



Connecticut SGNA Newsletter

Integrated Medical Systems, International Inc. is proud to sponsor the CTSGNA

Happy Spring, CTSGNA members!!

Having just returned from Nationals in Salt Lake City, which was an outstanding experience for all who were able to attend, I am truly mindful of all the major important advancements and exciting opportunities we all have as GI professionals. Some of the highlights of the conference included:

- A motivational and artistic session facilitated by nationally renowned speaker, Erik Wahl (www.theartofvision.com). Erik spoke about the importance of opening up new ways of viewing ourselves professionally and personally and to how not allow negative thinking to inhibit our growth and potential. He also talked about how his own experience of accepting negative input he had received from teachers and others who discouraged him in his artistic pursuits and how ultimately by turning those negative perspectives into positive ones he was able to combine his artistry and public speaking skills into a very successful career.
- One of the emerging technologies we learned about was natural orifice transluminal surgery (NOTES). This incision-free abdominal surgery is expected to have a potentially significant impact on our field.
- As always, it is truly valuable to make new and reacquaint with former colleagues from around the

country and to hear about the ways in which our field impact our patients on a day to day basis.

For those of you who have not had the opportunity to attend Nationals, I would implore you to plan ahead and give every consideration to attending in Saint Louis in 2009 or Orlando in 2010. The CTSGNA board and I will be making it a priority to engage more and more of you in both state and national level opportunities for participation and representation of the chapter.

Speaking of state-wide activities, our June meeting will be held on June 20 at Confetti's Restaurant in Plainville. Registration and dinner meeting begins at 6:30 with an educational presentation beginning at 7:00.

I would like to thank the board this year for their outstanding work and support. Without them, we would never have been able to achieve all the important accomplishments we have. I always want to thank the Beyond the Scope committee for their hard work. For the first time, this year's meeting will be held in Hartford.

I hope all of you have a wonderful summer and I look forward to seeing all of you in Plainville in a couple of weeks.

Best Regards,

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President, CT SGNA

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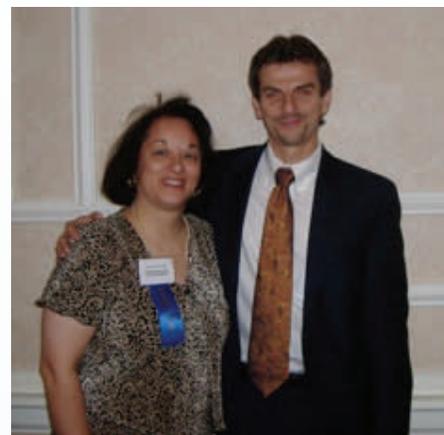
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Beyond the Scope 2007 *speaker photos*



2008 MEETING SCHEDULE

**Thursday, September 18th 2008
Bridgeport Hospital**

**October 17 and 18, 2008
Beyond the Scope - Hands on EREP**

**November 20/21, 2008 (Date TBD)
Dinner meeting**

1-800-783-9251
www.imsready.com

Middlesex Hospital

The Endoscopy Suite at Middlesex Hospital is located within the Outpatient Surgery Department. Staffed by 10 RNs and 4 Endoscopy technicians, it contains 4 procedure rooms, as well as the ability to perform endoscopic procedures inside the Operating Room, the Radiology Department, and at the critical care bedside. Three gastroenterology practices and two pulmonologist/intensivists utilize the Endoscopy unit for colonoscopy, EGD, Bronchoscopy and ERCP. Renovated a little more than 3 years ago, the unit has its own recovery area separate from Same Day Surgery post-op patients, ensuring the utmost comfort and privacy for our patients and their families.

Danbury Hospital

Danbury Hospital is a 371 bed non-for-profit community teaching hospital serving 360,000 residents of western Connecticut and southeastern New York. With over 3,000 employees and 500 physicians the hospital is the area's largest employer.

The Hospital's emphasis on patient safety, clinical excellence and superior performance has placed Danbury Hospital among the top 5% of hospitals in the nation for overall clinical performance three years in a row by HealthGrades, the nation's leading healthcare ratings company. The Gastroenterology department was recipient of HealthGrades Gastrointestinal Care Excellence Award and number one in Connecticut for G.I. medical treatment. Danbury Hospital also ranked in the "100 Top Hospitals" for three consecutive years by Solucient, another nationally recognized healthcare rating company.

The Endoscopy department includes 4 suites at Danbury Hospital and 2 suites (with the potential to expand to 5), in the new Danbury Medical Arts Center. The staff consists of sixteen endoscopy-trained nurses, numerous PRN and ASU support staff nurses, 5 PCTS, and 2 secretaries. The staff rotates between the two sites. Seventeen gastroenterologists, 3 colorectal surgeons and 2 surgeons specializing in weight loss surgery scope in the Endoscopy units.

