



Endocrine Nurses' Society of Australasia Inc.

Welcome to ENSAnews!

We welcome your contribution to this newsletter. You can submit content/feedback via email to: tania.yarndley@waikatodhb.health.nz Looking forward to hearing from you.

Tania Yarndley

Newsletter Editor

About ENSA Inc.

The Endocrine Nurses' Society of Australasia incorporated, (ENSA Inc.) is a professional organisation which provides a forum for continuing education and professional development for nurses working in the field of endocrinology. The Society promotes collaboration between health professionals and is committed to the advancement of the art and science of endocrine nursing as a specialty field, through the development of standards of practise, enhancing clinical expertise and promoting and encouraging nursing research.

Conference News

Dear ENSA Members,

It seems all the little problems are sorting themselves out, and our conference is finally coming together!

The new program will hopefully be of interest to each of us, and enrich us all professionally!

Changes to the program include: Dr. Michael Tuttle speaking on Thyroid cancer, a bit of Tai Chi to start off the day, and a bit of ENSA history to end the day. Not going to spoil the fun by telling you more! I am hoping there will be lots of interaction, questions and networking. Which brings me to my final request:

We encourage you to submit an abstract or poster at the conference as it is a great way to "score a registration and accommodation" for the next conference! Most importantly it lets all of us know what is being done at your centres, and it is a great way to share our knowledge and expertise.

We, the conference committee, are looking forward to a great conference and sharing time with you. And then ending the day together at the iconic Adelaide Oval with a lovely meal and toast to celebrate a successful and fruitful day.

Remember August 24th—Adelaide Convention Centre!

The 2015 Conference Committee

June 2015



ENSA Committee 2014–2016

President: Ann Robinson

Secretary: Carmen Bischoff

Treasurer: Susie Baird

For further information

go to our website:

www.ensa.org.au



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ENSA Travel Grants

All ENSA members are reminded to consider applying for a 2015 travel grant!!!

The **ENSA Travel Grant** is available for 3 members with a \$500 per grant limit to cover flights, registration and one night's accommodation.

The **IPSEN Travel Grant** is available for two members to attend the ESA Clinical Weekend.

Delegate eligibility and details of application process are clearly outlined on the ENSA website.

Written applications are to be submitted to:

The Secretary, Endocrine Nurses Society of Australasia

carmen.bischoff@health.sa.gov.au

Award Grants

All members are encouraged to submit an ABSTRACT for the 2015 ENSA Symposium.

Award grants on offer include:

NURSES IN ACTION

Best Oral Presentation receives support to attend the ENSA meeting the following year. Included: registration, flights and accommodation for one night. Reimbursement up to \$850.

POSTER or ORAL PRESENTATION

The Best poster/oral award for Nursing Innovation will receive a prize of \$300.

Applications are to be submitted via the ENSA website.

www.ensa.org.au

Call for Nominations for ENSA Committee: President Elect 2015-2016 Treasurer 2015-2017

A fantastic opportunity to be involved actively in this professional organisation. Please consider applying for these positions. Support is given to all new members of the Executive and our Organisation cannot function without your continued support and involvement. All ENSA Members are encouraged to apply, we would love to have representation from both Australia and NZ. Details are on the website.

PENS CONFERENCE 2015

I recently had the privilege of attending the 28th annual Paediatric Endocrinology Nurses Society (PENS) National conference for 2015. Set in beautiful Georgia, Savannah, myself and some other wonderful endocrine nurses from over Australia, were lucky enough to attend the conference.

Without a doubt we gained, shared and experienced an amazing wealth of knowledge.

For me, one of the most important take home messages was delivered by a speaker by the name of Donna White. Her message was about compassion fatigue and the impact that caring for others in a professional capacity can have in regards to our wellness, self-care and stress levels. One quote that resonated with me was 'when the only tool you have is a hammer, everyone starts looking like a nail.' She highlighted the need for strategies to reduce stress and for us as nurses/carers to look after ourselves first, before looking after others. Other topics that we looked at were new guidelines for type 2 Diabetes in our younger population including barriers to adherence and psychological effects. We explored psychosocial concerns in DSD and the 'Genderbread Person' (a deconstruction of gender into identity, expression, and sex, and well worth googling!). We also looked at advanced practice in closed loop artificial pancreas, late effects, Turner's syndrome, CGMS and the list goes on.

