



# Michigan Society of Gastroenterology Nurses and Associates



JUNE  
2014

**THE PATHFINDER**  
WWW.MSGNA.ORG

*\*\*\*Editor note\*\*\* I am very sorry for the delay of this newsletter. Personal life issues have taken over. Sheri*

### **Immediate Past President's Message**

Spring is here! I actually saw my first robin today so perhaps, this is a sign that old man winter has reluctantly stepped aside finally. Seeing our dining room at the Somerset Inn last weekend was also a boost that the weather was going to change. The bright spring colors of the napkins and tulip centerpieces were very uplifting! Kudos to the Henry Ford Macomb committee for the fine program and hard work that went into a successful Spring conference. Well done!

During the General Business Meeting at the conference, I announced that we are looking for candidates to run in our election this summer. We need to elect a Secretary, Treasurer and President-Elect. The Secretary term is two years but the Treasurer is two years with a one year mentoring for a newly elected candidate. President-Elect is a three year commitment and attendance at the National conference with the current President to represent Michigan. The nomination form can be found on our website and can be forwarded to me by June 1, 2014. This will give time for the candidates to accept and forward their pictures with a brief bio by July 1, 2014 so we can post them on the election portion of our website by August 1<sup>st</sup>. The election will be by electronic ballot and will run through till September 15, 2014. We have tried to make voting as easy as possible by you logging in by using your e-mail address and password being your last name in lower case letters. This will be the third year we have run our elections via the website and we will send out e-mail reminders weekly during the voting period so, PLEASE CAST YOUR BALLOT. Anyone on the Board will be pleased to help you with any questions you may have about the voting process. We also have a "contact us" on the website of you have any concerns.

We need new people on the Board as many of us are down to single digits to retirement and soon will not be available to mentor. We have always helped each other and you are never alone in any given task. It is with great concern that we have seen a few states fail with their organizations due to economics and lack of support. Fortunately, our organization has weathered most of the economic downturns and our MSGNA membership/charter has persevered. We have made a lot of changes in the past several years to service our membership better and new ideas are always welcome...what a better way to become involved and author it? Regards, Maria Edwards RN; Immediate Past President

ABCGN has a new toll free phone number: 1-855-252-2246 or 1-855-25-ABCGN.

Have questions about recertification or the exam; give us a call on our new toll free number.

## Why Certify?

*... Because the rules are changing.*

In these days of health care reform and cost containment, cross-training, consumer education and self-determination, and managed care, it isn't enough just to be a good nurse. To be competitive, you've got to keep up - and keeping up with modern nursing means getting certified.

Download the [ABCGN certification brochure](#) and see why it pays to be certified.

### **Certification can help you:**

- Expand your role in providing patient services
- Earn more money
- Advance in your career
- Improve patient care and
- Find greater satisfaction with your job.

All indications are that health care reform and cost containment will mandate more direct patient care by nurse specialists. In the near future, nurse specialists may qualify to perform diagnostic procedures, practice independently, provide care reimbursed by third party payers and manage and follow up on patients. Hospitals and clinics will seek out nurse specialists in order to attract provider contracts. How will nurse specialists be identified? They will be certified nurses.

### **Why? 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 is a voluntary process of validating knowledge, skills and abilities beyond the scope of RN licensure. Nursing certification has benefits for patients and families, employers, and nurses. The body of research relating to certified practice is also growing, quantifying the outcomes of certified nursing practice.

### **Evidence Supporting Certification**

["Promoting Excellence in Nursing Certification" by the American Board of Nursing Specialties](#)  
["The Value of Certification" by Nancy Eisemon, MPH, RN, APN, CGRN & Allison Cline, MA](#)

**Certification will help you gain recognition for both your competence and your professionalism. Don't get left behind. Get certified.**

## *ABCGN Important Dates*

Recertification Deadline: December 31, 2014

2014 Spring Examination

2014 Fall Exam Registration Window  
June 1 - July 31, 2014  
Registration will close at 5:00 pm ET on July 31, 2014.

## **Certification Exam Study Tips**

### ***Gather Support***

Identify a study buddy or form a study group. One of the benefits of a study group is the psychological support that members receive from each other throughout the study process. If no one is available contact SGNA's Mentor program. There may be nurses in your area that will be able to get together. Sometimes, just talking to a mentor will give you insight into how to organize your study schedule.

