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

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編者的話

近年來，運動已被肯定爲糖尿病的基本治療方法，奈何大部份糖尿病患者在履行運動治療時，都是"知易而行難"；而醫護人員在繁重的工作下，推動運動治療也無奈地流於口頭鼓勵。有見及此，香港糖尿科護士協會去年編製了"舞動健康"，以歌唱及舞蹈形式，全力推動運動，另一方面，今期為大家介紹進新版的糖尿病併發症檢查軟件。協會亦積極舉辦社區教育。在專業發展方面，組員多次參與本地及海外專業培訓，並主領工作坊，全力發展糖尿病教育。

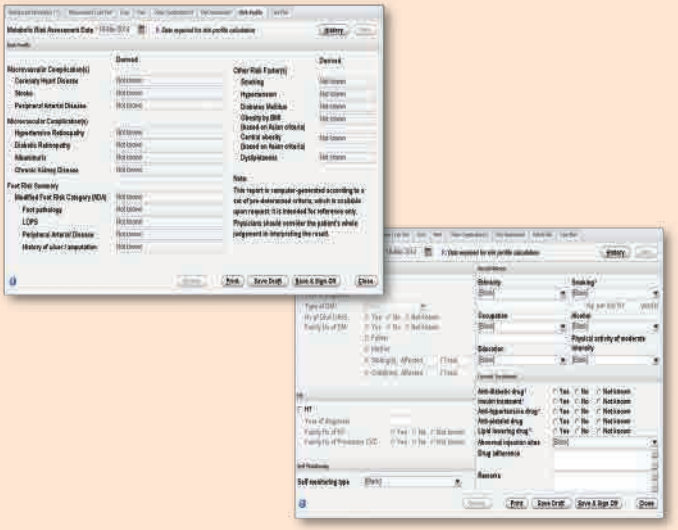
A New Complication Screening Module – Metabolic Risk Assessment Module (MRAM)

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Chronic complications of Diabetes Mellitus (DM) lead to increased morbidity and mortality in diabetic patients. The enormous cost of managing these complications incurs a burden to the budget of the Hospital Authority (HA). A systematic provision of a diabetic complication screening is essential for providing an effective diabetes management.

In the past, various hospitals in Hong Kong had their own complication screening template but without a unified standard and retrievable system. In 2008, the diabetic complication screening module in the Clinical Management System (CMS) of the Hospital Authority underwent a revamp – Diabetes Mellitus Complication Screening (DMCS). This precursor of Metabolic Risk Assessment Module (MRAM) had been used for more than 10 years. The launch of MRAM provides a more comprehensive picture of the diabetic complication screening for the patients under Hospital Authority.

MRAM keep the essential elements from DMCS including a detailed background history, eye assessment, foot assessment and a summary of risk profile. The patient summary is kept so that patient can get their complication summary with simple illustration. Moreover, MRAM have an advanced and extensive assessment in different aspects, give us a clear layout of the disease. In the category of foot assessment, a detailed vascular assessment is included. Ankle brachial index (ABI), any history of claudication or rest pain is added in the vascular assessment which facilitates an early treatment and appropriate vascular management. Under the section of risk profile, a new system of risk scoring is initiated which assists in the risk stratification of the diabetes management. This detailed summary of the complication screening: Macro- and Micro-vascular complications, foot risk summary and other risk factors which can enhance the treatment plan for the diabetes patients. DCMS had been used for diabetic patients only but under the new module – MRAM, patient with metabolic disease like Hypertension alone can also undergo the complication screening with detailed assessment.



MRAM rollout plan was started in TKOH for pilot in April 2013 and was fully launched in all HA hospitals and GOPCs in September 2014. During this rollout period of time, various meeting were held for improving the implementation of this new module. With the comments from our frontline staff, the new module is revised to become more user friendly and convenient for our health care professionals to use as illustrated in the attached pictures.

The manual of MRAM will be published with illustration on how to perform the complication screening, the normal range of each item and the abnormality of the result that requires an appropriate management.

舞動健康的誕生

莫碧虹
糖尿科護士
前香港糖尿科護士協會會長(2012-2014年度)

日常在糖尿科中心與糖尿病朋友(糖友)接觸，他們或多或少都會作飲食調節，但對做運動遇到很大的障礙。未能做運動的原因真是多不勝數。"我唔識做運動"；"我的工作時間很長，無時間做運動"；"我不喜歡出街"；"屋企細無地方做運動"；"無人陪我做運動，一個人做好悶"等等。可是恆常運動不單能提升胰島素的敏感度，更可增加快樂指數，怎樣可以突破這些難關呢?

