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

4th AHKDN Annual Symposium and AGM 2012

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.



Advisors

Honorary Advisors:
Professor Clive Cockram
Professor Karen SL Lam
Professor Ann TY Shiu
Professor Frances KY Wong
Dr Tsui Ip Shing
Ms Margaret McGill

Honorary Auditor:
Mr Nicholas CK Fung

Honorary Legal Advisor:
Mr Anthony James Hung

The 2010 to 2012 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 Chan, Veronica 孔笑珍
Ms Yeung Hoi Ming, Theresa 楊海明

Treasurer:
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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

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 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 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.

Message from President

I am delighted to welcome you all in the 2012 Association of Hong Kong Diabetes Nurses Symposium and its 4th Annual General Meeting.

AHKDN is a professional organization to drive the Diabetes Nursing Specialty development and promote standard of diabetes care practice. Regarding the future development of diabetes nursing in Hong Kong, AHKDN is one of specialties in Hong Kong College of Medical Nursing (HKCMN) and under the umbrella of Provisional Hong Kong Academy of Nursing (PHKAN). We are working on the Grandfather Scheme, core competencies and specialty curriculum of Diabetes Nursing Specialty. The inauguration of the PHKAN was held on 12/5/2012, 30 members of AHKDN were conferred as Specialty (Diabetes) Fellows on that day. We are continuing to support diabetes nursing training in Hong Kong and overseas. We organized updated diabetes management program, seminars and workshops to general nurses and other disciplines so as to enhance diabetes care practice in Hong Kong. We also provided sponsorship to our members to attend international conference at overseas, therefore our members could exposure in advanced practice of diabetes care and management.

To promote diabetes education in community, we took the lead in organizing the community event "DM Family Day", in hands with the patient groups, Diabetic Mutual Aid Society of Hong Kong and St James Settlement. This event was held at 15th January 2012 to promote the importance of family and peer support in the road of diabetes, to clarify the misconception of insulin injection and role of insulin in anti-diabetes treatment. Total 317 participants had attended the activities – "Most People Training an Insulin Pen – Single Venue" and established a new Guinness World Record. Most of our council members published the articles in different newspapers, magazines and website to promote diabetes education in community. In evidence based practice, we are working on Guideline of Subcutaneous Insulin Injection and aim to publish within this year. Also our website was changed the new look to facilitate the effective communication between members and health care professionals.

I would like to express my heartfelt thanks to all members for your active participation and innovation, we can 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 "Expand our Diabetes Horizon and Let our Sprit Soar". As a health care professional, we commit to update our knowledge regular and help the personal and specialty development. On the other hand, we live in Hong Kong with rapid pace and the ambient pressure from our work-place, family and personal commitment. We are glad to have two distinguished guest speakers, Dr Chan Wing Bun is kindly to deliver a lecture on his expert experience of using new anit-diabetes treatment and Dr. Sylvia Chan is kindly to give us an inspiration seminar on caring for our mind. I believe that we can get the right balance in our lives after these two enlightening seminars.

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 Mak
President

The 4th AHKDN Annual General Meeting

7th July 2012 (Saturday)
Nathan Room, 1/F, Eaton Smart Hotel, 380 Nathan Road, Kowloon

Program Committee
Chairman: Ms Theresa Yeung
Sarita Chan, Veronica Hung,
Jo Jo Kwan, Karen Wong

Organisation Committee
Chairman: Ms Tracy Lau
Lee Kar Bik, Leung Sum Ming
Koo Wai Kuen, Law Chin Shan
Carmen Wong

Moderators
Ms Jessia Huang &
Mr Leung Sum Ming

Schedule

1:45 – 2:00pm	**Registration**	
2:00 – 2:20pm	**4th Annual General Meeting**	
	Annual Report	Ms Maisy Mok, President
	Financial Report	Ms Koo Wai Kuen, Treasurer
2:20 – 2:40pm	**Election for New Council Members**	
	Ms Sarita Chan & Ms Karen Wong	
2:40 – 2:50pm	**Introduction of Website**	
	Mr Leung Sum Ming, Council Member	
2:50 – 3:00pm	**President Welcome**	
	Ms Maisy Mok	
3:00 – 4:00pm	**Keynote Speech (1)**	
	New Anti-diabetic Treatment in Clinical Practice	
	Dr Chan Wing Bun, Director of Qualigenics	
4:00 – 4:30pm	**Tea Break**	
4:30 – 5:30pm	**Keynote Speech (2)**	
	Caring for Our Mind in Adversity	
	Dr Chen Chia Lu Sylvia, Psychiatrist	
5:30 – 5:40pm	**Closing Remark**	
	Ms Tracy Lau, Chairman of AGM Organisation Committee	
5:40 – 5:50pm	**Group Photo**	

Our Activities in 2011 – 2012

Learning Activities

Conversation Map Seminar

2 identical sessions on "Facilitator Training Workshop for Diabetes Conversation Map" were organized on 25/6 and 3/9 respectively in year 2011(for dietitians, nurses & doctors). A total 41 participants were trained in these 2 workshops.

