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# APGNN

*The Association of Pediatric Gastroenterology and Nutrition Nurses*

## APGNN EXECUTIVE BOARD

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**Clinical Practice Committee:**

*Kerry Zabriskie  
Kerry.Zabriskie@childrenscolorado.org*

## PRESIDENT'S MESSAGE

Dear APGNN Members,

I hope that everyone that was able to attend the 2014 Annual Meeting in Atlanta came back to their practices energized and ready to apply all that they learned throughout the two day course. To achieve our core mission, we must educate, stimulate, and recognize excellence in pediatric GI evidence-based practice. We must build interest, confidence, and competence in pediatric GI nursing research and maximize the effectiveness of our organizational structure and function. We do this by maintaining a needs-based educational program. The program committee looks at current trends in practice and develops curriculums based on the needs of membership. Special thanks to outgoing Program Chair, Patty Bierly, incoming Program Chair Maureen Egan and the entire Program Committee for working diligently throughout the year to provide us with an exceptional education experience that supports our core mission.

It's not too early to renew your APGNN dues for 2015. You can log into [NASPGHAN.org](http://NASPGHAN.org) to take care of it online. It's also

not too late to take advantage of the "Buy 3 Get One Free" membership offer. Our recent membership drives have been a huge success. We have welcomed almost 50 new members into the organization since September. My focus as President has been to grow our organization, increase member engagement and improve the member experience. This growth is exciting however it's just the beginning. Now I reach out to all APGNN members to get involved. If you are interested in joining a committee please contact the Committee Chairs. Their contact information can be found at [apgnn.org](http://apgnn.org). If you indicated interest in a committee and have not been contacted by the chair, please contact me directly at [Diane.Kocovsky@boystown.org](mailto:Diane.Kocovsky@boystown.org). I will help to connect you with the appropriate person. As a member of APGNN, you are a part of a community of dynamic nursing leaders in Pediatric Gastroenterology. The mission of APGNN is to be the recognized leaders in pediatric gastroenterology, hepatology and nutrition nursing and family education by our members, NASPGHAN colleagues and healthcare consumers. This is being accomplished through our committee work. It takes all of us to get the work done.

As 2014 comes to a close I wish you and your families a happy and healthy holiday season. As President of APGNN, I have the privilege of representing this group of dedicated professionals. I am committed to creating meaningful change within APGNN enabling both the organization and members as individuals to thrive. I look forward to building on our solid plan for future growth and membership development in 2015. There are exciting things happening for APGNN in the upcoming year. Visit [apgnn.org](http://apgnn.org) and check your inboxes often for the latest updates.

Sincerely,

Diane Kocovsky, APRN

President APGNN



# Committee Reports

## CLINICAL PRACTICE

The Clinical Practice Committee continues to be a fun and busy group. The group is working on a Liver Learning Module. Once the module is completed we hope to have web access for CEU credit, as with the 4 prior learning modules. We are also working on 2 phone triages – Fussy Baby and Bleeding in the Pediatric GI Patient. If anyone is interested in helping with the projects, please let me know. In collabora-

tion with the Research Chair, we are looking at changes related to the APGNN conference abstracts including categories of submission and the evaluation process for the abstracts. Stay tuned for more to come. NASPGHAN and Children’s Hospital Colorado are funding the translation of the “Poo in You” video to Spanish. This project should be completed in early 2015.

The Clinical Practice Committee is always looking for new and engaged members. If you are interested in joining the committee or helping with any of the projects, please email [kerry.reed@childrenscolorado.org](mailto:kerry.reed@childrenscolorado.org).

