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

The agenda of the 74th AHKDN Council Meeting

Date:	5 Dec 2025 (Friday)
Time:	19:00
Zoom	Meeting ID: 880 4746 4493
	Passcode: 665650

1 Confirmation of the minutes

- EGM meeting for financial report endorsement (6 Sept 2025)
- 73rd AHKDN Council meeting
- Revised 17th AGM meeting

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

The Minutes of the Extraordinary General Meeting

Date: 6 September 2025 (Friday)
Time: 19:00
Venue: Room 24, 1/F Block M, QEH

Present		
Ms. Loo Kit Man	President	
Ms. Leung Yat Sze Annie	Vice-President	
Ms. Yee Shun Wah Amy	Honorary Secretary I	CCWG Representative
Ms. Chan Wing Shan Miranda	Treasurer	
Ms. Kwok Kam Ping	Associate of Treasurer	
Ms. Hui Kit Ming Camille	Head of Communication	
Ms. Yeung Hoi Ming Theresa	Head of Education	
Ms. Lai Chui Yi	Associate of Education	
Ms. Chan Hoi Man Daisy	Head of Membership	
Ms. Chan Oi Ying Sarita	Diabetes Hongkong Representative	
Ms. Sin Po Ying	Diabetes Hongkong Representative	
Ms. Chan Cheuk Man	Associate of Communication	
Ms. Hung Siu Chan Veronica	Association Affair Advisor	
Absent with apology		
Ms. Sin Wai Man Celia	Honorary Secretary II	
Ms. Mok Pik Hung Maisy	Youth Diabetes Action Representative	
Ms. So Tak Yee Tammy	HKSEMR Diabetes Division Representative	
Dr Kwan Yee Mei Jo Jo	Association Affair Advisor	

		Responsible staff
1.	Endorsement on the financial report AHKDN Financial Report for the year from 01.04.2024 to 31.03.2025 was endorsed	Miranda 2 EGM AHKDN Financial report

The meeting was adjourned at 19:15

Loo Kit Man
President (2024 - 2026)

Yee Shun Wah Amy
Hon. Secretary (2024 - 2026)

? Send to AHKDN members

Post 17th AGM meeting

Matters arising

- Dexcom G7 education protocol (endorsed on 17 Sept 2025)
- 17th AGM update (sponsorship, lecture files and AGM programme book)
- 注射胰島素之如何預防脂肪增生 (endorsed on 25 Sept 2025)

An Education Protocol To Guide Diabetes Educators To Deliver Real-Time Continuous Glucose Monitoring System To Educate People With Diabetes

Project Members

Lee Hau Yi, Michelle Choi Ching Yee, Ada Chan Shuk Kwan, Emily

Project Advisors

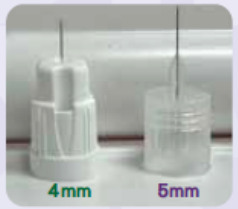
Kan Ching Yee, Eva Leung Sum Ming Leung Yat Sze Annie

如何預防脂肪增生？

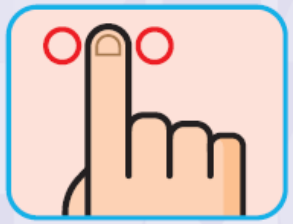
香港糖尿科護士協會
Association of Hong Kong Diabetes Nurses

1 選用適當的針頭長度

大部份體型：4或5毫米
體型較瘦者：4毫米
針筒使用者：6毫米

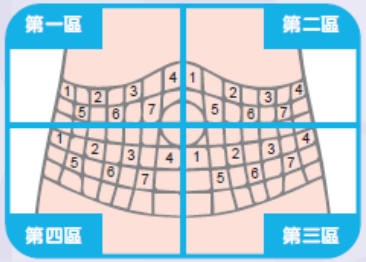


2 有系統的輪流替換注射

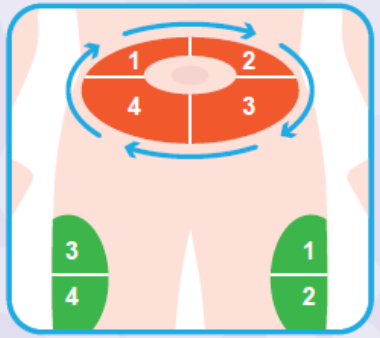


注射時與前次的注射點距離約一指寬(2厘米)。

注射點輪替
每週輪替注射點在一個小區塊內。



四區輪替
每週使用一個區塊，
下週再轉換另一區塊。
如圖示：1➔2➔3➔4



如每天注射三針或以上，
最好選用最少三個打針部位，如：
早餐：☑ 大腿
午餐：☑ 腹部
晚餐：☑ 腹部±手臂
睡前：☑ 臀部

3 避免重用針頭，每次用完即棄

用過的針頭已經變鈍，而針上的潤滑劑亦已經耗盡，重用針頭會為皮膚帶來更大的傷害。

4 定期檢查注射部位

- 每次打針前，必須檢查注射部位是否有異常。
- 至少每年一次：請醫護人員進行專業注射部位檢查。

注射胰島素之

如何預防脂肪增生





此資料只作一般教育用途和參考。如有疑問，請向醫護人員查詢。

2025年9月修訂

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什麼是脂肪增生？

脂肪增生是注射胰島素常見的併發症。注射部位的皮下脂肪組織因長期注射技巧不當，出現增厚或硬化的病變。



脂肪增生的影響？

1. 導致胰島素吸收減慢或減少，引致高血糖。
2. 但有時又會令胰島素突然釋放，導致無故的低血糖，使血糖波動。

脂肪增生的高危因素

1. 注射部位缺乏有系統的輪流替換
2. 重複使用針頭
3. 使用過長的針頭(8毫米)
4. 每日注射胰島素的總劑量較高
5. 每日注射胰島素的次數較多
6. 肥胖：身體質量指數達25kg/m²或以上
7. 較瘦的一型糖尿病患者

