Diabetes Education Study Group (DESG)

Chairman's report for the period 2003/2004

On the occasion of the 28th Meeting of the General Committee of the Diabetes Education Study Group of the EASD, I wish to express my deepest gratitude to Servier, for its continued unconditional support to our Study Group. In particular, I wish to thank Dr Jean-Philippe Seta, Chief Executive Officer, and Dr Laurence Alliot, Director of the Medical Affairs Department. My personal condolences and those of the Executive Committee go to Servier for the untimely loss of Dr Caroline Charlois Comalada, Director of International Scientific Communication.

I am very grateful to the members of the Executive Committee: Dr Alain Golay (Vice President), Dr Ilana Harman-Boehm (Honorary Treasurer), Dr Andrew Brooks (Director of Educational Strategies), Dr Rudolf Chlup, and Ms Barbara Semlitsch. I wish to address special thanks to Mr Godfrey Xuereb (the Honorary Secretary), whose term expires this year, for his enthusiastic support and invaluable help to the activities of the Study Group. My warmest thanks also go to Ms Nina Bonagura Coscione, in the Rome secretariat.

Since the last General Committee meeting in Paris, August 2003, a Workshop of the General Committee has been held, and new Teaching Letters and a collection of Patient Education Basics have been published.

Workshop of the General committee members

A Workshop entitled "New Strategies in Therapeutic Patient Education for Healthy Lifestyle and Diabetes Self-Management" was held in Assisi, Italy, from 17 to 22 January, 2004.

The participants were 45 members of the DESG General Committee coming from 25 countries: Albania, Austria, Belgium, Bulgaria, Czech Republic, Egypt, Estonia, Finland, France, Georgia, Greece, Hungary, Israel, Italy, Latvia, Lithuania, Macedonia, Malta, Poland, Portugal, Russia, Slovenia, Spain, Switzerland, and Yugoslavia.

During the meeting, main lectures were devoted to an update of our knowledge of weight and eating control, the role of exercise, techniques for COH counting, and intensive insulin treatment with pumps. Group works were then run to develop educational guidelines derived from new evidence, and seek the most effective ways to educate people with diabetes accordingly. Sessions of experiential learning were also run on each topic.

During a special lecture, Marco Peruffo, the second person with type 1 diabetes to reach the top of an 8000 m mountain, Mount Cho-Oyu, without oxygen bottles and without high altitude porters, told participants his life history.

A comprehensive report of the workshop was recorded on CD, with all the lectures, the pictures of Metaplan boards with group-work results, samples of role-playing sessions, and pictures taken during the workshop. A copy was sent to all participants.

Publication and Update of Teaching Letters

Two Teaching Letters were produced this year:

No.29 entitled "Quality of Life, an Outcome of Diabetes Education" (new)

No.30 entitled "Assessing and Improving Quality in Diabetes Education" (new)

The next to be published will be chosen from among the original Teaching Letters which have not yet been updated:

"Approaching the parents of a child with DM" (update)

"Nutrition for the child and adolescent" (update)

"Preparing for conception, pregnancy and delivery" (update)

"Starting on insulin" (update)

These Teaching Letters have been or will be produced with the help of the current sponsor, Servier, and all DESG members will receive copies.

They, as well as other DESG productions, are available for consultation and free download on the DESG Website, in Acrobat (.pdf) format.

Patient education basics

A collection of the 18 documents published so far has been prepared with Servier co-operation and, after extensive editorial work, has been published as a 20 page booklet entitled "You Have type 2 Diabetes: Meaning and Implications". Its aim is to provide an easy-to-use comprehensive educational tool for the Health Care Providers wishing to educate the person with type 2 diabetes, but who are unable to find time for a thorough systematic approach.

In the near future, also this document will join the whole series of Patient Education Basics on the DESG Website, becoming available for consultation and free download in Acrobat (.pdf) format.

DESG Website

The DESG Website (<http://www.desg.org>), created by a DESG working group, and officially opened on 1 September, 1999, has completed its fifth year of activity.

After the 2003 complete revision, it has become an intuitive and easy-to-explore tool for health professionals interested in therapeutic patient education. The updating and management of feed-back are performed directly by our secretariat.

