



GUIDING LIGHT

Volume 1, Issue 4

June, 2010

Mark Your Calendar

31ST ANNUAL NCSGNA FALL CONFERENCE

September 11, 2010



At the: **Napa Valley Marriott Hotel And Spa**

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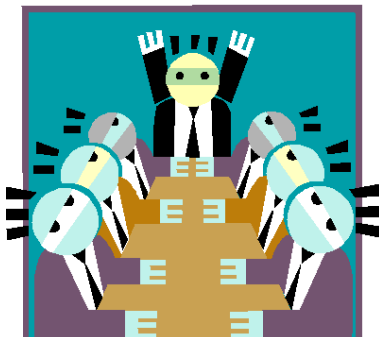
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Become a Board Member!!!

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 Napa Valley!!

Announcing the **SGNA GI/endoscopy Infection Control Resource Center**

This Web site provides a central location for SGNA infection control resources and other pertinent information, in order to help GI units and facilities determine processes and answer questions.

[Click here](#) for more information.



Message From The President

It's nearly summer and the Board is looking forward to the fall conference in Napa. But I'd like to take a look back and see where we've been since the first of the year.

The conference in South San Francisco was a great success. We had some of the best speakers in our region, including **Dr. Jacques Van Dam**, President of ASGE. We had a variety of topics that included information for the novice GI nurse to the experienced. Thank you to all who attended.

Congratulations to **April Heuschel, RN** of Kaiser Vallejo, the recipient of the national course scholarship.

Our region was well represented at the national course in Orlando, Florida. Three of our members, **Kendall Yoshisato**, **Ann Hayes** and **Isabelle Lynch**, spoke at the conference. We were well represented as monitors and moderators. Two of our members are now on SGNA national committees to represent not only our region, but all of SGNA. **Kendall Yoshisato** is a member of the Board of ABCGN.

If you are interested in serving our region and on to the national level, please talk with any board member. Terry Villegas, Past President, is currently putting together the slate of nominees for next year's board.

The House of Delegates was a great experience this year. I enjoyed meeting delegates from all around the country. The issues we face daily are common to our fellow GI nurses and associates around the United States. There were lively debates on resolutions and a number pertaining to infection control and scope reprocessing were passed. The resolutions will now be presented to the Board of Directors in the summer for action.

Congratulations to our sister Region, Southern California, for being the Outstanding Region this year!

The Fall conference will be in Napa at the Napa Marriott on September 11. If you have anyone who would be interested in speaking please contact **Madeline Smoley**, Director of Education. We are mindful of the speakers and topics you would like to hear. Madeline reviews all of the evaluations from our conferences and presents them to the board. It certainly assists us in locating speakers and specific topics. Thank you to all of you who are kind enough to turn those in at the end of a conference.

So watch for the upcoming conference information on our website. Keep the board informed of your needs – you are the members we serve.

Christie Turner
2010 NCSGNA President



Message From The President-Elect

What If...Why Not

This year at the 37th Annual Conference in Orlando Florida, a motivational speaker by the name of **Mike Rayburn** delivered an outstanding presentation titled "What If...Why Not." In it, he was able to propose a tool that you can utilize to access the gold mine and unrealized potential inside of you. He emphasized that the only way to manage change is to create change by defining the curve rather than following it.

When serving as the Educational Director and Secretary, I can recall times when I was hesitant to run for President mainly because the title of President ruffled my feathers. However, I realized that I was being given an opportunity to help serve, develop, and grow within the organization, and I knew that I was adequately qualified because of the eight years of experience under my belt. I am very honored to be the President Elect and when attending this conference I came to the conclusion that Mike Rayburn was absolutely right. Everyone has unrealized potential and can create change within themselves. I am ready to set the curve.

To start the learning process, I attended the Leadership Session which was very informative and worthwhile. **Teresa Vos**, SGNA President, was inspiring on her video presentation called "Traits of a Leader." Her powerful words of wisdom were motivating and inspiring. It was wonderful to listen to the brightest from the minds of our current SGNA leaders, which ranged from Process and Procedures for Budget and Financial Management, to Leadership Development, Re-chartering, Parliamentary Procedures and even Sponsorships. It was also fascinating to hear the submitted Resolutions debated and voted at the House of Delegates Meeting. I am looking forward to the Leadership Conference at Chicago in October to learn more and most of all, to serve the needs of our members.