如何自我檢查脂肪增生？

觀察注射部位

- 留意皮膚表面是否有隆起、腫塊、凹陷或局部變色（如紅腫或暗沉）。
- 皮膚質地改變 ：如有變厚、硬化或失去彈性。
- 將左右相同部位比對，觀察是否有明顯差異。



觸診檢查是否有皮下腫塊

- 將潤滑啫喱或潤膚露塗在需要檢查的注射部位，有助於手指滑動，提升觸感靈敏度。
- 打圈觸摸：用手指在皮膚上打圈，感受是否有異常硬塊或結節。
- 捏合確認 ：以手指捏起注射區域的皮膚及皮下組織，確認是否有脂肪增生的隆起感。
- 觸感特徵 ：脂肪增生通常感覺柔軟但有厚度，與正常皮膚略有不同。



詳情請觀看視頻 ▶

脂肪增生的處理

- 一旦發現注射部位出現脂肪增生，需立刻避開該區域。
- 定期更換注射位置（如腹部、腿部、手臂及臀部不同區域），有助於預防脂肪組織變化並保持吸收穩定。
- 改變注射位置後，胰島素吸收速度可能增加，導致血糖迅速下降。建議在此階段密切監測血糖，並與醫療人員討論是否需要調整劑量。
- 部分患者的脂肪增生在數月內可能逐漸改善。



3 Endorsement of the following

- Endorsement of the following
- AHKDN payment receipt – Miranda and Kam Ping
- Imposes $100 administration fee for cheque replacement (due to expired or lost). - Treasurer will notify the payee upon issuing the cheque=> Please bank the cheque within 6 months. Cheque replacements will incur an administrative fee of $100.
- for AHKDN-related lectures opened for enrollment – need to verify membership status by the related responsible council members
- Promotion of courses sent from a 3rd-party invitation

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

Receipt No. T2025-01

OFFICIAL RECEIPT

Received from: _____ Membership No Date:

Particulars	Amount HK$
New ordinary member admission fee • Ordinary member admission fee $500	$
New Associate / Affiliated member admission fee • Associate / Affiliated member admission fee $250	$
Rejoin member admission fee $ 100	
Upgrade from Associate member to Ordinary member admission fee $250	$
Annual subscription fee ☐ Ordinary member $ 150 ☐ Associate member $ 100 ☐ Senior ordinary member $ 50	$
AGM Dinner $	$
Others	$
Total	$

Cheque			Remarks
Bank	Cheque No.	Amount	
Other method: E-banking / Cash deposit			
Date of payment	Method	Amount	

For and on behalf of

Association of Hong Kong Diabetes Nurses

Chan Wing Shan, Miranda

(Treasurer of AHKDN 2024-2026)

1:30pm 5 Dec 2025



Such as received from ITD on 25 Nov 2025

4 YDA - Educational workshops for type 1 patients receiving CGM subsidy from YDA (Maisy and Kit Man)

- Press conference of 13 Nov 2025
- 2nd workshop was run on 15 Nov 2025 & future cooperation

5 Diabetes Education & Management Course 2025

- Progress update & email communication by AHKDN email account
- Related email account holders – careful monitor about the enquires email

6 GSK Vaccination video and pamphlet printing and distribution – print 1000 copies –

distribution plan => Each cluster x 120 + 150 AGM on site +DHC x 15









Part 1 糖尿病與病毒感染	患：成日聽講糖友較容易受病毒感染，點解嘅？ It's commonly noted that people with diabetes are more susceptible to viral infections. Why is that? 護：血糖長期偏高會降低身體嘅免疫力，從而增加感染風險。 Chronic hyperglycaemia weakens the immune system, increasing the risk of infections. 感染病毒嘅風險比一般人高出 1.5 至 4 倍。 The risk of viral infections is 1.5 to 4 times higher than that of the general population. 一旦受到病毒感染，病毒載量亦會較高， Once infected, people with diabetes tend to have a higher viral load 會令血糖進一步升高，控制血糖同病情更加困難。 which leads to even higher blood glucose levels, making disease management more challenging. 康復時間會較長或需要住院治療，甚至死亡， Patients may take longer to recover, require hospitalization, and even lead to death, 意味住一旦受病毒感染，糖友係面臨更加大嘅健康威脅 [1-9] 。 meaning that once infected, people with diabetes face significantly greater health risks.[1-9] 糖友常見出現感染嘅部位包括皮膚、呼吸道、尿道等，並有可能出現牙齦發炎, 足部潰瘍等 [10, 11] 。 Common sites of infection include the skin, respiratory tract, urinary tract, gum inflammation, and foot ulcers.[10, 11] 除咗病毒感染,長期血糖控制不好,會造成血管及神經線損傷 [5-8,12] 。 Also, chronic hyperglycaemia may cause vascular and nerve damage. [5-8, 12] 增加患上糖尿病併發症風險，可能會導致心腦血管疾病、視網膜病變、糖尿腎、糖尿腳等併發症 [13] Additionally, long-term poor blood glucose levels raise the risk of diabetes complications, such as cardio-cerebrovascular disease, diabetic retinopathy, diabetic nephropathy and diabetic foot syndrome.[13]
Part 2 呼吸道感染	患：成日都聽到宣傳要打流感針，糖友係咪好容易患有流感？ We often hear about getting a flu vaccine. Do people with diabetes face a higher risk of getting the flu? 護：高血糖會增加感染機會。而呼吸道感染亦十分常見 High blood glucose levels increase risk of infections, and respiratory infections are very common, 例如流行性感冒、RSV 呼吸道合胞病毒、新冠病毒、肺炎、肺結核等 [9, 14] 。 including the flu, RSV (Respiratory Syncytial Virus), COVID-19, pneumonia, and tuberculosis.[9, 14] 同流感、新冠相比，大家對 RSV 嘅認知相對較低，

