



No25

**2006 AUGUST
CNY SGNA Newsletter**

**Central New York Society of
Gastroenterology Nurses and
Associates.**

CELEBRATING 25 YEARS

President's Message:

Hello to CNYSGNA Members:
I hope everyone is enjoying their pre-summer so far. I would like to extend a congratulations to Cathy Bolton, for receiving the Gabriel Schlinder Award this year. It is an honor to receive such a prestigious award, again CONGRATULATIONS... I would like to thank CNYSGNA members for allowing me to represent you at the House of Delegates this past May in San Antonio, TX. Results of resolutions are on page 4. I hope everyone who attended National had a very educational and rewarding time. Thanks to all who attended and helped out with Regional night, it was a lot of fun. We have been Chartered for another year, due to all the hard work of our members who are putting on dinner meetings, weekend seminars etc. If it weren't for you, we would not be able to keep up our Charter. The fall multi-regional meeting, at the Crown Plaza in Albany, NY on

October 13-14-15,2006, is coming together, thanks to MaryEllen Barrett and the rest of her committee. I hope all will be able to attend this weekend. It is also a test site for the certifying exam, so open those books and start studying. If anyone has any questions about the exam, please call Barbara Schwant(518 -887-2850) or Cathy Bolton(518 -585-7102) for more information. I have received a letter from Cindy Jacobs (President of Louisiana SGNA) expressing their gratitude for our fund raising efforts in response to the Katrina disaster, GI nurses helping other GI nurses. Nominations for Pres-Elect, Budget/Finance, By-Laws, and Membership are needed. Please send nominations to Barb Schwant. I hope everyone has a fun filled and safe summer. Please plan on attending the fall meeting and hope to see everyone there.

MaryAnne Malone RN,CGRN
President CNYSGNA

**FALL EDUCATIONAL
MEETING**

**GASTROENTEROLOGY:
The Crown Jewel of Specialties
2006 Multi-regional Conference**

**October 13-15, 2006
Albany Crowne Plaza
1-877-2-CROWNE
1-518-462-6611**

MaryEllen Barrett
RYALNI@twcny.rr.com

315- 455-5035

Nurses Cookbook. Deadline for sending recipe's is **September 1, 2006** to MaryAnne Malone.
www.maryannecgrn@msn.com
Or her address is on the last page.

Please send in one of your favorite recipe's. It only takes a couple minutes to e-mail a recipe. We need some meat and casserole recipes to fill the book

DATES:

Oct. 13-15, 2006 Multi-regional Meeting. Crowne Plaza Hotel, Albany, NY.
MaryAnne Malone 518-237-2262

Oct. 15, 2006 Certification exam. Albany Crown Plaza Hotel, Albany NY. Application deadline is August 11, 2006. Late application date is September 15, 2006. There may be even later dates, contact CBGNA for information.

Editor's Note:

Get ready for a super multi-regional meeting this October. It is being held at the Albany Crowne Plaza, www.cpalbany.com Check out the directions, phone number, etc. We will have the Albany Chamber of Commerce on hand to offer discounts at restaurants, Albany Attack (indoor football), \$10, Many restaurants and Museums are within walking distance. The Albany Museum has a great section on September 11, 2001, and it is a block away from the Plaza. If you get in early on Friday check it out.

The education will be great also. Speakers and topics:

- Rachel Strickoff,
- **Equipment Related Outbrakes**

Kathy South,

- **Key Issues in the Use of Moderate Sedation and Endoscopy**

Babette Clapper,

- **What the Endoscopy Nurse Should Know about Remicade**

Marilyn Alexander,

- **Electrosurgery and Argon Plasma Coagulation, Use and Safety**

Marsha Fowler,

- **Liver Transplant Nurse, panel discussion**

Speaker being confirmed

- **Manometry**

Saturday night we are having a National Award winning Bluegrass Band, www.SweetCiderMusic.com

Also, there will be a shuttle available to go to the Saratoga Racino for 4 hours, cost, \$10/pp. You must sign up ahead of time or this will be cancelled. (Limited to first 44.) And the Albany Attack have their first game of the season.

Sunday, Boston Scientific will be offering Hands On, with videos on Hemostasis, stents, working on a pig esophagus. 2 contact hours offered. This will be offered while the Certification exam is being taken.

It will be a packed week-end. I hope that you are as excited as I am.

*

On the next column, is an article by Bill Ericson on Colo-rectal Cancer. Bill was one of our scholarship winners to go to National. I want to thank him for

the great article. I hope that you can use it in your education efforts at work. It will be on our website also.

