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

The 16th AHKDN Annual Symposium and Annual General Meeting

Healthy FOOD Happy MOOD

食息勝也 息食樂也

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

Abbott life. to the fullest.
ASCENSIA Diabetes Care
AstraZeneca 阿斯利康
Boehringer Ingelheim
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THE 2022 - 2024 COUNCIL



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SECRETARY	Ms Yee Shun Wah, Amy 余舜華
SECRETARY	Ms Yeung Chau Wan 楊秋雲
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HEAD OF PUBLICATION	Ms Lam Yee Ching 林綺清
HEAD OF COMMUNICATION	Ms Chan Cheuk Man 陳卓敏
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	Ms Mok Pik Hung, Maisy 莫碧虹
	Ms Wong Ka Chee, Karen 王家緻

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Ms Chan Oi Ying, Sarita

DIABETES DIVISION OF HKSEMR REPRESENTATIVE
Ms Chan Cheuk Man

YOUTH DIABETES ACTION REPRESENTATIVE
Ms Mok Pik Hung, Maisy

MESSAGE FROM PRESIDENT

It is my honor to extend a warm welcome to all of you to the 16th AHKDN Annual Symposium and Annual General Meeting of Hong Kong Diabetes Nurses (AHKDN).

Our AGM theme this year is “Healthy Food, Happy Mood 食息勝也、息食樂也” We are privileged to have two esteemed speakers Professor Eric Lee and Dr. Vivien Yu deliver insightful lectures on the topics of mindfulness and food psychology. Mindfulness has proven to be an effective tool in supporting diabetes management while understanding food psychology is crucial in comprehending the intricate relationship between emotions, behavior, and food choices. These areas of focus are integral to our practice as diabetes nurses and play a significant role in enhancing the care we provide to our patients. We are delighted to welcome two experienced guest speakers who will inspire us and broaden our knowledge in caring for people with diabetes within the context of these interconnected concepts.

A study conducted a few years ago revealed that Hong Kong holds the dubious distinction of having the longest working hours globally. This situation has become acute recently within the healthcare system. Due to the aging population and shortage of healthcare professionals, we face the challenges of high levels of stress, physically demanding tasks, and mental exhaustion. In recognition of these challenges, we organized a yoga class and a Japanese buffet as our social event in March 2024. I hope you were able to attend and meet old friends, engage in mental and physical relaxation, as well as enjoy delicious food that nourishes your body and soul, empowering you to manage the everyday challenges that lie ahead.

With the successful launch of four AHKDN videos on Dance for Health seven years ago, we have garnered a substantial viewership of 150,000 to 180,000 on YouTube. AHKDN has received a few requests from individuals and organizations seeking permission to utilize our videos for public education purposes. This year, our Association is collaborating with the Hong Kong Physiotherapy Association again to produce three additional videos focused on muscle-strengthening exercises to enhance the well-being of people with diabetes. Stay tuned for our forthcoming announcement.

As the 2022-2024 AHKDN Council term draws to a close, I would like to express my sincere gratitude to all advisors and council members for their unwavering commitment and outstanding contributions in organizing and supporting various activities over the past two years. I cordially invite each of you to join and actively participate in the committees of AHKDN. Your expertise and participation practices and standards, while simultaneously expanding our reach in diabetes prevention and health promotion initiatives within the community.

Thank you for your continued support and dedication.



Loo Kit Man
President of AHKDN 2022-24

THE 16TH AHKDN ANNUAL SYMPOSIUM & ANNUAL GENERAL MEETING

22 JUNE 2024 (SATURDAY)

PROGRAMME COMMITTEE
Ms Loo Kit Man (Chairperson)
Ms Leung Yat Sze, Annie
Ms Yee Shun Wah, Amy
Ms Yeung Chau Wan

ORGANIZING COMMITTEE
Ms Chan Cheuk Man(Chairperson)
Ms Chan Oi Ying, Sarita
Ms Hung Siu Chan, Veronica
Dr Kwan Yee Mei, Jo Jo
Ms Lam Yee Ching
Ms Lam Yuen Hung
Ms Mok Pik Hung, Maisy
Ms Wong Ka Chee, Karen
Ms Yeung Hoi Ming, Theresa

