



Pediatric Endocrinology  
Nursing Society  
Advancing Endocrine and Diabetes Care

**2021 National Conference**  
April 21-23, 2021 • VIRTUAL

## Program

### Target Audience

The conference is designed for nurses and other health care professionals interested in recent developments in the field of pediatric endocrinology nursing, including pediatric diabetes.

### Program Goals

It is PENS' goal to promote high quality endocrinology nursing practice through this educational offering. Conference participants receive the latest information in basic to advanced practice, experience and research as demonstrated by pediatric endocrinologists and pediatric endocrinology nurses.

### Program Objectives

- Develop new skills to improve educational and patient outcomes
- Provide educational opportunities in pediatric endocrinology for nurses and others with expertise in the area
- Promote the pursuit of nursing practice and research through a research presentation and poster session
- Provide educational opportunities in the management and treatment of selected endocrine disorders
- Provide direction for understanding health care changes

### PENS Conference Planning Committee

Leigh Pughe, RN, MS, CPNP, Chair

Christin Morell, RN, BSN, Vice Chair

Sheri L. Luke, MSN, FNP-C

Josie Hong, BSN, RN

Amanda Patterson, BSN, RN

Jennifer Anisko, CRNP, CDE

Catherine Flynn, RN, MSN, APRN, CDCES, Board Liaison

### Accreditation

This activity will be submitted to the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. (OBN-001-91).

### Networking

The opportunity to develop and continue relationships with your colleagues through networking is one of the key benefits of participating in the PENS Conference. Networking offers many tangible benefits to conference participants, including, but not limited to, validating your experience in providing nursing care and developing a better understanding of your practice and your role in care delivery by learning from others who are dealing with similar circumstances, solving the same problems, and confronting the same issues. The Conference Planning Committee is working on ways to make this virtual experience as equally as interactive as an in-person event to learn more about national issues and trends.

### Posters

PENS is providing a venue for conference attendees to view and discuss participants' poster presentations. Visit with the poster presenters and learn about current research that will affect your clinical practice during the live sessions!

## Wednesday, April 21, 2021

Time (ALL TIMES EASTERN)	Presentation/Event	Presenter(s)
12:00 p.m. - 12:15 p.m.	<b>Welcome &amp; Opening Remarks</b>	Catherine Flynn, RN, MSN, APRN, CDCES
12:15 p.m. - 1:15 p.m.	<b>Keynote Address</b>	Laurie J. Cameron
<b>1.0 Contact Hour*</b>	Laurie Cameron is the author of <i>The Mindful Day: Practical Ways to Find Focus, Calm and Joy</i> , National Geographic, 2018, and is known for her warmth, energy and insight sharing the science of human flourishing and development. Laurie integrates emotional intelligence, positive psychology, mindfulness, compassion and neuroscience into everyday language for modern work and life.	
1:15 p.m. - 2:15 p.m. <b>1.0 Contact Hour*</b>	<b><i>Managing Diabetes During the COVID-19 Pandemic: A Story of Change and Discovery in a Pediatric Diabetes Center</i></b> When the pandemic hit the Philadelphia area in March 2020, it turned our world upside-down. Every process that we had in our center had to change, and serving our patients and families became very complicated. With a flurry of ingenuity and forward thinking, the diabetes team rose to the occasion and developed new tools and procedures to make sure that every family had what they needed to manage diabetes well during the pandemic. The changes that we made have led to some exciting new innovations in diabetes care that we hope to bring with us into the future. PENS members have had to make many changes in practice as well during the COVID-19 pandemic, and together we can share some of the best practices that we have developed to meet the challenges that we have faced as pediatric endocrinology nurses.	Melissa Andrews Rearson, MSN, CRNP
2:15 p.m. - 2:45 p.m.	<b>Break/Visit Exhibits</b>	

