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

The 8th AHKDN Annual Symposium & AGM

Diabetes Chit Chat: The Young & The Elderly 老幼談睦

The 2014-2016 Council

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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

It is my great pleasure to welcome all of you to the 8th ANNUAL GENERAL MEETING and Symposium of Association of Hong Kong Diabetes Nurses (AHKDN).

The year of 2015/16 has been another exciting and fruitful year for our association as we are continuously working towards our mission to support diabetes nursing development and community services. In addition to the smooth running of regular training and community programs by our council members and sub-committee members, we also co-organized various professional seminars and lay programs with other Institutions to update the new advancement and knowledge for health professionals and people with diabetes. As the President of AHKDN, I am glad to see the tremendous growth and development of our association in the past twelve months.

We have been working out some new initiatives such as translated the Evidenced-based Clinical Practice Guideline on Subcutaneous Insulin Injection for People with Diabetes Mellitus to Chinese version '糖尿病循證臨床護理指引-糖尿病患者皮下注射胰島素', and produced DM Exercise Song II – Chair Dance. This year, we were happy to liaise with Diabetes Educators in China, Macau, Singapore and Taiwan for experience sharing and visit. We look forward to exploring more collaborative opportunity among these regions in future.

The theme for today's symposium is "Diabetes Chit Chat: The Young and the Elderly" (老幼談胰). It is our great honour to have two distinguished guest speakers, Dr Wong Lap Ming and Dr Au Yeung Tung Wai, to share with us the update perspectives in managing diabetes for these two age groups. I hope you all enjoy and benefit from this insightful and rewarding symposium.

I fully appreciate the time and effort of our committed members of Organizing Committee and Program Committee in preparing this very enlightening program to participants. I also take this opportunity to extend my sincere gratitude to our honorary advisors and council members for their invaluable support and contributions to promote better diabetes care in Hong Kong.

Thank you very much again for your support and participation.

Wish you have a very nice and enjoyable weekend !

Jo Jo KWAN

President
Association of Hong Kong Diabetes Nurses

The 8th AHKDN Annual General Meeting

25 June 2016 (Saturday)
Diamond Ballroom, 5/F,
the Cityview Hotel,
23 Waterloo Road, Kowloon

Programme Committee

Ms Sarita Chan (Chairman)
Dr. Jo Jo Kwan
Ms. Veronica Hung
Ms. Karen Wong

Organizing Committee

Mr. Leung Sum Ming (Chairman)
Ms. Koo Wai Kuen
Ms. Lam Yuen Hung
Ms. Tracy Lau
Ms. Law Chin San
Ms. Loo Kit Man
Ms. Amy Yee
Ms. Theresa Yeung

Moderator

Ms. Ho Sau Yee
Ms. Wong Suk Chi

2016-18 Council Election

Ms. Maisy Mok

Schedule		
1:45 – 2:00pm	**Registration**	
2:00 – 2:15pm	**President Welcome Speech**	**Dr. Jo Jo Kwan**, President
2:15 – 3:15pm	**Keynote Speech (1)** A Journey with Children and Adolescents having Diabetes Mellitus	**Dr. Wong Lap Ming** Consultant Paediatrician Department of Paediatrics and Adolescent Medicine, New Territories West Cluster
3:15-4:00pm	**Tea Break and Group Photo**	
4:00-5:00pm	**Keynote Speech (2)** New Perspective in Managing Elderly Patient with Diabetes	**Dr. Au Yeung Tung Wai** Director (P&CHC), New Territories West Cluster, Consultant, Department of Medicine and Geriatrics, Pok Oi Hospital
5:00-5:10pm	Closing Remark	**Mr. Leung Sum Ming** (Chairman of AGM Organizing Committee)
5:10-6:00pm	**8th Annual General Meeting and Council Election** (Members only)	
6:30pm	**Annual Dinner** (Members only)	

Abstracts

Keynote Speech (1)
A Journey with Children and Adolescents having Diabetes Mellitus

Dr. Wong Lap Ming, Consultant Paediatrician
Department of Paediatrics and Adolescent Medicine, New Territories West Cluster

Children are not adults with a smaller scale. The adult approach to diabetes management cannot be fully applied to paediatric patients. In the process of growth and maturation, a child has to go through different life-stages, each of which has unique challenges. A child has to face possible problems in study, family dynamics, peer relationship etc, diabetes mellitus is certainly not his only concern. Management approach of diabetes in children should be holistic, taking the patients as whole persons and tailor the treatment plan on individual basis. Moreover, health care workers act as companions of the patients, guiding them to go through the different stages of life.

