

## **BIOG**

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Maite Valverde is an advanced Practice Nurse in Diabetes. Master's Degree in Nursing Care for People with Diabetes, Master in Nursing Sciences and PhD on Therapeutic Patient Education. Since 1991 she is working as a diabetes specialist nurse in the Endocrinology and Nutrition Service of the Hospital Mútua Terrassa (Barcelona).

She has contributed to the development of therapeutic education programs, research and training programs (pre-degree, post-degree and continuous education) addressed to nurses, doctors, dietitians and other health care providers.

Maite has been a member of the Board of Directors of the Catalan Diabetes Association and the Spanish Diabetes Society. She is also member of the Working Group on Therapeutic Education of the Spanish Diabetes Society.

## **ABSTRACT**

The development of Therapeutic Patient Education (TPE) units with structured programmes carried out by multidisciplinary teams started in Barcelona at the beginning of the 80's. The political support in diabetes training for healthcare professionals allowed the creation of the figure of the diabetes educator nurse not only in hospital diabetes units but also in Primary Care (PC) centres.

Reforms made in the PC at the end of 90's lead to major changes in health polices, one of them was that the diabetes educator nurses were replaced by generalist nurses and relegated to only hospitals.

After more than 20 years of this changes there were no data in Catalonia on how TPE develops and what is the professional profile of nurses in diabetes care in PC and specialized care (SC), so we designed a study, taking as a reference the SEND study with the aim of describing TPE in Catalonia and the differences according to the healthcare setting where it is taught (PC and SC)

We observed that the training in diabetes is very heterogeneous at both levels of care but higher among nurses of SC. Furthermore, especially in PC, it's necessary to improve the implementation of structured programs for the education of people with diabetes. Higher level of training is positively correlated with better development of programs that combine individual and group education, more research capacity and greater use of telematic resources for patient education. In general, the nurses of the SC assume more the roles corresponding to an Advanced Practise Nurse.

This study represents the first step for the development of other investigations on the competence framework of nursing in TPE in Spain.