## Wednesday, April 21, 2021

Time (ALL TIMES EASTERN)	Presentation/Event	Presenter(s)
2:45 p.m. - 3:45 p.m. 1.0 Contact Hour*	<b><i>Navigating Evaluation and Treatment of Endocrinopathies in Pediatric Cancer Survivors</i></b> Caring for the endocrine needs of a cancer survivor requires additional understanding and consideration. We will review common endocrinopathies seen in these patients, define treatment-related risks, and explore special considerations for treatment unique to the population. Endocrine late-effects are common in cancer survivors, but recommended surveillance and considerations for treatment are not well understood in the general endocrine community. How to access the Children's Oncology Group long-term follow-up guidelines and apply them to a general practice will be covered, and special considerations (i.e., use of GH in these patients) will be discussed in more depth. If you care for cancer survivors in your practice, following the most up-to-date guidelines, based on consensus and up-to-date evidence, is imperative. It is not always enough to rely on previous endocrine experience, as there are a number of unique factors at play to ensure these patients are not exposed to undue risk.	Megan Pruett, MSN, CPNP
3:45 p.m. - 4:45 p.m. 1.0 Contact Hour*	<b><i>Racial/Ethnic Disparities in Youth Attending Diabetes Camps</i></b> Data for a large national network of diabetes camps showed that minority youth are less likely to participate in diabetes camp programming. Learn about the existing disparities in diabetes camp attendance as compared to the national population of diabetes youth, and understand the potential barriers that exist for youth in attending diabetes camps. We must work together to create processes to mitigate these barriers.	Risa Wolf, MD; Gina Ferrari, CRNP
4:45 p.m. - 6:00 p.m. 6:15 p.m. - 7:00 p.m.	<b>Product Theaters</b> <b>New Member/First-Time Attendee Networking</b>	

## Thursday, April 22, 2021

Time (ALL TIMES EASTERN)	Presentation/Event	Presenter(s)
12:30 p.m. - 1:30 p.m.	<b>Abbvie Symposium</b>	

Thursday, April 22, 2021

Time (ALL TIMES EASTERN)	Presentation/Event	Presenter(s)
1:30 p.m. - 2:00 p.m.	<b>Visit Exhibits</b>	
2:00 p.m. - 3:15 p.m. <i>1.25 Contact Hour*</i>	<b>Research Grant and Oral Abstract Presentations</b>	Terri Lipman, PhD, CRNP, FAAN; Margaret (Meg) Keil, PhD, CRNP; 3rd Presenter TBD
3:15 p.m. - 4:15 p.m. <i>1.0 Contact Hour*</i>	<b>CONCURRENT SESSION 1</b> <b>1A Diabetes Case Studies</b> <b>1A1</b> Do We Have to Use Insulin? Treatment Options for a Case of MODY5  <b>1A2</b> Managing the Treatment of a Patient with Diabetes Mellitus and Growth Hormone Deficiency  <b>1B CAH Treatment and Transitioning to Adult Care</b>  <b>1C Endocrinology 101: Back to Basics Educational Program for Nursing and Ancillary Staff</b> <b>Have you noticed a drift in knowledge as it relates</b> to endocrine nursing practice? This presentation will address the journey that two endocrine staff nurses embarked on to address the gaps in caring for endocrine patients, especially among newly hired nursing and ancillary staff. This presentation will outline the content of and rationale behind the bedside nurse-led educational program, the interactive educational strategies and evaluation methods, and the positive quantitative and qualitative outcomes.	Seema Meighan, NP, MPH  Maureen Dever, MSN, CRNP, PPCNP-BC, CDCES  Ashwini Mallappa, MD  Alexis Morris, BSN, RN
4:15 p.m. - 4:30 p.m.	<b>Break/Visit Exhibits</b>	

Thursday, April 22, 2021

Time (ALL TIMES EASTERN)

Presentation/Event

Presenter(s)

4:30 p.m. - 5:30 p.m.  
1.0 Contact Hour\*

**Landscape of Current Therapies for Central Precocious Puberty (CPP)** By the end of the presentation, Health Care Professionals (HCPs) will be able to recognize benefits and risks associated with existing and newly added treatments in the CPP treatment landscape and choose an appropriate therapy for CPP patients. There is, to our knowledge, no published review of CPP treatments that incorporates the latest approved therapies and provides details on the benefits and risks of the most widely used therapies in the context of the overall CPP treatment. Participants will:

Keisha Bird, ARNP, NP

- Develop understanding of how to better select appropriate therapy for CPP patients based on the benefits and risks of treatments that are available in CPP treatment landscape.
- Recognize factors that impact CPP patients' experiences throughout the whole course of treatment.

