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



13TH AHKDN WEBINAR
ANNUAL GENERAL MEETING

CUM

2ND EVIDENCE-BASED PRACTICE SYMPOSIUM

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 the 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 the 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 survey 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 about diabetes and healthy lifestyle
- We advocate the better care quality of care and rights for people affected by diabetes

The 2020-2022 Council

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Ms Mok Pik Hung Maisy
Ms Wong Ka Chee Karen
Ms Wong Suk Chi
Ms Yeung Chau Wan

Message from President

On behalf of the Association of Hong Kong Diabetes Nurses, we are delighted to welcome you all to the 13th Webinar Annual General Meeting and Symposium on 26th June 2021 (Saturday). The theme of AGM symposium is '**The 2nd AHKDN Evidence-based Practice Symposium**'.

Strive for excellent diabetes care through Evidence-based Practice (EBP) is one of the goals of AHKDN mission, members of the EBP groups have conducted five EBP projects in the recent 2 years, in which some projects have been presented in local symposiums. Luckily, we invited three EBP groups to share their good work in the symposium.

Time flies, it's our 13th Anniversary since AHKDN has been set up in 2008. Actually, the diabetes nursing was started in 1980s and some of the members may not realize its history. It's our great honor to invite Professor Karen Lam to share the journey in developing diabetes nursing in Hong Kong. I would like to take this opportunity to thank all the Advisors and Endocrinologists for their unfailing support to nurture the profession of diabetes nursing in the past 30 years.

We have experienced and overcome many challenges in the year 2020. The crisis of the COVID-19 pandemic interrupted our lives and the usual activities. In view of infection control measures, we cancelled the AGM symposium last year. However, with the advance in technology, the internet allows us to connect with people without boundaries in the world and Apps allow us to access useful information in a safe place. Learning should never stop, we collaborated with local or overseas organizations or associations to conduct webinar seminars. Moreover, we developed various patient education tools, such as booklet of Eye Disease; videos of Diabetic Retinopathy and Injection Technique which could be accessed from our website.

Last but not least, we would like to express our sincere gratitude to Professor Karen LAM, Dr TIU Sau Cheung, Professor Frances WONG, Honorary Advisors and Auditor, speakers, all pharmaceutical sponsors and council members for your unfailing support and contributions to make the event successful.

Looking forward to seeing you all and we hope that you will enjoy the AGM and symposium.



Sarita Chan

PRESIDENT 2020-2022
The Association of Hong Kong Diabetes Nurses

Programme Rundown

26 June 2021

1:30 – 2:00pm	**Registration** (on-line registration start at 1:45pm)
2:00 – 2:05pm	**Welcome Speech** *President: Ms Chan Oi Ying Sarita*
2:05 – 2:35pm	**Outstanding achievement award presentation** *Dr Kwan Yee Mei Jo Jo* *Ms Loo Kit Man* *Review Panel* *Dr Tiu Sau Cheung* *Prof Wong Kam Yuet Frances* *Ms Veronica Hung* *Ms Loo Kit Man*
2:35 - 2:55pm	**Honorary Speech** **Development of Diabetes Nursing in Hong Kong** *Prof Lam Siu Ling Karen*
2:55 - 3:05pm	**Break**
	Evidence-based Symposium
3:05 – 3:25pm	**1. Physical Activity / Exercise & Diabetes: A Guide for DM nurses** *Speaker: Ms Sin Wai Man Celia*
3:25 – 3:45pm	**2. Recommendation on Preconception Care of Women with Diabetes** *Speaker: Ms Yeung Hoi Ming Theresa, Dr. Leung Sum Ming*
3:45 – 4:05pm	**3. Continuous Glucose Monitoring System: Practical Guide for Diabetes Nurses** *Speaker: Ms Ng Mei Po Mabel*
4:05 - 4:10pm	**Closing Remark** *Chairperson of AGM Organizing Committee: Ms Yee Shun Wah Amy*
4:10 – 4:30pm	**The 13th Annual General Meeting (members only)** **Annual Report** *President: Ms Chan Oi Ying Sarita* **Financial Report** *Treasurer: Ms Lam Yuen Hun* **Lucky Draw** *Dr Leung Sum Ming, Ms Yee Shun Wah Amy*