Ms Theresa Yeung had joined the committee group of Diabetes Conversation Map in 2011 and worked as a facilitator. The 2nd Diabetes Conversation Map Annual Gathering was held in City View Hotel on 17.3.2012. OLMH & YCK Diabetes Assessment Centre had been awarded "the highest performance rate" in running the Conversation Map.

New "Orientation Workshop" (25/2/2012) was held before the "Facilitator Training Workshop for Diabetes Conversation Map" to recruit participants this year. 2 identical training workshops were run on 21st April & 19th May respectively at Eaton Hotel. A total of 26 professionals attended the sessions. They are expected to run a conversation map session with patients within 9 months after the training workshop. Moreover, they are required to submit an evaluation report before they are entitled to receive the certificate.





Promoting Health Awareness in Community

The AHKDN was invited by Nursing Academy to run booths at the "Central & Western District Health Festival" on 10 & 11 September 2011. Our theme focused on 'Obesity and Diabetes'. 16 AHKDN members and university students participated in the activity.





There were 4 parallel DM Conversation Map Patient Sessions organized by Diabetes Hongkong, Lilly and AHKDN on 8/10/2011. 4 members (Ms Veronica Hung, Ms Ann Shiu, Ms Tammy So & Ms Theresa Yeung) were invited as the facilitators to run the sessions.

The AHKDN had co-jointed with Sanofi Aventis in organizing the insulin injection project in the community to raise public awareness and correct the misconception on insulin therapy. In addition, it enhanced family support for insulin users. 4 members (Ms Veronica Hung, Ms Jo Jo Kwan, Ms Tracy Lau & Ms Maisy Mok) were invited to write diabetes-related articles on "Headline" newspaper in November 2011.



Ms Maisy Mok represented AHKDN in Blood Glucose Monitoring Concern Group to promote blood glucose monitoring in press conference, television, East Week Magazine and Metro Pro Magazine.

The insulin project "DM Family Day" was held on 15/1/2012 in Prince of Wales Hospital. 317 participants had attended this activity. This set a new Guinness World Record for "Most People Trialling an Insulin Pen – Single Venue".



Nomination & Sponsorship

9 members were sponsored to attend the 1st Asia-Pacific Congress of Diabetes Education in Taiwan from 8th – 11th July 2011.

6 members were sponsored to attend the course "Update on Diabetes Education and Management" organized by the University of Hong Kong and Queen Mary Hospital KK Leung Diabetes Centre on 26-27 November 2011.

7 members were sponsored to attend the 21st IDF World Diabetes Congress at Dubai International Convention and Exhibition Centre from 4th - 8th December 2011

3 members were sponsored to attend the 17th Hong Kong Medical Forum on 12th - 13th May 2012.





Our Activities in 2011 – 2012

Demonstrating Leadership & Advocating for Better Care

1. The AHKDN was invited to attend the "2nd Systemic Health – Expert Panel Workshop" organized by Colgate on 9/7/2011. The workshop was held biennially. The theme" Oral Health for Diabetes" was added in 2011. Diabetes educators and dietitians were invited to participate and to share the knowledge on DM management and education. Ms Jo Jo Kwan and Ms Law Chin San represented the AHKDN and participated in the round table discussion.

2. The insulin injection working group and AHKDN members were invited to have round table discussion on "Sharing the Evidence for New Injection Technique Guidelines" at Sheraton Hotel on 12/7/2011.

3. An insulin injection working group was formed to set a rational standard on subcutaneous insulin injection for people with Diabetes Mellitus in 2011. The new guidelines will be finalized by the end of 2012.

4. The AHKDN co-joined with Hong Kong Juvenile Diabetes Association and Outward Bound Hong Kong to organize a 3-Day Camp at Tai Mong Tsai, Sai Kung from 27th – 29th January 2012. The camp aimed to develop teenager's potential self-care and their social network with friends with similar background. 4 members (Ms Tracy Lau, Ms Lee Kar Bik, Ms Karen Wong & Ms Theresa Yeung) were invited to assist this meaningful activity.





5. Ms Winnie Cheng, NC of QEH, had been elected as the President of the Hong Kong College of Medical Nursing (HKCMN). The Inauguration of the Provisional Hong Kong Academy of College (PHKAN) was held on 12/5/2012 at The Hong Kong Academy of Medicine, Aberdeen. The Chief Executive of Hong Kong, the Secretary for Food & Health, and Dr Leong Che Hu had been invited to join this historical moment for Hong Kong nursing. A total of 30 nurses were conferred as Fellows of Scheme PHKAN in Diabetes under Grandfather /Grandmother.



Member Activity Zone

A social gathering was arranged for both members and their family to visit "Yakult" Factory (益力多廠) on 17/9/2011. A total of 26 people joined this activity and enjoyed a delicious lunch in Yuen Long after the visit.

Diabetes Hongkong held the "15th Anniversary Fundraising Dinner" at Hong Kong Jockey Club (Happy Valley Clubhouse) on 14/10/2011. Our President, a few Council and Ordinary Members had sponsored and joined this event.

Acknowledge :

Abbott · Bayer HealthCare · BD · Johnson & Johnson Medical Companies · Lilly · Novo Nordisk · Roche · sanofi aventis