Clinical Practice Committee Chair:  
Kerry Zabriskie Reed, RN, MS, CPNP.  
Pediatric GI, 720.777.2801

## RESEARCH

The 2014 Annual APGNN conference was an exciting one for our organization. Highlights of the conference included:

We were represented with 4 research posters, for which CEUs were provided. The abstracts with their primary authors were:

1. *Programmatic evaluation of a nurse run subspecialty referral program*, Kimberly Jarczyk; awarded Poster of Distinction
2. *Use of Ambulatory Electronic Medical Record(EMR) TPN Order in Intestinal Rehabilitation (IR) to Improve quality and Safety*, Sara Fidanza
3. *Fermentation Pattern of Infant Formulas Containing Different Prebiotics*, Rosemary Pauley- Hunter
4. *Feeding problems, Gastrointestinal Symptoms, and Nutrition in Children with Autism: Implications for the GI Practitioner*, Goldie Markowitz

Congratulations to all who applied for the 2014 Susan Moyer Research Grant. You took an enormous step in helping to forward nurse-based research. The recipient of this year’s award is Nancy Murray. Her abstract entitled: *Influence of bottles/nipples on feedings in term infants*, will be showcased at the 2015 Annual Conference.

In an effort to understand why our members have not been more involved with

research, an informal query was conducted with the members at the conference. The query was obtained from a small convenience sample and a non-probability sample, reflects the opinions of the members who were interviewed. These members, by virtue of their presence at the conference, are more likely to be active participants. Below are the questions and responses:

1. What are the major barriers to conducting research in your setting?
  - A. Lack of time to participate
  - B. Lack of money to fund research
  - C. Lack of resources
2. Are you currently involved in research activities?
 

All but one said no
3. Are you or would you participate in quality improvement activities?
  - A. All said yes to wanting to participate in quality improvement
  - B. A few said that they were not sure what quality improvement was
  - C. A few said that they were not sure

who was doing quality improvement

The lesson learned from this small informal qualitative research is that members do not have the time or resources (manpower and money) to conduct formal research, but are interested in learning more about quality improvement activities and conducting informal research. A similar finding had also been identified at the NASPGAN research committee.

Our committee strives to promote interest in all levels of research activities. We strive to provide education in order to support the projects in your individual clinical areas, which can become the foundation for future research questions. If you are interested in sharing your expertise or experience as a mentor in research and quality improvement, please feel free to contact our committee.

Goldie Markowitz, MSN, CRNP  
Email: [markowitzg@email.chop.edu](mailto:markowitzg@email.chop.edu)  
Research Committee Chair



## PATIENT AND FAMILY EDUCATION

Its not to early to start thinking about applying for the Patient and Family Education Award next year. Applications are due August 1. Any APGNN member or other pediatric gastroenterology nurse who has designed and implemented an educational activity (patient/family, peer, or community) that addressed an unmet need may apply. The project may be an individual or collaborative effort where the applicant has held a leadership role or been an integral part of the endeavor. The winner will be invited to present his/her award-winning program at the APGNN Annual Conference. Funding will be provided for some conference expenses. More information and the application can be found at APGNN's website under the Patient and Family Education tab.

Congratulations to Leslie Corbett MSN RN for her 2014 award submission for IBD Flare Stoplight Intervention Tool.

Amy Painter

## SECRETARY/TREASURER REPORT

The status of our finances remains positive. Not all of our expenses are in from the conference but on the positive side we still have a \$5000 payment due the organization from the handbook project. Recruitment of new members this fall and during the conference also boosted our assets. If anyone has any fundraising ideas for the upcoming year please don't hesitate to drop me an email at [rosemary.pauley-hunter@boystown.org](mailto:rosemary.pauley-hunter@boystown.org). We will again be approaching the formula and pharmaceutical companies for funding but other creative thoughts are welcome.

As of Dec 1st, 2014 total ASSETS = \$58,591.36

Checking Account Balance	\$28,529.99
Savings Account Balance	\$30,061.37

Rosemary Pauley-Hunter  
Secretary/Treasurer



## MEDIA

I hope everyone is enjoying my first try at the newsletter! I have big shoes to fill as Shabina Walji-Virani did such a great job. Thank you so much for making this an easy transition for me. I hope everyone has a healthy and fun filled holiday season. Please remember to like us on Facebook, Twitter and Linked in to keep up to date!

