



Susana Pica Montesinos

Pediatric Nurse Specialist.

She works as an educator in the Pediatric Diabetes Clinic of the Pediatric Clinical Management Unit of the University Hospital of Jerez de la Frontera (Cádiz).

Master's Degree "Bases for the care and education of people with diabetes" from the University of Barcelona.

Master's Degree "Nursing Research and Advanced Practice" from the University of Cadiz.

Member of the Therapeutic Education Group (GTET) of the Spanish Diabetes Society.

Member of the Health Management Working Group of the Spanish Diabetes Society.

Member of the Research Group "Safety, research and health care" (SIICS) of the Institute for Biomedical Research and Innovation of Cadiz (INIBICA).

She is working for the official recognition of diabetes nurse educator in Spain and advanced practice.

"Passionate about technology applied to the world of diabetes and with many questions about its impact"

E-mail susanapicamontesinos@hotmail.com

SUMMARY

In recent years, the world of healthcare has undergone profound changes as a result of technological advances and numerous communication systems (electronic devices, internet, mobile phones, smartphones, telemedicine, etc.). The application of new technologies to the treatment of diabetes mellitus is experiencing an exponential and vertiginous progression.

These advances have led to a change in the management and monitoring of people with diabetes and have become essential tools in quality care: facilitates the processes of attention and care to obtain good metabolic control, prevents complications, improves quality of life, and contributes to improving communication between people with diabetes and professionals.

In short, there is a more dynamic and motivating understanding that favours therapeutic adherence.

The incorporation of new devices and health-related ICTs are some of the reasons why the treatment and monitoring of people with diabetes is becoming more effective, and more sophisticated.

At the same time, we are experiencing a paradigm shift from a world in which people with diabetes were characterized by point measurements of capillary glucose levels and glycosylated haemoglobin values, to a world in which people with diabetes, healthcare professionals and researchers can consider several key parameters at thousands of points generated simultaneously over time. This process of DIGITALISATION is changing and will change the way diabetes is prevented, managed, and characterized, as well as the way it is scientifically researched.

In this scenario, Therapeutic Education (TE) becomes even more relevant to empower patients to successfully use and take advantage of all these advances.