



The professional Newsletter for Greater Orlando's Society of Gastroenterology Nurses and Associates | September 2021

**Join our Facebook group!**

**SGNA** Florida  
The Society of Gastroenterology Nurses and Associates  
[www.SGNAFlorida.org](http://www.SGNAFlorida.org)



## 45th Annual Joint Meeting

**Florida's SGNA Regional Societies and  
the Florida Gastroenterologic Society  
September 10th-12th  
at the Renaissance Orlando at SeaWorld**



Earn up to 10.25  
ANCC contact hours

### GOSGNA Updates

It has been a long time (October 2020) since we published our last newsletter. At that time, we announced the 47th SGNA Annual Course: A Virtual Experience.

As Covid-19 spread across Central Florida, your GOSGNA had to cancel Spring into Endo 2020 one week before the event. In 2020 we could not hold any live events. Therefore, our planned meetings for June 9, 2020, August 15, 2020 and November 10, 2020 were all cancelled.

The 'National' 47th SGNA Annual Course was cancelled from the live event May 17-19, 2020. It was presented as a Virtual Experience on Oct. 31-Nov. 2, 2020. Looking through the list of attendees, I think there were 11 GOSGNA members attending.

The 'State' FGS/SGNA Annual Joint Meeting was held live on Sept. 11-13, 2020. There was social distancing, mask requirements and frequent hand sanitizing stations. The speakers were a combination of live and virtual presentations. There were about a dozen GOSGNA members at the event.

That brings us to 2021. We all had hopes of returning to our regular GOSGNA Region 14 meetings. So far that has not happened. Spring into Endo 2021 was held virtually on March 27, 2021. Steris University graciously presented a free four (4) hour CE event. How many of you took advantage of this?

Our June 9, 2021 regional meeting and August Fall into Endo have been cancelled. The 'National' 47th SGNA Annual Course was presented virtually on May 22-25, 2021 because it was deemed unsafe to travel to Pittsburg for a live event this year. I saw seven (7) GOSGNA names on the attendee list.

On September 10-12, 2021 the 45th Annual Joint FGS/ SGNA Meeting will be held at the Renaissance Orlando at SeaWorld. With any luck, we will be able to have a safe and informative learning event. Do you plan to attend?

On November 9, 2021 our GOSGNA Region 14 hopes to have a live regional dinner/CE meeting. Elections will be held for some new Board positions. Last year we extended all current Board member positions because of the pandemic and inability to have active participation. STAY TUNED for updates.

The 'National' 49th SGNA Annual Course is planned for May 22-24, 2022 in Salt Lake City, Utah. I hope that we will be able to travel by then.

On another note: GOSGNA membership is down. It has been hard to stay connected during this pandemic but we want to grow our professional organization again. The benefits of continuing education, staying current on evidence-based practices and networking are all very valuable.

As secretary, I have an extensive e-mail list and send out many updates. Very few people respond to these e-mails. Therefore, I have no idea who is or is not still working in Endoscopy. If you are NOT an SGNA member and you want to stay on the e-mail list, you will need to let me know. The e-mail list is going to be reduced to members only and to some Endoscopy Unit managers (if I have them on my e-mail list.) This is not punitive; it is just very difficult to send email updates to almost 200 people with no idea if they are still involved or active in Endoscopy. Also, when a new secretary comes into this position, they need to start with a fresh updated list.

I hope to see some of you in the very near future. Stay well and stay in touch.

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**Photos from the 2020 FGS/SGNA State Meeting**



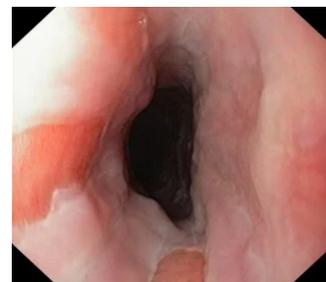


Take Your Kids to Work Day is not recommended for everyone.

## Identify This!

Can you identify this:

See Footer for Answer



## Letter From the President

Hello fellow GI Nurses,  
We are focusing our efforts on getting through yet another challenge this summer here in the Central Florida region. Hope you are getting through the crisis and taking the time for yourself to find some balance with work, home and career. Self care is very important during this time. We are getting ready for our Annual State Meeting In September 2021

