香港糖尿科護士協會有限公司
Association of Hong Kong Diabetes Nurses Limited

15th AGM President Report on 24th June 2023

AHKDN Council 2022-2023

Post	Name	
President	Ms Loo Kit Man	魯潔敏
Vice-president	Ms Leung Yat Sze, Annie	梁逸思
Honorary Secretary I	Ms Yee Shun Wah, Amy	余舜華
Honorary Secretary II	Ms. Yeung Chau Wan	楊秋雲
Treasurer	Ms Lam Yuen Hung	林婉虹
Head of Communication	Ms Chan Cheuk Man	陳卓敏
Head of Publication	Ms Lam Yee Ching	林綺清
Head of Education	Ms Yeung Hoi Ming, Theresa	楊海明
Council Member:	Ms Chan Oi Ying, Sarita	陳愛英
	Ms Chang Lai Fan, Helen	張麗芬
	Dr. Kwan Yee Mei, Jo Jo	關綺媚
	Ms Mok Pik Hung, Maisy	莫碧虹
	Ms Hung Siu Chan, Veronica	孔笑珍
	Ms Wong Ka Chee, Karen	王家緻

Honorary Advisors:
Professor Clive Cockram
Professor Lam Siu Ling Karen
Ms Marg McGill
Professor Shiu Tak Ying Ann
Dr. Tin Sau Cheung
Professor Wong Kam Yuet Frances
Dr. Yeung Tok Fai Vincent

Honorary Auditor:
Mr. Fung CK, Nicholas

Honorary Legal Advisor:
Mr. Anthony James Hung

The 14th AHKDN Virtual Annual Symposium & Annual General Meeting

Theme: Update on management of cardiovascular & non-alcoholic fatty liver disease
控糖篇:保心護肝

- 25 Jun 2022
- 77 members attended
- Dr Kam Ka Ho Kevin was invited to deliver a lecture on “Management of Ischaemic Heart Disease in patients with Diabetes”
- Dr Lee Chi Ho Paul was invited to deliver a lecture “Fatty liver as a diabetic complication?”

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4 Council Meetings held in 2022-2023

The 60th AHKDN council meeting was held on 16 September 2022

The 61st AHKDN council meeting was held on 9 December 2022

The 62nd AHKDN council meeting was held on 3 March 2023

The 63rd AHKDN council meeting was held on 4 May 2023

1. **AHKDN Members (Up to 31 May 2023)**

   Ordinary Members: 110

   Associate Members: 61

   Total number of members: 171

2. **Report of AHKDN Sub-committee**

A. AHKDN Newsletter Committee

Chair: Ms Lam Yee Ching

Members: Ms Chung Hau Yee Harriet, Dr. Kwan Yee Mei Jo Jo, Ms Lam Yuen Hung, Ms Leung Yat Sze Annie, Ms Yeung Sau King, Ms Yee Shun Wah Amy

Advisor: Dr Yeung Tok Fai Vincent

The 18th issue of AHKDN Newsletter was published in February 2023

- The main themes included:
  - Metabolic dysfunction-associated fatty liver disease (MAFLD) as a diabetic complication by Dr Lee Chi Ho Paul
  - Management of fatty liver with Chinese Medicine 脂肪肝的中醫治療 by 劉昭勁博士
  - Nutritional therapy for nonalcoholic fatty liver disease by Ms Agnes N. S. Lam
  - Case sharing: 沿途有你 by Ms Lam Yee Ching

B. Clinical Work Group on Diabetes Nursing Accreditation

Members: Ms Lin Lai Har Grace, Ms Yee Shun Wah Amy, Ms Chan Mei Tai May, Ms Cheng Mei Wan Winnie, Ms Kan Ching Yee Eva, Dr Kwan Yee Mei Jo Jo, Ms Leung Siu Kuen, Ms Ng Mei Po Mabel, Ms Tong Mei Ling Maggie

Advisor: Prof. Shiu Tak Ying Ann

- Develop examination items for the accreditation of diabetes nurses and advanced practice nurses.
- Support the formulation of standards of the curriculum, examination handbooks, mentorship and fellow examination for Hong Kong College of Medical Nursing (HKCMN)

C. Evidence-based Practice (EBP) Committee

Chairlady: Ms Wong Ka Chee Karen & Ms Yee Shun Wah Amy

Secretary: Ms Chui On Lan Anna

Members: Ms Au Ka Yin Shimen, Ms Chan Ching Yee, Ms Chan Oi Ying Sarita, Ms Chan Shuk Kwan, Ms Chang Lai Fan Helen, 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 Mabel, Ms Yeung Hoi Ming Theresa

- The updated "Continuous Glucose Monitoring System: Practice Guide for Diabetes Nurse (2nd Version)" has been uploaded to the AHKDN website.
- The protocol "A 3-Session CGM/ Freestyle Libre (FSL) Education Protocol to Educate Patients with Type 2 Diabetes" will be uploaded to the website soon.
- The guide "Physical Activity / Exercise & Diabetes – A Guide to DM nurses" has been uploaded.

