



GUIDING LIGHT

Volume 1, Issue 3

February, 2010

Mark Your Calendar

30TH ANNUAL NCSGNA FALL CONFERENCE

March 27, 2010



At the: **South San Francisco Conference Center**

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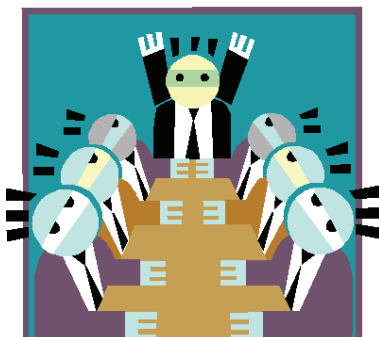
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Become a Board Member!!!

Interested in becoming a board member?

There is a need for members to provide leadership and direction for our organization.

There are many ways you can help the regional and the national SGNA grow and provide the education, services, and political presence in our specialty area.



The Northern California SGNA needs your help in filling positions. Please feel free to contact any board member for information.

You'll have many opportunities to ask questions during our upcoming meeting in South San Francisco!!

Membership in the Society of Gastroenterology Nurses and Associates

includes membership in the Northern California regional society. **Membership benefits include** a subscription to Gastroenterology Nursing and the regional society's newsletter The Guiding Light. Members can register for the SGNA's Annual Course and the NCSGNA's Semiannual Education Conferences at a reduced rate.

To join, log on to [SGNA's Web Page](#)



Message From The President

Expanding our horizons... this year's SGNA's direction has been a mantra of GI nurses for many years. Looking back, I realize that we have been expanding the horizons of gastroenterology nursing since it's beginnings with Gabrielle Schindler.

Endoscopes have advanced from rigid to flexible and the procedures and techniques have followed closely behind. The discovery of narrow band imaging has expanded the ability to recognize and treat gastrointestinal lesions. The development of cholangioscopes has allowed physicians and nurses to visualize the biliary tree and provided a direct technique for interventions. GI nurses and associates have been actively involved in these advancements.

As we close the first decade of the 21st century, GI nursing is advancing rapidly with the improved instrumentation. The preps given to patients have improved, the length of time of procedures as shortened, and most importantly the message of colon cancer screening has been promulgated throughout the United States.

Interventions once thought to be the purview of surgeons only are now common place in tertiary centers. Advances in equipment have allowed the endoscopic draining of pseudocysts and endoscopic dissection of submucosal gastric lesions. NOTES (Natural Orifice Translumenal Endoscopic Surgery) is providing us a glimpse into the future of endoscopic surgery.

Endoscopic ultrasound has paved the way for accurate and rapid diagnosis of pancreatic lesions. Its further use in "rendezvous" ERCPs has allowed skilled physicians to intervene in biliary diagnosis and treatment.

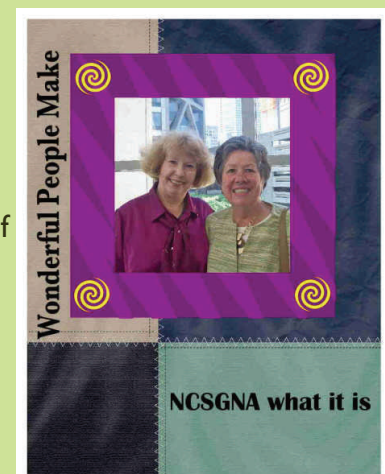
The understanding of infection control principles has advanced the cleaning of endoscopes and reusable instrumentation and has vastly improved with the use of ultrasonic techniques.

GI nurses have entered the field of hepatology. They have worked with the patients to improve life expectancy through life changes, medications and transplants.

Around our region, nurses have participated as speakers and presented posters at the national level to advance the knowledge of GI nursing. Our nurses and associates have actively participated in colon cancer screening information for patients

As we care for our patients every day, we will discover better methods of interventions and expand our patients' horizons.

Christie Turner
2010 NCSGNA President





From Our Immediate Past President...

I want to say what a great experience it has been serving as NCSGNA President this year. I found it to be both challenging and rewarding. As I look back, I realize that NCSGNA and its members have accomplished a lot this year.