FYI It has come to my attention that scented bleach is not a disinfectant. As this is used for blood spills, I thought I would pass it on.

See you in Albany October 13th. Check out our website, www.cnysgna.org or look for you brochure. Hotel rooms will be \$109. It is not too early to reserve your room.

Barbara Schwant, BSN, CGRN

Nurses Cookbook. Deadline for sending recipe's is **September 1, 2006** to MaryAnne Malone. www.maryannecgrn@msn.com Or her address is on the last page. Please send in one of your favorite recipe's. It only takes a couple minutes to e-mail a recipe. We need some meat and casserole recipes to fill the book

Secretary's Note:

Anyone that brings their membership card to the business meeting has a chance for their next conference to be paid for. What a boon!!!! We realize it makes a long day even longer and some of you have a long drive home, but we hope more of you will consider staying the next time. We miss each and every one of you. Secretary Gayle E. Millis

On March 5.2006 Caroline Bernero, Executive Director, sent us a letter of appreciation for sponsoring Anila Copi, Arije Shahini, and Vjollea Spahia from

Albania. In part she wrote: "SIGNEA is dedicated to facilitating communications and collaboration between gastroenterolog nurses and associates worldwide; to establish international standards and research that ensures patient care; and to providing education, training, and information exchange opportunities to nurses throughout the world." Biographies of the individual recipients are no longer given out as they were the first year or so of the sponsorship program. It was deemed a privacy issue. If any of you would like to join this society and receive their newsletter, you can call Caroline at 847-297-5088 or e-mail: SIGNEAHQ@AOL.COM. Gayle E. Millis, Secretary

MEMBERSHIP: 98

Colon Cancer- A Preventable Disease
William A. Ericson

Colorectal cancer is cancer of the colon and rectum. It is documented to be the second leading cause of cancer related deaths, among both men and women, in the United States (CDC). Considered by many to be "The Silent Killer," because it is quite insidious, meaning there are usually no symptoms until it has progressed to a point that causes the individual to seek immediate medical attention (CDC). Colon cancer is a highly preventable and very curable disease, if found early. Prevention is done through early detection through Colorectal Rectal Cancer Screening (CDC).

Doctors believe screening for colon cancer should begin at age

50, in most individuals (AGA). However, for those individuals considered high-risk, screening should begin sooner (CDC). A person is said to be at high risk if an individual's family member has had polyps in the past and/or has been diagnosed with colon rectal cancer (VA Healthcare Upstate New York). Screening for individuals with a family history of colon cancer should begin at an age 10 years earlier than their family member was first diagnosed and then at least every 5 years from then on (AGA). In addition, there are other factors considered when determining at what age an individual should begin Colorectal Cancer Screenings. Some of these factors include a person's health history, a change in bowel habits, and diet (Miller). In regards to health history, there is a high incidence of documented colon cancer in those individuals having a history of inflammatory bowel disease (ulcerative colitis or Chron's disease), those with diabetes and those individuals that smoke (Jackson Gastroenterology and Miller). A change in bowel habits is also considered a factor in determining when to begin colon cancer screenings. These would include diarrhea, constipation and ribbon – thin stool. These symptoms could indicate the presence of colon polyps (Miller). Smoking is also believed to be a factor in the development of colon cancer. Statistics show that 30-40% more smokers than no-smokers develop and die from colon cancer (Miller). For many years, researchers have also considered diet to be a factor. Although, this research is inclusive, it is believed that a diet high in fiber and low in animal fat

aids in the prevention of colon cancer (Kolata).

A very outspoken proponent for Colorectal Cancer Screening has been a television spokesperson from NBC's Today Show, Katie Couric. Ms. Couric's husband died from colon cancer at a very young age. Since then she has been a very outspoken advocate for the care, treatment and prevention of colon cancer. Today Ms. Couric along with academy award winning actor Morgan Freeman are the spokespersons for The Center for Disease Control's "Screen for Life: National Colorectal Cancer Action Campaign" (CDC). Ms. Couric alone has increased the public's awareness of this curable disease. She has gone so far as to have her own Colonoscopy televised on national television, in order to make everyone more aware of this curable and preventable disease (CDC).

It is generally believed that all colon and rectal cancers begin in benign polyps (VA Healthcare Upstate New York). Polyps are benign growths involving the lining of the bowel (noncancerous tumors or neoplasms) (ASGE). They vary in size from less than a quarter of an inch to several inches in diameter (ASGE). They look like small bumps growing from the lining of the bowel and protruding into the lumen (bowel cavity) (AGA). Removal of benign polyps is one aspect of preventative medicine (CDC).

