



# ENS INSIGHTS—FALL 2022

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

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## GRANTS and AWARDS

Grant submission DEADLINE is February 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 \$500**

[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 \$500**

The Endocrine Nurses Society restricted travel grant supported by our Pharmaceutical Sponsors allows nurses to apply for a maximum \$500 travel grant towards their attendance at

Endocrine Nurses Annual Symposium

### **BETSY LOVE McCLUNG ENDOCRINE NURSE DEVELOPMENT AWARD**

**\$2,500**

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## IN THE NEWS

[New Data Show Strong Performance of Thyroid Cancer Test in Real-World Clinical Practice](#)

[Review Explores Latest in Hormone Therapy in Menopause](#)

[Islets in the Stream: Could Stem Cell Technology Be an Eventual Cure for Type 1 Diabetes?](#)

[Flesh and Bone: New Research Upends the Conventional Wisdom About Body Weight and Bone Density in Men](#)

Research  
\$2,000

GRANTS

Betsy Love  
Development  
\$2,500  
Best Poster  
\$500

AWARDS

Michelle  
Mimms  
\$500

TRAVEL

## *Presidents Corner*

*Well, here we are starting another year at the Endocrine Nurses Society (ENS). It is my distinct honor to help lead our organization over the next couple of years. I am looking forward to meeting and working with you all or y'all as we say here in Tennessee.*

*It is our membership from which we draw our mandates and shared vision for the future of the ENS. We are a lean and efficient organization without a professional staff. This means we are dependent upon you, the membership of ENS, to implement our strategic plan. We have opportunities for you to mentor, write, research, develop programs, speakerships, collaborations with international partners, advocacy, and obtain valuable continuing education / pharmacology credits through our Annual Symposium and our Regional Symposium in Arizona.*

*ENS is at a nexus in its development as an organization with great opportunities on our horizon. We want to maintain ourselves as an independent nursing organization representing nurses and APPs engaged in the care of Endocrine patients. I come from the Volunteer State and am saying loud and clear ENS needs you and people like you who have yet to join our ranks. In the upcoming weeks, I will be calling you, literally, to begin to start a dialogue with the you. So, if you see a call from Tennessee, don't block me. I look forward to you adding your voice, your energy and yes, a wee bit of your time so we can set priorities which add value to your lives as nurses and APPs committed to the care of patients who live with Endocrine disorders.*

*See you in Arizona October 16th!*

*Deb Greenspan  
President ENS*





**Your President Wants to Hear From You!**

**Please Reach Out and Let us Know your thoughts and what you would like to see From Your Membership in ENS**

**[Endocrine Nursing Society E-Mail](#)**

**We are also looking for New Members that would like to submit their bio with a picture to include in the Newsletter. Please Send to Above E-Mail**





**AACE®  
CARDIOMETABOLIC  
CONFERENCE**

**Register**

**Use code “ENS” to receive  
20% off of the early bird  
discounted rate!**

**[Schedule-at-a-Glance](#)**


**September 30 - October 2, 2022**

**San Antonio, TX-Hybrid**

We're proud to bring you a full education program that was designed for the care team by the care team. Join your peers for live state-of-the-art-lectures, plenary sessions, product theatres, industry learning zone, 11.5 CME/CE/MOC, and more. Learning Objectives

By the end of the meeting, participants will be able to:

- Utilize the latest clinical practice guidelines on cardiometabolic disease, including Type 2 diabetes and cardiovascular risk/heart failure, obesity, and chronic kidney disease.
- Discuss the key characteristics of evidence-based assessment and treatment options for patients with cardiometabolic disease
- Describe barriers in being able to manage the risk factors as well as the ability of patients to carry through recommendations for a healthier lifestyle.
- Explain cardiovascular risk management approaches that remain controversial without consensus as to best approach.



# **ENS 4th Regional Endocrine Symposium**

**October 15, 2022, Chandler, Arizona**

**Registration Now Open!**

**Attend in-person and enjoy continental breakfast, mimosas and lunch**

**Receive 6.0 Category 1 and 2.0 Pharmacology Credits**

**[Program and Registration](#)**

**[Printable Program Trifold](#)**

## **Board Member Spotlight**

### **Gayle Mitura**

*Newly Appointed to Secretary/Program Development **Gayle Mitura** is a Endocrinology Nurse Practitioner who has been practicing at the Hospital of the University of Pennsylvania since 2009. Her main areas of focus includes thyroid related diseases, calcium disorders, osteoporosis and inpatient diabetes management. She completed her Bachelors of Science degree at Immaculata University in 2001, and earned her Master's of Science in Nursing from the University of Pennsylvania School of Nursing in 2008. She holds two national certifications through the American Nursing Credentialing Center, one as a Family Nurse Practitioner and the other as Adult Acute Care Nurse Practitioner. She is a member of the American Thyroid Association and the Endocrine Society. Gayle is also an adjunct faculty member at multiple schools since 2008, most recently at the University of Pennsylvania School of Nursing. Though new to the Endocrine Nursing Society, having only become a member since 2021, she is excited for the global networking that ENS provides, as well as the educational opportunities that are available.*

*In her spare time she enjoys planning vacations, particularly to her favorite location Walt Disney World where she was previously employed post college.*





# Clinical Pearls....

- **Avoid the use of sulfonylureas/TZDs in overweight/obese in type 2 diabetes**
- **Trandgender patients on HIV PrEP require early screening for Osteoporosis**
- **Adrenal Insufficiency can be reassessed in patients taking hydrocortisone but is not accurate with those taking Dexamethasone or Prednisone.**

## Test Your Knowledge

**According to ACCE clinical guidelines for type 2 diabetes, at what BMI should a provider initiate medical treatment for obesity?**

- a) 25
- b) >27
- c) >30
- d) >32

**If you suspect central hypogonadism, obtain which of the following**

- a) 17-b-Hydroxylase
- b) Prolactin
- c) Androstenedione
- d) Cortisol Stimulation Testing

**What does the gut microbiome have to do with Diabetes?**

- a) Functions like a hormone
- b) Helps determine pancreatic beta cell volume at birth
- c) Inhibits the Inflammatory Response
- d) All of the Above

**Answers Key Question 1. b, Question 2. d, Question 3. d**

# 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)

Here are their upcoming events:

### **Thyroid Eye Disease Patient Empowerment Forum** – Louisville, KY

Saturday September 24. [Click here](#) to view the invitation and register, and please share the attached event flyer.

### **Will you be attending the [American Academy of Ophthalmology's \(AAO\) Annual Meeting in Chicago \(Sept 30-Oct 3\)?](#)**

If so, please let us know. We would appreciate the opportunity to catch up in person!

### **New VHAC materials:**

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

VHAC Member Feature – [Prevent Blindness](#)

The flyer is for an event organized by AfPA (Alliance for Patient Access). The main title is "Living with THYROID EYE DISEASE?". The event is on Saturday, September 24, from 11:30am to 12:00-1:30pm. It is held at the River House, Heaven Hill Room, 3015 River Road, Louisville, KY 40207. The event features a free discussion on living with and managing thyroid eye disease, with speakers Christopher Compton, MD, and a patient. A "REGISTER" button is prominently displayed. Contact information for registration is provided: (202) 951-7076 or via email. The event is co-hosted by the Vision Health Advocacy Coalition, whose logo is shown at the bottom right.



# 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 BOARD 2022

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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.