As before, both the General Committee members' list and the complete list of members are in a restricted area of the site, accessible to members only. The majority of the site is still open and offers a source of information, publications, education tools, and a variety of material produced either by the DESG or by others in the field of therapeutic patient education. In particular, the DESG Teaching Letters, 5-minute survival kit, and Patient Education Basics are published in the "materials" section.

From 1 January to 31 August 2004, the average monthly access to the website has been the following: different visitors 979/month; visits 1256/month; pages visited 4949/month; accesses 24858/month.

Updated list of members

The updated list consists of 839 members from 85 countries. This list is available in the members' area of the DESG Website, as well as the list of the General Committee members.

Thanks to a pressing joint action of the Honorary Secretary and Rome Secretariat, the number of national representatives in the General Committee has in-

creased this year to 67 and the represented countries to 36.

For privacy reasons, only the names and contact information of the Executive Committee members can be viewed by the general public.

Participation in Professional training and AWARDS

Participation in Grimentz Workshops

"Grimentz Seminars" represent a unique occasion for in-depth thinking on the specificity of long-term follow-up, and the interactive learning of specific educational skills. The DESG once again provided the funding for a few members' participation in these workshops, which this year were held in a single edition in Zinal, Valais (CH) in the period 14-19 June, 2004. The workshop was organised by the Division of Therapeutic Education for Chronic Diseases, Department of Internal Medicine, Geneva University Hospital, chaired by Dr Alain Golay.

The seminar was entitled "Motiver nos patients: Augmenter nos compétences pour faciliter le changement chez nos patients". The participants included about 60 doctors, nurses, psychologists, pedagogues, dieticians, etc. The DESG contributed registration and accommodation expenses of four participants.

DESG awards

In order to encourage research in the field of therapeutic patient education, two 600.00 Euro awards have been assigned by the DESG to the best abstracts accepted to the 40th EASD Meeting, and one 600.00 Euro award to the best abstract accepted to the Munich FEND Conference. The choice was made by a DESG commission.

As it was done in previous years, the awarded papers will be published on the DESG website.

Presence at the EASD Annual Meeting

Joint PSAD-DESG Symposium

This year, the DESG has been invited to join the State-of-the-Art Symposium of the Psycho-Social Aspects of Diabetes (PSAD) Study Group, on Tuesday 7 September, from 8.30 to 10.30. During the 2004 Symposium, one lecture out of four was assigned to the DESG. It was presented by Andrew Brooks with the title: "Concordance and Empowerment: issues in Diabetes education and care".

Stand

Like in previous years, a DESG office will be open during the EASD Annual Meeting, hosted at the Servier stand. DESG materials and information are available there.

Sponsorship of the DESG

The generous sponsorship of Servier has been confirmed for the next years and continues to be of utmost importance to this Study Group. In addition to the already mentioned Servier Board, I wish to thank particularly Dr Bertrand Renaud, Dr Caroline Derville, and Dr Nienke Feenstra, who have represented a motivated and capable partnership for the DESG in the last four years. All of us wish that this most fruitful co-operation lasts in the coming years.

Future Activities

Workshop of General Committee Members.

A 5 day workshop will take place in Assisi (Italy) from 22 to 27 January 2005, to which all national DESG representatives are invited. As was the case in the most recent General Committee workshop, the works will be focused on some of the main challenges in the field of TPE. The preliminary program will soon be ready, and I am glad to announce that Bob Anderson, the world famous representative of the Empowerment approach, has accepted to be with us.

Implementation of the DESG Curriculum.

Based on the needs expressed by the HCPs, and the modular structure proposed by the DESG, several Step 3 Curriculum implementations have taken place or are being planned in several countries. So far we are aware of Step 3 implementations of the DESG Curriculum in UAE, Austria, Israel, Italy (done in 2003-04, planned for 2004-05).

New Teaching Letters will be conceived by group-work, and will then be published.

The new improved DESG Website will keep being used as a very functional tool for patient education and communication for the health care providers involved in diabetes therapeutic education.

The promotion of research and training in therapeutic patient education will be continued, also by means of grants and awards.

