

# ENS INSIGHTS—Summer 2020

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

[endocrinenurses@gmail.com](mailto:endocrinenurses@gmail.com)

We are delighted to  
announce our

## 30th Anniversary Celebration

will now be held  
March 20-23, 2021  
San Diego, CA  
at  
ENDO 2021

**ENS Oral presentations**  
*followed by*  
**ENS Reception, Awards,  
Poster & Exhibits**



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## IN THE NEWS

[Levothyroxine: No LV Benefit  
in Subclinical Hypothyroidism  
With MI](#)

[SARS-CoV-2 Can Disrupt En-  
docrine System Via ACE2](#)

[COVID-19 May Trigger New-  
Onset Diabetes](#)

[Evidence of "hormone disrupt-  
tor" chemical threats grows](#)

[Simple urine test could signifi-  
cantly improve detection of  
adrenal cancer](#)

ENS is seeking tech savvy volunteers to manage our social media pages! If you are interested, please email [endocrinenurses@gmail.com](mailto:endocrinenurses@gmail.com)



The ENS board has chosen to forgo a regional meeting for fall 2020.

Stay tuned for events in 2021!

#### ENS BOARD

**PRESIDENT:** Christine Yedinak DNP FNP-BC MN RN, Oregon  
**SECRETARY:** Melanie Westfall MSN FNP-C, Oregon  
**PROGRAM:** Michele Mims RN, Tennessee  
**RESEARCH:** Andrew Dwyer PhD FNP-BC, Massachusetts  
**DEVELOPMENT:** Daphne Adelman MBA, BSN, Illinois

**PAST PRESIDENT:** Joan Damon-Simon MBA RN, Texas  
**TREASURER:** Molly Solares RN, Arizona  
**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  
 Alicia Fields DNP FNP-C RYT, Indiana

**Congratulations to our research chair Andrew Dwyer, PhD, FNP-BC, for having his 100th peer-reviewed article published AND for being named a fellow by the American Academy of Nursing!**

*Congratulations*

#### Endocrine Nursing Textbook Available for Order

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

**Advanced Practice in Endocrinology Nursing**

[Amazon](#)    [Springer](#)

The topics requested for continuing education  
by our members:  
Cushing's Disease, Adrenal Insufficiency,  
Pituitary Adenomas, Vitamin D Deficiency, PCOS

If you have experience with developing continuing education and/or would like to be a content expert for the development, please email [endocrinenurses@gmail.com](mailto:endocrinenurses@gmail.com)

Dear Members,

COVID-19 has changed so much of our lives, clinical practice and medicine generically. Social isolation has spawned tele and virtual medicine and more online video meeting formats than most of us knew existed. Many of the changes in the way we communicate will likely be permanent. However, we still need face to face contact as is evidenced by the number of friendly people we now chat to as we walk our neighborhoods. Professionally we have not given up on face to face meetings and do intent to bring you the best of endocrine nursing in 2021. Stand by for details in upcoming newsletters.

Sadly, our Program Chair of many years, Michele Mims, passed away unexpectedly this month leaving us with a heavy sense of loss. The program to be presented in March 2021 was crafted by Michele. We are forever grateful for her dedication, her calm sensible approach to all our program challenges, her dry wit and sense of humor in the craziness of life. She was a master of her art in so many ways and will be sorely missed.

ENS board members continue to be busy on your behalf. We have been working with CDC to craft information and resources for nurses re diabetes and immunizations. These will be posted on the member's site once completed. Additionally, we have been working with AbbVie Pharmaceuticals to update information for professionals on hypothyroidism. This will also be added to the site in the near future. Pfizer has provided us with some presentation slides re acromegaly and treatment. We also continue to work with vision health re advocating for patients with endocrine etiologic eye disease.

As always we welcome your input, support and hope you can participate in furthering the mission of ENS and improving outcomes for endocrine patients.

Stay Safe,

Chris Yedinak

President



# Coming Soon to the Member's Only Section of [endo-nurses.org](https://www.endo-nurses.org)!

- Acromegaly Education
- Information on the Synthroid Delivers program.  
Visit <https://www.synthroid.com/support/synthroid-delivers-program> to learn more.



## Always brand-name Synthroid with every refill

You never have to worry about getting a different medication because your prescription will never be filled with a generic levothyroxine sodium medication.



