



Minnesota Regional Society of Gastroenterology Nurses and Associates (MnSGNA)

# Summer 2018

## President's Message

### Happy Summer MnSGNA Members!!

On behalf of the MnSGNA Board I would like to wish you a happy summer. I hope you are enjoying the beautiful weather—an actual summer ☺

A huge “Thank you” to everyone that was able to brave our April snow-storm and attend the Spring MnSGNA conference at John Nasseff Medical

Center. Dr. Peter Buch presented numerous topics in a fun and enlightening atmosphere. (Celiac, IBS, Dilemmas in GI bleeding, Elevated

liver enzymes, Probiotics and chronic diarrhea). Kristie Briggs, RN, BSN from Erbe also presented an interesting topic regarding “Water-Exploring a basic element used in GI Endoscopy”. I realize the weather was not

normal-but appreciate those that were able to safely join us for the conference. I apologize for the confusion and frustration with the weather and circumstances. Welcome to Minnesota—exciting weather changes

daily. I am praying for beautiful fall weather for the upcoming conference—it is in Duluth—more on that later in the newsletter.

In May, several of the board members and a scholarship winner attended the SGNA conference in Orlando Florida. What an exciting adventure!

There were many new topics presented. It is always an exciting information filled conference. Every year there is someone new to meet and someone you have met to reconnect with and share GI stories.

I am hoping as you read this that maybe you will consider joining other GI nurses and associates in Portland Oregon in 2019. There are GI passionate people from around the world! I cannot put into the correct words what an amazing feeling it is to be surrounded by thousands of other GI professionals who share my passion for the GI world.

If you prefer something closer to home—please make plans to join us for the “2018 FALL MNSGNA CONFERENCE” Our fall conference will be held in Duluth, MN this year. Mark your calendars for October 6<sup>th</sup> & 7<sup>th</sup>, 2018. The Radisson Hotel Duluth Harborview will be our host. Please check the website as registration will be opening soon.

I look forward to meeting you at a conference—or maybe at work. Please visit with me and share your GI passion. Enjoy your summer!!

See you in the fall!!

Respectfully Submitted,

Vicki Johnson RN, CGRN President MnSGNA

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## Save the Date

### MnSGNA Fall Conference 2018

October 6<sup>th</sup> & 7<sup>th</sup>

Radisson Hotel  
Duluth  
Harborview in  
Duluth, MN

## Save the Date

SGNA 46<sup>th</sup>  
Annual Course  
Portland, Oregon  
April 12-16, 2019

## Getting to know Us : MnSGNA members

### Karin Cierzan

Everyone who knows me, knows I love coffee, tea and dessert, and not always in that order. Having experienced fantastic pour over coffees and yummy croissants in Seattle, I am definitely looking forward to trying one or two or even more of the 40 roasters that Portland has to offer. Apparently, Portland has several nicknames and "Drip City" is one of them. Two neighborhoods, Downtown and Central Eastside, have some of the city's best small batch roasters. I am planning to check

out these coffee shops and buying a few bags of whole beans to bring home. The hubby has perfected the pour over....freshly ground beans, bottled water, unbleached filters, and for me, frothed unsweetened almond milk and one of my sugar free Torani syrups....so save the date, April 14-16, 2019, and we will see you at the annual course in Portland!



Karin Cierzan, RN, CGRN, Speaker of the House, and Judith Currier, RN, CGRN, Vice Speaker of the House, taking a break during the House of Delegates, Orlando, May 2018.

### Geri Nelson

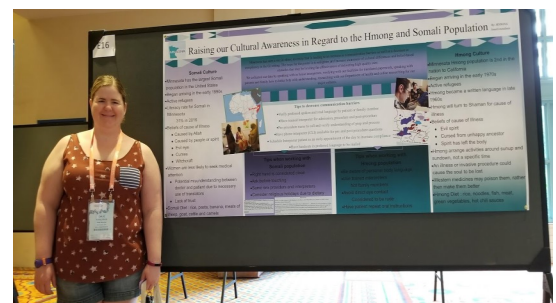
Why did I get involved in SGNA? After being asked this question by a friend, I pondered my answer for a while. My conclusion was, initially, because my coworker asked me to a meeting. I found I enjoyed the learning I was getting. But more than that, I enjoyed meeting other nurses that were doing the same job as

me. It was great sharing stories, processes, trials, and challenges with others. After attending my first annual conference, I realized there were so many more people that I could connect with both nation wide and even other countries. My world expanded as I developed more relationships from different areas! We have so

much to learn from others. I love to encourage other nurses to get involved in SGNA and make a difference in their job and in the lives of others.

