



# Endocrine Nurses' Society of Australasia Inc.

## Welcome to ENSAnews!

December 2015

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.

### ENSA Committee 2014–2016

President: Ann Robinson

Secretary: Carmen Bischoff

Treasurer: Shannon Reakes & Michelle Warnock

For further information go to our website:

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

### ENSA News

In this issue:

President's report from Ann Robinson

Inaugural National Forum on Secondary Fracture Prevention (NF2FP) - Fun 2015 Symposium report from the organizing committee

2016 ENSA Symposium and Upcoming International Conferences

**Australian Endocrinology Research Review.** <http://www.ensa.org.au/links/>

This link is also on our ENSA site. It is free to register and login.

Recent contents include:

Genetic defects in combined pituitary hormone deficiency

- Conservative management of NFPA
- GH replacement & tumour recurrence in adult NFPA
- GH replacement and mortality in childhood-onset GHD
- Crooke's changes in Cushing's syndrome
- Clinicopathological features and prognosis of FPTC
- Cost efficacy of non-surgical management for incidental PTMC
- Biokinetic measurement of <sup>131</sup>I in Graves' disease
- Thyroid status & mortality in idiopathic dilated cardiomyopathy
- Does serum Ca 19.9 predict mortality in advanced MTC?

**ENSA website now has a direct link to the Endocrine Society of Australia (ESA) patient fact sheets under the tab patient education resources on the bottom right hand side.**

Dear ENSA colleagues,

The past 12 months have seen a great deal of changes for the ENSA community.



Following the ICE-ENDO meeting in Chicago June 2014 ENSA has continued to collaborate with international endocrine nursing colleagues in the formation of FINE - The Federation of International Nurses in Endocrinology. This collaboration includes participation in the collective effort to include an international nurses session at next year's International Congress of Endocrinology meeting in Beijing September 2016. We are hoping that ENSA members will consider this opportunity for submitting an abstract that represents some of the great work being done in endocrinology nursing in Australia. Even if not submitting an abstract perhaps this may be a fantastic opportunity to attend an international meeting and perhaps do some sightseeing in China.

Earlier in the year we were asked to contribute to the ANZBMS Position Paper on Secondary Fracture Prevention. It was fantastic for a nursing society to be represented along with various medical societies. Thank you to those who contributed within a tight time frame. The Position Paper is now on the ENSA website and is worth reading. Fun has a report about the inaugural meeting that we both attended—see page 3

We were also asked to join in a response to the Medical Services Advisory Committee proposed changes to Medicare arrangements that would decrease the rebate by 50% for Bone Densitometry. We are waiting on a response from the Advisory Committee.

If you haven't looked at the ENSA website for a while you will now find past newsletters, downloadable copies of the Competency Framework for Adult Endocrine Nursing, and the Australian and New Zealand versions of the Hand Held Health Care Record for People with Acromegaly. Many thanks must go to Tania Yarndley for continuing to publish the ENSA newsletter and to Tania and Julie Hetherington for the updated ENSA website.

Thanks must also go to our fantastic ENSA membership. Special mention must go to the ENSA Executive and the program organizing committee for this year's meeting in Adelaide chaired by Venecia Willenberg and supported by Carmen Bischoff and Brenda Mangelsdorf. There have also been many opportunities throughout the year when members have provided assistance or feedback on matters within the society. Thanks for contributing to this small but energetic society.

Thanks also to those members who contributed to the review of patient fact sheets for the Australian Pituitary Foundation in 2015. Their website is: [www.pituitary.asn.au](http://www.pituitary.asn.au) Particular mention must be made of the hours put in by Julie Hetherington for this project.

We have quite a few new members and I have hopefully managed to email you all to welcome you to the society. The society is only as strong as its membership and we are so pleased to see new and enthusiastic members joining and participating in membership activities.

We are fortunate to have the support of ASN Events for website support, conference secretariat and assistance with financial matters. Jim Fawcett and Nitesh Patel have been a fantastic support throughout the year and I thank them for their guidance, experience & good humour. We look forward to continuing this partnership in 2016.

Thank you to our industry partners who continue to acknowledge the contribution of advanced practice nurses in all areas of endocrinology both adult and paediatric. We appreciate the ongoing support that contributes to nursing professional development and educational initiatives that improve outcomes for our patients.

The Executive welcomes President Elect Fun Yuk Chan and Treasurers Shannon Reakes and Michelle Warnock to its membership after the 2015 AGM.

As nurses we all work tirelessly everyday caring for our patients. At Christmas there is an opportunity to take care of ourselves and have a break from the demands and complexity of working in the healthcare environment. I hope that you all get a chance to take some time out over the holiday break. I look forward to again seeing ENSA members at the 2016 symposium on the beautiful Gold Coast. Please diary the 22nd August 2016 for next year's meeting.

Ann Robinson

ENSA President

November 2015

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### **Inaugural National Forum on Secondary Fracture Prevention: Yuk (Fun)Chan**

Ann and I attended the inaugural National Forum on Secondary Fracture Prevention (NF2FP) in Sydney on 20/11/2015. There were local and national representatives from 22 organisations. ENSA and Australian College of Nurse Practitioners were the only 2 nurse's organisation presented at this meeting. and Ann represented both of them!