	Compared to the flu and COVID-19, public awareness of RSV is relatively low, 但絕對唔可以輕視呢個病嘅嚴重性， but the severity of RSV should never be underestimated. 呼吸道合胞病毒 RSV 可以引致呼吸道疾病，例如氣管、肺部及中耳的感染[15]。 It can cause respiratory diseases, such as infections of the trachea, lungs, and middle ear.[15] 而 RSV 傳染力極高， RSV is highly contagious; 一個人感染平均可以傳染俾三個人，係流感嘅 3 倍[16, 17]。 one infected person can spread it to an average of three others, which is three times more than the flu.[16, 17] RSV 感染更加可能會迅速惡化， RSV infections can escalate quickly, 致氣喘加劇、急性支氣管炎、甚至心血管併發症等重症。 Leading to exacerbated asthma, acute bronchitis, and in severe cases, cardiovascular complications and more. 因 RSV 而入院的患者可能需要使用呼吸機協助呼吸，以及死亡嘅風險，都比流感患者高兩倍[18, 19]。 Patients hospitalised due to RSV may require respiratory support and face a mortality risk that is double that of flu patients.[18, 19] 長期病患者感染 RSV 而住院嘅機會比一般人高， Patients with chronic diseases are more likely to be hospitalized for RSV, 糖友嘅風險更飆升超過 6 倍[20]。 and for people with diabetes, the risk surges over six times.[20]
Part 3 生蛇	患：又聽過糖友會更容易生蛇，點解嘅？ I've also heard that people with diabetes are more likely to get shingles. Why is that? 護：冇錯，生蛇嘅正確學名係帶狀皰疹，由水痘帶狀疱疹病毒（Varicella Zoster Virus）引起。 Shingles, medically known as Herpes Zoster, is caused by varicella-zoster virus. 細個出過水痘後，病毒會一世潛伏喺神經線入面。 After contracting chickenpox during childhood, the virus lies dormant in nerve cells for life. 隨住年齡、壓力或者疾病，身體免疫力會下降， When our immune system weakens due to aging, stress or illness, 病毒就有機會乘虛而入，重新活躍起嚟，引發生蛇[21-23]。 the virus can reactivate and trigger shingles.[21-23]

	研究顯示，糖友生蛇嘅風險比一般人高，超過 8 成[24]。 Research shows that people with diabetes are over 80% more likely to develop shingles than those without.[24] 患：生蛇有什麼併發症? What are the complications associated with shingles? 護：生蛇時，患處嘅傷口亦都較難癒合，容易受到二次感染， For people with diabetes, shingles wounds can be harder to heal and are more prone to secondary infections. 情況嚴重或者處理不當，可能造成皮膚病變，留有疤痕[25-27]。 If the situation worsens or is not managed properly, it may lead to skin lesions and scarring.[25-27] 即使康復後，約每 4 位患者就有 1 位糖化血紅素（HbA1c）上升，令控糖更加困難[25] Even after recovering from shingles, about 1 in 4 people with diabetes may experience an increase in HbA1c levels, making blood glucose control more challenging.[25] 而後遺神經痛（Post-herpetic Neuralgia）係生蛇最常見嘅後遺症之一[28]， Post-herpetic neuralgia (PHN) is one of the most common complications of shingles[28], 糖友出現後遺神經痛嘅機會亦比一般人高出一半[13]， and people with diabetes are 50% more likely to suffer from it,[13] 痛楚更加可以持續幾年[29]。 experiencing pain that can last for years.[29] 除咗生理上嘅劇痛不適， PHN not only causes intense pain, 後遺神經痛可以擾亂睡眠、情緒同工作等，令生活品質大打折扣[30, 31]。 but can also disrupt sleep, mood, and work, severely impacting quality of life.[30, 31]
Part 4 其他常見感染	護：除咗剛才提及嘅生蛇同 RSV， In addition to shingles and RSV, 尿道感染、糖尿腳等都係十分常見， urinary tract infections and diabetic foot syndrome are also common. 主要係因為血糖長期處於高水平，損害身體免疫力， This is mainly due to chronic hyperglycaemia weakening the immune system 令傷口較難癒合，所以糖友會更易受感染[10]。

<table>
<tr><td></td><td>and impairs wound healing, making patients more prone to infections.[10]</td></tr>
<tr><td>Part 5
預防方法</td><td>患：既然糖友感染風險咁高
Since people with diabetes face a higher risk of infections,
咁應該點做好？
what can we do to protect ourselves?

