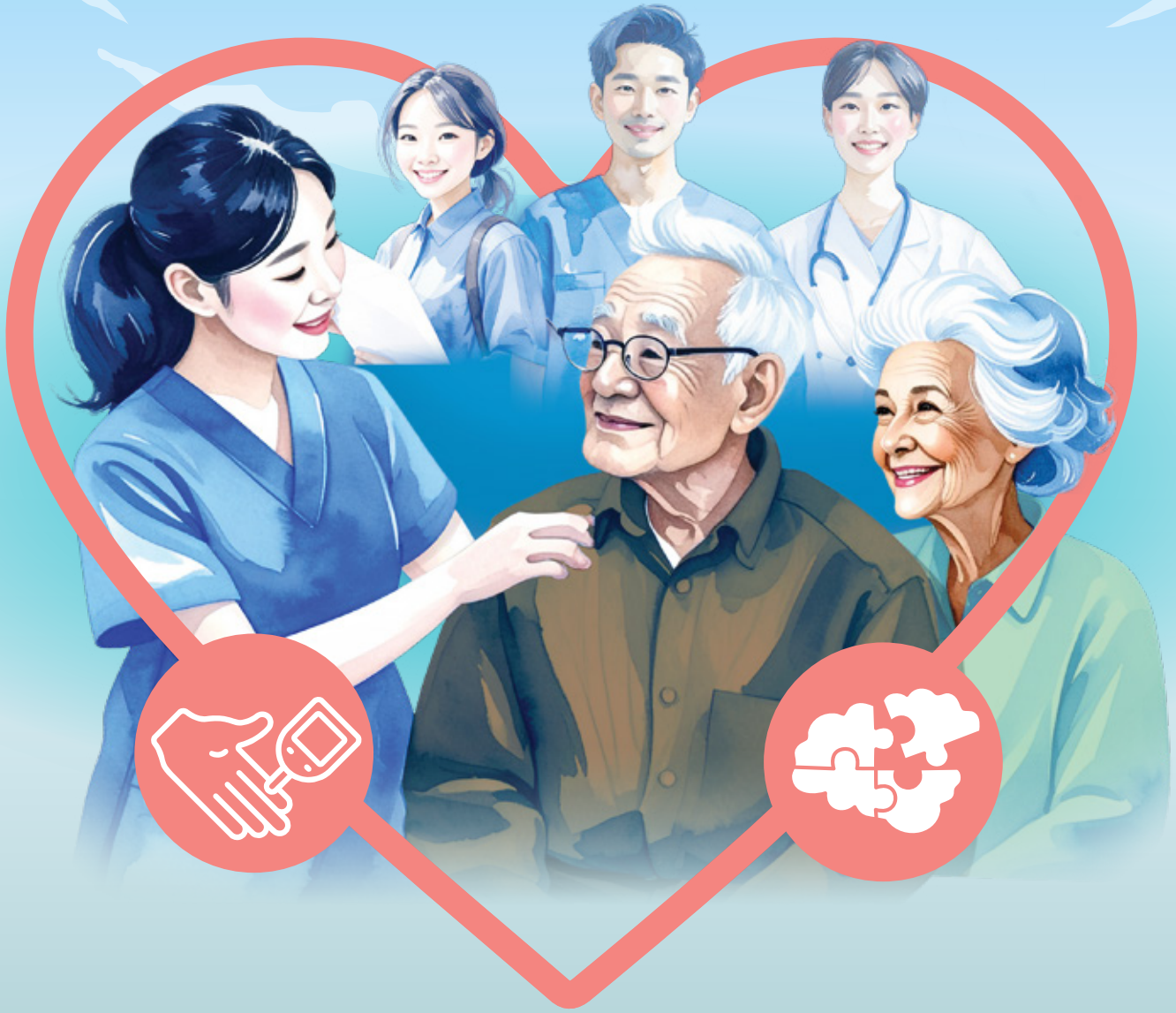
香港糖尿科護士協會
Association of Hong Kong Diabetes Nurses

The 17th AHKDN Annual Symposium and Annual General Meeting



Nurturing Wellness:
Supporting Approaches to Seniors with Diabetes and Dementia
腦*老有所醫

21 June 2025 (Sat)
ClubONE Telford (Kowloon Bay)
Units P13-P14, Podium Level, Telford Gardens

Abbott life. to the fullest.® · ASCENSIA Diabetes Care · AstraZeneca 阿斯利康 · Boehringer Ingelheim · ONETOUCH · GSK · Lilly A MEDICINE COMPANY · NOVARTIS · novo nordisk® · Roche · sanofi

