia chapter has asked for guidelines for reprocessing endoscopes. Draft guidelines will be established by March 1<sup>st</sup>, 2016 and placed on the website for members once released from draft form.

### **Practice Director:**

Developing position statements is a strong focus for 2016. Priority documents on 'Reprocessing', 'Infection Control within the Endoscopy Suite', 'Certification', and 'EUS' will be drafted by March 1st, 2016. Once approved, and translated into the official languages, position statements will be placed on website.

'Esophageal Stent' placement and 'Post Sedation' teaching guidelines are examples of two position statements for development.

### **Awards Director:**

All educational grants have been revised and translated for 2016 and all applications for those grants, including re-submissions, must be submitted by May 31st, 2016 for consideration. Application forms can be downloaded and printed from the website, and all successful applicants will be notified by June 30th, 2016. The 'Chapter of the Year' will be recognized at the Annual General Meeting in Winnipeg. Board members unanimously agreed to proactively advertise and promote scholarships within CSGNA. We are also exploring the idea of getting nursing students involved at a participatory level within our National Conferences. This will be a great way to advertise the value of belonging to a professional association. It will also demonstrate that it is imperative to stay politically active in nursing. Being politically vested in your profession creates a climate of great change for the future of nurses entering a career in GI.

### **Education Director:**

CSGNA will be offering a 2.5 hour course at the National Conference in Winnipeg. Using practice questions to facilitate this platform will prepare members writing the CNA GI Certification in November. The course will be offered in both English and French and is open to new exam writers or those just wanting a re-fresher session.

### **Website Director/ Newsletter Editor:**

We are very excited to share the launch of our new CSGNA website with our members. The entire website is now available in both official languages and was fully redeveloped from the ground up. Mission statements and Vision Statements were added to the website, and featured articles are more easily located. There is a National Board entrance; chapter executive links; open webinars; upcoming conferences; certification links; IBD fellowship and grant links; position statements; guideline information; and so much more. Members will have more privileges to

browse through the website and the general public will be able to view general information. Within a few months the website will also have links to Facebook and Twitter. The Board's mission is to refresh the website on a continual basis and to create a solid schedule to keep it updated.

### **Board Positions: RE-ELECTIONS FOR 2016**

Six National Board Positions are up for re-election this year. **Newsletter Editor/Website Director; Awards and Research Director; Practice Director; Public Relations Director and Canada Centre Director** are available for 2016. The President-Elect position will be confirmed by March 31<sup>st</sup>, 2016.

That position can only be chosen from board level, however. Board members who are leaving these positions will write a synopsis of their experience and place them on the website for review. This will give members a idea of each positions responsibilities and thus encourage new members to become politically engaged at a national level. A candidate's platform will also be placed on the website.

The board expressed appreciation for the value of an election at the annual general meeting. Engagement in the voting process would energize the nursing community and gives its members a stronger voice in decision making. All nominations for each position will speak to the membership at the Annual General Meeting in Winnipeg. All nominees are advised to make travel arrangements prior to attending the post conference meeting.

### **Board Development:**

As a board, it is vital to attend conferences either at a local, national, or global level each year. Conference attendance is imperative to gaining knowledge of current information in the field, and to the distribution of that knowledge throughout the membership body. Board members will be attending the following conferences in 2016:

1. CNA leadership conference
2. GI Forum in Vancouver
3. AAG in Halifax
4. CDDW in Montreal
5. SGNA in Seattle
6. ADDS in Lake Louise, Alberta

### **CNA News:**

**The CNA writing symposium has been moved from April to November of each year.**

A new and exciting concept has been introduced for members working in IBD. CANIBD has instituted a nursing fellowship program that is intended to provide support and guidance to new IBD nurses entering this specialty field. This program will only be given to CSGNA members, and funding will be granted to both preceptors and students who participate in the fellowship. On a smaller scale, considerations for ERCP's or EUS training fellowship programs were also mentioned. Over time, the CSGNA can build on new fellowship programs to be offer to members.

### **CNA 2016 Re-Write of GI Certification Exam:**

It's been 9 years since the CNA GI Nursing Exam questions were developed. In 2016, the Canadian National Association will be collaboratively re-writing exam questions for all specialty nurse disciplines which will then be offered as an online method of examination. All questions will systematically scored and it is agreed that the online format is a cost effective method form of examination to offer nurses across Canada. It is crucial to have GI representation and visibility within the exam development process. It is CSGNA's responsibility to validate the core competencies and to bridge the gaps of appropriate question building with this process. Four members within CSGNA were invited to attend a discussion on the development of test questions.

