



Pediatric Endocrinology Nursing Society

Advancing Endocrine and Diabetes Care

Program

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Pediatric Endocrinology
Nursing Society
Advancing Endocrine and Diabetes Care

April 19-22, 2023
Hyatt Regency Hill Country
San Antonio, TX

2023

National Conference



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

Jennifer Anisko, CRNP, CDE, Chair

Melissa Rearson, MSN, CRNP, Vice Chair

Sarah Bottomley, DNP, APRN, CPNP-PC

Sheri Luke, MSN, FNP-C

Amber Marquardt

Christin Morell, RN, BSN

Rebecca Crespi, BA, RN, MSN, CPNP, CDCES, Board Liaison

Accreditation

This continuing education activity was approved by the Ohio Nurses Association, an Ohio Board of Nursing approver. (OBN-001-91)

Faculty Disclosures

No one with the ability to control content of this activity has a relevant financial relationship with an ineligible company except Leslie Pitt who is a consultant with Eton Pharmaceuticals. This relationship has been mitigated.

Successful Program Completion

Criteria for successful completion: In order to receive the CNE for these sessions you must view the presentations and complete the evaluation no later than **July 23, 2023**.

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, solving the same problems and confronting the same issues. Take advantage of this national gathering of pediatric endocrinology nurses to learn more about national issues and trends.

Commercial Support

PENS has received commercial support from the following organizations for the 2023 PENS National Conference.

- Abbvie
- Ascendis
- BioMarin
- Endo Pharmaceuticals
- Eton Pharmaceuticals
- Novo Nordisk
- Provention Bio
- Tolmar

PENS 2023 National Conference

Event Schedule

Wed, Apr 19, 2023

8:00 AM

Exhibitor Registration

🕒 8:00 AM - 11:00 AM, Apr 19

📍 Independence Ballroom Foyer

[Registrati...](#)

1:00 PM

Registration

🕒 1:00 PM - 6:30 PM, Apr 19

📍 Independence Ballroom Foyer

[Registrati...](#)

4:30 PM

New Member/First Time Attendee Orientation & Past Presidents Reception

🕒 4:30 PM - 5:30 PM, Apr 19

📍 Courtyard Deck

[Networki...](#)

5:30 PM

Welcome Reception in Exhibit Hall

🕒 5:30 PM - 7:30 PM, Apr 19

📍 Independence Ballroom 1-5

[Exhibit Hall](#) [Networking](#)

5:40 PM

Product Theater

🕒 5:40 PM - 6:00 PM, Apr 19

📍 Independence Ballroom 1-5

[Product Thea...](#)

1 Subsessions

● **Dexcom**

🕒 5:40 PM - 6:00 PM, Apr 19

📍 Independence Ballroom 1-5

Thu, Apr 20, 2023

7:00 AM

Registration

🕒 7:00 AM - 5:00 PM, Apr 20

📍 Independence Ballroom Foyer

[Registrati...](#)

Breakfast Symposium Provided by BioMarin: The Latest Advancements in Achondroplasia: Presented by an achondroplasia expert and caregiver to a child with achondroplasia

🕒 7:00 AM - 8:00 AM, Apr 20

📍 Independence Ballroom 6 & 8

Speaker



Dr. Philippe Backeljauw

8:00 AM

Welcome & Opening Remarks

8:00 AM - 8:15 AM, Apr 20

Independence Ballroom 6-8

General Sess...

Speaker



Rebecca Crespi, BA, RN, MSN, CPNP, CDCES

8:15 AM

Regaining Joy and Balance to Move Forward How Nurses Can Refresh, Regroup, and Re-energize

8:15 AM - 9:15 AM, Apr 20

Independence Ballroom 6-8

Keynote Session

Professional Development

Times have been tough and nurses are just emerging from one of their greatest challenges ever. Having recently celebrated the 200th anniversary of Florence Nightingale's birth, it's only fitting that we ask ourselves: What would Florence do? Join Donna as she channels Flo for an inspirational and practical program to lift you up and get you back on track.