3. Education Seminars & Training

A. 16th International Virtual Symposium on Health Aging on 13 & 14 Aug 2022

- Supporting organization
- 17 members attended

B. 24th Diabetes and Cardiovascular Risk Factors – East Meets West Virtual Symposium on 1 & 2 Oct 2022

- Supporting organization
- 40 members attended
- Professor Chair Sek Ying & Ms Loo Kit Man were invited as Chairlady of Symposium 1B (Joint Symposium with the Nethersole School of Nursing, CUHK)
- Dr Harriet Chung~~,~~ was invited to present the "Pilot randomized controlled trial on a diabetes care programme in the primary care setting"

C. The Endocrinology, Diabetes & Metabolism Hong Kong (EDM HK) 5th Hybrid Annual Meeting on 29 & 30 October 2022

- Supporting organization
- 60 members attended

D. Diagnosis & Treatment of Hepatitis C Among Patients with Type 2 Diabetes on 24 Nov 2022

- Co-organizer with DHK
- Speaker: Prof. Wong Lai Hung, Grace
- 36 members attended

E. Detection & Prevention of Insulin-induced Lipohypertrophy Lecture and Workshop

i. Detection & Prevention of Insulin-induced Lipohypertrophy on 26 Nov 2022

- Moderator: Ms Au Ka Yin, Shimen
- Speaker: Ms Chan Shuk Kwan Emily, Ms Chang Lai Fan Helen, Ms Cheung Shuk Man Cherry, Ms Chui On Lan Anna
- Part 1: Hybrid Seminar (35 members attended)
- Part 2: On-site Seminar and Train-the-Trainer Workshop (46 members attended)

ii. 2 identical webinar

a. Detection (Manual Examination) and Prevention of Insulin-induced Lipohypertrophy Webinar on 7 Jan 2023

- Moderator: Ms Au Ka Yin Shimen
- Speaker: Ms Chan Shuk Kwan Emily, Ms Chang Lai Fan Helen, Ms Cheung Shuk Man Cherry, Ms Chui On Lan Anna, Ms Loo Kit Man
- 59 participants attended

b. Application of Ultrasound to Detect Lipohypertrophy Webinar on 14 Jan 2023

- Speaker: Mr Lee Ming Chung (Radiographer)
- 72 members attended

iii. Application of Point-of-Care Ultrasound On-site Workshop on 25 Mar 2023

- Speakers: Dr. Liu Kin Hung Eric & Mr Lee Ming Chung Radiographer)
- 38 members attended

F. Diabetes Preventing the Preventable (DDP) Forum 2023 on 7 May 2023

- Co-organizer with ADF
- 60 members attended
- Ms Loo Kit Man was invited to Co-chair the session 1

G. Dexcom Evening Symposium. How rtCGM changes Diabetes Management on

7 Jun 2023

- Co-organizer with DHK
- Speaker: Prof Benjamin John Wheeler
- Moderator: Dr Ng Man Yuk, Tellus
- 99 participants attended (86 were nurse participants)

H. 5th Hybrid Meeting Annual Scientific Congress organized by Diabetologists and Endocrinologists Alliance on 17 Jun 2023

- Supporting organization
- Brittle DM workshop – Glycemic variability challenges & opportunities
- Moderator: Dr Cheung Lik Wong
- Panellist: Dr Nicole Suet-Ming Chau, Dr Enoch Wu, Dr Lorena Cheung, Ms Loo Kit Man

4. Promoting Health Awareness in The Community

A. AHKDN educational materials

AHKDN granted the copyright of the AHKDN educational materials to HA GO in Oct 2022

- 6 videos: 舞動健康站立篇及健坐篇，糖尿病與併發症:了解糖尿病，糖尿病與併發症：糖尿腎篇，糖尿病與併發症：糖尿眼篇，糖尿病與併發症：使用胰島素的常見問題，胰島素注射須知
- 4 pamphlets: 慎防失明，認識糖尿眼，胰島素注射知多少，管理餐後血糖新思維，醒目外食及運動指南
-