### **Timed Right Networking Platform:**

This communication platform is a new tool that can only be accessed by health organizations. The CSGNA has adopted this platform as a networking tool to create communication threads within our organization that discuss GI related topics. From a national level members can now share health care related issues, and also view these communication threads in chronological order. Future teaching webinars will be offered through 'Timed Right' but only members can claim CNA educational hours if they choose to use this platform. The platform will be shared with all attending members at the next Annual General Meeting in Winnipeg before its launch on the CSGNA website. Stay Tuned!

### **Translation for the 2016 National CSGNA Conference in Winnipeg, Manitoba.**

In addition to program developments for 2016 National Conference, the CSGNA is focusing on translation for all power-point presentations and speakers in order to support both official languages in Canada. The CSGNA will continue to provide this service but will also utilize local translation services within the Winnipeg area. Registration forms will be likewise translated for members. We welcome all Anglophone and francophone presenters interested in speaking at the Winnipeg conference.

### **CANIBD Report/New Initiatives:**

CANIBD provided IBD nurses, as well as those interested in the specialization, with a four hour conference in November 2015. The meeting was a huge success. The next conference is already in the planning stages, yet CANIBD must wait for the final expense summary from 2015 before determining how to proceed.

A core group of CANIBD nurses has created a twelve module on-line teaching platform to support nurses and preceptors through the IBD Nurse Fellowship program. These modules will be owned by CSGNA, and the core IBD working group can update changes to the information within these modules at their discretion. CSGNA has budgeted for five to six IBD nurses to be eligible toward this mentorship program for 2016.

Changes to the "Terms of Reference" in IBD, which are the goals and relationships with CANIBD, CSGNA, and CCC, will be discussed. Two sub-committees will also be established in CANIBD for 2016. One sub-committee, working from this chronic disease model, will focus on Canadian research in IBD, and the second will create a lobbying group to raise awareness for IBD and its nurses.

### **Business Plan for IBD:**

The strategic business plan is to formalize the workings of CANIBD and communities of practice, as well as to work on the foundations of getting the francophone structure up and running. The CSGNA will build on the role of the IBD nurses in a future document and will distinguish how IBD nurses get into the business. Baseline qualifications will also be explored within the document.

### **Membership Status:**

The CSGNA is currently developing a complete database of all endoscopy units across Canada. The purpose of this project is to promote the CSGNA and what it has to offer for nurses working in GI. The CSGNA values our current members of course, but also wishes to offer our support and vision to those who are unaware of what membership brings to nurses /managers who work in Endoscopy or GI related specialties.

**Event Planner:**

Heather Reid will continue to assist the CSGNA in the conference planning for 2017. Small changes were noted within her contract. All board members agreed to continue services as long as they are congruent with the CSGNA's travel expense policy parameters. Heather's responsibilities will include: Liaising with hotels; staying within contract budget; finalizing brochures; completing registration forms; and negotiating space at the conference centre in Winnipeg.

**Administrative Assistant:**

Consensus was met by all board members that a new CSGNA administrative assistant will be provided to members for 2016. The assistant will work for 20 hours a week to provide assistance to members from Monday-Friday, 8 am to 12pm. This initiative will be formalized by April 9th, 2016 at next Board Member teleconference.

**CSGNA Strategic Business Plan & Bylaws:**

A clause will be added to the Communities of Practice Bylaws in IBD. It was suggested that the Board have a liaison within CANIBD to ensure bylaws are sustained, updated, and compliant with the non-profit act when submitted to Industry Canada. The Board will also review the bylaws to explore the motion to move the Annual Report from printed form to electronic form within the website.

Next Teleconference:

WILL BE HELD APRIL 9TH, 2016

Submitted by Suzette Lloyd

**CANIBD Notice**

*Calling all Alberta Nurses: Crohn's and Colitis Canada is looking for two dedicated nurses to join the Camp Got2Go team for an amazing week of camp in Bragg Creek! For more information and a job description, please contact Charlotte Hall-Coates at [info@campgot2go.ca](mailto:info@campgot2go.ca)*

*Do you have a patient with Crohn's disease or ulcerative colitis who will be enrolled in a Canadian post-secondary institution for fall 2016? Make sure to let them know about the AbbVie IBD Scholarship Program! More information can be found at [ibdscholarship.ca](http://ibdscholarship.ca)*

# Reports

## Canada East

The Eastern Chapters have all been busy planning for their respective education day activities. I encourage everyone to attend and encourage others to come and learn more about the GI nursing specialty.

