

AGM 2011 Program

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

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.

Advisors

Honorary Advisors	:	Professor Clive Cockram Professor Karen SL Lam Professor Ann TY Shiu Professor Frances KY Wong Dr Tsui Ip Shing Ms Marg McGil
Honorary Auditor	:	Mr Nicholas CK Fung
Honorary Legal Advisor	:	Mr Anthony James Hung

The 2010 to 2011 Council

President	:	Ms Mok Pik Hung, Maisy	莫碧虹
Vice-president	:	Ms Wong Ka Wai, Carmen	黃嘉慧
Honorary Secretary	:	Ms Hung Siu Chun, Veronica	孔笑珍
		Ms Yeung Hoi Ming, Theresa	楊海明
Treasurer	:	Ms Koo Wai Kuen	古慧娟
Head of Communication	:	Ms Law Chin San	羅展珊
Head of Education	:	Ms Kwan Yee Mei, Jo Jo	關綺媚
Head of Publication	:	Ms Lau Sau Lin,Tracy	劉秀蓮
Councilors	:	Ms Chan Oi Ying, Sarita	陳愛英
		Ms Cheng Mei Wan	鄭美雲
		Ms Lee Kar Bik	李嘉碧
		Mr Leung Sum Ming	梁心銘
		Ms Wong Ka Chee, Karen	王家緻

Message from President

It is my great pleasure to welcome you all in the 2011 Association of Hong Kong Diabetes Nurses Symposium and its 3rd Annual General Meeting.

To execute our commitment, AHKDN is continuously supporting diabetes nursing training, participating in community services and promoting evidence based practice in diabetes nursing in order to pursue expertise in diabetes care practice. Training local Diabetes Specialty Nurse is one of the AHKDN's key objectives, we have jointly organized the 8th Diabetes Nursing Specialty Course with Hospital Authority in 2011, and we are going to have 32 new diabetes nurses serving our diabetic patients in Hong Kong. We organized seminars and workshops to dietitians, school nurses and staffs in community pharmacies so as to expand our diabetes care team to the community. We also participated in community services to promote public's health awareness and publicize the importance of self-care for people with diabetes. Regarding the future development of diabetes nursing in Hong Kong, our former President (2008 – 2010), Ms Winnie Cheng, who has been elected as the Founding President of the Hong Kong College of Medical Nursing, together with Ms Eva Kan and Ms Jo Jo Kwan, they worked close with other nursing specialties in the College to set up diabetes nursing specialty training curriculum, examination and the first set of credential criteria in Hong Kong.

Through the cohesiveness and active participation among our members, we believe we will move forward to enhance our standard of care, to advocate philosophy of patient empowerment in diabetes education, to lead the diabetes nursing development and to promote diabetes care in community.

The theme for today's symposium is "Our teeth Our Health". All along, oral health in diabetes management is usually be neglected both in Hong Kong and many countries. Yet, more and more attention has been focused on this topic as we know more about it in these few years. We are glad to have two distinguished guest speakers, Dr Martin from Canada and Dr. Clive Fung Kin Yue from Hong Kong to share their expertise and demonstrate how to integrate oral health in diabetes management and education. To further promulgate oral health in diabetes management, we are happy that Dr Martin is kind to deliver another seminar for our local diabetes care team including doctors, dietitians, podiatrists and nurses. We hope that we can get the support from different disciplines in the diabetes team to integrate oral health as part of diabetes management.

Last but not least, I would like to express my sincere thanks to members of Organizing Committee and Program Committee in proving this enlightening program to participants. And I also take this opportunity to extend my heartfelt thanks to our honorary advisors and council members for their tremendous support and contributions to support AHKDN activities and its development.

I hope all of you will enjoy this insightful and rewarding symposium.

Maisy Mok
President

3rd AHKDN Annual Symposium and AGM

The 3rd AHKDN Annual General Meeting

The 3rd AHKDN AGM

18th June 2011(Saturday)

Lecture Theatre, LG1, Ruttonjee hospital & Tang Shiu Kin Hospital

Program Committee
Chairman: Ms Theresa Yeung
Maisy Mok, Eva Kan, Jo Jo Kwan
Sarita Chan, Leung Sum Ming

Organizing Committee
Chairman: Ms Law Chin San
Maisy Mok, Tracy Lau, Winnie Cheng
Koo Wai Kuen, Karen Wong

Outstanding Achievement Award Panel
Prof Clive Cockram, Prof Karen Lam
Ms Maggie Siu, Ms Maisy Mok
& Ms Jo Jo Kwan

