



# Views from the wider world of diabetes



This issue of *European Diabetes Nursing* is probably the most varied so far in the life of our young journal. I think that it exemplifies the type of information that nurses working in the diabetes sector need to know or be aware of.

## Metabolic syndrome

The controversy over the metabolic syndrome will be familiar to all of us; however, unless we are involved in research it is unlikely that we can make a truly informed opinion. It is easy to be swayed by arguments on either side – sometimes arising more from passion and defence of an entrenched viewpoint than from a desire to clarify the situation. Clinicians working in the field are simply confused as to how to proceed in the best interest of the person with diabetes.

In this instance *European Diabetes Nursing* is doing its readership a service by publishing two articles on the metabolic syndrome. Both the authors are well-known in the field and have contributed to its development. The first article is a commentary from Professor Stefano Del Prato, who incidentally gave a very informative and engaging keynote address at the FEND conference in Kjøge in September.

Following Professor Del Prato's commentary we have an article from Dr Beverley Balkau, another high profile contributor who has written a review of the metabolic syndrome, bringing us up to date on the state of research in the field. I would recommend that every reader of this journal takes time to consider these articles on the metabolic syndrome.

The controversy is unlikely to end in the near future, which is of interest to us as professionals and keeps the pages of journals filled – but importantly is also pushing forward research into a condition that is increasing and contributes to the diabetes pandemic. It is important that we all make ourselves aware of developments.

## Review of new therapies

Another contributor is Dr Caroline Day who has written a review of new therapies for type 1 diabetes to follow her review of new therapies for type 2 diabetes that we published in the Autumn issue of *European Diabetes Nursing*.<sup>1</sup> Over the past 50 years insulin has been the only tool available for treating hyperglycaemia in type 1 diabetes, and sulphonylureas (and in

Europe metformin) for type 2 diabetes. All this is set to change as a recent editorial in another publication states: '...*Multiple sites of glucose metabolism, insulin action and  $\beta$ -cell function are now targeted by new drugs. The possibility now exists of literally normalising glycaemia around the clock, a feat that would be comparable to what statins can do to serum cholesterol*'.<sup>2</sup> It is not often that we have the opportunity to read such an informative reviews written from a non-commercial standpoint.

## Useful resource

One of my personal favourites this month is the contribution to our 'How to ...' series by Dr Maggie Shepherd, who provides an excellent description of how to prepare and give a PowerPoint presentation. Maggie is herself a wonderful speaker, so I would not hesitate to suggest that we all read and take her advice, which is based upon her own experience. Many of us must give such presentations in the course of our work and here you will find some invaluable hints to make the task easier. This will also be a useful resource for anyone giving such presentations for the first time.

## Breadth of knowledge

This issue of *European Diabetes Nursing* demonstrates the breadth of knowledge and skills that nurses in the diabetes field are expected to have in these fast-moving times. It is no longer acceptable to not consider the opinions of colleagues in different sectors, or to ignore the controversies in diabetes research or the developments of new treatments.

Nurses have become 'actors' themselves and have a part to play in pushing forward boundaries that will affect policy and care. The original articles published in this issue also give an idea of the spectra of subjects covered by manuscripts received in the editorial office. There will be more to come along these lines in future issues of *European Diabetes Nursing*.

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## References

1. Day C. New therapies available for the treatment of type 2 diabetes. *European Diabetes Nursing* 2006; **3**(2): 65–70.
2. Ferrannini E. Keep an eye on diabetes. *Nat Clin Pract Endocrinol Metab* (In press).