

Delaware SGNA... A Look Back to Last



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The Fall Education Day presented by the Delaware SGNA on November 8, 2008 was a success. The conference was held at the Dover Sheraton Hotel and Conference Center in Dover, Delaware and over 70 RN and associates attended. The conference was approved for 5.5 GI specific and 6.5 total CEUs by SGNA and ABCGN. Overall the speakers were excellent. The facility was well received and many positive comments were made about the food. We can look forward to next year's conference and start now to look for speakers that will make that day an even bigger success.

Kathy Stranahan will assume her position as the President of the Delaware SGNA at the next meeting that will be held on January 12, 2009 at Nanticoke Memorial Hospital Cancer Care Center and Christiana Care Education Center via Video conferencing. Plan to attend to show your support for your new leadership.

Chesapeake, Delaware, and Old Dominion SGNA are currently planning the multi-regional education weekend in Chantilly, VA that will take place March 27-29, 2009 at the Dover Sheraton in Dover, Delaware. Book your hotel reservations early. The brochures with all the information will be available online by early to mid January.



Looking Back.



Delaware is a small region that covers the eastern shore of Maryland and the complete state of Delaware. We have grown from 36 members to 45 members and have consistently endeavored to provide the members and non-members, within the profession of Endoscopy, education and professional leadership following the *Standards of Practice* set forth by the SGNA.

The year 2008 is almost gone and, with it, the Delaware SGNA has seen many changes. This year has been a year of technological growth for the region. A website and a newsletter, published bi-monthly and hosted on the website, was started. This has increased the availability of information and communication region wide. It also gave Delaware a National presence that communicated our regions activities and news to other regions. We created a mass e-mailing to all members to increase communication and ultimately interest and enrollment in the Delaware Region. Holding videoconferencing for all the member meetings connected the region. Now almost everyone in the region is within a 1-hour drive to the meetings.

Education has always been and will remain a top priority for its members. Participating in a Multi-Regional weekend offering each March or April for the past Ten years with *Chesapeake* and *Old Dominion* regions and solely providing fall education days in November has provided valuable GI specific education to the area endoscopy nurses and associates. In 2008 the Multi-Regional event was held in Chantilly, VA on the weekend of April 11-14 and was a great success. Over 200 Nurses and associates attended the conference. A profit was made and divided between the regions. Delaware hosted its educational day at Dover Sheraton Conference center on November 8, 2008. Over 70 nurses and Associates attended this meeting.

Delaware has had several new members join our ranks this year. We have gone from 36 members to 45 members. We have had 10% of our member take the certification exam in 2007. Congratulations to those who became certified RNs in 2007-2008. We are so very proud of you.

One of Delaware's members is active on the National Education Committee and was a concurrent session speaker at the 35th annual course, in Salt Lake City, Utah. This represented the third year that Delaware provided a speaker for the National Convention. Delaware had two poster abstracts accepted and displayed at the 35th annual course. The posters won first and second place in the education division of the contest.

The region has resubmitted its chartering information as requested by the National SGNA headquarters and we are awaiting notification of the Re-Charter for 2009. Delaware has supported members at the House of Delegates and the leadership conference for 2008. Delaware wrote two resolutions for 2008 one passed the HOD and was sent to the Board of directors for a vote. It has been an educationally and financially prosperous year for Delaware, Region 10. Although our numbers are small, Delaware is a region of rich heritage and great endoscopy nurses and associates. It has been an honor to serve as your President for the year of 2007-2008. I stand amazed at our accomplishments and cannot wait to see what 2009-2010 will bring under our new president and leadership staff.

Melinda A Huffman MSN, RN, CGRN.
President Delaware Region 10.

Delaware has accomplished a lot in the past 2 years 2007-2008. Education, Certification, Poster winners, National recognition, Website, Newsletter, and videoconference at the top of the list.

NEW DRUG CIMZIA

Drug literature review by Elaine Rogers

Cimzia is a new drug used to reduce signs and symptoms of active Crohn's disease in adult patients, who have not been helped by the usual medications.

Cimzia is a biological medicine called PEGylated anti TNF. It targets a protein called TNF-alpha and blocks it from causing inflammation in the GI tract. With Crohn's disease, the immune system produces too much of the protein TNF alpha (tumor necrosis factor). This leads to the painful symptoms of Crohn's disease.

