



**Pediatric Endocrinology
Nursing Society**

Advancing Endocrine and Diabetes Care

2022 National Conference

May 18-21, 2022

Hyatt Regency Coconut Point • Bonita Springs, FL



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
- Objectives for each session are listed within the schedule

PENS Conference Planning Committee

Christin Morell, RN, BSN, Chair

Jennifer Anisko, CRNP, CDE, Vice Chair

Sheri Luke, MSN, FNP-C

Leigh Pughe, RN, MS, CPNP

Sarah Bottomley, DNP, APRN, CPNP-PC

Melissa Rearson, MSN, CRNP

Rebecca Crespi, BA, RN, MSN, CPNP, 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 attending 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 and confronting and solving the same issues. Take advantage of this national gathering of pediatric endocrinology nurses to learn more about national issues and trends.

Wednesday, May 18, 2022

Time	Presentation/Event	Presenter(s)
4:30 p.m. - 5:30 p.m.	New Member/First Time Attendee Orientation & Past Presidents Reception	
5:30 p.m. - 7:30 p.m.	Welcome Reception in Exhibit Hall	
5:45 p.m. – 7:15 p.m.	Product Theaters	

Thursday, May 19, 2022

Time	Presentation/Event	Presenter(s)
7:00 a.m. - 8:00 a.m.	Breakfast	
8:00 a.m. – 8:15 a.m.	Welcome & Opening Remarks	Rebecca Crespi, BA, RN, MSN, CPNP, CDCES, PENS President
8:15 a.m. – 9:15 a.m. <i>1.0 Contact Hour*</i> <i>Professional Development</i>	Keynote Address Connie Merritt is a National Keynote Specialist, Award-Winning Author, and Horse Whisperer in Training. She speaks to people in healthcare who crave the joy they once had in their work and life. She shows them how to turn obstacles into opportunities and traumas into traction, so they can move forward and... <ul style="list-style-type: none">• Be more present (and pleasant) for their patients and co-workers.• Deal with difficult people and situations.• Set priorities and use wiser self-care.• Take initiative and take action.• Have hope and let go of what's keeping them stuck.	Connie Merritt, RN, BSN, PHN, National Keynote Specialist, Award-Winning Author, Horse Whisperer in Training

Thursday, May 19, 2022

Time	Presentation/Event	Presenter(s)
9:15 a.m. - 10:15 a.m. <i>1.0 Contact Hour*</i> <i>Endocrine, Basic</i>	Is There a Magic Pill? The presenter will provide information about the many new medications available for pediatric/adolescent weight management. There are many medications that have the weight loss indication, but most patients want a "magic pill". Pediatric obesity is continuing to increase and is going to be part of the endocrine practice for the foreseeable future. What are the options they may be able to prescribe to patients when combined with lifestyle modifications?	Courtney Reints, DNP, ARNP, CPNP-PC, Pediatric Nurse Practitioner, Blank Children's Hospital – Pediatric Endocrinology, Des Moines, IA
10:15 a.m. – 10:45 a.m.	Refreshment Break in Exhibit Hall	
10:45 a.m. - 11:45 a.m. <i>1.0 Contact Hour*</i> <i>Pharmacology, Advanced</i>	Emerging Therapy Options for the Management of Congenital Adrenal Hyperplasia The presenter will review the current CAH therapies in use for pediatric patients and discuss the new therapy options that are being studied for use in the CAH population. She will provide an overview of Hydrocortisone sprinkles, the Hydrocortisone emergency auto-injector in development now, the CRF-1 antagonists which are currently being studied in phase 2 and 3 trials and the use of pumps in CAH patients. This presentation will be an introduction to novel treatment options for this patient population and will include discussion/debate on the usefulness/practicality of these therapies. The presentation will also feature an interactive discussion regarding the management of CAH throughout the phases of childhood and adolescence.	Leslie Pitts, CRNP, Pediatric Endocrine Nurse Practitioner, Children's of Alabama, Pelham, AL

