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

The 9th AHKDN Annual Symposium & Annual General Meeting

謹「腎」為上
Watch Out: Diabetic Kidney Disease

The 2016-2018 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 the President

Association of Hong Kong Diabetes Nurses

It is my honor to welcome you all to the 9th Annual General Meeting and Symposium 2017 of Association of Hong Kong Diabetes Nurses (AHKDN).

In the year of 2016 / 17, it is our fruitful year regarding to promoting exercise, delivering professional education and producing educational materials for patients with diabetes. As we know exercise is one of the main pillars managing diabetes, in this year, we have collaborated with the Hong Kong Association of Physiotherapist (HKAP) again to design the part II Dance for Health exercise- sitting exercise for the frail or those having balance problems. Diet is another important pillar, and we are glad to collaborate with the dietitian to write up the diet book「醒目外食及運動指南」with the contents that the public may find it with fun and practical. In fact, managing diabetes is a multidisciplinary team work, the collaboration with all relevant stakeholders is important. AHKDN has allied with nine healthcare professional groups as Diabetes Alliance to raise public awareness on diabetes.

To address to save our earth and protect our environment, this year we kick start of paperless e-AHKDN newsletter, hoping our readers can find it easier to access the information on the web.

The 2017 AGM cum Symposium's theme is Watch Out: Diabetic Kidney Disease 謹腎為上 and we are honoured to invite two distinguished speakers Professor Andrea Luk and Ms Law Pui Yee to give lectures on managing diabetes with kidney disease and they surely inspire us and broaden our horizons to caring patients with diabetes.

I wish to take this opportunity to thank our organizing committee and programme committee for their devotion to the preparation work in this wonderful event.



Veronica Hung
President
Association of Hong Kong Diabetes Nurses

The 9th AHKDN Annual General Meeting

17th June 2017 (Saturday)
Crystal Ballroom, 2/F,
The Cityview Hotel,
23 Waterloo Road, Kowloon

Programme Committee

Ms. Loo Kit Man (Chairman)
Ms. Chan Oi Ying, Sarita
Ms. Hung Siu Chan, Veronica
Ms. Wong Ka Chee, Karen

Organizing Committee

Dr. Kwan Yee Mei, Jo Jo (Chairman)
Ms. Ho Sau Yee
Ms. Lam Yuen Hung
Ms. Law Chin San
Mr. Leung Sum Ming
Ms. Mok Pik Hung, Maisy
Ms. Wong Suk Chi
Ms. Yee Shun Wah, Amy
Ms. Yeung Hoi Ming, Theresa

Moderator

Ms. Leung Yat Sze, Annie
Ms. Yeung Chau Wan

Schedule		
1:30 – 2:00pm	**Registration**	
2:00 – 2:10pm	**President Welcome Speech**	Ms. Veronica Hung President, AHKDN
2:10 – 2:40pm	**Outstanding achievement award presentation**	Review Panel: Prof. Karen Lam and Prof. Ann Shiu Ms. Veronica Hung and Ms Sarita Chan
2:40 – 3:40pm	**Keynote Speech (1)** **New Perspectives in Management of Diabetic Kidney Disease**	Dr. Andrea Luk, Associate Professor, CUHK
3:40 – 4:30pm	**Tea Break**	
4:30 – 5:30pm	**Keynote Speech (2)** **Nutrition Management of Diabetic Kidney Disease**	Ms. Law Pui Yee, Dietitian, PYNEH
5:30 – 5:40pm	**Closing Remark**	Dr. Jo Jo Kwan, Chairman of AGM Organizing Committee
5:40 – 6:00pm	**The 9th Annual General Meeting** • **Annual Report** • **Financial Report**	Ms. Veronica Hung, President Ms. Ho Sau Yee, Treasue
6:00 – 6:10pm	**Group Photo**	
6:30pm	**Annual Dinner (members only)**	

Abstracts

Outstanding Achievement Award

A Structured Exercise Program for Pakistani Patients with Diabetes: Methodology and Focus Group Findings

MP Ng, EYN Cheung, MPH Mok, GYW Kam, MW Tsang, ATY Shiu

The authors developed a structured exercise program for Pakistani patients with diabetes (PPD) attempting to increase their physical activity.