Study groups are most effective if 3-6 people are able to participate. If a study group is not possible, you can be a study group of one!

Once the group is formed it is important to set the ground rules. Identify a time, place, and responsibilities that are agreeable to the group.

### ***First Step in Organizing a Study Group Activity***

Whether you study alone or you study in a group you need to develop a "study plan". Develop

an outline of study topics from this plan. If you are in a group, identify one person to put together the study topics. If you are in the group to choose topics that you are **weak in**.

Determine a study schedule. If the group wants to study a topic in depth because of lack of exposure at your facility, you may devote more time in these areas. A study schedule should take from six to twelve weeks, depending on the group or individual needs.

### *Study Tips*

- Try to study every day
- Avoid cramming
- Spend more time on your weak areas
- Pick a time to study when you are most alert. Research shows that the morning and early evening are best.
- Stick to the study schedule
- Keep breaks short 3-5 minutes is adequate
- Study one topic at a time
- The next day review what you learned the day before
- Make outlines and map out what you learned and develop questions from your outline
- Reading out loud helps reinforce the material
- Tape record important items you want to remember or have difficulty in remembering and listen to them to and from work
- Flash cards or index card may be helpful
- Post a topic or drug of the week by the phone

The certification exam questions are written so the candidate uses critical thinking skills. There are certainly many recall or memory items, but the majority has you reflect on your practice and come to a conclusion with the right answer. Many of the questions will ask you to prioritize, or answer what is BEST, or MOST LIKELY. If you are a person who likes to memorize data, try to not only memorize the data but think of an example, so you really know it. If you don't understand it search it out.

**We are going green for MSGNA!** We will be sending emails with registration information to each member and facility for our Regional Spring and Fall Conferences. Attendees will be able to register and pay for the conferences utilizing the MSGNA.org website with PayPal! Vendors will also be able to use PayPal for their table fees! The Board of Directors would like to encourage every member to attach an active email address to their profile on the SGNA website. This email address will be how we communicate with you most, send the Pathfinder, your log in to register for conferences and your log in to vote in our annual election for the Board of Directors! Email addresses for hospitals usually have security settings that will not allow the newsletter to be sent through so we suggest a personal email be used like a gmail or yahoo account. Sincerely, Sheri King BSN CGRN Newsletter/Website Editor

# MSGNA General Business Meeting Minutes

March 29, 2014  
Somerset Inn, Troy, MI

1. President's Report-Patti Yonkovit, RN, BSN, CGRN: Welcome and thanks for attending. Thanks to Sheri Sherri King and the Endoscopy staff at Henry Ford Hospital-Macomb for hosting this awesome conference.

In the upcoming Pathfinder, you will find the Resolutions from the 2014 House of Delegates. Please review and forward your viewpoints to Patti. They will be voted on at the 2014 SGNA 41<sup>st</sup> Annual Course in Nashville in May.

2. Past President's report-Maria Edwards, RN:
  - Nominations for President-Elect, Treasurer, and Secretary due by June 1<sup>st</sup>, 2014
  - Need applicants. Consider nominating yourself.
  - Nominees must respond of their intent to run, along with their biographical data, by July 1, 2014.
  - Online voting will be August 1<sup>st</sup> through mid-September.
3. Secretary's Report-Mary Catton, RN, BSN, CGRN: MSA Meeting Minutes "MSGNA General Business Meeting Minutes" September 21<sup>st</sup>, 2013, posted in the November 2013, issue of the Pathfinder.
4. Treasurer's report-Patti Y. for Kathy Smith: Checking: \$51,194.84 (before this conference paid)  
Savings: \$24,538.00 (stable)
5. President Elect report-Jenneva Kremke, RN, BS:
  - Scholarships for Multi-Regional Conference in Kalamazoo are available. Contact Jenneva for an application.
  - Poster contest used to be at the Fall Conference.
  - The policy was amended. No longer a contest, instead MSGNA will provide financial assistance, per approval of MSGNA board of directors, at the fall conference following the National conference (which is in the spring).
6. Newsletter and Website report-Sheri King, RN, BSN, CGRN:
  - 17 members/vendors used PayPal. Concerns were voiced that there was trouble getting onto site to register. This was due to a conflict with what was supposed to be the registration cutoff date.
  - Please make sure your email address is updated with SGNA; this is the email that is used to notify you with MSGNA information.
  - Forward articles for upcoming Pathfinder to Sheri by April 7<sup>th</sup>.