Thursday, May 19, 2022

Time	Presentation/Event	Presenter(s)
11:45 a.m. - 12:45 p.m. <i>1.0 Contact Hour*</i> <i>Endocrine, Advanced</i>	Long-Acting Growth Hormone: Latest Developments, Clinical Usefulness and Future Considerations Daily recombinant human growth hormone revolutionized the treatment of growth hormone deficiency and has been the standard of care since the 1980s. However, the burden of daily injections and reduction in treatment outcomes from nonadherence have prompted the development of long-acting growth hormone analogs. Currently, LAGH analogs are marketed in Asia and just recently in the United States for pediatric growth hormone deficiency. This new era of growth hormone treatment brings the potential of increased tolerability, therapeutic flexibility and adherence. However, the unphysiological nature and differences in the technology used to prolong GH may also bring certain challenges to dosing, monitoring and long-term safety.	Joshua H. Yang, MD, Chief of Pediatric Endocrinology, Orlando Health Arnold Palmer Hospital for Children Endocrinology and Diabetes Center, Orlando, FL
12:45 p.m. - 2:15 p.m.	Lunch with Exhibitors	
12:50 p.m. – 2:10 p.m.	Product Theaters	
2:15 p.m. – 3:15 p.m. <i>1.0 Contact Hour*</i> <i>Endocrine/Diabetes, Advanced</i>	Gender 101 & Endocrine Management of Medical Transition in Pediatrics The goal of this session is to familiarize the audience with the basics of caring for children and adolescents who identify as transgender or gender non-conforming. By the end of the session, the audience will be able to describe specific terms used in gender care, discuss hormone medications used in medical transition, and apply knowledge learned through case-based discussion to improve care for transgender and gender non-conforming youth.	Lisa Kenigsberg-Fechter, MD, Pediatric Endocrinologist, Broward Health, Coral Springs, FL
3:15 p.m. - 3:45 p.m.	Refreshment Break in Exhibit Hall	
3:20 p.m. – 3:40 p.m.	Product Theater	

Time	Presentation/Event	Presenter(s)
3:45 p.m. - 4:45 p.m. 1.0 Contact Hour*	Concurrent Session 1	
<i>Diabetes, Advanced</i>	1A. Diabetes Case Studies <ul style="list-style-type: none">• Clinic Practice Models and Shared Appointments for High-Risk Diabetics The presenter will discuss some of the successes and failures with different clinic models for their most vulnerable population. They have faced several challenges with these models, and the presenter will discuss what has worked and what failed. The presentation will include open discussion with participants to hear if they have had experiences with different clinic models.• Disordered Eating in Adolescents with Type 1 Diabetes The presenter will provide two case studies of adolescents who present with disordered eating – one male and one female.	Nikki Danis, MSN, RN, CPNP, Pediatric Endocrine/Diabetes NP, Washington University School of Medicine, St. Louis, MO; Michelle Bockstruck, RN Maureen Dever, MSN, CRNP, CDCES, Pediatric Nurse Practitioner, Endocrinology and Diabetes, Children’s Hospital of Philadelphia, Philadelphia, PA
<i>Endocrine, Advanced</i>	1B. Endocrine Case Studies <ul style="list-style-type: none">• Not Your Typical Case of Delayed Puberty: When Something Doesn’t Smell Right This case study presentation will review the diagnosis of Kallmann Syndrome secondary to a pathogenic ANOS1 mutation. ANOS1 and other Kallmann Syndrome mutations cause a fascinating phenomenon of impaired neuron migration that occurs in utero – leading to both hypogonadotropic hypogonadism from GnRH deficiency and anosmia. There will be discussion of the genetic inheritance pattern of the ANOS1 mutation and how BB and his family members may be impacted. We will analyze the possible comorbidities, which ones affect BB, and how to evaluate and treat them. There will be a focus on testosterone replacement for boys with Kallmann syndrome, including various methods for administration. Kallmann Syndrome is relatively uncommon, and this presentation will take a detailed look at the pathophysiology, treatment, and associated disorders. During this presentation,	Linda Steinkrauss, MSN, CPNP, Pediatric Nurse Practitioner, Nemours Children’s Health, Wilmington, Newark, NJ

nurses will learn when to inquire about a child’s sense of smell and when to consider genetic testing in the setting of delayed puberty.