5:30 p.m. - 6:30 p.m.  
1.0 Contact Hour\*

**Concurrent Session 2**

### **2A Diabetes 101: Guidelines for Treatment**

Diabetes is an autoimmune process. There are many changes to care with the technology improving insulin delivery and self care management. Core components of care will be reviewed, along with helpful technology. Case studies will be used to explore developmental stage impact on cares. We will also explore complications of care: high and low blood sugars, diabetes distress, possible impact on growth, depression, along with site care.

Shari Liesch, MSN, APNP

### **2B Optimizing the Use of Continuous Glucose Monitoring in Children with Insulin Dependent Diabetes Mellitus**

Diabetes technology has evolved rapidly in the past 5 years. This includes advances in continuous glucose monitoring, which has transformed the field of diabetes care and changed the lives of people affected by diabetes. In this presentation I will first review the function and use of currently available continuous glucose monitors. I will then discuss how to optimize the use of these devices. This will include reviewing solutions to common issues faced by families using these devices, such as alarm fatigue and skin irritation, and will also include a discussion of how to effectively interpret data from continuous glucose monitors. Importantly, this presentation will also address the disparities that exist in the uptake of CGM, as recent studies have shown that patients with lower parental education levels and family incomes are less likely to use CGM.

Maggie West, RN, CDCES

## Thursday, April 22, 2021

Time (ALL TIMES EASTERN)	Presentation/Event	Presenter(s)
<b>5:30 p.m. - 6:30 p.m.</b> <i>1.0 Contact Hour*</i>	<b><i>Concurrent Session 2 (Continued)</i></b> <b>2C Endocrine Case Studies</b> <b>2C1</b> Swyer Syndrome, 46 XY Gonadal Dysgenesis  <b>2C2</b> Tanner 3 Puberty in Baby: Review of Differential Diagnoses, Endocrine Workup, and Interventions	<b>Stephanie Marczal, MSN, PPCNP-BC, CNS Kimberly Shoe, MSN, CPNP, CDE</b>
<b>6:30 p.m. - 7:00 p.m.</b>	<b>Committee Meetings</b>	
<b>7:00 p.m. - 9:00 p.m.</b>	<b>Evening Event</b>	

## Friday, April 23, 2021

Time (ALL TIMES EASTERN)	Presentation/Event	Presenter(s)
<b>12:30 p.m. - 1:30 p.m.</b> <i>1.0 Contact Hour*</i>	<b><i>Thyroid Radiology</i></b>	<b>John Dallas, MD</b>
<b>1:30 p.m. - 2:00 p.m.</b> <i>0.5 Contact Hours*</i>	<b>Poster Session</b> Posters are available throughout the conference for review. During this session, poster presenters will be available to discuss research and answer questions.	
<b>2:00 p.m. - 2:15 p.m.</b>	<b>Break/Visit Exhibits</b>	

Friday, April 23, 2021

Time (ALL TIMES EASTERN)

Presentation/Event

Presenter(s)

2:15 p.m. - 3:15 p.m.  
1.0 Contact Hour\*

### **Concurrent Session 3**

#### **3A Impact of Central Precocious Puberty Treatments on Patients' Quality of Life**

Keisha Bird, ARNP, NP

Health Care Professionals (HCPs) to be able to recognize the factors impacting quality of life and identify appropriate CPP treatment for patients. There is, to our knowledge, no published review of CPP treatment's impact on patients' quality of life. This presentation will educate HCPs how different treatment factors influence patients' quality of life: 1. Recognize CPP treatment factors impacting patients' quality of life that should be considered when choosing appropriate treatment 2. Recognize ways to increase CPP patients' quality of life throughout the whole course of treatment.

