



# NEWSLETTER Fall 2019

www.endo-nurses.org

endocrinenurses@gmail.com



## 30th ENS ANNUAL SYMPOSIUM 2020

**March 28, 2020**

**San Francisco**

### Topics to Include:

*Thyroid—function & dysfunction*

*Diabetes Update*

*Obesity & Bariatric surgery*

*Conducting Clinical Trials*

*Vitamin D Deficiency*

*Growth Hormone Deficiency/Excess*

*Hypophosphatemia*

*..... and more*

**THEN JOIN US**

***Reception & Celebration***

*Registration available soon!*



Thank you to all who made our  
2019 ENS Symposium in  
New Orleans a success

## DON'T MISS

**Houston Regional Symposium!**

**October 19, 2019**



***Register Now***

**www.endo-nurses.org**

**6 CME, Meals, Prizes**

## ***Congratulations!***

**Karen J.P. Liebert, RN, BSN**

recipient of the second Betsy Love  
McClung Endocrine Nurse Development  
Award. This celebrates an endocrine  
nurse who has made an outstanding  
contribution to endocrine nursing.

## **We need you!**

**Volunteer your expertise:**

Website Manager

Social Media Committee Member

Contact us

**endocrinenurses@gmail.com**

## We need your help!

Our website needs new content. Please consider sharing your protocols, patient education materials, and any other resources



you find helpful in your clinical practice. We have had a specific request for patient education materials on endocrine testing. Also consider sharing upcoming educational events that may be relevant for our members.

Please email [endocrinenurses@gmail.com](mailto:endocrinenurses@gmail.com) and we will post your info on our site. Thank you!

## Endocrine Nursing Textbook

### Now Available for Order

This textbook is an international collaboration by endocrine nurses from around the world. Many of our ENS members contributed.

Order your copy today:

### **Advanced Practice in Endocrinology Nursing**

Amazon.com

<https://www.springer.com/fr/book/9783319998152>

### ENS BOARD 2019-2020

**PRESIDENT:** Christine Yedinak DNP FNP-BC MN RN, Oregon

**SECRETARY:** Melanie Westfall MSN FNP-C, Oregon

**PROGRAM:** Michele Mims RN4, Tennessee

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**MEMBER-AT-LARGE:** Raven McGlotten MSN RN, Maryland

**MEMBERSHIP:** Gala Woitte RN, South Dakota

**EDUCATION:** Kathryn Evans Kreider DNP FNP-BC BC-ADM, North Carolina

## 2020 Awards and Grants

### ENS Research Award (\$1000)

- To support development of a clinical project or independent research study to address needs of endocrine patients
- Recipients will be expected to present a poster outlining their work at ENS symposium in 2021
- Duration of grant is one year but grantees can apply for an extension for the 2nd year

Application deadline is **February 1, 2020**

### Poster Award (up to \$500)

- Members are encouraged to submit abstracts to ENS to be eligible for a poster award and to display the poster at ENS Reception
- Submit to: [endocrinenurses@gmail.com](mailto:endocrinenurses@gmail.com)
- Deadline February 1, 2020

AND / OR

- Poster submission to Endocrine Society for display during ENDO 2020 is via ES, deadline November 4, 2019

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

### Betsy Love McClung Award (\$1500)

In memorandum of our founding member. Award to a nurse, with similar achievements to Betsy, who has made an outstanding contribution to endocrine nursing through education, research, publications, quality of patient care.

Application deadline is **February 1, 2020**

## Houston, TX Regional Symposium



**Date:** Oct 19, 2019

**Location:** Houston Methodist Hospital, *Rio Grande, 1st Floor*

**Address:** 6565 Fannin St. Houston, Texas 77030

**Lodging:** InterContinental Houston Medical Center

**Topics:** Pituitary, Thyroid, Bone, Diabetes and more!

**Register at:** [www.endo-nurses.org/events](http://www.endo-nurses.org/events)



### NOTE FROM THE PRESIDENT

We welcome a number of new members this month and hope to meet them at an upcoming event. We are also delighted to have two new executive board members: Gala Woitte RN as Membership Chair and Andrew Dwyer PhD, NP as Research Chair. We will have new announcements regarding these programs shortly. Joining our education and newsletter team are Alicia Fields NP, Deborah Jacoby NP, Leeanna Peterson NP and Tracy Rouse RN. Please read on to discover more about these committee members.

Upcoming is our regional symposium at Houston Methodist October 19<sup>th</sup> with opportunities to learn about what's new in endocrinology and at ENS. Our speakers are veterans of endocrinology and one Keynote is well known to NASA and endocrinology. Check out our program link to follow.

Planning for our 30<sup>th</sup> Symposium birthday celebration in San Francisco is well underway and we welcome all past and present members, board members and coworkers to join us for the festivities March 28<sup>th</sup>. The celebration following the symposium will be an event to be remembered!

If you have not had an opportunity to check out our new website, please do. It is still a work in progress and any suggestions for improvement are welcome. We are expanding our continuing education offerings and encourage members to network thru this site.

Several projects are ongoing including: participation in a stakeholder meeting to advance patient access; and a CDC effort to educate patients with diabetes regarding inoculations. We continue to look for feedback from our membership regarding their interest in endocrine certification. To support this end we have added the endocrine nursing competencies to our website and information regarding the first Advanced Practice in Endocrinology Nursing Textbook published March 2019. Many ENS members contributed to this text which represents a large step forward for endocrine nursing.