Honorary Speech

Development of diabetes nursing in Hong Kong

Prof Karen SL Lam, Department of Medicine, the University of Hong Kong

Specialist diabetes nurses have long been playing a key role in patient care in countries with advanced diabetes service, such as the UK, US and Australia. On the request of senior physicians of the two universities, the Medical and Health Department provided on a trial basis, two positions on diabetes nursing in 1987, one to each of the University teaching hospitals. In early 1988, on my way to Melbourne for a short sabbatical, I visited the Royal Prince Alfred Hospital (RPAH) in Sydney, which is renowned for its multidisciplinary diabetes centre. Under the directorship of Professor Dennis Yue, the diabetes nurses there were responsible for the organisation and running of all centre activities, from patient education, counselling and sharing, complication and risk factors assessment, to dosage adjustment of medications. The highly experienced diabetes nurse experts at RPAH would certainly be excellent role models and mentors for our diabetes nurses. Professor Yue and Ms Marg McGill, his assistant, kindly agreed to provide training to our nurses and arrange for their accommodation. Support obtained from our industrial partners to fund the cost of air travel and accommodation was channelled through the Hong Kong Society of Endocrinology, Metabolism & Reproduction (HKSEMR). From 1998 to 1990, nine diabetes nurses received resident training, 3-month each, at RPAH. Local training on diabetes nursing, initiated by these pioneers in 1991, in collaboration with HKSEMR, has evolved into a well-structured post-graduate certificate course that has since trained hundreds of nurses. In 1994, Dr EK Yeoh, following his inauguration of the diabetes centre at QMH, established the Working Party on Diabetes Care to promote multidisciplinary diabetes care within the HA, with an increasing number of diabetes nurses appointed to run the diabetes centres at HA hospitals. This was accompanied by the appointment of diabetes nurse specialists (APNs) and in 2009, the first diabetes nurse consultants. The Diabetes Educators Group (DEG) was formed in 1990 and evolved into AHKDN in 2008. Diabetes nurse specialists sit on the councils of the Diabetes Division of HKSEMR and Diabetes Hongkong, as well as various HA committees involved in diabetes care. Diabetes nursing has been recognized as a specialty under the Hong Kong College of Medical Nursing after the establishment of the Academy of Nursing, with the accreditation of the first Fellows in Diabetes Nursing in 2012. Since 1987, diabetes nursing in Hong Kong has certainly come a long way. On this 13th Anniversary of AHKDN, I must congratulate our colleagues in diabetes nursing on their outstanding achievements.

Outstanding Achievement Award(Green)

Project title:

Empowerment Program of Foot Care for Patients with Diabetes

Authors:

Cheung SM, Lam YH, Lau YFE, Huang HY, Ho SY, Au KYS, Lo BYE, Lam YFD, Chan KK

Affiliation:

Diabetes Ambulatory Center, Department of Medicine, Pamela Youde Nethersole Eastern Hospital

Introduction:

Diabetes mellitus (DM) is the most common cause of non-traumatic amputation in developed countries. Knowledge deficit affects foot care practices that contributes to foot ulcers development. The purpose of this program is to enhance foot care knowledge and empower the establishment of daily foot care habit in patients with diabetes.

Methodology:

This is an ongoing program with pre- and post-test design. Type 2 DM patients aged ≥18 year-old and had foot problem(s), or had intention to learn, have been recruited during Metabolic Risk Assessment since May 2019. They would then attend foot care class for acquiring basic foot care knowledge and skills. Telephone follow-up (FU) at 3-month period was conducted for reassessment. Foot care knowledge, behavioural change and satisfactory level about the class were assessed.