MODERATOR (AGM Program)
Ms Chan Shuk Kwan, Emily
Ms Chiu On Lan, Anna

MODERATOR (Annual dinner)
Ms Yeung Chau Wan
Ms Yeung Hoi Ming, Theresa

Evaluation

AGM lecture evaluation

13:45 – 14:10	**Registration**	
14:10 – 14:15	**Welcome Speech**	**Ms. Loo Kit Man, President**
14:15 – 15:15	**Keynote Speech (1)** Mindfulness for distress in people with diabetes and healthcare professionals	**Prof. Lee Kam Pui, Eric** Associate Professor, The Jockey Club School of Public Health & Primary Care, Faculty of Medicine, CUHK
15:15 – 16:15	**Buffet Tea Break**	
16:15 – 17:15	**Keynote Speech (2)** The psychology of eating: how to improve your relationship with food	**Dr. Yu Man Wai, Vivien** Department Manager (Dietetics)
17:15 - 17:25	**Closing Remark**	**Ms. Chan Cheuk Man** Chairperson of AGM Organizing Committee
17:25- 18:15	**AGM (members & guests only)**	
	The 16th Annual General Meeting • Annual Report • Financial Report	**Ms. Loo Kit Man, President** **Ms. Lam Yuen Hung, Treasurer**
	The 16th Council Member Election	**Ms. Wong Ka Chee, Karen** Chairperson of Election Committee 2024
18:45	**Annual Dinner (members & guests only)**	

KEYNOTE SPEECH (1)

Mindfulness for distress in DM patients and healthcare professionals

Prof. Eric Kam Pui Lee, Associate Professor, The Jockey Club School of Public Health & Primary Care Faculty of Medicine, The Chinese University of Hong Kong

Diabetes distress is prevalent among individuals with type II diabetes mellitus (DM) and is primarily attributed to the demanding nature of daily self-care tasks. These tasks include adhering to a healthy diet, engaging in regular physical activity, monitoring blood glucose levels, managing medication, and reducing risky behaviors such as smoking and alcohol consumption. The relentless nature of these responsibilities, coupled with the fear of diabetes-related complications and the frustration of maintaining stable glucose levels, often has a significant impact on the psychological well-being of individuals with DM. Extensive research has shown that diabetes distress is strongly associated with poorer DM control and higher A1c levels.

To address the challenges posed by diabetes distress, one potential approach lies in mindfulness- and acceptance-based interventions. They emphasize cultivating awareness and non-judgmental acceptance of moment-to-moment experiences, encompassing thoughts, feelings, and bodily sensations. Mindfulness-based interventions equips individuals with effective strategies to manage negative thoughts and emotions, ability to stay with unwanted experiences and reduce stress.

During the talk, participants will actively engage in mindfulness meditation exercises. This experiential component provides attendees with firsthand experience of the benefits of mindfulness and its potential to reduce diabetes distress and improve A1c levels.

KEYNOTE SPEECH (2)

The psychology of eating: how to improve your relationship with food

Dr. Vivien Man Wai Yu, Department Manager (Dietetics)

Food is potentially an angel and a devil. It is essential for survival but is also a significant determinant for many diseases. Learning more about the psychology of eating can improve your relationship with food. This presentation will illustrate how this can be done through adopting the mindful eating model. The latter is guided by four aspects: why we eat, what we eat, how much to eat, and how to eat. The goal is to promote a more enjoyable meal experience and understanding of the eating environment resulting in positive eating behaviors and healthy eating choices.

Council Meetings

24 June 2023	Ad hoc AHKDN Council Meeting
15 September 2023	The 64th AHKDN Council Meeting
1 December 2023	The 65th AHKDN Council Meeting
1 March 2024	The 66th AHKDN Council Meeting
17 May 2024	The 67th AHKDN Council Meeting
19 June 2024	The 68th AHKDN Council Meeting

Report of AHKDN Sub-committee

1. AHKDN Newsletter Committee

Chair: Ms Lam Yee Ching
Members: Ms Chung Hau Yee Harriet, Dr. Kwan Yee Mei Jo Jo, Ms Lam Yuen Hung, Ms Leung Yat Sze Annie, Ms Yeung Sau King, Ms Yee Shun Wah Amy
Advisor: Dr Yeung Tok Fai Vincent

The 19th issue of AHKDN Newsletter was published in January 2024 with hard copies sent to all diabetes centres and the soft copy has been uploaded to our AHKDN web-site. The main themes included:

- Biogenetic markers in precision diabetes care
- Telehealth in OLMH
- A Train-the-Trainer Program to Prevent Insulin-Induced Lipohypertrophy
- Case Study on CAPD patient with Ambulatory glucose profile (AGP)


