

**The Professional Newsletter for Greater Orlando's Society of
Gastroenterology Nurses and Associates | April 2024**

Join Our Facebook Group



Save the Date!

Thursday, May 9th-11th, 2024

SGNA's 51st Annual Course

May 9-11, 2024

Louisville, KYSGNA's 51st Annual Course



GOSGNA Update

To the Esteemed Nurses and Associates of GOSGNA,

I extend my sincere gratitude for entrusting me with the position of GOSGNA Secretary. It is an honor to embark on this new journey, filled with anticipation for the growth and advancement of our chapter in the coming years.

I wish to express my heartfelt appreciation to Linda Fitzstevens and Monica Kirkpatrick for their dedicated service to GOSGNA. Linda and Monica, both holding CGRN certification, have been instrumental in shaping our organization through their commitment and passion. Linda has served as our treasurer for a term of four years and as secretary for the past two, her dedication evident in her attendance at eight national conferences. Monica, in her role as treasurer for two terms and as SIE liaison for several years, has played a vital role in our financial management and external connections. Your impact on GOSGNA has been profound, and I am deeply thankful for your invaluable contributions.

Reflecting on the past year, GOSGNA members and leaders engaged in numerous enriching events, fostering invaluable knowledge that will propel the growth of our industry.

With gratitude and excitement for the journey ahead,

Jessica Holuka BSN, RN

GOSGNA Secretary



Monica and Linda



State Conference 2023 attendees



Fall Into endoscopy 2023



Letter From the President

Dear GOSGNA Nurses and Associates:

Last December, our 2023 distinguished board members' terms came to an end, and a new board of directors and future leaders joined our board. I am honored to be your incoming president this year after serving as last year's president-elect. I want to acknowledge the leadership provided by Don Cooper (current immediate past president) and last year's board secretary Linda Fitzstevens and treasurer Monica Kirkpatrick. I am excited to welcome the new board for 2024—secretary Jessica Holuka, treasurer Jacqueline Thornton, and immediate past-president Don Cooper.

We have an exciting year planned with the following upcoming events:

National meeting: May 9-11, 2024 in Louisville, KY for SGNA's 51st Annual Course

State meeting: September 6-8, 2024 Hilton Orlando Lake Buena Vista Disney Springs Area 1751 Hotel Plaza Blvd, Lake Buena Vista, FL 32830 phone [407-827-4000](tel:407-827-4000)

Fall into Endo Regional meeting: October 13 2024, Advent Health Orlando (Women's Tower Conference Room) 601 E Rollins St, Orlando, FL 32803

Treasurer report: Beginning Balance 1/1/2024: \$13,748.17 Ending Balance 2/26/2024: \$13,385.04

Respectfully submitted,

Eton Stebbins BSN, RN, CGRN

GOSGNA President



Mindfulness in Gastroenterology Training and Practice: A Personal Perspective

Background

Work-related stress is becoming an increasingly recognised occupational hazard that can have detrimental effects on the health of both patient and doctor. The practice of gastroenterology not only includes the demands of clinics and in-patient work faced by other medical specialities but also the additional burden of complex, and often high-risk, endoscopic interventions. Mindfulness, a secular form of meditation, can relieve stress, even if only practiced for a few minutes a day.

Methods and Results

We present a personal perspective of the burnout experienced in stressful gastroenterology careers and the personal use of mindfulness in the daily routine to provide a source of calm when surrounded by many different pressures. We review some of the literature exploring the role of mindfulness in clinical practice with an emphasis on gastroenterology. While the practice of mindfulness is not designed to obviate immediacy and quick decisions in a rapidly changing clinical

