香港糖尿科護士協會
Association of Hong Kong Diabetes Nurses

The 10th AHKDN Annual Symposium & Annual General Meeting

十年之約
A Decade of Diabetes Therapy

The 2016-2018 Council

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Our Mission

The Association of Hong Kong Diabetes Nurses (AHKDN) is dedicated to driving professional development and practice of its members, advancement of the diabetes management standard and thus improvement of living for people affected by diabetes in Hong Kong.

We believe

- Diabetes self-management education (DSME) is an integral part to the success of diabetes management leading to control of the disease and improvement in quality of life for all people affected by diabetes.
- The diabetes nursing discipline should play an important role in providing and improving quality diabetes care and education being provided to the community.
- The Association, as a local academic and professional body, has an obligation to advance and maintain standard of local diabetes nursing practice by supporting professional training and education to local nurses.

Our Goals

- We promote interests, fraternity and professional growth of diabetes nurses and its members.
- We promote communication among diabetes nurses and other organizations caring of diabetes.
- We maintain and enhance professional practice standard of diabetes care and education in Hong Kong.
- We organize conferences, seminars or workshops both locally and globally relating to diabetes and other chronic diseases.
- We organize and conduct surveys and studies on diabetes care and education in Hong Kong.
- We sponsor members to attend and participate in conferences, seminars, workshops relating to diabetes care.
- We promote the community awareness and about diabetes and healthy lifestyle.
- We advocate the better care quality of care and rights for people affected by diabetes.

Message from the President

It is my great pleasure to welcome you all to attend the 10th Annual Symposium and Annual General Meeting of Association of Hong Kong Diabetes Nurses (AHKDN).

2018 marks the 10th Anniversary Year of our Association! It's marvellous, isn't it? The forerunner of AHKDN was Diabetes Educator Group (DEG) which was a subgroup of the Diabetes Division (DD). Transformation from DEG to AHKDN took a pooling effort of dedicated diabetes educators. On behalf of AHKDN, I take this opportunity to express my thankfulness for their extraordinary inspirations and contributions.

For the mission of AHKDN, Evidence-based Practice (EBP) is one of our AHKDN objectives. In the past two years, AHKDN organized EBP seminars, workshops and invited experts to conduct lectures to enhance nurses on EBP. Moreover, we sincerely thank Professor Winnie So for guiding our six teams to conduct the EBP projects.

The theme of the event this year is A Decade of Diabetes Therapy, 十年之葯. Over ten years, there are new oral or injectable medications used to manage diabetes. We are honoured to have two distinguished keynote speakers, Dr. Ip Tai Pang and Dr. Michele Yuen, to update our participants on the latest diabetes care with the anti-diabetic medications.

On behalf of AHKDN, I express my sincere gratitude to Dr. Tsui Ip Shing for his all along unfailing supporting diabetes nurses for many years, starting from DEG to now AHKDN. Besides, I heartfelt thank Dr. Tiu Sau Cheung takes up as our AHKDN advisor.

Lastly, thanks again for your support and participation. Wish everybody enjoy this event and have a wonderful weekend!

Veronica Hung
President
Association of Hong Kong Diabetes Nurses



The 10th AHKDN Annual Symposium & Annual General Meeting



23rd June 2018 (Saturday)
Crystal Ballroom, 2/F,
The Cityview Hotel,
23 Waterloo Road, Kowloon

Programme Committee

Ms. Chan Oi Ying Sarita (Chairman)
Ms. Hung Siu Chan Veronica
Ms. Loo Kit Man
Ms. Wong Ka Chee Karen

Organizing Committee

Ms. Loo Kit Man (Chairman)
Ms. Ho Sau Yee
Dr. Kwan Yee Mei Jo Jo
Ms. Lam Yuen Hung
Ms. Law Chin San
Mr. Leung Sum Ming
Ms. Leung Yat Sze Annie
Ms. Wong Suk Chi
Ms. Yee Shun Wah Amy
Ms. Yeung Chau Wan
Ms. Yeung Hoi Ming Theresa

