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### **Abstract**

#### **Therapeutic Education Training for Healthcare Professionals in Europe**

The discovery of insulin transformed diabetes care, but effective management requires more than medication—it demands daily self-care and informed decision-making. Empowering people with diabetes through Therapeutic Education (TE) is essential, and healthcare professionals play a critical role in this process.

Across Europe, training in diabetes education remains fragmented. While countries like Belgium, the Netherlands, and Croatia offer formal diabetes educator courses—mostly targeting nurses—there is no EU-wide certification or protected title, unlike the US CDCES model. Other countries, such as the UK, Ireland, Denmark, and Finland, offer specialized training for nurses, though recognition and requirements vary.

Some nations, including Germany, Spain, and Italy, rely on diabetes associations for professional development, while university programs (e.g. Spain's Master's in Therapeutic Education) offer more formal routes. In Portugal, therapeutic education is integrated into primary care, supported by national guidelines and initiatives like APDP's structured training and competency tools.

Despite this, most professionals still gain expertise through informal routes—courses, seminars, or international training like the ENDCUP MSc programme supported by FEND.

This lack of standardization leads to unequal care across Europe. A unified curriculum, aligned with international standards, would ensure consistent, high-quality diabetes education and better health outcomes for people with diabetes.