



**Alaska Native Medical Center**  
**4315 Diplomacy Drive**  
Anchorage, AK 99508

The Alaska Native Medical Center (ANMC) has developed a training program specifically tailored for the Registered Nurse (RN) to perform flexible sigmoidoscopies for colorectal cancer screening.

A **complete** training program is outlined below. All training will be initiated and supervised by a family nurse practitioner, a physician assistant or a physician who has been certified by the Surgery Department to perform flexible sigmoidoscopies. The training program and algorithms have been reviewed and approved by the Surgery Department. These will aid the RN in the decision making process for the screening protocol and abnormal exam (appendix 1&2).

A RN, having met the credentials outlined below and having been certified by the Surgery Department will be allowed to independently perform screening flexible sigmoidoscopies at ANMC. The RN endoscopist will be allowed to perform flexible sigmoidoscopy only on patients who meet all of the colorectal cancer screening criteria (appendix 3). A physician will be in the clinic at all times while the RN is performing a flexible sigmoidoscopy.

The Registered Nurse Endoscopist will be evaluated annually following the Annual Competency Checklist outlined in Appendix 4.

Registered Nurse Endoscopist Credentials:

- A. Current State of Alaska Registered Nurse License.
- B. One year of active participation in Endoscopy.
- C. Certification as a Certified Gastroenterology Registered Nurse (CGRN).
- D. Completion of a hands-on training program for flexible sigmoidoscopy, presented by the Society of Gastroenterology Nurses and Associates. (SGNA)
- E. Satisfactory completion of the ANMC Flexible Sigmoidoscopy training program.

Written: September 2001

### **ANMC Flexible Sigmoidoscopy Training Program.**

#### **Phase I**

The following articles, text books must be reviewed:

Kaloo, A.N., & Benjamin, S.B. (1998). Flexible fiberoptic sigmoidoscopy, important screening tool for colorectal disorders. Post Graduate Medicine, 85, No. 3: 145150.

Maule, W.F. (1994). Screening for colorectal cancer by nurse endoscopist. The New England Journal of Medicine, 330, No.3: 183-186.

Ransohoff, D.F., & Lang, C.A. (1993). Sigmoidoscopy screening in the 1990's. JAMA, 269, No. 10: 1278-1281.

Church, J.M., (1995). Endoscopy of the Colon, Rectum, and Anus. Igaku-Shoin, New York.

#### **Phase II**

With the attainment of certification as a Certified Gastroenterology Registered Nurse (CGRN) the Nurse Endoscopist trainee will have thorough knowledge of:

1. Professional issues
  - a. The Gastroenterology Nurse and Associate
  - b. Standards of Clinical Nursing Practice
  - c. The Gastroenterology Nurse's role in Drug Administration
  - d. Performance Improvement
  - e. Research
2. Anatomy and Physiology
  - a. Esophagus
  - b. Stomach
  - c. Biliary System
  - d. Liver
  - e. Small Intestine
  - f. Large Intestine
3. Pathophysiology

- a. Polyps
  - b. Angiodysplasia
  - c. Colitis
  - d. Irritable Bowel Syndrome
  - e. Chronic Recurrent Abdominal Pain Syndrome
  - f. Parasitic Infestations
  - g. Diverticular Disease
  - h. Colorectal Cancer
  - i. Intestinal Obstruction
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4. Clinical Issues and Procedures
    - a. Infection Control in Endoscopy
    - b. Relevant clinical laboratory tests
    - c. Preparation of biopsies
    - d. Therapeutic Procedures
    - e. Complications and Emergencies

### **Phase III**

1. Observe 25 flexible endoscopies and discuss techniques and observations with the endoscopist.
2. Withdraw 10 flexible endoscopes under supervision of endoscopist.
3. Perform 25 flexible endoscopies under supervision of endoscopist.
4. Independently perform 25 flexible endoscopies to a distant of 35-60 cm.

Written: December 3, 2001

### Appendix 3

#### Colorectal Cancer Screening Criteria

- Patient between ages 50 and 75
- No 1<sup>st</sup> degree relatives with colorectal cancer.
- Asymptomatic patient.
- No major debilitating illnesses.
- No history of adenomatous polyps.
- Patient education and procedure prep done.
- Patient acknowledges having followed flexible sigmoidoscopy prep instructions.

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Appendix 4

Annual Competency Checklist for registered nurse performing screening flexible sigmoidoscopy.

Nurse Endoscopist:	Date:
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- Can produce documentation for a minimum of 50 procedures performed during the past 12 months.
- Performs flexible sigmoidoscopy with an insertion depth of 35-60 cm.
- Identifies pathologies and initiates appropriate action and follow-up.
- Documents procedures according to ANMC policy.

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Verifying Signature

Date