Results:

There were 85 eligible patients recruited up to May 2021. Their foot care knowledge score before and just after the class was significantly improved from 5.36±1.43 to 8.33±1.03 ($p<0.001$). 65 of them completed telephone FU. Their score still improved significantly to 7.13 ±1.44 ($p<0.001$). The percentage of patients who could perform daily foot inspection and daily foot cleaning had increased from 50.6% to 86.2% and from 88.2% to 98.5% at 3-month period respectively. Over 97% of them agreed that foot care class could enhance their foot care knowledge and ability.

Conclusions:

The results suggested that empowerment program could significantly help to enhance and sustain foot care knowledge in people with diabetes, which laid the foundation for reducing foot complications.

Outstanding Achievement Award

Title:

An evaluation of the effect of a Diabetes Care Programme for people with Type 2 Diabetes Mellitus in primary care setting: A pilot randomized controlled trial

Authors:

Harriet H.Y. Chung[1] & W.T. Chien[2]

Affiliation:

Chief Care Coordinator, Sham Shu Po District Health Centre[1]

Professor, the Director of the Nethersole School of Nursing, CUHK[2]

Introduction & Objective

Diabetes self-management education is the critical component for all people with diabetes to improve patient outcomes. In Hong Kong, a sizable proportion of people with Type 2 Diabetes Mellitus (T2DM) is being cared for by General Practitioner (GP), but no structured Diabetes Care Programme (DCP) is in place. There is a need to fill up the service gap for providing a structured DCP to this patient group and make it beneficial to optimize their diabetes care. This pilot study evaluated the effects of a DCP on the improvements in patients' glycemic control and diabetes self-care of T2DM in the private primary care setting.

Methodology:

It was a randomized controlled trial. People with T2DM were recruited from four private medical clinics in Hong Kong between Dec 2019 and Nov 2020. They have been randomly assigned into the "DCP in addition to usual medical care" and the control group "Usual medical care only (UC)". The DCP group has received three Diabetes Conversation Map™ sessions supplementary with two individual follow-up teleconsultations by the diabetes nurse after the Map sessions. Individual "Goals and Action Plans" were set by participants after each Map session. Two primary outcomes were the average change of HbA1c and participants' self-efficacy level from baseline to post-intervention. Three secondary outcomes measured the changes of empowerment level, diabetes knowledge, and quality of life. Participants needed to complete the questionnaires at baseline, immediately after the intervention (DCP group only), and after the post-intervention of the programme. All data entries and statistical analyses use IBM SPSS software (version 27.0). Variables will compare the pre-test (baseline) and post-test (after the intervention) with Paired-sample T-Test and subgroup analysis. The level of significance of all statistical tests is at a two-sided significance level of 0.05. The actual behavioural changes (Goal vs Action) will be presented in categories and the percentage of achievement of plans implementation.

Outstanding Achievement Award

Results:

A total of forty participants were recruited; five withdrew, and one died. The results were analyzed based on the data collected from these thirty-four participants (DCP group, n=17; UC group, n=17). Most of them were male (61.8%), more in age at 36-75 (57.6+/-9.89) and the duration of diabetes was 1-22 years (mean 7.04+/-5.23); thirty-one (86.1%) followed up at GP clinics only, the rest of them have a follow-up at both GP and public sector. Thirty-five (97.2%) of them on oral anti-diabetic drugs, and only a few had self-adjusted medication (n=3, 8.3%). About one-third of them had a history of forgetfulness in taking medication (n=13, 36.1%) in the past three months. Noted a significant difference in the UC group with diabetic complications (p=0.034) and lower HbA1c (p=0.045) at the baseline. More participants in the UC group received formal diabetes education before joining this research (p=0.054).

Results showed the DCP group have significant changes in HbA1c (p=0.021), Diabetes Knowledge (p=0.000) and Diabetes-related Psychosocial Self-Efficacy (p=0.051). Increased/added Oral Anti-diabetic agents (OADs) (DCP group, n=2; UC group, n=2); Decreased/stopped OADs (DCP group, n=1); and Increased/added anti-hypertensive agents (DCP group, n=1).

