I don’t know about you, but I’m more than a little concerned about all the time-bombs that — if you read the newspapers anyway — appear to be ticking away happily, waiting to explode on an unprepared public. Even a cursory glance at the news over the last year or so will have alerted you to the imminent detonation of a number of these devices, with diabetes, obesity and heart disease all having time-bombs of their own. And that’s before we even get to the epidemics (I’m not sure if diabetes represents an epidemic or a time-bomb — maybe it’s both?). It’s a dangerous world out there, and according to the latest health ‘scare’ you can’t even have a glass of fruit juice, can of coke or a cup of tea without putting yourself at risk from the latest hidden danger (sugar, in case you were wondering.....)

In all seriousness, though, with healthcare resources increasingly being directed toward primary care services, the debate in this issue’s Community Matters (pp. 8–9) is a relevant one — with nurses ever more on the frontline of public health, it is increasingly going to fall to you to educate people about their lifestyle choices. But, do you see it as your job to tell someone to eat less or take-up more exercise?

This issue also continues our recent series of profiles of nursing leaders with an interview with England’s chief nursing officer Jane Cummings (pp. 14–15), who talks about patient-centred care and the move from acute to community services and her own experiences of managing change at the head of a huge department.

As ever, we’ve tried to give you a broad range of clinical content and if you want to keep your CPD profile up to date, don’t forget to check out this issue’s Learning Zone (pp. 75–78), which takes a look at the fundamentals of hand hygiene — a particularly crucial element of infection control when visiting patients’ homes.

As ever, the whole team here at JCN hope you enjoy reading this issue.

If you would like to comment on any of the articles in JCN, or indeed have ideas of your own for an article, please contact jason@jcn.co.uk
As a community-based dermatology specialist nurse I see first-hand the importance of maintaining skin integrity. From the young to the elderly, loss of skin hydration and integrity forms the basis of many skin problems, from infection to other acute and chronic skin conditions. I am delighted to be part of a journal highlighting best practice in skin care, wound management and all the associated issues.

Sara Burr

I want to highlight the benefits of social media tools such as Twitter in our professional roles. Twitter provides great opportunities to network across local, national and international boundaries, to share evidence-based practice and influence the direction of community nursing. Select carefully the individuals and organisations you wish to follow — including @ jcreport — and your twitter feed will be full of useful bite-size information. You can also instigate asynchronous and synchronous chats using #districtnursing where practitioners across the UK share discussions. Please access the NMC guidance on the use of social media before you begin, but I encourage you to start tweeting @heatherbain9.

Heather Bain

I am really pleased to be part of the editorial board of the JCN. I’m grateful for the opportunity to help promote, in particular community psychiatric nurses’ practice. The cascade of policy and change that nursing is charged with turning into good practice might sometimes feel like an assault, but there is no doubt that nurses have often turned policy into clinical opportunity. This very well-designed journal offers an opportunity to spread some good practice and share ideas.

Mark Radcliffe

I am pleased to be on the editorial board of JCN because throughout my 25 years as a GP I have felt that the greatest strength in the NHS has been in the services we provide in the community. Strong links between GPs and their community nursing colleagues are vital for effective working, particularly at a time when GPs are being asked to coordinate care for the most needy patients. We can’t do this without you!

Julian Spinks

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