### Consistent pricing

With the *Synthroid Delivers Program*, everyone with a Synthroid prescription pays the same price, every time, with no hidden out-of-pocket costs or price fluctuations. Pricing **as low as \$25** a month with a 90-day prescription. Other pricing available for 30 and 60 days.



### You skip the trip to the pharmacy

Convenient and free 2-day home delivery with your first order. All refills will ship by standard delivery at no cost.

# MAKE A DONATION

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

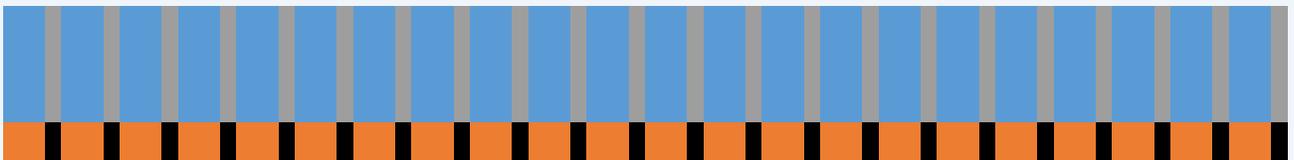
- ENS 501(c)(3) non-profit society
- ENS is staffed by members who volunteer
- Funded by tax-deductible donations
- ENS has no office space and no employees

All donations are tax deductible as a charitable contribution.

[Click Here to Donate](#)

## MISSION

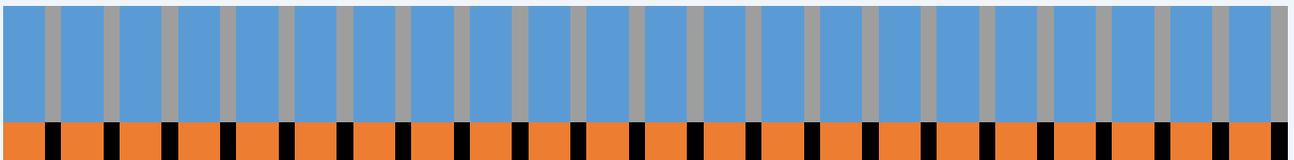
- To advance the highest standards of endocrine nursing practice, education, and research
- To promote healthy lifestyle choices in the prevention and management of endocrine-related health disorders
- To facilitate communication among its members, support interdisciplinary collaboration, and provide a forum



## *ENS Position Statement*

We wish to inform all ENS members that a team has prepared the ENS Position Statement on Transgender Care and Gender Diverse Care. We have engaged patient stakeholders and a diverse group of providers across disciplines for input. We invite any members who are involved in the care of transgender patients to share their thoughts and perspectives with the writing team. Please click the link to view the position statement. The link will remain open until the end of the month.

[https://  
bostoncol-  
lege.co1.qualtrics.com/  
jfe/form/  
SV\\_e4LFBebKPdQ7jLv](https://bostoncollege.co1.qualtrics.com/jfe/form/SV_e4LFBebKPdQ7jLv)



# Our Endocrine Patients' Safety

Much information is available for general precautions. However, many questions have been raised as to the vulnerability of our patients with endocrine disorders. Much is still unknown.

Below are recommended **sites to visit for some guidance** with specific patient populations re COVID-19. We will continue to update these based on new information or in response to your questions and recommendations.

Please email us at [endocrinenurses@gmail.com](mailto:endocrinenurses@gmail.com)

**General:** [https://www.ese-hormones.org/media/2223/covid-and-endocrine-diseases-ese-statement-final\\_23032020.pdf](https://www.ese-hormones.org/media/2223/covid-and-endocrine-diseases-ese-statement-final_23032020.pdf)

**Diabetes:** Diabetes Disaster Response Coalition.

<https://beyondtype1.org/ddrc-coronavirus-response/>

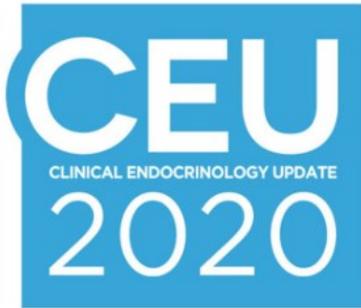
A letter template for providers from the ADA legal advisory committee is included in the members only section, to inform employers of patient risk profile.