### Calie Hanuman

Hello 2018 has been a very big year for me. I became a new MnSGNA board member in January. In May I received my CGRN, this test was very hard, but also very rewarding to pass. Along with the MnSGNA board members, I was able to help participate in creating a poster to have on display at the annual conference. Then, finally in May, I was able to go to Disney World to the annual SGNA conference. By becoming part of the MnSGNA board, it has helped to open my eyes to the possibilities I have in front of me, not only to be a "GI RN worker bee," but how I am able to use my knowledge to broaden my GI horizon. I have a new goal to be part of the SGNA board in other positions in the future.



## Vicki Johnson

“We keep moving forward- opening up new doors and doing new things.”- Walt Disney

This was the message to start out the 2018 SGNA conference in Orlando, Florida. It wasn't the message for the conference. It was the message on my coffee cup on the first day of the House of Delegates.

I found it so fitting for the conference, work and my life. We do keep moving forward and opening new doors and doing new things. In our life, if the door we open has trials or frustrations—we try to close that door and open a new door. In work, if the equipment or patient has a complication—we “open up new equipment” or try “new techniques” to improve the outcome for the patient. We “open new doors” to continually improve our process in Gastroenterology.

I will always remember the first GI conference I attended locally. I might not remember the location, but I remember the feeling of excitement to learn “new things”. Every conference, locally or nationally, I strive to find the “new things”. New equipment on the horizon, new techniques, new approaches to old techniques, new people to meet and discover how their work flow might help your environment. Ideas that help us move forward and continually improve our care for our patients. Patients that touch our lives every day. Some we only meet “every 5 or 10 years”. Others who may need to visit us every few months or even weeks.

Even though there will always be new equipment or new techniques, the way we provide care to our patients and coworkers, will always have our heart at the center of that care. Our passion and caring for GI are felt by our patients. I believe if you have a passion for something, it shines through to the care you give. I am positive that your patients thank you for helping them feel more comfortable about their procedures.

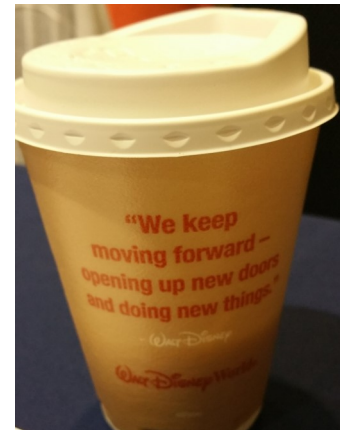
So, I thank you for taking your time to learn about my passion-Gastroenterology. I thank you for caring for your patients every day. I thank you for being willing to share you time. Whether you are caring for patients, cleaning or caring for equipment, teaching, volunteering for the Board or positions to help with the society's functions—I thank you!! Each one of you are important to the world of Gastroenterology! You are priceless!

May you always “keep moving forward”. I will be opening new doors and doing new things during this next year—as I have been for over 37 years of my nursing career. I have loved 20 plus years in endoscopy. I have loved every area I have explored. Each specialty a new and exciting adventure. May you enjoy every adventure you open a new door to explore. I hope you can find your passion and share your passion. I hope you have an interest in advancing our society by sharing your passion for GI with our board, or even by become a board member. Join SGNA and step forward to new adventures in the GI World!

Keep moving forward---go ahead—Open that new door and explore!

Respectfully submitted,

Vicki Johnson RN, CGRN, President MnSGNA





## Dena Walz

I was very excited to write about my national experience at the Orlando SGNA conference. This is only the second time that I have had the opportunity to attend in my 24 years of being a G.I. nurse. I was so excited to attend the conference but I am feeling even more inspired and empowered after I have arrived home. We are in the process of making significant changes that affect both efficiency, and quality related to our G.I. population. Highlights from the three day conference were the talk on liver logic, keeping the fire lit and the numerous scope cleaning and reprocessing. I went with the intention to not only learn more but when I return to be able to do more and potentially inspire more. I definitely can say that the national SGNA conference did that for me. I knew going to the conference that we were

doing a lot of good things for patients, the community and also our teammates. The conference affirmed that we are doing a lot of things very well but I also learned how to augment and enhance our program. I also had the opportunity to attend the SGNA fellowship program session and learn more about being an SGNA fellow. This is also very exciting, the work that SGNA is doing for the G.I. nursing profession through the work of fellows in scholars is so necessary right now in the age of constant quality/performance improvement. Lastly, I'd like to touch on the comradery and network building amongst the G.I. nurses and associates who attended the national conference. We immediately had a bond with everyone we met with the SGNA name tag on. You were able to start out a

conversation on common ground. We were able to gain insight from each other asking questions related to quality measures, nursing standards, scope reprocessing guidelines, and patient satisfaction. Social media in this day and age is an awesome tool. However, meeting someone face-to-face who is going through the same challenges as you is comforting. We will leave here able to learn from each other trials and tribulations with new process implementation. We were asking questions like, "what works for you? what didn't work for you?". I would encourage anyone who is able to attend a national conference at some point in your career it is extremely rewarding, empowering, and validating to hear and see the work that others are doing. We really are making a difference in the life of each one of our patients.