Over 11,000 procedures were performed in 2007. A full range of procedures include; colonoscopy, EGD, EUS, rectal ultrasound, ERCP, Bravo, capsule small bowel, PEG placement, motility, hydrotherapy and spyglass.

The Endoscopy staff is consistently recognized by patients for excellent patient care. We received a 100% rating on our most recent Service Excellence Patient Survey. The department has been active stewards for Danbury Hospital in providing education and information on the importance of screening to reduce the risk of colorectal cancer.

**Thank you to Middlesex Hospital, Dr. Intravia, and
Danbury Hospital, Dr. Fiorito for hosting CTSGNA
March and April meeting.**

MARCH WAS NATIONAL COLORECTAL CANCER AWARENESS MONTH

Danbury Hospital makes colonoscopies easier

Robert Miller Staff Writer

DANBURY -- Anyone who has ever had a **colonoscopy** knows this to be true: The procedure itself is a piece of cake. It's the cleansing process the day before that wears you out. "One of the biggest complaints we hear is about the prep," Dr. Joseph Fiorito, chief of gastroenterology at Danbury Hospital said Thursday. "It's probably the biggest deterrent to colorectal screening." "We want to be a colon cancer-free area," said Frank Kelly, the hospital's president and chief executive officer. "So it's important for us to find any barriers to getting screening."

Danbury Hospital is now pioneering a different approach to the "run a dozen times to the toilet" drill that normally accompanies a **colonoscopy**. Called hydrotherapy, it involves a gentle, thorough flush of the large intestine done in the hospital 45 minutes before the **colonoscopy**. Danbury Hospital is the first hospital in the state to offer hydrotherapy. Fiorito said since adopting the technology, the hospital has found patients much prefer it to the old way. "We have one machine here," said Fiorito, speaking at the new Medical Arts building, which contains the hospital's endoscopy suites. "We have another at the hospital. We're ordering a third, and I believe that won't be the last."

Colonoscopies are the most important tool doctors have to prevent colon cancer -- the third-leading cause of cancer deaths in the U.S. With the screening test, doctors are able to examine the entire colon. If they find a polyp -- or small growth-- inside, they can remove it during the procedure. "All colon cancers start as polyps," Fiorito said. "If you remove the polyp, you remove the potential for cancer. We could prevent 100 percent of colon cancers. I believe that." Because of a big public education effort over the past decade -- one that sought to teach both patients and family doctors about colorectal cancer and how to prevent it -- Fiorito said the city has seen an increase in the number of people getting colonoscopies and a reduction in colon cancer. "We're finding colon cancers early and saving lives," he said. The problem is that patients have to clean out their colons for the screening to succeed. That can involve drinking cup after cup of a diarrhea-inducing solution -- the most familiar one is marketed as Colyte. Or it can mean a three-step bowel cleansing preparation. In either case, Fiorito said, patients must spend a day at home -- before the day of the test -- while the prep kit does its work. It also means a lot of discomfort.

For elderly patients with cardiac or kidney problems, it can mean stress on systems that don't need that stress. Often, Fiorito said, it means people just decide to skip the whole thing. Fiorito said he heard about hydrotherapy from a patient who had a colonic cleansing at a West Coast spa. While opposed to the procedure for nonmedical reasons, Fiorito said he realized it might help people who need a **colonoscopy**. With hydrotherapy, Fiorito said, patients stay on a liquid diet and take a mild laxative the day before the **colonoscopy**. They go to the hospital early to have their bowels cleaned with an infusion of warm filtered water, a procedure supervised by a therapist. "In the most basic sense, it's a high-colonic enema," Fiorito said. Fiorito did a comparative study, offering 50 patients Colyte, 50 patients phospho-soda, and 50 hydrotherapy. Overwhelmingly, he said, the patients favored hydrotherapy. The hospital is now offering it as an alternative for all **colonoscopy** patients. "It's more comfortable, it's more convenient, and it saves patients money," he said. "They don't have to take an extra day off."

Beyond The Scope 2008

The date has been set and the location has changed. This year's annual CTSGNA conference will be held October 18, 2008. The Hands on ERCP course will be October 17, 2008 and we will also be hosting an exam site on October 19, 2008 for certification. This year's conference will be at the Sheraton Hartford. Our committee has already met and the course subjects have been decided. We are always looking for new faces to help out with the planning of this event. If you are interested in lending a hand please contact Gail Steele, program chair, at gsteele170@comcast.net. We meet as a committee approximately 6 times before the event. More will follow as the year goes on.

ABCGN NEWS

Connecticut will be a test site for the October 19, 2008 certification exam. The exam will be given at the Sheraton Hartford. Watch for further information at abcdn.org or sgnaregions.org.

