

Overview of the Foundation of European Nurses in Diabetes (FEND) 21st conference 2016 in Munich

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As ever, the Foundation of European Nurses in Diabetes (FEND) conference provided diabetes nurses from across Europe the opportunity to learn and share innovative practices that enhance the health and well-being of people with diabetes. The first session was very enthusiastically presented by Dr Thurm (DSN from Berlin). Cases were used to exemplify the importance and need for structured education in pump and continuous glucose monitoring therapy. The curriculum of the SPECTRUM structured education programme was described and the benefits of attending the programme also demonstrated with case studies. It was very motivating to hear such enthusiasm for education and research.

An equally enthusiastic and informative case -study -based presentation was also given on the first morning by Dr Ketzer from the Netherlands. He covered how a pharmacist can assist patients and healthcare professionals (HCPs) with dispensing and surveillance of medication, medication reconciliation and polypharmacy review. He used case studies very effectively to demonstrate the dangers of some prescribing in diabetes and the interaction between different agents and the need for caution and care in the complex disease management of diabetes. This session would be well worth a re-visit on the webcasts: <http://www.fend-lectures.org/index.php?menu=view&source=lectures&sourceid=19&id=187>.

Prof. Ziegler also gave a fascinating and very encouraging and inspiring synopsis of the current advances and research in immunotherapy and potential vaccination to prevent and delay Type 1 diabetes. She outlined the newly formed Global Platform for the Prevention of Autoimmune Diabetes (GPPAD) in Europe. This aims to provide an infrastructure for trials in the prevention Type 1 diabetes in Europe. Clearly exciting times are ahead.

Further sessions on the prevention of gestational diabetes, the structure of diabetes nursing organisation in Poland, and diabetes and political advocacy in Malta were also enlightening and informative, and Gill Hood gave a competent and really well -structured example of nursing research from the concept of the MyQuest Consultation Tool to its implementation and dissemination.

Three presentations of original research chosen from the abstracts submitted to the conference were also given. Ms Sahin presented the robust validity of the University of Virginia Child/Teen Low Blood Sugar Survey to measure fear of hypoglycaemia. They had

tested the survey in a group of 250 adolescents in Turkey and proven its reliability, were confident to implement it into practice.

Ms Forde (FEND Research Fellow at King's College London) presented data from her doctoral studies looking at the experiences of women with Type 2 diabetes and HCPs of pre-pregnancy care (PPC). She identified factors that affected women effectively accessing PPC including their orientation towards pregnancy, health beliefs and self-efficacy. In the case of the HCP their professional competency and biases were very influential in facilitating this care.

Mrs Gane (FEND ENDCUP student at King's College London) presented the findings from her Master's dissertation. These were the findings from a feasibility study to establish a study design for a diagnostic accuracy study of screening for hyperglycaemia in high- dose dexamethasone treatment being used in chemotherapy. Her study used blinded continuous glucose monitoring to look at the glycaemic profile induced by dexamethasone, and symptom reporting, self-monitoring of blood glucose, urine dipstick testing and glycated haemoglobin as potential methods for screening for hyperglycaemia. She hopes to continue the study to doctoral level.

Day two started with a very grounding presentation on cardiovascular disease and diabetes by Prof. Marshall. She highlighted the importance of smoking cessation in diabetes and shared her disbelief at the clinical inertia around this in clinical practice. The current evidence and outcome studies were used to demonstrate the catastrophic combined effects of hyperglycaemia, dyslipidaemia and hypertension to cause accelerated atherosclerosis and, in particular, in young women with Type 2 diabetes making this an urgent group to prioritise if we are to help these women live past middle age.

A detailed and powerful talk on what is co-creation of wellness and health was given by Dr Wilson. She gave a background to the work done in this area over the past few years and on the structure and design of healthcare so that it can be co-designed to be patient centred and therefore effective. She discussed how active listening and supporting patients to self-manage effectively and to live their lives in the way that they want to, and manage and engage with their own care. The presentation outlined how this way of working can reduce costs and increase benefits and health.

The conference was delighted to hear Ms Warshaw talk about the American Association of Diabetes Educators (AADE) and the role of diabetes educators in the USA and their membership. A reciprocal visit was also mentioned.

The two FEND Doctoral Research Fellows Ms Forde and Mrs Due-Christensen presented their doctoral studies and we really look forward to hearing and reading their final results. They are both working towards submission of their theses towards the end of this year.

Just before lunch, a 1- h session on narrative medicine was very stirring. It was delivered by a social psychiatrist, a person living with diabetes and a lecturer in applied sciences. The session guided the audience through narrative medicine and how this can impact the way we

work. It gave an insightful look into and understanding of the difficulties of living with such a complex disease and how different it is for every person. It is another comparatively new way of working that can help HCPs to work with people with diabetes to help them to self-manage and live their lives.

The afternoon was organised with a guided poster tour or the opportunity to take part in an interactive workshop on how to write and publish research, which brought us to the close of the conference. Overall, the conference was a great success, it is difficult to give no more than a flavour of the talks given in this brief report but I would encourage you to visit the FEND website where you can view in full the talks and sessions from the FEND conference <http://www.fend.org/conference/webcasts-archive>.