



# 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](mailto: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.

### President's Message

The ENSA symposium in Melbourne was a wonderful gathering thanks to the efforts of the local organizing committee and some wonderful speakers. Well done to Deirdre Thorn, Sue DeLacey and Venecia Willenberg. We were pleased to welcome new members who bring enthusiasm and wonderful nursing experience in Endocrinology. (see report on page 2)

I am excited to be taking over as the new ENSA president and hope to continue the initiatives of Klaus Sommer and his predecessors to raise the profile of nursing in Endocrinology. There are still endocrine clinics in major hospitals around Australia and New Zealand that are without endocrine nurse positions. To promote our society I attended the President's breakfast in Melbourne following our symposium and was pleased that we were acknowledged and recognized as a contributor having input in to logistics and planning around future society meetings. Thank you to the members who contributed comment for the ENSA response to the recent Australia and New Zealand Bone Mineral Society (ANZBMS) Draft Position Statement on Secondary Fracture Prevention. This was another opportunity to put forward the contribution of the advanced practice nurse in Endocrinology. The executive encourage you to make contact with your local State representative or member of the executive if you are seeking information or have information to share.

Thank you to Associate Professor Warrick Inder, Endocrinologist and President Elect of the ESA from the Princess Alexander Hospital Brisbane for being the medical advisor for ENSA for 2014-2016.

Ann Robinson NP

November 2014



**ENSA Committee  
2014–2016**

**President: Ann Robinson**

**Secretary: Carmen Bischoff**

**Treasurer: Susie Baird**

**For further information**

**go to our website:**

**[www.ensa.org.au](http://www.ensa.org.au)**

ENSA President

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## ENSA news; 2014 ENSA Symposium



### 2014 Organising Committee:

Deirdre Thorn, Sue DeLacey and Venecia Willenberg

### 2014 ENSA Symposium Melbourne

The 2014 ENSA Conference started with an Exercise physiologist's energetic breakfast meeting hosted by Katie Sutton. This session certainly set the pace for what was to be an interesting & informative day.

After the official welcome, the morning sessions began with Dr Kylie McLachlan speaking of endocrine disorders in pregnancy. She presented the consequences of Diabetes Mellitus and Thyroid Disease and it's management during pregnancy. It focused on the medical model of treatment for each of these conditions to ensure a successful pregnancy & safe delivery of the baby.

Dr Caroline Jung gave an overview of menopause. This segment covered the clinical manifestations of menopause, treatment options and the impact menopause has on women with Endocrine Disease. She alluded to the Women's Health Initiative Study (WHI). The results of which are published in JAMA 2002. Management of women who are menopausal with Type 2 DM should aim for good glycaemic control and prevention of CHD.

Dr Carmela Caputo introduced us to the development of the Biogrid, Australia's National Pituitary Diseases Database. It is aimed at clinically collecting data that will enable collaborative research in this field. This will prove cost effective for Pituitary Disease studies, as well as treating more patients.

Following morning tea we were guided through the life of an acromegaly patient and her journey while living in the country.

Yuk Fun Chan's presentation of Intra-arterial Calcium Stimulation (ICS) for the localisation of Insulinomas in two of her patients was fascinating; succinctly describing her role pre, during and post test. She was awarded the Nurses in Action Award for her great presentation.

Lunch was followed by presentations from the three ENSA delegates who went to Chicago this year. Their presentations showed their commitment to, as well as sound knowledge of their work.

A valuable update of a competency framework for Endocrine Nursing was presented, and then the ENSA AGM was held.

Networking, an essential tool; was presented by the conference committee to end the day's proceedings.

Venecia Willenberg

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### Welcome to the following new members:

Shannon Reakes and Michelle Warnock ACT, Muriel Almeida and Marilyn Smith NSW, Sue De Lacy Vic, Susan Thomas Qld

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Questions or comments? Email me at: [tania.yarndley@waikatodhb.health.nz](mailto:tania.yarndley@waikatodhb.health.nz)



Endocrine Nurses Society Twenty-Fourth Annual Symposium: June 22, 2014

In the beautiful Chicago Hilton we enjoyed being part of a truly international blend of Endocrine nurses, who attended the Endocrine Nurses Symposium, starting at 7am. The symposium included an overview of the presentation and management of neuro-endocrine disorders, some amazing research on Kallmann syndrome, Type 2 diabetes and management of hypoadrenalism.

ENSA members presented about Acromegaly (Klaus Sommer), development of the hydrocortisone replacement application (Irene Mitchelhill), testosterone replacement (myself) and cortisol deficiency (Ann Robinson) in a session designed to represent our own ENSA "Nurses in Action" session. I think our colleagues did a great job, and received lots of positive feedback.

Later in the day we were able to participate in breakout sessions covering: Case Studies in Polydipsia/Polyuria, medical malpractice, Audit and Evaluate Your Practice, Learning Styles, Dynamic Endocrine Testing (Julie Hetherington), and Writing for Publication.

There was a presentation and panel discussion exploring the International Implications of the Endocrine Nurse Competencies (UK ENS). The day concluded with a business meeting. A new committee has evolved called FINE—Federation of International Nurses in Endocrinology. The photo above was from their inaugural meeting held later in the week. There will be some exciting outcomes from this in the future.

Most of my time in Chicago was spent attending ICE/ENDO 2014. There were 10000 attendees and some amazing speakers and posters to observe. It was a fabulous experience to see some of my Endocrine heroes. There were so many sessions it was hard to choose. The Convention centre was huge, with some rooms able to hold 12000 people! They even offered a lounge to watch the Soccer World cup in between presentations. A highlight for my ENSA colleagues was watching a baseball game, and most of us visited the extremely tall Willis building. Julie and I listened to the Chicago symphony orchestra at a free outdoor concert. And we all visited the mirrored sculpture "Cloudgate". I am very grateful to ENSA for enabling my participation. It has been an inspiration.

Tania Yarndley