

may be reversible by correcting the nutritional deficiency. There is, however, still much empirical work to be done. Prof Roy Taylor presented a compelling hypothesis that the complex cellular damage underpinning T2DM may be reversible for individuals motivated to achieve this, with beta-cell function restored by dietary means alone; weight loss attributable to a carefully restricted caloric input of approximately 600kcal/day. His proposition is that T2DM is the product of excess fat in the liver and pancreas, attributable to excess caloric input.

#### Master classes and posters

The poster presentations, eight of which were presented orally, spanned several countries and reported on a wide range of diabetes topics.

Maggie Shepherd led a master class on monogenic diabetes

(MODY), a rare form of diabetes attributable to inheritance of a single gene. MODY is typically misdiagnosed as T1DM on the basis of an affected family member and age of onset (<25 years), and insulin treatment initiated. Investigation of alternative causes is clearly indicated, as may be cessation of insulin treatment because less invasive treatment will likely improve outcomes and enhance quality of life. Indications of MODY include non-insulin dependence and autosomal dominant inheritance, and the Peninsula Molecular Genetics Laboratory offers a test for GAD and IA<sub>2</sub> to confirm an antibody negative status, an online risk calculator based on clinical features, subsequent genetic testing as indicated, and guidance in terms of initiating medication changes.

Magdalena Annersten Gershter led a master class on the aetiology and

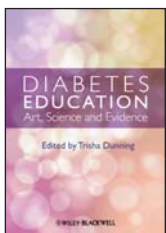
prevention of diabetic foot ulcers. Key messages were early referral to improve outcomes, the importance of the multidisciplinary team, the need to attend to all aspects of a patient's life in prevention endeavours, and patient education around neuropathy and ulceration and the self-care behaviours required to prevent this.

The successful conference closed with the awards ceremony for the FEND and DESG best poster presentations, closing remarks, and announcements of the funds raised and matched by FEND for the 'Life for a Child' and 'Insulin for Life' causes and the 18th Annual FEND conference to be held in Barcelona, 20–21 September 2013.

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#### Book review

## Diabetes education: art, science and evidence



Edited by Trisha Dunning  
Published by Wiley-Blackwell, 2012  
241 pages, price £34.99  
ISBN: 978 0 4706 5605 1  
Website: [www.wiley.com](http://www.wiley.com)

This book takes a person-centred approach to educating people with diabetes. It develops the art of teaching in parallel with the scientific evidence base of how to teach, and aims to encourage professionals to enhance their ability as individual educators. The 13 chapters lead the reader from theory to practice and are highlighted by personal quotations and references to wider literature. Reflective questions at the end of each chapter encourage the reader to examine their own philosophy and perspective of care.

Theories of education and learning styles are related to teaching strategies that are useful for the novice teacher. The need for health literacy and for appropriate language is interspersed throughout the book and is mentioned explicitly in relation to culturally-specific education. The use of creative arts is explored in relation to diabetes care that is not only novel but also appears to be therapeutic. An interesting chapter on peer education could be seminal for future work. Using peers as educators is an

untapped resource that could be developed in all cultures. The use of the internet and electronic records in patient self-management and education is explored in depth.

A very readable style is employed that engages the reader at each stage. Readers will be challenged in their thinking as the authors derive their philosophies and perspectives from wide-ranging classical literature and life experiences.

This book should be compulsory reading for all health care professionals involved in teaching people with diabetes how to cope with and adjust to their condition.

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