

Ready. Set. Write a PENS Column.

*Jan Foote
Terri Lipman
Erin Booth
Nicole Kirouac
Megan Lessig
Cynthia Snyder*

2015 PENS Conference
Savannah, GA

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
- Like to write
- 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
- Too blunt, too brusque
- 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



PENS Column images reprinted with permission of the Journal of Pediatric Nursing

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/>
- Betz, C. L. (2008). Frequently asked questions, again and again. *Journal of Pediatric Nursing, 23*(5), 329-330.
- Strunk, W., & White, E. B. (2000). *The elements of style*. New York, NY: Penguin Group.
- jan-foote@uiowa.edu

Questions



References

- Casella, P. (2011). Writing for publication: Strategies to make you a more efficient and effective author. *Carle Selected Papers, 44*(2), 113-116.
- Dexter, P. (2000). Tips for scholarly writing in nursing. *Journal of Professional Nursing, 16*(1), 6-12.
- Edward H. (1990). *How to write and publish papers in the medical sciences*, 2nd ed. Philadelphia, PA: Williams & Wilkins.
- Gopen, G. D., & Swan, J. A. (1990). The science of scientific writing. *The American Scientist, 78*, 550-558.
- The Health Care Communication Group. (2001). *Writing, speaking, and communication skills for health professionals*. New Haven, CT: Yale University Press.
- Zilm, G. (2009). *The smart way: An introduction to writing for nurses*, 3rd ed. Toronto, ON: Elsevier Canada.
