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

THE 14TH AHKDN

Annual Symposium & Annual General Meeting



DIABETES CHAPTER

UPDATE ON MANAGEMENT OF CARDIOVASCULAR AND NON-ALCOHOLIC FATTY LIVER DISEASES

控糖篇 · 保心護肝

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



PRESIDENT	Ms Chan Oi Ying, Sarita	陳愛英
VICE-PRESIDENT	Ms Loo Kit Man	魯潔敏
SECRETARY	Dr Leung Sum Ming	梁心銘
	Ms Leung Yat Sze Annie	梁逸思
TREASURER	Ms Lam Yuen Hung	林婉虹
HEAD OF EDUCATION	Ms Wong Suk Chi	黃淑芝
HEAD OF PUBLICATION	Ms Yee Shun Wah Amy	余舜華
HEAD OF COMMUNICATION	Ms Yeung Chau Wan	楊秋雲
COUNCIL MEMBER	Ms Ho Sau Yee	何秀儀
	Ms Hung Siu Chan Veronica	孔笑珍
	Dr Kwan Yee Mei Jo Jo	關綺媚
	Ms Mok Pik Hung, Maisy	莫碧虹
	Ms Wong Ka Chee, Karen	王家緻

HONORARY ADVISORS

Prof Clive Cockram
Prof Lam Siu Ling Karen
Ms Marg McGill
Prof Shiu Tak Ying Ann
Dr Tiu Sau Cheung
Prof Wong Kam Yuet Frances
Dr Yeung Tok Fai Vincent

HONORARY AUDITOR

Mr Fung CK Nicholas

HONORARY LEGAL ADVISOR

Mr Anthony James Hung

MESSAGE FROM PRESIDENT

On behalf of the Association of Hong Kong Diabetes Nurses, I am delighted to welcome you all to the 14th Webinar Annual General Meeting and Symposium on 25th June 2022 (Saturday). The theme of AGM symposium is "**Diabetes Chapter: Update on Management of Cardiovascular and Non-alcoholic Fatty Liver Diseases (控糖篇：保心護肝)**".

Hyperglycemia is one of the significant risk factors for development of Non-alcoholic fatty liver disease (NAFLD) and cardiovascular diseases (CVDs). NAFLD may lead to liver cirrhosis and hepatocellular carcinoma, whilst cardiovascular diseases are the most prevalent cause of mortality and morbidity among people with diabetes. This year, we are honoured to invite two distinguished speakers, Dr. KAM Ka Ho Kevin and Dr. LEE Chi Ho Paul to update our knowledge on the management of NAFLD and CVD related to diabetes.

It has been more than two years since the outbreak of COVID-19 pandemic in 2019 and we have hardly overcome several waves of COVID-19 together. This year, although we were facing difficult challenges, we kept collaborating with other organizations or associations to conduct webinar seminars for patients and nurses and to develop patient education videos and pamphlets. Furthermore, we published the revised guideline on "**Evidenced-based Clinical Guideline on Subcutaneous Insulin Injection for People with Diabetes Mellitus**" and luckily we organized face-to-face seminar on "**Updated Insulin Injection Guideline**' in Nov 2021 before the 5th wave of COVID-19 started.

The term of AHKDN Council 2020-22 is coming to the end. I would like to take this opportunity to thank all advisors and council members' great effort and dedication in supporting and organizing the AHKDN activities in the past two years during this difficulty time in fighting COVID-19 pandemic. I wish every success to the new AHKDN President and Council of 2022-24.

Last but not least, may I express my sincere gratitude to the guest speakers, Dr. Paul LEE, Dr. Kevin Kam; our advisors and council members for your unfailing contributions and support to make the event success.

I wish everyone stay safe, strong and healthy. I am looking forward to seeing you all at the 14th AHKDN AGM and symposium on 25th Jun 2022.



Sarita CHAN
President of AHKDN (2020-22)

THE 14TH AHKDN ANNUAL SYMPOSIUM & ANNUAL GENERAL MEETING

25TH JUNE 2022 (SATURDAY)

PROGRAMME COMMITTEE

Ms Chan Oi Ying Sarita *(Chairman)*
Dr Leung Sum Ming
Ms Leung Yat Sze Annie
Ms Loo Kit Man

ORGANIZING COMMITTEE

Ms Yeung Chau Wan *(Chairman)*
Ms Ho Sau Yee
Ms Hung Siu Chan Veronica
Dr Kwan Yee Mei Jo Jo
Ms Lam Yuen Hung
Ms Mok Pik Hung Maisy
Ms Wong Ka Chee Karen
Ms Wong Suk Chi

