



## GRANTS and AWARDS

Grant submission DEADLINE is March 1st and May 1st annually. Applications available on the members only section of the website.

### **NURSING RESEARCH GRANT or CLINICAL IMPROVEMENT PROJECT \$2,000**

[Contact ENS](#)

### POSTER AWARD \$750

[Contact ENS](#) to get support and guidance in preparing a grant application, an abstract and/or tips for making an effective poster.

### MICHELE MIMS TRAVEL GRANT \$750

The Endocrine Nurses Society restricted travel grant supported by our Pharmaceutical Sponsors allows nurses to apply for a maximum \$750 travel grant towards their attendance at any

Endocrine Nurses Society Symposium

### BETSY LOVE McCLUNG ENDOCRINE NURSE DEVELOPMENT AWARD

\$2,500

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## **IN THE NEWS**

[Book Review: The Healthiest Diet for You: Scientific Aspects](#)

[The Importance of Symptom Control: A Holistic Approach to Treating Acromegaly](#)

[Thyroid Disorders and Diabetes: Are They Linked?](#)

[Endocrine Society Publishes First Hypercalcemia of Malignancy Guideline](#)

[Gut Bacteria May Play a Role in Diabetes](#)

## President's Corner

*Endocrine Nursing is a THING, and we are proud of it! The Endocrine Nurses Society for the past 35 years has been empowering its membership with researched-based information to improve the care and lives of our patients and provide opportunity for professional collaborations. Please consider joining us at ENDO 2023 for the ENS Symposium: "Research and Beyond" on Friday, June 16 at 1-5pm followed by a reception. Go to [ENDO 2023](#) website for registration information!*

*The ENS Board has decided to move our Annual Meeting from its usual alignment with ENDO to October of each year. In so doing we will be merging our Annual Meeting with our Fall Symposium providing a more affordable option for ENS and its membership. We will maintain our presence at ENDO by focusing on Endocrine Nursing Research and related activities. This is an opportunity for fledging and seasoned providers to present their own work in the form of posters, case studies, clinical and translational research. We have grants available for research projects and travel available for both meetings. Please check our website ([endo-nurses.org](http://endo-nurses.org)) for details.*

*Our Fall program planning is well underway and promises to be an exciting update for anyone engaged in caring for endocrine patients including updates on diabetes technology, telehealth in rural America, reading thyroid ultrasounds, and more. We will have speakers from across the nation sharing their expertise. October in Arizona is wonderful time to escape for a 1-2-day meeting and then do some great hiking or take in a round or two of golf on one or more of the spectacular courses.*



## President's Corner Continued

*Meeting costs are quite low leaving you more money to play in the sun! There will be CME with this meeting including pharmacology hours. ENS members pay NO registration fee to attend! Shortly on the heels of our Fall symposium will be a new collaboration with the Barrow Neurologic Institute in Phoenix, AZ the first weekend in November focusing on care of the patient with pituitary disorders. We know that you are all very busy, but ENS needs volunteers for its board and committees to make this the best small organization we can be. We do not have a larger organization supporting our efforts. If you can spare 2-3 hours a month to help us, please reach out to any Board member or send a message to [endocrinenurses@gmail.com](mailto:endocrinenurses@gmail.com). This is a great way to collaborate, get credit toward APRN certification renewals, and make a contributions to your peers to help ensure our future.*

*Hope to see you in June in Chicago. Be well!*



*Deb Greenspan*

# ***Member Achievements***



**Andrew Dwyer PhD, FNP-BC**  
- [Macy Faculty Scholar](#)

The Macy Faculty Scholars Program is designed to identify and nurture the careers of promising educators in medicine and nursing. Only five faculty leaders are selected each year.

**Debra Greenspan ANP-BC, BC-ADM**  
**and**  
**Andrew Dwyer PhD, FNP-BC**

[Abstracts](#) Submission selected for posters at  
Endocrine Society and  
European Congress of Endocrinology



**Chris Yedinak DNP, FNP-BC,**

Multiple Contributions and Advocacy for  
[World Alliance of Pituitary Organizations](#)



## ***ESE Talks... Nurses Webinar, Adrenal Insufficiency: Optimising Glucocorticoid Treatment***

Friday 21 April 2023 18:00 - 19:30 (CEST)

[Register](#)

We are pleased to announce that we are running a series of free educational webinars for endocrine nurses.

Join us for the first event on Friday 21 April 2023; [ESE Talks... Nurses Webinar, Adrenal Insufficiency: Optimising Glucocorticoid Treatment.](#)

This webinar will provide you with a bespoke nurse focused training on optimising glucocorticoid treatment in patients with adrenal insufficiency and help you develop an understanding of endocrine nurse competency in this area.

You will also have an opportunity ask questions to the chair and speakers. Take a look at the agenda below to get an idea of what to expect!