I was brought to tears by the strength of Lori Earl, who talked about 'lessons I learnt from my daughter' and the journey through her daughters diagnosis of thyroid cancer, palliative care and how their family system supported each other as well as spreading her daughter's message of love and life.

I was also so very proud to be in the presence of our own 'celebrity' Irene Mitchelhill, who presented on her CAH education website and inspired us with her commitment and dedication to her work.

All in all, it was a truly unique and inspiring experience. The level of professionalism and knowledge demonstrated within the PENS community was remarkable and the opportunity to network and learn from other endocrine nurses made it an experience I will not forget.



Sinead Archibold

Paediatric Endocrine Nurse

Post Graduate Diploma in Endocrinology

I'm an endocrine nurse, working in the Endocrine, Diabetes & Research Centre at Capital & Coast DHB, NZ. I recently completed (awarded with distinction) a Post Graduate Diploma in Endocrinology through the University of South Wales in Cardiff (UK). The course is delivered over 12 months via distance learning, online and part time. It has been especially developed for busy health professionals. The diploma course is based on the UK Royal College of Physicians Specialty Training curriculum, and is designed in particular for Specialist Registrars, Specialist Endocrine Nurses and Primary Care Physicians with a specialist interest in Endocrinology. I was the only nurse in my class group of 12.

The course is designed to be practical and clinically focused; Formatted in 6 modules, each of 6 weeks duration:

- Module 1 - Disorders of the Hypothalamus and Pituitary
- Module 2 - Disorders of the Thyroid
- Module 3 - Disorders of the Adrenals
- Module 4 - Disorders of Parathyroids, Calcium and Bone
- Module 5 - Reproductive Endocrinology
- Module 6 - Endocrine-Related Cancers

Each module is graded on and consists of weekly online clinical case scenarios with case based discussions, an individual report, a group report, a 30 question exam and an individual learning portfolio.

This course was a wonderful opportunity to advance my learning in endocrinology and I was fortunate to be fully supported throughout by my team here in Wellington. Interacting and learning with students and tutors in an international forum was a wonderfully unique experience, and I have kept in touch with a handful of those I completed the diploma with. If any of you want to look at finding specialist advanced training I would highly recommend this diploma, I can be contacted at alana.gould@ccdhb.org.nz if anyone would like more details about the diploma.

Details and enrolment information about the diploma can found at the diploma website <http://www.diploma-msc.com/diploma-in-endocrinology>

Alana Gould



Clinical Endocrinology 2015

I am an Endocrine nurse at Waikato Hospital, Hamilton, NZ. On March 28th I began the 5 day course “Clinical Endocrinology 2015” in wintry Boston, MA, USA. A faculty of over 40 speakers, primarily from Harvard Medical School faculty as well as other experts, presented on endocrine problems such as osteoporosis, Type 1 and Type 2 diabetes, hypercholesterolemia, pituitary tumours, menopause, thyroid abnormalities, reproductive dysfunction, but also a broad spectrum of other clinical problems in endocrinology.

Each of the 5 days were organized around a major topic:

- Pituitary disease on Saturday,
- Calcium, Bone and Osteoporosis on Sunday,
- Thyroid disease on Monday,
- Reproductive and Adrenal disorders on Tuesday, and
- Diabetes, Obesity and Lipid disorders on Wednesday.

And the days were full, beginning at 8am and often finishing at 6.30! Teaching methods included power-point lectures and interactive, case-studies. There was a strong emphasis on applying evidence-based clinical guidelines to aid diagnosis and treatment of Endocrine disorders. It was open to Physicians, Nurse Practitioners, Physician Assistants, and Nurses. There were several Doctors from Australia, but I was the only New Zealander and one of only a few nurses.

I found this course to be an excellent overview of Endocrine disorders. We were able to purchase an electronic, and written syllabus (great for note taking) to take home. The content is updated every year- in response to feedback from attendees. The speakers were dynamic and engaging. I especially enjoyed the last presentation about the “Bionic Pancreas” - a medical device that combines insulin and glucagon delivery with glucose monitoring. I was lucky enough to sit beside one of the members on the development team. The Fairmont Copley Plaza was an incredibly beautiful venue. Although unfortunately I had no time for sightseeing—Boston has some major historical points of interest—such as the Boston Tea Party and Salem museum, not to mention Harvard University.

For further details email:
hms-cme@hms.harvard.edu
Or search:
Clinical Endocrinology 2015

Tania Yarndley