B. Nov 2022 to May 2023

- Written 14 articles regarding diabetes self-management tips and uploaded at 控糖者聯盟 Facebook
  - Topics: 糖尿病及口腔健康，糖尿病及皮膚，高血糖與炎症，糖尿病與運動，如何開展運動計劃，使用胰島素筆劑的注意事項， 如何儲存胰島素，男性性功能勃起障礙，糖尿病與睡眠，糖尿病與脂肪肝，糖尿病與吸煙，糖友去旅行，篤手指驗血注意事項，糖友可唔可以飲酒

C. 24th Diabetes and Cardiovascular Risk Factors: Public education on 1 Oct 2022

- Ms Grace Lin, Ms Theresa Yeung, and Ms Yeung Chau Wan were invited to chair the public program

D. The Public Lectures and the Endocrinology, Diabetes & Metabolism Hong Kong (EDM HK) 5th Hybrid Annual Meeting on 29 Oct 2022

- Topics on Oesteoporosis: 強筋健骨，飲食有方 and DM: 監測察血糖全攻略 & 尋「藥」記

E. Sham Shui Po District Health Centre organized a World Diabetes Day Public education programme

- 14th – 30th November 2022
- diabetes management talk, healthy eating and cooking strategies, and exercise

5. Youth Diabetes Action (YDA) – Jockey Club Support for Young People with Diabetes Press Conference

- Press Conference on 26 April 2023
- AHKDN will provide full support by offering comprehensive education for YDA patients aged 2-30 (eligible patients will receive a 2-year free glucose sensor supply)

- **Congress for People with Diabetes 2023 on** 21 May 2023
- Supporting organization
- Set up a "Dance for Health" booth and successfully attracted more than 300 people to take the "5-minute exercise challenge"

6. Application of Education Grant

- Applied for an education fund $50,000 from 亞洲抗衰老協會

I. 4 seminars and workshops on "Detection & prevention of insulin-induced lipohypertrophy" were organized

7. What's Up?

A. Production of educational materials

- A 5-minutes video on DM retinopathy will be released soon
- Video on muscle-strengthening exercises is under planning

B. Senior members concession

- Ordinary members aged ≥60 could enjoy a discount annual fee of HK$50

C. Social Events

- Plan to be organized in Nov 2023

D. Part-time Clerks

- Employing 2 part-time clerks to manage the AHKDN clerical matters

8. Hong Kong College of Medical Nursing (HKCMN)

- Election of Council Member (2023-2026): Ms Ng Mei Po Mabel, Dr Kwan Yee Mei Jo

Jo, Ms Au Ka Yin Shimen

- In 2022-2023, there were 41 fellow members (diabetes nursing), of which 5 are earned fellows
- Diabetes Nursing will be merged into Medical Nursing in 2025, and work-group members will be set up for the preparation

9. Upcoming Courses / Training

- Q3 2023: A biannual DM course for nurses will be organized by AHKDN
- 14-16 July 2023:
  - KDIGO Summit on Cost-effective implementation of Clinical Practice
  - Guideline for Diabetes Management in Chronic Kidney Disease: From Primary to Collaborative Care (AHKDN is a supporting organization)
- 4-6 Aug 2023: Asia-Oceania Conference on Obesity 2023 (AOCO 2023) at the Hong Kong (AHKDN is a supporting organization)

10. AHKDN Financial Report for the year ended on 31 Mar 2023

	(HK$)
Income	
Subscription from members	10,600
Donations and honorarium received	50,000
Training courses income	-
Bank interest income	2,596
Sundry income	-
Total income	**63,196**
Expenditure	
Auditor's remuneration	5,000
Bank charges	400
Business registration fee	250
Computer	10,350
Depreciation	347
Entertainment	-
Online Meeting expense	1,598
Honorarium for training course speakers	12,700
Internet charges	1,496
Printing and stationery	550
Project fee paid	13,185

Salaries	10,000
Secretarial fee	2,200
Souvenirs for members	6,025
Sundry expenses	2,893
Overseas travelling	-
Total expenditure	**66,994**
(Deficit) / Surplus for the year	**(3,798)**
Non-current assets : property, plant & equipment	-
Current assets	
Deposit and prepayment	25,620
Cash at bank	950,713
Tax recoverable	3,466
Current liabilities	
Provision for taxation	-
Accrued charges	9,800
Surplus carried forward	**969,999**



Loo Kit Man
President (2022-2024)