護：正所謂「預防勝於治療」，
As the saying goes, 'prevention is better than cure.'
糖友可以透過以下 4 點，增強免疫力，從而減低感染風險 [32,33]。
Here are 4 tips to enhance your immune system and lower the risk.[32,33]
1. 健康均衡飲食：攝取足夠營養，有助維持免疫系統健康
Healthy balanced diet: Consuming sufficient nutrients helps maintain a healthy immune system
2. 恆常運動:有助改善血糖及增強抵抗力
Regular exercise: Helps improve blood sugar levels and strengthen the immune system.
3. 控制血糖：盡量保持血糖喺正常範圍內
Blood glucose control: Maintain your levels within the optimal range
4. 充足睡眠、減輕壓力：有助提升免疫系統功能
Sleep and stress management: Contribute to enhancing immune system function</td></tr>
<tr><td></td><td>護：除咗生活習慣，疫苗亦係重要防線。單靠身體天然免疫力，未必足以對付感染。
In addition to lifestyle habits, vaccines are also an important line of defense. The body's natural immune system alone may not be enough to fight infections.
糖友可以選擇接種疫苗，
People with diabetes can consider getting vaccinated
刺激身體建立免疫保護、產生抗體。
to stimulate their immune protection and produce antibodies.
部分疫苗亦會加入佐劑，令免疫反應更加強效、持久 [34-37]。
Adjuvants are added to some vaccines to make the immune response stronger and longer-lasting.[34-37]

[Table on screen]
<table><tr><td colspan="2">各類疾病所對應的疫苗</td></tr><tr><td>呼吸道感染</td><td>季節性流感疫苗</td></tr><tr><td></td><td>肺炎球菌疫苗</td></tr><tr><td></td><td>2019 冠狀病毒病疫苗</td></tr><tr><td></td><td>呼吸道合胞病毒（RSV）疫苗</td></tr><tr><td></td><td>百日咳混合疫苗(白喉、破傷風及無細胞型百日咳混合疫苗)</td></tr><tr><td>其他</td><td>重組帶狀疱疹疫苗（蛇針）</td></tr><tr><td></td><td>乙型肝炎疫苗</td></tr></table></td></tr>
</table>

	醫學權威組織美國疾病管制與預防中心(CDC) 及 The Centers for Disease Control and Prevention (CDC) and 美國糖尿病協會（ADA）建議 the American Diabetes Association (ADA) recommend that 糖友可以考慮接種以下疫苗 [32,38,39]： People with diabetes consider getting the following vaccines: [32,38,39]	

Proprietary:

End frame	為咗健康，做好預防， To protect yourself from serious complications, 減低併發症風險， it's essential to take proactive steps. 如有疑問，請向醫護人員查詢。 For any inquiries, please consult with your healthcare professionals.	[Poster, text & QR code on screen]  QR code 可下載糖尿病防疫指南小冊子

+ References

Feedback - Mainly focus on avoidance of medical terms, simple English and word alignment.
Add disclaimer and our logo at the end of the video.

PART 1

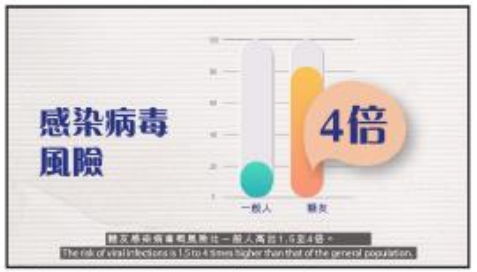




患：成日聽講糖友較容易受病毒感染，點解嘅？



護：血糖長期偏高會降低身體嘅免疫力，從而增加感染風險。



糖友感染病毒嘅風險比一般人高出1.5至4倍。



一旦受到病毒感染，病毒載量亦會較高，會令血糖進一步升高，控制血糖同病情更加困難。



康復時間會較長或需要住院治療，甚至死亡，



意味住一旦受病毒感染，糖友~~病患者~~係面臨更加大嘅健康威脅[1-9] 。



糖友常見出現感染嘅部位包括皮膚、呼吸道、尿道等，並有可能出現牙齦發炎, 足部潰瘍等[10, 11]。



除咗病毒感染,長期血糖控制不好,會造成血管及神經線損傷。[5-8,12]



增加患上糖尿病併發症風險，
可能會導致心腦血管疾病、
視網膜病變、糖尿腎、糖尿腳等併發症[13]

PART 2





患：成日都聽到宣傳要打流感針，糖友係咪好容易患有流感？



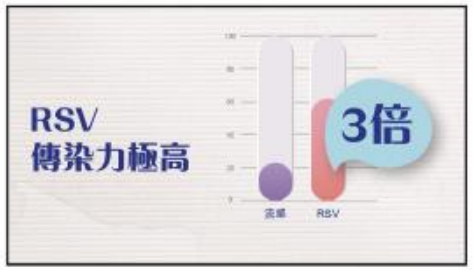
護：高血糖會增加感染機會，而呼吸道感染亦十分常見，例如流行性感冒、RSV呼吸道合胞病毒、新冠病毒、肺炎、肺結核等[9,14]。



同流感、新冠相比，大家對RSV嘅認知相對較低，但絕對唔可以輕視呢個病嘅嚴重性，



呼吸道合胞病毒可以引致呼吸道疾病，例如氣管、肺部及中耳的感染[15]