So, to sum it up, I think I have a wealth of knowledge and the enthusiasm to get started. It's not too early to start thinking about our goals: First, increase the NCSGNA membership. Currently, we have 355 members. We need to spread the word of the benefits of membership. Secondly, encourage members to get certified. Currently we only have 125 members certified. Thirdly, find creative ways to increase attendance to our Regional Conference by offering a Vendor Program the evening before the conference. There are many other goals that I have in mind but we also need to start thinking of submitting Resolutions to the next national conference. This has to originate from you, the members. The House of Delegates is the place to address SGNA's Business issues, education, training programs and other member concerns relevant to the SGNA's strategic plan and mission.

It was a pleasure to see NCSGNA colleagues in Florida. Per SGNA there were 47 attendees from Northern CA. It's not too early to plan for the **38th Annual Course on May 6-11, 2011 at Indianapolis, Indiana.** I do encourage you to either join the Board or volunteer to share your time and talents. As Theresa Vos quoted, "**SGNA will gain its strength through the sum of its parts.**" Just think of the personal growth you can achieve. I guarantee you will cherish the friendship, laughter and learning. You can help us "create the change and define the curve."

President-Elect
Mary Veridiano



A Word From The...

Membership Director

(Heiti DeLucchi)

What can you do with \$120?

Two mediocre seats at the musical "Wicked"? Dinner for two at a not-too-fancy restaurant? Good seats at a Giants game?

Membership to SGNA for a whole year!

There are so many benefits of SGNA membership for so little moolah. This is a secret that is meant to be shared. Tell your co-workers about the money you save as a member on those wonderful regional semi-annual courses, let alone the big buck savings on the SGNA National Course.

You are able to join the online SGNA chat room and ask questions of your colleagues from around the nation. You receive a discount on your certification exam. And you receive the excellent resource, Gastroenterology Nursing, in the mail every other month.

Certainly, you have made a wise decision to be a member of the SGNA. Currently, 348 people are members of the Northern California SGNA. You are one of them if you are receiving this newsletter. But many are rushing to join the ranks of membership. In fact, 55 new members joined the Northern California SGNA in 2009 and, so far in 2010, we already have 53 new members. The word is getting around about the value of being a member of SGNA.

Don't let your co-workers miss out on this valuable resource. SGNA offers an 18 month membership for those who want to join mid-year, for \$195.00 and a 2 year membership of \$225.00 will save you just enough for a bouquet of flowers to celebrate your wisdom and commitment to GI nursing.

Past President NCSGNA

(Terry Villegas)

Sunday night I was watching the finale of "Celebrity Apprentice" and it made me reflect on the last couple of years I have spent on Northern California SGNA Board of Directors. I remember feeling like an apprentice the first couple of conferences. Worrying that I would not measure up and face elimination. It was kind of fun and challenging to do my best

I consider myself very quiet and shy by nature, but as I approached retirement age, I decided to sit down and write out a wish list of things that I want to do before I retire. I wanted to push myself to go outside my comfort zone. Public speaking and writing were always my weaknesses so I made them one of my goals. Another goal was to do something to give back to GI nursing.

One day, I was speaking to a nurse and she asked why I didn't apply to be on NCSGNA Board. I must say, I was very fearful. I told myself a lot of reasons why I shouldn't apply. Finally, I realized that this was my chance to go outside my comfort zone, where I could really grow. So I applied and eventually was elected to NCSGNA as Secretary.

I must say that I am glad I did. I have enjoyed the last five years. I have learned so much. I have pushed my limits past my comfort zone and accomplished most of my wish list items.

At our next conference in Napa on September 11th, we will hold elections for NCSGNA 2011-2012 board positions. I am still trying to find potential candidates, so if you are interested, please email me right away. My email address is terryvillegas@hotmail.com I will gladly send you information about positions up for election and answer any questions.

Director of Education

(Madeline Smoley, R.N., CGRN)

According to the evaluations returned, the South San Francisco Spring Conference was very successful!

Everyone enjoyed the venue, but more importantly, the speakers received very high marks. Many requests following the Sacramento Conference in the Fall were implemented. These included but were not limited to:

- extra paper for note taking
- relocation of email information
- increased information about our speakers

Hope to see you at the fall conference at the Napa Marriott on September 11, 2010.



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

Legislatively Speaking...