Let us know your needs and priorities and how we can help you develop in your professional role. We always welcome volunteers to help with projects, as speakers and as committee members. If you are interested in serving on the board, please connect with us via our website: [www.endo-nurses.org](http://www.endo-nurses.org)

Sincerely,  
Chris Yedinak

# In Case You Missed It!

Robyn Davis, RN

ENS was invited to exhibit at the 8<sup>th</sup> Annual Diabetes Symposium at the Westin Kierland in Scottsdale, AZ September 2019. Over 1500 registrants with varying degrees and education, RN, DNP, NP, Pharmacist, DO, MD, attended this free Symposium.

Two ENS members - Robyn Davis and Molly Solares - represented ENS at the exhibit table. Approximately 500 membership applications, award information and text-book flyers were distributed, along with hundreds of pens and ENS logo-enhanced sticky notes!

Many exhibit visitors had not heard of us before and were surprised that we are in our 30<sup>th</sup> year. There were dozens of visitors to the exhibit table and 59 registrants left their contact information. A complimentary 1-year ENS membership was raffled and won by 3 registrants. Moreover, many of these visitors expressed great interest in another Regional Symposium next year in Arizona's East Valley area.

We also saw some friendly faces! There were a handful of people who attended our Regional Endocrine Symposium in Chandler, AZ in February 2019 who came to say hello. It's always nice to see friends!

There were 38 additional exhibitors and ours was hectic and certainly needed 2 people to man it! Robyn and I enjoyed meeting all the fascinating registrants from a variety of medical backgrounds. We were also able to attend a majority of the presentations. Overall—a terrific day!

We must have made an impression because we were asked to come back as an exhibitor for next year's 9<sup>th</sup> Annual Diabetes Symposium in Scottsdale, AZ 2020. So stay tuned and plan on attending! And make sure you stop by the table to say HELLO!





## Featured New Member : Leeanna Peterson MSN, APRN FNP-C

Leeanna Peterson MSN, APRN FNP-C, had 17 years of nursing experience before becoming a Family Nurse Practitioner. It was emergency nursing that inspired her to obtain her nurse practitioner license. As a triage nurse, she loved the critical thinking process that was involved in leading to the patient's diagnosis and treatment plan.

During her nurse practitioner program, it was her pediatric nurse practitioner preceptor who inspired her the most. He owned, and continues to own, a successful pediatric clinic independently. It was during this rotation that sparked her drive and determination to own her own practice. Upon graduating from her dual role Family Nurse Practitioner/Adult-Gerontological Acute Care MSN program, she made it her five-year goal to accomplish her dream.

Leeanna started her nurse practitioner career in Endocrinology, treating patients in both the outpatient and inpatient settings. Here she fell in love with the endocrine system. She enjoyed the complexity of these disorders, and how they affected the entire body.

Entering into her third year as a nurse practitioner, she pursued other endocrinology opportunities, and during the process of accepting a job offer, she learned that the endocrinology clinic was for sale. This was a sign, Leeanna's five year goal of owning her own medical practice, would soon become a reality at year three! Even more exciting, the clinic was also tied to a weight loss clinic and medspa. This allowed Leeanna to expand her interests and goals further than she anticipated. The process was quite extensive, but the sale was finalized several months later. As an independent owner of Endocrinology, Diabetes, and Longevity Center of Arizona, Integrative Endocrinology and Preventive Medicine, and Scottsdale Ridge Medspa, she currently employs 2 nurse practitioners, 1 physician, and 11 support staff members.

The clinic is busy treating general endocrine disorders that are associated with hormone disruption linked to pituitary, adrenal, pancreas, thyroid, sex hormone, and bone related causes; all in an outpatient setting. To help patients and aid in a successful business, thyroid ultrasounds, fine needle aspirations, growth hormone and cosyntropin stimulation testing are completed in the clinic.

With the added benefit of a medically supervised weight loss program, patients can meet their weight goals, reduce their comorbidities, and improve their overall wellbeing. The medspa offers a professional line of products and laser treatment that helps improve the overall health of the skin, while focusing on reducing fine lines, and wrinkles.

Leeanna's mission is to be a leader by example. One, who focuses on delivering high quality, evidence based care, in the utmost compassionate way; while remembering the patient is a person and not a disease process. Leeanna's future goals are to obtain her endocrinology specialty certification and her doctorate in nursing practice; all while treating various endocrine disorders and growing three successful businesses.





## Featured New Member Bio: Alicia Fields, DNP, FNP-BC, RYT

My name is Alicia Fields and I am a family nurse practitioner working in a rural adult endocrine practice. Working in a rural practice setting is really all I know. The county I have lived in my entire life has a population of about 30,000. I have worked at the same county-owned, 74-bed hospital my entire career in nursing. The largest facility I have had the opportunity to visit is Duke University Medical Center, which I traveled to earlier this year while completing the requirements for Duke University's Endocrine Specialty Certificate Program.

Physical inactivity and obesity are common in my hometown, which contribute to the high volume of diabetes patients seen in our endocrine practice. Diet is also a big contributing factor as a quick google search shows the Midwestern cuisine consists of beef, pork, potatoes, and corn. A large part of my job is education and I have learned not to assume anything. What one patient may find to be common knowledge may be entirely new information for the next. Everyone has a different knowledge baseline and it is my job to meet each patient at that point.

The endocrinologist I work with travels from another state one day a week to care for our patients. For such a small community, I feel we are very fortunate to have endocrine services as the need is great. While practicing in a rural setting has its advantages and disadvantages, I enjoy the work that I do and the community that I serve.

Alicia Fields, DNP, FNP-C, RYT



### **How can ENS help you in your career?**

- Opportunities for scholarship and service
  - Grant/Award opportunities through our annual symposium
    - Access to updated clinical information
  - Networking with other endocrine nurses across the country
- Contact ENS today to learn more: [endocrinenurses@gmail.com](mailto:endocrinenurses@gmail.com)