7. Membership report- Pat Root, RN, CGRN: Current membership is at 291 (29 new since October).
8. Policy/Procedure/Bylaws/COMON report-Deb Schroeder, RN, BSN, CGRN: Policies/and Procedures are up to date, no update on COMON.
9. Vendor Coordinator report-Ruth Dobberfuhl, RN, BSN: 29 vendors for Spring Conference, plus one vendor that had a table with no representative. Please share your appreciation as they come to your units. If you notice there is a vendor that is coming to your unit, but not represented at our conferences, please let Ruth know the contact information. Her contact information is on MSGNA website.
10. Program Chair report-Diane Thompson, BA, LPN, CGN:
  - \* **SGNA 41<sup>st</sup> Annual Course, May 2<sup>nd</sup>-6<sup>th</sup>2014**, Nashville, TN
  - \* **22<sup>nd</sup> Annual Multi-Regional SGNA Conference, October 17-19, 2014**; to be held at the Radisson Plaza Hotel, Kalamazoo, MI
  - \* **MSGNA Spring 2015**, to be held at the Prince Conference Center at Calvin college March 20-21, 2015, hosted by Lorel Baatenburg and Mercy Health Saint Mary's Campus's staff. (Register early for rooms).
  - \* **MSGNA Fall 2015**, Traverse City Endoscopy staff
  - \* **MSGNA Spring 2016**, Ann Arbor, MI, Karen Tingstad and the endoscopy staff at the VA Hospital – Ann Arbor
  - \* Remember to apply for scholarship for SGNA National Conference on SGNA website.
  - \* Consider becoming certified. Consider doing so for yourself, as a professional.
  - \* Visit registration table for scholarship, board seat nominations forms, and list of upcoming conferences.
11. Ruth McClure, LPN, CGN gave update regarding upcoming Multi-Regional Conference that will be held in Kalamazoo. You will be able to choose which day/days you would like to attend. Brochures will come to members via email. Information can be found at [Multiregionalsgna.net](http://Multiregionalsgna.net).
12. Meeting adjourned at 1240.

Respectfully submitted,

Mary Catton, RN, BSN, CGRN  
MSGNA Secretary

## **Celebrate the SGNA Community with SGNA News!**

As an SGNA member, you receive an exclusive, complimentary subscription to *SGNA News*, SGNA's quarterly newsletter. Featuring industry updates and special highlights from our GI/endoscopy nursing community, *SGNA News* is a great way to stay current and connected to SGNA and the GI profession. The next issue of *SGNA News* is on its way to your mailbox soon and is now [available online](#). (Note: You must log in on SGNA's Web site to view the issue.)

# Stay Informed, Stay Connected: Update Your Member Profile

Make sure your information is accurate — visit the [“My SGNA Profile”](#) page to review and update your profile. Keeping your member profile current will:

## Allow you to reset your membership's user name and password

- Guarantee timely arrival of your *Gastroenterology Nursing Journal* and *SGNA News* to your preferred address
- Ensure you receive all electronic communications from SGNA Headquarters
- Manage access to your preferred eSIGS, update your regional affiliation and select volunteer preferences
- Allows you to register on-line for MSGNA conferences and to vote in our annual elections when your email address is accurate

At the Spring 2014 Conference there was a lot of confusion and complaint about the length of vendor visit and the signature card. Our vendors support our regional society in ways that not everyone understands. We have to support our vendors by giving them time with the attendees of the conference. The Board of Directors can perhaps review the break periods so they are not excessively long so that the day is not too long. Having the vendors sign the orange vendor cards to be entered into a drawing for door prizes mimics the “Passport to Prizes” that is held annually at the National Course. The vendors donate the prizes, attendees have to fill out every spot on the card, enter drawing and be present to win. MSGNA only asks you have 10 signatures on your card to enter into the drawing. In no way is this meant to penalize our attendees, but to encourage visitation and patronage to our vendors.