The participants set thirty-nine goals, with six topics in the DCP group during the Map sessions. The top three of these goals were "Improve dietary control (n=12)", "Keep regular exercise (n=9)", and "Weight reduction (n=8)". Near 95% of them can implement the action plans towards their goals. Only two participants have not achieved their goals (initiate self-blood glucose monitoring & weight reduction).

Conclusions:

The first study in the field demonstrated a protocol driven DCP in a private primary care setting. The results expressed DCP group had more significant improvements in HbA1c, Diabetes Knowledge and Diabetes-related Psychosocial Self-Efficacy, which were similar to the literature review. There has an overall significant improvement in behavioural changes in the DCP group. Near 95% achievement in individual health goals carried out various tailor-made action plans and healthy living modifications. This study showed a clinical benefit in nursing practice to apply a structured DCP for diabetics in the private primary care setting.

 # The study was granted with "Association of Hong Kong Nursing Staff Development Fund (#PDF190401)"

2020-2021 AHKDN Activities

Council Meeting

2020 SEP 04	52nd AHKDN Council Meeting	2020 NOV 27	53rd AHKDN Council Meeting
2021 MAR 05	54th AHKDN Council Meeting	2021 MAY 21	55th AHKDN Council Meeting

Report of AHKDN Sub-Committee

1 AHKDN Newsletter Committee

Chair: Ms Yee Shun Wah Amy
Members: Ms Chung Hau Yee Harriet, Dr. Kwan Yee Mei Jo Jo, Ms Lam Yuen Hung, Ms Lau Sau Lin Tracy, Ms Leung Yat Sze Annie, Ms So Tak Yee Tammy

The 16th issue of AHKDN Newsletter was published in March 2021. The main theme was "COVID-19 and Diabetes". The content included:

- Management of diabetes in the COVID-19 pandemic: from endocrinologists' perspectives
- Management of diabetes in the COVID-19 pandemic: from diabetes educators' perspectives
- Practical tips on injectable anti-diabetic agents and SMBG for persons with diabetes during COVID-19
- People with diabetes in the community during COVID-19


AHKDN Newsletter
Issue 16
Feb. 2021
Editorial
President Words

2 Clinical Work Group on Diabetes Nursing Accreditation

Representatives to Hong Kong College of Medical Nursing: Ms Leung Yat Sze Annie & Ms Yee Shun Wah Amy
Members: Ms Chan Mei Tai May, Ms Cheng Mei Wan Winnie, Ms Kan Ching Yee Eva, Dr. Kwan Yee Mei Jo Jo, Ms Leung Siu Kuen, Ms Ng Chi Wah Fanny, Ms Ng Mei Po Mabel, Ms Tong Mei Ling Maggie
Advisor: Prof. Shiu Tak Ying Ann

The workgroup continues to support the formulation of standards of curriculum, examination handbooks, mentorship and fellow examination for Hong Kong College of Medical Nursing (HKCMN).

3 Evidence-based Practice (EBP) Committee

Chairs: Ms Chan Mei Tai May & Ms Kan Ching Yee Eva
Secretaries: Ms Au Ka Yin Shimen & Ms Leung Yat Sze Annie
Members: Ms Chan Woon May Samsonly, Ms Chan Oi Ying Sarita, Dr. Kwan Yee Mei Jo Jo, Ms Loo Kit Man, Ms Mok Pik Hung Maisy, Ms Ng Chi Wah Fanny, Ms Wong Ka Chee Karen, Ms Yee Shun Wah Amy

8 new members (Ms Chan Ching Yee, Chan Shuk Kwan, Chang Lai Fan Helen, Cheung Shuk Man, Chui On Lan Anna, Lee Ka Ying, Loong Hong Nin Connie & Ng Mei Po) joined the committee to conduct new projects in order to enhance quality diabetes care by promoting evidence-based practice.

