



Bridge the GHAPP

Gastroenterology & Hepatology
Advanced Practice Providers

NEWSLETTER

VOLUME 5

LETTER TO OUR READERS

Dear Readers,

Welcome to our first newsletter of 2023! I'm excited to introduce myself as your new Director of Newsletter for the GHAPP Publications Committee. I have been working as an outpatient Nurse Practitioner at Weill Cornell's Center for Liver Disease and Transplantation for the last four years, where I am part of liver transplant, our fatty liver clinic called ICHANGE, and the clinical liver research team.

We here on the Publications Committee have a lot to look forward to in this new year, but naturally, around the changes from one year to the next, we find ourselves contemplative and reflective. This newsletter looks back on the great GHAPP conference we had this past fall in Nashville, TN, and all we learned there. Looking back on my last article from our August newsletter shows that even since this summer, we've learned more about COVID-19 and the liver, as we were taught about post-COVID-19 induced cholangiopathies from Andrea Gossard during our GHAPP national meeting, and in November at the AASLD Liver Meeting, Dr. Betsy Verna introduced the newest information of how COVID-19 can impact the liver's health. This shows that we are never done learning, and new information is always evolving, not just with COVID-19 but with our specialties in gastroenterology and hepatology.

Thank you for opening up our newsletter, we hope you enjoy it. The Publication Committee wishes all our readers and our fellow advanced practice providers of GHAPP a safe, healthy and lovely New Year. We look forward to everything that 2023 holds!

Take care,

Allysa D. Saggese, MSN, AGPCNP-BC

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NATIONAL CONFERENCE HIGHLIGHTS

Patrick Horne, APRN – President of GHAPP

As we conclude 2022, I want to take this opportunity to thank everyone who attended the National Meeting in Nashville. Due to Hurricane Ian, I was not able to arrive until late Friday night. Fortunately, we in Northern Florida were spared but our thoughts go out to those who were affected. Nevertheless, I was determined to make it because I did not want to miss all this meeting had to offer. When I did arrive, I was elated to see everyone who made it.

Like the meetings prior, your participation is what makes this meeting so successful. It was another banner year for GHAPP with our largest attendance ever. **752** of you attended the conference with **652** in person and **100** virtually. This far exceeded our prior attendance totals and I hope shows the quality of programming GHAPP offers. **66%** of you were NPs and **24%** PAs, which was fantastic.

Quite exciting is that attendees came from **43** states, which is just incredible. While the vast majority of attendees come from the Gastroenterology field (**74%**), it was exciting to see that our meeting attracted those from other areas as well, specifically internal medicine and primary care. Our goal at GHAPP is to offer quality programming for all APPs in GI, Hepatology, and beyond. These numbers demonstrate we are hitting our mark.

We were incredibly pleased to see that our speakers were overwhelmingly rated as outstanding and that attendees felt the topics presented were not only relevant to their practice but would help improve how they practice. Your feedback was fantastic. Several individuals said out of all the CME conferences offered each year, GHAPP was the best. Others enjoyed it so much, they pre-registered for next year. Sounds like we are doing something right!

I cannot emphasize enough, that we could not do any of this without our stellar faculty and all of you who put your faith in us to bring you state-of-the-art, quality programming. A special thanks to our committees, who all had a hand in this meeting from the content of the plenary sessions to the workshops, to the social events. These individuals worked tirelessly to bring you a full experience. I want to thank our sponsors for their continued support of GHAPP. Without them, this meeting would not be what it is. We appreciate their partnerships and look forward to continuing those in the future. I also cannot say enough about the Focus Medical staff. They are the ones who make this whole thing run and provide us all with such a memorable experience. Finally, I must thank my fellow Board of Trustee members for all their continued hard work. It truly takes a village. It takes everyone to make this what it is.

As was stated, there are many CME conferences offered all year long, all over the country, so for over 700 APPs to choose GHAPP as one of their only CME conferences each year, is a true honor. With that, thank you all again for making GHAPP such a success and I look forward to our continued growth in the future. **See you September 7-9, 2023, at the Gaylord National Resort & Convention Center, National Harbor, Maryland! Cheers to a great 2022 and an even better 2023!**

Cheers,
Patrick

IBD BOOT CAMP HIGHLIGHTS

Nicole Martinez de Andino, RD, APRN

This year the GHAPP National Meeting held its first boot camps, which were a great success. Registration reached capacity for the 4-hour ABCs of IBD Boot Camp led by Sharon Dudley-Brown, PhD, FNP-BC, FAAN, FAANP, and Elisabeth Evans, FNP-BC.