Paula Triantafillou  
Canada East Director

## Newfoundland Chapter

Newfoundland chapter is very busy planning and organizing our GI Education day scheduled for April 23rd. We have a full day of interesting and informative GI topics on our agenda again this year. We have also started to arrange who will be attending the Atlantic Gastroenterologists meeting in June, as well as the CSGNA National Conference in September. We continue to be a growing and active chapter providing support and education opportunities for our members. We were very disappointed to learn that we were not selected to host the CSGNA National Conference in 2017 or 2018. However, we do hope that a future conference will be hosted here in our great capital city and provide us with an opportunity to share our culture and hospitality.

Sandy Stone  
President

## Nova Scotia Chapter

The Nova Scotia chapter will be saying goodbye to a valued member of our chapter. Kathy Dykens is retiring this year. We will miss her, but wish her all the best for her next career - retirement. Our education day will be held May 14th in Halifax. We welcome all who would like to attend.

On another note - I just returned from a GI Certification exam writing session in Ottawa. It is a great opportunity and I would encourage anyone to participate. It was hard work but I learned a lot.

Marleen Spencer  
President

## NB/PEI Chapter

Winter of 2016 is passing us by quite quickly, much better winter weather wise than 2015! The Summerside members of the NB/PEI Chapter have been busy preparing to host the Annual Education Day! This year the event is being held on April 30th, in Summerside. We are looking forward to a great turnout and some interesting and informative GI topics!

Carla Martin  
President

## Montreal Chapter

Montreal Chapter has been planning for their education day which is to be held on April 16. It is a day filled with great educational topics and is sure to be great. Please refer to their conference poster included in this issue of the Guiding Light.

## Canada Centre

### Greater Toronto & Area Chapter

The Greater Toronto & Area Chapter is busy planning their spring education day scheduled for April 16.

## Golden Horseshoe Chapter

The Golden Horseshoe Chapter is also organizing a spring education day on April 30 in Mississauga.

## Ottawa Chapter

The Ottawa Chapter hosted an evening conference on November 4, 2015. The topics and speakers included ERCP for Patients with Altered Gastric Anatomy by Dr. Avi Chatterjee and Dr. David Didomenicantonio, Procedural Sedation by Arozoo Wardak RN BScN, Emprove Trial: Treatment for Emphysema by Dr. Kayvan Amjadi, and Boston Scientific New Products by Bonnie Olscamp. The event was sponsored by Boston Scientific. Over twenty delegates attended the event. Plans are underway for a spring educational seminar. The Ottawa Chapter is looking for a new President as Misha Sharma will be stepping down in the near future. Consider volunteering for this role.

## Central Ontario Chapter

The Central Ontario Chapter held an educational dinner meeting on November 19, 2015 in Barrie. The NIICE modules, 3 – Standard Therapy Getting the Ball Rolling in IBD Care: A Review of the Standard Treatment Options, and 4 – Anti-TNF Treatment Hitting IBD with Your Best Shot: What Patients Want to Know about Anti-TNF Therapy, were both presented by Linda Denis RN. The event was well attended. Janet Young-Lauren was elected as Chapter President and Evelyn Jaszczur was elected as Secretary. Congratulations ladies! Thank you Donna Bremaud, outgoing President, for your many years of dedicated service on the Central Ontario Chapter Executive.

# Reports

## Canada Centre

### *London & Area Chapter*

The London & Area Chapter continues to be without a Chapter Executive.

Any members interested in planning an educational event or volunteering for the Chapter President, Secretary, or Treasurer positions are encouraged to contact Joan McKechnie (CSGNA Canada Centre Director) at [CanadaCentreDirector@CSGNA.com](mailto:CanadaCentreDirector@CSGNA.com) for more information and support.

The new CSGNA website was launched on January 11, 2016. Take a few minutes to check it out! Your CSGNA annual membership is due May 1st. There are three options available. See the website for details.

Most of the grants and awards deadlines have changed to May 31st. They will be posted on the website soon.

