



Laura Cooke

Thanks to the IPPOSI Patient Education Programme I have advanced my knowledge in the authorities and processes that are involved in the lifecycle of a medicine, from clinical trial to regulation to approval for patient usage. More importantly I have gained the tools to be a more empowered patient advocate in diabetes which I can pass on to others. The highlight for me was the knowledge I gained from the other patient experts in the programme and the lifelong networks I have made with them in various areas of expertise.

Experience/Areas of Interest

- Graduate IPPOSI Patient Education Programme.
- MSc Science by research
- Interested in medical devices for Type 1 & 2 diabetes, medical devices, and education in nutrition and diet.
- Mental Health—psychological impact of chronic conditions, positive psychology and mindfulness.
- Experienced academic researcher with background in Bioscience, Chemistry and Toxicology.

Patient Involvement and Experience:

- Type 1 diabetic for 30 years
- Volunteer for Thriveabetes (Ireland's only type 1 diabetes conference)
- Panellist at Thriveabetes 2019 – Speaking about “Importance of Peer Support”
- Member of Diabetes Ireland advocacy committee
- Group Leader for Laois type 1 diabetes support group
- Panellist at Janssen Ireland Internal Conference - Speaking about “Patient Centricity”