Moderator

Ms. Lau Sau Lin Tracy
Ms. Mok Pik Hung Maisy

2018-20 Council Election

Dr. Kwan Yee Mei Jo Jo

Schedule

1:30 – 2:00pm	**Registration**	
2:00 – 2:15pm	**President Welcome Speech**	Ms. Veronica Hung President, AHKDN
2:15– 3:15pm	**Keynote Speech (1)** **Oral Anti-diabetic Drugs: What Have We Learnt and Not Learnt in the Past Decade?**	Dr. Ip Tai Pang Consultant Department of Medicine, Tung Wah Hospital Honorary Clinical Associate Professor The University of Hong Kong
3:15 – 4:00pm	**Tea Break and Group Photo**	
4:00 – 5:00pm	**Keynote Speech (2)** **Review a Decade: Injectable Anti-Diabetic Medications in Diabetes Care**	Dr. Michele Yuen Specialist in Endocrinology, Diabetes and Metabolism Gleneagles Hong Kong Hospital Honorary Clinical Assistant Professor The University of Hong Kong
5:00 – 5:10pm	**Closing Remark**	Ms. Loo Kit Man Chairman of AGM Organizing Committee
5:10 – 6:00pm	**10th Annual General Meeting and Council Election (Members only)**	
6:30pm	**Annual Dinner (members only)**	

Keynote Speech (1)
Oral Anti-Diabetic Drugs: What Have We Learnt and Not Learnt in the Past Decade?

Dr. Ip Tai Pang, Consultant, Department of Medicine, Tung Wah Hospital

Before 2006, there were only a few classes of oral anti-diabetic drugs (OADs) that were available for the treatment of types 2 diabetes. Metformin and the sulphonylurea (SU) group were the mainstay of treatment whereas the α -glucosidase inhibitor (acarbose) and the glinide (repaglinide) were considered as agents with limited clinical therapeutic efficacy. The thiazolidinedione (TZD) group of drugs were potent in glucose-lowering but they were going out of favour after the publication of a meta-analysis in 2007, which reported that the use of rosiglitazone was associated with a significant 43% increase in the risk of myocardial infarction.

Following the approval of the first dipeptidylpeptidase-4 (DPP4) inhibitor, sitagliptin, in 2006, there had been four other members of this new class of OAD being subsequently approved from 2006 to 2013. Another new class of OAD, the sodium-glucose cotransporter-2 (SGLT2) inhibitors, came into clinical use in 2013 and there are now three SGLT2 inhibitors available.

The exciting part in the field of diabetes management in the past decade is not just related to the development of these new classes of drugs but to the more in-depth understanding of the diverse pathophysiologies involved in type 2 diabetes so that there has been a revolutionary change in clinical practice from a simple glucose-lowering approach to a more pathophysiological-based approach in management of type 2 diabetes.

The EMPA-REG Study published in 2015 came to a great surprise to the medical field because this was the first time in the literature that the SGLT2 inhibitor, empagliflozin, a glucose-lowering drug, could significantly reduce the risk of major cardiovascular events by 14% as a primary outcome and cardiovascular mortality by 38% in type 2 diabetic patients at high cardiovascular risk. Pioglitazone, another member of the TZD class, was also revived following a publication in 2017 that it significantly reduced major cardiovascular events by 24% in patients with insulin resistance and a history of recent stroke or transcient ischaemic attack in the IRIS Trial.

Besides the advent of new drugs and new data on old drug, the recognition of the potential short and long-term risks of hypoglycaemia in diabetic patients needs special emphasis. The need to avoid hypoglycaemia has been highlighted by many international guidelines on diabetes management. It follows that certain OADs such as SUs may be less preferable especially in those patient groups at high risk of hypoglycaemia.

The existing knowledge highlights the importance of early and aggressive management of type 2 diabetes encompassing a comprehensive approach to tackle all cardiovascular risk factors by treating to targets and avoidance of hypoglycaemia.

Keynote Speech (2)
Review A Decade: Injectable Anti-diabetic Medications in Diabetes Care

Dr. Michele Yuen, Specialist in Endocrinology, Diabetes and Metabolism, Gleneagles Hong Kong Hospital, Honorary Clinical Assistant Professor, the University of Hong Kong

Injectable anti-diabetes medications are often synonymised to insulins in the treatment of diabetes. Refinements in formulations in the past decade have brought in a new generation of insulins that allow for a much higher degree of personalization in diabetes treatment. Advancements in needles have also been made to increase comfort level of injections needles to reduce the inertia patients often have in insulin initiation. In addition, with the introduction of glucagon-like peptide 1 (GLP1) receptor agonists, injectable of anti-diabetes medications are no longer confined to insulins. This session will review the different types of insulin that have evolved over the past decade, the features of different types of injection needles and evidence that support the use of GLP1 receptor agonists.