**We warmly welcome all nurse members/non-members to register!**

Join us for the first ESE Talks...Nurses Webinar:

### **Chair**

Sherwin Criseno, Chair of ESE Nurse Committee (Consultant Nurse Endocrinologist, UK)

### **Speakers**

Helena Gleeson (Consultant Endocrinologist, UK)

Lisa Shepherd (Advanced Nurse Practitioner, UK)

### **Agenda**

18.00 – 18.05 (CEST) Welcome and Introduction

Sherwin Criseno (Chair, ESE Nurse Committee, UK)

18.05 – 18.50 (CEST) Adrenal Insufficiency: Optimising Glucocorticoid Treatment

Helena Gleeson (Consultant Endocrinologist, UK)

18.50 – 19.15 (CEST) Adrenal Insufficiency: Endocrine Nurse Competency - How to use the Society for Endocrinology (UK) Competency Framework

Lisa Shepherd (ANP, UK)

19.15 – 19.30 (CEST) Q&A and Networking

You can find out more, as well as information on upcoming and previous events, on the [ESE website.](#)



## ENDOCRINE NURSES SOCIETY

presents

### “Research and Beyond”

Friday June 16, 2023

1:00pm – 7:30pm – during ENDO 2023

In-person only

McCormick Place, 2301 S King Dr., Chicago, Illinois  
No CMEs



1230 - 1300

Registration & Exhibits  
Opening Remarks

1305 - 1355

#### The Future of Endocrine Nursing

**Kathryn Evans Kreider, DNP, APRN, FNP-BC, BC-ADM, FAANP\***

*Associate Clinical Professor, Duke University School of Nursing, Division of Endocrinology,  
Metabolism & Nutrition*

*Duke University School of Medicine, Durham, NC*

ENS Betsy Love McClung Endocrine Nurse Development Awardee 2022

1355 - 1500

#### Turning Clinical Nursing Questions into Fundable Research

**Chris Yedinak, DNP, FNP, MN\***- ENS Immediate Past president

*Associate Professor, Department Neurosurgery*

*Oregon Health & Sciences University, Portland, OR*

**Raven McGlotten, MSN, RN\*** - National Institutes of Health, Bethesda, MD

**Debra Greenspan, ANP-BC\*** - ENS President

*Vanderbilt University School of Medicine, Nashville, TN*

1500 - 1530

Exhibit break

1530 – 1630

#### Discovering Quality of Life in Adult Patients with Klinefelter Syndrome: A Qualitative Study using Phenomenological Research

**Brien Mehmet, RN, PhD candidate\***

*City University of London, London, UK*

ENS Research Grant Award winner 2022

1630 - 1730

#### Emerging Approaches to Treat Insulin-Deficient Diabetes

**Alvin C Powers, MD**

*Joe C Davis Chair in Biomedical Science*

*Director, Vanderbilt Diabetes Center*

*Chief, Division of Diabetes, Endocrinology & Metabolism*

*Vanderbilt University Medical Center, Nashville, TN*

1730 - 1930

Reception and Awards and Exhibits and wine

\* ENS member



## “ENS 2023”

32<sup>nd</sup> Annual & 5<sup>th</sup> Regional Conference

Saturday October 28, 2023 – *in-person*

Chandler Center for the Arts  
250 North Arizona Avenue, Chandler, Arizona

6.0 Category 1 CME & 2.0 Pharmacology *applied*



0800-0900	Registration, Exhibits, Meet and Greet, Continental Breakfast and mimosas Opening Remarks
0900-1000	<b>Diabetes Guidelines &amp; Therapies Updated</b> <b>Kathryn Evans Kreider DNP, APRN, FNP-BC, BC-ADM, FAANP*</b> <i>Duke School of Nursing, Durham, North Carolina</i> ENS – Endocrine Nurse Development Award – winner 2022
1000-1100	<b>Diabetes Technology Deciphered</b> <b>Cari Berget RN, MPH, CDE</b> <i>Colorado University School of Medicine, Aurora, Colorado</i>
1100-1130	Coffee and Exhibits
1130-1230	<b>Telehealth Outreach &amp; Health Equity: The Rural Patient</b> <b>Gauri Behari MS, MPH</b> <i>Carl T Hayden Veteran’s Administration Medical Center, Phoenix, Arizona</i>
1230-1400	Lunch & Exhibits
1400-1500	<b>Adrenal Nodules to Treat or Not to Treat</b> <b>Chris Yedinak DNP, FNP, MN* - Oregon Health &amp; Sciences University, Portland, OR</b> <b>Raven McGlotten MSN, RN* - National Institutes of Health, Bethesda, MD</b>
1500-1530	<b>Beginner’s Guide to Assessing a Thyroid Ultrasound</b> <b>Gayle Mitura RN, MSN, FNP-BC, AGACNP-BC*</b> <i>Hospital University of Pennsylvania, Philadelphia, PA</i>
1530-1600	<b>Break</b>
1600-1700	<b>Growth Hormone Endocrinopathies from 0-99yrs</b> TBA
1700-1730	<b>Lessons to be Learned from a Patient with Acromegaly</b> <b>Laura Cheng RN*</b> <i>Durham, North Carolina</i>
1730-1930	Reception and Exhibits and Wine

