Media headlines seem to be endlessly raising the question of obesity and what should be done to tackle this growing problem. To many, this might seem like an impossible task and not really the responsibility of community nurses. But, this issue’s ‘practice matters’ piece explores the role we can play, particularly with the unique opportunity we have to build relationships with patients in their own homes, which potentially opens up the opportunity for challenging conversations and providing evidence-based support to help patients change their lifestyles. And, while on the subject of tackling unhealthy lifestyles and the fact that spring is here, perhaps, as Matthew Bradby points out in his interesting editorial, it’s time to get out in the garden. This feature not only looks at the history of the National Garden Scheme (NGS) and how it supports nursing and caring organisations in the UK, but also explains the positive role that gardening and gardens can play in promoting both physical and mental health (pp. 22–23).

With wound care taking up a large part of most community nurses’ caseloads, you might like to get involved with a new campaign being launched this month — the ‘Legs Matter’ campaign — which aims to raise awareness and understanding of conditions affecting the lower limb and foot (see pp. 12–14). This issue also includes the first article in a four-part series on compression therapy, looking at the cardiovascular system, underlying causes of lower limb problems and the risk factors for leg ulceration (pp. 24–33). Subsequent articles in the series will cover holistic assessment and clinical decision-making, compression hosiery and adjustable wraps, as well as compression bandaging and skin care, thus providing comprehensive guidance on how compression works.

The regular Insight article focuses on the challenges of lipoedema (pp. 34–41). This feature is accompanied by online multiple choice questions, which not only test your knowledge of the subject, but also provide a useful way of keeping up to date with revalidation (www.jcn.co.uk/learning zone).

And, an important reminder for all our JCN readers — with the changes to the general data protection regulation (GDPR) this year and the deadline fast approaching (25 May), you need to confirm that you still wish to receive your free copy of the journal. To do this, simply go online to www.jcn.co.uk/datap and fill in your details.

As always, I hope you enjoy reading this issue.

Annette Bades, editor-in-chief, JCN
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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

As a senior nurse researcher, I am passionate about the translation of research into practice to ensure that patients receive quality evidence-based care. I am delighted to be a part of the JCN editorial board because the journal helps to bridge the research-practice gap in community care. JCN is a well-recognised and established journal that keeps clinicians abreast of policy, practice and research in community care.

Janelle Yorke

As an advanced practitioner and co-founder of Hallam Medical I have been heavily involved in leading the way regarding recruitment best practice and nurse revalidation in the UK, providing training, support, and mentorship for nurses. I have designed admission avoidance services and advised on successful pilot schemes. I am passionate about promoting the roles of nurses and advanced practice within community services. The JCN is a perfect fit as we have the same vision and values. I look forward to sharing my knowledge and experience as a member of the editorial board.

Alex Munro