The DESG will play a role in the organisation of "Therapeutic Patient Education 2000s: Second International Congress on Self-Management Education for Diabetes and Other Chronic Diseases" which will take place in Rome, 30 Nov – 3 Dec, 2005. Preliminary information on the Congress is available at www.kenes.com/tpe2005.

Prof. Aldo MALDONATO
President, Diabetes Education Study Group
September, 2004

European Foundation for the Study of Diabetes

The Research Foundation of the European Association for the Study of Diabetes

European Foundation for the Study of Diabetes (EFSD) Juvenile Diabetes Research Foundation International (JDRF) AND Novo Nordisk A/S European Programme in Type 1 Diabetes Research Request for Applications

Announce up to Euro 2.5 Million in Additional Funds for Research in Europe in Type 1 Diabetes

Background

The European Association for the Study of Diabetes (EASD) was founded in Montecatini, Italy, in 1965. In 1999, the Association created the *European Foundation for the Study of Diabetes (EFSD)*. The aims of EFSD are to encourage and support research in the field of diabetes, to rapidly diffuse acquired knowledge and to facilitate its application.

The mission of *Juvenile Diabetes Research Foundation International (JDRF)* is to find a cure for diabetes and its complications through the support of research. JDRF was founded in 1970 by parents of children with diabetes who were convinced that the disease could be cured. JDRF gives more money to diabetes research than any other non-profit, non-governmental health agency in the world.

Novo Nordisk A/S is a world leader in insulin and diabetes care and also manufactures and markets a variety of other pharmaceutical products. Headquartered in Denmark, Novo Nordisk has companies and information offices in more than 60 countries.

Plan

The partners have established the EFSD/JDRF/Novo Nordisk Programme in Type 1 Diabetes Research to foster multi-disciplinary research targeted at finding a cure for type 1 diabetes and its complications.

The specific goals of the Programme are to:

- i.) promote the highest quality of basic and clinical biomedical research in Europe and its associated countries applicable to type 1 diabetes;
- ii.) expedite the practical application of scientific advances in our understanding of the etiology, pathogenesis, treatment and prevention of type 1 diabetes and its complications;
- iii.) encourage clinical translational research bridging the bench and the bedside;
- iv.) increase awareness about type 1 diabetes research throughout Europe.

To achieve its goals and objectives the Programme is issuing a request for applications (RFA) for research grants. The EFSD/JDRF/Novo Nordisk European Programme in Type 1 Diabetes Research will accept applications within any area of basic or clinical diabetes research focusing on *type 1 diabetes and its complications*.

Funding

Up to Euro 2.25 million will be made available, over three years, for focused research grants. Research will be performed in Europe and its associated countries. The grants will be distributed as follows:

- 2004 – Up to eight grants, each of Euro 100,000
- 2005 – Up to eight grants, each of Euro 100,000**
- 2006 – Up to eight grants, each of Euro 100,000

Mechanism of Support and Review

Research will be supported through the award of fixed sum grants, each of Euro 100,000. The duration of each award may be one year or longer, depending upon the needs of the project and as justified in the application, so long as the total budget does not exceed the fixed sum of Euro 100,000, payable in the first year and in one installment.

Up to eight awards will be granted annually for the period of three years. Applications for an EFSD/JDRF/Novo Nordisk Programme Grant are invited from single non-profit institutions or groups of affiliated institutions from Europe and associated countries. Applications will be subject to scientific review by a specialised and independent ad hoc committee. Funding will require approval by a joint EFSD, JDRF and Novo Nordisk Board convened for this purpose.

Anticipated dates for application review and funding approval are given in the schedule at the end of this document.

Research Grant Applications

Applications for research grants may be subjected to pre-review (or triage) procedures. In this event, any application rejected at pre-review will not be subject to a complete scientific review.

The deadlines for receipt of research grant applications are given in the schedule at the end of this document.

For the purpose of this Programme, the budget of the research grants is limited to Euro 100,000 per annum. All budgets are to be prepared in Euro. For countries in which the Euro is not yet the common currency, the exchange rate (between the Euro and the local currency in the country where the work is to be performed) used for calculating the Euro budget must be mentioned under "Budget Justification". EFSD, JDRF and Novo Nordisk reserve the right to increase or decrease approved funding in Euro amounts to compensate for any significant change in the exchange rate.