Submitted by  
Joan McKechnie RN CGN(C)  
CSGNA Canada Centre Director

## Canada West

I cannot believe that it is February 2016 already. It feels like I was just sitting on the stage with the board at last year's CSGNA Annual General Meeting. Taking on this new role has been challenging in that it requires a balance of work, family, and CSGNA commitments, all of which have been most gratifying. I have worked face to face with the CSGNA Board Executives this past month and can honestly say that this team encompasses visionary ideas and strong leadership for CSGNA and its members. This energetic and goal orientated group is diverse in its professional backgrounds, and provides strong ideas and direction to our changing field of Gastroenterology. I am pleased to sit among these transformational leaders on this journey.  
Stephanie Carr, R.N., BScN, CGN©

### *Vancouver Island Chapter*

The Vancouver Island Chapter is pleased to see five new members join the chapter this fall. We are working on strategies to continue to encourage new membership from all avenues of GI nursing. We are busy organizing and preparing for our full day of education scheduled on May 28, 2016. I am pleased to say that the agenda program is in its final stages of completion and will be discussed at the next chapter meeting.

Shelley Dosso  
Vancouver Island Chapter President

### *Okanagan Chapter*

I am still very involved with the Okanagan University College on-line GI Certification course creation. Things are going well and it is, so far, a very good representation of the GI Nursing specialty.

The Okanagan Chapter is trying to arrange for a couple of members to attend the one day educational opportunity being held in April 2016 at the Lions Gate Hospital. It would be great to be able to support their efforts in providing this event.

Hopefully we can get some journal review sessions booked in the near future. There are not any topics or agenda items requested at this time.

Bethany Rode,  
Okanagan Chapter President

### *Calgary Chapter*

We had an exciting 2015 in the Calgary Chapter and we have lots of plans for 2016 activities.

I am proud to announce that we were named "Chapter of the Year" at the National CSGNA conference in Moncton, New Brunswick. Thanks to all of our chapter members for their continual support and dedication to the endoscopy profession.

In November 2015, we had a presentation from "Cook Medical Canada" on colorectal cancer screening. Our chapter decided to partner with Takeda to start a GI Nurses Journal Club. The first meeting will take place February 23, 2016 and our speaker will be Joan Heatherington. She will present information with regards to Inflammatory Bowel Disease and Shared Decision Making.

On March 8, 2016, the GI CNE group is having an education day and I, Bobbi Sheppy, will be doing a short presentation on the advantages of being a CSGNA member and the process of becoming Certified in Gastroenterology. We have a possible three to five members attending the upcoming Alberta Digestive Disease Summit scheduled to take place June 3-5, 2016.

I am proud to say our chapter education day is scheduled for October 15, 2016 - stay tuned for lots of exciting speakers.

Thanks again to our great chapter members for their dedication and hard work.

Bobbi Sheppy  
Calgary Chapter President

### *Edmonton Chapter*

Plans for our spring conference "GI UPDATE: A Medley of Topics" are well underway. Conference posters and registrations have been distributed and appear on the CSGNA website.

# Reports

## Canada West

### *Edmonton Chapter*

We had an evening dinner/education session on January 21, 2016 at the Royal Alexandra Hospital. A total of 28 delegates attended, four of which became new members. Our appreciation to JANSSEN for their support with our session and continued interest in our chapter. Each of our two topics were very informative and generated lengthy interactive discussions. When our physician speaker was forced to cancel due to illness, Chapter member Kathy Korner stepped in to present "COLITIS: Other than IBD". Kathy did an excellent job of making this power point presentation with such short notice!

Our second topic, "The Evolving Role of the LPN in Endoscopy", was a panel presentation reporting information from three interest aspects. Dana Letto, CSGNA Practice Director, shared the recent CSGNA Practice Statement and also commented on LPN practice in other provinces in comparison to Alberta. Glenda Tarnowski, LPN Practice Consultant, provided information on the LPN scope of practice in Alberta. Leanne Lupul, LPN Endoscopy, shared her experience as it has evolved over her years of practice in the field.

Our next chapter meeting will be at Mikado Restaurant on February 17, 2016.

We are planning one more evening education session before breaking for the summer. It will be held at the Grey Nuns Hospital in May 2016. Yvonne Verklan, RN CGN© President, Edmonton Chapter CSGNA

### *Alberta Southwest Regional Chapter*

As we head into spring, the Alberta Southwest Regional CSGNA chapter is moving ahead with plans for our full-day workshop in the fall. October 21, 2016 is the date to remember. No topic is chosen as of yet. We are hoping to send a great number of members to a variety of events this year. These include the SGNA National in Seattle, the ADDS in Lake Louise, and the CSGNA National in Winnipeg. Good luck to everyone in their educational endeavors for 2016. Barb Harbers BN, CGN©. President, AB SW Chapter

### *Central Alberta Chapter*

The Central Alberta Chapter is having monthly meetings to plan our education day to be held on Saturday, April 9, 2016. One of our surgeons has just returned from a year of advanced training in colorectal surgery and he will be our main speaker on the topic of TEMS: Transanal Endoscopic Microsurgery. The new Central Alberta Cancer Centre, which now provides radiation therapy, will also be highlighted. Both of these items are exciting upgrades for our patients in that they will not have to travel so far for necessary advanced treatments.

