



APGNN

The Association of Pediatric Gastroenterology and Nutrition Nurses

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President's Message

Spring at last! I'm just waiting for winter to realize it's over. I just returned from the New Jersey State School Nurses Association annual meeting in Eatontown New Jersey. They invited me to give a presentation on pediatric celiac disease. When I asked them how they got my name, the program director said that they went online and checked the APGNN website to find the experts! Proof again that we are fulfilling our mission to be recognized as the experts in our field. At their luncheon meeting, their "school nurse of the year" gave a presentation. She made me think of our organization when she described how most school nurses work independently and can easily feel isolated. Yet through the support of their organization, they know that there's always somebody just a phone call or email away. I hope that we all know this too and keep that in mind when you receive your 2009 member directory by e-mail. Just in the past few months, I've fielded a variety of questions from pediatric GI nurses across the country on variety of topics such as staffing ratios, identification bands for patients in the outpatient clinic, Humira education programs for IBD patients. All of these questions were answered promptly by e-mailing a few colleagues.

I want to call your attention to our website since it has been recently updated. Sue Peck, our past president and internet chair, is exploring ways to improve its functionality. We are still grappling with the best process to keep it current and installing a "members only" section. I apologize for any frustration the website has caused since its launching.

Lisa Philichi, our membership chair and editor of the *APGNN Clinical Handbook of Pediatric Gastroenterology* received wonderful news that the handbook was approved for posting on the NAPNAP website and selected to be a future book of the month. Remember to let your colleagues know about this valuable resource. It makes a great welcome gift for new staff nurses and fellows.

Please spread the word about the **CDHNF/APGNN M. SUSAN MOYER NURSING RESEARCH AWARD**. Unfortunately, the CDHNF website has been a bit slow getting revamped but specific information should be available soon and you can contact our research chair, Clare Ceballos.

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President's Message Continued

Remember to save the date **November 13 and 14th** for APGNN annual education meeting in national Harbor Maryland near Washington DC. This year we will be celebrating APGNN's 20th Anniversary! Our theme is Working Together and a very exciting program is planned. If you think that you will be going, remember there are conference scholarships available, so please get your application in by May. I truly look forward to seeing all of you there!

Sincerely,

Your President, Mary-Alice Tully MSN, PNP-BC

APGNN Welcomes New Members

Amy Felix , NP Brooklyn, NY

Janelle Peterson, RD Roseville, MN

Dena Powell, RN Houston, TX

Rebekah Slocum, NP Raonoke, VA

Heidi Sweeny, PNP Hartford, CT

Sandra Western, RN Houston, TX

Save the date!

Plan on attending APGNN's 20th Annual Meeting

This year's annual APGNN course *Working Together: Collaborative Practice* will be held November 13 & 14 at National Harbor, near Washington, D.C.

Program Description:

This year's meeting will highlight a multidisciplinary approach to pediatric gastroenterology, hepatology and nutrition-related problems. Selected topics include advocacy for children with Inflammatory Bowel Disease, Treatment of IBD with Biologics, Fatty Liver Disease, Intestinal Failure, Functional Abdominal Pain, Failure to Thrive, Vitamin D and Inflammation.

Concurrent sessions on Gastrostomy Tubes, NP postgraduate educational requirements, Publishing & Research and Interpretation of lab (liver) tests will be presented. We will also have case presentations (Zebras) by social workers, physician assistants, dietitians, occupational therapists and nurses as well as abstract presentations.

We will hold an allied health professionals networking luncheon for all attendees and a social event to celebrate APGNN's 20th Anniversary.



Clinical Practice Committee Update

I am the new Clinical Practice Chair and I am excited to be involved with this committee. When looking back at the work that this committee has accomplished through the years, it is easy to see that many clinically relevant activities have been completed that have had a positive impact on our practice. I am hoping for another progressive and successful year for this committee.

Goals:

1. Stimulate the interest of the membership to become involved with the Clinical Practice Committee.

I have recently sent an email to the past members of the committee to solicit continued involvement. If you are interested in joining this committee please email me at lvitito@unmc.edu.