Application forms may be requested from:

Foundation@easd.org

All applications must be prepared on the official forms and completed in strict accordance with the detailed instructions to be found on these forms. In particular, applicants are reminded that any pages in addition to the maximum of 10 allowed for the scientific section of the application will be deleted prior to review. Similarly, no applications using a font or line-spacing smaller than defined in the instructions will be considered for review. Additional material (in the form of an appendix, attachments,

reprints, etc.) is not acceptable and will not be sent to reviewers.

Applications should be submitted by 5 April 2005 (date of receipt in EFSD Office) to:

Viktor Jörgens, M.D., Executive Director
European Foundation for the Study of Diabetes
 Rheindorfer Weg 3
 D-40591 Düsseldorf, Germany

Review Considerations

Completed applications will be evaluated in accordance with the criteria stated below for scientific/technical merit by an appropriate scientific committee convened by EFSD.

Review criteria are as follows:

- **Significance:** Does the study address an important problem? If the aims of the application are achieved, how will scientific knowledge be advanced? What will be the effect of the proposed studies on the concepts or methods that drive this field?
- **Approach:** Are the conceptual framework, design, methods and analyses adequately developed, well integrated and appropriate to the aims of the project? Does the applicant acknowledge potential problem areas and consider alternative tactics?
- **Innovation:** Does the project employ novel concepts, approaches or methods? Are the aims original and innovative? Does the project challenge existing paradigms or develop new methodologies or technologies?
- **Investigator:** Is the investigator appropriately trained and well suited to carry out this work? Is the work proposed appropriate to the experience level of the principal investigator and other researchers (if any)?
- **Environment:** Does the scientific environment in which the work will be done contribute to the probability of success? Do the proposed experiments take advantage of unique features of the scientific environment or employ useful collaborative arrangements? Is there evidence of institutional support?
- **Relevance:** A brief statement of the impact of the proposed study on type 1 diabetes mellitus.

Reporting Requirements

All investigators funded by this Programme are required to submit an annual scientific progress report and an annual expenditure report for the duration of the project. Investigators must provide EFSD with early notice of papers accepted for publication and must acknowledge the support of the Programme in such papers by use of the sentence: "This work was

made possible by a grant from the EFSD/JDRF/Novo Nordisk European Programme in Type 1 Diabetes Research”.

Competitive Renewal

Applications for renewal of an EFSD/JDRF/Novo Nordisk Type 1 Diabetes Research Grant will be accepted on a competitive basis, with the same review process as described in this announcement. Such applications will thus be considered in the same fashion as all other new applications received for review and without any special priority.

Schedule

Announcement: February 2005
Application Deadline: 5 April 2005
Anticipated Award: July 2005

Enquiries should be directed to:

Viktor Jörgens, M.D., Executive Director
European Foundation for the Study of Diabetes
Rheindorfer Weg 3
D-40591 Düsseldorf, Germany
Tel: +49-211-758469-0
Fax: +49-211-758469-29
e-mail: Foundation@easd.org

Announcements

23rd International Symposium on Diabetes and Nutrition

The Diabetes and Nutrition Study Group (DNSG) of the European Association for the Study of Diabetes (EASD)

Hotel Ebeltoft Strand, Ebeltoft, Denmark,
30 June – 3 July 2005

Deadline for abstract submission is **15 March 2005**. Notification of acceptance will be sent out at the beginning of April 2005.

For further information www.diabetesitas.com

Collaborative Studies on Angiogenesis and Diabetic Complications

Request For Applications (RFA) Number:
RFA-DK-04-022 (see addendum, NOT-DK-05-003)

For further information:

<http://grants.nih.gov/grants/guide/rfa-files/RFA-DK-04-022.html>

Preventing Mitochondrial Oxidative Stress in Diabetes and Obesity

Request For Further Applications (RFA) Number:
RFA-DK-05-001

For further information:

<http://grants.nih.gov/grants/guide/rfa-files/RFA-DK-05-001.html>

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