而RSV傳染力極高，一個人感染平均可以傳染俾三個人，係流感嘅3倍[16,17]。



RSV感染有機會迅速惡化，導致氣喘加劇、急性支氣管炎、甚至心血管併發症等重症。



因RSV而入院的患者可能需要使用呼吸機協助呼吸，以及死亡嘅風險，都比流感患者高兩倍[18,19]。



長期病患者感染RSV而住院嘅機會比一般人高，糖友嘅風險更飆升超過6倍[20]。

PART 3





患：又聽過糖友會更容易生蛇，點解嘅？



護：冇錯，生蛇嘅正確學名係帶狀疱疹，由水痘帶狀疱疹病毒（Varicella Zoster Virus）引起。



細個出過水痘後，病毒會一世潛伏喺神經線入面。



隨住年齡、壓力或者疾病，身體免疫力會下降，病毒就有機會乘虛而入，重新活躍起嚟，引發生蛇[21-23]。



研究顯示，糖友生蛇嘅風險比一般人高，超過8成[24]。



患：生蛇有什麼併發症?



生蛇時，患處嘅傷口亦都較難癒合，容易受到二次感染，



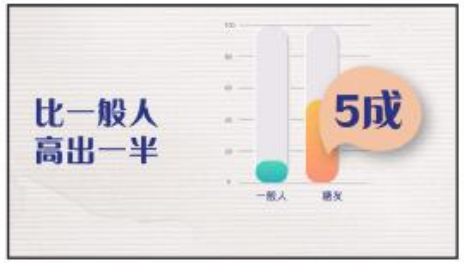
情況嚴重或者處理不當，可能造成皮膚病變，留有疤痕[25,27]。



即使康復後，約每4位患者就有1位，糖化血紅素（HbA1c）上升，令控糖更加困難[25]，



而後遺神經痛（Post-herpetic Neuralgia）係生蛇最常見嘅後遺症之一[28]，



糖友出現後遺神經痛嘅機會亦比一般人高出一半[13]，痛楚更加可以持續幾年[29]。



除咗生理上嘅劇痛不適，後遺神經痛可以擾亂睡眠、情緒同工作等，令生活品質大打折扣[30,31]。

PART 4





護：除咗剛才提及嘅生蛇同RSV，尿道感染、糖尿腳等都係十分常見，



主要係血糖長期處於高水平，損害身體免疫力，令傷口較難癒合，所以患者會更易受感染[10]。

7 The 18th AGM on 18 July 2026 at ClubONE Telford

Recap last AGM comments

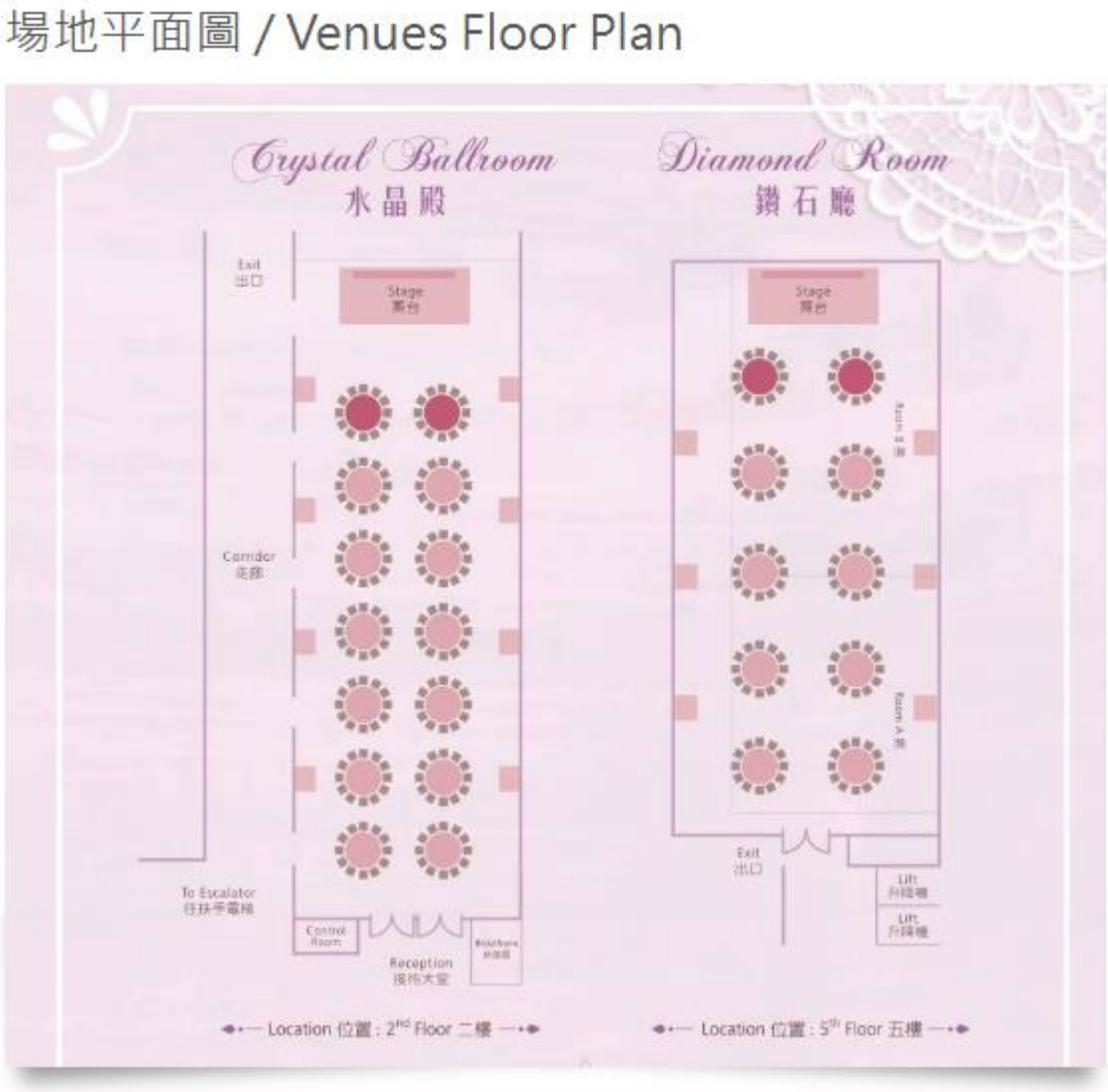
- Venue arrangements received lower ratings, with only 58.9% strongly agreeing on the adequacy of the physical setup. The symposium achieved a 100% overall satisfaction rate, with 75.6% of participants strongly agree and 24.4% agree.
-
- 4.2 **Written Comments**
- general appreciation ("Nice venue"). However, several comments highlighted areas for improvement. Venue conditions were criticized for poor acoustics, darkness, and inconsistent cleanliness, with one attendee describing the "restroom" as "extremely dirty" and another as "very clean but dark."
- Catering received mixed reviews: while one comment noted the food was "好食" (tasty), others described the tea snack and coffee as "not good," "bad," and "hard to drink," with coffee likened to "sugar powder." Beverage options were limited to coffee, tea, milk, sugar, and water.
-