**Adrenal Insufficiency/glucocorticoid use:**

<https://endocrinenews.endocrine.org/individuals-taking-class-of-steroid-medications-at-high-risk-for-covid-19/>

[https://www.endocrinology.org/media/3566/sfe-covid-19-advice-statement-for-adrenal\\_pituitary-insufficient-patients-2020.docx](https://www.endocrinology.org/media/3566/sfe-covid-19-advice-statement-for-adrenal_pituitary-insufficient-patients-2020.docx)

# Clinical Endocrinology Update 2020



SEPTEMBER 10-12, 2020



Practicing endocrinologists rely on **Clinical Endocrinology Update (CEU)** for an annual update on the latest diagnosis and treatment recommendations for a variety of endocrine conditions. Esteemed faculty from around the world present a comprehensive, case-based program that provides participants with knowledge they can immediately apply in their own practice. The diverse program includes a mixture of live and on-demand programming, enabling clinicians to stay up-to-date on the latest clinical advances without having to leave their home or office.

The entire CEU 2020 program, certified for **28.75 AMA PRA Category 1 Credits™** and ABIM MOC points, is being delivered virtually from **September 10-12, 2020.**

[Click here to register!](#)

# AACE Innovation in Cardiometabolic Clinical Practice

October 2 - 4, 2020

Virtual/Online

Be part of the first virtual AACE Innovation in Cardiometabolic Clinical Practice conference this October 2020! Bringing together specialists from the National Kidney Foundation (NKF), American Association for the Study of Liver Diseases (AASLD), American Society of Preventive Cardiology (ASPC), Preventive Cardiovascular Nurses Association (PCNA), and Endocrine Nurses Society (ENS) this is a one-of-a-kind opportunity to learn from a multidisciplinary team of experts.



[Click here to register!](#)

# 2020 PENS National Conference

**Virtual Event! Only \$99 for ENS Members!**

Use discount code: ENSDISC

**Join us November 2-5 for live programming,  
and take advantage of our on-demand con-  
tent, for one low price!**

**PENS' 2020 National (and first virtual) Conference is the best conference for nursing professionals to gain knowledge and access cutting-edge expertise in the pediatric endocrinology and diabetes field.**

**Network virtually with other healthcare professionals while taking advantage of contact hours designed specifically for RNs, CNS, NPs, nursing researchers, and nursing faculty.**



**Pediatric Endocrinology  
Nursing Society**

Advancing Endocrine and Diabetes Care

**2020**

**Virtual Conference**

**November 2-5, 2020**

**[Click here to register!](#)**

# Virtual Healthcare

Katharine Mitchell, FNP-BC

Oregon, Washington, Montana

Just over four years ago, I was just getting started in telemedicine. Using a computer, monitor, camera, speakers, and multiple platforms, including Am Well and Epic, I connected face to face with patients virtually “on demand”. Once connected, I could view and get patient’s history, do modified physical assessment, order labs, order a plain film, diagnosis, prescribe medication, provide patient teaching, document, and make follow up calls.

Using creativity, lots of patience, caution to provide safe care, and our own individual experience as providers, we were creating the virtual care model one patient at a time. If we could not manage care virtually, a patient was triaged to appropriate level of care at no charge to patient. For patient's problems somewhere in between, treatment could often be started with close follow up .

Since Covid 19 pandemic, our team has expanded to meet our patient’s needs. This is very new for so many but pioneering this multi-state virtual care model with extended after hours, plus holidays, has always made sense to me. Here are some clinical pearls of virtual care that I have learned along the way I hope will be useful to you:

- Be the welcoming host! Ask "is this your first time?" Introduce yourself using your ID. Your confidence will ease their tensions as technology can be challenging at times.
- Best clinical tools virtually are (1) getting a good history to balance risk verses benefit of care and (2) a follow up call.
- You can get a physical assessment. Here are some ideas: Ask for weight and height (BMI). Does patient appear well-nourished? No pallor, no diaphoresis, no rash, no bruising, no redness, etc. Breathing is unlabored and easy, speaking full sentences. Dry cough observed. No restrictive movements. Normal speech, symmetric smile, etc.
- Above all listen and trust what your patients tell you, but document it. Plus, you might also add “discussed with patient limitations of teleconference type exam and need for close follow up.”

\*Make sure to check for any state/CMS restrictions. CMS currently has coronavirus waivers regarding telehealth.