Sincerely, Sheri King BSN, RN CGRN

## MSGNA POSTER CONTEST

A task force is being formed to revise our MSGNA Poster Contest to be a “Poster Financial Assistance” Program. Please look forward to the announcement of new information by our President Elect Jenneva Kremke and the Board of Directors

## **2014 Officers**

### **President**

Patti Yonkovit BSN, RN, CGRN  
nursepatti@gmail.com

### **President Elect**

Jenneva Kremke RN, BS  
rnjenne@yahoo.com

### **Past President**

Maria Edwards RN  
uphoriaandhosey@yahoo.com

### **Secretary**

Mary Catton RN  
maryjcatton@gmail.com

### **Treasurer**

Katherine Smith BSN RN CGRN  
Smitka42@aol.com

## **Board of Directors**

Deborah Schroeder BSN, RN, CGRN  
Deborah.Schroeder@beaumont.edu

Pat Root RN CGRN  
proot@memorialhealthcare.org

### **Program Chair**

Diane Thompson BA LPN CGN  
Dathompson920@gmail.com

### **Vendor Coordinator**

Ruth Dobberfuhl RN  
[rdobberf@dmc.org](mailto:rdobberf@dmc.org)  
rdobber@netzero.com

### **Newsletter/Website Editor**

Sheri King BSN RN CGRN  
sking1@hfhs.org

# MSGNA Scholarship Application

The MSGNA Scholarship is designed to award two categories of MSGNA members an opportunity to participate in the MSGNA fall conference. The scholarship includes full payment of tuition and 50% payment of 2 nights' accommodations. All winners will be notified two months prior to the fall conference.

22<sup>nd</sup> Multi-Regional SGNA Conference  
Covering GI Bridges  
October 17-19, 2014 2013  
Radission Plaza Hotel  
Kalamazoo, Michigan

Forward completed applications to:

Jenneva Kremke  
5034 Applewood Dr.  
Lansing, MI 48917  
Or  
[rjienne@yahoo.com](mailto:rjienne@yahoo.com)

The MSGNA Board of Directors will score all applications.

- Please follow the directions carefully.
- Answer all questions thoroughly.
- Each question must be completed.
- The last two questions are subjective and will be rated according to content not length. The answers **must** be typed.
- If another sheet of paper is required, please number your answer in reference to each question and include your name on each sheet of paper.

**This application must be received no later than July 1, 2014.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Telephone: (H) (\_\_\_\_\_) \_\_\_\_\_ (W) (\_\_\_\_\_) \_\_\_\_\_

Please indicate which scholarship you are applying for:

\_\_\_\_\_ **MSGNA member 0 – 5 years**      \_\_\_\_\_ **MSGNA member > 5 years**

## MSGNA Scholarship Application

Name \_\_\_\_\_

1. Current consecutive years as SGNA/MSGNA member \_\_\_\_\_

2. CBGNA certified Yes \_\_\_\_\_ Year \_\_\_\_\_ No \_\_\_\_\_

3. Will you definitely be able to attend the MSGNA fall conference?

Yes \_\_\_\_\_ No \_\_\_\_\_

**MSGNA Involvement**

4. \_\_\_\_\_ Board Member

Date: \_\_\_\_\_ Office: \_\_\_\_\_

5. \_\_\_\_\_ Nominated and accepted nomination for board member.

6. \_\_\_\_\_ Never nominated, but willing to serve.

7. \_\_\_\_\_ MSGNA/SGNA committee or task force member within the last 5 years.

Date: \_\_\_\_\_

8. \_\_\_\_\_ Written article for the *Pathfinder* within the last 5 years.

Date of article and topic: \_\_\_\_\_

9. \_\_\_\_\_ Written article for the *Gastroenterology Nursing Journal* within the last 5 years.

Date of article and topic: \_\_\_\_\_

10. \_\_\_\_\_ Chair/co-chair MSGNA conference.

Date: \_\_\_\_\_

11. \_\_\_\_\_ Committee member MSGNA conference.

Date: \_\_\_\_\_

12. \_\_\_\_\_ Chair/co-chair SGNA or multi-regional conference.

Date: \_\_\_\_\_

13. \_\_\_\_\_ Committee member SGNA or multi-regional conference.

Date: \_\_\_\_\_

**Conference Attendance**

14. Fall MSGNA 2012

Date: \_\_\_\_\_

15. Spring MSGNA 2013

Date: \_\_\_\_\_

16. Fall multi-regional 2012

Date: \_\_\_\_\_

17. SGNA annual course 2012 or 2013

Date: \_\_\_\_\_

**MSGNA Scholarship Application**

Name \_\_\_\_\_

**QUESTIONS 18 AND 19 MUST BE TYPED**

18. In what specific ways have you promoted the MSGNA?  
(Use an extra sheet of paper if necessary.)

19. Briefly, describe the direction you would like the MSGNA to take in the future and how you would participate in this advancement.  
(Use an extra sheet of paper if necessary.)

