

AGM PROGRAM 2010

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

Our Association

Our Mission

The Association of Hong Kong Diabetes Nurses Ltd (AHKDN) is dedicated to driving professional development and practice of its members, advancement of the diabetes management standard and thus improvement of lives 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 for diabetes
- We maintain and enhance professional practice standard of diabetes care and education in Hong Kong
- We organize conferences, seminars or workshops both locally or 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 for better care quality of care and rights for people affected by diabetes

Advisors

Hon. Advisors:
Prof Karen SL LAM
Prof Clive S COCKRAM
Prof Frances KY WONG
Prof Ann TY SHIU
Dr Ip Shing TSUI
Ms Marg McGILL

Hon. Auditor:
Mr Nicholas CK FUNG
馮卓堅會計師

Hon.Legal Advisor:
Mr. Anthony James Hung
洪宏道律師

The 2008 to 2010 Council

President	Winnie Cheng Mei Wan	鄭美雲
Secretary	Eva Kan Ching Yee	簡靜兒
Vice-president, Head of Education	Jo Jo Kwan Yee Mei	關綺媚
Vice-president	Law Chin San	羅展姍
Treasurer	Maisy Mok Pik Hung	莫碧虹
Development co-ordinator	Maggie Lau Siu Wai	劉小慧
Head of Internal Relationship	Holly Tang Ying Ho	鄧英好
Head of External Relationship	Shimen Au Ka Yin	區家燕
Head of Publication	Chung Hau Yee	鍾巧儀
Association Historian	Maggie Siu So Ming	蕭素明

We have now **129** members NOW !!

Message from President

I am very pleased to welcome you all to the 2010 Association of Hong Kong Diabetes Nurses Symposium and its 2nd Annual General Meeting.

To build a strong foundation for local diabetes nursing, AHKDN is continuously striving to set up standards and guidelines, advanced training curriculum, and to organize workshops and seminars to enrich local diabetes nurses' skills and knowledge in empowering ourselves as well as our clients. Last year, we have revised the Diabetes Nurse Clinic Intervention Guidelines, developed the Clinical Practicum Guide for the Diabetes Nursing Specialty Course and our first Position Statement on Diabetes Self-management Education. We have also organized a series of training activities to advocate for philosophy of patient education and novel education strategies, namely the 7-Habits of Highly Effective People with Diabetes Workshop and the Diabetes Conversations Facilitator Training Workshops. The theme of International Nurses Day this year is Delivering Quality, Serving Communities; Nurses Leading Chronic Care. It is time for us to get ourselves ready to give out to our community and to promulgate our standards of care.

AHKDN is proud of its cohesiveness among members, and we definitely will continue to sustain it through all sorts of academic and social functions. We believe that with good communication, we will develop our diabetes nursing specialty in a faster pace and towards international standards.

Under the theme of "Diet-Exer", we are very grateful to have two distinguished guest speakers to share their knowledge and expertise in diabetic diet and giving exercise advice in a practical approach.

I fully appreciate the time and efforts of the members of Organizing Committee and Program Committee in providing this very attractive program for participants. And I take this opportunity to extend my sincere gratitude to our honorary advisors and council members for their tremendous support and contributions to promote better diabetes care to improve lives of people with diabetes in Hong Kong.

I hope you all enjoy and benefit from the insightful and stimulating presentation.

Ms Winnie Cheng
President
Association of Hong Kong Diabetes Nurses

2nd Annual Meeting Proceeding

The 2nd AHKDN Annual Meeting

19 June 2010

New Seminar Room, 2/F Main Building, Union Hospital, Tai Wai, Shatin, NT

Organizing Committee
Ms Maisy Mok, Ms Carmen Wong
Ms Winnie Cheng, Ms Tracy Lau

Program Committee
Ms Eva Kan, Ms Annie Leung
Ms Koo Wai Kuen, Ms Law Chin San

Outstanding Achievement Award Panel
Prof Karen Lam, Prof Clive Cockram
Ms Winnie Cheng, Ms Maggie Siu