2. Generate/facilitate interest in submission for clinical vignettes and research abstracts for the Annual APGNN Meeting in *National Harbor, Maryland November 12-15, 2009*. Deadline for submission is *August 1, 2009* and the submission form is available on the web site.
3. Identify and develop one or two clinical guidelines or protocols. I encourage and welcome your suggestions for topics and clinical areas of need.

There is an example of clinical protocols that have been completed in the past by the committee on the APGNN web site to include consensus on Remicaid protocols and also consensus on 6MP protocols. Give me feedback on your ideas...I would like to get this started soon. It will be a great group project.

4. The committee will review the clinical vignettes submitted for the 2009 Annual APGNN Meeting.
5. Update/maintain the Clinical Practice Committee tab on the website. (cont. pg. 5)

Clinical Practice Committee Update continued

6. Submit articles for the newsletter quarterly.

I am looking for volunteers that would like to write a short article in the area of clinical practice to include a specific area of clinical interest, a case study, roles of nurses /NP's in GI and the impact this has on patient care, new approach to an old problem, etc. The next Newsletter will be published in June. Let me know if you are interested.

7. We will continue to participate in the NASPGHAN Clinical Care and Quality Committee and provide input in the development of clinical guidelines as requested.

I plan to have a committee meeting at the APGNN Meeting in National Harbor, Maryland in November to facilitate communication and productivity amongst the committee members.

Respectfully Submitted,
LeAnne Vitito MS, APRN, CGRN

APGNN is Going Green!!

Please notify Lisa Philichi, APGNN Membership Chair Lisa.Philichi@multicare.org if you did not receive the 2009 Membership Directory. It was sent to the membership as a PDF file in March. The Executive Board hopes you find it a useful resource to network with other who are involved in caring for children with gastroenterology and nutrition issues.

IBD Conference Update From Hollywood, Florida

CCFA on Inflammatory Bowel Disease in Hollywood, Florida on Dec 4-7, 2008

This conference was very good not only was the setting beautiful but the conference provided a lot of information, some new and some confirming. This conference had experts in the field of IBD both in pediatrics and adult gastroenterology. There was a clinical track and a research track. There was a nursing break out session on Friday and Saturday of the conference. Nurses received a discount rate. All sessions were open to attendees. APGNN had a good representation present. Sue Peck, (current interim Past President) presented Children with IBD in the nursing section. Lindsey Wilson (Professional Development chair) received a scholarship from Maryland chapter of CCFA. I attended through the IBD center at The Children's Hospital. Shari Huffman from Jacksonville, Florida (former Clinical Practice Chair) Noelle Bates, APGNN member and Maureen Kelly, APGNN member from North Carolina was also in attendance.

I had the opportunity to meet the nursing liaison for CCFA, Michele Rubin, RN, MSN, APN, CGRN from the University of Chicago Medical Center Chicago and provided her with a copy of APGNN brochure and handbook. Jan Colwell, President, Wound, Ostomy and Continence Nurses Society.

Some of the points that I brought home from the conference are as follows:

A. C-Diff

1. Alcohol based gel are not effective against spore forming organisms, such as C Diff. Soap and water dislodges spores from skin.
2. Only 54% of patients with C Diff were detected on the first specimen.

B. General IBD

3. There are many new therapies on the horizon.
4. Ferreting can be an acute phase reactive.
5. One CT scan is equivalent to 250 chest x-rays.
6. Monitor renal function in IBD patients on 5-ASA.
7. If patients on 6-mercaptopurine and does not develop leucopenia in 4 weeks then they are not TPMT deficient.
8. If there is a high baseline CRP, these patients usually have a good response to Infliximab.
9. 1/8 of patients with Crohn's disease may have Celiac Disease, consider checking HLA.
10. Patient with anemia may also have copper deficiency.

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IBD Conference Update From Hollywood, Florida continued

C. Bone Density

11. It may take up to 18 months before improvement in bone density.
12. Calcium carbonate can cause an increase frequency of kidney stones use citrate.
13. A T score is a comparison to a 32 year old woman. A Z- score is used in pediatrics, this is matching the patient with a child the same age and gender.
14. Remember to check Vitamin D levels in IBD patients. Consider supplementation if low.