If you wish to take the exam and don't want to sit for it you may opt to take it on the computer. Deadline for applying to take the exam is August 13, 2008 and the late date is August 20, 2008.

PLEASE NOTE: computer based testing IS NOT internet testing, in that, you will not be able to go on line at any computer and take the exam, but rather, will need to register with a contracted site, go to the site, and sit for the exam during the allotted time window. To get a list of computer based testing locations, go to castleworldwide.com. You may also go to abcdn.org for further information.

Scholarships

Application for scholarships for Beyond the Scope 2008 are now being accepted. The deadline for applications is August 31, 2008. We will announce the winners at the September CTSGNA meeting in Bridgeport. You may download the application form from sgnaregions.org.

Connecticut GI Nurse of the year award

It is again time to think about nominations for the CTSGNA GI Nurse of the year award. Please submit essays for nominations to Michelle Day no later than September 18, 2008. The essay should be 200 words or less. This award is sponsored by Proctor & Gamble.

Letter from the Editor

I would like to let everyone know that the 4th Edition of the Core Curriculum is now available through sgna.org. We would like to congratulate Chris Sarisley for editing Chapter 3. Good job Chris! I know that candidates will ask if October's exam will be using this for reference. The answer is NO. Everyone have a great summer and we'll be seeing you in the fall.

Gail Steele LPN/CGN

CTSGNA NURSE OF THE YEAR AWARD



It is with great pleasure and honor that I present this award to Nancy Covini.

Every year the CTSGNA and one of our conference vendors, Proctor and Gamble recognizes from within our membership one of our colleagues who demonstrates outstanding clinical leadership skills and capabilities.

This year's recipient has been a member of the CTSGNA since 1976, taking only a few years off to have her family, returning to GI in 1984.

She has been instrumental in initiating our annual conference since the early 90's, when she was one of our organization's presidents. She has been very active in both the CTSGNA and SGNA. She has served on various committees over the years on Beyond the Scope and as an officer of our organization. She has presented on many important topics both locally and nationally.

Believing that we are all responsible for our own educational needs, she also has mentored many GI nurses and technicians over the years. Her patients are always her top priority. Education of patients is of the utmost importance to her. She knows that if a patient has knowledge about their procedures they are more likely to be comfortable and procedures are more likely to occur without problems.

This year's recipient ran the Endoscopy unit at the UCONN medical center for almost 20 years. She is currently the Clinical Coordinator of the Connecticut GI Institute and Research Center at Bristol Hospital and is on the Board of Directors of the CT LPN Association.



Angel Morales, Nancy Covini, Gary Sekorski

Nominations and Elections

In November we had our elections for the 2008-2009 terms. Your newly elected officers are as follows. President: Angel Morales, President Elect: Kathy Vinci, Secretary: Christine Sarisley and Treasurer: Patti Pontolillo.



Nominee President – Elect Kathy Vinci

Kathy Vinci has been an active member in CTSGNA since 1999. Kathy was CTSGNA secretary from 2002 to 2004, Newsletter Editor for CTSGNA from November 2001 until March 2006. She has served on the Beyond the Scope seminar committee since 2002. In 2005 Kathy was elected to the National SGNA Nominations and Elections Committee. In 2006 she was the national coordinator for the following E- Sigs: Pulmonary, Ambulatory, University and ERCP sigs. Since October 2006 she has served as interim President elect for CTSGNA.

Nominee Secretary Christine Sarisley, MS, RN, CGRN

Chris has been Co-Chair of Education for “Beyond the Scope” for 5 years, Co-Chair of CTSGNA ERCP Hands-on Workshop for 2 years. A CTSGNA ERCP Instructor for 6 years, and member of the Vendor committee and Beyond the Scope. Chris is a State, Regional, and National Speaker for numerous SGNA Courses. Host Hospital Coordinator for numerous SGNA Programs. Chris had a Poster Presentation at National Advanced Course. Chris is on the Editorial Board for Gastroenterology Nursing and was the 1st recipient of CTSGNA Nurse of the Year, 2005.



Nominee Treasurer Patti Pontolillo, RN

GI nurse for the past 41/2 years, Patti became certified in GI nursing in October of 2005. Patti became CTSGNA treasurer in December 2005 and has enjoyed her involvement on the board at a state level. Actively involved in the yearly Beyond The Scope conference, Patti enjoys the opportunity to network with GI Nurses around the state. In the community, Patti helped to develop an educational format that she presents to the public through Midstate Medical's Digestive Health Center with a series of lectures relating to the value of colorectal cancer screening and numerous other GI related topics. Patti would be honored to server another 2 years as treasurer for CTSGNA.

