



No28

August 2007  
CNY SGNA Newsletter

Central New York Society of  
Gastroenterology Nurses and  
Associates.

**President's Message:**  
Greetings from the President

I hope everyone is enjoying their summer. Vacations are a wonderful invention

Those of us fortunate enough to attend the annual course in Baltimore had a spectacular time. It was educational with a multitude of opportunities for learning and networking. There were many hot topics, one of which surprised me was disharmony in the workplace offered under several different headlines. Apparently some departments have had real problems with co-workers not being team players and suggestions were given to help with dealing with these issues.

Regional night was a "swash-buckling" affair with our pirate hats and "Polyps of the Caribbean" theme. We had a great time passing out pirate stickers and gum doubloons to the other regional members and visiting their tables as well.

The keynote speakers were excellent and inspiring as usual. For anyone who has never gone to a national conference, try to attend at least once. It is an experience you will not forget. And once you have gone, you will want to go again. There are scholarships available. Mailings will go out the end of this year with the criteria listed. Become active members of CNYSGNA, run for an office, write a Journal article, work on a conference – these are all ways to earn points toward the scholarship.

Enjoy these warm days and long evenings. Summer will be gone before we know it and fall brings the Fall conference in Lake George. It's another great opportunity for educations and fun. See you there.

Mary Ellen Barrett, RN, CGRN  
President, CNYSGNA

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**FALL EDUCATIONAL MEETING**

**GI Escape at the Lodge**

when: **October 20, 2007**  
Where: **Great Escape Lodge Water Park, Glen's Falls, NY**

To learn more, please contact Cathy Bolton at 518-926-6220 or by email at [chbolton@hotmail.com](mailto:chbolton@hotmail.com)

**Hotel Reservations:** Great Escape Lodge Water Park 888-708-6284, 518-824-6000  
**Group:** Glens Falls Hospital/SGNA  
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**Editor's Note:**  
My new favorite saying was seen on a t-shirt at our cafeteria.  
**Excellence doesn't just happen. It is a decision you make Every Day.**

I am still trying to find out who to give credit to, but I think this says what we are all about. This is the

reason that you attend conferences, network and stay involved. So...

Get ready for a great Fall conference. Brochures should be arriving shortly. Subjects include:

Role of Unlicensed Personnel  
EUS/ERCP  
National Patient Safety Goals in the GI Suite  
Liver Transplant  
Eosinophilic esophagitis  
Celiac Disease

7.0 Contact hours  
Plus Giveaway baskets  
Central NY Fun Quilt Project

If you did not get your quilt panel, contact Cathy Bolton. And don't forget to bring the panel highlighting your facility. Your family can use the water park all day while you attend the conference. Other hotels are listed in the brochure.

Please consider doing a conference in your facility, or joining with another hospital. The education committee is here to help you. Get involved. Earn the points to use for scholarship money.

Many items to mention in this issue.

Please vote for your Board. Ballots should be arriving soon.

Vote for the National SGNA Board. Consider running for SGNA or ABCGN Board. Look on the websites for info. Or sign up to work on a committee.

[www.sgna.org](http://www.sgna.org) or [www.abcgcn.org](http://www.abcgcn.org)

ABCGN is the new name for the Certifying Board. American Board of Certification for Gastroenterology Nurses. More info on the website.

This is the last call for recipes. We will have a cookbook this October to sell with the beautiful apron's that Coleen Feocco made. E-mail

me your recipe or mail it to me by September 7th. [Schwant@juno.com](mailto:Schwant@juno.com)

I am including a few websites that offer free or reasonable contact hours for GI education.

Free CMEs:

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

Other Great Web Sites

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

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

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

[www.joannabriggs.edu](http://www.joannabriggs.edu)

[www.reflux1.com](http://www.reflux1.com)

<http://dave1.mgh.harvard.edu/>

<http://titan.med.virginia.edu/uma/methemoglobinemia.ppt>

RN.com (one free/month, unlimited in year, \$31.95)

[www.homestudyce.com](http://www.homestudyce.com) (30 CE hours/\$34.95)

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

[www.ansellhealthcare.com/University/](http://www.ansellhealthcare.com/University/) (free)

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

[www.Nysna.org/](http://www.Nysna.org/)

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

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

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

If you would like to share some websites, just e-mail me.

Please bring a card for a serviceman or woman to the Fall conference. I will make sure that they are delivered to the service people at the VA for Thanksgiving this year. I will have some cards available if you want to just do it at the meeting. Or you can send them to the address below.

Karen Haas, Chief Voluntary Service (135)  
Stratton VA Medical Center  
113 Holland Ave.  
Albany, NY 12208

Thanks to Bill Ericson for getting me this information.