We are currently working on some initiatives to recruit new members as well as to keep our hard working core members engaged in the chapter. Joanne Glen  
CSGNA Central Alberta Chapter President

### *Regina Chapter*

Graciously sponsored by Cook Medical, the Regina CSGNA Chapter held a dinner presentation in November 2015 on Colorectal Screening Education. The gathering is always a great educational night out. We look forward to planning a journal club soon. I am the new President of the CSGNA, Regina Chapter. We wish Jennifer Rodgers, our outgoing chapter president, good luck on her upcoming pregnancy. I look forward to networking with all of you in the future. Marie Turton, RN, BScN, CGN ©.

### *Manitoba Chapter*

The National Conference planning committee of 2016 has been meeting on a routine basis. The plans are coming along nicely! Update: Tuesday September 27, 2015 we had 30 RN's attending. Update: Tuesday November 24, 2015 we held an event on Colorectal Cancer, graciously sponsored by Cook Medical. We had anticipated good attendance for this meeting, and ended up with a total of 35 attendees. Well done!

# Reports

## Manitoba Chapter

Update: Tuesday December 8, 2015 our chapter felt inclined to squeeze one more educational evening in before the New Year, and a total of 29 people attended. Dr. Chetty Muthiah presented 'The Painful Truth, Managing IBS-C and CIC' (Constipation Pre-dominant IBS Syndrome and Chronic Idiopathic Constipation). The evening was kindly sponsored by Tim Kennedy and Allergan Inc.

Our planned events are: Tuesday February 16, 2016 with Carol Reidy RN, CGN © presenting "Overview & Retrieval of Upper GI Foreign Body and Food Bolus". This evening will be sponsored by Vantage Endoscopy and we would like to particularly thank Chris Davin and Tim Muller. We have 29 RSVP's to date. Tuesday March 22, 2016 Carina Kirk RN, BN, CGN © is presenting on Capsule Endoscopy, and Cam Hawn from Medtronic is going to speak about Radio Frequency Ablation (RFA). Medtronic will be sponsoring this evening.

We have two offers for presentations in April already, so we may schedule one into May 2016. Hopefully all of these nurses supporting our meetings will become new members!

Thank you

Carol Reidy RN, CGN(c)

## Recognition of the Canada West Accomplishments

As Canada West Director for CSGNA, I have come to realize the commitment of CSGNA members.

The Guiding Light

and this is displayed by true teamwork. It is achieved through the members belief that education is key to changing our healthcare environment. Well done CSGNA, and Well done Canada West Chapters.

Stephanie Carr, RN, BScN, CGN©

Canada West Director, CSGNA

## Practice Director

The F2F meeting in Toronto was very productive; priorities were set for upcoming guidelines. With the assistance of board members, upcoming position statements and guidelines include: Gastroenterology Certification, EUS, Infection Control, Patient Education, Pre and Post Esophageal Stent Care, and Scope Reprocessing.

I will be attending the Alberta Digestive Disease Summit Conference in Lake Louise in early June, 2016, and look forward to networking, promoting CSGNA, and recruiting new members. It is important to be involved at other gastroenterology conferences to gain insight on upcoming practice changes that impact the way we care for our patients.

Edmonton is hosting a one day conference in April with a diverse mix of speakers and GI topics. I look forward to attending.

Dana Letto NP. MN. CGN(C)

CSGNA Practice Director

## Public Relations Director

On behalf of the Board, I would like to congratulate Lisa Westin, President, and Maria Clarke, Website Director, for their perseverance and determination in delivering a new website. The website is a work in progress in these ever evolving and changing times.

Thank you

Mildred Clement Rn CGN(C)

## Guidelines for Submissions to The Guiding Light

- Submit all materials by email to the newsletter editor in **word format**
- Submissions must be received by the first of the month preceding each issue i.e.: Feb 1st for March issues, June 1st for July issues and Oct 1st for November issues.
- Include all references using APA referencing.