MODERATOR

Ms Ho Sau Yee
Ms Wong Suk Chi

2022-2024 COUNCIL ELECTION

Dr Kwan Yee Mei Jo Jo

PROGRAM RUNDOWN

14:00 - 14:05	**Welcome Speech**	Ms Chan Oi Ying Sarita *President, AHKDN*
14:05 - 15:05	**Keynote Speech 1** *Management of IHD in patients with diabetes*	Dr. Kam Ka Ho Kevin *Associate Consultant* *Princess of Wales Hospital*
15:05 - 15:15	**Break**	
15:15 - 16:15	**Keynote Speech 2** *Fatty liver disease as a diabetic complication?*	Dr. Lee Chi Ho Paul *Clinical Assistant Professor* *The University of Hong Kong*
16:15 - 16:20	**Closing Remark**	Ms Yeung Chau Wan *Chairman of AGM Organizing Committee*
16:20 - 17:00	**14th Annual General Meeting and Council Election (Members only)**	

ABSTRACTS

Management of Ischaemic Heart Disease in Patients with Diabetes

Dr Kam Ka Ho Kevin
Associate Consultant
Princess of Wales Hospital

Cardiovascular disease (CVD) in particular ischaemic heart disease (IHD) is the leading cause of death in patients with diabetes mellitus. The CV risk is going up with diabetes duration and is affected by other comorbidities like hypertension, dyslipidemia and chronic kidney disease. Diabetic patients with existing CVD have the highest risk of a subsequent CV events. Oral hypoglycemic drugs through various mechanisms of lowering blood glucose and have been proven to reduce microvascular target end-organ damage like retinopathy, nephropathy and neuropathy. However, there had been no convincing relationship between HbA1c reduction and improvement in CV events with the traditional drugs like sulphonylurea. Increased risk of heart failure (HF) and concerns about myocardial infarction (MI) with the administration of thiazolidinediones (rosiglitazone and pioglitazone) led to heightened awareness of potentially harmful CV effects. Not until recent five to eight years, oral sodium-glucose co-transporter 2 (SGLT2) inhibitors and injectable Glucagon-like peptide 1 (GLP-1) analogues in particular empagliflozin and liraglutide have been proven and endorsed by FDA to reduce 3-point MACE namely CV mortality, MI and stroke. As for SGLT2 inhibitor, there have been additional benefit in renal function preservation, weight reduction, relieving arterial stiffness, and left ventricular afterload. Hyperlipidaemia which often goes hand in hand with diabetes, the elevated LDL (low-density lipoprotein) cholesterol (LDL-C) has been linked to CV events. The use of lipid-lowering therapies, including statins and nonstatin therapies such as ezetimibe and PCSK9 (proprotein convertase subtilisin/kexin type 9) inhibitors, markedly decreased LDL-C and lowered the risk of CVD outcomes. For every 1-mmol/L reduction in LDL-C from statins, there is a corresponding relative risk reduction in cardiovascular events of 12% and 22% after 1 and 4 years of treatment respectively. Diabetes care goes well beyond the reduction of HbA1c as the goal of therapy should be CV and all-cause mortality reduction in patients who are at the highest risk for such events namely preexisting CVD. As a result, there is an immediate need for clinicians to embrace the latest evidence and change from traditional diabetic medications to newer therapies with proven CV benefit.

Fatty liver disease: A diabetologist's perspective

Dr Lee Chi Ho Paul
Clinical Assistant Professor
The University of Hong Kong

The global prevalence of fatty liver disease (FLD) is rising along with the epidemics of diabesity. Over 70% of individuals with type 2 diabetes (T2D) have fatty liver. The relationship between fatty liver and T2D is mutually detrimental. A multitude of recent studies have demonstrated that T2D is closely linked to the development of cirrhosis, hepatocellular carcinoma, liver-related morbidity and mortality. On the other hand, fatty liver disease also negatively impacts T2D in terms of the development of adverse clinical outcomes including cardiovascular and chronic kidney diseases. Metabolic dysfunction-associated fatty liver disease (MAFLD) is a new entity recently proposed by a panel of international experts. It is defined as the presence of hepatic steatosis in addition to any one of the three criteria including overweight or obesity, T2D and/or clinical evidence of metabolic dysregulation, such as central obesity, dyslipidaemia and prediabetes. Theoretically, all patients with T2D and FLD belongs to the MAFLD population. In response to these global health threats, clinical care pathways for non-alcoholic fatty liver disease (NAFLD) and guidelines for MAFLD have been developed. Several anti-diabetic agents have been evaluated for their potential hepatic benefits with promising results. This talk will provide an overview of the latest evidence that support FLD as an emerging diabetic complication of increasing importance, and to present the current recommendations, focusing on the assessment and therapeutic strategies, on the management of FLD among T2D patients.

