



# ENS INSIGHTS—Winter 2023

[www.endo-nurses.org](http://www.endo-nurses.org)

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## 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

[Topline Results Announced from Trial of Non-Pharmacological Treatment for Osteopenia](#)

[Cortisol Excess: Unsafe at Any Level?](#)

[Attention Type 1 Diabetes Researchers](#)

[2022 Endocrine Society Advocacy Year-in-Review](#)

[From A Distance: The Endocrine Society's Newest Perspective Statement on Telehealth Encourages Individualized Care](#)

# Presidents Corner

***Every organization defines itself through its membership, and ENS is no different. We need to let our peers know that we are the only Society dedicated to Endocrine Nursing at all levels of expertise, RN to APRN. We have grown, but we need to engage endocrine nurses across the country: coast to coast, and in the middle. There are large swaths of the US from which we have no members despite large Endocrine Practices in those areas. This is true for the Midwest and Plains states in particular. Whether you are affiliated with a small practice, large private practice, or academic medical center, ENS has something for you. Supporting ENS makes us visible not only to our physician collaborators but also at a policy level. You are our best recruitment tool and advocate for our patients!***

***Our 4th Regional Conference in Chandler, AZ, on October 15th was a huge success, so much so that we are considering making this our annual meeting and doing shorter symposia-type meetings at Endocrine Society and AACE. We would like to hear what you think about this idea. Please send your comments to me at [debgre021.ens@gmail.com](mailto:debgre021.ens@gmail.com).***

***I continue to work at contacting our membership by phone; however, success is hard won. ENS values your membership and your input. I hope you find value in belonging to ENS, but if not, I want to know! We want to hear from you. I encourage you to update your contact information in your membership profile at [www.endo-nurses.org](http://www.endo-nurses.org). I have 75-80 members to call, so if I leave a voicemail, call me back or email me.***

***If you have a research project in the wind, please consider submitting a funding request and/or submitting an abstract for our June Meeting in Chicago at ES. You can learn about these opportunities on our website [endo-nurses.org](http://endo-nurses.org) We want to ensure our collaborators see the wonderful work done by Endocrine nurses. ESE (European Society for Endocrinology) is accepting abstracts as well. Their meeting is in May 2023 in Istanbul, Turkey.***

**Several folks have commented on our Facebook site about needing a certificate in Endocrine Nursing. We heard you and are taking initial steps to collaborate with our European Endocrine Nursing partners. Our beloved Chris Yedinak is spearheading this project. Stay tuned as we get more details organized, we will be soliciting content experts for help.**

**We are rapidly approaching our nominations period. The President-elect position will be open for nominations. Don't be shy... just come with ideas, time, and bandwidth.**

**Last but not least, we are looking for someone who is self-motivated to oversee our membership activities, including all membership engagement functions. This person would work with the existing team to help transition smoothly and meet virtually with team members every couple of months as needed. Sandra Hendricks has been in this role for several years, and before this current role, she served as President of ENS. Sandra is stepping down from this leadership role but will stay on as a worker-bee, for which we are very thankful. If you are interested in this role, please contact me at [debgre021.ens@gmail.com](mailto:debgre021.ens@gmail.com). We also have Kat Mitchell doing FB communication. Joel Campbell will take on Linked In after the first of the year, and Deborah Jacoby will continue to be our fabulous Newsletter editor-in-chief.**

**To all of our Members, Supporters, and their loved ones, I want to extend my warmest greetings to you at this time of wonderment. May this new year bring peace to all people in all lands.**

**Deb Greenspan**







# Clinical Pearls....

- To avoid misgendering patients, ask how they identify and document. If you do misgender someone, reach out and apologize.
- Consider Primary Hyperaldosteronism in patients with resistant hypertension with hypokalemia
- Patients on Florinef must have adequate sodium intake for drug to be effective.

## Test Your Knowledge

1. Endocrine Society Guidelines for Inpatient Diabetes 2022 includes which of the following recommendations:
  - A) Use of Continuous Glucose monitors may be used to adjust insulin dosing; finger sticks are no longer required.
  - B) Patients on parenteral nutrition should be on scheduled insulin
  - C) Patients with an impaired level of consciousness, inability to appropriately adjust pump settings, critical illness (intensive care unit care), diabetic ketoacidosis, or hyperosmolar hyperglycemic state are not candidates for inpatient use of the insulin pump.
  - D) B&C
2. Resistant Hypertension due to functioning adrenal adenoma is best treated with which of the following:
  - A) Eplerenone
  - B) Radiation
  - C) Surgery
  - D) Ketoconazole
3. Older patients with arginine vasopressin deficiency (diabetes insipidus) on DDAVP and decreased EFGR may need to be monitored for volume overload and/or CHF with brain natriuretic peptide level (BNP).
  - A) True
  - B) False

ANSWERS: 1. D 2. C 3. A 4.