Keynote Speech (2)
New Perspective in Managing Elderly Patient with Diabetes

Dr. Au-Yeung Tung Wai, Director (P&CHC), New Territories West Cluster, Consultant
Department of Medicine and Geriatrics, Pok Oi Hospital

Stringent glycaemic control has always been the orthodox principle in the management of diabetes mellitus. Does “the lower, the better” apply to older people? Hypoglycaemia is the price to pay if we aim for tight glycaemic control. However, hypoglycaemia is a dangerous clinical condition that bear immediate and long-term adverse outcomes. An individualized approach in glycaemia optimization has been advocated in the recently published international guidelines. In particular a loosened control is recommended in frail older people and in patients with advanced disease and established complications.

Within this context, this talk will start with real cases, demonstrating how hypoglycaemia can lead to adverse outcomes: cognitive decline and frailty; and how a loosen control can benefit the patients. In addition we shall show how the application of continuous glucose monitoring study in detecting subclinical hypoglycaemia can help in avoiding such complication. Some local data about the adverse outcome of hypoglycaemia in old age will be presented.

The concept of “frailty syndrome” is not well-known to health professionals outside the field of geriatric medicine. However it is a distinctly recognized pre-disability clinical condition that is associated with adverse clinical outcomes, in terms of mortality and hospitalization. In addition, it is closely associated with being underweight, sarcopenia and fall risk. Diabetes mellitus can affect the conversion of frailty status and the decline of muscle mass. Keeping a high body mass index can protect against muscle loss and can be beneficial in older DM people. With these, I shall put forward “Avoiding hypoglycaemia and delaying frailty” as alternative goals for older people with diabetes mellitus. Finally, the progress of a Joint Consensus Statement between Hong Kong Geriatrics Society and Hong Kong Society of Endocrinology Metabolism and Reproduction will be reported.

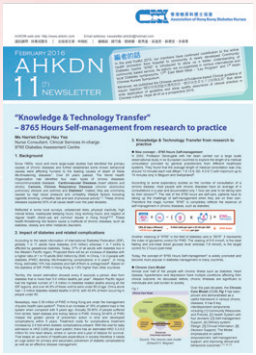
Report of AHKDN Sub-committee

1. AHKDN Newsletter Committee

The 11th issue of AHKDN Newsletter was published in Feb 2016.

The main themes:

- Knowledge & Technology Transfer - 8765 Hours Self-management from Research to Practice
- Sharing of the 7th AHKDN AGM Outstanding Achievement Awards
- Introduction of Diabetes and Endocrine Centre at Tuen Mun Hospital



2. Clinical Work Group on Diabetes Nursing Accreditation

The Clinical Work Group helped to develop examination items for accreditation of diabetes nurse or advanced practice nurse. 150 multiple choice questions (MCQs) were produced by fellows of diabetes nursing from Hong Kong College of Medical Nursing (Diabetes) in Feb 2016 for Fellow examination on DM Specialty.



3. Evidence-based Practice (EBP) Committee

The Evidenced-based Clinical Practice Guideline on Subcutaneous Insulin Injection for People with Diabetes Mellitus was translated to Chinese version '糖尿病循證臨床護理指引-糖尿病患者皮下注射胰島素' and published in Nov 2015.



4. Diabetes Conversation Committee (DCC) (Hong Kong)

Diabetes Conversation Map

- Diabetes Conversation Map Community Program was held at Kwun Tong Christian Family Service Centre on 18 Jul 2015 with 80 participants; at the Diabetes Lay Program of the 17th Diabetes and Cardiovascular Risk Factors East-meets-west Symposium on 3 Oct 2015 with 92 participants and at Diabetes Preventing The Preventable Forum 2016 Lay Program on 21 May 2016 with 90 participants



- Diabetes Conversation Map Training for Professional was held at City View Hotel on 7 Nov 2015 with 30 dietitians of the Hong Kong Dietitians Association (HKDA) participated
- Diabetes Conversation Annual Meeting: Five Countries, Five Years was held at Cityview Hotel on 21 May 2016, expertise trainer Barbara Eichorst from United States; Brenda Lim from Singapore; Lou Qing Qing from China; Chang Mei from Taiwan and Harriet Chung from Hong Kong joined the gathering and shared their experience with local trainers. 63 health care professionals attended the event.



Steno-card

- Steno-card Training Workshops were held on 13 Jun 2015, 8 Aug 2015 and 10 Oct 2015 with 34, 39 and 48 participants attended respectively.