Moderators
Ms Holly Tang, Mr Leung Sum Ming

Schedule

1:30pm – 1:45pm	**Registration**
1:45pm – 2:00pm	**President welcome** *Winnie Cheng, President*
2:00pm – 3:00pm	**Keynote speech (I)** Rainbow behind diabetic diet: What are the implications to patients with diabetes? *Selina Khor, State Registered Dietitician (UK)*
3:00pm – 3:20pm	**Oral presentation** AHKDN Position Statement (I): Diabetes Self-management Education *Eva Kan, Hon Secretary*
3:20pm – 3:25pm	**Outstanding achievement award presentation** *Winnie Cheng, President*
3:25pm – 3:55pm	**Group photo (for guests, OC, PC and Council)** **Tea break**
3:55pm – 4:55pm	**Keynote speech (II)** How to give simple but effective exercise prescription to diabetic patients with complications? *Derek Poon, Cert. personal trainer (ACE, NASM, NSCA)*
4:55pm – 5:00pm	**Closing remarks** *Maisy Mok, Chair, Organizing Committee*
5:00pm – 5:45pm	**AHKDN 2nd annual general meeting** Annual report & financial report 2nd Council election

Abstracts

Keynote speech (I)
Rainbow behind diabetic diet

Selina Khor, State Registered Dietitian (UK)

Food is an important element in life: it gives us nutrients for physical health, it acts as a media for social gathering, and it gives pleasure and sometimes guilt. For people with diabetes mellitus they may need to know this element well before they can enjoy without the sense of guilt. By knowing well our patients and the trend, we, health care professionals, are equipped with the skill to help them to live with the disease with a positive attitude: optimize blood glucose control at the same time enjoying food and life.

In the presentation, we will be looking at the following food factors in the meal plan for the diabetes: recipe development and modification; various Chinese traditional food items; the issue of current dietary trends such as prebiotics, functional foods, omega 3 fatty acids, low carbon diet and organic foods and so on.

Keynote speech (II)
How to give safe and effective exercise prescription to diabetic patients with complications?

Derek Poon, Cert. personal trainer (ACE, NASM, NSCA), Life-style and weight management consultant (ACE)

More than 10% of the Hong Kong population have diabetes, with half of them don't even know that they are carrying the disease already. The burden of the medical system & the family members of the patients could be relieved by good self-care skills of the patients. Being a diabetes educator, having a check list on the contraindications of exercises for diabetic patients with different complications would be handy. Besides, try different exercises by yourself could also help you get a more in-depth understanding on how & why are the problems facing by your patients. I hope after this talk, you will not only equip yourself with a great tool to help your patients, but to exercise help on yourself too.

Outstanding achievement award
Production of Diabetes Complication Screening Record Book

by Loo Kit Man, Diabetes Nurse Specialist, PWH

Introduction
Regular diabetic complication screening is an essential component of diabetes care. It enhances the physicians to have early detection and prompt management of diabetes related risk factors and complications, the findings can also be translated into reinforcement elements in education for promoting self management behaviors

The aim of the project
1. To promote patients' recognition of own health status in diabetes related risk factors and complications
2. To develop patients' understanding on the interpretation of metabolic targets and its implications
3. To provide cues to alleviate the modifiable diabetic associated risk factors

Project description
The author has written a diabetes complication screening record book. The books have been used currently in diabetes complication reinforcement programme in the Prince of Wales Hospital. In the programme, the diabetes nurse educators distribute the report books to the patients who have prior diabetes complication assessment and explain various metabolic parameters and cues for prevention and management of diabetic complications.

Implications
As the report book contains many aspects of diabetes care including glucose control, blood pressure control and lipids control and hopefully it can help the patients in decision-making and manage diabetes properly.

Acknowledgement
The author would like to take the opportunity to thank the feedbacks received from the PWH Diabetes Team (doctors, diabetes nurses and dietitians), Ms Harriet Chung, Ms Eva Kan and Ms Pollyanna Wong in the production of this book.