The detection or screening for any polyps and colon cancer before they can cause symptoms is by far the best way to prevent or for that

matter treat Colon Rectal Cancer (Miller). There are many different ways to detect or begin screening for colon cancer. Probably the most inexpensive way is to do what is know as "stool screening". This is also known as "Fecal Occult Blood Tests" (FOBTs), these are simple screening tests that an individual can do at home. As previously stated, they are quite inexpensive ranging in price from \$10 - \$30, depending on the manufacture, but all work very similarly (Miller). In this test, an individual places a stool sample onto the FOBT card and sends it in a prepaid envelope to a lab for further evaluation. The purpose of this test is to detect blood that is not visible in a stool sample (CDC). In a recent report from the Centers for Disease Control and Prevention, a "U.S. clinical trial reported a 33% reduction in colorectal cancer deaths and a 20% reduction in colorectal cancer incidence among people offered an annual FOBT" (CDC).

Some physicians are using a radiological test to screen for colon cancer, one such test is called the "Double –contrast barium enema" (Miller). This procedure consists of the use of several x-rays of the entire colon from the rectum to the cecum (the beginning of the large bowel). This test also uses air, which is pumped into the colon as well as a liquid contrast, called Barium (CDC). The purpose of this test is to detect any abnormalities within the large intestine. These abnormalities could include polyps, diverticulum (out-pockets found throughout the colon), and inflammatory disease processes (CDC). This test is performed without the use of

sedation and can cost between \$200 and \$400 (Miller).

Another way to detect the presence of polyps or colon cancer is done in Flexible Sigmoidoscopy exams. This exam is accomplished with the use of a flexible tube with a light and a camera on the end. This flexible tube is inserted into the rectum and the lower two thirds of the large bowel (Miller). This procedure is usually done without the use of sedation, and lasts about 10 – 15 minutes (AGA). A sigmoidoscopy can cost anywhere from \$100 - \$200; however in this procedure the right colon or the upper two thirds of the colon go unviewed (Miller).

A more sophisticated procedure is the Colonoscopy (Miller). It is more well known than any of the other tests and is the most expensive, costing upwards of \$1000 (Miller). A Colonoscopy is similar to the Flexible Sigmoidoscopy; however, in a Colonoscopy the entire colon is visualized (AGA). The colonoscope is approximately 5 feet long which is the approximate length of the large bowel (4 ½ - 5 feet in length) (AGA). In this procedure, the patient is given sedation, which is titrated throughout the procedure (AGA). During this procedure, if polyps are detected they are removed or biopsied and sent to Pathology for identification (Miller). This procedure takes anywhere from 20 minutes to 1 hour and is 95% accurate (Miller).

If the polyps were small and the entire colon was well seen during the colonoscopy, doctors generally recommend a repeat colonoscopy

in three years (AGA). If your repeat colonoscopy doesn't show any indication of polyps, an individual might not need another procedure for an additional five years (ASGE). Patients with a family history of colon cancer should also have a Colonoscopy every five years.

Current guidelines, from many organizations recommend regular screening for all adults aged 50 and older (CDC). The recommended procedures and intervals are:

- FOBT – every year
- Flexible Sigmoidoscopy – every 5 years
- Double – contrast barium enema – every 5 years
- Colonoscopy – every 10 years (CDC).

Screening for colorectal cancer falls far behind screening for other cancers (CDC). Findings from the National Health Interview Survey, which is administered by the Centers for Disease Control and Prevention, indicated that in 2000, only 45% of men and 41% of women aged 50 years or older had undergone any screening test within the last year (CDC).

Colon Cancer is preventable and curable, if detected early. It is everyone's responsibility to assure that he is screened for this most preventable disease. As stated the Centers for Disease Control and Prevention have set up a program called "The Screen for Life Campaign," which encourages individuals to step up and take responsibility for their health. This program increases awareness

among adults aged 50 years or older that colorectal is the second leading cancer killer. It also increases awareness of the benefits of being screened for colorectal cancer. Finally, it helps 'motivate' patients to talk to their doctors and be screened for colorectal cancer (CDC). Each person owes it to his self to remain as healthy as he can, he can do this by being screened for colon cancer.

Resolutions accepted at House of Delegates:

#1: SGNA recommends that during nurse administered sedation two nurses are to attend to the patient during radio frequency ablation procedures.