Moderators
Ms Karen Wong & Ms Theresa Yeung

Schedule

2:00 – 2:20pm	Registration
2:20 - 2:30pm	President Welcome Ms Maisy Mok, President
2:30 – 3:30pm	Keynote Speech (1) The Importance of Oral Health in Diabetes Management Dr Martin R Gillis, Assistant Professor, Faculty of Dentistry, Dalhousie University, Canada
3:30 – 3:45pm	Outstanding Achievement Award Presentation
3:45 – 4:10pm	Group Photo & Tea Break
4:10 – 4:50pm	Keynote Speech (2) A 2 Ways Relation between Diabetes Condition and Periodontal Disease Dr Fung Kin Yue Clive, Dental Surgeon, Specialist in Peridontology
4:50 – 5:10pm	Oral Presentation 2 Decades Evolvement on Diabetes Nursing Education Curriculum Ms Jo Jo Kwan, Head of Education, AHKDN
5:10 – 5:20pm	Closing Remark Ms Law Chin San, Chairman of AGM Organizing Committee
5:20 – 5:30pm	Break
5:30 – 6:00pm	3rd Annual General Meeting Annual Report Ms Maisy Mok, President Financial Report Ms Koo Wai Kuen, Treasurer

Abstracts

Keynote Speech (1)

The Importance of Oral Health in Diabetes Management

Dr Martin R Gillis, Assistant Professor, Faculty of Dentistry, Dalhousie University, Canada

The dental profession has long supported the notion that proper oral health is essential to overall health. The relationship between periodontal disease and diabetes has been at the forefront of this issue for many years and periodontal disease was considered the sixth complication of diabetes. Today the importance of oral health in diabetes management is gaining awareness and recognition by the diabetes care community. There is growing evidence which supports this relationship as there may be a small but significant improvement in blood sugar control by treating pre-existing gum disease in people with type 2 diabetes. As research continues to build evidence to support this link, it is important to understand that the relationship between diabetes and oral health goes beyond this connection. Other elements such as: the importance of oral function for a proper diet; positive health behaviour to control oral disease and develop diabetes self-management skills; and common modifiable risk factors such as tobacco use and poor nutrition which affect both oral disease and diabetes. Oral diseases are largely preventable; the challenge is to create the opportunity and conditions to foster good oral health. Inter-professional care among the oral health and diabetes care professions to address factors common to oral disease and diabetes can be addressed through collaborative practice. The International Diabetes Federation has taken steps to bring oral health into the diabetes management agenda with its Guideline: Oral Health for People with Diabetes. The guideline provides recommendations on clinical care for people with diabetes and serves the dual role of a call to action to gather stronger epidemiologic data to support the relation between oral health and diabetes. The principal objective of integrating oral health care into diabetes management is to ensure that all individuals with diabetes have proper oral health. Developing strategies to address elements shared by diabetes and oral health should lead to positive health outcomes.

Keynote Speech (2)

A 2 Ways Relation between Diabetes Condition and Periodontal Disease

Dr Fung Kin Yue Clive, Dental Surgeon, Specialist in Peridontology

Physicians and dentists have restricted themselves to their own respective fields in the past, only treating diseases that are relevant to their own fields of specialization. However, recent findings indicate that oral health may influence systemic health, and that this may be a bi-directional relationship. The inter-relationship between periodontal disease and diabetes mellitus provides an example of a cyclical association, whereby a systemic disease predisposes the individual to oral infections, and, once the oral infection is established, it exacerbates the systemic disease.

The presentation will discuss the evidences how diabetes mellitus increases the risk and severity of periodontal disease and also the role of treating the periodontal disease should have a beneficial effect in having better control of the diabetes mellitus.

Outstanding Achievement Award Presentation

The 1st article

by Ms Shimen Au, Nurse Specialist, Ruttonjee Hospital & Tang Shiu Kin Hospital:
"Peer Support"

"If the average person with diabetes spends as many as six hours a year in a doctor's office, that still leaves 8,760 hours "on your own". That's where peer support comes in."

Edwin B. Fisher, Global Director, Peers for Progress

The WHO consultation 2007

In light of the growing epidemic and health care costs of Diabetes Mellitus (DM), peer support may be promising to help providing self-management support to patients with diabetes, to share knowledge and experience that others, including many health workers, do not have. A World Health Organization consultation was convened in 2007 for recommendations to embrace equifinality in implementation, evaluation and ensuring sustainability of peer support programmes.

The PLATINUM in 2009

A total of 74 participants from 13 hospitals/clinics across the 7 clusters, with good glycaemic control were invited to join a 32-hour training program, the "Peer Leaders Accelerated Training Initiative to Unleash Potential of Mentorship (PLATINUM)", on peer support and empowerment. A feasibility study on this train-the-trainer course was also conducted to assess their improvement in glycaemic parameters, knowledge on diabetes and level of self- efficacy.