# Southlake Regional Health Centre Ambulatory Treatment Center and Ambulatory Procedure Unit

The ATC (Ambulatory Treatment Centre) and APU (Ambulatory Procedure Unit) at Southlake Regional Health Centre is comprised of two units, one situated within the hospital proper (APU), and one off-site unit (ATC) located across the street from the hospital. Between the two areas there is a rotating staff of 21 RNs and 19 RPNs. There are six surgeons, four plastic surgeons, five ENT surgeons, five urologists, one pediatrician, one pediatric gastroenterologist, four respirologists, two thoracic surgeons, six ob/gyns, numerous family practitioners, and five gastroenterologists who also contribute at the two departments on a daily basis.

The on-site unit is comprised of an endoscopy suite, cystoscopy suite, ERCP room, a minor procedure room, as well as a recovery room, and is open six days a week. Most of the patients seen at the hospital unit are those of in-patient endoscopy, but there are out-patient ERCP and bronchoscopy patients as well. The recovery room also provides an area for paracentesis procedures, thoracentesis procedures, and phlebotomies. We supply support for the pediatric gastroenterologist when children under the age of eight require endoscopy in the main operating room. The minor procedure room provides for minor surgeries, vasectomies, and circumcision, while the staff also travel to the ICU, CVICU, and CICU to perform emergency endoscopies when necessary.

The ATC includes an admitting area where 60 – 75 patients are interviewed on a daily basis. There are four procedure rooms, with one negative pressure room for bronchoscopies, and the recovery area is comprised of twelve bays. Each day two of the procedure rooms have sedations supplied by an anaesthetist, while the another two procedure rooms use procedural sedation for their cases. Two days a month are allotted for the Registered Nurse Performed Flexible Sigmoidoscopy Program and one day a month is allotted for both pediatric gastroenterology and gynecological procedures.

Submitted by

Donna Bremaud

ADC Recovery



MAB Recovery



## News Bulletin

### **Educational Grants and CANIBD scholarships**

Applications are available on the website in the members' only section for all CSGNA and CANIBD educational grants <http://www.csgna.com> Due to technical difficulties the 2016 grant application information has not been updated to reflect 2016 changes. The requirements have not changed dramatically.

**One item to note is that all applications are to be emailed to [awardsdirector@CSGNA.com](mailto:awardsdirector@CSGNA.com) and not to the CSGNA Executive Administrator as in the past.**

Deadline for CSGNA applications is May 31st and for CANIBD applications as specified on each application form.

Due to website programming difficulties with online registration, all efforts will be made to ensure that those applicants who are renewing will be eligible for their respective educational grants.

Any questions please feel free to email the Director of Awards and Research at [awardsdirector@CSGNA.com](mailto:awardsdirector@CSGNA.com) .

## Reminder

### CSGNA Membership

**Application and Renewal Deadline is May 1st.**



Photo credit: Dan Harper | [www.tourismwinnipeg.com](http://www.tourismwinnipeg.com)

**csɢna**   
2016

# MUDDY WATERS

...CLEARING THE WAY

September 29 - October 1 • Winnipeg, Manitoba

[www.csgna.com](http://www.csgna.com)