NCSGNA accomplished three major goals this year. Our first goal was to review our By Laws and update our handbook. Many thanks to Ann Hayes and Mary Veridiano who took the time to review, make suggestions and revise. During the September conference a vote was held by our members amending our by-laws, deleting term limit for Treasurer..

Our second major goal for the year was to improve our newsletter. What a great transformation has occurred. Not only has the format improved, but now we have also gone "Green". Thanks to Isabelle Lynch for the new format and great editing. Thanks to Betty Angerman for taking the time to electronically send it to all our members and posting it on our website.

Our last major goal was to go "Green" on our conference syllabus. This goal really worried me. I wasn't sure how our conference attendees would react to this. I truly appreciated all the attendees who gave us feedback on it. So far the feedback has been positive. Again many thanks go to Betty Angerman for coming up the idea and implementing our first "Green" syllabus.

NCSGNA received a great honor in May. At the national SGNA conference in St. Louise this year we were awarded "Regional Society of 2009". Additional one of our members, Kendall Yoshisato was awarded "Regional Society Member of the year. "

I want to say a special thanks to all NCSGNA Board members. Without them volunteering their time and skills we would not have been able to offer 14 CEU this year.

I want to welcome our two new Board members, Heidi DeLucchi (Director of Membership) and Lois Ermak (Secretary). They will start in January and I hope they find that it a rewarding challenge.

Terry Villegas
Immediate Past President

**A Word From The...****Director of Education**

(Madeline Smoley, R.N., CGRN)

The Fall Conference on September 26, 2009 was a great success in several ways. According to the course evaluations, the majority of attendees were very positive about the venue. We had a total of seven speakers who spoke on a variety of topics and qualified for seven GI specific CEU's. Attendees were overwhelmingly in favor of going "Green". Each speaker's syllabus/outline was available online two weeks before as well as two weeks after the conference. The evaluations also showed that the Continental breakfast was very much appreciated. Even though the original plan was to forgo breakfast and only offer beverages, it was decided that because of the distance so many people had to travel, breakfast would be provided



Treasurer's Report

Our regional society maintains a stable financial position, despite the recent challenges of the economic recession and changes in vendor sponsorship rules. The current balances in both the checking and money market accounts total \$66,929.24, a slight increase over last year's fiscal close.



As our annual budget runs \$75,000-\$80,000, such a reserve is critical to having the cash flow necessary to meet immediate contractual obligations as well as allow for long-range planning.

With continuing good attendance numbers as well as enthusiastic vendor participation in our semiannual conferences, we will continue to be able to provide the educational programs, grants, and scholarships that have helped make Northern California the SGNA Outstanding Regional Society in 2009!

We welcome input from all of you with suggestions for raising funds and cutting expenses. Please email your ideas and opinions to us: info@ncsgna.org.

Betty Angerman
NCSGNA Treasurer

California Sedation Regulations

Source: State Regulation Resources for California

Type of Guidance: Registered Nurse Practice Information (07/97)

Impact: RNs

Guidance: *Conscious Sedation (7-1997) - Page 1*

- It is within the scope of practice for the Registered Nurse (RN) to administer medications for the purpose of induction of conscious sedation for short-term therapeutic, diagnostic or surgical procedures.
- No limits are placed on the type of medication or route of administration.
- The knowledge and skills required for the administration of conscious sedation are the same as would be necessary for any other medication the nurse administers.
- The RN does not have the authority to administer medications which would result in deep sedation and/or loss of consciousness.

Read More at: [Registered Nurse Practice Information: Conscious Sedation](#)



ABOUT THE NCSGNA SCHOLARSHIPS

The NCSGNA Scholarship is open to members only. This information is for informational purposes only. Please download your application from www.ncsgna.org. You will be asked to provide your:

Name: _____

Address: _____

City/State/Zip Code: _____

E-mail: _____

Home Phone: _____

Employer: _____

Work Phone: _____

What is the scholarship for?