2017 – 2018 AHKDN Activities

Council Meetings

38th AHKDN Council Meeting was held on 17 Jun 2017

39th AHKDN Council Meeting was held on 22 Sept 2017

40th AHKDN Council Meeting was held on 5 Jan 2018

41st AHKDN Council Meeting was held on 8 Mar 2018

42nd AHKDN Council Meeting was held on 10 May 2018



Report of AHKDN Sub-committee

1. AHKDN Newsletter Committee



The 13th issue of AHKDN Newsletter (1st e-version) was published in Feb 2018. The main themes included:

- Prevention of Diabetic Retinopathy
- Sharing of the project received the 9th AHKDN AGM Outstanding Achievement Awards
- Community Exercise Workshops
- Introduction of Diabetes and Endocrine Centre at Yan Chai Hospital

2. Clinical Work Group on Diabetes Nursing Accreditation

- Revised and updated MCQ questions for Hong Kong College of Medical Nursing (HKCMN) Fellow Member examination.
- One member admitted as ordinary member of HKCMN in 2017 and 2 members successfully conferred as fellow members of HKCMN (Diabetes) of Hong Kong Academy of Nursing (HKAN) on 12 May 2018.



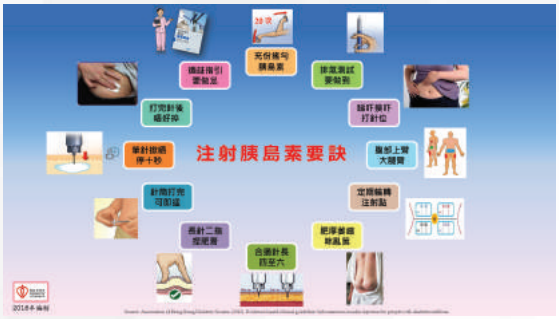
3. Diabetes Conversation Committee (DCC) (Hong Kong)



Speaker: Mr. Peter Chan, Social Worker

- Diabetes Conversation Map (DCM) Annual General Meeting was held on 25 Nov 2017.

4. Evidence-based Practice (EBP) Committee



- Developed the one-page key messages on Evidence-based Practice in performing Subcutaneous Insulin Injection '注射胰島素要訣'.
- Proposed to produce an EBP Booklet, there were 38 diabetes nurses joined the work group. Prof. Winnie So was invited as our advisor and 7 EBP Workshops were conducted. There are 6 sub-groups working on 6 main themes of EBP projects.

Learning Activities

Educational Seminars and Training

The **9th AHKDN Annual Symposium and Annual Meeting** was held on 17 Jun 2017. The theme was **'Watch Out: Diabetic Kidney Disease 謹「腎」為上**



Keynote Speech 1
Topic: New Perspectives in Management of Diabetic Kidney Disease
Speaker: Dr. Andrea Luk, Associate Professor, CUHK



Keynote Speech 2
Topic: Nutrition Principles and Recommendations for Treatment on Diabetic Kidney Disease
Speaker: Ms. Law Pui Yee, Dietitian, PYNEH



A whole family of AHKDN: honorary guests, guest speakers, council members, members and non-members.



AHKDN was invited as supporting organization for the **5th Asian Nephrology Nursing Symposium (ANNS) 2017 – "Optimizing Renal Care"**, held at the School of Public Health Building, Prince of Wales Hospital on 9 & 10 Sept 2017.



Topic: Diabetes Care and Kidney Disease
Speaker: Dr. Doris Chan, Associate Consultant, Poi Oi Hospital

Educational Seminar co-organized with the Hong Kong Association of Private Eye Surgeons was held on 23 Sept 2017

Topic : Updates in the Diagnosis and Management of Diabetic Retinopathy

Speaker: Dr. Luk Oi Jing, Fiona
Specialist in Ophthalmology,
Honorary Clinical Assistant Professor,
Department of Ophthalmology and Visual Science, CUHK



2017 – 2018 AHKDN Activities

"Ambulatory Glucose Profile (AGP) Academy Lecture" co-organised with Diabetes Hongkong (DHK), was held on 28 Sept 2017.