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 of 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 the 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 the 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 about diabetes and healthy lifestyle
- We advocate the better quality of care and rights for people affected by diabetes

THE 2024 - 2026 COUNCIL



PRESIDENT	Ms Loo Kit Man 魯潔敏
VICE-PRESIDENT	Ms Leung Yat Sze Annie 梁逸思
SECRETARY	Ms Yee Shun Wah Amy 余舜華
SECRETARY	Ms Sin Wai Man Celia 冼慧敏
TREASURER	Ms Chan Wing Shan Miranda 陳詠珊
ASSOCIATE OF TREASURER	Ms Kwok Kam Ping 郭錦萍
HEAD OF EDUCATION	Ms Yeung Hoi Ming Theresa 楊海明
ASSOCIATE OF EDUCATION	Ms Lai Chui Yi 黎翠儀
HEAD OF COMMUNICATION	Ms Hui Kit Ming Camille 許潔明
ASSOCIATE OF COMMUNICATION	Ms Chan Cheuk Man 陳卓敏
HEAD OF MEMBERSHIP	Ms Chan Hoi Man Daisy 陳凱雯
COUNCIL MEMBER	Ms Chan Oi Ying Sarita 陳愛英
	Ms Mok Pik Hung Maisy 莫碧虹
	Ms Sin Po Ying 單寶盈
	Ms So Tak Yee Tammy 蘇德宜

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Prof Lam Siu Ling Karen
Prof Margaret McGill
Prof Shiu Tak Ying Ann
Dr Tiu Sau Cheung
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ASSOCIATION AFFAIR ADVISORS
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Dr Kwan Yee Mei JoJo

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Mr Anthony James Hung

DIABETES HONGKONG REPRESENTATIVE
Ms Chan Oi Ying Sarita
Ms Sin Po Ying

DIABETES DIVISION OF HKSEMR REPRESENTATIVE
Ms So Tak Yee Tammy

YOUTH DIABETES ACTION REPRESENTATIVE
Ms Mok Pik Hung Maisy

Message from President

It is my great honor to welcome you to the 17th AHKDN Annual Symposium & Annual General Meeting of the Association of Hong Kong Diabetes Nurses.

This year, we are delighted to host this special event at a new, spacious, and grand venue. We hope you find it both comfortable and inspiring as we come together for this meaningful gathering.

In alignment with our commitment to sustainability, we have transitioned to digital materials, an e-programme book, e-poster, e-certificate, and a digital backdrop. This shift reflects our ongoing efforts to reduce our environmental footprint.

Our theme for this year is: “Nurturing Wellness: Supporting Approaches to Seniors with Diabetes and Dementia (腦*老有所醫).” Diabetes and dementia have become increasingly interlinked challenges in elderly care. As healthcare professionals, it is our mission to deepen our understanding and refine our approaches to better support our patients with compassion and expertise.



We are privileged to have two distinguished speakers, Dr. James Luk and Dr. Kenny Chui, who will share their invaluable insights on this critical topic. Their expertise will undoubtedly expand our knowledge and inspire us to deliver better care. Furthermore, their perspectives will help us navigate the complexities of managing diabetes within the framework of these interrelated health concerns.

In addition, we are also excited to announce the completion of three exercise videos, created in collaboration with the Hong Kong Physiotherapy Association. These include a theoretical guide and two practical videos on upper and lower limb exercises. We hope these resources will become valuable tools for enhancing fitness and diabetes care of our patients.

Let this symposium be a platform for learning, collaboration, and innovation as we work together to improve diabetes care and Hong Kong.

Thank you for your unwavering dedication and commitment.

Loo Kit Man
President of AHKDN 2024 - 2026

The 17th AHKDN Annual Symposium and Annual General Meeting

PROGRAMME COMMITTEE
Ms Loo Kit Man (Chairperson)
Ms Leung Yat Sze Annie
Ms Yee Shun Wah Amy
Ms Sin Wai Man Celia

ORGANIZING COMMITTEE
Ms Chan Cheuk Man (Chairperson)
Ms Hui Kit Ming Camille (Chairperson)
Ms Chan Hoi Man Daisy
Ms Chan Oi Ying Sarita
Ms Chan Wing Shan Miranda
Ms Hung Siu Chan Veronica
Dr Kwan Yee Mei JoJo
Ms Kwok Kam Ping
Ms Lai Chui Yi
Ms Mok Pik Hung Maisy
Ms Sin Po Ying
Ms So Tak Yee Tammy
Ms Yeung Hoi Ming Theresa

