



The professional Newsletter for Greater Orlando's Society of  
Gastroenterology Nurses and Associates | June 2020

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## Mark Your Calendar!

**SGNA 47TH ANNUAL COURSE:  
A VIRTUAL EXPERIENCE**

**October 31- November 2, 2020**

Earn up to 32 contact hours spanning multiple tracts

For more information and to register for the 47th Annual Course go to

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



## GOSGNA Updates

2020 has certainly been a challenging year. As you know, there have been no meetings or live continuing education offerings to date. On the weekend of Sept. 11-13, 2020, the SGNA Florida 44th Annual Joint Meeting met at the Hilton Orlando Bonnet Creek. Due to the continued Covid-19 pandemic things were different. Registration was limited. There were about 110 in attendance, nurses, techs and doctors. There were no hands-on labs. Masks and Social Distancing were required. The Hilton did a great job of having hand sanitizing stations available and signs to remind everyone to wear masks in public areas. I may have missed some, but I believe there were ten members of GOSGNA in attendance. Lorraine Blake won the 50/50 cash drawing of \$75.00. Don Cooper, Lorraine Blake, Linda Fitzstevens and Sherry Golden all won baskets from the raffle.

The speakers were a mix of in-person, live video feed and pre-recorded. As usual there was new information to be learned. And it was great to see colleagues from around the state.

The 47th SGNA ANNUAL COURSE was previously scheduled for May 2020 in Louisville, KY is now going to be a VIRTUAL Event on Oct.31-Nov.2, 2020 This will be 3 days of 'live' on-line presentations. This will be a great way to get continuing education to meet your CGRN requirements. Then you will have 30 days to earn more CEs on demand. For more information go to [www.sgna.org](http://www.sgna.org) . Five GOSGNA members have been approved for scholarship reimbursement base on 2019 membership and participation.

Mass emails have been sent out to everyone on our email list with very little response. **Our Region is in need of more active members.** When this pandemic passes enough for us to resume meetings, there need to be leaders to get us back on track. Because of the challenges Covid-19 has presented all of the SGNA Regions, all Regions have been allowed to re-charter without the usual requirements. Also, your GOSGNA has approved all Board members to stay in their current positions for 2021 to allow time for new members to become active again in 2021.



What's your gut-feeling, Doctor?

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## Identify This!

Can you identify this:

See Footer for Answer



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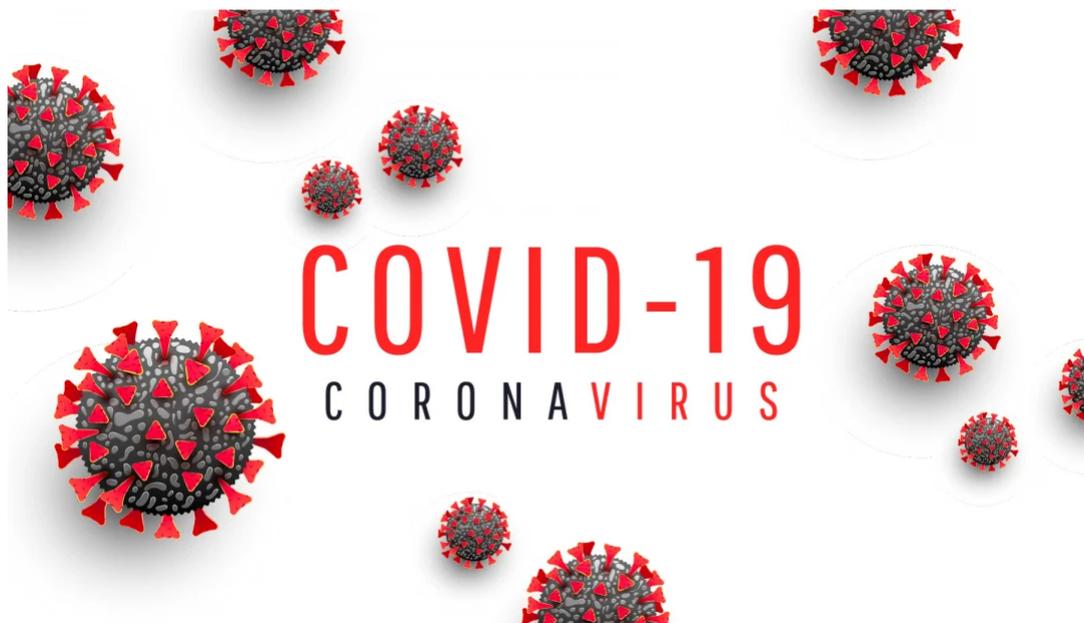
## Letter From the President

