



ENDOSCOOP

ODSGNA Newsletter

Message from the President

Dear Colleagues:

I am privileged to serve as the President of ODSGNA for 2016-2018. I want to take this opportunity to thank Eileen Babb, BSN RN GGRN CFER, Immediate Past President, for her exceptional mentorship, leadership and vision in guiding ODSGNA for the last two years. Under her direction, ODSGNA was awarded the ABCGN Outstanding Certified Region of the Year Award in 2015, produced eight excellent educational programs, became the first SGNA region in the US to provide teleconference options for members with the ODSGNA Back to Basics course in 2015, hosted the first ODSGNA regional leadership conference, helped coordinate the first ODSGNA Endoscope Reprocessing Course in 2016 and encouraged and mentored peers and colleagues to strive for professional excellence which resulted in national awards for several ODSGNA members and facilities. She continues to work tirelessly on the ODSGNA Board, DelMarVa Executive Committee and SGNA National committees. Eileen is an excellent leader; I am so glad that she is on the ODSGNA team!

ODSGNA is considered one of the top SGNA regions in the nation and it is due not only to awesome leadership but also to you, our outstanding members. I invite you to raise your membership to a new level by filling out a willingness to serve application located on the ODSGNA website, www.odsgna.com. Upcoming events include the ACG/VGS/ODSGNA Regional Post Graduate Course, Sept 10-11, 2016; Pulmonary Endoscopy Conference, Nov 12, 2016; ODSGNA Beyond the Basics Course, January 2017; and the DelMarVa SGNA Conference, March 3-5, 2017. Volunteers are always needed at these events and your participation is encouraged and appreciated!

Take a moment to visit our website and peruse the Awards and Scholarship opportunities, nominate your unit for the Department Spotlight, nominate your favorite doc for the Gastroenterologist Spotlight, or reward a fantastic colleague by nominating him/her for the Member Spotlight. Send in your pictures for the Photo Gallery!

I look forward to serving all of you in my new role and hope to see you at the upcoming educational events and on the web!

Best,

Donna R. Dickinson, BSN, RN, CGRN, CMSRN, CFER,

President, ODSGNA

Upcoming Events

**ACG/VGS/ODSGNA Regional
Post Graduate Course
Williamsburg, VA
September 10-11, 2016**

**Pulmonary Endoscopy
Conference
Chesapeake Regional Medical
Center, Chesapeake, VA
November 12, 2016**

**ODSGNA Beyond the Basics
January, 2017**

**19th Annual DelMarVa
SGNA Education
Conference
Fairfax, VA
March 3-5, 2017**

**Certified Nurses Day
March 19, 2017**

**GI Nurses and Associates
Week
March 20-24, 2017**

**44th Annual SGNA Conference
New Orleans, LA
May 7-9, 2017**

Your ODSGNA Leaders and What They Love Most About G.I.!



Donna Dickinson, President

"When a smiling patient looks at me and says "thank you, you made this so easy," it makes me feel happy and grateful to be given the opportunity to make someone's day a little better."

Eileen Bab, Immediate Past President

"My patients and peers. It is gratifying to be part of the effort to reduce the death rate for the number two cancer killer in America. One unique characteristic of our multifaceted specialty which I truly love is the perfect combination of critical thinking and technical skills in caring for our patients. The camaraderie and teamwork amongst the people I work with and the relationships I've formed from networking with like-minded professionals through SGNA are also some of the reasons why I love GI."



Irene Rader, President-Elect



"It is an area of nursing that gives you many different opportunities. It is an area where you use critical thinking skills along with technical skills every day. It allows you to work closely with patients, families, peers and physicians. I love working as part of this team. Many patients return frequently and you become a part of their families and you know you are making a difference in their lives."

Kimberly Cooper, Treasurer

"I love the teamwork that has to accompany patient care. The endoscopy unit itself has individual roles which is necessary for an efficiently run department. This cannot occur without teamwork. RNs can have versatility in the job by having the opportunity to fill any of the roles within the endoscopy unit if necessary. Research and methods to treat GI-specific ailments continue to evolve, which means that there are always opportunities to learn. GI nurses are lucky to have a strong gastrointestinal specific organization such as SGNA to provide GI staff with continued education. I love that each day in GI nursing is different and having opportunities to learn and implement new technology and methods in the delivery of patient care is never boring."