Cityview



10 rows x 12 seats per rows + 3 tables at the back

Insulin pump workshop
$400 per person with 4 food items from the list + tea/ coffee (+ 10% service charge)



17th AGM Expenses: 21 June 2025

Income		Expenditure:	
Symposium, AGM & Dinner Total 85 persons Dinner $150 /One person	$12,750	Banquet (total 7 tables) $7688 / table Tea buffet (total 120 persons) Extra tea buffet (10 persons) $320/ head Beverage 1 hour (Fruit Punch) Deposit $ 27,000 Final Payment $ 67,000	$90,000 $3,200 $800 $94,000
DKSH #026734	$16,000	Gift #500165	$23,998.53
Boehringer Ingelheim (HK) #046531	$ 16,000	Transportation for gift #500166	$133.7
AstraZeneca #103751	$ 12,000	AGM sundry #500099	$50
GSK #70001599	$ 16,000	Transportation for material	$452.9
Ascensia #336984	$ 16,000	AGM speaker honorarium Dr. Kenny Chui # 500097	$2,000
Eli Lilly #055157	$ 16,000	AGM Speaker honorarium Dr. James Luk # 500098	$2,000
Sanofi Bank Transfer	$16,000		
Roche #038752	$16,000		
United Italian Corporation (HK) Ltd #024711	$16,000		
Novo Nordisk #638048	$16,000		
Abbott	$12000		
Novartis	$16000		
Total	~~$168,750~~	Surplus $46,114.87	**$122,635.13**

10 booths x $16000

$196750

Surplus
$74114.87

菜單一A

- 胡麻沙拉鮭魚酥
- XO醬蔥爆帶子
- 水牛芝士條拼蝦餅
- 金瑤扒時蔬
- 花膠四寶羹
- 清蒸沙巴龍蔥
- 濃湯紫薯翡翠苗
- 會所一號燒雞
- 薑蔥蟹籽炒飯
- 海味炆伊麵
- 精美甜品

星期一至五 $4,288

星期六日及公眾假期 $5,088

菜單二A

- 意大利沙律伴鮑魚酥
- 黃公醬碧綠炒珊瑚蚌
- 香草汁海皇卷
- 玉環瑤柱甫
- 紅燒竹笙雞絲大生翅或 高湯蟹肉燴燕窩
- 古法蒸沙巴龍蔥
- 海味扒翡翠
- 會所一號燒雞
- 金瑤蛋白炒飯
- 賽螃蟹燴伊麵
- 精美甜品

星期一至五 $5,288

星期六日及公眾假期 $6,088

菜單三A

- 黑松露煙燻蛋香草汁蝦球
- 百合雙耳炒帶子
- 法式鵝肝鳳凰卷
- 原隻鮑魚扣花膠
- 紅燒竹笙蟹肉翅或 高湯海皇燴燕窩
- 清蒸海星斑
- 鮮腐竹米水浸菜苗
- 香蒜風沙雞
- 松子紅米肉鬆炒飯
- 蝦籽蝦腰燴伊麵
- 朱古力心太軟

星期一至五 $6,488

星期六日及公眾假期 $7,488

菜單四A

- 鴻運蝴蝶乳豬
- 上湯美國龍蝦伊麵
- 甜豆彩椒炒螺片帶子
- 荷蘭汁蟹肉卷
- 紅燒菜膽大排翅 (18兩)
- 清蒸東星斑
- 原隻鮑魚扣花膠
- 黑松露會所燒雞
- 南瓜海皇焗飯
- 上湯鮮蝦水餃
- 杏汁燴燕窩