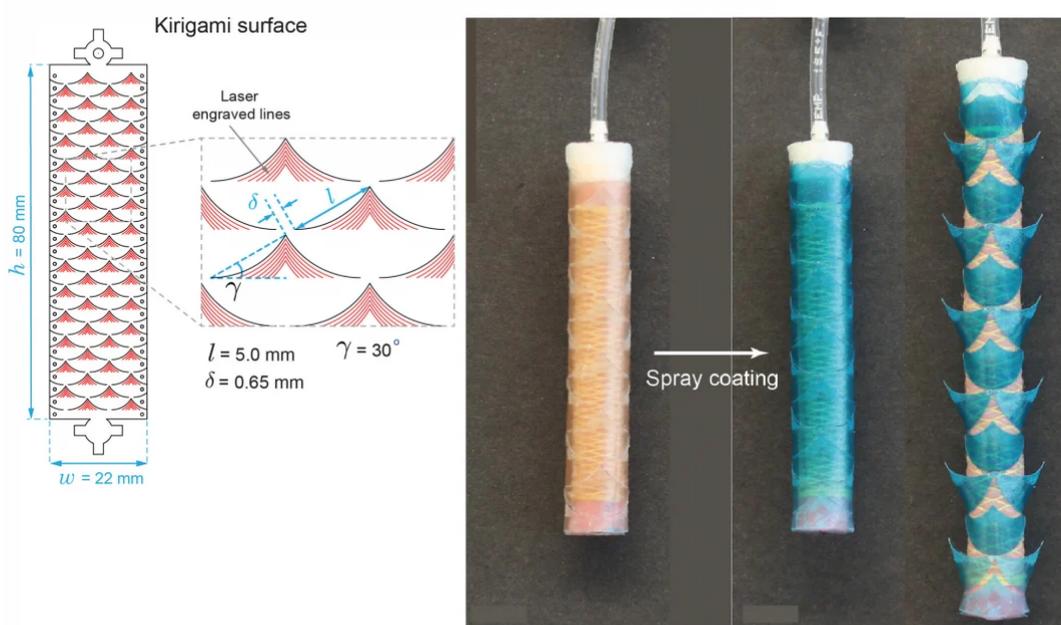
We also have pushed our Fall into Endo out since the area and times just was not able to bring us together this month. We will work towards the future in planning our annual Spring in to Endo and Fall into Endo 2022. I wanted to invite you to please continue to be involve with our local society where we have plenty of opportunities coming up for Elections. For openings, we have President Elect,

where many of our colleagues will gather in the city of Orlando to learn, gather and connect with our fellow GI Nurses. What a great way to learn and connect. They have registration still open and it will be two days of learning with a hands-on Lab. This will be our annual State conference and registration is still open for the weekend of September 10-12. It is being held at The Renaissance Orlando at Seaworld with such a great agenda of speakers planned.

Member at Large, Treasure and Secretary and Liaison to SGNA, so if any of these openings sound like a great way to bolster your career and have fun just let us know. We welcome you and questions you may have. Nationals is moving forward for May 22-24 2022, so mark your calendars for that event. It always brings us nationally together with all our Colleagues.

In closing, I am looking forward to seeing you in Orlando; be safe and diligent as we move forward through this. We are grateful for all you do.

**- Lorraine Blake BSN**  
*President GOSGNA 2020*



## Stents inspired by paper-cutting art can deliver drugs to the GI tract

*by Massachusetts Institute of Technology*

*From an article published June 14, 2021 on Medical Press*

The device has two key elements- a soft stretchy tube made of silicone-based rubber, and a plastic coating etched with needles that pop up when the tube is stretched. Credit: MIT

Inspired by kirigami, the Japanese art of folding and cutting paper to create three-dimensional structures, MIT engineers and their collaborators have designed a

new type of stent that could be used to deliver drugs to the gastrointestinal tract, respiratory tract, or other tubular organs in the body.

The stents are coated in a smooth layer of plastic etched with small 'needles' that pop up when the tube is stretched, allowing the needles to penetrate tissue and deliver a payload of drug-containing particles. Those drugs are then released over an extended period of time after the stent is removed.

This kind of localized drug delivery could make it easier to treat inflammatory diseases such as inflammatory bowel disease and eosinophilic esophagitis.

Inflammatory diseases of the GI tract are often treated with drugs that dampen the body's immune response. These drugs are usually injected, so they can have side effects elsewhere in the body. The goal is to come up with a way to deliver drugs directly to the affected tissues, reducing the chance of side effects.

The researchers tested the stents by endoscopically inserting them into the esophagus of pigs. Once the stent was in place, they inflated the balloon inside the stent, allowing the needles to pop up. The needles, which penetrated about half a millimeter into the tissue, were coated with microparticles of budesonide, a steroid used to treat IBD and eosinophilic esophagitis.

When the drug-containing particles were deposited in the tissue, the balloon was deflated, flattening out the needles so the stent could be removed endoscopically. The microparticles stayed in the tissue and gradually released budesonide for about one week.

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### **GOSGNA Officers for 2021**

#### **President**

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#### **President-Elect - VACANT**

#### **Past President/ CE Coordinator:**

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#### **Secretary:**

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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 2021

### Sept. 10-12, 2021

2021 45th Annual Joint Fgs/Sgna Meeting  
Renaissance Orlando at Seaworld

### Nov. 9, 2021

Gosgna/Region 14  
Dinner/Ce MeetingTBA

### May 22-24, 2022

49th Sgna Annual Course  
Salt Lake City, Utah



### SGNA Florida

Don't forget to renew your SGNA membership for 2021-2022 and update your information so you can continue to enjoy all the benefits of SGNA!

#### Identify This:

Barrett's esophagus



mailer lite