MODERATOR (AGM Program)
Ms Chan Wing Shan Miranda
Ms Kwok Kam Ping

MODERATOR (Annual dinner)
Ms Yeung Hoi Ming Theresa
Ms Lai Chui Yi

Nurturing Wellness: Supporting Approaches to Seniors with Diabetes and Dementia 腦*老有所醫

21 June 2025 (Sat)
ClubONE Telford (Kowloon Bay)
Units P13-P14, Podium Level, Telford Gardens

14:00 – 14:30	**Drinks reception & booth exhibition** **Presentation of the muscle strengthening exercise video series**	
14:30 – 14:35	**Welcome Speech**	**Ms. Loo Kit Man, President**
14:35 – 15:35	**Keynote Speech (1)** Diabetes and Geriatric Giants	**Dr. James Luk** Honorary Clinical Associate Professor University of Hong Kong
15:35 – 16:20	**Tea Break & booth exhibition**	
16:20 – 17:20	**Keynote Speech (2)** Dementia management – non-pharmacological treatment	**Dr. Kenny Chui** Deputy General Manager, Jockey Club Centre for Positive Ageing Dementia Care Specialist
17:20 - 17:25	**Closing Remarks**	**Ms. Hui Kit Ming, Camille** **Ms. Chan Cheuk Man**
17:25 - 17:45	**The 17th AGM (Members only)** • Annual Report • Financial Report	**Ms. Loo Kit Man, President** **Ms. Chan Wing Shan, Miranda** **Ms. Kwok Kam Ping**
17:45 - 18:00	• Kick-off Ceremony Let's Move *起動健康 Muscle Strengthening Exercise Video Series • Presentation of souvenirs	**Ms. Loo Kit Man, President** **Mr. Woo Chuen Hau, Alexander** President, Hong Kong Physiotherapy Association
18:30	**Annual Dinner (Members & guests only)**	

Keynote Speech (1)

Diabetes and Geriatric Giants

Dr James Luk
Honorary Clinical Associate Professor
University of Hong Kong

Diabetes mellitus (DM) is highly prevalent and a major health concern in rapidly growing older adults. Its relationship with geriatric giants (syndromes) like cognitive impairment, depression, frailty, sarcopenia, fall and fractures, and polypharmacy is intricate and bidirectional, extending far beyond simple comorbidity. This complex interplay significantly impacts morbidity, disability, quality of life and mortality. In this presentation, the complex relationships between DM and cognitive impairment, depression, sarcopenia, frailty, falls, osteoporosis and polypharmacy are reviewed based on present evidence. The bidirectional relationships which create vicious cycle between DM and geriatric syndromes are emphasized. Effective care requires a paradigm shift from solely glucocentric management to comprehensive geriatric assessment (CGA) and personalized holistic approach with a view to early detection of geriatric syndromes in DM patients, mitigating adverse outcomes downstream and achieving better glycemic control. Moreover, individualized HBA1c target is needed based on frailty in order to minimize hypoglycemia of older DM patients.

Keynote Speech (2)

Dementia management – non-pharmacological treatment

Dr Kenny Chui
Deputy General Manager, Jocky Club Centre for Positive Ageing
Dementia Care Specialist

Caring is not just focusing on knowledge and skills but also on "attitude". In preserving personhood through the person-centred care approach, synchronising with the person's experience of dementia and listening to their voice to interpret the surrounding things should be promoted. Dual interventions with pharmacological treatment and non-pharmacological interventions have significantly affected the mood and quality of life among people with dementia as well as their care partners. Based on the cognitive assessments and Kitwood's Flower model, the design of meaningful engagement with a person-centred care approach can be demonstrated. Beyond the software of "treatment", dementia-inclusive design and environmentally friendly hardware should be addressed to offer a positive experience that prioritises the well-being of people with dementia. Following the theoretical framework that blends interpretivism and the sociocultural perspective on dementia in Hong Kong, the 16 principles of a proper caring attitude, called DemenTitude®, are introduced. The aims are to reduce the stigma associated with dementia among care staff and to raise awareness of the importance of using dementia-inclusive language.