Amy Donegan RN, MS  
Media Chair

## A MESSAGE FROM THE PRESIDENT ELECT

As president elect I support the executive board and have enjoyed active participation on the Clinical Practice, Membership, and Program Committees. I can honestly say I am super excited for what 2015 holds for our organization! I am also interested in developing an ad hoc committee to exam the concept of certification for pediatric GI nursing. This has been a hot topic and frequently requested project for years, but until recently we did not feel we had the resources to dedicate to it. I would love to have your expertise and energy to embark on this exciting topic. Anyone who would like to participate, please email me at [ryan.shonce@carolinashealthcare.org](mailto:ryan.shonce@carolinashealthcare.org) by 1/15/14.

Ryan Shonce  
President Elect

## What's New???

### PROFESSIONAL DEVELOPMENT: "DEAR APGNN"



#### Dear APGNN:

I am a nurse in a busy gastroenterology clinic and spend the majority of my time educating children and their families. A lot of what I tell them is based on my experience as well as gastroenterology knowledge. I try to stay current by attending the yearly APGNN conference. What else can I do to make sure I am giving the right advice? Want to be First-Class GI RN

#### Dear Want to be First-Class GI RN:

It is so important that the patient/family education we give is evidence based. Evidence based practice is defined as the integration of the best research evidence, educational and clinical expertise, and learner values to facilitate decision-making (Sackett et al., 2000). It is fantastic that you attend our annual conference as it supports evidence based practice. APGNN also encourages you to read peer reviewed medical and nursing gastroenterology journals such as the Journal of Pediatric Gastroenterology and Nutrition (APGNN member subscription discount available). Forming a journal club at your clinic will allow your co-workers to stay current as well and possibly give you and

your team research ideas. As you may already be aware, our organization strongly promotes research. In collaboration with the NASPGHAN Foundation, APGNN offers 3 research grants annually to members to conduct a research project. Take advantage of these opportunities as they will help you become a First-Class GI RN. We applaud you. APGNN

Sackett, D.L., Straus, S.E., Richardson, W.S., Rosenberg, W., & Haynes, R.B. (2000). Evidence-based medicine: How to practice and teach EBM. Edinburgh:Churchill Livingstone.

### GLUTEN FREE FOR THE HOLIDAYS

#### Staying Safe with the Gluten Free Diet This Holiday Season

As a Pediatric Nurse Practitioner that lives with Celiac Disease every day, I understand firsthand the desire to partake in all the Holiday festivities. This is a good time to remind everyone of the importance of Children and Adults with Celiac Disease adhering to their strict Gluten Free Diet. Foods that are safe in preparation and safe when serving, while having good nutritional value can be a challenge. It is important to use some easy tips and tricks to help those with Celiac Disease remain healthy and still participate in all the social events.

While I can appreciate my family's efforts in preparing their best dishes Gluten Free for me, safe preparation takes planning and some education. It is important to read all labels for gluten containing ingredients. Some people may only be aware to look for words such as wheat but need to realize that gluten is found in rye, barley, and malt as well as some other flavorings/additives. It is important to avoid cross contact of gluten free ingredients with gluten containing ingredients. Proper washing and a clean work sta-

tion are a good start. Use foil to line cookie sheets and do not use a toaster unless it is dedicated gluten free. Cooking utensils should be dedicated Gluten Free during the entire preparation periods. No double dipping. It is usually best to use fresh ingredients.

Safe serving starts with having separate serving dishes and serving utensils. Purple is the national allergy aware color. Consider using all purple utensils to help other to be aware to avoid cross contact. Have the Gluten Free child/adult prepare their plate first. This will help reduce contamination. Another option is to keep Gluten Free foods on a separate table and label it as such.

Naturally Gluten Free foods such as fruits, vegetables, and plain meats are a very good source of nutrition. However, many commercially made Gluten Free packaged foods are higher in calories, carbohydrates, and fats. These foods are typically less likely to be fortified with added vitamin and minerals. Achieving a well-balanced diet may be more difficult but not impossible. Try sticking with foods in their natural state.

Taking time to plan ahead will help make

for a fun and enjoyable holiday season. Have extra snacks at school and work so you can eat when others are eating. Bring your favorite dish to the party and allow others to try it. If someone offers you some of their decadent masterpiece, just gently remind them that you must follow a strict Gluten Free diet. In general, when in doubt, don't eat it!