This meeting was a direct outcome of a position Paper that released by the Australia & New Zealand Bone and Mineral Society (ANZBMS) and one of the crucial information in the Paper is '80% of patients who suffer a fragility fracture receive no treatment to prevent further fractures.' The full document is available on our ENSA website.

The aim of this NF2FP is to enable all stakeholders to develop a shared understanding of the key elements of a national approach to 2FP, and to forge a National Alliance to ensure strong advocacy for the uptake of this approach by the Government. There was great discussion at this 1-day meeting and as a result a steering group with 8 members with a Chair (Professor Markus Seibel) was formed. This steering group will then distribute a memorandum of understanding (MOU) in relation to future vision and mission of the National Alliance. Let us work closely together on 2FP - as Nelson Mandela said,

*"We know it well that none of us acting alone can achieve success.  
We must therefore act together."*



## Endocrine Nurses' Society of Australasia Inc.

The Annual ENSA Symposium was held in the beautiful city of Adelaide, South Australia, in August 2015. The Adelaide Convention Centre, although under construction, successfully hosted the ENSA and ESA meetings together providing another wonderful opportunity for nursing and medical specialist to liaise and collaborate.



The Agenda for the day consisted of Local, Interstate and International speakers providing a broad and diverse forum of education and networking.

Our ENSA Medical Advisor, ESA President Elect Warrick Inder, opened the meeting with a succinct account of the Role of an Endocrine Nurse in relation to pituitary disorders. He also alluded to the 4 principles of Endocrinology and how it relates to the diagnoses and management of pituitary diseases.

A session of Tai Chi was enjoyed by all energising the attendees for the day that followed.

Prof Mike Tuttle, from Memorial Sloan Kettering Cancer Center in New York, was a standout speaker, humouring the audience with his charm and wisdom regarding Risk Management of Thyroid Cancer. The take home message was that management of these patients must be personalised for best treatment outcome.



We were reminded of the psychosocial and physical aspects of disease when Leo Fernon presented male Hypogonadism, and the treatment options available.

Dr David Handelsman certainly helped to dispel some of the myths surrounding Testosterone (the Big T), as a form of treatment. Its safety and efficacy are still being studied for use in non-reproductive system disorders.

Prof David Torpy, one of the local Adelaide Endocrine experts, cleverly educated us on Cushing's Disease, diagnosis and treatment. The audience was then enlightened by a Cushing's Patient who gave an honest and detailed report on his journey with this rare disease.

The Jenny Nairn Nurses in Action session gave the audience an inspiring account of some of the research and nursing practice being undertaken by our fellow ENSA members.

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## 2015 Symposium Report continued



It was also wonderful to hear of the history of ENSA from Bin Moore, and reflect on our roots as an integral group.

Dr Santarenos was so kind to show us fascinating film of pituitary surgery as he expertly guided us through the process. The decision making process of transcranial vs Transsphenoidal is very much a MDT approach.

A/P Burt ended the afternoon describing the Hypothalamic Pituitary Adrenal Axis and gave an update on the management of pituitary diseases. His light hearted and very informative approach wrapped up the day's proceedings.

Following the poster presentations, a brisk walk across the footbridge to the iconic Adelaide oval gave our visitors a panoramic view of the city's new look and medical precinct. The Conference Dinner, combining some of South Australia's famous wine and fabulous food, was a wonderful opportunity to thank our sponsors and present the awards to our expert nurses for their presentations and posters.



Most attendees would say the 2015 ENSA Symposium was a wonderful success, and a great opportunity for all ENSA members to collaborate together. ASN were an integral part in the success of the day and should be commended for their professionalism and kindness to us all during the organising process. We all thoroughly look forward to the ENSA Symposium 2016, and hope to see you all there again.

The 2015 Conference Organising Committee



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

## 2016 ENSA Symposium - Gold Coast

The 2016 Annual ENSA Symposium will be held in the beautiful Gold Coast, Australia, on 22 August 2016.

The Gold Coast Convention and Exhibition Centre, will host the ENSA and ESA meetings, providing another wonderful opportunity for nursing and medical specialist to liaise and collaborate. ANZBMS is also on concurrently for this meeting so that should be a real attraction for anyone interested in bones. Remember that there are travel grants available and we welcome posters and abstracts to be submitted. We encourage all our members to come along. Look out for emails from ENSA, and check our website for updated for more information.



Both of the following meetings will have an Endocrine nursing component and would be worthwhile attending. Ann has already mentioned the ICE-CSE meeting in her President's report. This will be the first ICE meeting ever held in China. The main language will be English.

### ICE-CSE 2016

The 17th International Congress of Endocrinology in collaboration with the 15th Annual Meeting of the Chinese Society of Endocrinology (ICE-CSE 2016) to be held on 31 August - 4 September, 2016 in Beijing, China

Website: <http://www.cnccchina.com>

### ENDO 2016

98th Annual Meeting and Expo of the Endocrine Society from 01 April - 04 April, 2016. To be held at the Boston Convention & Exhibition Centre, Boston, USA.

Website: <http://www.endocrine.org/endo-2016>

**Wishing you a very Merry Christmas  
and wonderful Summer.**