Council Meetings

13 August 2024	AHKDN Handover Meeting (zoom)
6 September 2024	The 69th AHKDN Council Meeting (zoom)
22 November 2024	AGM Preparation Meeting (zoom)
13 December 2024	The 70th AHKDN Council Meeting
7 March 2025	The 71th AHKDN Council Meeting
16 May 2025	The 72th AHKDN Council Meeting
20 Jun 2025	EGM Meeting 2025

Report of AHKDN Sub-committee

1. Clinical Work Group on Diabetes Nursing Accreditation

Representatives to Hong Kong College of Medical Nursing
Ms Lin Lai Har Grace & Ms Yee Shun Wah Amy
Members: Ms Chan Mei Tai May, Ms Cheng Mei Wan Winnie, Dr Kwan Yee Mei Jo Jo, Ms Leung Siu Kuen, Ms Ng Mei Po Mabel, Ms Au Ka Yin Shimen, Ms Leung Yat Sze Annie
Advisor: Prof Shiu Tak Ying Ann

The Clinical Work Group helps to develop examination items for the accreditation of diabetes nurses or advanced practice nurses. The workgroup continues to support the formulation of standards of curriculum, examination handbooks, mentorship and fellow examination for Hong Kong College of Medical Nursing (HKCMN). The workgroup was actively developing the 2025 version of the DM specialty syllabus and logbooks.

2. Evidence-based Practice (EBP) Committee

Chair: Ms Yee Shun Wah Amy & Wong Ka Chee Karen
Secretary: Ms Chui On Lan Anna
Members: Ms Au Ka Yin Shimen, Ms Chan Ching Yee, Ms Chan Shuk Kwan, Ms Cheung Shuk Man, Ms Choi Ching Yee Ada, Dr Kwan Yee Mei Jo Jo, Ms Leung Yat Sze Annie, Ms Lin Lai Har Grace, Ms Loo Kit Man, Ms Loong Hong Nin Connie, Ms Mok Pik Hung Maisy, Ms Ng Mei Po, Ms Yeung Hoi Ming Theresa

The committee members are committed to the ongoing enhancement of diabetes care through the promotion of evidence-based practices. The committee meeting was suspended on 27 September 2024, pending for selection of a suitable evidence-based practice topic for discussion.

2024
22
JUN

The 16th AHKDN Annual Symposium & Annual General Meeting

The 16th Annual Symposium & Annual General Meeting was held on 22 June 2024 (Saturday)
99 members and non members attended



Keynote Speech (1) –
"Mindfulness for distress in people with diabetes and healthcare professionals"
Presented by Prof Lee Kam Pui Eric



Keynote Speech (2)
"The psychology of eating: how to improve your relationship with food"
Presented by Dr Yu Man Wei Vivien





2024
15
JUN

6th Annual Scientific Congress by Diabetologists & Endocrinologists Alliance

AHKDN was a supporting organization





Ms Yeung Hoi Ming Theresa was invited as panelist in the workshop "Sick Day and Peri-operative Management of Diabetes"

2024
5-6
OCT

26th Diabetes and Cardiovascular Risk Factors - East Meets West Symposium

organized by the Hong Kong Institute of Diabetes and Obesity, CUHK.
AHKDN was a supporting organization
49 members attended the Meeting





Ms Yeung Hoi Ming Theresa was invited as Chairperson on the Joint Symposium with The Nethersole School of Nursing, CUHK



Ms Maisy Mok was invited as the speaker on "Telemedicine in diabetes – Hong Kong"

2024
20
OCT

24th Regional Osteoporosis Conference

AHKDN was a supporting organization



2024
26-27
OCT

The Endocrinology, Diabetes & Metabolism Hong Kong (EDM HK) 7th Annual Meeting

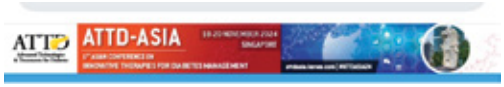
It was organized by the Division of Endocrinology, Diabetes and Metabolism, Department of Medicine, The University of Hong Kong, K K Leung Diabetes Centre and Osteoporosis Centre of Queen Mary Hospital
AHKDN was a supporting organization
79 members attended the Meeting



2024
18-20
NOV

Advanced Technologies and Treatments for Diabetes - Asia Conference

2 members (Ms Chui On Na Anna & Ms Hung Chui Shan) were nominated to attend the conference.