The session began by defining and describing inflammatory bowel disease (IBD). These chronic, relapsing, intestinal inflammatory conditions of the GI tract with autoimmune origins include Crohn's Disease (CD) and Ulcerative colitis (UC). The interaction and overlap of a patient's genetics, immune system, and environmental triggers impact his or her clinical presentation and response to treatment.

| UC | | CD | |
|---------------------------|--|---------------------------------------|--|
| Inflammation in the colon | | Inflammation anywhere in the GI tract | |
| | | Majority in the small bowel | |
| Presents as: | <ul style="list-style-type: none"> Rectal bleeding Urgency Tenesmus Diarrhea | Presents depends on location: | <ul style="list-style-type: none"> Abdominal pain Diarrhea Blood in Stool Fatigue Weight loss Fistulas |

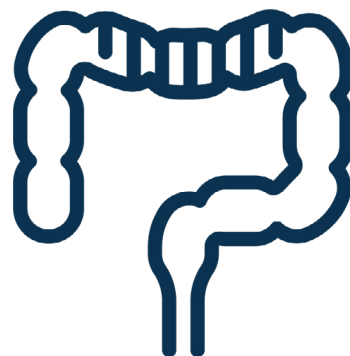
The diagnostic process for both conditions was also reviewed. Screening labs include fecal calprotectin or lactoferrin, CRP, and sed rate.

| UC | | CD | |
|--------|--|--------|---|
| Dx by: | <ul style="list-style-type: none"> COL/bx | Dx by: | <ul style="list-style-type: none"> Hx/physical Lab studies EGD Imaging Small bowel imaging with MR or CR Capsule endoscopy Colonoscopy with bx |

The boot camp also reviewed the many facets of IBD management, which includes the practice principle that maintaining remission is not the only goal of IBD management.

IBD BOOT CAMP HIGHLIGHTS (Continued)

| Other aims: |
|---|
| Addressing psychosocial issues |
| Detecting dysplasia and cancer |
| Improving daily function |
| Eliminating nutritional deficiencies |
| Improving symptoms |
| Treating inflammation and complications |
| Minimizing adverse effects of treatment |



The treatment arsenal for IBD continues to grow. Immunomodulators, aminosalicylates, small molecules, biologics, and corticosteroids are the primary classes for treatments, but practitioners will also use supportive agents such as antidiarrheals, bile sequestrants, and anti-depressants as well as antibiotics such as ciprofloxacin.

Treatment strategies for UC are driven by patient risk for colectomy; whereas, treatment for CD is driven by patient risk for complicated disease.

| UC patients high risk for colectomy: | CD patients that are at high risk for complicated disease: |
|--------------------------------------|---|
| Younger than 40, extensive colitis | 30 or younger at initial diagnosis, with extensive anatomic involvement |
| Deep ulcers | Perianal and/or severe rectal disease |
| Corticosteroid dependent | Deep ulcers |
| History of hospitalization | Prior surgical resection |
| High CRP/ESR | Structuring and/or penetrating pattern |
| <i>C. difficile</i> infection | |
| CMV | |

Health maintenance for IBD patients was also outlined. The recommended vaccination schedule for IBD patients, does not deviate much from the general population, except for early dosing of the pneumococcal and zoster vaccines. Live viruses should not be given to immunosuppressed patients. Cancer screening is also important for the health maintenance of IBD patients. Colorectal cancer is a major concern for patients with long-standing colitis, and the risk increases with the extent and duration of colitis.

This four-hour course surely fit the definition of a boot camp: short, intensive, and rigorous, and its attendees were able to take away clinical pearls and useful tips for nearly every aspect of IBD care.



CALL FOR JOURNAL SUBMISSIONS!

We the members of the Publications Committee are proud to announce the upcoming *Journal of Gastroenterology & Hepatology Advanced Practice Providers*. This is a peer-reviewed evidence-based journal and we are looking for your submissions!

Submissions can include articles about original research, literature reviews, case studies, meta-analyses, or other scholarly pursuits.

All submissions will be peer-reviewed by our editorial board before acceptance for publication.

Please send your submissions in by **May 15, 2023**, to the following:
ghappjournal@gmail.com.

For author and submission guidelines or any questions, please send them to us at: ghappjournal@gmail.com.

**Thank you and we look forward
to your submissions!**

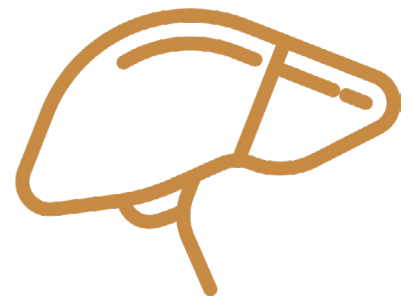
HEPATOLOGY 101 BOOT CAMP HIGHLIGHTS

April Morris, FNP

The GHAPP National Conference this year was filled with so many great opportunities to learn from our peers and to gain insight into ways to improve our clinical practice as GI and Hepatology APPs. This conference caters to APPs in every category; whether you have been in GI and/or Hepatology for several years or if you are brand new to this specialty area, there is something for everyone.

