

## Meet Eugenia Vlachou, our 2025 European Endocrine Nurse Awardee



Professor Eugenia Vlachou, from Athens, Greece, is our 2025 European Endocrine Nurse Awardee. She will deliver her Award Lecture in Copenhagen at the Joint Congress of ESPE and ESE. Read on to learn more about her career in endocrinology, her advice for future endocrinologists, and what you can look forward to hearing her talk about at the Congress.

### **Please tell us about your current role**

I am currently a Professor of Endocrinology–Gynaecology Nursing at the Department of Nursing, University of West Attica, Athens, Greece. I also serve as Director of the MSc Programme on Management of Chronic Diseases and lead the specialty Diabetes Care.

### **How were you inspired to work in endocrinology?**

My journey began with a nursing degree at the Kapodistrian University of Athens and progressed through an MSc in public health and a PhD in gynaecological endocrinology. After training in prestigious endocrinology clinics in Athens, I specialised in diabetes nursing in the UK. My interest in endocrinology was inspired by observing the critical role that nurses play in managing endocrine and metabolic diseases. The complexity of diabetes care and gynaecological endocrinology motivated me to pioneer research and education in these fields.

### **What will you discuss in your Award Lecture at the 2025 Joint Congress of ESE and ESPE?**

I will present research focusing on the critical role of endocrinology and diabetes nursing in managing chronic endocrine and metabolic disorders. Specifically, I will discuss nurse-led interventions in diabetes care and gynaecological endocrinology, highlighting their impact on improving patient outcomes and quality of life. My lecture will emphasise the importance of interdisciplinary collaboration and the integration of specialised nursing roles into healthcare teams.

I will also present a novel educational model that incorporates endocrinology and diabetology nursing as a specialised component of the nursing department curriculum of studies. This module aims to provide nursing students with comprehensive knowledge and practical competencies necessary for the effective management of endocrine and metabolic disorders, specifically emphasising diabetes care. The curriculum integrates evidence-based theoretical instruction, clinical training and patient-centred methodologies, highlighting the importance of interdisciplinary collaboration and holistic care.

Additionally, I will share findings that demonstrate how tailored nursing care can address the unique needs of patients, providing a blueprint for evidence-based practice in endocrine care.

**What are you most proud of in your career, and in life in general?**

I am proud of establishing the Section of Endocrinology and Diabetology Nursing under the Hellenic Regulatory Body of Nurses, as well as advancing education and research in diabetes and endocrinology nursing. On a personal level, I take immense pride in mentoring the next generation of healthcare professionals.

**What is likely to be the next breakthrough in your area of interest?**

The next major breakthrough will probably involve personalised nursing care models supported by advanced digital health tools, including artificial intelligence and remote monitoring systems, to optimise diabetes management and chronic disease care.

**What are the biggest challenges in your field right now?**

The integration of specialised nursing roles into multidisciplinary teams remains a challenge. Additionally, ensuring equitable access to education and evidence-based care across diverse healthcare systems requires ongoing efforts.

**What is the most enjoyable aspect of your work?**

The most enjoyable aspect of my work is teaching and mentoring students. Guiding the next generation of healthcare professionals and witnessing their growth, curiosity and passion for endocrinology and diabetes care is truly rewarding. Seeing my students develop their skills, embrace evidence-based practices, and become confident in their roles as future nurses and educators brings me great pride.

**What are you most looking forward to at the 2025 Joint Congress?**

I look forward to engaging with colleagues worldwide, exchanging ideas and learning about the latest advances in endocrinology and diabetes care.

**Why should people join ESE?**

ESE provides unparalleled opportunities for collaboration, education and professional growth, while shaping the future of endocrinology care and research.

**What words of wisdom do you have for aspiring endocrinologists?**

Dare to think radically for the good of the patients. Endocrinology is a dynamic field that requires curiosity and a commitment to lifelong learning.

**Is there anything else you would like to add?**

I am deeply honoured to contribute to the 2025 Joint Congress and am committed to advancing the role of nurses in the global endocrinology and diabetes landscape.