Dosage: 400mg subcutaneous initially, and at weeks 2 and 4. If response occurs, follow with 400mg every 4 weeks. One full dose of Cimzia is 2 injections. The medication has to be reconstituted at the present time. Vials must be refrigerated at 2 to 8 degrees Centigrade. Before reconstituting the drug, the vials should be removed from the refrigerator to warm them to room temperature. **DO NOT KEEP THE CIMZIA VIALS AT ROOM TEMPERATURE FOR MORE THAN 2 HOURS.**

Cimzia is a biological medicine called PEGylated anti TNF. It targets a protein called TNF-alpha and blocks it from causing inflammation in the GI tract.

May take up to 15 minutes to reconstitute.

Reconstituting: Inject one ml of sterile water into one of the Cimzia powder vials. Repeat with second vial. Next, take each vial and gently swirl so all the powder comes in contact with the water. Do not shake the vials. Leave the vials undisturbed for up to 30 minutes until the Cimzia becomes clear to opalescent, colorless to pale yellow liquid with no visible particles.

If not ready to inject, Cimzia can be refrigerated up to 24 hours. Cimzia is given subcutaneous. Rotate injection sites. The first injections are given in the physician's office. Home health nurses in the patient's home give the following doses.

Side effects:

- Most common side effects are upper respiratory infection (flu or cold), UTI, and joint pain.
- Serious infections include TB. Cimzia can lower the immune system to fight infection. TB skin test should be administered prior to starting Cimzia.
- Cancer, including lymphoma.
- Nervous system problems such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes.
- Allergic reactions. Signs of an allergic reaction include a skin rash, swollen face, or trouble breathing.
- Blood problems: Drug may lower WBC's and platelets. Should have CBC's done.

After 6 weeks of treatment in clinical trials, Cimzia relieved pain, diarrhea, and other symptoms for some people with Crohn's disease. Many people started to feel better after 2 weeks.

Do not start Cimzia during an active infection. If an infection develops, may have to stop Cimzia. Do not administer live vaccines or attenuated vaccines concurrently with Cimzia

Drug interactions: Anakinra-will increase the risk of serious infections. Live Vaccines.

Laboratory test – may interfere with PTT tests.

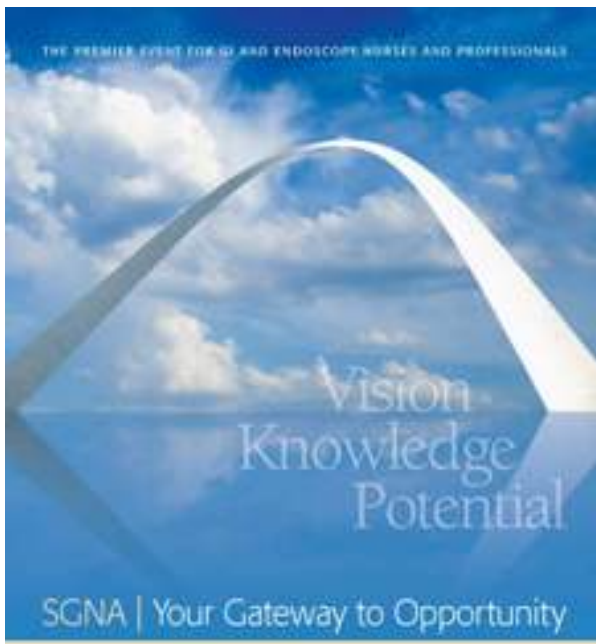
Hypersensitivity reactions—rarely angioedema, dyspnea, hypotension, rash, serum sickness, and urticaria.

Drug use during pregnancy has no adequate studies. Use if only clearly needed.

Cimzia is the new drug that may be used in Crohn's disease when other drugs have failed.

FUTURE Events-Delaware SGNA

- ❖ **January 12, 2009- 7pm-** Delaware SGNA Meeting. Nanticoke/Christiana.
- ❖ **March 27-29, 2009-** *11th Annual DelMarVa Multi-Regional, "Bridging The Chesapeake With Current GI Trends"*, Dover Sheraton Hotel and Conference Center, Dover, Delaware.
- ❖ **May 16-21, 2009-** *SGNA's 36th Annual Course. SGNA. Your Gateway to Opportunity.* St Louis, Missouri.
- ❖ **June 8, 2009-** *Delaware SGNA Meeting-7pm-*Nanticoke Memorial Hospital Cancer Care Center and Christiana Care Education Center- Room 14.
- ❖ **September 14, 2009-** *Delaware SGNA Meeting-7pm-*Nanticoke Memorial Hospital Cancer Care Center and Christiana Care Education Center- Room 14.
- ❖ **November 9, 2009-** *Delaware SGNA Meeting-7pm-*Nanticoke Memorial Hospital Cancer Care Center and Christiana Care Education Center- Room 14.



36th Annual Course | May 15-20, 2009 | St. Louis, Missouri