The PEARL in 2010

All of the 19 participants from Ruttonjee Hospital (RH) completed the PLATINUM. Twelve of them (70.6%, a Type 1 and a IFG patient were excluded) joined the second stage of study, called the "Peer support, Empowerment And Remote Communication Linked by Information Technology (PEARL), a multi-component program organized by the Asia Diabetes Foundation and the Chinese University of Hong Kong, to provide peer support to patients in the New Territories by telephone for one year.

The EPS in 2011

Eight PLATINUM peer leaders joined the "Empowerment and Peer Support (EPS)" program in RH, to provide self-care support by face-to-face sharing and telephone follow-up. They become role models to lead another 6 patients (include participants from the control group of the PLATINUM, who are on the waiting list to receive peer leaders training) to serve voluntarily in the Specialist Out-Patient Clinic.

The Way Forward

Under the leadership of Ms. Rebecca Wong, application of funding to conduct more peer leaders training is in progress. We still have a long way to go because the mission of the Peers for Progress is to empower 1% of the people with DM worldwide, to become DM Mentors by 2020 and to create a global network of approximately 3.3 million DM Mentors.

References

- Peer Support Programmes in Diabetes: Report of a WHO Consultation 5-7 November 2007 (2008) World Health Organization.
- Peers for Progress www.peersforprogress.org

Outstanding Achievement Award Presentation

The 2st article

by Ms Ng Mei Po, Advanced Practice Nurse, United Christian Hospital:
Patient perceptions of the contribution of a Breakfast Club for diabetes self-management: A qualitative study

MP Ng, ATY SHIU, MPH Mok, MW Tsang, EYN Cheung, TYT Chan & JKY Leung

Objective

A group education activity in the form of a breakfast club (BC) has been organised in a diabetes education centre in Hong Kong, with a view to develop type 1 diabetic patients' self-management ability. A study aimed to examine the contribution of the BC to patients' self-management was conducted. This paper reports patients' perceptions of the contribution of the BC for diabetes self-management.

Methods

A mixed method study was employed. For the purpose of this paper, only data collected from the focus group interviews with attendees of the BC and the parameter of physiological index, such as HbA1c from both attendees and non-attendees of the BC were reported.

Results

Three focus group interviews were conducted with the patients
(n = 23, 13 male and 10 female, mean age 36 years, mean duration of type 1 DM 12.96 years, s.d. 8.87)
who were attendees of the BC. Three major categories capture patient perceptions of the contribution of the BC for diabetes self-management. They include:

(1) obtaining applied knowledge for diabetes self-management, which was regarded as more useful and practical than book knowledge provided by healthcare professional;

(2) having co-walkers in the journey of living with diabetes, which in itself is healing and motivating with each others; and

(3) influencing HbA1c on the BC, which was compared with non-attendees
(n = 23, 14 male and 9 female, mean age 35 years, mean duration of DM 12.3 years, s.d. 6.35)
who had once attended the BC but defaulted for at least half a year. Findings were showed the attendees of the BC significantly improved their glycaemic control (mean ↓ HbA1c: 1.36) compared with the non-attendees (mean ↓ HbA1c: 0.18) in 2 years before and the latest one, which is significantly difference (p= 0.008) in attendees group.

Conclusion

Although a small study, findings have implications for group diabetes education activities. Our findings demonstrated strong evidence that the patients' who have similar disease (type 1 diabetes) and medical treatment (insulin therapy) need a platform to exchange their applied knowledge and seek mutual support for better development of their self-management to live with diabetes as well as improve glycaemic control.

Our Activities in 2010 - 2011



1 Council Meetings

The 10th AHKDN council meeting was held on 27th August 2010
The 11th AHKDN council meeting was held on 11th October 2011
The 12th AHKDN council meeting was held on 10th January 2011
The 13th AHKDN council meeting was held on 13th April 2011

2 Promoting Communication among Members

- The 5th issue of AHKDN Newsletter was published on 5/4/2011 to disseminate the update functions and learning activities / seminars to members.
- A new look of AHKDN website has been designed and the address is "www.ahkdn.com". Members can use their membership number to enter into the new "Member Zone" section. Personal log in password will be sent to each member after the AGM. (need to confirm with Sum Ming, will the screen change for our website, I personally prefer using our pictures / photos as background, has mailed to Sum Ming)



3 Learning Activities



Educational talk provided to other professionals

- Ms Law Chin San had run an educational session on "Diabetes Health Maintenance". The talk was held on 27 September 2010 for staffs in community pharmacies. A total of 30 people attended this talk.
- Ms Lee Kar Bik had delivered a talk on "Care for School-child with Type 1 Diabetes". It was held on 30 September 2010 for school nurses of English Schools Foundation. Over 40 school nurses attended this educational talk.