**csгна**  
2016

# MUDDY WATERS

...CLEARING THE WAY

September 29 - October 1  
Winnipeg, Manitoba

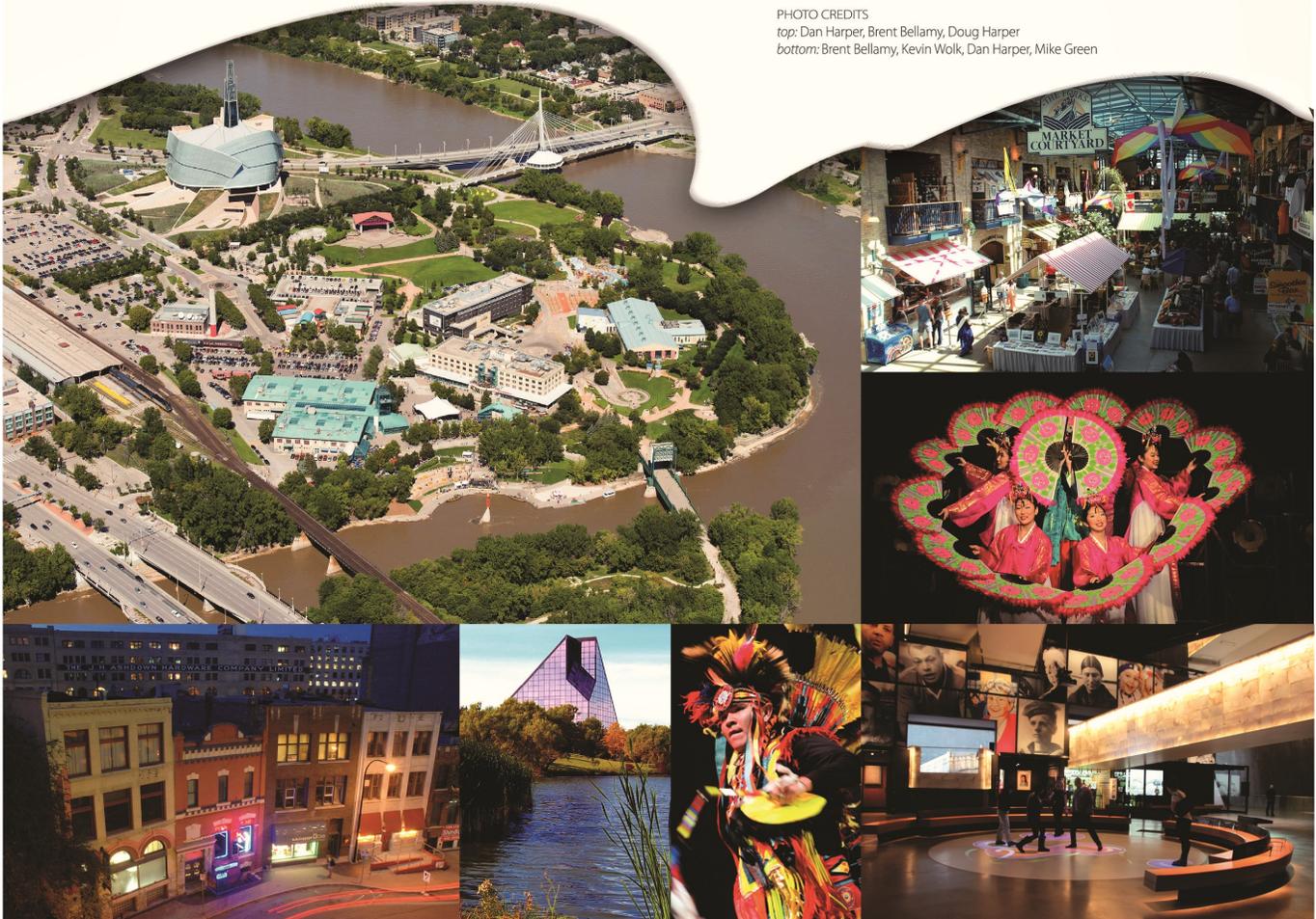
 [tourismwinnipeg.com](http://tourismwinnipeg.com)

Known as the “cultural cradle of Canada,” Winnipeg is Manitoba’s cosmopolitan capital city offering plenty of charm. It is a four-season destination boasting a dazzling arts, theatre and indie music scene, as well as lip-smacking dining options to tantalize taste buds.

The city is transforming with more than \$2 billion of investment in new infrastructure and attractions, including the Canadian Museum for Human Rights and Journey to Churchill polar bear exhibit.

Experience 54 acres of shopping and interactive fun at The Forks or explore Winnipeg’s diverse neighbourhoods, such as the historic Exchange District or the boho chic Osborne Village.

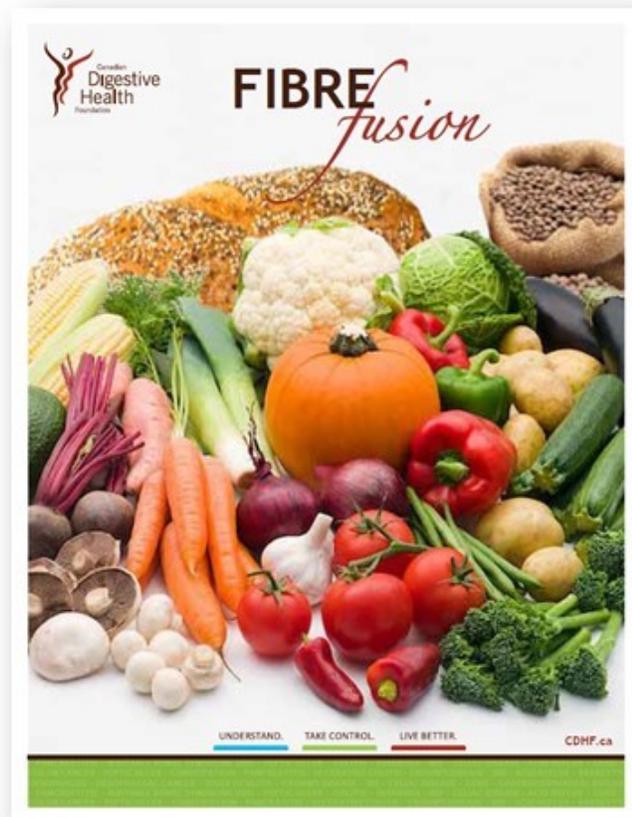
PHOTO CREDITS  
top: Dan Harper, Brent Bellamy, Doug Harper  
bottom: Brent Bellamy, Kevin Wolk, Dan Harper, Mike Green



