



Jacqui Charlton - Biography



Jacqui Charlton is a Diabetes Specialist Nurse from the Western General Hospital in Edinburgh, and also a Lecturer in Diabetes at Edinburgh Napier University. She has Type 1 diabetes which was diagnosed at the age of 13. Her career goal is to help people live the life they want to live without letting diabetes get in the way, whilst managing their diabetes successfully.

Type 1 diabetes is often very challenging and difficult and can have a huge impact on quality of life. By researching and sharing ways to ease this impact is essential, and her main career interests are around living with Type 1 diabetes.

Over the last 20 years as a DSN her previous projects and research have included; independent travel/backpacking, body piercing and tattooing, music festivals, carbohydrate counting, insulin pump therapy and accessories, and on-line diabetes education for health care professionals and people with diabetes.

Over the last 5 years she has been involved in research around moderate intensity exercise, and alcohol consumption. Her current projects are around illicit drug use, support and advice for students, and social media.

Within the next 10 years, her future research idea is around awareness, prevention, and support regarding long-term complications of diabetes.