Speaker



Donna Cardillo, RN, MA, CSP, FAAN

The Inspiration Nurse
DonnaCardillo.com

9:15 AM

Pre-Symptomatic Type 1 Diabetes: Why Screening And Monitoring Matter

9:15 AM - 10:15 AM, Apr 20

Independence Ballroom 6-8

Diabetes, Basic

General Session

The presenter will communicate the importance of type 1 diabetes risk screening and monitoring and the evidence that shows screening can reduce the incidence of diabetic ketoacidosis at diagnosis. T1D risk screening also makes it possible to identify individuals who might consider participating in type 1 diabetes prevention trials.

Presenter will give this topic a different spin by utilizing an interactive format throughout the presentation, and will anonymously poll the audience to emphasize key learning objectives (e.g., current guideline recommendations). Attendee input will be solicited throughout.

Speaker



Anastasia Albanese-O'Neill

JDRF

10:15 AM

Refreshment Break in Exhibit Hall

🕒 10:15 AM - 10:45 AM, Apr 20

📍 Independence Ballroom 1-5

Exhibit Hall

Refreshment Break

10:45 AM

Addressing Health Disparities In The Care of Children With Common Endocrine Disorders

🕒 10:45 AM - 11:45 AM, Apr 20

📍 Independence Ballroom 6-8

Endocrine, Advanced

General Session

This presentation will include:

Discussion on prevalence, trends and disparities in common endocrine disorders using obesity, type 2 diabetes and precocious puberty as examples.

Concept of race as a social construct

Approaches to provide equitable care, moving beyond standardization of care to focus on patient centered care in the context of a socioeconomic and culturally relevant environment.

🗣️ Speaker



Chijioke Ikomi, MD

Clinical Assistant Professor

Sidney Kimmel Medical College, Thomas Jefferson University, Philadelphia Nemours Children's Hospital, Delaware

11:45 AM

True Clinical Integration Of The RN In Outpatient Endocrine

🕒 11:45 AM - 12:45 PM, Apr 20

📍 Independence Ballroom 6-8

General Session

Professional Development

Presenter will bring a different perspective and example of a structured plan for the role the outpatient nurse in Endocrine. Shifting the perception of the nurse role of triage and prescriptions refills to one of an educator to families, peers, and providers. Individuals who would attend this presentation who are looking for ways to improve staff development, retention, and nursing independence in practice.

🗣️ Speaker



Courtney Werkheiser

Nurse Manager

Children's Hospital of Philadelphia

12:45 PM

Lunch with Exhibitors & Product Theaters

🕒 12:45 PM - 2:15 PM, Apr 20

📍 Independence Ballroom 1-5

Exhibit Hall

Meals

Boxed Lunches Provided

12:50 PM

Product Theaters

🕒 12:50 PM - 2:10 PM, Apr 20

Product Thea...

12:50 PM - 1:10 PM Eton Pharmaceuticals

1:20 PM - 1:40 PM Ascendis

1:50 PM - 2:10 PM Tolmar

3 Subsessions

● Eton Pharmaceuticals

🕒 12:50 PM - 1:10 PM, Apr 20

📍 Independence Ballroom 1-5

● Ascendis

🕒 1:20 PM - 1:40 PM, Apr 20

📍 Independence Ballroom 1-5

● Tolmar

🕒 1:50 PM - 2:10 PM, Apr 20

📍 Independence Ballroom 1-5

2:15 PM

How We Can Improve Diabetes Care And Be Better Diabetes Nurses: Lessons Learned From Community Health Workers

🕒 2:15 PM - 3:15 PM, Apr 20

📍 Independence Ballroom 6-8

Diabetes, Basic

General Session

We all wonder how we can provide diabetes care and be better diabetes nurses. That is a difficult question. The perspective of a colleague who shares the lived environment of our patients can provide a unique perspective. This session will share how a non professional on the diabetes team can impact diabetes care and the lessons learned about how we practice!