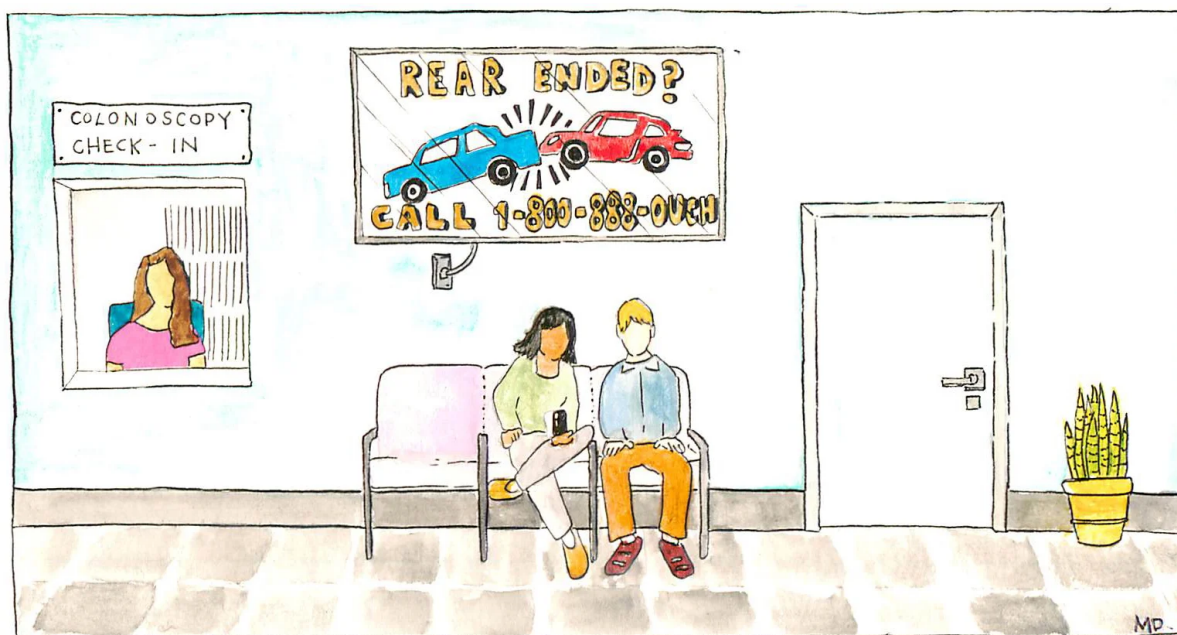
environment, it has been held widely useful to mitigate the stress involved in making those decisions.

Conclusion

Practicing mindfulness, meditation and mindful living offers many advantages to gastroenterologists' wellbeing as well improved patient care. We advocate its teaching to both gastroenterology trainees and consultants who are not familiar with the technique.

[CONTINUE READING THE FULL ARTICLE HERE](#)