AHKDN Newsletter
Issue 19
Jan. 2024
Editorial
Technological innovation in medicine covers diabetes technologies function in a multitude of ways with the potential to greatly reduce disparities in outcomes by improving quality of nursing care, reducing diabetes distress, improving quality of life of our patients, and optimizing diabetes self-management to improve health outcomes. In view of the benefit of improving our care, we are glad to invite endocrinologists and diabetes nurses to introduce and share experience in new technology, including biogenetic markers of DM, experience on Tele-Health, update on continuous glucose monitoring and insulin-induced lipohypertrophy.
Biogenetic markers in precision diabetes care
Dr. Andrea Luk
Precision medicine is about providing the right therapy for the right person at the right time.
Research into precision medicine in diabetes has gained momentum in recent years. Scientists are making inroads into understanding the complexity of diabetes, advancing our knowledge on how genetic, environment, behaviour and age interact and contribute to development of this condition. As new biogenetic markers and technology are being developed that allow us to assess aspects of disease biology beyond blood glucose, we are in a better position to apply precision medicine in ways not previously possible. With emergence of new pharmacotherapeutics for treatment of people with diabetes, it becomes more important than ever before that we are able to prescribe medicine tailored to the individual according to their distinct underlying disease processes.
In 2018, the American Diabetes Association in partnership with the European Association for the Study of Diabetes established the Precision Medicine in Diabetes Initiatives (PMDI) with the aims to assess existing evidence on precision medicine in diabetes management and to identify gaps in evidence where additional work is needed to support implementation of precision medicine. The Initiative defines precision medicine in diabetes as "an approach to optimise the diagnosis, prediction, prevention and treatment of diabetes by

2. Clinical Work Group on Diabetes Nursing Accreditation
Representatives to Hong Kong College of Medical Nursing
Ms Lin Lai Har Grace & Ms Yee Shun Wah Amy
Members: Ms Chan Mei Tai May, Dr. Kwan Yee Mei Jo Jo, Ms Leung Siu Kuen, 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 the 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 Chui On Lan Anna
Members: Ms Au Ka Yin Shimen, Ms Chan Ching Yee, Ms Chan Oi Ying Sarita, Ms Chan Shuk Kwan, Ms Cheung Shuk Man, Ms Choi Ching Yee Ada, Dr. Kwan Yee Mei Jo Jo, Ms Leung Yat Sze Annie, Ms Lin Lai Har Grace, Ms Loo Kit Man, Ms Loong Hong Nin Connie, Ms Mok Pik Hung Maisy, Ms Ng Mei Po, Ms Yeung Hoi Ming Theresa

The committee members are committed to the ongoing enhancement of diabetes care through the promotion of evidence-based practices. Two subgroups are actively engaged in developing a patient education pamphlet on lipohypertrophy prevention and conducting a comprehensive literature review on the concept and methodology of systematic rotation of insulin injection sites/area. To enhance quality diabetes care by promoting evidence-based practice.



Education Seminars and Training

24 Jun 2023

The 15th AHKDN Annual Symposium & Annual General Meeting
The 15th Annual Symposium & Annual General Meeting was held on 24th June 2023 (Saturday)
107 members and non-members attended.



Keynote Speech (1)
"Biogenetic markers in Personalised Diabetes care."
Presented by Prof. Andrea On Yan LUK



Keynote Speech (2)
"Update on Continuous Glucose Monitoring from Detection to Guide Self-management"
Presented by Ms Anna OL Chui, Ms Maisy PH Mok, Ms Mabel MP Ng, Ms Karen KC Wong





Outstanding Award and Presentation
"A Train-the-Trainer Program to Prevent Insulin-Induced Lipohypertrophy"
Presented by Ms Au Ka Yin Shimen, Ms Chan Shuk Kwan Emily, Ms Chang Lai Fan Helen, Ms Cheung Shuk Man Cherry, Ms Chui On Lan Anna

25 Jul 2023

KDIGO Implementation Summit on Diabetes Management in Chronic Kidney Disease: From Primary to Collaborative Care
(AHKDN was a supporting organization)





"Patient education, empowerment, and engagement" was presented by Ms Loo Kit Man.

Dr Harriet Chung was invited to be the nurse representative in the KDIGO workgroup meeting on 16 July 2023. A collaborative article namely "KDIGO Implementation Summit on Diabetes Management in CKD: From Primary to Collaborative Care" will be published by the working group.



4-6 Aug 2023



Asia-Oceania Conference on Obesity 2023 (AOCO 2023) at the Hong Kong Convention and Exhibition Centre, Hong Kong
(AHKDN was a supporting organization)
16 complimentary registrations were offered.

LEARNING ACTIVITIES

17 Sep 2023

23rd Regional Osteoporosis Conference



2 members were nominated and attended the Conference.

23-24 Sep 2023

25th Diabetes and Cardiovascular Risk Factors - East Meets West Virtual Symposium organized by the Hong Kong Institute of Diabetes and Obesity, CUHK.
(AHKDN was a supporting organization)



Ms Loo Kit Man was invited to co-chair a session.
Ms Chui On Lan, Anna was invited to present "What is Lipohypertrophy?"
43 members were nominated and attended the Symposium.





Update on Diabetes and Management Course 2023

10 October 2023 - 12 December 2023
A biannual training program aimed at improving the knowledge and expertise of nurses in the field of diabetes management. The course enrolled 51 nurses and consisted of 10 virtual lectures.