🗣 Speaker



Terri Lipman, PhD, CRNP, FAAN

Researcher

University of Pennsylvania/CHOP

3:15 PM

Refreshment Break in Exhibit Hall

🕒 3:15 PM - 3:45 PM, Apr 20

📍 Independence Ballroom 1-5

Exhibit Hall

Refreshment Break

3:20 PM

Product Theater

🕒 3:20 PM - 3:40 PM, Apr 20

📍 Independence Ballroom 1-5

Product Thea...

1 Subsessions

● Amryt Pharmaceuticals

🕒 3:20 PM - 3:40 PM, Apr 20

📍 Independence Ballroom 1-5

3:45 PM

Step Up Your Advocacy Role

🕒 3:45 PM - 4:15 PM, Apr 20

📍 Independence Ballroom 6-8

General Session

Professional Development

PENS members have years of collective knowledge and experience that may be used to share stories with policy makers, breathing a life force into policy. We are needed to educate state and federal congressional members on legislation that directly affect our work and our patient's lives. In this session, presenter will advocate for why and how we can be involved by providing some legislative background, our advocacy charge, and using some time to do real time advocacy with our legislators.

 **Speaker**





Carol Howe

Associate Professor and Parker Endowed Professor of Nursing
Texas Christian University

4:15 PM

Nurses and Health Policy: Why We Need to be Involved

 4:15 PM - 4:45 PM, Apr 20

 Independence Ballroom 6-8

General Session

Professional Development

Presenter would like to empower nurses to feel confident in their ability to serve as an advocate for policy development and revision. Nurses are often unaware of the impact the policy has on the care we provide, or they do not know how to get involved. This presentation will provide foundational information about the nurse as an advocate, provide resources on how to get involved and share current policy that influences the care we provide to patients and families. This will be an interactive session.

 **Speaker**




Mandi Cafasso

Assistant Professor, Director DNP Program
University of Cincinnati

4:50 PM

Product Theater


 4:50 PM - 5:10 PM, Apr 20

 Independence Ballroom 1-5

Product Thea...


1 Subsessions

 **Provention Bio**

 4:50 PM - 5:10 PM, Apr 20

 Independence Ballroom 1-5

Poster Reception and Exhibits

 4:50 PM - 6:20 PM, Apr 20


 Independence Ballroom 1-3 Foyer


Networki...

Poster Reception supported by BioMarin.

7:00 PM

Evening Event Sponsored by Ascendis Pharma

 7:00 PM - 10:00 PM, Apr 20

 Independence Ballroom 6-8

Networki...

Fri, Apr 21, 2023

🕒 7:00 AM - 5:00 PM, Apr 21
📍 Independence Ballroom Foyer

Registrati...

Continental Breakfast

🕒 7:00 AM - 8:00 AM, Apr 21
📍 Independence Ballroom 6-8

Meals

8:00 AM

Inspiring YOUNIQUENESS

🕒 8:00 AM - 9:00 AM, Apr 21
📍 Independence Ballroom 6-8

General Session Professional Development

Inspirational talk guaranteed to bring laughter and tears to the group. Taking members through some mindfulness grounding, practical energy clearing techniques and help them gain CLARITY to think beyond the day to day work and truly be INSPIRED to feel the PASSION of Pediatric Endocrinology Nursing, find the COURAGE to let their light shine and FEEL awesome for who THEY are right now in this moment!

📣 Speaker



Nicole Kirouac
Nurse Consultant
InspiringUniqueness.com

9:00 AM

Oral Research Abstract - Lessons from the First Decade of Adrenoleukodystrophy Newborn Screening in the United States

🕒 9:00 AM - 9:30 AM, Apr 21
📍 Independence Ballroom 6-8

General Sess...