2021-2022 AHKDN ACTIVITIES

Council Meetings

2021 AUG 20 — The 56th AHKDN Council Meeting

2021 NOV 25 — The 57th AHKDN Council Meeting

2022 MAR 4 — The 58th AHKDN Council Meeting

2022 MAY 27 — The 59th 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


AHKDN Newsletter
Issue 17
Feb. 2022
Editorial
Updated evidence-based clinical guidelines
Subcutaneous insulin injection for people with diabetes mellitus
Leung Yat Sze Annie Diabetes Nurse Specialist, Yan Chai Hospital

The 17th issue of AHKDN Newsletter was published in February 2022
The main themes included:

- Updated evidence-based clinical guidelines on subcutaneous insulin injection for people with diabetes mellitus
- Glucagon-Like Peptide 1 Receptor Agonists (GLP-1 RA) in Hong Kong
- 深水埗地區康健中心

2. Clinical Work Group on Diabetes Nursing Accreditation

Representatives of Hong Kong College of Medical Nursing
Ms Leung Yat Sze Annie & Ms Yee Shun Wah Amy
Members: Ms Chan Mei Tai May, 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 Clinical Work Group helps to develop examination items for accreditation of diabetes nurses or advanced practice nurses. 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 Wong Ka Chee Karen & Ms Yee Shun Wah Amy
Secretary: Ms Au Ka Yin Shimen
Members: Ms Chan Ching Yee, Ms Chan Mei Tai May, Ms Chan Oi Ying Sarita, Ms Chan Shuk Kwan, Ms Chang Lai Fan Helen, Ms Cheung Shuk Man, Ms Choi Ching Yee Ada, Ms Chui On Lan Anna, Ms Kan Ching Yee Eva, Dr. Kwan Yee Mei Ho Jo, Ms Lee Ka Ying, Ms Leung Yat Sze Annie, Ms Loo Kit Man, Ms Loong Hong Nin Connie, Ms Mok Pik Hung Maisy, Ms Ng Mei Po



The updated evidence-based clinical guidelines – Subcutaneous insulin injection for people with diabetes mellitus (English and Chinese version) were published in 10/2021. They were uploaded to AHKDN webpage for reference.

A seminar on updated insulin injection was held on 27 November 2021 at The Cityview Hotel with 61 participants. All participants satisfied with the seminar as a whole and found the presentations were informative, practical and useful.

LEARNING ACTIVITIES

Education Seminars & Training

2021 21 AUG

Managing Diabetic Retinopathy: Latest Development and Grading Overview

A live webinar organized by AHKDN. 55 participants attended the lecture. The powerpoint presentation was uploaded to AHKDN webpage for reference.



2021 9 NOV — 2022 18 JAN

Update Diabetes Management and Education Course 2021-22

9 lectures (1 hour per session) were conducted from 9 November 2021-18 January 2022 via Zoom. 115 nurses joined the course to refresh and update the trend for diabetes management and care. Positive feedbacks were received.

2021 11 DEC

Diabetes Care Journey (wound care): Triage, Diagnosis, Treatment and Care

A health talk was co-organized with Sham Shui Po District Health Centre was held on 11 December 2021 in hybrid mode with 72 attendances.





LEARNING ACTIVITIES

Education Seminars & Training

2022
8 JAN

Managing DM eye complication: From diagnosis to post treatment

The 2nd live webinar on managing diabetic retinopathy. The seminar was chaired by Ms Sarita Chan with panelist: Ms Annie Leung, Ms Kit Man Loo, Ms Veronica Hung & Ms Maisy Mok. 61 attended the lecture. The lecture powerpoint of Dr. Fanny Yip and Dr. Yvonne Chan were uploaded to AHKDN webiste under Professional Resources.





2022
1 MAY

Diabetes Preventing the Preventables (DPP) Forum 2022

A 1-day virtual conference gathered with local and overseas experts to share the latest evidence and best practices in preventing and controlling diabetes and noncommunicable diseases. 70 complimentary registrations were provided to members.

Ms Sarita Chan was invited to co-chair the Symposium 1 & Ms Kit Man Loo was invited to co-deliver a topic on “Nurse-coordinated targeted intervention program in diabetic kidney disease”.



PROMOTING HEALTH AWARENESS IN COMMUNITY

2021
25 SEPT

The 23rd Diabetes Lay Program at East Meets West Symposium



DM education materials: Beware of blindness-Knowing more about diabetes eyes, innovative way of managing blood sugar after meals, smart eating tips and exercise guide and video on DM dance as well as DM complications were uploaded in the AHKDN virtual booth.

Ms Loo Kit Man, Ms Theresa Yeung & Ms Ho Sau Yee were invited to chair the lay program.