Belly Laugh

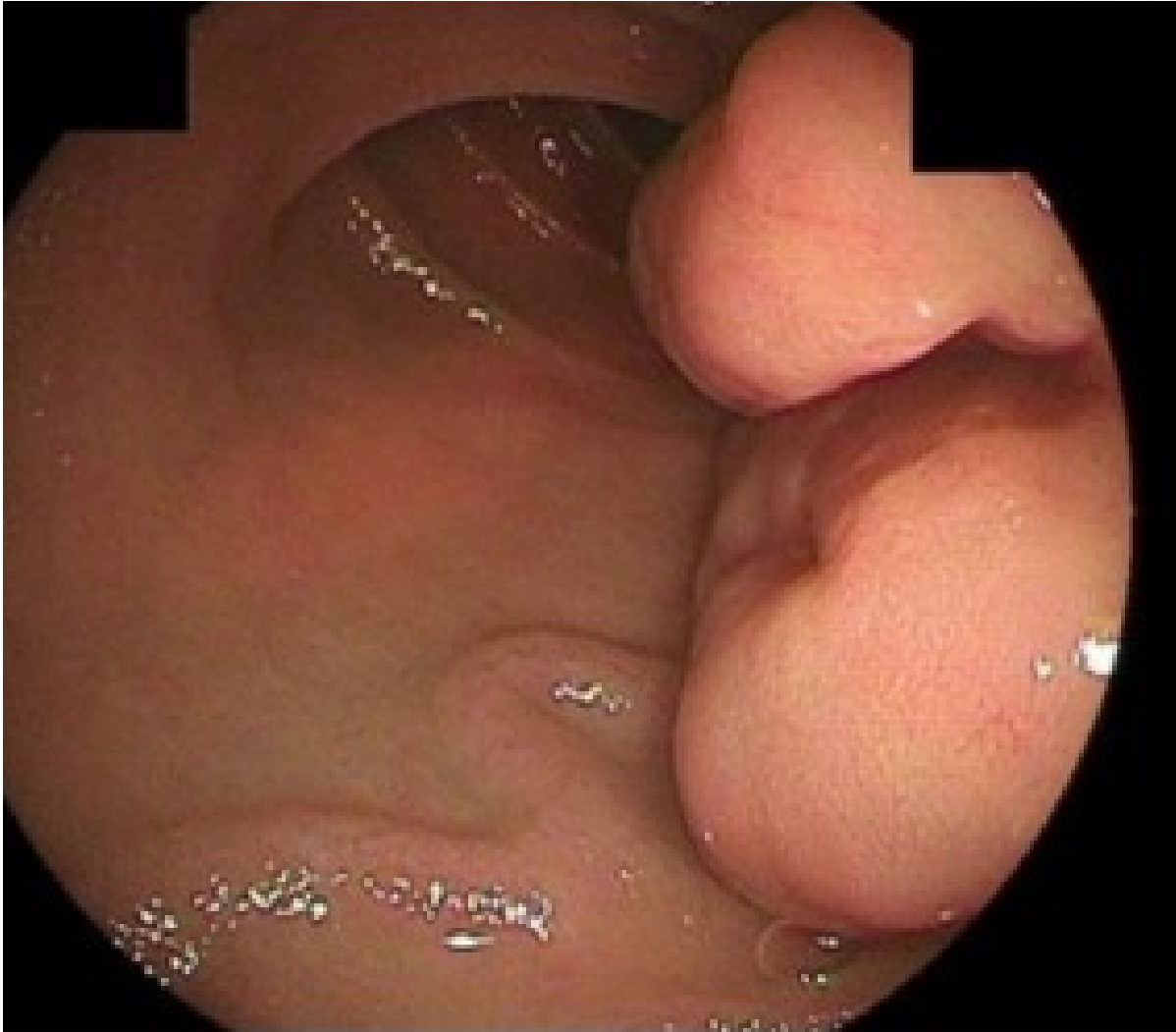


“ You MIGHT WANT TO WRITE THAT NUMBER DOWN...”

Art by Mary Dodd, Orlando Health GI Nurse

Identify This

Answer in footer



GOSGNA Officers for 2024

President

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President-Elect

Vacant

Past President

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Secretary

Jessica Holuka

Digestive Health Institute, Orlando

Health

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Treasurer

Jacqueline Thornton

Advent Health, Orlando

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Sgna Legislative Liaison for National

Sgna

Vacant

Events & Calendar 2024

National SGNA Meeting

May 9-11, 2024

Louisville, KY

SGNA's 51st Annual Course

FGS/SGNA State meeting

September 6-8 2024

Hilton Orlando

Lake Buena Vista Disney Springs Area

1751 Hotel Plaza Blvd

Lake Buena Vista, FL 32830 Phone [407-827-4000](tel:407-827-4000)

Spring into Endoscopy

Canceled

Fall into Endoscopy Meeting

Advent Health Orlando

601 E. Rollins Street

Orlando, Florida 32803

Women's Tower Conference Room

(1st floor next to OB ED)

Sunday, October 13, 2024

07:00-12:30

SGNA Florida

Don't forget to renew your SGNA membership for 2024 and update your information so you can continue to enjoy all the benefits of SGNA! Identify this: (GIST) gastrointestinal stromal tumor

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You received this email because you are a registered member of GOSGNA.

[Unsubscribe](#)