Your ODSGNA Leaders and What They Love Most About G.I.! (cont.)

Kristy Seay, Secretary



"I have always enjoyed the opportunity in Endoscopy to get to know the patients prior to their procedures. Our patients are more than "just a procedure." I have been involved in GI medicine for over 25 years and have been extremely impressed with the progression of the therapeutic/advanced procedures which we as a specialty can perform to save many patients from having surgery. Also, the conferences which we are privileged to attend have increased my knowledge and provided a great networking opportunity."

Lorrie Brickner, Legislative Liaison

"I enjoy being a resource to patients and helping with an uncomfortable situation. GI is a great blend of cognitive skills and manual skills (endoscopy). I feel like I am part of a team as we work closely together to help patients with their treatments. It is like an orchestra with each having a part, no matter how small, to assist our patients to achieve optimum GI health."



Susan Mitchell, Newsletter Editor



"It is just amazing to me that we can perform so many interventions, many of them life-saving, through a tiny little opening in an endoscope. Being able to play a part in helping patients in need is very exciting and rewarding. I also enjoy teaching patients, and when they tell me they understand what is going on and that their experience was a good one, I feel like I've done my job well."

Cynthia Taylor, Membership Chair

"Patients, research, emerging technology and growth in the profession."



Charlotte Timberlake-Torseth, Education Chair



"I like the opportunity to learn and grow every day and that GI is an ever-evolving, separate entity in medicine. I enjoy sharing knowledge with patients and families, whether it be a good diagnosis or a bad one. I like telling them when they're doing good or preparing them for turbulent times. I like bringing knowledge back from our conferences and mentoring our young nurses who are going to take our places when we retire. Knowledge is power."

Spotlight! University of Virginia Endoscopy/Bronchoscopy



The University of Virginia Endoscopy/Bronchoscopy unit is located in Charlottesville, Virginia. Our unit is an inpatient/outpatient unit located in the main hospital. The unit consists of four general endoscopy rooms, two interventional GI rooms, a motility department and a bronchoscopy suite. We have twenty three nurses and thirteen GI technicians along with an administrative team that keeps the unit flowing.

The unit does approximately 1,100 procedures a month. We offer all general GI services along with

advanced procedures including ERCP, Endoscopic Ultrasound, Single Balloon Enteroscopy, Cryotherapy and RFA for Barrett's Esophagus, POEM and Endoscopic Submucosal Dissection.

Our nurses and techs are actively involved in SGNA and participate in the Infection Prevention Program offered through SGNA. Through this program we have made changes with scope reprocessing validations, including quarterly competency checks for all our techs. Working side by side with the medical center Infection Control department we have developed standard work that was presented at the last DelMarVa conference. We made significant changes in our tech job descriptions to include requirement of certification in flexible endoscope reprocessing to advance to a higher level. With this requirement we were successful in obtaining certification for all five of our advanced techs.

This next year will be a very busy time for our team. We will be opening an outpatient endoscopy center in July, 2017. This will provide an additional 5 procedure rooms and allow our center to enroll in the 80% by 2018 program through the National Colon Cancer Round Table (NCCRT). This center will provide state of the art amenities and a patient friendly environment. In order to do this we will be looking to hire an additional 10 nurses, 10 techs and other ancillary positions between January and May of 2017.

Catherine Bauer is the Endoscopy/Bronchoscopy director who is leading the opening of this new center. She has been involved with the SGNA on many levels for the past 20+ years and is always promoting education, certification and involvement in SGNA both regionally and at the national level. Come check us out and become part of this growing, dynamic team!

ODSGNA Scholarship Recipients

ODSGNA granted scholarships to two of our members so they could attend the national SGNA Conference in Seattle, Washington. Read about their experiences below!

Lisa Brown - This year I received a scholarship from ODSGNA to attend the 2016 SGNA Annual Conference in Seattle, Washington. Not only did I get to see the wonderful city of Seattle, I also got to network with many great SGNA members from around the country who have the same interests while earning CEUs for my CFER (Certified Flexible Endoscope Reprocessing) certification.



