

## FEND news



A very happy New Year to you all. The Foundation of European Nurses in Diabetes goes from strength to strength and this is evidenced by the participation of so many at our conferences and our political advocacy at European level and also at UN level in respect of the UN Resolution on Non-Communicable Diseases.

The third edition of the Policy Puzzle, a collaboration between EURADIA, PCDE and IDF Europe, was launched on 14 November 2011, World Diabetes Day. This edition is different from previous ones because it surveyed the whole of Europe. A copy of the survey was presented to Mr John Dalli, Commissioner, DG Sanco. You can download a copy from the FEND website and distribute it to colleagues and key opinion leaders in your countries. The survey indicates the increasing prevalence of diabetes among European citizens, the disparity of services and the deficiencies of national plans for diabetes in Europe.

The next FEND ENDCUP course is scheduled for 9–13 July 2012. Full information and application forms can be downloaded from: [www.fend.org/projects/fend-endcup](http://www.fend.org/projects/fend-endcup). Further enquiries should be addressed to Professor Angus Forbes, email: [angus.forbes@kcl.ac.uk](mailto:angus.forbes@kcl.ac.uk). This pan-European academically accredited programme is exclusively available to FEND members who meet the criteria for acceptance. The closing date for applications is 1 April 2012.

A courteous reminder to renew your membership. This can be easily done online at [www.fend.org/membership](http://www.fend.org/membership). FEND membership needs to be renewed by 31 March to be eligible for reduced member rates for conference registration and to ensure you receive the FEND journal *European Diabetes Nursing*. This journal is a significant publication for nurses working in the specialty of diabetes.

This year's FEND conference will be in Berlin, 28–29 September. The provisional programme can be viewed on the FEND website. Online registration will be open by the end of February. Please take advantage of the 'early bird' period for lower registration fees. An important element of the programme is the opportunity for abstract submission – the closing date for this is 12 May 2012. Guidelines for abstract submission are available from the FEND website.

I look forward to meeting you in Berlin in September, and encourage you to share your research and projects through the *EDN* journal.

**Anne-Marie Felton,**  
FEND President

## Inspiration for the future



This edition of *EDN* marks the 90th year since the first person with diabetes was treated with insulin. It was the first time in medical history that a child with diabetes was brought back from the brink of death and restored to health. Since then, insulin has saved countless lives and continues to do so. Further scientific advances have also seen improvements to insulin types and actions as well as enhanced mechanisms for its delivery.

This is just as well, as in Europe it is largely estimated that 1 in 20 of us has diabetes, and many will need insulin immediately, or at some point in their life journey with the condition. Despite political and economic decisions which prevent universal usage, insulin remains one of the discoveries of the century.

However, science does not stand still for long. While we were praising the miracle treatment that was insulin therapy other problems arose. 'The era of coma as the central problem for people with diabetes gave way to the era of complications' (Joslin). Those complications are vast and, together with the obesity epidemic, we continually strive to find answers to emerging diabetes complications and a cure for this debilitating condition.

Some of these problems as we now know are psychological and this edition reports on attitudes to health and lifestyle from adolescents with type 1 diabetes in Portugal (Serrabulho), and also attitudes of UK practice nurses as they take on additional diabetes case management in the community (McDowell).

Then there is the relatively new phenomenon of 'diabesity' (Finer) – a description of people with both obesity and diabetes. Here, two authors describe quite different approaches: O'Connell discusses the need to manage obesity in a multidisciplinary team, while Kennedy investigates bariatric surgery in Europe as a treatment for morbid obesity and diabetes.

In the last 90 years things have moved on quite dramatically with regard to diabetes treatments and knowledge. In marking the great discovery which is insulin we can draw inspiration of what might be achieved in the next few decades – stem cell research, transplants, immunotherapy and pharmacological agents, diabetes screening and prevention strategies. Hard work is still needed on every possible front. But take some time in the year of 2012 to marvel at what has already been achieved.

**Gillian Hood,**  
Co-editor, *EDN*