TITLE: Advancing diabetes nursing in Italy: the role of OSDI– Italian Scientific Society of Diabetes Healthcare Professionals

ABSTRACT

The landscape of diabetes nursing care in Italy is rapidly evolving and has undergone significant changes, with a progressive redefinition of the role of the diabetes specialist nurse within highly complex healthcare systems characterized by the increasing integration of advanced technologies for disease monitoring and management, including digital health solutions. These innovations offer important opportunities to improve clinical outcomes and the efficiency of care models; however, their effective implementation in clinical practice requires structured pathways, therapeutic education interventions, and specific competencies in data interpretation and use.

The contribution of the diabetes specialist nurse extends beyond clinical management, encompassing therapeutic education, patient empowerment, and the strengthening of self-care skills. The Italian experience, supported by the activities of OSDI (Italian Scientific Society of Diabetes Healthcare Professionals), represents a significant example of how nursing competencies can improve clinical outcomes and quality of life in people with diabetes. Key organizational challenges will also be addressed, including regional variability, resource limitations, and the need to develop sustainable care models. In parallel, research activities focus on areas such as gender medicine, nurse-led case management in diabetology, therapeutic education, and the study of diabetes-related complications.

Educational activities, implemented nationwide, are aimed at strengthening competencies in the management of technological innovations and in the prevention of complications, with particular attention to diabetic neuropathy.

Finally, the importance of multidisciplinary collaboration and structured educational pathways for both healthcare professionals and people with diabetes is emphasized, promoting personalized approaches based on individual needs, treatments, and risk profiles,in order to support a more effective, equitable, and sustainable healthcare system.

BIOGRAPHY

Emilia Chiara Masuccio is a diabetes specialist nurse currently working at a secondary-level diabetes care center within the Local Health Authority of Benevento, Italy. She is an adjunct lecturer at the University of Naples Federico II and serves as National President of OSDI (Italian Scientific Society of Diabetes Healthcare Professionals). She is actively involved in diabetes education and professional development, contributing to the design and delivery of training programmes for healthcare professionals at a national level. Her clinical and academic work focuses on improving the quality of care for people with diabetes, with particular emphasis on integrated care pathways, structured therapeutic education, and the advancement of specialist nursing competencies in diabetology within a multidisciplinary and patient-centred framework.