While there, members were able to attend many lectures on infection prevention, scope reprocessing, GI disease processes, and educational lectures for technicians/associates. I sit on many different committees in our endoscopy department such as education and orientation, and serve as the SGNA Infection Prevention Champion. With this knowledge, I was able to bring great ideas and suggestions to these committees to ensure gold standard care for our patients.

The Exhibitor's Hall was a wealth of knowledge. The vendors displayed the most up to date devices and techniques in endoscopy today and for the future. Members were able to attend many lectures that were provided by the vendors about their products and receive CEUs for these.

I encourage everyone to attend the Annual Conferences and apply for the SGNA scholarships. This is a great way to network and learn about the GI field in a relaxing environment. Thank you, ODSGNA!

Kim Wilson – I enjoyed the whole aspect of the Annual Course. There were many different venues to choose from. I enjoyed talking/networking with many professionals and colleagues. It was great to see so many vendors and talk to them about new products that are currently on or will be on the market soon.



It was wonderful to see how professional, dedicated and committed the members of SGNA are. They were so willing to share and exchange information, experiences, and best practices according to current regulations and guidelines.

The knowledge that I gained will further my education and I will be able to share the most up to date practices, techniques and new ideas with my peers. I also had family in surrounding areas that I was able to visit after the course.

The conference was very organized, and I was able to attend all the courses that I had picked out prior to going. It was a great experience and well worth attending. Thank you, ODSGNA!

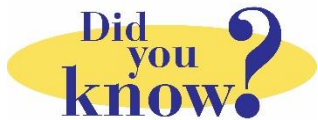
ABCGN Corner: CONGRATULATIONS!



Congratulations to **Amy King** of Springville, Virginia! Amy recently passed her certification exam!

The ODSGNA Board of Directors would like to congratulate you on your recent accomplishment of certification in Gastroenterology Nursing. Certification reflects achievement beyond a basic level of knowledge and requires continued learning and skill development to maintain your certification credential. We acknowledge your hard work in attaining this worthwhile goal!

ABCGN Corner: New Changes in Recertification!



The CEU requirements for CGRN recertification have changed! See below!

	OLD REQUIREMENT	NEW REQUIREMENT
Total Hours	100	75
GI-Specific	80	60
GI-Specific Category 1 (Live Nursing Seminars)	40	30

- 75 contact hours in 5 years are required for recertification.
- 60 of those hours must be GI-specific.
- 30 of those 60 GI-specific contact hours must be in category 1.

For more tips on recertification, please go to the ABCGN.org website, click on the Recertification tab, scroll down to "Recertification Info & Instructions," and scroll down to where it says "Click here for Recertification Tip Sheet."

Why Certify? Because:

- Certification validates your qualifications and your advanced competence.
- Certification demonstrates your professional aspirations and your desire to improve the quality of patient care and delivery of services.
- Certification rewards your continuing efforts to improve your knowledge and skills in your profession.
- Certification reflects your commitment in time, effort and expense to gastroenterology nursing.
- Certification assures professional recognition from your peers and colleagues.
- Certification will help you gain recognition for both your competence and your professionalism. Don't get left behind. Get certified! *Source: ABCGN.org*



Dr. Pramod Malik is a private practice gastroenterologist and owner of Virginia Gastroenterology Institute based at Sentara Obici Hospital in Suffolk, VA. It is a privilege to spotlight Dr. Malik in this issue of the ODSGNA newsletter. He is well known by ODSGNA members and in the GI community for his focus on education, and he is a frequent speaker at local, regional, and national conferences.

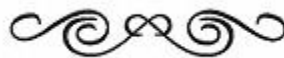
Quality, compassion, and integrity are Dr. Malik's guiding principles. He has a passion for delivering educational opportunities to the GI team in order to deliver safe and consistent high quality, effective GI patient care. Having a special interest in research enables him to deliver high quality, evidence-based, result-oriented, and patient-focused care. In the delivery of patient care, Dr. Malik believes that the patient's best interest is the only interest to be considered.

Dr. Malik grew up in India. He went straight into medical school following high school and earned the degree of Doctor of Medicine in 1988 from the M.S. University of Baroda. After a four-year residency in surgery he became board certified in General Surgery in India in 1992.