As of this month, there is supposed to be a large cut in Medicare physician reimbursement by the Centers for Medicare and Medicaid Services (CMS), to the tune of 21.2%...

Much has been made of President Obama's health insurance reform. Already, there are small waves of changes being seen. For example, many small businesses were recently notified that they would be eligible for tax incentives, saving them money while providing much needed health care for their employees. In the next few months, insurance companies will be closely monitored for activities that impact people's health coverage, such as raising rates, and making it illegal to drop or accept children because they are sick or have a known illness. Young adults may still have health coverage under their parents' plan until their 26th birthday. Health care reform will take time, and in time, we will see the overall impact it will have in our lives.

Did you know....

Our national legislative director, Phyllis Malpas, also represents SGNA through the ASGE and the national colorectal council.



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 you:

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, Chairperson
 San Francisco VA Medical Center
 4150 Clement Street
 Bldg. 203, Rm. 2A-79
 San Francisco, CA 94121

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 2011 SGNA Annual Course!!!



Cholangioscopy - Mother/Baby Scope System

Contribution By Tom DeSimio, RN
Interventional Endoscopy Service California Pacific Medical Center

The ability to obtain high definition video images from the biliary or pancreatic ductal systems is very valuable for the detection and treatment of dysplastic and neoplastic conditions. Cholangiocarcinoma and intrapancreatic mucinous neoplasias have better prognosis with early detection. Blind biopsies or brushings have low yield of cytologic or histologic samples and the random nature of their collection provides suboptimal or even inferior specimens for the pathologist to examine. Using the Mother/Baby format to explore the ductal systems gives the Endoscopist excellent views of the duct lumens. The doctor can also use Narrow Band Imaging (NBI) if necessary, allowing accurate, targeted sample collection.

A therapeutic duodenoscope is used as the "Mother" scope. The scope is passed in the normal fashion to the second portion of the duodenum, visualizing the ampulla. Next, the super slim "Baby" scope can be passed through the working channel and eventually into either the common bile duct or the pancreatic duct. Caution is needed while advancing the baby scope so that the baby scope distal insertion tube is not damaged by the duodenoscope elevator. In fact, the doctor controlling the duodenoscope must not use the elevator at all after the baby scope has exited the working channel. The potential to make a hole in the baby scope is high as the tool is somewhat fragile.

Aside from being an extremely valuable diagnostic procedure, mother/baby cholangioscopy can provide therapy as well. The baby scopes have evolved to the point that current models have NBI ability and a 1.2 mm working channel. Micro biopsy forceps allow for simple cold forceps biopsy tissue sampling. Limits, though, do exist. It is very hard to take more than one bite at a time without dropping the first bite. This makes the process a little more time consuming than conventional biopsy because of the need to pass the forceps many times to collect an adequate number of samples.

Stone management is another strong suit for the mother/baby format. Using either Electro Hydraulic Lithotripsy (EHL) or a laser system, large and hard stones that are refractory to mechanical lithotripsy, can be broken. After breaking the stones into fragments, the duct can be cleared with basket or balloon sweeps. Using a Touhy Borst-type adapter on the baby scope

working channel hub will make it possible to flush with Normal Saline during lithotripsy. A flush pump connected to the side arm of the adapter makes flushing easy and effective.

The Mother/Baby approach comes with some severe limits, though. Firstly, each scope needs its own light source, video processor and monitor. Second, and perhaps even more limiting than this hardware requirement, is the need for two endoscopists. One doctor has to manage the mother scope and the second controls the baby scope. Each doctor must focus on their individual role as the mother scope tip must be maintained in good position relative to the ampulla, knowing there is a tendency for the scope to fall back if the position is unstable. Furthermore, the doctor controlling the mother scope will also control the insertion of the baby scope into the duct. While watching the image on the baby scope monitor, the baby scope is moved as needed to accomplish the goal of therapy.

The baby scope operator will control the direction of the baby scope tip by means of an up/down lever. Left and right tip deflection is difficult to accomplish, as the torque must be translated down the entire length of the baby insertion tube. There is friction to overcome along a considerable length such that left / right is not easily done. The baby scope operator will also manage the accessory tools, such as passing the biopsy forceps or EHL / laser probes, operating the foot switch to fire the lithotripter. An assistant can operate the forceps handle or provide normal saline flush as required. Patients with Primary Sclerosing Cholangitis may require strictureplasty of selective ducts. Guide wire cannulation of the intended duct may only be possible with direct visualization and guide wire manipulation.