- **A Case of Primary Amenorrhea: What’s Missing**
This will be an interactive discussion of primary amenorrhea, differential diagnosis, and work up.

Cheryl Switzer, RN, MSN, CPNP,
CDCES, Nurse Practitioner, Cleveland
Clinic Children’s, Cleveland, OH

7:00 p.m. – 10:00 p.m.

Evening Event Sponsored by Ascendis Pharma

Friday, May 20, 2022

Time

Presentation/Event

Presenter(s)

7:00 a.m. – 8:00 a.m.

Breakfast Symposium *Provided by Alexion*

8:00 a.m. – 9:15 a.m.
*1.5 Contact Hours**

Research Grant Presentations

Presenters TBD

Research

9:15 a.m. – 10:15 a.m.
*1.0 Contact Hour**

What Is the Impact of COVID-19 on the Incidence and Trajectory of Diabetes in Children?

Terri Lipman, PhD, CRNP, FAAN,
Assistant Dean for Community
Engagement, University of
Pennsylvania, Philadelphia, PA

Diabetes, Basic

Over 5.7 million children have tested positive for COVID19 since the start of the pandemic. Will this increase the incidence of diabetes? Will children with pre-existing diabetes, who develop COVID have higher risk of diabetes complications? How has the pandemic impacted your practice? This is a topic for all of us who have lived and practiced in an unprecedented time. This presentation will provide an opportunity to review what is known, consider what is possible, and discuss the future of pediatric endocrinology nursing.

10:15 a.m. – 10:45 a.m.

Refreshment Break

Friday, May 20, 2022

Time

10:45 a.m. – 11:45 a.m.
1.0 Contact Hour*

Research

Diabetes, Advanced

11:45 a.m. – 1:15 p.m.

1:15 p.m. – 2:15 p.m.
1.0 Contact Hour*

Diabetes/Endocrine, Advanced

Presentation/Event

Concurrent Session 2

2A. Writing for Publication

This presentation will focus on the following objectives:

- Discuss the knowledge and skills necessary for writing for newsletters, journals, and other nursing related publications.
- Identify a potential topic for publication based on your area of clinical expertise.
- Identify potential organizational resources within the work setting that can be accessed to achieve your publication goal.

2B. Use of Diabetes Devices in the Hospital Setting (Inpatient and OR)

The presenters will provide tools and understanding of how patients with diabetes using technology can be managed in the hospital. This panel will include presenters from different practices and how they approach this topic. Attendees will learn how they can advocate for patients to use their medically necessary tools that promote optimal glycemic control in the hospital.

Membership Meeting & Awards Luncheon

Concurrent Session 3

3A. Mystery of Hyperglycemia...“What Type of Diabetes Does My Child Have?”: Understanding the Care of Children with Atypical Diabetes

The presenter will provide an overview of McCune Albright Syndrome. Since MAS is a rare disease, it is important to be knowledgeable about this disease and its management, as any given practice is likely to encounter at least a few patients (perhaps more!) with this disease.

Presenter(s)

Maureen Dever, MSN, CRNP, CDCES, Pediatric Nurse Practitioner, Endocrinology and Diabetes, Children’s Hospital of Philadelphia, Philadelphia, PA

Pantea Minnock, RN, CRNP, Nurse Practitioner, Children’s Hospital of Philadelphia, Philadelphia, PA; Michelle Marowitz, RN, CRNP, Diabetes NP, Children’s Hospital of Philadelphia, Philadelphia, PA; Other panelists TBD

Michelle Marowitz, CRNP, Diabetes, NP, Children’s Hospital of Philadelphia, Philadelphia, PA; Pantea Minnock, RN, CRNP, Nurse Practitioner, Children’s Hospital of Philadelphia, Philadelphia, PA

