

Dr Hellena Habte-Asres

BIOG

Dr. Hellena Habte-Asres is a Lead Clinical Academic Nurse in Diabetes and CKD at the Royal Free London and a Research Fellow at King's College London.

Dr Habte-Asres has extensive experience providing specialist diabetes nursing care in both primary and secondary care settings. She established a nurse-led renal diabetes clinic and has significant experience in managing and leading speciality nursing services.

In 2018, she was awarded a Foundation of European Nurses in Diabetes (FEND) Doctoral Fellowship to undertake Ph.D. research and training at King's College London. Her doctoral study examined the risk contribution of glycaemic variability to the development of end-stage kidney disease. Dr. Habte-Asres was awarded the NIHR post-doctoral bridging scheme award in 2023, and in 2024, she received the NIHR Senior Clinical Practitioner Research Award (SCRPA). Her clinical research in the renal satellite unit has won the Research Project of the Year at the Diabetes Nursing Awards 2024.

Her clinical and research interests include the management of diabetes in the presence of microvascular complications.

Integrated Diabetes Care for People with Advanced Chronic Kidney Disease

ABSTRACT

I introduced a novel diabetes care model tailored for individuals with advanced kidney disease at one of our renal satellite units in North Central London. The aim was to enhance the capacity of the existing Chronic Kidney Disease (CKD) service to deliver comprehensive diabetes care to individuals with diabetes and advanced CKD stages 4 and 5, as well as those undergoing haemodialysis. To achieve this, I implemented a multifaceted approach that included self-management education, lifestyle advice, medication optimisation, cardiovascular disease prevention, and psychosocial support. This innovative model represents a significant advancement in addressing the complex needs of this patient population, ultimately improving their overall health outcomes and quality of life.