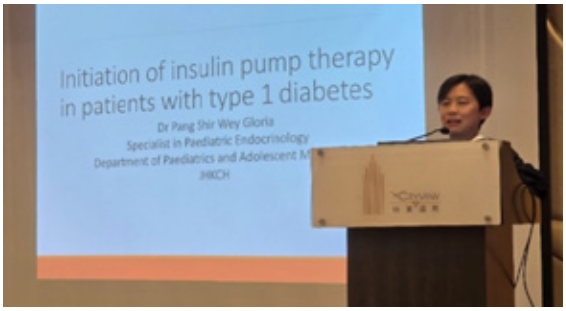
2025
11
JAN

Scientific Symposium: Optimizing Outcomes with Automated Insulin Delivery System

85 members and 10 Paed nurses attended the workshop



Ms Sarita Chan & Ms Daisy Chan act as the facilitators



Dr. Gloria Pang was invited to present “Initiation of insulin pump therapy in patients with T1DM”



Dr. Wong Kwong Yi was invited to present “Report interpretation and related management”



Ms Maisy Mok was invited to present “Practical tips on pump management”





2025
14
JAN

Optimizing Management of Diabetic Kidney Disease

AHKDN was a co-organizer

Ms Yeung Hoi Ming was invited to be one of the moderators and Ms Loo Kit Man was invited as the speaker “Management of Diabetic Kidney Disease From a Nurse’s Perspective”

71 nurses attended the symposium





LEARNING ACTIVITIES

2025 4 MAR

Transforming Diabetes Outcomes: The Clinical Power of Insulin Glargine U300

AHKDN was a co-organizer
66 members on site and 6 members via zoom attended the symposium

2025 7-10 APR

International Diabetes Federation - World Diabetes Congress 2025 at Bangkok Thailand

12 members (Ms Shimen Au, Ms Ng Mei Po, Ms Elke Lai, Ms Sarita Chan, Ms Chan Wai Sze, Ms Sin Po Ying, Ms Camille Hui, Ms Loo Kit Man, Ms Annie Leung, Ms Koo Wai Kuen, Ms Liu King Ming and Ms Yim Chui Fan Cindy) are nominated to attend



2025 18 MAY

Diabetes Preventing the Preventable (DPP) Forum

80 members were nominated to attend.
Ms Loo Kit Man was invited to Chair the Symposium 1 on lifestyle therapy







2025 25 MAY

Congress Diabetes Hongkong 2025 - Professional Symposium

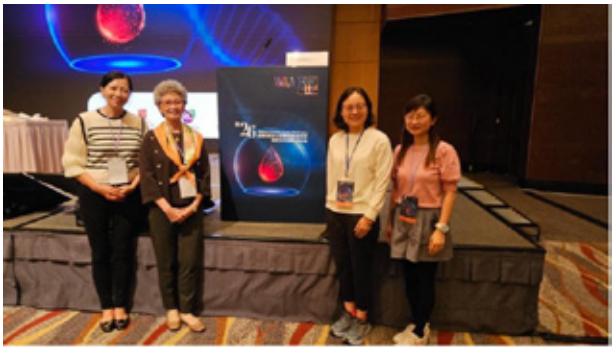
AHKDN was a co-organizer
47 members attended the Symposium



2024
5
OCT

The 26th Diabetes Public Programme at East Meets West Symposium

AHKDN was a co-organizer
This was a one-day educational public programme including 3 educational talks, a cooking class demonstration, and booths for the public
Ms Chan Cheuk Man and Ms Lai Chui Yi were the MCs in the Lay Program





In the EMW public programme, AHKDN organized an educational booth featuring a DM knowledge Q&A challenge. Heartfelt thanks to the nine member volunteers who dedicated their time and effort to run the booth!

Booth coordinator

Ms Chan Wing Shan Miranda
Ms Hui Kit Ming Camille
Ms Loo Kit Man

Booth volunteers

Ms IP Ming Lai
Ms Mabel NG
Ms Wong Wing Mei
Ms Chow Miu Fan
Ms Grace Lin
Ms Lam Kit Mui





2024
26
OCT

The Public Lectures at The Endocrinology, Diabetes & Metabolism Hong Kong (EDM HK) 7th Annual Meeting

AHKDN was a supporting organization







2024
14
NOV

Diabetic Foot Community Care Program, Rotary Club of Admiralty

AHKDN was a supporting organization







2024
-
NOV

黃大仙地區康健中心 同擔當 康健Post (11月)

Ms Chan Wai Sze wrote an article "糖尿自我管理好Easy"





2025
25
MAY

Congress Diabetes Hongkong 2025

Congress Diabetes Hongkong (關注糖尿人士會議) was held on Sunday, at Grand Hall, 1/F, 12W, Phase 3, Hong Kong Science Park, Shatin
AHKDN was a supporting organization







PROMOTING HEALTH AWARENESS IN THE COMMUNITY

2025
25
MAY

AHKDN organized two game booths for participants, featuring a five-minute 'Dance for Health' challenge and a 'Get to Target' ball game. More than 300 travelling bags and 150 cool towels were distributed to participants.