Friday, May 20, 2022

Time	Presentation/Event	Presenter(s)
<i>Endocrine, Advanced</i>	3B. Precocious Puberty: 2022 Dr. Shulman will provide an overview of early puberty, diagnosis, and management.	Dorothy I. Shulman, MD, Professor, Pediatric Endocrinology, USF Diabetes and Endocrinology Center, University of South Florida, Tampa, FL
2:20 p.m. – 3:20 p.m. <i>1.0 Contact Hour*</i>	Concurrent Session 4	
<i>Pharmacology, Advanced</i>	4A. Early Diagnosis of Prader-Willi Syndrome Leading to Early Treatment with Growth Hormone Therapy The presenters will provide an overview of the genetics of Prader-Willi syndrome, current literature and guidelines, and emphasize the importance of diagnosing these patients early. Our patient is one of the earliest reported to be started on growth hormone therapy.	Katheryn Grand, MS, CGC, Genetic Counselor, Cedars-Sinai, Los Angeles, CA; Seth Langston, MD; Pedro A. Sanchez-Lara, MD; Bahareh M. Schweiger, DO, MPH
<i>Diabetes, Advanced</i>	4B: Got Frequent Flyers? Earn Extra Miles on an Approach to Decrease Landing in the Hospital and Descent toward the A1C Goal The presenters will discuss their clinic, which was formed initially to decrease readmission rates for our patients with diabetes. It now is also a place to refer those struggling to decrease their A1Cs. This clinic consists of a multidisciplinary team including endo provider, nurse educator, social work, clinical pharmacist, psychologist, and dietician. The presenters will provide preliminary data on how this clinic is doing in its goal to reduce readmissions and A1Cs.	Cheryl Switzer, RN, MSN, CPNP, CDCES, Nurse Practitioner, Cleveland Clinic Children's, Cleveland, OH; Hannah Pratt, PharmD, BCPS
3:20 p.m. – 4:00 p.m.	Refreshment Break	

Friday, May 20, 2022

Time

4:00 p.m. – 5:00 p.m.
1.0 Contact Hour*

Endocrine, Advanced

Presentation/Event

Concurrent Session 5

5A. Abnormal Uterine Bleeding during Puberty Induction in Turner Syndrome: Clinical Management and Educational Pearls

Turner syndrome (TS) is the most common sex chromosome disorder in females. Individuals with TS commonly have ovarian failure, leading to absence of puberty and menstruation. They need estrogen/progestin therapy to induce puberty and maintain the secondary sexual characteristics. Endocrine providers often deal with TS patients in the clinic setting. Prescribing estrogens to induce puberty can be associated with abnormal uterine bleeding (AUB), especially with the use of (low-dose) transdermal estrogens. In their different roles, both advance nurse practitioners and endocrine nurses will, at some point, encounter TS patients with AUB. Using the clinical experience of the TS team at Cincinnati Children's Hospital, which follows a very large population of TS patients, together with data from a recently completed research project, and illustrated further by case presentations, the speakers intend to inform the audience on the diagnosis, management and educational aspects related to AUB in TS individuals. The nurse-coordinator will address the counseling issues and provide the nursing perspective on how to deal with the testing/procedures these patients may need, and how follow-up should be addressed. The MD presenter will review recently obtained data on the risk factors associated with AUB and how to address AUB therapeutically. The presentation will therefore combine clinic experience, with research data, as well as provide practice recommendations based on recently developed consensus guidelines. With the increased use of the newer transdermal estrogen preparations, while the optimal replacement regimen has not been defined yet, this presentation will be very helpful for all health care personnel interacting with these patients as they present with AUB.