\* ENS Member



Endocrine Nurses Society and Barrow Neurological Institute  
present

## Team Pituitary

Saturday November 4, 2023

8:00am-5:30pm 6.5 Category 1 CME In-person only

Barrow Neurological Institute

St. Joseph's Hospital and Medical Center, 350 W Thomas Rd. Phoenix, Arizona 85013

0800-0900	Registration & Exhibits & Continental Breakfast – Marley Lobby
0900-1000	<b>Pituitary Tumor – what now</b> Kevin Yuen MD, FRCP (UK), FACE – Barrow Neurological institute, Phoenix AZ Chris Yedinak DNP, FNP, MN* - Oregon Health & Sciences University, Portland, OR
1000-1030	<b>Diagnostic Testing Gems</b> Connie Burten RN* - Barrow Neurological institute, Phoenix AZ Eva Duran APRN, FNP-C* - Barrow Neurological institute, Phoenix AZ
1030-1100	Coffee & Exhibits – Marley Lobby
1100-1200	<b>Pituitary Adenectomy</b> Andrew Little MD - Barrow Neurological institute, Phoenix AZ
1200-1230	<b>Pre &amp; Post-op Pearls in Patient Education (PPPE)</b> Terry Maxwell RN - Barrow Neurological institute, Phoenix AZ
1230-1330	Lunch – Sonntag Pavilion Beverages & Exhibits – Marley Lobby
1330-1430	<b>Pituitary Infertility</b> Vinay Gunnala MD – South West Fertility Center, Phoenix, AZ
1430-1530	<b>When Pituitary &amp; Diabetes Intersect</b> Mark Molitch MD- Northwestern Memorial Hospital, Chicago, ILL Melanie Westfall FNP* - Asante Medical Center, Grants Pass, OR
1530-1600	Beverages & Exhibits -Marley Lobby
1600-1700	<b>Treatment Failure – now what</b> Mark Molitch MD- Northwestern Memorial Hospital, Chicago, ILL Chris Yedinak DNP, FNP, MN* - Oregon Health & Sciences University, Portland, OR
1700-1730	<b>Lessons to be Learned from a Patient's Perspective</b> Laura Cheng BSN, RN* - Charlotte, NC



# Test Your Knowledge

1. Can you adjust the basal rate on the OMNIPOD 5 in automode?
  - A) Yes
  - B) No
2. Which of the following agents are FDA approved for androgen blockade in transgender females?
  - A) Flutamide
  - B) Spironolactone
  - C) Dutasteride
  - D) Bicalutamide
  1. A & B
  2. B,C, and D
  3. All of These
  4. None of These
3. When checking calcitonin on a MTC patient what patient education will you provide?
  - A) Go to your local lab, anytime of the day.
  - B) Use the same lab each draw, fast after midnight and check early morning
  - C) Go to the same lab each draw, anytime of the day fasting
4. You receive bloodwork on your hypothyroid patient: TSH less than 0.1, Total T4 8 (range 4-11) Free T4 1.4 (range 0.9-2.3) Medications: Levothyroxine 100mcg 1 tablet a day in the morning, Biotin 1000 mg 1 tablet a day in the afternoon, Calcium 600 mg 1 tablet a day in the evening.

What recommendations would you give your patient?

  - A) Patient is hyperthyroid and needs a dosage decrease
  - B) Patient feels fine would repeat blood work in 6 weeks
  - C) Patient is on Biotin, Would ask her to hold this medication for 2 days and repeat thyroid function tests.

[For Answers See ENS Website](#)

## ENS Advocacy in Action:

Margaret Eckert-Norton RN, PhD



## HOME - Vision Health Advocacy

The Vision Health Advocacy Coalition promotes patient-centered policies that make services, devices and life-changing treatment more accessible for people with vision conditions.

[visionhealthadvocacy.org](http://visionhealthadvocacy.org)

## New VHAC materials:

[Genetic Testing & Reginal Conditions 101-](#) with Kari Branham, MS, CGC

VHAC Member Feature – [Prevent Blindness](#)



# MAKE A DONATION

Your tax-deductible donation to ENS will help Advance Endocrine Nursing & Improve Patient Outcomes

- ENS 501(c)(3) non-profit society
- ENS is staffed by members who volunteer
- Funded by tax-deductible donations
- ENS has no office space and no employees

All donations are tax deductible as a charitable contribution

[Click Here to Donate](#)



## ENS OFFICERS

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ENS is extremely grateful for the generous contribution of our sponsors who continue to advocate for

our society's mission:

To support endocrine nursing education, research, and publication efforts.