2015 – 2016 AHKDN Activities

Council Meetings



The 30th AHKDN council meeting was held on 15 Sept 2015

The 31st AHKDN council meeting was held on 24 Nov 2015

The 32nd AHKDN council meeting was held on 26 Jan 2016

The 33rd AHKDN council meeting was held on 16 May 2016

Learning Activities

Educational Seminars for AHKDN members or / and nurses



The 19th AHKDN Educational Seminar was held at Sheraton Hong Kong Hotel & Tower on 27 Aug 2015.

Topic : Similarities and Differences of Gliptins in the Management of Types 2 Diabetes

Guest Speaker :

Professor Stefano Del Prato, M.D.
Professor of Endocrinology and Metabolism, University of Pisa, Italy

AHKDN DM Education Session at the 7th Annual Scientific Meeting and of the Hong Kong Society of Endocrinology, Metabolism and Reproduction on 21 Nov 2015

Topic : Advancing Practice in Diabetes: Nurse-Patient Partnership

Guest Speakers :

Ms. Maisy Mok and Ms. Veronica Hung from Hong Kong
Ms. Brenda Lim from Singapore
Ms. Hui Fang Wan from Taiwan
Ms. Pui San Kong from Macau
Prof Xiaohui Guo and Qingqing Lou from China





The 20th AHKDN Educational Seminar was held at Eaton Hotel on 19 Mar 2016

Topic :
Weight Management in Diabetes with Novel Treatment

Guest Speakers :
Professor Alice Kong Pik San



'華人糖尿科護士研討會暨晚宴' with 34 diabetes educators from China, Taiwan, Singapore, Macau and Hong Kong on 21 Nov 2015





Lunch in the Dark

The workshop organized by Dialogue Experience was held on 19 Sept 2015 at Dialogue experience Square with 18 participants



Update Diabetes Management and Education Course 2016

8 lectures (1.5 hours per session) were conducted from 5 Apr - 31 May 2016, 101 nurses attended with positive feedback received





2015 – 2016 AHKDN Activities

Promoting Health Awareness in Community

DM Exercise Community Patient Workshop was held at Kwun Tung Christian Family Centre on 15 Aug 2015 with 32 participants and received positive feedback



Diabetes Lay Program at East-meets-west Symposium was held at Hong Kong Convention & Exhibition Center on 3 Oct 2015 with 95 participants





AHKDN was invited by Diabetes Hongkong (DHK) to participate in 'Act Now for Diabetes 控糖者聯盟.

The program was kicked off by promotion of insulin injection on 3 Oct 2015, AHKDN members experienced painless injection by ultrafine needle at the 17th Diabetes and Cardiovascular Risk Factors: East Meet West Symposium and further promote at mass media





Ms. Lam Yuen Hung delivered the talk '科技控糖全接觸' on DM Lay Education Program at EMW symposium at Hong Kong Convention and Exhibition Centre on 3 Oct 2015



AHKDN participated in organizing Youth Camp on 26-27 Sept 2015 at The Boy's Bridge Hong Kong Anchor House (Ma Wan)



Being one of the supporting organization, AHKDN members joined Final Hike for Youth Diabetes which held on 15 Nov 2015 at Tai Tam Country Park in Hong Kong.



AHKDN was invited by the Hong Kong Academy of Nursing (HKAN) to run a booth 'Big Nurse Clinic' for diabetes education after health check and to help in training for 'DM Exercise Dance Show' demonstrated by students of Grantham Hospital in 'The World Health Day Health Carnival 2016' held at Sun Yat Place, Main Campus, the University of Hong Kong on 9 Apr 2016.



2015 – 2016 AHKDN Activities

社區參與廣播服務試驗計畫 (CIBS Project)

AHKDN was invited by Hong Kong Academy of Nursing (HKAN) to participate the Community Involvement Broadcasting Service (CIBS) Project with a series of 13 health topics of radio broadcasting at Radio Television Hong Kong (RTHK) http://programme.rthk.hk/channel/radio/index.php?c=dab31&m=archive. It aimed at promoting nursing specialization and awareness on care of elderly in community. Diabetes nurses Jo Jo Kwan, Shimen Au and Sarita Chan collaborated with Cardiac nurses for the topic '三高睇真D' was broadcasted on 27 Apr 2016



AHKDN was one of the core alliance organization in Alliance for **'Prevent the Preventable'**, Dr. Jo Jo Kwan, Ms. Veronica Hung, Ms. Tracy Lau and Ms. Maisy Mok joined the "公私營協作 - 正視糖尿病論壇" at East-meets-west Symposium on 3 Oct 2015.





Dr. Jo Jo Kwan was invited to join the kick off ceremony at **'Diabetes Preventing the Preventable Forum'** organized by Asia Diabetes Foundation on 21-22 May 2016 at Cordis Hotel.