📣 Speaker



Leslie Pitts, DNP-PhD Student
University of Alabama at Birmingham

9:30 AM

Writing For Publication

🕒 9:30 AM - 10:00 AM, Apr 21
📍 Independence Ballroom 6-8

General Sess...

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.

📣 Speaker



Carol Howe
Associate Professor and Debrah Endowed Professor of Nursing

10:00 AM

Refreshment Break

🕒 10:00 AM - 10:30 AM, Apr 21

📍 Independence Ballroom Foyer

Refreshment B...

10:30 AM

1A. Development And Use Of A Mobile Health Application To Help Prevent Adrenal Crisis (PACE)

🕒 10:30 AM - 11:30 AM, Apr 21

📍 Bandera

Concurrent Ses...

Presenters will discuss the process of development and maintenance a mobile health app. Presenters will present the results of our pilot study for the App they created for the prevention of adrenal crisis. There will be an opportunity for the audience to use the App on their smartphone or tablet. Presenters will discuss future plans for the mobile health App developed.

🗣 Speakers



Louise Fleming

Associate Dean and Professor
UNC School of Nursing



Meg Keil, PhD, CRNP, FAAN

Nurse Researcher
National Institutes of Health, NICHD



Kevin Lewis

Johns Hopkins All Children's Hospital



Beth Cosgrove

UNC Chapel Hill

1B. Updates In The Medical Management Of Type 2 Diabetes In Youth

🕒 10:30 AM - 11:30 AM, Apr 21

📍 Brady

Concurrent Ses...

General update for type 2 diabetes that will include review of medications approved for Type 2 in youth and will contain pharmacology credits. Case studies will be reviewed.

🗣 Speaker



Maureen Dever

Pediatric Nurse Practitioner, Endocrinology and Diabetes
Children's Hospital of Philadelphia

1C. DASHing Towards Diabetes Success At School: Lessons From The DASH Program Pilot Year

🕒 10:30 AM - 11:30 AM, Apr 21

📍 Hondo

Concurrent Ses...

Presenters will introduce a novel health equity initiative – the diabetes and school health (DASH) program. Presenters will inspire and enable others to start similar programs at their institutions. Participants will be interested in how this program was conceptualized and mobilized. Presenters will share data about the initial patient population, challenges and barriers faced, patient success stories and case studies.

🔊 Speakers



Amy Moffett
Pediatric Nurse Practitioner
Nationwide Children's Hospital



Aurelia Wood
Assistant Professor of Pediatrics
The Ohio State University College of Medicine

11:30 AM

Membership Meeting & Awards Luncheon

🕒 11:30 AM - 1:00 PM, Apr 21

📍 Independence Ballroom 6-8

[Awards](#) [Meals](#) [Membership Meeting](#)

1:00 PM

2A. Cancer Therapy and the Endocrine System: Late Effects of Therapy

🕒 1:00 PM - 2:00 PM, Apr 21

📍 Bandera

[Concurrent Ses...](#)

The presenter inform the audience of the endocrine related risk to different types of cancer therapy.

Presenter will use their involvement in the COG taskforce and explain how the guidelines are created.

🔊 Speaker



Angela Yarbrough
The University Of Texas MD Anderson Cancer Center

2B. Accessibility For All: Telehealth in the Post-Pandemic Era

🕒 1:00 PM - 2:00 PM, Apr 21

📍 Brady

[Concurrent Ses...](#)

Telehealth in 2020 was used rarely in pediatric endocrinology practices prior to March of that year. During 2020, many practices exclusively used telehealth and then moved back to seeing patients in person. Since that time, the role for telehealth has been widely discussed and practices have continued to use it in some circumstances. Legislation and policy have, in some cases, limited its use and the practicality of the treatment of young, developing patients has caused there to some additional limits. Three years after the beginning of the pandemic, where are we in the world of pediatric endocrinology with the use of telehealth? In this presentation, data from one large pediatric center will be presented with regard to the use of telehealth including the benefits and limitations of this type of care. In addition, information from other centers' use of telehealth will be included for comparison showing the differences in use around the country.

