



Table of Contents

-President's Message

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On behalf of the MNSGNA's Board of Directors, I would like to wish each and every one of you a Happy Holiday season. Looking forward to some warmer weather coming up in April. In fact, mark your calendars for April 14, 2018. That's the day of MNSGNA's Spring conference, which is held every other year. This one day conference will be held at United Hospital in St. Paul, MN. I was so fortunate to have had the opportunity to moderate 2 sessions at the Annual Course in New Orleans this past May. One session was for Dr. Pat Raymond and the other was for Dr. Peter Buch. Dr. Raymond spoke at our Spring Conference in 2016 at Macalester College, so I thought I would extend the same invitation to Dr. Buch as well. We are thrilled that Dr. Buch is coming out to Minnesota in April. If you have had the chance to hear him speak at the Annual Course, then you know how engaging, informative and interactive his sessions are. Wishing you all the best for a wonderful 2018.

Karin Cierzan, RN CGRN

Welcome new Board Members

Directors-at-Large

Renata Miller RN
North Memorial
Health.

Dena Walsh RN

Calie Hanuman RN
Park Nicolett.

A Retrospective Perspective

Each and every one has their unique story, about the career path that we have chosen to journey down. Some have a medical crisis either personal or that of a loved one, the passion to care for others or maybe following the path of someone they admire.

However over the course of obtaining the goal of becoming a nurse or other health care provider, we all have had to learn so many things that you can't learn from a text book. You need to learn to be compassionate, thoughtful, empathetic, and understanding these will come over time and can be difficult to really become apart of your daily practice. But it comes over time.

I myself was told from the time I was a little girl that I would make a good nurse, I was having nothing to do with that, I was planning a career in business. Then, in high school a close family friend was diagnosed with leukemia

and was exposed to thing that I could not believe, and saw the difference that nurses made to this friend. That was it, I was not only going to be a nurse but an oncology nurse. So that was my goal I became certified in oncology and loved it. I worked on a unit that was Oncology with GI as our subspecialty. WOW another thing that I loved. After 14 years I found myself needing a change to find new ways to share my passions. I moved on to the GI LAB a good fit, since so many of our patient are fearing cancer diagnosis I was able to share both my passions.

I recently heard a speaker at a conference that talked about finding joy in what you do and talked about doing something where you can make a difference. I left there with the goal to do some self-reflection and make this my new personal motto. When I asked myself was I finding joy and making difference. I had to take a hard look at myself and look deep inside and see if I was meeting this. I found myself realizing that I

need to make some changes in my practice.

So now everyday I ask myself what gave me joy that day and did I do something to make a difference for someone or something? I can say that I can't answer yes to both parts of this question everyday but I am working on it. Thank you Matt for helping me to find Joy and being the one that can make the difference.

Have you found your JOY?
Do you make a
DIFFERENCE?

Jill Bendinski-Minor RN

Scholarship Corner

Scholarships, They
Work!

January 2017 I applied to MNSGNA's scholarship program that sends qualified applicants to the National SGNA Conference. The number of awarded scholarships offered depends on the funds available each year. I'd been to the National SGNA Conference in

Nashville and enjoyed it very much. Visit a new city, travel with coworkers, meet new people and learn something... win-win! The company I work for sends a number of employees each year but of course they can't send everyone. I looked into MNSGNA's program when I saw the opportunity posted on the website. I applied and lo and behold was awarded one of the scholarships to New Orleans for the Annual SGNA Conference! What a great opportunity generously supported by our MNSGNA. Membership has its rewards and part of being a member is supporting each other in a goal of excellent patient care which of course includes being a life long learner.

I hadn't been to New Orleans and found it

fabulous for many reasons. The people were warm and friendly. It was clean, gorgeous, full of music, and of course packed with fabulous places to taste to fare the city is so famous for! The conference was held at the city's Convention Center which was truly something to behold. It spanned 8 city blocks, was well kept and attended by its staff and a perfect setting for this large ensemble. Very comfortable. Shuttles taking us to where we need to be and then some!

The conference was great. From opening scenes to presentations, posters and of course the parade! SGNA put on quite a celebration with content presented by wonderful members of the GI world. There were offerings to suit anyone's educational

desires. Some of the many sessions I attended included Food Bolus and Foreign Body Impaction, Pelvic Floor Disorders, Eosinophilic Esophagitis, ERCP in altered anatomy all a part of my daily life. A favorite was on Underwater Endoscopic Mucosal Resection! Fascinating information delivered well!

In one of the General Sessions Dr. Wender who chairs the National Colorectal Cancer Round Table, presented the 80% by 2018 program. It was amazing! <http://nccrt.org> Colorectal Cancer is the second leading cause of cancer death. We have the screening tools and knowledge to drastically reduce the numbers. Colorectal cancer is a major public health problem as our line of

work shows us daily. It can be detected early at a curable stage, and can be prevented through the detection and removal of precancerous polyps. We just need to get the people screened! There are many barriers including patient education, income disparity and access. The goal is to increase the numbers of patients screened to 80% by 2018. It takes a village! He gave an example of a clinic serving a low income patient population simply instituting a patient pre-calling regime that increased their show rate to 100% and perfect preps to 100%! The result of this simple and doable move in reaching out to the community you serve is staggering. I'm on a mission to affect this type of change in the organization I'm employed by. It's

quite simple...good patient care with reach out for the patients that may be afraid, unable to gather prep supplies, in need of a driver or can't understand the prep instructions. Patients need to be screened. It's beholden to us to see that those that have made an appointment are effectively screened and not sent away, lost in the scuttle and confusion of re-prep and new appointments. It's a missed opportunity. They often do not follow through.

While I could go on and on about the National Conference I should wrap up. I'll say this; we're part of a wonderful group of educated, caring people that serve patients and uphold their well being. MNSGNA has funding available annually for scholarships to

enhance your education in the field that obviously is of interest to you. The National SGNA offers scholarships as well. Your employer may well be willing to send you. You could take it upon yourself as many do to get yourself to the conference. It is well worth the effort to attend and participate. Having been more than once I highly recommend attending. There is a way. Make it happen. You won't be sorry!

Molly

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