

establish an evidence base on what works, in what ways and under what circumstances. According to Richards and Borglin,<sup>16</sup> nursing researchers are encouraged to embrace the complexity of nursing into their research method thinking, and to generate research questions and research programmes for nursing to better meet the core concerns of health care in the future. To ensure high-quality research, the importance of an approach with mixed methods is emphasised.

### Conclusion

As the growing workforce with academic skills has expanded in the Nordic countries, nurses' professional roles have been broadened and include not only a role as educators and providers of best practice care and treatment but also a role as researchers. However, to fulfil knowledge gaps in practice, action is needed to build stronger national groups of competent

researchers in the Nordic countries. Moreover, international collaborative research networks facilitate funding opportunities and contribute to further development of professional research competence.

### Declaration of interests

There are no conflicts of interest declared.

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### Book review

## Insulin therapy: a pocket guide



By Mark WJ Strachan and Brian M Frier  
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The vast majority of patients with diabetes receive effective ongoing care and monitoring in primary care. Within this setting across the UK, there is huge variation in the level of monitoring or initiation of insulin taking place in primary care despite most initiation being commenced in the community. A large number of patients with type 1 diabetes may not engage with the specialist diabetes team and, with the development of clinical

commissioning groups who will be inclined to explore the most cost-effective way of managing patients, the publication of this book is timely.

This book is aimed not only at clinicians within primary care with a special interest in diabetes who may well be involved in managing patients with insulin, but also for junior hospital doctors and diabetic nurse specialists. The book is, as the title suggests, pocket sized and

extremely concise, restricted to seven chapters.

The first chapter on physiology and the metabolic action, along with milestones in the development of insulin, helps the reader understand better the insulins and regimens currently used and covered in chapter two. The variety of pens, devices and pumps in use, how to initiate and adjust therapy as well as the importance of education are covered. The chapter on hypoglycaemia is important for all clinicians but a significant part covering infusions, perioperative care and the management of diabetic ketoacidosis is more for hospital staff.

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