One new special opportunity this year was the Hepatology 101 Boot Camp on Saturday afternoon. This two-hour course provided an important foundation for providers new to taking care of patients with chronic liver disease. It was also a beneficial review and update for providers who have been in hepatology management for a while.

The topics ranged from viral hepatitis (HBV and HCV) presented by Allison Hobbs, NP, where she detailed differentiating HBV from HCV for those new to GI/Hepatology, including the important blood tests to order and interpret for diagnosis. I had the pleasure of presenting fatty liver disease management, and my colleague Vicki Shah, PA-C had a presentation on abnormal LFTs.



Nurse practitioner, HoChong Gilles, did a great presentation on the Nuts and Bolts of Cirrhosis Management. She did a comprehensive overview of the most important piece of advanced liver disease: managing those patients with portal hypertension. She presented a great mnemonic way of using PORTAL VEIN to remember the important pieces of cirrhosis management: portal hypertension, ascites, neoplasm (HCC), and esophageal varices just to name a few components.

The course finished with Sarah Dawkins, NP presenting on rare liver conditions: autoimmune hepatitis and primary biliary cholangitis. All of the speakers did an excellent, comprehensive job reviewing these topics for the audience in the allotted timeframe.

Overall, this boot camp was well-attended but still intimate enough that attendees felt very comfortable asking questions and presenting real-world patient cases to the presenters during Q&A. Hepatology 101 Boot Camp is something that I can see continuing during future conferences to come!

EBP/Research Committee

National Conference Workshop Highlights and other news...

The Evidence-Based Practice and Research Committee held its first workshop at the National Conference in Nashville. "How to Rock a Literature Review: Strategies to Conduct a Search and Critique the Evidence" attracted attendees from practicing clinicians to those enrolled in master and doctoral programs. The workshop introduced the 5-step review strategy using Assess, Ask, Acquire, Appraise, Apply to provide structure for gathering evidence. Examples for formulating research questions and PICO (population/patient/problem, intervention, comparison, outcome) questions were presented, and the types of evidence were reviewed: primary and secondary research, and qualitative and quantitative research. Publishing strategies and tips were discussed.

The didactic session transitioned to small group work in which attendees applied the Johns Hopkins Evidence Appraisal Tool to one of two articles. Following the activity, each group explained the results of their appraisal so that all attendees had a better understanding of the full appraisal process. Feedback from the session was positive. The committee is excited to create another workshop for the 2023 GHAPP National Conference in National Harbor, Maryland.

Congratulations to Glenda Quinones, DNP, APRN, and her award for Best Poster at the 2022 conference. She submitted "Knowledge Awareness of Depression Screening in Individuals with Chronic Liver Disease among Healthcare Providers in Miami, Florida: A Quality Improvement Project," which was one of five APP posters displayed at the conference. In 2023, we hope to see your abstract submission. The submission portal opens in the summer and acceptance notifications go out in early August. All types of abstracts are welcome, including standard studies or research-based (review), quality improvement, evidence-based practice

implementation, process, and clinical vignettes or case reports.

Did you know...?

The Needs Assessment survey you were asked to complete beginning in November will help the EBP/R committee develop a report to help GHAPP leadership better understand who we are, what we want, and where we are going as APPs in Gastroenterology and Hepatology. Haven't completed your survey yet? Take it now! The survey is still open.

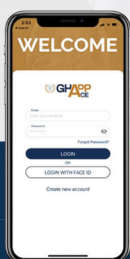
<https://www.ghapp.org/membership>

The first cohort of GHAPP mentors and mentees are being matched following application submissions in November. Mentors and mentees were matched based on mutual interests, roles, and goals. We look forward to evaluating the mentorship program and the experiences of mentors and mentees as the program grows. If you would like to be a mentor or mentee, please watch for annual application announcements in the Fall of 2023.

GHAPP APPs are contributing to science! If you are part of a publication or complete your thesis, dissertation, or EBP project, please share the news with us! Send the information to info@ghapp.org so we can include the good news in our next newsletter.

**If you have an abstract or
manuscript accepted for publication,
please share your good news with
GHAPP by emailing
info@ghapp.org**

EDUCATIONAL RESOURCE



**GHAPP
ACE**
Application for Clinical Exchange

Access Relevant Resources at your Fingertips!

GHAPP ACE (Application for Clinical Exchange) is a medical-based platform that facilitates education, resources, and information for NPs and PAs who treat patients with GI and liver disorders – bringing advanced practice providers to one place, one app, to enhance knowledge in gastroenterology and hepatology.

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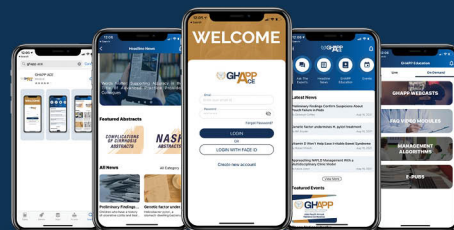
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