In 1995, Dr. Malik completed his residency in Internal Medicine and later a Fellowship in Gastroenterology at the University of Illinois in Chicago. He practiced in Michigan for four years, then moved to the Hampton Roads area of Virginia and has been in the area ever since. Dr. Malik is board certified in Internal Medicine and Gastroenterology. He is also a Certified Physician Investigator and actively involved in clinical research.

Dr. Malik was awarded Top Doc in Gastroenterology Specialty in Hampton Roads in 2012-2014 and 2016. His outstanding leadership capabilities landed him in some very demanding professional positions including President of Seaboard Medical Association (2014-2015); President of the Virginia Gastroenterological Society (2011-2013); Member of ASGE Research Committee (2009-2012); Director and Co-Director of VA ACG/VGS Regional Post Graduate Course (2008, 2009); and has held many more positions. His other achievements include co-authoring numerous journal articles in gastroenterology.

Any nurse who has worked with Dr. Malik knows that he challenges them to be their best and work in a coordinated delivery of care. They can see his compassion for each patient by giving them the most optimum delivery of care using the latest technology available for the best outcome. He is truly a patient advocate.



The **SGNA Flame Award for Unit Excellence** recognizes GI/Endoscopy Units who have shown a commitment to infection prevention, a supportive and educational work environment and positive patient outcomes. This award provides a roadmap for what is considered an exceptional work environment in a GI/Endoscopy nursing unit. The recipients of the 2016 award was our very own **Chesapeake Regional Medical Center, Chesapeake, Virginia**, and they were the only hospital in the country to receive it! They also received the ABCGN Excellence in Professionalism award for their high rate of certification. Just a

fidbit – CRMC was one of 6 hospitals nationwide to receive this. 2016 is the 6th year that CRMC has received this award!

Get Involved! There are Many Ways to Serve!

ODSGNA Members from all over the region are getting involved on a regional and national level! Here's a peek at what folks are doing!

Cathy Bauer, RNBS MBA CGRN CFER, is the incoming national President-elect of SGNA for 2017! She currently serves as national SGNA Treasurer. She has been active nationally in infection prevention and legislation. She served as past president for regional chapters, NY and NEGNA.

Eileen Babb, BSN RN CGRN CFER, currently serving as immediate past president of Old Dominion SGNA, was recently elected to the Board of Directors for national SGNA. She is an Evidence-Based Fellow for SGNA. *She is the 2016 recipient of the ABCGN Certified Professional of the Year Award!*

Helene Drees, MSN RN CCRN CNML is an SGNA Evidence-Based Research Scholar.

Linda Romeo, BSN RN CGRN, is Chair of the Hepatology and Special Interest Leadership Group for SGNA.

Lisa Brown, ACNA AGTS CFER is chair of the Associates/Technicians Special Interest Leadership Group for SGNA.

Nancy Schlossberg, BA BSN RN CGRN, is the current Treasurer for ABCGN.

Kristy Seay is on the ABCGN Review Committee.

Sherrie McNamara, PhD(c) RN MBA CCRA is the Research Committee Chair for SGNA.

Eileen Babb, BSN RN CGRN CFER; Kim Brown, BSN RN CGRN; and Susan Mitchell, RN CGRN, are on the ABCGN Recertification Committee.

These are just a few of the many people who are serving.

ODSGNA, SGNA and ABCGN are looking for nurses who are willing to serve. You can go to each of their websites and submit willingness to serve forms. You have the power to make things happen! Get involved today!



Hepatitis C Treatments at McGuire V.A. Medical Center – Michael Fuchs, MD, PhD, FAASLD, AGAF, FEBG, Director of Viral Hepatitis and Metabolic Liver Disease



In 2015, with the availability of highly effective all-oral antiviral medication for HCV, the goals of the Hepatitis C Treatment Program at McGuire V.A. Medical Center was redefined to treat all suitable veterans by 2018, to treat 85% of suitable veterans with advanced fibrosis by the end of 2016, to improve our veterans' health-related quality of life and to prevent deaths from liver cirrhosis and hepatocellular cancer, respectively.