Hope this newsletter finds all of you healthy and well. We are just going into our last quarter of 2020. I'm sure many of you have settled in now to the new way of providing a safe environment and being diligent on our transition to keeping ourselves mentally healthy and flexible to changes.

We are just getting back from our State annual convention in Orlando. And with that many measures were in place to keep us healthy. We were able to get together with our colleagues and learn and enjoy many topics that impact our profession. I was so glad to see those who made it to Orlando this year and took on the 2 days of learning and meeting up with colleagues.

Nationals will be on a virtual platform this year and we will have many opportunities to partake in learning. I'm hoping this will allow those that are not registered yet still, to take this opportunity to consider this safe setting of online conference this year and support your society. We would also like to mention that enrollment for our society is offering a sign-up incentive this week. So, try and log on and take part if you are not a member or you are a renewing member. There are various reasons to stay connected with your colleagues in our field.

In closing, I wish you well as we move forward and advance ahead into the final stretch of the year. We are much stronger and more adverse this year as GI nurses. Stay safe and bless you all for what you do each day for our profession.



## Could Zinc Help Fight COVID-19?

*Adapted from an article on WebMD by E.J. Mundell, HealthDay Reporter on Wednesday, Sept.23, 2020*

Millions of Americans pop zinc supplements at the first sign of a cold. New research suggests zinc might play a role in COVID-19 outcomes, too.

Researchers from Spain reporting at a European coronavirus conference found that hospitalized COVID-19 patients with low blood levels of zinc tended to fare worse than those with healthier levels.

A team led by Dr. Roberto Guerri-Fernandez of the Hospital Del Mar in Barcelona said, "Lower zinc levels at admission correlate with higher inflammation in the course of infection and poorer outcome."

"It has long been thought that zinc bolsters the immune system," said pulmonologist Dr. Len Horowitz, of Lenox Hill Hospital in New York City. "A possible explanation in this study is that zinc may have an anti-inflammatory effect that is protective."

In a study, Guerri-Fernandez's team tracked medical outcomes against the results of lab tests for 249 patients admitted to the hospital with COVID-19 in March and April. The patients average age was 63 and 21 (8%) died from their illness.

All of the patients had their blood zinc levels tested upon arrival- the average level was 61 micrograms per deciliter of blood.

However, those who died of COVID-19, blood levels of zinc were much lower, averaging just 43mcg/dL. In contrast, blood levels of zinc average 63mcg/dL in those who survived.

Overall, and after adjusting for factors such as age, gender, illness severity and treatments received, every unit increase of zinc in the blood was tied to a 7%

lowering of the odds that a patient would die while in the hospital.

Still, the finding cannot prove cause and effect, and the study group was relatively small, so “further studies are needed to assess the therapeutic impact of this association,” Guerri-Fernandez and his colleagues said in a news conference.

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### **GOSGNA Officers for 2020**

#### **President**

Lorraine Blake, RN BSN  
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#### **President-Elect - VACANT**

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#### **Director at Large/SIE Coordinator:**

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#### **GOSGNA Legislative Liaison for National SGNA:**

Vacant

#### **Board member at large/ CE coordinator:**

Vacant

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### **EVENTS & CALENDAR 2020/2021**

#### **Nov. 10, 2020**

Board meeting  
via ZOOM

#### **March 27, 2021**

Spring into ENDO

#### **June 8, 2021**

Regional dinner/CE meeting

#### **August 14 or 21, 2021**

2021 Fall into ENDO

#### **Nov. 9, 2021**

Regional dinner/CE  
meeting with elections



**SGNA Florida**

**Don't forget to renew your SGNA membership for 2019 and update your information so you can continue to enjoy all the benefits of SGNA!**

**Identify This:**  
duodenal mucosa in celiac disease

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