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

2014 6th

Annual Symposium & AGM
AHKDN

壓力自處 心寬常樂
Stress & Relax

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Professor Ann TY Shiu
Professor Frances KY Wong
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Ms Lam Yuen Hung 林婉虹
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Ms Ho Sau Yee 何秀儀

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 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 very excited to serve the Association of Hong Kong Diabetes Nurses in the capacity as president for 4 years because this is a valuable experience in a part of my life. I hereby extend my hearty thanks to the council members and sub-committee members. Your active participation, innovation and commitment are the activators in bringing the association a step forward to strive the quality of diabetes care and professional development.

We serve our members, colleagues and communities in various activities at past year, we concern about the knowledge-practice gap, personal well-being and diabetes awareness in the community. Let us review the key developments, academic activities and community programs at 2013-14.

1. The evidence-based clinical guideline: Subcutaneous insulin injection for people with diabetes mellitus and Philosophy was published to advocate for better care.

2. Dialogue in the dark workshops was conduct to enhance the sense of communication and give them the reflection on the daily lives.

3. Diabetes Conversation Map in Community, the booklet of sharing patient stories – 糖心路上的點滴 and the World Health Day Health Carnival have been implemented in our community.

4. The video of Exercise Song and dance for Diabetes has started the production, it will be a new education tool for our patients in coming year.

Moreover, we always conduct the educational seminar and nominate our members to join the conference, also provide the continuous specialty training for diabetes nurses and updated diabetes management course for general nurses.

The theme for today's symposium is "Stress and Relax". I am glad to have two distinguished guest speakers - Dr. Choi Cheung Hei and Ms. Mandy Chai to give us an inspiration seminar on this important paradigm. 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 the participants. And I would like to take this opportunity to extend my heartfelt thanks to our honorary advisors for their tremendous support and contributions to support AHKDN activities and its development.

Maisy Mok
President

The 6th AHKDN Annual General Meeting

28th June 2014 (Saturday)
Crystal Ballroom, 2/F, the Cityview Hotel, 23 Waterloo Road, Kowloon

Program Committee

Chairman:
Ms Veronica HUNG

Members:
Ms Jo Jo Kwan
Ms Law Chin San
Ms Karen Wong
Ms Theresa Yeung

Organisation Committee

Chairman:
Ms Tracy Lau

Members:
Ms Sarita Chan
Ms Ho Sau Yee
Ms Koo Wai Kuen
Ms Law Chin San
Mr Leung Sum Ming

Moderators

Ms Fanny Ng
Ms Lam Yuen Hung

2014-16 Council Election

Ms Veronica Hung
Ms Karen Wong

Schedule

2:00 – 2:15pm	**Registration**
2:15 – 2:25pm	**President Welcome** Ms Jo Jo Kwan, President elect
2:25 – 3:15pm	**Keynote Speech (1) Stress on Diabetes** Dr CHOI Cheung Hei *Consultant, Department of Medicine, Queen Elizabeth Hospital*
3:15 – 3:45pm	**Tea Break & Group Photo**
3:45 – 4:35pm	**Keynote Speech (2) 催眠減壓放鬆** Ms Mandy CHAI *Hypnotherapist*
4:35 – 4:50	**Q & A**
4:50 – 5:00pm	**Closing Remark** Ms Tracy LAU *Chairman of AGM Organizing Committee*
5:00 – 6:00pm	**6th Annual General Meeting & Council Election (Members Only)** Annual Report — Ms Jo Jo Kwan, *President elect* Financial Report — Ms Koo Wai Kuen, *Treasurer* Election — Ms Veronica Hung & Ms Karen Wong, *Hon, Secretaries*
6:30pm	**Annual Dinner (Members only)**

Abstracts

Keynote Speech (1)
Stress on Diabetes

Dr CHOI Cheung Hei
Consultant, Department of Medicine, Queen Elizabeth Hospital

It is not easy to define 'stress' precisely although all of us have our own idea one way or the other. We all agree that stress has both physical, psychological and social elements, and different people react differently to the same stressful event. Stress and diabetes work like twins such that one greatly affect the other and vice versa. In this brief talk, I will begin with some basic concept on 'stress' and how stress affect our body especially our hormonal systems, followed by clinical examples on how stress lead to extreme glycemic disturbance like diabetic ketoacidosis or severe hypoglycemia. Finally, I hope I can utilize these knowledge and contexts to suggest ways for improving our patient management.