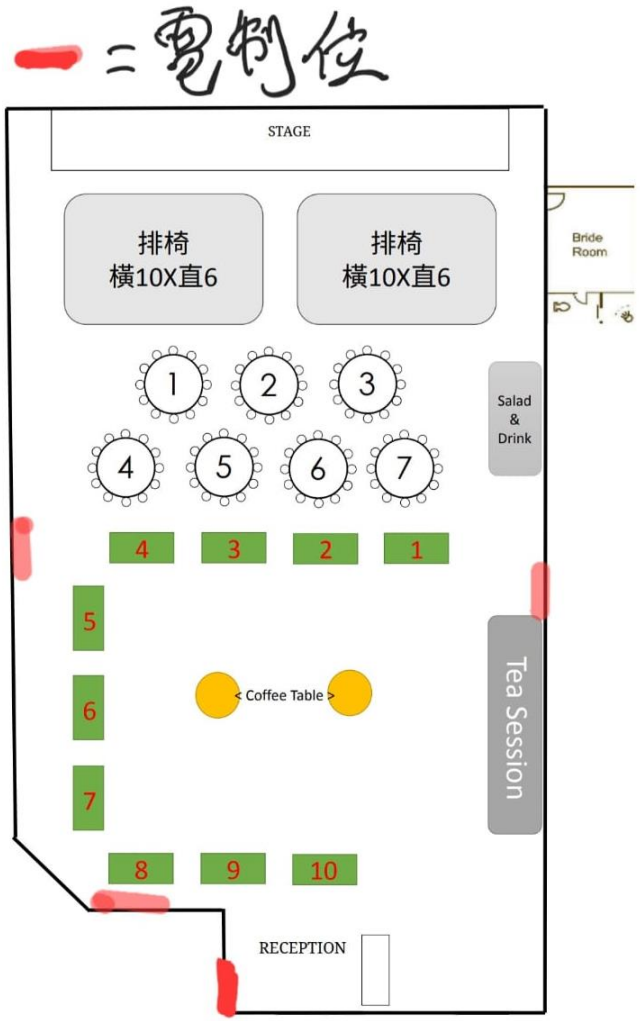
星期一至五 $8,228

星期六日及公眾假期 $9,688

Club One on menu on line

會所一號 德藝會

- The venue can hold 30+ tables



$90000 (120 persons x tea) + 7 tables including free drinks + services + save 1 back drop ~ $3000

Food

1. *Salad Bar 沙律吧*
2. *Honey Pepper Pork tarts 黑椒蜜汁黑豚肉撻*
3. *Potato Silk Shrimps 脆薯絲鳳尾蝦*
4. *Mini Sausage Rolls 迷你腸仔卷*
5. *Ham & Cheese Rolls 火腿芝士卷*
6. *Chocolate Brownie 朱古力布朗尼*
7. *Mini Apple Crumble 迷你蘋果金寶*
8. *Assorted Mini Muffins 迷你雜錦牛油蛋糕*

Beverage (Free Flow):

1. *Coffee , Tea, Beer & Orange Juice 咖啡, 茶, 啤酒及橙汁*

備註：第121位, 額外每位$320



1. *Salad Bar*
沙律吧



2. *Honey Pepper Pork tarts*
黑椒蜜汁黑豚肉撻



3. *Potato Silk Shrimp*
脆薯絲鳳尾蝦



4. *Mini Sausage Rolls*
迷你腸仔卷



5. *Ham & Cheese Rolls*
火腿芝士卷



6. *Chocolate Brownie*
朱古力布朗尼



7. *Mini Apple Crumble*
迷你蘋果金寶



8. *Assorted Mini Muffins*
迷你雜錦牛油蛋糕

Tea = $320 x 120 =$38400
Dinner= $7688 x 7 =$53816
Total =$92216

廳（晚宴）

dinner

Menu A

鴻運脆皮金豬伴蝴蝶飽

松露百合炒蚌柳玉帶

竹笙蟹肉燕窩

頭抽蔥油海星斑

蠔皇原隻六頭鮑魚伴花膠

風沙脆皮雞

上湯大蝦伊麵

蟹籽海皇炒絲苗

朱古力心太軟

7席

每席 *12* 位享用

(包加一及茶芥，奉送 2 小時席間汽水、啤酒及橙汁任飲)

備註：晚宴第 8 席或以上，每席優惠價：7,688(包加一及茶芥，奉送 2 小時席間汽水、啤酒及橙汁任飲)

22 日

宴）

Menu B

鴻運脆皮金豬伴蝴蝶飽

碧綠如意炒蝦球

杏片百花球

瑤柱金錢伴瓜脯

高湯雞茸燕窩

頭抽蔥油沙巴龍蔥

蠔皇原隻鮑魚伴翡翠

吊燒脆皮雞

姜米瑤柱炒絲苗

龍芽花菇炆伊麵

精美甜品

7席

每席 *12* 位享用

(包加一及茶芥，奉送 2 小時席間汽水、啤酒及橙汁任飲)

18th AGM Theme

- ?Stroke (ischaemic, haemorrhage,) + ?stroke rehab
- ? Med + surg + stroke NC
- MC – Tammy and Cammile
- OC committee – Communication + President + vice President
- Lucky draw price: $24000 (last AGM)

Sponsors

Logo only without booth $12000

- AstraZenaca (cheque) KM
- Abbott (cheque) KM

Logo + booth $16000

- Sanofi (banked in) ????
- Ascentia (cheque) KM
- Roche (cheque) KM
- GSK (bank-in) KM
- NOVARTIS (bank-in) KM
- DKSH (banked in) ? KM
- Eli Lilly (cheque) KM
- 永義 (cheque) ????
- BI (cheque) email
- Novo (cheque) email

8. AHKDN website revamp



MISSION STATEMENT

Association of Hong Kong Diabetes Nurses Ltd is dedicated to driving professional development and practice of its members, advancement of the diabetes management standard and thus improvement of lives for people affected by diabetes in Hong Kong.