Speaker: Prof. Roger Mazze
Director, US office, Minneapolis
AGP Clinical Academy
Portsmouth Hospitals
NHS Trust, UK



Education seminar "New Alternative to Insulin: Once Weekly GLP1-RA Injection" was held on 28 Apr 2018

Speaker: Dr. Ng Man Yuk
Specialist in Endocrinology, Diabetes and Metabolism,
Department of Medicine and Geriatrics,
Tuen Mun Hospital



Case Sharing on GLP1-RA Injection

Speaker: Ms. Veronica Hung
President of AHKDN

Evidenced-based Practice (EBP) Training Workshops

Prof. Winnie So (Associate Professor, CUHK) was invited as our honorary advisor and gave us valuable comments during **Evidence-based Practice Training Workshops** for conducting EBP projects.







- The 3rd EBP training workshop was held on 10 Jun 2017.
- The 4th EBP training workshop was held on 8 Jul 2017.
  Dr. Choi Cheung Hei was also invited to deliver a talk on research.
- The 5th EBP training workshop was held on 14 Oct 2017.
- The 6th EBP training workshop was held on 3 Feb 2018.
- The 7th EBP training workshop was held on 26 May 2018.

Mr. Harris Lam, GM(N), RTSKH, was invited as guest speaker for EBP training workshop on **Critical Appraisal of RCTs** and was held on 5 May 2018.

Laughter Yoga Train-the-trainer Workshop "愛笑瑜伽"





Laughter Yoga Train-the-trainer Workshop organized by 笑出健康協會, led by Mr. Dick Yu, was conducted on 6 and 7 Jan 2018 at Lantau Island. Another half-day workshop was held on 13 Jan 2018 at Life Origin.

Promoting Health Awareness in Community



Diabetes Preventing the Preventables (DPP) Forum was held on 25 Jun 2017 & 6 May 2018. AHKDN continued to support the event to have experiences and expertise sharing for the prevention and care of patient with diabetes.





Diabetes Lay Program at **East Meets West Symposium 2017** was conducted at Hong Kong Convention & Exhibition Centre on 1 Oct 2017, AHKDN participated the event as one of the supporting organization for public health promotion. We demonstrated chair exercise to participants at the exhibition booth. Besides, Mr. Dick Yu was invited to share "Laughter Yoga" on stage and had live interactive demonstration.

- AHKDN supported **World Health Day (WHD) 2018, Health Carnival (2018年世界衛生日 • 健康嘉年華)** on 7 Apr 2018.

  Ms. Lam Yuen Hung participated to provide health education regarding diabetes for public at the "Advanced Practice Nurse" booth.



- **Diabetes Prevention Day 三代同 "糖"糖尿病預防日** on 25 & 26 May 2018, organized by the Chinese University of Hong Kong. AHKDN supported the event.

  Activity: Exercises Training on Standing and Chair Dance
  Trainer: Ms. Tammy So
  (APN, Dept of M&T, PWH)
  Topic: Diabetes Prevention Talk
  Speaker: Ms. Veronica Hung
  President of AHKDN



2017 – 2018 AHKDN Activities

Diabetes Children Activities

Youth Camp 2017

AHKDN supported with **Youth Diabetes Action** for **Youth Camp** held on 26 Aug 2017.



Hike for Youth Diabetes 2017

- AHKDN also supported and joined the **Hike for Youth Diabetes** held on 12 Nov 2017.



Community Exercise Program

Sitting and Standing Exercise Workshop



New Territories

- **Community Exercise Workshop - Sitting and Chair Dance** was held on 22 Apr, 6 May and 22 Jul 2017 at Tuen Mun Hospital.