Education Seminars & Training

2020 JUN 20

聚力海峽糖尿病管理高峰論壇

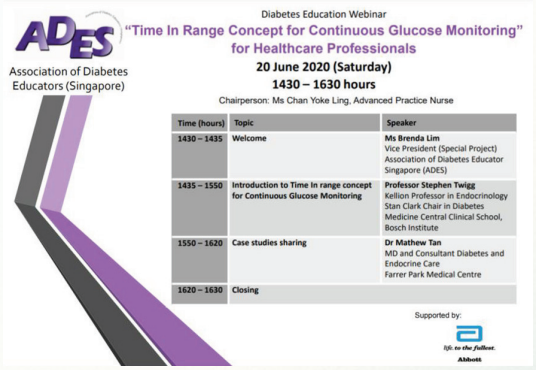
Together DC Taiwan and Mainland China held a webinar for diabetes HCPs to exchange experiences with regards to diabetes management.



2020 JUN 20

Time in Range Concept for Continuous Glucose Monitoring for Healthcare Professionals

Organized by Association of Diabetes Educators Singapore (ADES). 20 AHKDN members attended the seminar.

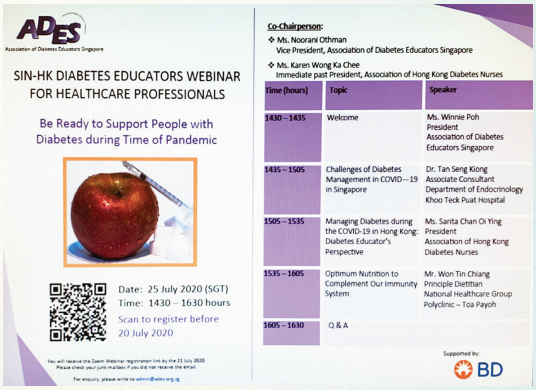


2020 JUL 25

Singapore-HK Diabetes Educators Webinar for healthcare professionals

This webinar seminar was the 1st across countries collaboration, organized by ADES and AHKDN "Be ready to support people with diabetes during time of pandemic".

Ms Sarita Chan was invited as speaker and Ms Karen Wong was invited as chairlady for the seminar.



Education
Seminars & Training

2020
AUG
02

Diabetes Preventing the Preventables (DPP) Forum

This is a 1-day webinar forum organized by Asia Diabetes Foundation (ADF). The Association of Hong Kong Diabetes Nurses (AHKDN) was the co-organizer. 63 members enrolled in the Forum. The Forum was also supported by the Hong Kong Medical Association (HKMA) and the Hong Kong College of Family Physicians (HKCFP).



2020
NOV
03

Fixed-Ratio Combination for T2DM patients in real-life practice

A live webinar organized by AHKDN. Ms. Veronica Hung shared the nursing care for patients with combination therapy of basal insulin and GLP1-RA. 75 members attended the seminar.





Education Seminars & Training

2020
DEC
19

"Diabetes Technology in Practice – Insulin Pump Workshop Series 2" Continuous Glucose Monitoring and Continuous Subcutaneous Insulin Infusion in Paediatric Practice

AHKDN co-organized with HKSPEM to hold an online webinar on CGM & CSII. Ms. Iris Poon shared the practical tips on applying CGM and insulin pump in Paediatrics practice. 30 members participated.



2021
FEB
27
MAR
13
MAR
27
APR
10

Better Care for Patients with Diabetes and Kidney Disease

Hong Kong Kidney Foundation, Hong Kong Society of Nephrology and the Federation of Medical Societies of Hong Kong have organized 4 live webinars. AHKDN was one of the collaborating partners.

Ms Veronica Hung was nominated as speaker for 'Road Map on Diabetes Care: From Risk Assessment to Empowerment' on 13 Mar 2021.



Education
Seminars & Training

2021
MAY
02

Diabetes Preventing the Preventables (DPP) Virtual Forum 2021

A 1-day webinar provided a unique forum for clinicians, nurses, health care professionals, scientists, administrators, researchers and many others to learn about the landscape of diabetes and chronic care in Asia. 70 complimentary registrations were provided to members.