Presenter(s)

Lori Casnellie, RN, Coordinator,
Cincinnati Center for Turner
Syndrome Care, Cincinnati Children's
Hospital Medical Center, Cincinnati,
OH; Philippe Backeljauw, MD,
Professor of Pediatrics, University of
Cincinnati College of Medicine,
Cincinnati, OH

Friday, May 20, 2022

Time	Presentation/Event	Presenter(s)
4:00 p.m. – 5:00 p.m. <i>1.0 Contact Hour*</i>	Concurrent Session 5	
<i>Diabetes Advanced</i>	5B. Taming Diabetes Software: How We Leveraged to Solve Our Multi-Login Woes We found ourselves with over 20 different logins to various data management software. Some reports showed the glucose level on the X-axis and some on the Y. Others were organized by day of the week. And where was the modal view!? It was just too much. We eventually concluded that a medical error was inevitable if something didn't change. We needed a single platform to streamline our tech-centric diabetes center, compatible with most diabetes equipment used by our patients, and graphically structured in such a way that we could not only easily interpret patient data on the fly but also promote patient autonomy when it comes to organizing, interpreting and managing their own diabetes data. We found the solution!	Jessica Adkins, DNP, CNS, RN, CPNP-PC, BC-ADM, Co-Owner, Everyday Diabetes Center, Co-Founder, T1D Revolution; Kris Britt, BSN, RN, CDE, CPT, Co-Owner, Everyday Diabetes Center, Co-Founder, T1D Revolution
5:15 p.m. – 6:15 p.m. <i>1.0 Contact Hour*</i>	Poster Reception	
7:00 p.m. – 10:00 p.m.	Evening Event Sponsored by Novo Nordisk	

Saturday, May 21, 2022

Time	Presentation/Event	Presenter(s)
7:45 a.m. – 8:30 a.m.	Breakfast & Committee Meetings	
8:30 a.m. – 9:30 a.m. <i>1.0 Contact Hour*</i>	The Nurse Effect: Joy, Compassion, Empathic Concern, and Renewal The Nurse Effect is an interactive session about being a nurse. We will explore your nurse beginning, celebrations, and obstacles. Compassion fatigue will be explored, as well as self-care strategies to transform. Participants will discuss ambiguous loss of one social barrier in providing care, both individually and collectively.	Shari Liesch, BSN, APNP, Medical College of Wisconsin, Children's Hospital of Wisconsin Fox Valley, Neenah, WI
<i>Professional Development</i>		

Saturday, May 21, 2022

Time	Presentation/Event	Presenter(s)
9:30 a.m. – 10:30 a.m. <i>1.0 Contact Hour*</i> <i>Diabetes, Basic</i>	Life with Diabetes: Transition from Home to College and Beyond Moving on to college whether living in a dorm, apartment, or commuting from home poses a major adjustment in the life of our patients with T1D. Our diabetes team created an interactive program to bridge the knowledge gap and assist our patients with T1D during this difficult transition. We will share our education topics, funny stories, and student handouts that we have created to encourage student participation as they develop more independence with their diabetes management. COVID made everything in our clinic more difficult. We will share some of the creative ways we interacted with our high school seniors, when the pandemic tried to bring us down.	Maria Borri, BSN, RN, CDCES, Nurse Specialist, Beaumont Children's, Royal Oak, MI; Emily Falk, BSN, RN, CDCES, CPN
10:30 a.m. – 10:45 a.m.	Break	
10:45 a.m. – 11:45 a.m. <i>1.0 Contact Hour*</i> <i>Pharmacology, Advanced</i>	Insulin Update: New Names, New Action, New Indications - What's Out There for Our Patients This presentation will describe the different types of insulin available on the market and discuss use and prescribing practices. Most pediatric endocrine nurses teach use and prescribe insulin every day. Figuring out what is available, what is approved for use in pediatrics, and what can be covered by insurance is tricky. This presentation will include a summary of each type of insulin and the information that pediatric nurses and practitioners need to help patients to use it most effectively.	Melissa Rearson, CRNP, Pediatric Nurse Practitioner, Children's Hospital of Philadelphia, Philadelphia, PA
11:45 a.m. – 12:00 p.m.	Closing Remarks	Rebecca Crespi, BA, RN, MSN, CPNP, CDCES, PENS President