

## BIOG

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I work with quality development of diabetes care and guidance for diabetes nurses in Primary health care.

## SUMMARY

During my key note speech I will talk about my journey in diabetes care. It started 1996 when I took a diabetes nurse training and got the opportunity to build up diabetes unit at the primary health care unit where I was working. In the beginning the main focus was to meet patients who just had got diabetes and inform about the disease, follow up and adjust the treatment to fit them. After additional training I started a research project together with a colleague about educating groups of patients. The participants changed their way of living with diabetes, they were interested and active but we did not reach the sustainable change we were aiming for. I realized that I needed to know more about how it felt to be diagnosed with diabetes. I had several persons around me with diabetes but I did not know how they felt. I wanted to know more and based my PhD research on how it is to be diagnosed and how to support long term learning for people with diabetes.

In my speech I will tell more about my research and how I have used the result in my daily work as regional coordinator of diabetes nurses