🔊 Speaker



Melissa Rearson
Pediatric Nurse Practitioner
Children's Hospital of Philadelphia

2C. Diabetes In The School Setting: Evolution Of School Nurse Education

🕒 1:00 PM - 2:00 PM, Apr 21

📍 Hondo

Concurrent Ses...

The presenter will show the evolution of education of school nurses in Arkansas and how their program has developed into an integral part of this education. The presenter wishes to not only give educators ideas they can use but hope to gain insight on furthering their program.

🗣️ Speaker



Jennifer Sellers, RN, CDCES

Arkansas Children's

2:05 PM

3A. A New Approach To Ketotic Hypoglycemia

🕒 2:05 PM - 3:05 PM, Apr 21

📍 Bandera

Concurrent Ses...

This presentation will help pediatric endocrine nurses recognize the difference between the physical and pathological forms of hypoglycemia. Presenters will outline a novel approach to fasting studies utilizing serial plasma ketone measurements to determine safety and efficacy of treatments. Finally, presenters will present cases that show how fasting studies alter the management plan of patients with pathological ketotic hypoglycemia.

Traditionally, people have not differentiated physiological from pathological ketotic hypoglycemia. Following the talk and case presentations, pediatric endocrine nurses will have a better understanding in the diagnosis of ketotic hypoglycemia and their role in management.

🗣️ Speakers



Kaitlyn Miller, BSN, RN

Outpatient Endocrine Nurse
Cook Children's Medical Center



Alexis Morris

Cook Children's Medical Center

3B. Optimizing Use Of Diabetes Technology - How To Help Your Practice And Your Patients Succeed

🕒 2:05 PM - 3:05 PM, Apr 21

📍 Brady

Concurrent Ses...

In the last 100 years, there has been remarkable innovation in diabetes care and technology.

Today, Kids and teens with diabetes are able to use multiple revolutionary systems designed with the goal of increasing Time in Range and reducing burden of care.

In this session, presenters will provide an overview of the latest therapeutics (with some fun history).

Presenters will discuss strategies on how to best access and optimize use of these devices.

🔊 Speakers



Faith Daily
Diabetes Educator & Technology Coordinator
Children's Hospital of Philadelphia



Pantea Minnock
Children's Hospital Of Philadelphia

3C. Why Don't My Genes Fit?

🕒 2:05 PM - 3:05 PM, Apr 21

📍 Hondo

Concurrent Ses...

Presenter will discuss the numerous types of genetic obesity (example: PWS, BBW, MC4R, etc.), and will discuss the condition, clinical presentation, diagnosis, and if treatments are available.

🔊 Speaker



Dr Courtney Reints
Pediatric Nurse Practitioner
Blank Children's Hospital Pediatric Endocrinology

3:10 PM

Refreshment Break

🕒 3:10 PM - 3:40 PM, Apr 21

📍 Independence Ballroom Foyer and Concurrent Session Foyer

Refreshment B...

3:45 PM

Endocrine Advanced Case Studies

🕒 3:45 PM - 5:15 PM, Apr 21

📍 Independence Ballroom 6-8

Concurrent Ses...

🔊 Speakers



Heather McKnight
APN Hyperinsulinism
Children's Hospital of Philadelphia



Nicole Stewart, RN, BSN, CPN
Children's Hospital of Philadelphia



Shari Liesch
CHW. Wisconsin



Mako Sather
CPNP
Rocky Mountain Pediatric Endocrinology



Linda Steinkrauss
Nemours Children's Hospital, Delaware

Diabetes Advanced Case Studies

🕒 3:45 PM - 5:15 PM, Apr 21

📍 Bandera ABC

Concurrent Ses...