2021
30 OCT

The Endocrinology, Diabetes & Metabolism Hong Kong (EDMHK) 4th Annual Meeting (Public Lectures) was organized as a hybrid meeting on 30-31 October 2021 at the Hong Kong Convention and Exhibition Centre

Ms Annie Leung & Ms Sarita Chan were invited as chairpersons of the EDMHK Public Lectures "Foot care in diabetes patients" and "Diet tips for people with diabetes, hypertension, hyperlipidemia and obesity" respectively.







2022
27 JAN

Interview at Sky post insulin theme page

Ms Annie Leung, on behalf of AHKDN was interviewed by the Sky Post. The theme was to update the general public on insulin treatment and clarify misunderstandings and also to celebrate the 100th anniversary of the discovery of insulin. The article and video were published in the Sky Post on 27 January 2022.



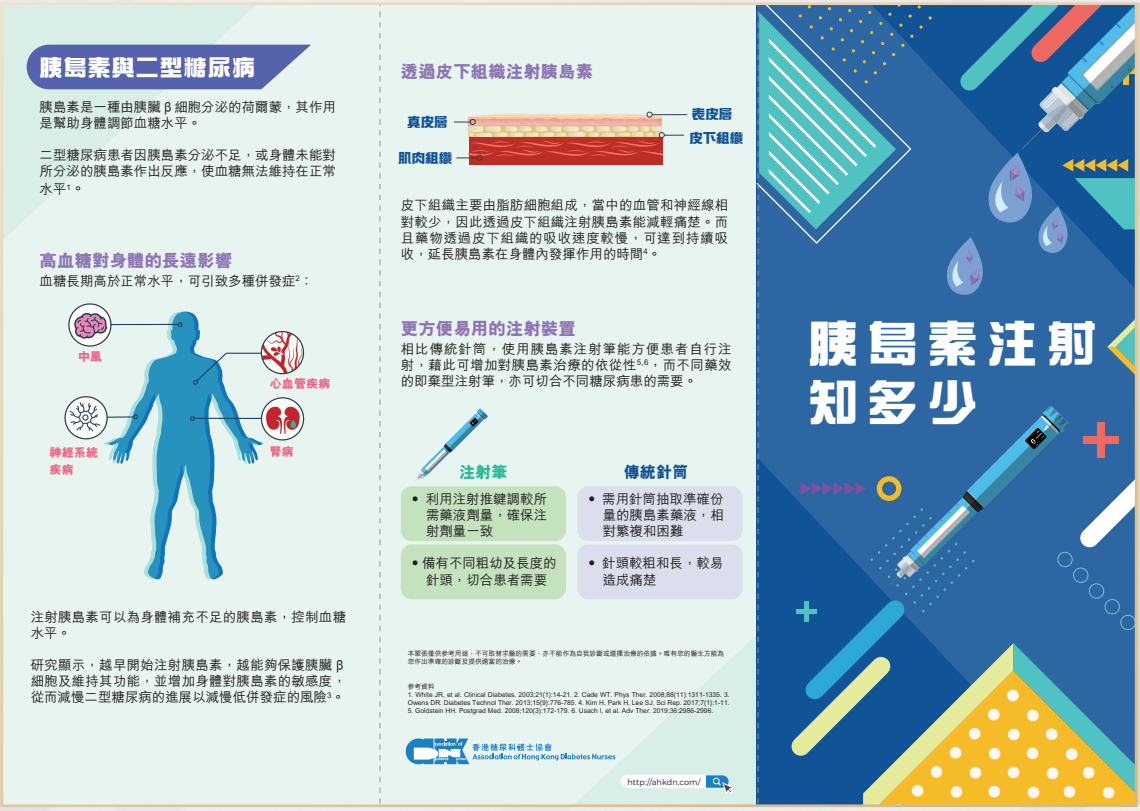
PRODUCTION OF EDUCATION TOOLS

Booklet

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Both patient education leaflet and animated video had been released in August 2021. The video was uploaded to Youtube: https://www.youtube.com/watch?v=X0d648e7v6s&t=16s

AHKDN YOUTUBE LINK



NOMINATION AND SPONSORSHIP

International Diabetes Federation virtual Congress 2021 on 6-11 December 2021

Three members applied for the sponsorship were approved, they attended the Congress.

UPCOMING EVENTS/ ACTIVITIES

Video production on DM eye complications

Two 5-minutes videos on DM retinopathy will be released soon.

Workshop on lipohypertrophy management

A train-the-trainer workshop will be arranged to members for identification and prevention of insulin-induced lipohypertrophy.

Evidence-based Clinical Guideline

An updated version of "Continuous Glucose Monitoring System: Practice Guide for Diabetes Nurse" and "Physical Activities/Exercise and Diabetes: A Guide for DM Nurses" will be uploaded to AHKDN webpage once finalized.

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