Ready. Set. Write a PENS Column.

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Disclosures

• None

Objectives

• Identify writing strengths and weaknesses.
• Describe the PENS column writing process.
• Identify endocrine topics of interest to other pediatric nurses.
Self-Assessment Exercise

• Write down your 3 most important strengths related to writing
• Write down your 3 most important weaknesses related to writing
• Common strengths & weaknesses - do they apply to you or your colleagues?

Zilm, 2009

Common Strengths & Weaknesses

• Difficulty expressing thoughts
• Dislike writing, tend to put it off
• Like to share views with others
• Don’t know how to find information on a topic
• Like to read widely on a subject
• Have difficulty finding time
• Like to write 1st thing in am (or late pm)

• Difficulty getting started when finally sitting down to write
• Usually start working on a project the night before it’s due
• Too wordy, too verbose
• Writing is rambling and usually lacks a sense of focus
• Difficulty with grammar, spelling, or punctuation

The beautiful part of writing is that you don’t have to get it right the first time, unlike, say, brain surgery.

- Robert Cormier
Panel of PENS Column Authors

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Guidelines for PENS Column

- Endocrine topics of interest to other pediatric nurses
- Maximum 6 pages & word count ≤ 1400 (inclusive of references, tables)
- APA style, 6th edition
- Submit to column editor for review 3 months before the issue is published
- Copyright forms and proofs

The Writing Process

- Plan
- Review literature
- Outline
- Create rough drafts
- Edit
- Shine
- Submit
PENS Columns - 2011

- Feb - Parental Response to Diagnosis of Diabetes: How Nurses Can Help (Ayala & Murphy)
- Apr - Autoimmune Disorders Associated with T1DM (Lewis)
- Jun - Osteoporosis in Children: Implications for Nursing (Kirouac)
- Aug - Thyroid Cancer: Caring for the Pediatric Patient (Lessig & Bauer)
- Oct - Genetics in the Real World: Resources for Pediatric Nurses Using Monogenic Diabetes as an Exemplar (Becker & Novak)
- Dec - Cystic Fibrosis-Related Diabetes (Booth)

PENS Columns - 2012

- Feb - Hypoglycemia: Symptom or Disease? (Halaby)
- Apr - Management of Vitamin D Deficiency (Sawah & Lewis)
- Jun - Salivary Cortisol in Pediatric Practice (Keil)
- Aug - Diagnostic & Treatment Challenges Created by Medication Shortages & Discontinuations (Burr)
- Oct - Transitioning the Adolescent with T1DM (Madigan)
- Dec - Social Determinants for Recurrent Diabetic Ketoacidosis in Children with Diabetes (Howe & Lewis)

PENS Columns - 2013

- Jan - Screening, Identification, and Support of Gender Non-conforming Children & Families (Johnson)
- Mar - Congenital Hypothyroidism (Shanholtz)
- May - Divorce & Children with Chronic Disorders: Diabetes as an Exemplar (DiFazio)
- Jul - Diabetic Peripheral Neuropathy in Youth (Moser)
- Sep - Parent Health Literacy: Risks & Outcomes (Howe & Winterhalter)
- Nov - Adrenal Insufficiency: Causes and Prevention of Adrenal Crisis (Van Ryzin)
PENS Columns - 2014

- Jan - Barriers to Physical Activity in Children (Lebeouf)
- Mar - Science, not Blame: Pediatric Obesity Update (Clark)
- May - The Child with Graves Disease (Gordner)
- July - The Role of Mobile Phones in Adolescent T1DM (Barnaba & Burr)
- Sep - The Significance of Abdominal Obesity in Youth (Kohl Malone & Lipman)
- Nov - The Benefits of Insulin Pump Therapy in Children & Adolescent with Type 1 Diabetes (Woerner)

PENS Columns - 2015

- Jan - Strategies to Improve Insulin Adherence in Adolescents with Type 1 Diabetes (Snyder)
- Mar - PENS Position Statement on Linear Growth Measurement of Children (Foote, Kirouac, & Lipman)
- May - Cushing Syndrome: Establishing a Timely Diagnosis (Lowitz & Keil)
- Jul - Shared Medical Appointments for Diabetes (Davis)
- Sept - Van Ryzin; topic pending (due June 1)
- Nov - ?

Brainstorming for Column Ideas
Resources

- Journal of Pediatric Nursing - Information for Authors
  http://www.pediatricnursing.org/article/S0882-5963%2815%2900043-3/abstract
- Purdue OWL: APA Formatting & Style Guide
  https://owl.english.purdue.edu/owl/resource/560/01/
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Questions

References