The goal of this scholarship is to help a regional member attend the SGNA Annual Course in St. Louis, Missouri, May 15-20, 2009. One \$1000.00 scholarship will be awarded to be used for registration, airfare, and hotel accommodations. Recipients must provide documentation of actual use of funds.

What criteria are used to award the scholarship?

- The applicant's support of SGNA, both regional and national;
- The applicant's promotion of GI nursing;
- The applicant's activities within their hospital and community;
- The applicant's participation within local, state, and federal government on behalf of nursing and health care issues;
- The applicant's participation in other nursing organizations.

What is the application process?

Begin by checking off any activities in which you have participated (each category is assigned a point value by the Scholarship Committee). Expand upon these activities, include other areas that you feel demonstrate your qualifications for this award, and add any additional comments. Return this entire form and your comments to:

NCSGNA Scholarship Committee
 Isabelle Lynch, Chairman
 312 Gateway Drive, #133
 Pacifica, CA 94044

ACTIVITIES

When did you join SGNA/NCSGNA? _____

Years in GI Nursing: _____

Academic/Professional Credentials: _____

Northern California SGNA: _____

President: held office

President-Elect: held office

Past President/Historian: held office

Secretary: held office

Treasurer: held office

Director of Exhibits: held office

Director of Scholarship/Publicity: held office

Director of Membership: held office

Director of Education: held office

National SGNA or ABCGN (e.g., HOD Speaker or Vice Speaker; national Board Member):

SGNA Foundation Board Member; SIG Group Coordinator; Annual Course poster presenter, speaker, committee member, monitor or moderator):

Education (e.g., staff in-services, community presentations, teaching student nurses, mentoring new employees):

Government (e.g., special projects, resolutions):

Health Fairs/Other Professional Organizations/GI Nurses Day:

Miscellaneous:

Research/Educational Posters

If your poster is accepted for display at the Annual Course, you may be eligible for a monetary subsidy.

Here's hoping you will join us at the 2010 SGNA Annual Course!!!



Cholangioscopy and What It Means to the Nurse

Contribution By Tom DeSimio, RN

Interventional Endoscopy Service California Pacific Medical Center

The notion of examining the biliary system endoscopically has been around since the mid 1970's. Success was difficult due to technical limitations of the scoping equipment that existed in that era. More recently, industry has overcome many of these limitations and scopes needed to visually inspect the bile ducts are available. The newest scopes combine digital imaging, fiber optics and image enhancement technology to give the Endoscopist amazing views of an area of the body that cannot easily be seen with any other technology.

The need to see these remote areas is becoming increasingly important, as the need to decrease costs and also simultaneously improve outcomes is the responsibility of all healthcare providers. By being able to accurately collect biopsy samples, treat cholelithiasis that is refractory to standard ERCP techniques, provide hemostasis and perform biliary stricture-plasty patients can avoid being sent for surgical management of their condition.

There are a variety of platforms that can be used to perform cholangioscopy. In the Interventional Endoscopy Service at California Pacific Medical Center, we utilize four different techniques. Some of these require that two skilled endoscopists work together to control two separate scopes or balloon devices. However, the method that will be most common in the GI community is a single operator system. SpyGlass[®], manufactured by Boston Scientific, Corp, is a collection of tools that can be used by one doctor, with the assistance of a knowledgeable support staff. A variety of accessories exist to deliver therapy while inspecting the bile ducts. Being able to support the doctor during a complicated ERCP is critical to the success of the procedure.

Endoscopy nurses and associates must be skilled in the setup and operation of this system and its accessories. Following the instructions for use from the manufacturer is an important step in the successful set up and use of the system. A few pearls I have learned through my experiences can help make the procedure easier and a little more user friendly.

The SpyGlass handle has three ports for a variety of specific functions. The uppermost port is the 1.2mm working channel of the system and through which the doctor can pass 0.035" guide wires, micro biopsy forceps and lithotripsy devices. The middle port is dedicated to the 6000-pixel fiber optic probe. The lower channel is designed to irrigate the biliary system to keep the images clear. A variable flow pump with a footswitch controller works well with this port.