#### **3B Considerations for Fertility Preservation in Pediatric Oncology Patients**

Megan Pruett, MSN, CPNP

Fertility concerns are a huge worry among cancer patients and their families. Options for fertility preservation do exist in these populations, but are not well known or understood outside the oncology world. Endocrine providers are uniquely suited to aid in these conversations given our breadth of knowledge regarding hormones and puberty. Bringing concerns about adult fertility down to a pediatric level is an emerging practice - one ripe for development in smaller systems and private practices. A unique and exciting role for endocrine nurses exists in this space. Participants will learn to differentiate between standard of care and experimental options for fertility preservation, and how to overcome the unique challenges that present themselves in various situations.

#### **3C Transitioning the Older Adolescent with Diabetes after an Acute Episode**

Susan Renda, DNP, ANP-BC,  
CDCES, FANP, FAAN

People with diabetes encounter their most difficult time with self-management in the later teen and early adulthood years. Successful preparation for increased self-management required in an adult practice can avoid problems. The presenter will use an example of an adolescent with an acute diabetes problem to illustrate best practices for transition of care. The participants will increase their awareness of the importance of transition preparation in the pediatric setting and come away with useful resources.

3:30 p.m. - 4:00 p.m.

**Awards & Closing Remarks**

## ON-DEMAND CONTENT

1.0 Contact Hour\*

### ***The Story of the TODAY Study: Treatment Options for Type 2 Diabetes in Adolescents and Youth***

Any time children begin developing adult diseases it is an alarming and frightening circumstance. The TODAY study assembled the largest cohort of type 2 DM youth ever and spent many years getting to understand the trials and tribulations of this ever growing epidemic that continues to evolve in all corners of the world. This presenter will explain the entire process from recruitment, treatment modalities, retention, and prognosis of a population that is not typically studied. Working with a multi-disciplinary team from all corners of the country for many years provides a unique perspective in how to look not only at this circumstance, but the process of longitudinal clinical trials.

**Paul McGuigan, BSN, RN,  
CDCES**

1.0 Contact Hour\*

### ***Finding the GOOD in the MAD : Redeeming Patient Frustrations***

Did you know that you can't lower an a1c? I know...it's a little controversial. You see, a1c's are lowered as a result of changed behavior. And behaviors are driven by frustrations and victories. How many of your patients come to their visits FULL of frustration...even mad? These frustrations are at the root of their thoughts, actions, and ultimately the cause of many issues. Effectively addressing them is vital to the success of the visit and overall patient health. Learn to utilize the Frustration Index as a form of motivational interviewing to guide you through your visits and meet the patient's needs in half the time. Getting to the root of the issue(s) leads to happier, healthier patients, lower a1c's, and positive patient outcomes.

**Jessica Adkins, DNP, CPNP-  
PC, BC-ADM; Kris Britt, BSN,  
CDCES, CPT**

1.0 Contact Hour\*

### ***Happiness, Hope, and Healing***

Positivity, happiness, and hope can be intentionally called upon to help navigate challenges and change. Happiness and hope are health supportive, and the science of each have advanced. Participants will explore the PERMA Model of happiness: Positivity, Engagement, Relationships, Meaning, & Accomplishments. Participants will look at different types of hope. Learners will explore personal meanings of happiness and hope, with focus on how to encourage each in ourselves and others. A group "Hope Tree" will be created, capturing hope's meaning to participants. Learners will self-report the importance of happiness and hope on health, personal development, and survival. Discussion helps solidify thoughts; it can connect past experiences to current views.

**Shari Liesch, MSN, APNP**

## ON-DEMAND CONTENT *(Continued)*

**1.0 Contact Hour\***

### ***Diabetes and Language: What's in a Name?***

This presentation will focus on the use of diabetes-related language in diabetes care. It will cover evidence of the impact and outcome of negative messaging, examples of negative and disengaging words, and suggestions for positive and supportive language. The presentation will also include the impact of diabetes language from a personal perspective.

**Shannon Knapp, BSN, RN,  
CDCES**

*\* Subject to change based upon approval*

*Total number of contact hours applied for is 19.75.*