Professional Talk and Experience Sharing

Ms. Sarita Chan on behalf of AHKDN attended ***'Partners in Patient Health forum (PIPH Forum)'*** in Singapore on 15 & 16 Oct 2015 organized by Sanofi Company Ltd. The theme was **"Working together with one Voice"**. The forum was designed for leading patient advocates and groups caring for patients and families living with different diseases. The experience of organizing patient activities; projects of AHKDN and roles of diabetes educator in Hong Kong were shared. The DM Exercise Dance'舞動健康'. was promoted in the forum.



Nomination & Sponsorship

- 16th Diabetes and Cardiovascular Risk Factors: East Meet West Symposium, held at Hong Kong Convention and Exhibition Centre on 3 & 4 Oct 2015 with 5 members were nominated.
- 7th AASD Scientific Meeting and AGM of the Hong Kong Society of Endocrinology, Metabolism and Reproduction held at Hong Kong Convention and Exhibition Centre on 21 & 22 Nov 2015 with 20 members nominated
- International Diabetes Federation (IDF) World Diabetes Congress 2015 at Vancouver, Canada on 30 Nov - 4 Dec 2015 with 9 members nominated

Social Activity – Macau Trip

29 AHKDN members visited Kiang Wu Hospital and shared experience with Macau nurses, followed by sight-seeing in the city on 24 Oct 2015.



Hong Kong Diabetes Nursing: a 2C and 2P Group

Eva Kan and Winnie Cheng

I feel proud of being a member of the diabetes nursing family. This family has the 2C and 2P characteristics.

The 2C: Cohesive and Creative

Because we stay together, we are able to create history and make our dreams come true.

After the four pioneer nurses received their diabetes educator training in Australia in 1989, all trained nurses have joined the Diabetes Educators Group (DEG) of the parent Hong Kong Society of Endocrinology, Metabolism and Reproduction (HKSEMR), and have worked hand in hand to build the foundation of diabetes nursing. Working with the Medical Services Department, the DEG initiated diabetes nurse training in Hong Kong and produced the first generation of 12 local nurses in 1991. In 2008, the Association of Hong Kong Diabetes Nurses (AHKDN) was formed as an independent academic body. All DEG members then became members of the Association.

Staying together, we have defined our paradigms and constructed our philosophy[1] to guide our own direction of development. We continued to work with HA and produced more than 300 diabetes nurses as at 2015. We stated our position in our position statement: Diabetes Education: Who and What[2]. We support evidence-based practice. We deliberated and arrived at a consensus to issue our EBP Clinical Guideline on subcutaneous insulin injection[3]. Seventeen HA nurses, from nurse consultants to junior advanced practice nurses, joined together to promulgate this guideline to all 7 HA clusters.

Why are we so cohesive? It is like members of a family staying close to each other. Each is part of the whole. Love, passion and support bond us together.

The 2P: Progressive and Productive

Our family members have grown with time. Some brilliant leaders have emerged from the family to nurture the junior members. They steer the ever-improving diabetes nursing services and have transformed previous didactic patient education to today's predominantly patient-centered approaches. They have created opportunities for members to join in large scale funded multicenter research projects[4,5]. They participate in International Diabetes Federation activities and gain the specialty a good reputation in international arena, making Hong Kong Diabetes education as role models to the Western Pacific Region. They are also actively involved in training the nearby countries, particularly China and Macau. Our current project is to build a MCQ bank for the College examination of advanced practice nurses in Diabetes. Thirty-one fellows in Diabetes are working together on this project and have completed 2 phases with a fixed deposit of 300 items.

Up to 2015, we have 75 in-practice members in the AHKDN and 41 fellows in the College of Medical Nursing (Diabetes). We feel so privileged and will continue to flourish, contribute to nursing and make better diabetes care in Hong Kong. And you are most welcome to join our big family!

1. *AHKDN (2010). Association of Hong Kong Diabetes Nurses Position Statement I: Diabetes Self-Management Education: What and Who?*
2. *AHKDN (2014). Diabetes Nursing Philosophy.*
3. *AHKDN (2014). Evidence-based Clinical Guideline on Subcutaneous Insulin Injection for People with Diabetes Mellitus.*
4. *A Multi-centre Peer Support Program for Type 2 Diabetes Patients in Hong Kong. (2015 to current)*
5. *Process and Outcome Evaluation of Using the Diabetes Conversation Map Tool to Educate Type 2 Diabetes Patients in Hong Kong: A Multi-center Study.(2013 to current).*

ACKNOWLEDGE

Abbott ASCENSIA Diabetes Care AstraZeneca 阿斯利康 BD Lilly DIABETES novo nordisk ONETOUCH Roche SANOFI