An evaluation of the exercise program was conducted with two objectives:

1. To examine the impact of the program by comparing its pre-post clinical outcomes.
2. To assess participants' perception of the program.

This paper focuses on reporting the methodology of the program development and the findings of the second objective.

A three-stage approach was adopted to develop the exercise program. The first stage was a need assessment to explore PPD's physical activity habit and related cultural practice. The second stage was the design of the exercise program with the support of certified physical trainers. The third stage was the implementation of the four-session program spanning over nine months. Pre-post program clinical data were collected. Male and female interpreters were employed to assist data collection and the exercise program.

After the conclusion of the program, the first author conducted two focus groups with female and male participants respectively, adopting the same interview guide. The data were transcribed and analyzed using qualitative content analysis.

Result & Outcome: Sixteen PPD participated in the program (8 male and 8 female; mean age: 50; mean duration of diabetes: 12 years). Seventy-five percent of the participants engaged in more frequent physical activity.

Thirteen participants (7 male and 6 female) participated in the two focus groups. Seven categories of findings emerged from the data.

1. High satisfaction with the individualized exercise sets and guidance of certified physical trainers
2. High value of group interaction with peers
3. Enhanced physical and mental wellbeing
4. Pictorial illustration of exercise steps in the exercise record book
5. Feeling safe under supervision by health care professionals
6. Increasing the frequency of the exercise program
7. Infrequent self-monitoring of blood glucose and inappropriate choice of snack

The development and implementation of the culturally relevant structured exercise program for PPD was the first of its kind in Hong Kong. Focus group findings, from PPD's perspective, illuminate the pre-post comparison data to support that the program was culturally relevant and successful in helping PPD engage in regular exercise.

Keynote Speech (1)

New Perspectives in Management of Diabetic Kidney Disease

Dr Andrea Luk, Associate Professor, CUHK

Diabetes mellitus is a complex chronic disease of rapidly growing prevalence that has now reached pandemic proportions. Cardiovascular and renal diseases are major sequelae of diabetes and contribute much of the chronic disability and premature mortality in this population. Worldwide, diabetes is the most common cause of end-stage renal disease and accounts for over 40 percent of patients receiving renal replacement therapy every year. Asians have greater predilection for renal complications compared with Caucasian counterparts. Intensive glycaemic control reduces complications from diabetes including diabetic kidney disease (DKD). International guidelines provide evidence-based recommendation about metabolic targets as well as the use of renin-angiotensin-aldosterone system inhibitors for the prevention and treatment of DKD. Newer classes of anti-diabetic drugs such as sodium-glucose co-transporter 2 inhibitors and incretin-based agents have recently been shown in clinical studies to have renal protective effects. In this presentation, epidemiology, definition and pathophysiology of DKD will be discussed, and clinical approaches in the practical management of patients with DKD will be addressed in depth.

Keynote Speech (2)
Nutrition Principles and Recommendations for Treatment on Diabetic Kidney Disease

Ms Law Pui Yee, Dietitian

Nutrition is important in the management of diabetes and chronic kidney diseases. Control intake of protein, carbohydrate, fat and sodium helps the management of diabetes and slows down the progression of chronic kidney diseases. People with both diseases reported difficulty in choosing appropriate food. Practice tips in meal planning will be discussed.

2016 — 2017 AHKDN Activities

Council Meetings

34th AHKDN Council Meeting was held on 7 September 2016

35th AHKDN Council Meeting was held on 2 December 2016

36th AHKDN Council Meeting was held on 18 February 2017

37th AHKDN Council Meeting was held on 12 May 2017



Report of AHKDN Sub-committee

A. AHKDN Newsletter Committee



To save our trees and protect our planet, we are delighted to announce the first version of electronic Newsletter (Issue 12) was released in Feb 2017. Please visit our for details @ AHKDN web: www.ahkdn.com

The main themes:

- Diabetes Mellitus in Old Ages
- Patient Safety Alert: Risk of Severe Harm & Death due to Withdrawing Insulin from Pen Devices

B. Clinical Work Group on Diabetes Nursing Accreditation

The Clinical Work Group has helped to co-ordinate the development of examination items for the Hong Kong College of Medical Nursing (HKCMN) regarding fellowship examination on Diabetes Sub-specialty. This year, we are glad to announce that one diabetes nurse has passed HKCMN examination and become fellow member of Diabetes Nursing (Medicine-Diabetes) under Hong Kong Academy of Nursing (HKAN).