Keynote Speech (2)
"Hypnosis and Relaxation" 催眠減壓放鬆

Ms Mandy CHAI
Hypnotherapist

As we all know, stress is essential. It could be a motivation to drive growth and development in us to make changes in life. However, too much strain and tension can be damaging, leading to exhaustion, anxiety, depression and physical illness.

Hypnotherapy aims at encouraging positive changes to our mental processes in coping with stress and other related problems. It can also be used to enhance our confidence and hence performance, so as to achieve desirable outcomes in life.

The process of hypnosis involves entering a trance, a deeply relaxed but focused state, and making suggestions for our subconscious mind.

In the 50-minute talk, you will understand the application of hypnosis in handling stress and experience the process of connecting with your naturally relaxed state through hypnosis.

2013 – 2014 AHKDN Activities

Council Meetings

The 22nd AHKDN council meeting was held on September 2013

The 23th AHKDN council meeting was held on 14 January 2014

The 24th AHKDN council meeting was held on 27 March 2014

The 25th AHKDN council meeting was held on 6 June 2014

Promoting Communication among Members

AHKDN Website

- AHKDN website, www.ahkdn.com, had been revamped, available in English version as well as both traditional and simplified Chinese version.
- Active members list were uploaded on the web and members are required to log in at the "Member Zone" for reviewing of events photos. Members are welcomed to pass us any professional courses or resources to be uploaded in the "What's New".

AHKDN Newsletter

- The 9th issue of AHKDN Newsletter was published in March 2014.

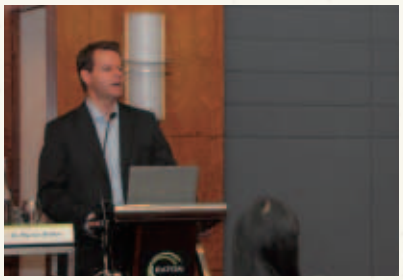
Learning Activities

Educational Seminars for AHKDN members or / and nurses

The 12th AHKDN Education Seminar

Held at Eaton Hotel on 14 Sep 2013
Topic:
Diabetic complications in the eye and advances in management & How to educate diabetic patients with depression, anxiety & advanced complications

Guest speakers:
Dr Marten Brelen
Prof Lee Wing Ho, Peter



• *Dr Marten Brelen*



• *Prof. Lee Wing Ho, Peter*

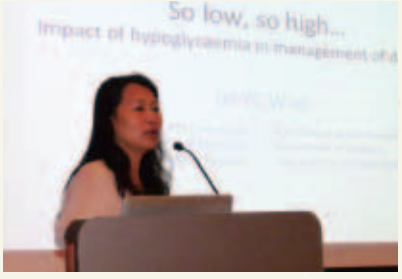
The 13th AHKDN Educational Seminar

Held at Eaton Hotel on 5 Oct 2013
Topic:
Impact of hypoglycaemia in diabetes management & Forum on hypoglycaemic management

Guest speakers:
Dr Woo Yu Cho
Ms Maisy Mok



• *Dr YC Woo*



• *Ms Maisy Mok*

2013 – 2014 AHKDN Activities

The 14th AHKDN Educational Seminar

Held at Cityview Hotel on 16Nov 2013
Topic:
Achieving glycaemic goals: an individualized treatment & Case discussion: Practical use of insulin in Type 2 diabetic patients