2021
MAY
08

Insulin 100 Years Half-Day Webinar Lecture

Diabetes Hongkong invited AHKDN to co-organize the half-day webinar seminar.

Ms Sarita Chan was invited to deliver "Practical tips to increase patient acceptance on insulin therapy".



Promoting Health Awareness in Community

2020
OCT
03 | 04

The 22nd Diabetes and Cardiovascular Risk Factors - East Meets West Symposium Lay Program

AHKDN was one of the supporting organizations. 35 members attended the symposium. DM education materials: post-prandial booklet, smart tips on eating out and video on DM dance as well as DM complications were uploaded in the AHKDN virtual booth. Special thanks to Ms Maisy Mok and Ms Maggie Lau for lecture delivering



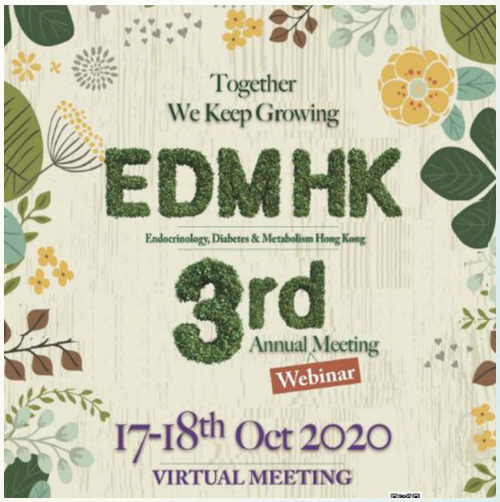




2020
OCT
17 | 18

The Endocrinology, Diabetes & Metabolism Hong Kong (EDMHK) 3rd Annual Meeting Public Lecture

AHKDN was one of the supporting organizations. 50 AHKDN members registered. Special thanks to Dr. Jo Jo Kwan, Ms Veronica Hung, Ms Kitman Loo and Ms Shimen Au for being chairperson of the EDMHK Lay Program.







Production of Education Tools

Booklet



Patient Education Animated Videos



Diabetic Retinopathy

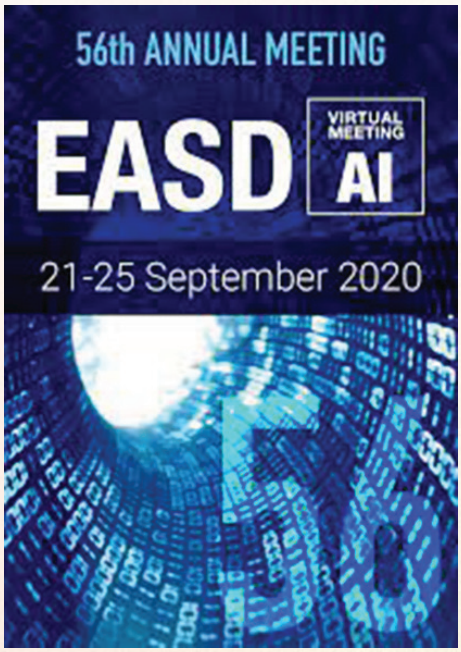
The animated video "diabetic retinopathy" was released on 21 Jan 2021. The video has been uploaded to AHKDN YouTube account "香港糖尿科護士協會".

AHKDN Youtube channel

Nomination and Sponsorship

EASD Virtual Congress on 21-25 September 2020

One member attended the Congress.



Upcoming Events

1 胰島素注射需知

The patient education animated videos and leaflet will be released soon.



2 Update of insulin injection guidelines

Update version: "Evidence-based Clinical Guideline: Subcutaneous insulin injection for people with diabetes mellitus".

3 Diabetes Management Course 2021

The course will be organized in September 2021.

4 Eye Disease Booklet and video production on diabetic retinopathy

The patient education booklet on eye disease and video will be released soon. Watch out to our announcement.

Abbott ASCENSIA Diabetes Care AstraZeneca 阿斯利康 BD NOVARTIS
Lilly novo nordisk ONETOUCH Roche SANOFI