2018 MnSGNA Board Members  
Annual Conference Disney World  
(missing Mary)



## MnSGNA Board of Director Openings this fall:

There will be three openings on the board for MnSGNA this fall. The openings are as follows:

- **Director at Large**
- **Secretary**
- **President-Elect**

The requirements for each of the above positions are listed on the MnSGNA website.

If you have an interest in advancing our regional or national society through education, we would **love** to have you join us!

If you are good at writing/editing a newsletter, managing a website, working with vendors, reviewing educational content for contact hours, or just being a part of the team that puts together the spring and fall conferences.

**WE WANT YOU!!**

Please submit a short bio of your experience in GI and why you are interested via the MnSGNA website.

Click on— contact us, fill in your information, and use the message area for your bio.

Bio must be received by August 13, 2018 in order to appear on the ballot.

Board members must be SGNA members or actively applying to become a member.

### **Current Minnesota Society of Gastroenterology Nurses and Associates Board Members 2018:**

*President: Vicki Johnson,*  
[vlmsj3@yahoo.com](mailto:vlmsj3@yahoo.com)

*Past-President: Karin Cierzan,*  
[kcierzan@msn.com](mailto:kcierzan@msn.com)

*President-elect: Jill Bendiske-Minor,*  
[minor41@msn.com](mailto:minor41@msn.com)

*Secretary: Laura Danner, [rldanner@comcast.net](mailto:rldanner@comcast.net)*

*Treasurer: Mary McDonald Johnson,*  
[m.mcj@juno.com](mailto:m.mcj@juno.com)

*Director at Large: Geri Nelson,*  
[gn102696@yahoo.com](mailto:gn102696@yahoo.com)

*Director at Large: Calie Hanuman,*  
[c.m.hanuman@gmail.com](mailto:c.m.hanuman@gmail.com)

*Director at Large: Renata Miller,*  
[mill1936@gmail.com](mailto:mill1936@gmail.com)

*Director at Large: Dena Walz,*  
[Walzd@centrecare.com](mailto:Walzd@centrecare.com)



## Fall MnSGNA Conference 2018

We look forward to seeing you in  
Duluth!!

Saturday, October 6, 2018 at 7:00am- 5:30pm CT -

Sunday, October 7, 2018 at 7:00am - 12:30pm CT

Contact Hour credits to attendees currently being applied for at this time.

### **Sat & Sun: Nurses / MN SGNA Members**

Early Bird Discount Until 8/25/2018 \$165

### **Sat & Sun: Nurses /Non-Members**

Early Bird Discount Until 8/25/2018 \$225

<https://mmsgna.nursingnetwork.com/nursing-events/95081-mn-sgna-fall-conference-2018#!info>

### **Reservation information for the Fall MnSGNA Conference in Duluth, Mn October 6<sup>th</sup> & 7<sup>th</sup>:**

***Radisson Hotel Duluth Harborview***

***505 West Superior Street***

***Duluth, MN 55802 218-727-8981***

**\*\*Call:** 1-800-333-3333 and mention MnSGNA

**\*\*OR \*\*** Book rooms online at [www.radisson.com/duluthmn](http://www.radisson.com/duluthmn)

A credit card authorization is needed to guarantee the guest room reservation

Cancelation policy. ***All rooms can be cancelled by 4pm on day of arrival. Any no shows will be billed.***

Check in Time: 3:00pm Check out time: 12:00pm

Double, Queen or King rooms are available at \$99 per night

The above rates are subject to applicable sales tax which is currently 13.875% per room, per night, and is subject to change without notice.

Cutoff date for block of rooms is Sept 5<sup>th</sup>, 2018—after this date the block of rooms will be released.

More information on cost and education being offered will be on MnSGNA website



## CGRN Certification

### Certification Requirements

- Must be employed in a GI setting for 2 full time years OR the part time equivalent of 4000 hr. in the past 5 yrs.
- You are required to submit 2 contacts to verify employment.
- Members receive discount on study materials.
- See SGNA website and click on ABCGN.org for details

### Spring Exam

**Application Window:** January 1 - Last Business day of February at 5:00 pm Eastern Standard Time.

**Testing Window:** May 1 - May 31

### Fall Exam

**Application Window:** June 1 - Last Business day of July at 5 pm Eastern Standard Time .

**Testing Window:** Oct. 1 - Oct. 31



# See You in Duluth!!