Do we want to start a retired GI nursing section? There is a lot of education information that we lose

each year through retirement. Let me know.

Special thanks to Renee and Gail for their articles on sessions that they attended in Baltimore.

Barbara Schwant, BSN, RN, CGRN

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#### **DATES:**

**CNYSGNA Fall Conference  
October 20<sup>th</sup>, 2007 Glens Falls,  
NY** Cathy Bolton 518-926-6220  
(w) Held at the Great Escape  
Lodge Water Park. .

**Fall Certification Exam, Oct. 21,  
2007.** Application due Aug. 15,  
late date is Aug. 22, 2007.

**SGNA's 35th Annual Course  
May 16-21, 2008  
Salt Lake City, Utah**

**SGNA & YOU - The Power to  
Make a Difference**

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**MEMBERSHIP: 105**

Check out Central NY's  
website :

[www.cnysgna.org](http://www.cnysgna.org)

Baltimore, what a great city to have the SGNA National Conference! One session that I really enjoyed was "Methemoglobinemia: An Unusual Complication of Topical Anesthesia" by Patricia Maher RN CGRN.

When the speaker asked the audience how many people had seen this condition I was surprised how many people raised their hands. When she asked how many people had seen this more than once I was even more surprised.

She presented a case study of a 79-year-old female who underwent an uneventful endoscopy until post procedure, when she developed dyspnea and cyanosis with oxygen saturations in the 80's. Despite oxygen and reversal agents the patient's condition didn't improve. It took a respiratory therapist who was drawing ABG's to notice the chocolate-brown color of the patient's blood before methemoglobinemia was thought of. Methylene Blue 1% solution (1mg per kilogram of body weight) is the treatment for this condition. After receiving the Methylene Blue the patient's condition improved.

The question was asked, "Would you be able to recognize the symptoms and do you have Methylene Blue available?" So when returning home from Baltimore we decided to look into this and to stock Methylene Blue so that it was readily available. Hopefully we won't need to use it but at least we are more prepared than before.

Renee Brooks RN

CGRN

Glens Falls Hospital

One of the 2007 Scholarship  
Winners.

<http://titan.med.virginia.edu/uma/methemoglobinemia.ppt>

#### **TRIP TO BALTIMORE**

Another year has rolled around, and SGNA has provided us with

still another outstanding Annual Course. Being one of the recipients of a CNYSGNA National Scholarship made it possible for me to attend three of the optional sessions on Friday and Saturday as well as the regular Course that ran from Sunday through Wednesday.

"Strategies for Safe and Effective Sedation", a 7 hour course on Saturday, was one of the best programs I have ever attended!!!! It was given by Deborah Dlugose, RN, CGRN, CRNA who also maintains her certification as a legal nurse consultant and nursing educator. She reviewed the historical role of the RN from the 1980's, when Anesthesia Providers handled the sickest patients and RNs monitored the healthy, low risk patients, to the present day when RNs are routinely managing Moderate Sedation on many of those higher risk people.

Fifteen interesting points that were covered include:

- 1) "Critical Thinking is the most essential part of Sedation Care"
- 2) No State Board of Nursing addresses sedation care in their Nurse Practice Act. (They have published Position Statements and Interpretive Documents which someone at each institution should be accessing every few months to check for updates)
- 3) Anyone giving Moderate Sedation should have the skills to "rescue" the patient from Deep Sedation.
- 4) No gum or mints should be allowed during the NPO period as they increase gastric juice production.
- 5) Red haired people are more sensitive to drugs.

6) Versed given during the first trimester can cause cleft-lip and cleft palate.

7) Reconsider your teeth out policy.....It's easier to maintain an airway with them in.

8) Sleep Apnea patients need someone to stay with them post-procedure, not just to drive them home.

9) No driving post procedure means for the full 24 hours, not just til the next day.

10) If the patient becomes diaphoretic during the procedure, consider the possibility of an MI.

11) Hypotension?.....Consider air embolism

12) The first sign of propofol onset may be a sigh or a yawn.....Apnea may follow.

13) Don't trust any patient to be predictable.

14) "There's a patient out there waiting for you!"

15) NEVER LET DOWN YOUR GUARD

I also attended sessions on Hep C, Code Blue in the GI Lab, Medical Malpractice, Celiac Disease, Carcinoid Tumors, Interpersonal Relationships, and more. I'd like to thank CNYSGNA for giving me such a wonderful opportunity to expand my GI knowledge and network with nurses from around the country and even the world!

Advice???.....become more active in our Regional, accumulate those points, and apply for a National Scholarship!

Gayle E. Millis, RN, AAS, CGRN  
One of the 2007 Scholarship winners.

"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

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