# **MSGNA PROGRAM REPORT**

## **Calendar of events**

Mark Your Calendars  
Great Education Dates Coming Your Way

**22<sup>nd</sup> Annual SGNA Multi-Regional  
Conference**  
Radison Plaza Hotel Kalamazoo  
October 17-19, 2014

Michigan SGNA will host this annual conference for an educational and entertaining weekend

### **MSGNA SPRING 2015**

Prince Conference Center  
Grand Rapids, MI  
March 20 – 21, 2015

Lorel Baatenburg and the endoscopy staff at St. Mary Hospital will be  
hosting this great spring learning conference

### **National SGNA**

Baltimore, Maryland  
May 15-19, 2015

### **MSGNA FALL 2015**

Traverse City, MI... Date TBA

Munson Hospital Endoscopy staff will be hosting this conference

### **MSGNA SPRING 2016**

Ann Arbor, MI...Date TBA

Karen Tingstad and the endoscopy staff at The VA Hospital- Ann Arbor will host this  
educational conference

Diane Thompson BA, LPN, CGN, MSGNA Program Chairperson  
H 810-744-1971  
C 810-240-9314

When I was discussing the use of internet, online registration and postal service at the last general business meeting in March, my comments offended some of our attendees. *I sincerely apologize and regret that I did offend anyone. I am very sorry.* I did not mean to offend anyone by saying that using the postal service was "old fashioned", I meant that using the postal service was registering the same way we have always done. As a group, MSGNA has been pushed and pushed by the majority of our membership to move everything we can into a computer format, especially for payment. We have been able to register online and pay using PayPal but we cannot accept credit cards by mail or on site for registration.

The evaluation form for the conference was a great forum for everyone to let us know what went wrong and what went right. It is also a great forum to let us know what you would like to see in the future.

We received such open and honest feedback and I am so happy to have received that information. It will make our regional society that much stronger.

Thank you,  
Sheri King BSN, RN, CGRN

## SedationFacts: Get the Latest on Your State's Sedation Regulations and Earn Free Contact Hours

Have you visited [SGNA's SedationFacts](#) lately? This comprehensive portion of SGNA's Web site serves as a central repository for endoscopic sedation news, reference materials and guidelines, and a range of information designed to address all aspects of this topic.

Two important reasons to visit [SedationFacts](#) include:

1. Check out the **enhanced section on state sedation administration regulations and standards**. Make sure you are up to date on the regulations and standards for your state. This section includes information from the State Nursing Board, State Medical Board and legislative bodies on each state page, and you'll also find reliable links for additional state-specific resources.
2. **Earn 2.25 free contact hours!** Further your knowledge in sedation by reviewing the [SedationFacts page](#) and complete a short online quiz to earn your free contact hours.

To learn more, visit [www.sgna.org/sedationfacts](http://www.sgna.org/sedationfacts).

The **SGNA Career Center** provides added usability for our job seekers and employers, making it even easier to connect people together. To continue your job search through SGNA, you will need to re-post your resume to the new SGNA Career Center. You can take advantage of functionality including:

- **FREE and confidential resume posting** – Make your resume available to employers in the industry, confidentially if you choose.
- **Access to the National Healthcare Career Network (NHCN)** – NHCN is a growing network of more than 250 healthcare associations and professional organizations.
- **Job search control** – Quickly and easily find relevant industry job listings and sign up for automatic e-mail notification of new jobs that match your criteria.
- **Easy job application** – Apply online and create a password-protected account for managing your job search.
- **Saved jobs capability** – Save up to 100 jobs to a folder in your account so you come back to apply when you are ready.

Contact SGNA Headquarters at [sgna@smithbucklin.com](mailto:sgna@smithbucklin.com) with any questions.

# **MSGNA**

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Almont, MI 48003

[www.sgna.org](http://www.sgna.org)

\*\*\*If you are receiving this by snail mail, please sign on to SGNA.org and update your email address as soon as possible. We are trying to go all electronic.\*\*\*