舞動健康 不同元素

為了針對糖友的問題，香港糖尿科護士協會主動與物理治療學會商討，以專業角度設計一套安全、簡易運動招式讓長者們容易學習，特點不易跌倒，更要配合一些易記的口訣。對於一些工作忙碌及缺乏時間的糖友又如何? 為此，必須加入另一套具有挑戰性的進階板以滿足這方面的需要。但這與坊間的運動影碟又有何分別呢?要鼓勵糖友積極參與，我們相信歸屬感及輕鬆方便是很重要的推動力。於是，聯絡不同的創作人，希望打做一首屬於糖友的運動歌曲，以輕快調子，鼓勵性的歌詞，並以流行的Rap加入不少運動時的注意事項。演繹的歌手龍小菌小姐更是一個活生生的例子，透過飲食調節及運動成功的減去數十磅的體重，希望為糖友帶來我能做得到的信息。

初稿完成，大家希望糖友以愉快心情完成約30分鐘的帶氧運動，將各項招式重新編排，加上熱身及舒緩運動完成一套在家中細小空間可以進行的運動。我們更希望這運動在晚餐後與家人一起進行，不單增進家人聯繫及支持，亦將這健康的生活模式在社區推廣。

活出色彩

為了增添愉快感覺，在封套設計及用色方面亦花了不少心思，務求令到糖友可以有愛不惜手，自發使用的效果。希望大家在工作空間嘗試將我們這份心意帶給糖友、家人甚至周邊的朋友，建立一個健康的社區。

《舞動健康》運動推廣項目

蘇德宜
糖尿科護士

香港糖尿科護士協會及香港物理治療學會在2014年度聯手籌備和製作全港第一個專門為糖尿病患者而設計的音樂健康操《舞動健康》及音樂光碟，目的是透過輕鬆的音樂、簡單的舞步、及朗朗上口的歌詞來幫助糖尿病患者愉快地天天做運動。

《舞動健康》的音樂光碟是由著名歌手龍小菌主唱，教育影片部份則由糖尿科護士和物理治療師作出舞步示範。舞步分為初階版及進階版，每個40分鐘，除此之外，並有熱身及舒緩運動的示範。如有興趣欣賞《舞動健康》的音樂MV　和初階及進階版共16式不同的舞步示範，可瀏覽香港糖尿科護士協會網頁: http://www.ahkdn.com

You Tube 網址:
http://www.youtube.com/watch?v=cerDp_34Wk8
http://www.youtube.com/watch?v=voMoUOQthPo
http://www.youtube.com/watch?v=fTMD1BLDDNA&feature=youtu.be
http://www.youtube.com/watch?v=FOBDdRG_e_A&feature=youtu.be



2014年4月
兩學會的舞動大使聯手拍攝音樂影片



沙田龍華酒店拍攝MV



2014年1至3月
項目籌備，歌曲製作，設計健康十六式及舞步編排
主題曲：舞動健康
主唱：龍小菌小姐

於2015年，本會計劃在社區為糖尿病患者舉辦《舞動健康》運動工作坊，工作坊會由糖尿科護士和物理治療師指導如何使用《舞動健康》教育光碟進行運動，在首節學習完成後會派發《舞動健康》光碟一隻以在家中進行練習。整個工作坊共分三節，期間並同時進行為期六個月的追蹤研究，會收集血糖，血脂，體重，及運動習慣等數據，希望了解持續舞蹈對病情的幫助，以助醫護人員日後制訂更符合病人需要的治療方案。如果您有興趣參參與這個項目，歡迎與我們聯絡。



2014年5月
製作教學運動短片



新聞發布會及各項宣傳活動



2014年7月
健康運動大使訓練班



現場表演健康操





2014年11月
糖尿健步行宣傳



《舞動健康》DVD

2014年11月
同舞同步舞動健康首映

Activities: July to Dec 2014

International Congress

"9th Congress of the Asian-Pacific Society of Atherosclerosis and Vascular Diseases and 16th Diabetes and Cardiovascular Risk Factors - East Meets West Symposium" which were held on 25th to 29th September 2014 in Hong Kong.

- 5 members were nominated to join the meeting.

10th IDF-WPR Congress 2014 & 6th AASD Scientific Meeting, Singapore on 22nd to 24th November 2014.



9 members were nominated to join the meeting.





Dr Jo Jo KWAN, President of AHKDN was invited to be the speaker at Pre-congress Workshop.



President also leaded members to visit the Diabetes Society of Singapore.