Our Activities in 2009-10

1. Council meetings



The 6th AHKDN council meeting was held at 18:30 on 8 October 2009
The 7th AHKDN council meeting was held at 18:30 on 2 December 2009
The 8th AHKDN council meeting was held at 18:30 on 25 January 2010
The 9th AHKDN council meeting was held at 18:30 on 7 June 2010

2. Promoting communication and solidarity among members



2nd AHKDN Extra-ordinary General Meeting (9-10 Jan 2010) cum the 7th AHKDN Educational Seminar, in King Hotel, Zhong Shan, attended by 24 members



3rd AHKDN Extra-Ordinary General Meeting (30 April 2010) at QEH, attended by 32 members. Theme: The Road and Tasks Ahead to Diabetes Nursing Accreditation in Hong Kong



Three E-announcement to members

Web-site progress http://www.ahkdn.0fees.net



AHKDN Newsletters Issue 3 and 4

3. Learning activities



5th, 8th, 10th & 11th AHKDN Educational Seminars:
Diabetes Conversation Map Facilitator Training Workshops
on 1 August 2009, 7 November 2009, 17 April 2010 and 15 May 2010 (total 57 participants)



6th and 9th AHKDN Educational Seminars:
The 7 Habits of Highly Effective People with Diabetes Workshops
on 22 August 2009 and 13 March 2010 (total 45 participants)



7th AHKDN Educational Seminar:
Subcutaneous insulin injection and Michigan Patient Empowerment Trip
on 10 January 2010 (attended by 22 members)

4. Nomination and sponsorship

Ms Shimen Au was nominated by AHKDN to attend and present at the 3rd APN Conference (Beijing) on 20 August 2009

Sponsored 1 member to attend the ADA - Standing Together Against Diabetes & Hua Xia Diabetes Forum – Focus on Insulin Treatment (18-19 July 2009)

Sponsored 1 member to attend the 11th Hong Kong Diabetes and Cardiovascular Risk Factors East Meets West Symposium (30 Sept to 1 Oct 2009)

Sponsored 4 members to attend the 20th World Diabetes Congress, Montreal (18-22 October 2009)

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5. Promoting health awareness in community



Supporting the 2010 World Health Day – Health Carnival: we set up the ***Are you at risk to develop diabetes***? health booth to assess health risks and give health advice to the public on 10th April 2010

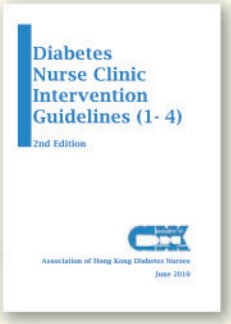


Supporting the 2010 International Nurses Day – Health Carnival: we set up a game booth to educate the public on diabetes and obesity on 28th May 2010



We, jointly organized with DiabetesHongkong, provided 3 Diabetes Conversation small education group sessions to the public on 10/4 am & pm and 14/5 evening (70 participants attended the sessions).

6. Demonstrating leadership and advocating for better care





Published the 2nd Diabetes Nurse Clinic Intervention Guidelines (1-4) in June 2010

Published the Clinical Practicum Guide for the Post-registration Certificate Course in Diabetes Nursing (May 2010)

Published the 1st AHKDN Position Statement June 2010



Presented 4 posters on patient empowerment program in the 20th World Diabetes Congress, Montreal 18-22 October 2009

Produced the patient empowerment (diabetes self-management education) discs and distributed to 16 diabetes centers for practice in April 2010



Provided an Update on Diabetes Education & Management Course (29 April – 27 May 2010) to general nurses



Jointly organized with Institute of Advanced Nursing Studies the Post-registration Certificate Course in Diabetes Nursing (17 Nov 2009 – 6 Oct 2010)

Supporting organization to 11th Hong Kong Diabetes & Cardiovascular Risk Factors - East Meets West Symposium (30 September – 1 Oct 2009)

Participated in Hong Kong Academy of Nursing preparatory committee, has joined the College of Medical Nursing and preparing policies, curriculum and examinations for accreditation.