Recognizing that many of these tools are very small and extremely fragile, care must be taken to prevent premature failure of any of the components. To minimize friction inside the Spy scope, flush all channels with water before use. Push the tools with great care to avoid kinking the tool, which may cause it to break or be otherwise unusable.

A Touhy Borst adapter on the fiber optic port can help transfer stress away from the weakest point of the probe, thereby extending its useful service life. The fiber optic probe will fracture at the point where it tapers if pushed too hard against resistance. Preloading the probe to the distal tip of the Spy scope before the Spy scope is passed into the duodenoscope will decrease problems associated with this fragility.

The biopsy forceps can be very difficult to advance where the Spy scope bends as it exits the duodenoscope. In this instance, direct the doctor to either advance or pull back the Spy scope a few centimeters. This maneuver will allow the leading edge of the forceps to move inside the Spy scope and get away from the tight spot at the bend. The doctor will then have to reposition the Spy scope to collect the biopsy from the point of interest. The same process is effective for passing the lithotripsy probe.

For the best results when performing electro-hydraulic lithotripsy, use normal saline in the flush pump tubing rather than sterile water. The spark generated by the lithotripter is much more powerful when normal saline is used.

Placing a length of extension tubing with a three way stop cock on the side arm of the Touhy Borst adapter on the uppermost port of the handle will make aspirating fluid much easier than trying to directly connect a syringe to this port. The doctor will move the mother scope way too much to make it reasonable to manipulate a syringe connected directly to the Spy scope. A second syringe with contrast can be used on the other port of the three-way stopcock such that Cholangiography can be easily performed during Spy cases.

As more GI labs begin to perform cholangioscopy, the need for wise and competent support staff will grow. Adding these skills to your arsenal will help make you a valued member of the staff.



NCSGNA Calendar of Events

March 27, 2010

Northern California SGNA Annual Spring Conference

[South San Francisco Conference Center](#)

April 30-May 5, 2010

SGNA's 37th Annual Course, Orlando, Florida

**NCSGNA EXECUTIVE BOARD MEETING MINUTES****January 23, 2010**

Attendees: Christie Turner, Mary Veridiano, Terry Villegas, Betty Angerman, Lois Ermak, Madeline Smoley, Heiti DeLucchi, Michael Wico, Kendall Yoshisato

President Christie Turner

- Discussed if the old laptop needs replacement. The laptop is too old, but is only needed for record keeping. It is not necessary to get a new one. A USB(Universal Serial Bus) port with the biggest Gigabytes will be purchased instead.
- Lois Ermak will start her role as Secretary at the Spring Conference.
- Christie is coordinating conference sites at the Naval Post Graduate School in
- Monterey & the North Lake Tahoe Conference Center for 2011.

President- elect Mary Veridiano

- Reviewed the September 25 Board Meeting & September 26 Business Meeting Minutes. Motion approved. Minutes passed.
- Change to the Bylaw was submitted to SGNA on November, 2009, but will not be presented to the Director of Regional Societies for review until their next BOD Meeting on February.
- The board agreed Mary's suggestion for all the previous Secretary's hard copy files compiled, scanned, and stored in the laptop or USB.

Treasurer Betty Angerman

- Presented the Treasurer's Report with the Budget Worksheet & Summary of previous conferences with their corresponding income & expenses.
- Everyone was asked who will be attending the SGNA conference in Florida. Betty will review the budget and adjust the amount of the national conference stipend accordingly. She reminded everyone to submit copies of receipts within 30 days.
- President elect and whoever is interested to go to the Leadership Meeting in Chicago will be paid.
- She revised the Leadership Directory on the NCSGNA website.

Education Director Madeline Smoley

- Presented the schedule for the Spring Conference in South San Francisco on March 27, 2010. There's 5 speakers on the list, and she needs 2 more speakers. Lois will find out if she can ask a speaker on Robotic Laparoscopic Colectomy.

Director of Membership Heiti de Lucchi

Heiti indicated there were some scholarship applications that did not receive a response last year. Christie will follow up with Isabelle to be sure the address on the website is correct.