Hong Kong Island

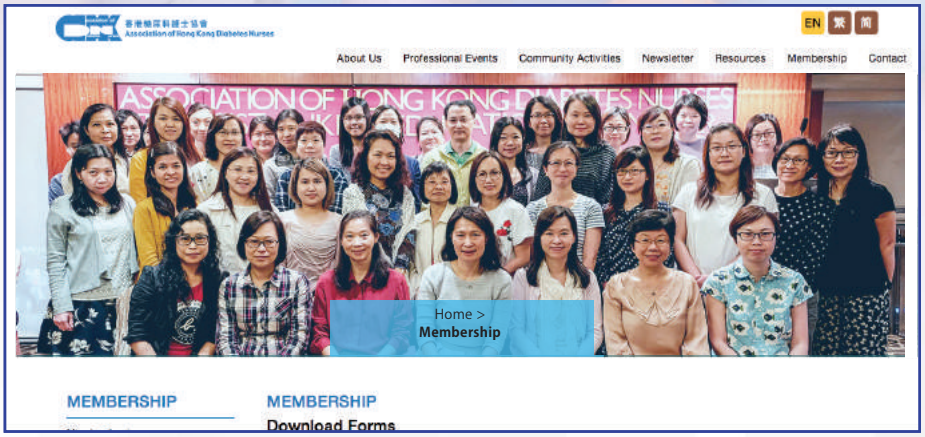
- **Community Exercise Workshop - Sitting and Chair Dance** was held on 10 Jun, 24 Jun and 2 Sep 2017 respectively at The Boys' and Girls' Club Association of Hong Kong in Wan Chai.

Nomination & Sponsorship

- The 10th Annual Scientific Meeting of Hong Kong Association of Renal Nurses cum the 5th Asian Nephrology Nursing Symposium (ANNS) 2017 – Optimizing Renal Care, held at School of Public Health Building at Prince of Wales Hospital on 9 & 10 Sept 2017, 3 members were nominated.
- The 19th East Meets West Symposium 2017, held at Hong Kong Convention and Exhibition Centre on 1 & 2 Oct 2017, 10 members were nominated.
- "Update on Diabetes Management Course 2017", held at Cheung Kung Hai Conference Centre, William MW Block, the University of Hong Kong on 14 & 15 Oct 2017, 10 members were nominated.
- International Diabetes Federation (IDF) Congress 2017 was held in Abu Dhabi on 4 to 8 Dec 2017, 11 members attended the congress.

Revamp of AHKDN Website

- The new face of AHKDN website **http://ahkdn.com/** has been launched since Nov 2017.



Please use "reset password" function key to reset your password and login to our new AHKDN webpage.

You might find our website informative and educational; and review speaker's lectures notes Act now and explore our new website.

Annual Fee:
Change from biannual membership renewal to annually starting from 2019

Upcoming Events / Activities :

- **Nutrition Interventions to Change Health Behaviors and Prevention of Type-2 Diabetes in Asian Population 29 Jun 2018**
- **Youth Diabetes Action (YDA) Children Camp 27-29 July 2018**
- **Diabetes Conversation Map - Facilitator Training Workshop 25 Aug 2018**
- **The 20th Diabetes and Cardiovascular Risk Factors-East Meets West Symposium 29 & 30 Sept 2018**
- **The 10th AHKDN Anniversary cum Evidence-based Practice Symposium (2018) 20 Oct 2018**
- **Diabetes Conversation Map AGM 24 Nov 2018**
- **Community Exercise Workshop (Kowloon) Q4 2018**
- **Update on Diabetes Education and Management Course Q4 2018**
- **Production of Electronic Diabetes Complication Education Tool**