C. Evidence-based Practice (EBP) Committee

EBP project of Diabetes Nursing (2016 -2018) was run in Dec 2016. Six EBP leading projects were in planning. More than 30 members joined the programme.



- The 1st EBP Workshop was organized on 3 Dec 2016, 2pm to 6pm

Dr Choi Cheung Hei Consultant, QEH conducted a lecture namely "Smart Statistics and Appraising EBP Literature"

Professor Winnie So, CUHK also inspired members on "How to Develop EBP Questions"





- The second EBP Workshop was held on 18 Feb 2017, 2pm to 6pm

Members had a fruitful discussion with Prof. So regarding our six proposed EBP project. She gave lots of suggestions and comments to us for refining our projects.

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

The Committee was active in organizing healthcare professional training last year. There were a total of 3 training programmes on the use of Conversation Map and Steno Card tools were held. The AGM of DCC would be held on 18 Nov 2017 at Cityview Hotel.



1. Diabetes Conversation Map Orientation Program was held on 24 Sep 2016 with a total 38 participants



2. Diabetes Conversation Map Facilitator Training Workshop was held on 14 Nov 2016 with a total of 15 participants



Steno Diabetes Dialogue Card Practical Use Sharing Symposium was organized on 4 Mar 2017 with 34participants
Speaker: Prof Ann Shiu and Ms Annie Leung

AHKDN Activities

A. Educational Seminars & Training

1. The 8th AHKDN Annual Symposium & Annual General Meeting was held on 25 June 2016. The theme was Diabetes Chit Chat 老幼談胰: "The Young and The Elderly, there were 67 members & 23 non-members attended the informative seminars



Keynote Speech (1)
Topic: A Journey with Children and Adolescents Having Diabetes Mellitus
Speaker: Dr Wong Lap Ming
Consultant Paediatrician, Dept of Paediatrics and Adolescent Medicine, NTWC



Keynote Speech (2)
Topic: New Perspective in Managing Elderly People with Diabetes
Speaker: Dr Au- Yeung Tung Wai
Service Director (P & CHC), New Territories West Cluster Consultant, Department of Medicine & Geriatrics, Pok Oi Hospital

2. Chair Dance HCP Ambassador Training Workshop



Chair Dance HCP Ambassador Training Workshop organized by AHKDN & Hong Kong Physiotherapy Association (HKPA) on 3 Sept 2016 with 26 attendees.

3. Mr Sum Ming Leung and Ms Maisy Mok were invited to give a talk on "Evidence Based Education Tools to Empower Patients" in East Meets West Symposium on 2









4. On 20 May 2017, we have organized another seminar . Apart from Dr Ho Yiu Yan, Andrew, Consultant from TMH updated us on the new generation of oral antidiabetic drugs and GLP1 RA, we also have Ms Maisy Mok and Ms Veronica Hung highlighted the safety practice on insulin administration with pen device as well. There were 43 particpants joined this seminar.

5. We co-organized with the Hong Kong Geriatrics Society and Hong Kong Dietitians Association on a Scientific Symposium on Nutritional Management given by Dr. Alberto Mijan-de-la-Torre. We had almost 50 members joined the lecture.



C. Promoting Health Awareness in Community

1. Chair Dance Training Workshop

- There will be a series of chair dance training workshop organized in the community centres of different districts. The first Community Exercise Workshop was held on 22 Apr 2017 in Tuen Mun



- Our new Chair Dance DVDs were released in Sept 2016. AHKDN has designed two different exercise posters with QR codes for promotion of exercise in the community.