Seminar for AHKDN members

- A seminar on "1st Diabetes Conversion Map Facilitator Experience Sharing Workshop" was held on 21 August 2010. Ms Chung Hau Yee and Ms Jo Jo Kwan shared their experience on applying conversation map in diabetes education.

Seminar for dietitians & nurses

- HA Commissioning Program on "The Art of Empowerment" was jointly organized by AHKDN and Hospital Authority. Dr Bob Anderson from Michigan University, USA, conducted 2 morning seminars for general and diabetes nurses on 16/11/2010 & 18/11/2010 respectively. Over 100 nurses attended above seminars.
- A "Facilitator Training Workshop for Diabetes Conversation Map" for dietitians and nurses was organized on 7/5/2011. Ms Eva Kan, Trainer and 4 facilitators including Prof Ann Shiu, Ms Annie Leung, Ms Chung Hau Yee and Ms Maggie Lau supported the workshop with a total 21 participants.

4 Promoting Health Awareness in Community



- The AHKDN has supported the "World Health Day Health Carnival" in Luk Yeung Exhibition Square, Tsuen Wan on 9/4/2011. A health booth was set up to help the public assessing their DM risks and providing advice to achieve healthy lifestyle. Over 1,000 public have attended the booth and showed appreciation to our services.



- The AHKDN has supported the "Public Seminar for Hong Kong Diabetic Patients" that organized by Hong Kong East Cluster Diabetes & Endocrine Team on 13th February 2011. The council members set up a health booth to promote the "ABC" diabetes concept & the "10 Dietary Raps" to the public. Over 600 people have participated in this Public Seminar.

Our Activities in 2010 - 2011

5 Nomination & Sponsorship



- Ms Maggie Tong (DNH) & Ms Wong Si Pui (Macau Kiang Wu Hospital) were sponsored to attend the 15th TADE Annual Meeting at Tai Pei International Convention Centre between 2 – 4th July, 2010.
- 13 members were sponsored to attend the IDF-WPR Conference in Korea in November, 2010.
- 7 GOPC nurses were sponsored to attend "The Korea Centre of Excellence Visit" on 18-20th November 2010. They had visited Korea University Hospital & Kangdong Sacred Heart Hospital.
- 6 ordinary members were sponsored to attend "Diabetes Management Experience Sharing Program, Germany" on 24-26th January 2011. They had visited the Roche Diagnostic Manufacturing House in Mannheim, a diabetes clinic of private practice endocrinologist as well as Diabetes Centre of University Hospital Mannheim Bootshaus.







6 Demonstrating Leadership & Advocating for Better Care

- The AHKDN were jointly organized with Institutes of Advance Nursing Studies, Hospital Authority, the Post Registration Certificate Course in Diabetes Nursing (March 2011 – November 2011). A total of 32 Registered Nurses have enrolled in the course.
- Our former President (2008 – 2010), Ms Winnie Cheng, had been elected as the President of the Hong Kong College of Medical Nursing (HKCMN). HKCMN will be one of the Colleges of the Provisional Hong Kong Academy of Nursing (PHKAN) which aims to promote excellence in nursing and health care in Hong Kong through regulating advanced nursing practice, education and granting of fellowship for nursing specialist.
- Ms Jo Jo Kwan and Ms Eva Kan were representatives of Hong Kong Diabetes Nursing to join the the Consultative Clinical Work Group of HKCMN. Leading by them, a Clinical Work Group of Diabetes Nursing has been set up in AHKDN focusing on our specialty training curriculum, examination and specialty credential criteria. Members include Ms Annie Leung, Mabel Ng, Ms Maggie Tong, Ms May Chan, Ms Carmen Leung and Samsonly Chan. Professor Ann Shiu, School of Nursing, the Chinese University of Hong Kong, has kindly accepted our invitation to be the Advisor of the Clinical Work Group.
- An insulin injection working group was formed to set a rational standard on subcutaneous insulin injection for people with Diabetes Mellitus. Ms Annie Leung had been appointed to be the Leader of the working group. Members include Ms Eva Kan, Ms Maisy Mok, Ms Maggie Siu, Ms Lee Kar Bik and Ms Sarita Chan.

Ms Maisy Mok, Ms Lee Kar Bik, Ms Law Chin Shan, Ms Mabel Ng, Ms Karen Wong and Mr Leung Sum Ming were appointed as working group to write the education materials for the Diabetes Hongkong website on "Living with Diabetes".

Abbott A Promise for Life
Bayer HealthCare
Colgate
Johnson & Johnson MEDICAL COMPANIES
Lilly Answers That Matter.
novo nordisk
Roche
sanofi aventis Because health matters