📣 Speakers



Cheryl Switzer

Nurse Practitioner
Cleveland Clinic Children's



Maureen Dever

Pediatric Nurse Practitioner, Endocrinology and Diabetes
Children's Hospital of Philadelphia



Melissa Rearson

Pediatric Nurse Practitioner
Children's Hospital of Philadelphia

5:30 PM

Getting it Done: Engaging Nurses as Stakeholders to Improve Clinical Practice

🕒 5:30 PM - 6:30 PM, Apr 21

📍 Independence Ballroom 6-8

General Session

Professional Development

This presentation will center around how to engage nurse stakeholders in making changes to clinical practice. As an illustration of how to effectively engage nurses as well as a multidisciplinary team, I will discuss implementing CGM samples into an inpatient program—specifically, starting CGM use at diagnosis. The content will focus on how to recognize and involve key team members, how to create process maps, and how to drive larger-scale clinical practice changes. This topic is necessary for clinicians; we are challenged by insurance requirements for access to patient tools, like CGM use in the inpatient setting, and we need to collaborate effectively with our teams for our patients to reach their goals. Creating streamlined and equitable processes that are sustainable requires buy-in from team members. No matter what process you endeavor to improve, this presentation will help you utilize leadership skills to create lasting change.

📣 Speaker



Seema Meighan

Nurse Practitioner
Children's Hospital of Philadelphia

7:00 PM

Evening Event by Novo Nordisk

🕒 7:00 PM - 10:00 PM, Apr 21

📍 Luckenbach Pavilion

Networki...

Sat, Apr 22, 2023

7:30 AM

Registration

🕒 7:30 AM - 11:00 AM, Apr 22

📍 Independence Ballroom Foyer

Registrati...

8:00 AM

Breakfast & Committee Meetings

🕒 8:00 AM - 8:30 AM, Apr 22

Committee Meetings

Meals

8:30 AM

Getting Patient Diabetes / Endocrine Supplies - A Crash Course In Insurance Literacy

🕒 8:30 AM - 9:30 AM, Apr 22

📍 Independence Ballroom 6-8

General Sess...

Nurses will learn:

complexity of getting new devices / medications for patients

insurance coverage (medical and pharmacy)

navigating prior authorization and coordination of benefits

role of advocacy in changing formulary options

limitations and processes for overcoming non-formulary

disparity between commercial and MA insurances

📣 Speakers



Maryanne Cullen

Clinical Nurse Expert
Children's Hospital of Philadelphia



Pantea Minnock

Children's Hospital Of Philadelphia

9:30 AM

Disordered Eating Patterns In Endocrine Patients

🕒 9:30 AM - 10:30 AM, Apr 22

📍 Independence Ballroom 6-8

General Sess...

Will discuss anorexia nervosa, diabulemia, as well as general disordered eating patters in kids and teens. How to tackle these as clinicians. What a dietitian does and what you as clinicians can do. Presenter will highlight prevention and how to appropriately talk about weight and food with families. Attendee will leave with hopefully a new thought process on approaching eating behaviors with patient's in the future. Also, knowing how and when to reach out to appropriate resources.

📣 Speaker



Jen Hyland, RD, CSP, LD

Cleveland clinic children's

10:30 AM

Refreshment Break

🕒 10:30 AM - 10:45 AM, Apr 22

📍 Independence Ballroom Foyer

Refreshment B...

10:45 AM

Thyroid Nodules and Differentiated Thyroid Cancers in Children

🕒 10:45 AM - 11:45 AM, Apr 22

📍 Independence Ballroom 6-8

General Sess

 Speaker




Gary Lee Francis, MD, PhD

Professor of Pediatrics Division of Endocrinology and Diabetes
University of Texas Health Science Center San Antonio

11:45 AM

Closing Remarks

 11:45 AM - 12:00 PM, Apr 22

 Independence Ballroom 6-8

[General Sess...](#)

 Speaker



Rebecca Crespi, BA, RN, MSN, CPNP, CDCES