While you are traveling to your destination, it may be difficult to find somewhere to eat that offers Gluten Free foods. I use the Find Me Gluten Free App. This helpful resource highlights restaurants and some grocery stores that may be available near you using GPS locator. There are often reviews of these establishments and you are welcome to write one yourself. Keep a bag with all your favorite Gluten Free snacks with you, so you will never go hungry. Lastly, don't forget there are coupons available online for many Gluten Free Products. Check the company's website, Facebook, and Gluten Free Saver!

The Gluten Free PNP  
Mary Crisostomo, CPNP  
Chicago, IL

## Announcements

### INTRODUCING RECENT ADDITIONS TO THE APGNN EXECUTIVE BOARD



Amy Donegan (left) is the incoming Media Chair and Maureen Egan (right) is the new Program Chair. They are both serving their first term.



Robyn Robinson is the incoming chair of the Membership committee. She has not only been busy with this committee, but also did an excellent job presenting her "Zebra" case at the recent Annual Meeting!

### MEMBER SPOTLIGHT



**Denise Kern, RN**  
**Email:** Kernd2@ccf.org  
**Employer:** Cleveland Clinic

#### **Roles and Responsibilities:**

I work in Peds GI and have many different responsibilities from triaging phone calls to assisting with Endoscopies and Colonoscopies and changing G-tubes. I help with infusions for patients needing Remicade. I am also very involved with patient education.

#### **Most Rewarding Aspect of your Job:**

My Patients; watching them grow and thrive. Helping them better understand their disease, treatments and why following their plan of care is so important.

#### **Most Challenging Moments:**

Trying to talk to college bound patients. Trying to teach them as much about their disease and treatment to ensure that we do not lose them during that very important transition phase to adulthood.

#### **New Goals and Plans for the Future:**

I would like to continue my education. I have had my Associate degree since I was 21 years old and now have 4 grown children and 1 grandson. Three of my kids are in college and I would like to join them!

# Annual Meeting Highlights 2014



*Keynote Speaker  
Lori Stoh*

We were fortunate to have Lori Stoh as our keynote speaker. Lori founded Lori Stohs Consulting Inc. in 2009 with the mission of helping organizations maximize their effectiveness through their people. She specializes in strategic planning, performance management, organizational performance, board and meeting facilitation, selection and development and strength-based development.

Before starting her own company, Lori served as a Global Account Executive for Microsoft and as a Principal at Gallup Consulting, a global research-based consultancy firm.

With her diverse background, Lori was able to help conference participants recognize their talents, which are our natural way of thinking, feeling and behaving. Our talents give us the greatest opportunity for personal and career success. Talents can also be a barrier if they are devalued or seen as a weakness. Through Lori's presentation, we learned how to maximize our talents, present them in a positive light and fulfill their greatest potential.

## LET THE MEETING BEGIN



Access through [NASPGHAN.org](http://NASPGHAN.org) for professional resources on topics such as celiac, IBD, EoE, GERD and obesity.

POSTER AWARD RECEIPIENTS



**Poster of Distinction: Jacqueline Crawford**  
Practice changes to improve safety for pediatric patients with NG/OG enteral tubes



**Poster of Distinction: Maureen Kelly**  
Gabapentin use for persistent retching & vomiting in child with feeding difficulties

**Not pictured but also awarded Poster of Distinction:**  
Kimberly Jarczyk for her poster entitled: Programmatic evaluation of a nurse run subspecialty referral program.

AND THE AWARDS KEEP COMING!!



Leslie Corbett RN, MSN received the Excellence in Education Award for her submission for IBD Flare Stoplight Intervention Tool



The Susan Moyer Nursing Research Grant was awarded to Nancy Murray RN for her research in improving infant feeding and nutrition.



Sue Walsh RN, MSN, CPNP received the Excellence in Mentoring award for her years of significant contribution to mentoring new nurses.

# HIGHLIGHTS FROM THE 25<sup>TH</sup> ANNIVERSARY CELEBRATION