Legislative Michael Wico

- Discussed the issues regarding the " NCSGNA Website".
- Michael Wico volunteered to be the Web Liaison.

Immediate Past President Terry Villegas

- Suggested the blue Pandora beaded necklace for GI Nurses Day.
- Mary suggested Lanyard with the NCSGNA logo. Christie will check the price. Suggestion to distribute them during the Spring Conference instead of mailing.
- Regional dues to SGNA will be \$1000.00 instead of !0% of the yearly income?

Director of Exhibitors Kendall Yoshisato

- It's getting harder to get grants. If vendors contribute money, we have to document how we spend it. For Kendall to ask for grants, he needs to have the speakers CV and objectives 2 months before the scheduled date.

**Raffle Winners**

Fall 2009 Conference

Valerie Parsons from Enloe Medical Center - Steris Gift Card

Erlinda Margate, retired VA employee - Conference \$50.00 Coupon

Patricia Adams from Kaiser Vacaville - Conference \$50.00 Coupon

Maribeth Cruz from Fremont Surgery Center - Vase

Teresita Ohwovoriole from Stanford - Vase

Cinda Johnson from Ukiah Valley Medical Center - Vase

Deanna Lyons from Kaiser Stockton - Water Globe

Rosamalia Maita Marrero from Kaiser Roseville - Instrument Gun

Maricar Alegre from South Sacramento Kaiser - Vase

Birgit Massion from Stanford - Christmas Ornament

April Herschel - IMS Gift Basket

Arlene Huff from Enloe Medical Center - Wall Plate

Kaaren Hudson from Sutter North Procedure Center- Afghan

Sharon Avazian from Kaiser Antioch - Instrument Gun

Judith Tom from VA Martinez - Conference \$50 coupon

Sinead Beach from Fresno Kaiser - SGNA Practice Guideline Book

Nemia Aguila from Kaiser Antioch - SGNA Core Curriculum

Melinda Herritz from John Muir Health - Vase
Melissa Hardesty from Enloe Medical Center - Afghan

Christy Marin from Surgery Center North Bay
Vaca Valley - Conference \$50 coupon

Roxanne Miles from Sutter North Procedure Center- Core Curriculum

Kathy Anderson from Sonora Regional Medical Center - Mano Set

Linda Colville from Santa Clara Valley Medical Center, San Jose- Conference \$50 coupon

Kathy Gilmore - Basket from IMS

Gail Schlueck from SFGH - Conference \$50 coupon

Frances Chee from St. Francis Memorial Hospital - Conference \$50 coupon

Karen Keith from Sonora Regional - Conference \$50 coupon

Joanne Keller from Stanford Hospital - Coffee Bag

Helene Maher from John Muir Mt Diablo Medical Center - Conference \$50 coupon.

Joy Perseveranda from Kaiser Vallejo - Pentax camera

Connie Wigen from UC Davis - Ipod

Nancy Bitner - Gift Basket from IMS

Joyce Hughes - Afghan

Michelle from Sierra View - \$50 Gift Certificate

Carol Wall - Gift Basket from IMS



Leadership Directory
 Contact information for the NCSGNA leadership

| Position | Name | E-Mail |
|--|-------------------|--|
| President | Christie Turner | cturn1012@yahoo.com |
| President-Elect | Mary Veridiano | mary.s.veridiano@kp.org |
| Immediate Past President | Terry Villegas | terryvillegas@hotmail.com |
| Treasurer | Betty Angerman | btangerman@yahoo.com |
| Secretary | Lois Ermak | lois5854@sbcglobal.net |
| Director of Education | Madeline Smoley | madeline@smoley.com |
| Director of Membership | Heiti DeLucchi | shvmgg@comcast.net |
| Dir of Community & Legislative Relations | Michael Wico | mikewico@yahoo.com |
| Director of Exhibitors | Kendall Yoshisato | kyoshisato@prodigy.net kendall.yoshisato@va.gov |
| Director of Publicity & Scholarships | Isabelle Lynch | lovindere@gmail.com |
| Consultant | Ann Hayes | ann.hayes@va.gov |