- Our Association was invited to the have a video shooting for promoting of Chair Dance. The event was posted up at 信報健康專欄 on 30 Dec 2016 and TVB Magazine



2. Diabetes Children Activates

- We co-organized with Youth Diabetes Action for Youth Camp from 16 to 17 Sept 2016. There were 27 participants including 6 peer leaders joined the camp. Ms Theresa Yeung and Ms Maisy Mok gave talks for Free Ambulatory Glucose Profile Programme for YDA members.
- We supported the Hike for Youth Diabetes activity on 13 Nov 2016 at Siu Sai Wan Promenade to Big Wave Bay



3. Community Programme on Diabetes

- AHKDN participated in the annual EMW Lay Programme on 1 Oct 2016. We had AHKDN ambassadors to teach public to do chair dance exercise on stage and also in our AHKDN booth.



- We involved in an annual public programme namely護專粵韻傳萬家-體檢及健康諮詢.We had set the blood glucose checking booth and provided health advice to the general public on 19 Feb 2017.



● We actively participated in the bi-annual Diabetes Patient Congress 關注糖尿人士會議2017 organized by Diabetes Hongkong on 14 May 2017. On this big day event, we involved in different activities such as drum performance, exercise booth and patient sharing sessions to promote positive attitudes and active involvement in managing and treating diabetes.





5. Diabetes Education – new initiatives

● Two different sizes of diabetes alert wrist band were designed for both adults (green) and children (yellow). They were distributed to diabetes centres.



● A new dining out booklet '醒目外食運動指南 was published in April 2017 and distributed to various diabetes centres. The booklet provides information on calorie of different food in conversion of energy consumption.



● AHKDN has allied with nine healthcare professional groups as Diabetes Alliance to raise public awareness on diabetes and published a booklet"控糖在你手" to enhance public education.



C. Nomination & Sponsorship

● 5 members were nominated to attend the Diabetes and Cardiovascular Risk Factors: East Meet West Symposium, held at Hong Kong Convention and Exhibition Centre on 3 & 4 Oct 2016

● 11 members were nominated to join IDF Western Pacific Region Congress 2016 (31 Oct to 4 Nov 2016) in Taiwan.



D. What's New

AHKDN Website Revamp : A newly designed AHKDN webpage will be released in 3Q/4Q 2017



Hong Kong College of Medical Nursing (HKCMN)

Roadmap to Become a Fellow Member of Diabetes Nursing

FHKAN (Medicine – Diabetes)

To become an Ordinary Member of the HKCMN & Hong Kong Academy of Nursing (HKAN)

- Holder of Registered Nurse (RN) Certificate issued by Nursing Council of Hong Kong and with valid Practicing Certificate
- Worked in Diabetes Nursing for at least an accumulative 4 years in the most recent 6 years
- 500 theory hours: Generic (167); Advance (167) and Specialty (167)
- 500 clinical hours: 50-100% supervised practice, 50% work placement; and complete not less than 75% of Log Book which demonstrated active participation in reflective learning
- The Diabetes Nursing specialty training is to be completed within 4 years
- Completed Master Degree of Nursing or Health Care related
- Self-declaration of NO Criminal Conviction or professional misconduct
- Passed the Membership examination (Passing mark is 70% for a total of 150MCQs - 100 MCQs are on diabetes specialty and 50 MCQs are on general medicine and nursing)
- Nominated by HKCMN and approved by HKAN to become Ordinary Member

To become a Fellow Member of the HKAN

- Being an eligible ordinary member of HKCMN
- At least 6 years accumulated Diabetes Nursing specialty experience in the most recent 9 years of which 3 must be in the current 3 years
- Self-declaration of NO Criminal Conviction or professional misconduct
- Take assessment as stipulated
  Part I: An Advanced Practice Project (4000 words ± 10%)
  Part II: Viva – based on the Advanced Practice Project and evidence-based practice
- Passd the exit assessment, recommended by the designated mentor and 2 Fellows
- Proof of significant contribution to the profession
- Member needs to apply for Fellow Membership within 3 years upon becoming eligible (i.e. ordinary member), otherwise the eligibility would lapse
- Approved by HKAN

Membership	Issue	Proposed Period
Ordinary Member	Invite membership	Mar of each year
	MCQ examination	June of each year
Fellow Member	Invite membership	July of each year
	Fellow examination	Dec of each year

ACKNOWLEDGE

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