GET ALL THE UPDATES AT  
[www.csгна.com](http://www.csгна.com)



# Helping patients understand the importance of **FIBRE**



One of the best ways for patients to protect and enhance their digestive – and overall – health, is to consume the appropriate amount of fibre.

Fibre is an important part of a healthy, balanced diet and yet most Canadians consume less than half the daily recommended amount. Evidence shows that this insufficient ingestion of fibre is resulting in increased rates of obesity, cardiovascular disease, diabetes and IBS.

## The CDHF created **Fibre Fusion** to help Canadians learn:

- What fibre is
- Why fibre is important
- How to make trades to increase intake
- Age and gender intake recommendations
- Supermarket strategies



Recommend CDHF's Fibre Fusion to your patients.

[www.CDHF.ca/FibreFusion](http://www.CDHF.ca/FibreFusion)



## Relieving Constipation

Constipation is not normal and yet too many Canadians suffer with its discomforts.

The CDHF's new **constipation animation** is a short, light-hearted piece that explains constipation. It offers ideas on prevention through lifestyle and diet choice; looks at OTC options for occasional constipation; and, moves on to prescription medications for those living with chronic constipation.

[www.CDHF.ca/Constipationv1](http://www.CDHF.ca/Constipationv1)

## Monitoring Inflammation



*Fecal calprotectin*, a protein found in poop, can help determine the level of inflammation for those with IBD. fCal helps **explain** why symptoms are occurring, **confirm** if medications need to be adjusted, **predict** if patients are heading towards a flare or already in one and, **determine** if additional tests are needed. The CDHF's new fCal animation explains to patients how to take the test, what it will reveal and why it is important.

[www.CDHF.ca/fCal](http://www.CDHF.ca/fCal)



Empowering Canadians to take control of their digestive health.

[www.CDHF.ca](http://www.CDHF.ca)

The CDHF is the foundation of the Canadian Association of Gastroenterology.



# Discover the world within

Understanding how the **human gut microbiota** impacts lifelong health

[www.CDHF.ca](http://www.CDHF.ca)

**Join the Canadian Digestive Health Foundation and our panel of national experts for ground-breaking education sessions.**

**Learn how food, supplements, medications, the environment and fecal microbiota transplants impact your clients' microbiota and health.**

Understanding the human gut microbiota represents a new and exciting opportunity to protect and enhance health. New strategies for predicting, preventing, diagnosing and treating disease are rapidly emerging.

You have the opportunity to be on the leading edge of a movement that will change how health is experienced and healthcare is delivered.

## Preliminary Program:

- Introducing the Human Gut Microbiota
- Establishing a Healthy Future: Microbiota in Pregnancy and Neonates
- How Antibiotic Use in Babies and Toddlers can Impact Long Term Health
- Using Probiotics to Solve World Health Challenges
- How Microbiota Health Impacts Chronic Illness
- Diet, the Microbiota and Health
- FMT – Getting Beyond the Ick Factor and C.Diff Infections
- Fibre – The Ultimate Prebiotic
- Protecting Our Elders – Microbiota and Nutritional Health in the Aged

## Questions?

Email or call Heather Reid at [HReid@innovcc.ca](mailto:HReid@innovcc.ca) or Sharon LaPointe at [SharonL@innovcc.ca](mailto:SharonL@innovcc.ca) or 519-652-0364.

Reserve your seat today for **Discover the World Within**  
**Monday, November 7, 2016**

12:30 - 5:30 pm  
at the

Design Exchange  
234 Bay Street Toronto, ON

## **Early Bird Pricing**

Registration fee today: **\$60.00**

Price after June 1st: \$75.00

Spaces are limited and reserved on a first come, first served basis.

A presentation of the



in Proud Partnership  
with:



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