Academic Achievement

First Author	Year of Achievement	Title of Research/ Project	Presentation / Publication
Au Ka Yin Shimen	2016	An Evidence-Based Practice Project in Promoting Safe and Accurate Subcutaneous Insulin Injection in Hong Kong	**Poster Presentation:** The 9th International Council of Nurses International Nurse Practitioner / Advanced Practice Nursing Network Conference, Hong Kong
	2017	Pre-Hospital Discharge Diabetes Education on Meal-Based Blood Glucose Monitoring	**Poster Presentation:** The 41st IHF World Hospital Congress, Taiwan
Chan Oi Ying Sarita	2015	Empowerment Programme for Diabetes Patients	**Oral Presentation:** Hospital Authority Convention
	2017	Effectiveness of Simulation Training in Performing Subcutaneous Insulin Injection: A Local Pilot Nursing Practice	**Oral Poster Presentation:** International Diabetes Federation Congress 2017 in Abu Dhabi
Cheng Mei Wan Winnie	2016	An Evidence-Based-Practice Journey in Promoting Safe and Accurate Subcutaneous Insulin Injection in Hong Kong: A Subcutaneous Insulin Injection Audit Experience in Queen Elizabeth Hospital	**Oral presentation:** The 9th International Council of Nurses (ICN) International Nurse Practitioner / Advanced Practice Nursing (INP/APN) Network Conference
	2016	To Engage Ward Nurses in Providing Bedside Education - A Pilot Project for Patient Admitted for Hypoglycemia	**Oral presentation:** Hospital Authority Convention
Ho Sau Yee	2016	Empowerment of Patients with Diabetes on Self-care and Exercise Therapy through a Diabetes Nurse-led Service	**Poster Presentation:** Hospital Authority Convention
Hung Siu Chan Veronica	2012	Role of Diabetes Nurses in Post-discharge Stabilization of Patients Admitted for Uncontrolled Diabetes Mellitus	**Poster Presentation:** Hospital Authority Convention 2012 IDF-WPR / AASD Scientific Meeting in Kyoto
	2016	Targeted Active Recruitment for Intervention (TARIN) for Patients with Type 2 Diabetes (T2DM) in General Medical Specialist Outpatient Clinics	**Poster Presentation:** Hospital Authority Convention 2016 IDF-WPR Congress /AASD Scientific Meeting in Taiwan
Kwan Yee Mei Jo Jo	2012	Associations between Sleep Condition and Glycaemic Control among Patients with Type 2 Diabetes	**Oral presentation:** 9th International Diabetes Federation Congress (WPR), Tokyo: Japan
	2013	The Effectiveness of Auriculotherapy in Improving Sleep Quality and Glycemic Control in Patients with Type 2 Diabetes	**Oral presentation:** 10th International Diabetes Federation Congress (WPR), Singapore
Lam Yuen Hung	2017	Empowerment of Patients with Diabetes on Self Insulin Adjustment through Diabetes Outpatient Sliding Scale (DOSS) Programme	**Poster Presentation:** Hospital Authority Convention

Academic Achievement

First Author	Year of Achievement	Title of Research/ Project	Presentation / Publication
Lau Sau Lin Tracy	2016	The Effect of Treatment Intensification by Enhancement of Treatment Adherence in Diabetic Nurse Clinic	**Oral presentation:** International Council of Nurse (ICN)
	2017	Enhancement Program for the Care of Diabetic Patients with the Use of Continuous Blood Glucose Monitoring System (CGM)	**Poster Presentation:** HKEC 9th Q & S Seminar
Lin Lai Har Grace	2016	Launching of an HA i-Learn Program "Insulin Safety for Nurses" to Empower Nurses Competency and Clinical Safety on Insulin Therapy	**Poster Presentation:** Hospital Authority Convention
Loo Kit Man	2017	Evaluation of a Targeted Intervention Programme for Patients with Diabetic-Kidney Disease	**Oral presentation:** Hospital Authority Convention
So Tak Yee Tammy	2013	Development of An Interactive Program for Type 2 Diabetes on Glycaemic Control and Weight Management	**Oral presentation:** AHKDN AGM 2013
	2017	Experiencing Diabetes Complications Workshop -- A Program to Promote Health Awareness for Both Diabetes Patients & Summer Youth Volunteers	**Poster Presentation:** Hospital Authority Convention
Wong Ka Chee Karen	2010	Diabetes Visiting Team Service for Cardiac Patients at Cluster Hospital	**Poster Presentation:** Hong Kong Society of Endocrinology, Metabolism and Reproduction
	2013	Improving Glycaemic Control in the Management of Diabetes: the Role of Continuous Glucose Monitoring in Diabetes Nurse Clinic	**Poster Presentation:** Hospital Authority Convention
Yee Shun Wah Amy	2012	Comprehensive Diabetic Complications Assessment Program by Integrated Diabetes Care Centre	**Poster Presentation:** Hospital Authority Convention
	2013	Collaboration between Integrated Diabetes Care Centre, Queen Mary Hospital and Cardiac Medicine Unit, Grantham Hospital on Diabetic Complications Assessment and Treatment Intensification Program	**Poster presentation:** Hospital Authority Convention
Yeung Hoi Ming Theresa	2017	Optimization of Glycemic Control for Newly Insulin Initiation Patients – A Patient Partnership Approach	**Oral Poster Presentation:** International Diabetes Federation Congress 2017 in Abu Dhabi

Acknowledgment :

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