D. Health maintenance

15. Immunizations- avoid live bacterial or viral vaccines in immunosuppressed patients (steroids, 6-MP, AZA, methotrexate)
 - a. MMR
 - b. Varicella
 - c. Adenovirus
16. Combination therapy mount a poor response to pneumovax, tetanus, Hepatitis B
17. Tuberculosis-Consider PPD at diagnosis prior to starting steroids or immunomodulators
 - d. QuantiFERON Gold is consistent despite immunosuppression or BCG status
18. Skin cancer increased risk with 6-MP/AZA- yearly exams
19. AZA increase risk of abnormal pap- suggest HPV vaccine
20. Smoking and women – increase the need for surgery five times more than non smokers.
 - e. Smoking hastens the disease and increase the need for immunomodulators.

In closing this conference was very informative. I suggest if you have an opportunity to attend in 2010, do so.

Respectfully submitted,
Patricia Bierly

Research Opportunity

Have you always wanted to conduct research but felt that you don't have the time? Do you have a research question you want to answer? In this age of evidence based practice we all encounter situations where questions arise – what's the best way to care for this child and family? How can I best prepare them for this procedure? Is it better to use this technique or try something new?

The APGNN has an exciting opportunity for you to investigate answers to your questions. In collaboration with the CDHNF, the APGNN is able to offer a research grant to members to conduct a research project. The grant, up to \$25,000, will be awarded to an APGNN member to fund a nursing research project related to our field of Pediatric Gastroenterology, Nutrition or Hepatology.

The research grant, which will honor the memory of Susan Moyer, MD, who helped to secure funding, will be awarded for the first time at the APGNN meeting in Maryland, November 2009. Applications will be accepted from January to June 2009. If you would like to apply for the CDHNF/APGNN Susan Moyer award then start planning now. A full description of the award and an online application will soon be [available on the CDHNF website \(http://www.cdhnf.org/wmspage.cfm?parm1=129\)](http://www.cdhnf.org/wmspage.cfm?parm1=129).

To help you plan in the meantime here are some highlights of the process:

- The applicant must be a member of APGNN
- The research must focus on nursing care of children and families with gastrointestinal problems
- The research project must be approved by the IRB in your institution
- The application must be submitted online prior to June 2009
- The winner will receive the award at the next APGNN meeting in November 2009 & will be expected to present their research at a future APGNN meeting
- The grant is for up to \$25,000 and can be used in part for salary support
- Your institution will need to provide you with a minimum of 10% protected time to plan and conduct your research

The grant is for one year and the researcher must plan to complete the project within that time

This is a wonderful opportunity for APGNN members so start planning your project now! If you have any questions please feel free to email me at clare.ceballos@mountsinai.org



APGNN Conference Scholarship

APGNN Conference Scholarship Guidelines for Submission/Evaluation

Deadline for application submission: May 1, 2009

The 2009 APGNN Meeting will be held November 13 - 14 at the Gaylord National Resort & Convention Center at National Harbor, MD. The conference theme is *Working Together: Collaborative Practice*.

Multidisciplinary approaches to pediatric gastroenterology, hepatology and nutritional problems will be highlighted during the conference. Selected topics include advocacy for children with inflammatory bowel disease, treatment of IBD with biologics, fatty liver disease, intestinal failure, functional abdominal pain, failure to thrive, vitamin D and inflammation. There will also be concurrent sessions on gastrostomy tubes, NP postgraduate educational requirements, publishing/research and interpretation of lab (liver) tests.

Purpose

To provide financial assistance for selected individuals to attend APGNN's Conference, therefore, supporting the educational development of the organization's members.

Eligibility

At the time of application submission, must be a full or associate APGNN member with no outstanding dues.

Selection Criteria

Three APGNN Board Members will review the applications and determine 4 candidates who best plan to apply the conference information to their practices.

Award Process

Three full members and one associate member will be awarded financial support for conference tuition and hotel accommodations for 2 nights shared hotel room or 1 night single room.

Criteria Used In Evaluating Applicants

- Creativity
- Practicality
- Impact on patients, families and colleagues



Editor's Note

Spring may officially be here, hard to say for sure but I remain optimistic. Thanks to everyone for their newsletter submissions. Be sure to take advantage of the scholarship opportunity that is available to you. Look for the next Newsletter to spotlight the history of our organization as we prepare for our 20th Anniversary and the upcoming Annual Meeting.

Diane Kocovsky
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