In order to achieve these goals, HCV screening efforts were expanded to specifically target the birth cohort veteran population following CDC recommendations; since then, >88% of our veterans have been tested for HCV. In addition, the HCV care cascade was restructured to allow treating large numbers of veterans; in particular, veterans were offered clinics with extended hours during the week as well as monthly Saturday clinics. For those veterans living further away, the HCV team traveled to our CBOCs (Community Based Outpatient Clinics) to initiate HCV treatment followed by monitoring these patients via telemedicine. While treatment in 2015 particularly targeted veterans at highest risk for liver-related complications, treatment in 2016 was offered to all suitable veterans including the Spinal Cord, Mental Health, Dialysis, Substance Abuse and the Homeless population. At times of fiscal restrictions in the second half of 2015, an innovative integrated HCV care model was established by partnering with the Virginia Liver Institute to avoid delays in treatment starts. As part of the HCV program, Richmond became the dedicated VISN6 training center for non-invasive liver fibrosis assessment with FibroScan, an ultrasound-based procedure that eliminated the need for liver biopsies.

Since January, 2015, more than 850 veterans have been treated and cured having achieved the set goals already 2 years earlier. Specifically, our HCV cure rates of >94%, even for those veterans with liver cirrhosis, are unprecedented. These outcomes could not have been achieved without the hard work of extremely dedicated nurse practitioners, nurses, pharmacists and medical support staff as well as the support from the McGuire V.A. Medical Center administration. We are proud to be one of the top performing V.A. Medical Centers in the country and of the recent recognition of our efforts in a publication in the prestigious journal "JAMA".



From left to right, top row: Ho Chong Gilles, NP; Cynthia Solomon, NP; Shameka Beck, MSA; Daniel Tassone, Pharm-D; Stacy Owens, RN. Bottom row: Veda Forte, NP; Barbara Obolewicz, RN; Cameillia Garcia, MSA

Thank You Message from the DelMarVa Conference Chair!



I would like to extend my heartfelt gratitude to the DelMarVa SGNA planning committee and the leadership of Old Dominion SGNA for their collaborative efforts in organizing the highly successful 18th Annual Multi-Regional DelMarVa SGNA Conference held in Newport News, VA, on March 11-13, 2016. It took 15 months to design this jam-packed weekend of “food for thought,” fellowship, and fun for all. Two hundred and five conference attendees participated with an overall satisfaction rate of 98%.

The program committee, led by Nancy Schlossberg, BA BSN RN CGRN, invested a lot of time and effort in ensuring a well-rounded, diverse, and relevant educational event. Thank you team! A total of 11.5 quality nursing contact hours was provided to all conference attendees who successfully completed the post conference evaluations and attended the entire course.

Our 26 participating vendor exhibitors played a huge role in the success of this conference. We have always enjoyed great camaraderie with our vendors and we hope to continue this partnership in 2017 and beyond. Kudos to Vendor Liaison Cathy Bauer, RNBS MBA CGRN CFER, and her team for a job well done! Special thanks to Boston Scientific, Covidien, and Olympus for providing vendor dinner presentations on Friday evening.

Activities Liaison Charlotte Timberlake-Torseth, BSN RN CGRN CMSRN, and her committee planned a plethora of networking opportunities for our conference attendees starting with the welcome reception and vendor open house on Friday evening. Thank you Chesapeake Regional Medical Center for providing the piano entertainment during the welcome reception! Our attendees danced the night away with music provided by the Generic DJ during the closing reception on Saturday night. A huge thank you goes to the very talented Kim Cooper, MSN RN CGRN for providing an unforgettable photo booth experience to our attendees!

The 2017 DelMarVa SGNA planning committee is busily planning next year’s annual course which will be held in Fairfax, VA, on March 3-5, 2017. This event will be hosted by the Chesapeake (Maryland) SGNA chapter. Details will be posted at www.delmarvasgna.com as soon as they are finalized.

Best Regards,

A handwritten signature in black ink that reads "Eileen Babb".

Eileen Babb, BSN, RN, CGRN, CFER

endonurse123@gmail.com

18th Annual DelMarVa SGNA Conference Chair
Old Dominion SGNA Immediate Past President