#5: A second level or advanced associates program will be written and implemented by 2008.

#7: SGNA offers an optional course at nationals in May called, "Leadership at the Local Level." This would include a condensed version of the Chicago Leadership Course, which summarizes expectations, responsibilities and resources available to local leaders.

#9: SGNA Research Committee conducts research and develops guidelines on usage of suction tubing and canisters.

*

"Newsletters represent the authors' opinions based upon the current understanding and usual practices in this field. Except as stated, it does not represent SGNA guidelines or procedures. Practitioners must adapt the information to their individual situations. SGNA accepts no responsibility for specific applications of this information."

Marc Yankowski of Boston Scientific has agreed to sponsor our newsletter. Thank you Marc. If you need to contact Marc

Boston Scientific:
1-800-471-3226 x3132

**CNY SGNA:
YOUR 2006 BOARD:**

President: MaryAnne Malone,
RN, CGRN 518-262-5049(w)
518-237-2262(h)
18 Viewpointe Dr. Troy, NY
12182 maryannecgrn@MSN.com

Past-President: Barbara Schwant,
RN, BSN, CGRN. 518-887-
2850(h), 518-347-5451 (w) FAX
518-347-5705
309 Muselbeck Rd. Pattersonville,
NY 12137
schwant@juno.com

President-elect: Mary Ellen
Barrett, RN, CGRN. 116
Kenwood Ave. Syracuse, NY
13208 315-470-7921 (w) 315-
455-5035 (h).
RYALNI@twcny.rr.com

Secretary: Gayle E. Millis, RN,
CGRN 3257 Center Road
Moravia, NY 13118 (315)364-
7861(h), (315)255-7130 or
(315)255-7213(w)
DougandGayleMillis@excite.com

Treasurer: Cathleen H. Bolton,
RN, CGRN 518-585-7102 (h),
518-926-6220(w) FAX 518-926-
6234 voice: 518-926-6226
90 Tiroga Beach Lane,
Ticonderoga, NY 12883-2307
chbolton@hotmail.com

Board members at Large:

Education Chair: Terry
Markiewicz, MS, RN, CGRN
104 St. Stephens La. W., Scotia, NY
12302 518-243-4258 (w) 518-399-
0703 feedkramer@aol.com

Membership Chair: Maddi
Gates, RN, CGRN

1019 Irving Ave, Endicott, NY
13760 607-762-2592 (w)
607-786-9255 (h)
pettittcone@hotmail.com.

Bylaws Chair Carolyn McKay,
BA, RN, CGRN 1012 County
Route 12 Pennellville, NY 13132
315-448-5200(w)315-668-3559 (h)
Gorm@localnet.com

Finance/Budget : Janet
Moran, RN. 518- 399-7341(h) 518-
243-4258 (w). FAX 518-243-1325
56 Vines Rd.
Ballston Lake, NY 12019
Pmoran1@nycap.rr.com

Scholarship: Eileen Fox, RN,
CGRN 27 Hillcrest Ave. Albany,
NY 12203 518-438-3029 (h)
FOX719@aol.com

**Past President of Certifying
Board of Gastroenterology
Nursing & Associates** Cathy
Bolton, RN, CGRN 518-585-7102
(h), 518-926-6220(w) FAX 518-
926-6234 voice: 518-926-6226
90 Tiroga Beach Lane,
Ticonderoga, NY 12883-2307
chbolton@hotmail.com

**Editor/NOLF rep/Director on
CBGNA Board:** Barbara
Schwant, RN, BSN, CGRN 518-
887-2850 (h), 518-347-5300(w)
FAX 518-347-5705 (w)
309 Muselbeck Rd.
Pattersonville, NY 12137
schwant@juno.com

**National Society of
Gastroenterology Nurses and
Associates:** 800-245-7462
www.sgna.org
e-mail: SGNA@sba.com
Local education members:
Binghamton: MaryFran
Cummiskey, RN, CGRN 201 Frey

Ave. Endicott, NY 13760 _ 607-
762-2276 (w), 607-748-7156(h)
www.mommer201@aol.com

Capital District: Terry
Markiewicz, MS, RN, CGRN.
104 St. Stephens La. W., Scotia, NY
12302 518-243-4258 (w) 518-399-
0703 feedkramer@aol.com

Syracuse: Coleen Feocco,
BA, RN, CGRN 315-475-2802
(h)315-470-7921(w)
2210 South Geddes St. Syracuse,
NY 13207 rfeocco@twcny.rr.com