Guest speakers:
Dr Jenny Leung
Dr Choi Cheung Hei



• *Dr Jenny Leung*



• *Dr Choi Cheung Hei*

The 15th Educational Seminar

Held at Langham Place Hotel on 15 Jan 2014
Topic:
What nurses need to know about osteoporosis & Nurse sharing section injection workshop

Guest speakers:
Dr Lee Ka Fai
Ms Ming Wong



• *Dr Lee Ka Fai*



• *Ms Ming Wong respectively*

Dialogue in the dark Workshops





Two identical workshops were held on 23 Nov 2013 and 29 Mar 2014 at Dialogue Experience Square

16 participants attended the 23 Nov. workshop

15 participants attended the 29 Mar. workshop

Diabetes Course for General Nurse



Update on Diabetes Education and Management Course, held on 24 Sept to 12 Nov 2013, total 7 consecutive lectures

Applicants: 102

Diabetes Conversation Map



Diabetes conversation map community workshop was held at Henry G Leong Community Centre on 26 April 2014. The objectives of this program are to increase the awareness of diabetes in the community and bring fun and benefits to patients from clinical setting to community.





The 4th Diabetes Conservation Map Tools Experience Sharing Workshop was held at Cityview Hotel on 3 May 2014.

Promoting Health Awareness in Community



The AHKDN was invited by the Provisional Hong Kong Academy of Nursing to run booths and health talk in “the World Health Day Health Carnival held in Tai Po on 12 April 2014 to promote diabetes awareness

Exercise Diabetes Song, the production is in progress, the aim is to promote and encourage diabetes to do exercise. The music video was shot on 5 & 27 Apr 2014. Apart from Ms Lung Siu Kwan, the singer, was invited in the music shooting, diabetes nurse, physiotherapists and diabetic patients were being invited to participate in the exercise music shooting.







AHKDN organized, a sponsored patient education activity: “My DM Partners” to arouse public awareness on diabetes care and address the appreciation of patients’ positive attitudes in facing the disease, their stories were published in a booklet “糖心路上的點滴”.

2013 – 2014 AHKDN Activities

Nomination & Sponsorship

IDF-WPR Asia-Pacific Diabetes, Epidemiology and Education training Course (ADPEC 2313) on 25 - 30 August 2013: one member was sponsored

15th Diabetes and Cardiovascular Risk Factors: East Meet West, held at Hong Kong Convention and Exhibition Centre on 1 October: 5 members were sponsored

IDF 2013 World Diabetes Congress was held in Melbourne, Australia on 2-6 December 2013: 12 members were sponsored

The College of Education and Research in Nursing: Multiple Choice Question (MCQ) Writing Workshop, 7 members were sponsored

Specialty curriculum development subcommittee was sponsored to purchase AADE Diabetes Education Review Guide

Diabetes Conversation Map Expert Trainer Training was held in Hong Kong on 24-26 June 2014: one member was nominated

Demonstrating Leadership & Advocating for Better Care

The great effort in writing of Philosophy of Diabetes Nursing was completed and published in 2013, addressing the questions of: What is human being; What is the role of environment and diabetes nurse? What is the nature and purpose of diabetes nursing practice. The important document was uploaded on website http://www.ahkdn.com.

The great effort in writing the Evidence-based clinical guideline: Subcutaneous insulin injection for people with diabetes mellitus was completed and published in 2014, addressing six research questions relevant to the clinical practice:

1. How should insulin injections be prepared?
2. Which sites should be used for insulin injection?
3. What should be the appropriate needle length?
4. How should insulin injection be performed?
5. How should insulin preparations, insulin pens and pre-drawn syringes be stored and
6. How should lipodystrophy and lipoatrophy be managed?

Social Activities

AHKDN recreation trip to Zhongshan, China, was held on 22 and 23 Februrary 2014, 15 members and 15 non-members joined the trip.

Acknowledge :

Abbott A Promise for Life · Bayer HealthCare · BD · Lilly · Novo Nordisk 諾和諾德 · Roche · SANOFI DIABETES