

# 1<sup>st</sup> Forum of Modern Diabetology

The 1<sup>st</sup> Forum of Modern Diabetology and its closing event, the 2<sup>nd</sup> Debate "Diabetes Innovations Day" (DID), which took place on November 23–24, 2018 at the Congress Center, Poznań International Fair is already over, but this meeting has become the basis for further activities promoting the use of new technologies and modern solutions in the treatment of diabetes.

The Organizers of the Forum were the University and Hospital Department of Internal Medicine and Diabetology, Poznań University of Medical Sciences and the casusBTL Group, a team of specialists dealing with marketing communication in the medical industry. The patronage was provided by the Diabetes Poland and the Polish Diabetes Association, and the honorary patrons were the Marshal of the Wielkopolska Province Marek Woźniak, the President of Poznań Jacek Jaśkowiak and the Rector of Poznań University of Medical Sciences, Prof. Andrzej Tykarski.

The theme of the Forum was new technologies used in diabetes management. Nowadays, rapid technological progress enters the daily practice of diabetes care, helps to better understand diabetes and allows insulin therapy to mimic physiological insulin secretion. Thanks to their increasing availability, these new technologies can be widely used, but they require us to constantly improve our knowledge and skills in this area.

The Forum of Modern Diabetology was a scientific meeting of therapeutic teams, lecturers and experts in the topics presented, practitioners with extensive experience, but also software engineers and developers, medical educators and diabetic nurses, as well as representatives of many patient organizations offering support to diabetics and their families. The first day of the Forum started with a workshop for patients, during which innovative technological solutions supporting diabetics in their everyday active life were presented. Patients had the opportunity to learn about the functionality and benefits of modern applications, the use of which helps to make therapeutic decisions and increases involvement in managing diabetes.

During the workshop, the functionality of the new software (which is already available in Poland) for users of insulin pumps and continuous glucose monitoring (CGM) systems was presented and the advantages of applications supporting the improvement of glycemic control in patients with diabetes were demonstrated in practice. The latest advances in modern insulin therapies were also discussed.

The workshop also included the presentation by the NightScout Polska community #WeAreNotWaiting. Nightscout is a project that allows remote real-time access to glucose readings from the following systems: FreeStyle Libre, Medtronic Minimed 640G, Paradigm VEO, Paradigm 722, Dexcom G4, and Dexcom G5, using a smartphone, a tablet, or a SmartWatch. The open source project was originally created by parents to supervise children with type 1 diabetes. The system is also used by adult patients due to the benefits from its use.

During the inaugural lecture on the closed loop system, Adrian Tappe (Austria) and Miloš Kozak (Czech Republic), software engineers and developers working on open source software, appealed to doctors to support similar projects by providing scientific evidence confirming the effectiveness of applied solutions for glycemic control.

Presented and discussed topics show how important today are activities promoting modern therapies for type 1 diabetes. Ideas and plans regarding the possibility of continuous glycemic monitoring and automated insulin dosing according to the body's needs, which were dreams yesterday, are becoming real solutions today.

On the second day of the Forum there was a scientific session during which researchers from all over Poland presented the results of their studies, and practitioner-experts shared their experiences with diabetes patients. The topics that were discussed by the speakers were the necessity of using continuous glucose monitoring systems in the treatment of patients using personal insulin pumps and the impact of diabetes education and re-education on treatment effectiveness and self-control in patients during therapy.

The Forum and program of Modern Diabetology is the result of cooperation of many people and their personal involvement.

Activities under the Modern Diabetology project are to contribute to the improvement of care for patients with diabetes in Poland. The implementation of this objective is based on the use of new advanced technologies. Wisdom and prudence as well as enthusiasm and joy of work are needed to turn words into deeds. We work as a team with multi-faceted and multi-center approach in order to change the existing situation for the better.

The dialogue from last year was continued in Poznań. During the 2<sup>nd</sup> DID Debate, solutions were sought to optimize the use of new technologies and new tools in the education of patients and their families and therapeutic teams. The technological revolution in diabetology provides new possibilities that will lead to better management of diabetes.

The motto of the debate was: "Let's replace the phrase 'should be done' with 'how to do it?' — from idea to realization".

During the debate, the most discussed topics were those related to patient education in the context of

using new technologies, e-learning, and ordering or creating an effective certification system for educators. It was emphasized how important it is to involve the family in the education process. Considering the availability of various information on diabetes therapy on the Internet, it is necessary to evaluate and verify its content.

There is a need to develop tools and create a diabetes education workshop, which over time could be widely used, with the support of the authorities such as the Diabetes Poland.

Thank you to all involved in the Modern Diabetology project, Lecturers and Participants of the 1<sup>st</sup> Forum of Modern Diabetology and the 2<sup>nd</sup> DID Debate, and we invite you to the Second Forum of Modern Diabetology to be held in November 2019 in Poznań.

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