## **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

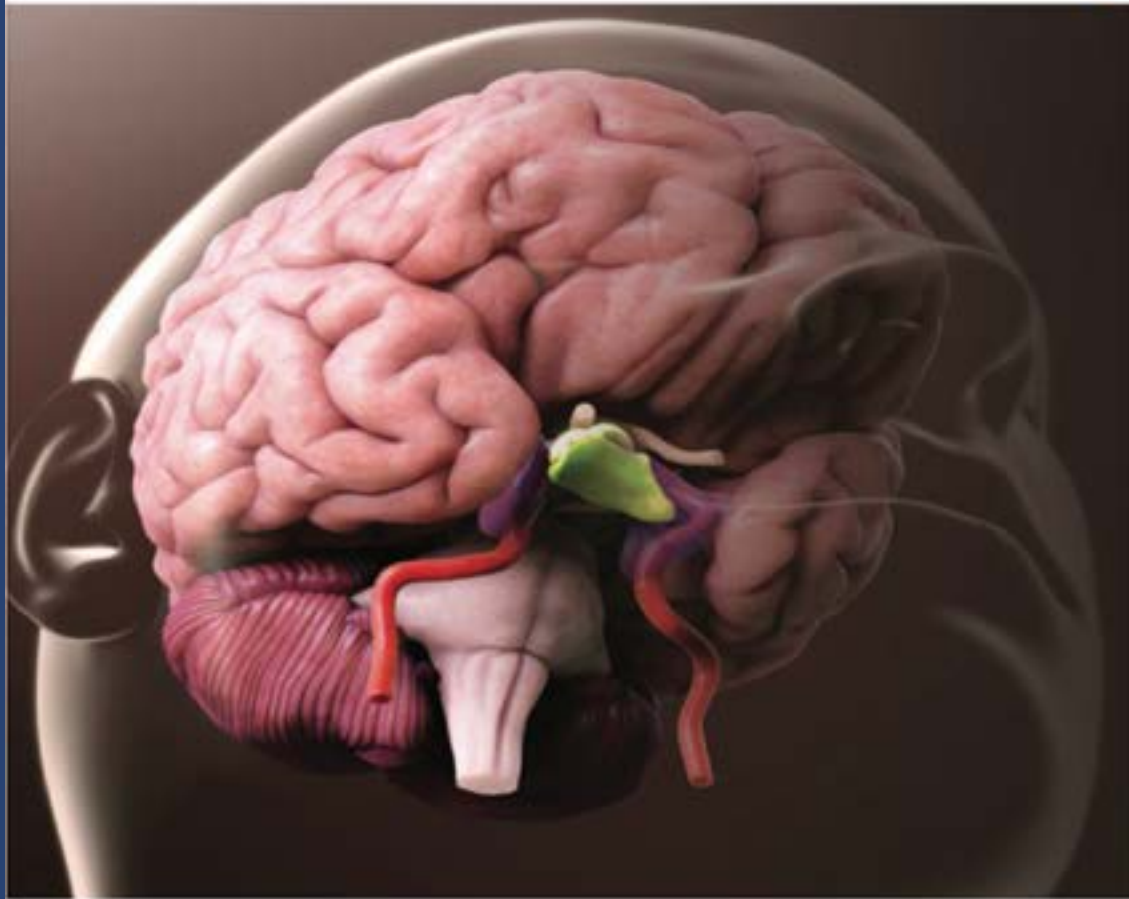
VHAC Member Feature – [Prevent Blindness](#)



Hybrid Event (in-person & virtual)

# 2023 Pituitary Patient Education Day

*Annual Conference for Adults with Endocrine Disorders*



**Feb. 24 & 25, 2023**

Hybrid Conference (in-person & virtual)

*All times are Mountain Standard Time (MST)*

Barrow Neurological Institute

St. Joseph's Hospital and Medical Center, Phoenix Arizona



**Barrow**  
Neurological Institute



[REGISTER/BROCHURE HERE](#)

# 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

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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.