Even with these limits, Mother/Baby cholangioscopy has an important role in the management of patients with ductal stones or strictures, either benign or malignant. The ability to accurately diagnose and treat these conditions will lead to overall better patient outcomes, the common goal of all Healthcare Providers.



NCSGNA Executive Board Meeting
March 26 2010
Sheraton, South San Francisco

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

Old Business

- Motion passed to accept minutes from last board meeting.
- The NCSGNA computer may be donated after all information transferred to a flash drive.
- Betty presented the Treasurer's report with current assets at \$96,627.90 with outstanding liabilities of \$11,779.26.
- Christie suggested the lanyards (given to conference attendees for GI Nurses' Day) be wrapped around the attendee's nametag.
- The 2011 Spring Conference will be March 26 in San Ramon.
- The 2011 Fall Conference to be determined. Christie will research the North Lake Tahoe site and Tenaya Lodge in Yosemite. Mary to check out site in Lodi. Christie would like to move forward with future conference sites for planning purposes.

New Business

Resolutions discussed among members present with the board's recommendation as follows. #1 No, #2 No, #3 No, #4 No, #5 Yes, #6 Yes, and #7 No.

Director Reports

Mary Veridano – Mary will visit potential conference sites in Vacaville and Lodi.

Terry Villegas – Terry discussed director positions to be filled in 2011.

Kendall Yoshisato—Exhibit Director, currently has this position and asked by the Board to continue.

Michael Wico—Legislative Director, currently has

this position and asked by the Board to continue. **Isabelle Lynch**—News and Scholarship Director, currently has the position. The Board to ask Isabelle to consider another two-year term.

President Elect – The Board presented several names; Christi Turner, Lydia Chapman, Joyce Hughes, and Susan Oesterman as possibly interested.

Lois Ermak – Lois discussed the large volume of secretarial material in boxes. Terry suggested faxing the Board and Business minutes from 1986 to 2000 to her home; she will scan them so they can be electronically sent to Lois. Lois will place records on a flash drive.

Heiti DeLucchi – Heiti purchased more name-tags. New members are found by looking at the date joined in the members roster of the SGNA website.

Madeline Smoley – Seven CEs for the Spring 2010 conference. Speakers for the Fall 2010 Conference discussed. Send information to Madeline regarding confirmation of speakers.

Kendall Yoshisato – There are forty-nine vendors attending the 2010 Spring Conference. The income will be approximately if \$15,300.00 if all vendors attend.

Isabelle Lynch - One applicant for NCSGNA scholarship to attend SGNA annual Course. The Board to consider changing application process. Isabelle needs to receive news one month before newsletters are published. The newsletters are published **February 1, July 15, and November 15**. The business meeting minutes are published in the November 15 newsletter.

Michael Wico – Michael received proclamations on GI Nurses and Associates Day from San Francisco Mayor Gavin Newsom and Governor Arnold Schwarzenegger.



NCSGNA Calendar of Events

July 30, 2010

[ABCGN Fall Certification Examination Application Deadline](#)

*\$50 late fee if postmarked after July 30

August 6, 2010

[ABCGN Fall Certification Examination Late Application Deadline](#)

*\$100 late fee if postmarked after August 6

September 11, 2010

Northern California SGNA Annual Fall Conference
Napa Valley Marriott Hotel And Spa

October 1 - 31, 2010

[ABCGN Fall Certification Examination](#)

Fall Exam Computer Based Testing (CBT) Window

May 6-11, 2011

[SGNA's 38th Annual Course](#)

Indianapolis, Indiana



Leadership Directory

Contact information for the NCSGNA leadership

Position	Name	Email
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	info@ncsgna.org
Secretary	Lois Ermak	lois5854@sbcglobal.net
Director of Education	Madeline Smoley	madeline@smoley.com
Director of Membership	Heiti DeLucchi	shvmgg@comcast.net
Dir. Comm. & Legislative Relations	Michael Wico	mikewico@yahoo.com
Director of Exhibitors	Kendall Yoshisato	kyoshisato@prodigy.net
Director of Publicity and Scholarships	Isabelle Lynch	deerceles@yahoo.com
ABCGN Consultant	Ann Hayes	ann.hayes@va.gov