ABOUT US

AHKDN mainly focuses on the further development of its members and contributions to local society.

More >

WHAT'S NEW



AHKDN 17th AGM Programme Book



AHKDN 16th AGM Programme Book



AHKDN 19th Newsletter

EVENTS



Evidence-based Practice Training Workshop 7 - Critical Appraisal for RCT

2018-05-05



AHKDN needs your support.

Every candidate for membership of the Association shall be recommended by at least one Ordinary Member of the Association.

Join Now

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3. Objective
4. O chart
5. Sub-Committee

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ENHANCED BY Goog

Goals and Missions
Constitutions
Council Members
Main Council
Diabetes Division
Membership
Awards and Grants
Sponsorship Application
Upcoming Meetings / Events
History and Archive
Newsletters
Patient's Guide
Photos
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a. To promote the study of endocrinology, metabolism and reproduction.

b. To co-ordinate and correlate the efforts of organisations, companies, associations, societies, institutions, statutory bodies and other authorities and individuals interested in endocrinology, metabolism and reproduction.

c. To promote, foster, develop and assist the medical and allied professions in the study of and the acquisition, dissemination and application of knowledge and information concerning endocrinology, metabolism and reproduction.

d. To encourage and stimulate research in endocrinology, metabolism and reproduction in furtheMnce of the objects of the Society.

e. To stimulate public interest and provide public education in endocrinology, metabolism and reproduction.

f. To encourage, assist and arrange for medical practitioners, scientists, students and others to come to Hong Kong for the purposes of research and study, and for the purposes of teaching and demonstrating theory and practice relating to endocrinology, metabolism and reproduction.

g. To encourage, assist and arrange for medical practitioners, scientists, students and others to travel abroad and engage in research study and training and to gain experience in modern methods in endocrinology, metabolism and reproduction.

h. To encourage, arrange for and assist students, medical practitioners, scientists and others from Hong Kong and from abroad to undertake research in endocrinology, metabolism and reproduction.

i. To co-operate with other bodies or organisations both within Hong Kong and overseas having objects in whole or in part similar to the objects of the Society.

j. To establish, subsidise, promote, co-operate with, receive into union or affiliation, subscribe and donate to or become a member of, control, manage, superintend, lend or give monetary assistance to or otherwise aid charitable associations, institutions and organisations with objects of charitable nature and beneficial to the community and substantially similar to these objects provided that the Society may not support with its funds any object, or endeavour to impose on or procure to be observed by its members or others, any regulation, restriction or condition which if an object of the Society would make it a Trade Union.

k. To raise money by all lawful means and to solicit receive and enlist financial and other aid from individuals, trusts, companies, corporations, associations, societies, institutions and other organisations or authorities and from Governments, Departments of State and public bodies and to conduct fund-raising campaigns for the purpose of furthering the objects of the Society.

l. To promote, obtain and achieve any of the objects of the Society by or through the facilities available in any public or private



ABOUT HKDA

Prior to the incorporation of the Hong Kong Dietitians Association, the dietetic profession was mainly represented by the trade union currently known as the Hong Kong Practising Dietitians Union (HKPDU), which is now responsible for labor relations.

In 2001, HKDA was established to enforce professional continuing education and development of accreditation system for dietitians. It is a non-profit organisation with approximately 500 members to date.

Our members are qualified dietitians who have completed a Bachelor's or Master's Degree in Nutrition and Dietetics recognized overseas or locally.

In order to maintain and enhance professional competency, all members must acquire enough Continuing Dietetic Education points to become a Full Member of HKDA. A member list is provided online by HKDA to assist the public on choosing qualified professionals for nutrition therapy.

About us
- Overview
- Our Belief
- Objective

Organization
- organization chart (from the 1st)
- Sub-Committee

Membership
- Types, form

Upcoming professional event
- AGM / co-organizer (from the 1st)

Newsletter / Guideline / Protocol

糖尿病自我管理
- 糖尿病講座
- 糖尿病資訊

Members' zone
1. Constitutions (M&A)
2. Agenda and minutes (past word protected)
3. AGM programme book
4. Professional lecture
5. Sponsorship & application form
6. Photo gallery

Disclaimer

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Forgot password
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10 Membership update - Daisy

- Notification to members for membership renewal in Jan 2026

Report from Sub-committee

- EBP Committee - Amy
- Clinical Work Group on Diabetes Nursing Accreditation - Amy

11 Report from the related Associations and Societies

- Hong Kong College of Medical Nursing (HKCMN) – Jo Jo
- Diabetes Hongkong (DHK) – Sarita
- Diabetes Division (DD), HKSEMR – Tammy
- Youth Diabetes Action (YDA)- Maisy