Heartfelt thanks to the 15 AHKDN members who volunteered to plan and man the booth!





Booth coordinator

Ms Sarita Chan
Ms Chan Wing Shan Miranda
Ms Kwok Kam Ping

Booth volunteers

Ms Poon Chui Yu
Ms Chan Ching Yee
Ms Sin Po Ying
Ms Yee Shun Wah
Ms Betty Leung
Ms Camille Hui
Ms Leung Wing Shan
Ms Lam Yuen Hung
Ms Maisy Mok
Ms Sylvia Li
Ms Fion Choi
Ms Lee Yuen Man

Production of muscle-strengthening exercise videos (2023-2025)





- Three educational videos on muscle-strengthening exercises—one animated video providing a theoretical guide, and two practical videos focusing on upper and lower limb exercises- are now available on YouTube.
- Heartfelt thanks to the staff of the Hong Kong Physiotherapist Association, including Ms. Joey Cheng, Ms. Eva Chun, Mr. Aiden Man, and Mr. Jeffery Man, for their support in preparing the video content and assisting with the video shoots.
- We also extend our sincere gratitude to AHKDN members Ms. Loo Kit Man, Ms. Annie Leung, Ms. Maisy Mok, Ms. Yeung Chau Wan, and Ms. Ginia Chan for their invaluable contributions in planning the video content, coordinating production, and supporting the video shoots.

Let's Move 起動健康(一)
肌肉鍛鍊運動篇 運動的好處
https://youtu.be/bj2TDmgmiQA

Let's Move 起動健康(二)
肌肉鍛鍊運動篇 上肢肌肉鍛鍊
https://youtu.be/h1nkBEIxdC0

Let's Move 起動健康(三)
肌肉鍛鍊運動篇 下肢肌肉鍛鍊
https://youtu.be/xip7DLCeYZ0

What's up

PRODUCTION OF EDUCATION TOOLS

- Lipohypertrophy patient educational pamphlet will be released
- "Diabetes & vaccinations" patient education pamphlet will be released

UPCOMING COURSES / TRAINING

- Diabetologists & Endocrinologists Alliance (DEA) will be held on 14th June 2025 (Saturday) at the Langham Hong Kong, Tsimshatsui. AHKDN is a supporting organization
- Update on Diabetes and Management Course will be organized in 4Q 2025 (10 lectures)

OTHERS

- MEMORANDUM AND ARTICLES OF ASSOCIATION of HONG KONG DIABETES NURSES LIMITED was revised and endorsed by council members on 20 Jun 2025
- Membership Upgrade: The annual application period for upgrading from Associate to Ordinary membership runs from April 1st to June 30th with annual renewal each year.
- Email Transition: Official AHKDN-designated email addresses are now available, and AHKDN Gmail addresses will be phased out in Q4 2025
- For Yahoo email account holders: Please be aware that our emails may have been mistakenly directed to your trash or spam folder. Kindly check those folders to ensure you don't miss any important messages

Ms Loo Kit Man	➢ President	➢ Ahkdn-president@ahkdn.com.hk
Ms Leung Yat Sze Annie	➢ Vice-President	➢ Ahkdn_vicepresident@ahkdn.com.hk
Ms Yee Shun Wah Amy Ms Sin Wai Man Celia	➢ Honorary Secretary	➢ Ahkdn_secretary@ahkdn.com.hk
Ms Chan Wing Shan Miranda Ms Kwok Kam Ping	➢ Treasurer ➢ Associate of Treasurer	➢ Ahkdn_treasurer@ahkdn.com.hk
Ms Hui Kit Ming Camille Ms Chan Cheuk Man	➢ Head of Communication ➢ Associate of Communication	➢ Ahkdn_communication@ahkdn.com.hk
Ms Yeung Hoi Ming Theresa Ms Lai Chui Yi	➢ Head of Education ➢ Associate of Education	➢ Ahkdn_education@ahkdn.com.hk
Ms Chan Hoi Man Daisy	➢ Head of Membership	➢ Ahkdn_membership@ahkdn.com.hk
Ms Nina Chan (P/T clerk) Ms Hui Kit Ming Camille Ms Chan Cheuk Man		➢ Ahkdn_enquiry@ahkdn.com.hk