27 Oct 2023

Education Event Organized by the Association of Diabetes Educators (Singapore)

Ms Mabel Ng was invited by the Association of Diabetes Educators Singapore to provide a guest lecture on ”Best Practice on Self-Care of Blood Glucose Monitoring in a Local Hospital of Hong Kong” in Singapore.





28-29 Oct 2023

The Endocrinology, Diabetes & Metabolism Hong Kong (EDM HK) 6th Annual Meeting. It was organized by the Division of Endocrinology, Diabetes and Metabolism, Department of Medicine, The University of Hong Kong, K K Leung Diabetes Centre and Osteoporosis Centre of Queen Mary Hospital (AHKDN was a supporting organization)

64 members were nominated and attended the Meeting.





LEARNING ACTIVITIES

18 Nov 2023

YDA Diabetes Conference
Diabetes - Now and the Future
(AHKDN was a supporting organization)





5 May 2024

Diabetes Preventing the Preventable (DDP) Forum 2024
It was organized by Asia Diabetes Foundation and AHKDN was a coorganizer.





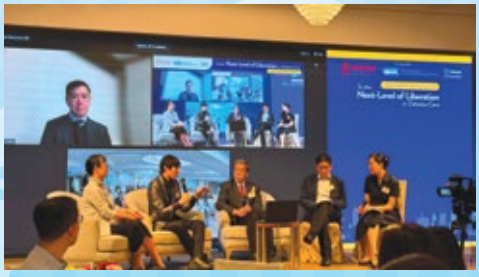


Ms Yeung Chau Wan was invited to co-chair one of the sessions
57 members were nominated and attended the Symposium.

28 May 2024

"To the Next-Level of Liberation in Diabetes Care" Conference
It was jointly organized by the HKSEMR and AHKDN.
Ms Loo Kit Man was invited to co-chair the session.





29 Aug 2023

ESDlife surveyed "Awareness and Knowledge on Diabetic Foot among Hongkongers"

AHKDN was invited to provide professional advice on diabetes foot care in a press release on the subject of "Awareness and knowledge on Diabetic Foot among Hong-kongers". The press release was published on 29 August 2023.



23 Sep 2023

The 25th Diabetes Public Programme at East Meets West Symposium (AHKDN was a coorganizer)

This was a one-day educational public programme including 3 educational talks, a cooking class demonstration, and booths for the public.





Ms Lam Yee Ching and Ms Elke Lai were the MCs of the Lay Programme
Ms Yeung Sau Ying was invited to give a talk on 糖尿病護理實用攻略.

- AHKDN also organized an education booth from 1pm to 5:30pm in the public programme.
- All the participants were required to complete 3 tasks in order to receive the AHKDN souvenir bag. These included connected numbers, ghost leg, and diabetes questions.
- Heartfelt appreciation to the 11 volunteer staff members for their invaluable assistance in the EMW Lay Program held at Science Park. Approximately 200 AHKDN souvenir gift bags were distributed to the program attendees.

PROMOTING HEALTH AWARENESS IN THE COMMUNITY









28 Oct 2023

The Public Lectures at The Endocrinology, Diabetes & Metabolism Hong Kong (EDM HK) 6th Annual Meeting
(AHKDN was a supporting organization)
This year, the three topics were "糖尿藥新知", "食療與控醇" and "濫用類固醇".
Over 150 registrations of people were interested those topics.





21-22 Oct 2023

YDA Children Camp





An overnight diabetes camp was held on 21 - 22 October 2023. Near 40 young members experienced various new sports, adventure games, and a treasure hunt game with excitement. They have strengthened their ability to self-manage diabetes in the absence of their parents and established deep friendships and team spirit with their team members.

9 Mar 2024

AHKDN Social Gathering (Yoga and buffet)
Yoga workshop was facilitated by Dr. Joyce Ho.
18 members joined the yoga class and 24 members joined the Japanese dinner buffet.







PRODUCTION OF EDUCATION TOOLS



Video production on DM eye complications
A 5-minute video on DM retinopathy was released and uploaded to AHKDN website and YouTube.
https://youtu.be/j8KnhvOUvmo

WHAT'S UP

Video on muscle-strengthening exercises

- 3 educational videos on muscle-strengthening exercise in collaboration with the Hong Kong Physiotherapist Association are currently in the development phase.

Lipohypertrophy patient educational pamphlet

- A workgroup is currently developing an informational pamphlet to educate people with diabetes on the significance of identifying and preventing insulin-induced lipohypertrophy.

Membership renewal payment cut-off

- The membership payment will be aligned with the financial cut-off on 31st March of each year.

UPCOMING COURSES / TRAINING

Diabetologists & Endocrinologists Alliance 6th Annual Scientific Congress
Organized by Diabetologists & Endocrinologists Alliance (DEA) on 15th June 2024
AHKDN is a supporting organization.