Activities: July to Dec 2014

Educational Seminar

The 16th Educational Seminar held on 29th November 2014

Topic I : Update on DPP-4-Inhibitor
Speakers: Dr. Ng Ying Wai,
Endocrinologist,
Queen Elizabeth Hospital





Topic II : In-patient Management of Blood Glucose
Speakers: Dr. Chow Wing Sun,
Endocrinologist,
Queen Mary Hospital
Totally 56 members participated





The 17th AHKDN Educational Seminar held on 27th November 2014 (Thursday)

Topics : MCQ Production cum Project Orientation
Speakers: Ms Kan Ching Yee Eva and Dr. Shiu Tak Ying Ann

We had 25 members to join







The 18th AHKDN Educational Seminar held on 13th December 2014.

Topics : Ambulatory Glucose Profile (AGP) - The Next Frontier in Diabetes Management
Speakers: Dr. Mark Evans
MD FRCP, University of Cambridge

Totally 49 members participated



Conversation Map

Diabetes Conversation Map Facilitator Training Workshop was held on 7th June 2014.





Promoting health awareness in community

Kick Off Ceremony of "Diabetes Exercise Song" was held on 1st November 2014.









Activities: July to Dec 2014

6th AHKDN AGM & Seminar on 18th June 2014

Dr CHOI Cheung Hei was the speaker on the topic of "Stress on Diabetes" and Ms. Mandy CHAI demonstrated the method of "催眠減壓放鬆".

After that, the 6th Annual General Meeting & Council Election were held. Some of the members joined The annual dinner for an enjoyable night.







Professional sharing with Diabetes Nurses in Macau



"Insulin Therapy in Primary Care"
by Ms Maisy Mok, on 10th January 2014





"Importance of nurses in optimizing Diabetes Management"
by Ms. Tracy Lau, on 4th July 2014.

Professional Promote

Conference/Seminar	Date	Web-site
75th Scientific Sessions of American Diabetes Association (ADA); Boston	5 - 9 June 2015	http://www.diabetes.org
Annual Meeting & Exhibition, American Association of Diabetes Educators (AADE); New Orleans, Louisiana	5 - 8 August 2015	http://www.diabeteseducator.org
51th Annual Meeting of the European Association For The Study of Diabetes; Stockholm, Sweden	14 - 18 September 2015	http://www.easd.org
World Diabetes Congress 2015, Vancouver, Canada	30 November – 4 December 2015	http://www.idf.org
Activities	**Date**	**Web-site**
Diabetes Hong Kong Healthy Run 2015	18 January 2015	http://www.diabetes-hk.org

Journal Article/web-site (New Approach on Diabetes Education)

J.L. Chiang, M.S. Kirkman, L.M.B. Laffel and A.L. Peters, on behalf of the Type 1 Diabetes Sourcebook Authors (2014) Type 1 Diabetes Through the Life Span: A Position Statement of the American Diabetes Association. Diabetes Care; 37:2034–2054.

明愛醫院
糖尿及內分泌科中心

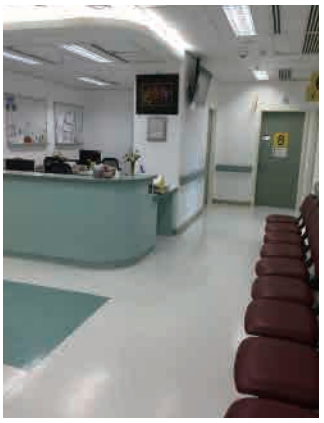
陳美娣
糖尿專科護士
明愛醫院

明愛醫院第二期重建計劃中的新大樓-懷明樓於今年初落成啟用，懷明樓是一座日間醫療及復康大樓，「糖尿及內分泌科中心」亦位於懷明樓內。為配合減輕急症病房的工作量及照顧內分泌科病人的需要，中心提供更優質及更適切的日間內分泌功能檢驗。

「糖尿及內分泌科中心」的前身是「糖尿護理及教育中心」。「糖尿護理及教育中心」服務始於一九九九年一月，由最初於一間不足百尺的房間內運作，後因醫院運作及重建計劃的原故，至今已經歷了三次搬遷！

現在「糖尿及內分泌科中心」除了繼續提供原有的各科住院及門診糖尿病人護理及教育服務外，重建計劃也為中心增添了先進的新儀器，包括全自動動脈硬化診斷裝置及動態血糖監測系統，為糖尿病人提供更精確及詳細的檢查，有助醫護這更效地替病人治療及管理糖尿病。

今年剛巧是明愛醫院五十週年，「糖尿及內分泌科中心」定本著明愛「獻出愛心帶來希望」的宗旨服務深水埗及西九龍的居民。







ANNOUNCEMENT



