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

The 7th AHKDN Annual Symposium & AGM

2015

COMBATING OBESITY: THE NEW MOVE
控重新動向



Advisors

Honorary Advisors:
Professor Clive Cockram
Professor Karen SL Lam
Professor Ann TY Shiu
Professor Frances KY Wong
Dr Tsui Ip Shing
Ms Marg McGill

Honorary Auditor:
Mr Nicholas CK Fung

Honorary Legal Advisor:
Mr Anthony James Hung

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Ms Koo Wai Kuen 古慧娟
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Ms Yee Shun Wah, Amy 余舜華

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 President

It is my great pleasure to welcome you all to the 7th ANNUAL GENERAL MEETING and Symposium of Association of Hong Kong Diabetes Nurses (AHKDN).

The year of 2014/15 has been an exciting and fruitful year to our association as we are continuously working towards our mission to support diabetes nursing development and community services. Besides the smooth running of regular training and community programs by our council members and sub-committee members, as the President of AHKDN, I am glad to see the tremendous growth and development of our association in the past twelve months.

We have been working out some new initiatives such as the launch of DM Exercise Song DVD to promote regular exercise in patient with diabetes, developing the Steno Card training workshop for health professionals in Hong Kong, and extended the Diabetes Conversation Map Community Program in different catchment areas. In order to protect the health of people with diabetes and to ensure that the Voluntary Health Insurance Scheme (VHIS) and our dual-track health care system is sustainable, a joint petition with Asia Diabetes Foundation, Hong Kong Specialist Medical Association, and Youth Diabetes Action was submitted to propose the introducing of a subsidized integrated diabetes care plan to supplement the VHIS in April this year. We look forward to the positive responses from the Government.

The theme for today's symposium is "Combating obesity: the new move". It is our great honour to have two distinguished guest speakers, Dr Daniel Tong and Dr Elaine Cheung, to share with us new anti-obesity treatment modality from surgical and medical perspectives. I hope you all enjoy and benefit from this insightful and rewarding symposium.

I fully appreciate the time and effort of our committed members of Organizing Committee and Program Committee in preparing this very enlightening program to participants. I also take this opportunity to extend my sincere gratitude to our honorary advisors and council members for their invaluable support and contributions to promote better diabetes care to improve lives of people with diabetes in Hong Kong.

Thank you very much again for your participation.

Wish you have a very nice and enjoyable weekend!

Dr Jo Jo KWAN
President
Association of Hong Kong Diabetes Nurses

The 7th AHKDN Annual General Meeting

4th July 2015 (Saturday)
Crystal Room, 2/F,
the Cityview Hotel,
23 Waterloo Road, Kowloon

Programme Committee

Chairman:
Ms Karen Wong

Members:
Dr. Jo Jo Kwan
Ms Sarita Chan
Ms Theresa Yeung
Ms Veronica Hung

Outstanding Achievement Award Panel

Prof. Frances Wong
Dr. Jo Jo Kwan
Ms. Sarita Chan
Dr. Tsui Ip Shing

Organizing Committee

Chairman:
Ms Koo Wai Kuen

Members:
Ms Ho Sau Yee
Ms Lam Yuen Hung
Ms Law Chin San
Ms Leung Sum Ming
Ms Maisy Mok
Ms Wong Suk Chi

Moderator

Ms Amy Yee
Ms Loo Kit Man

Schedule

1:45 – 2:00pm	**Registration**
2:00 – 2:10pm	**President Welcome Speech** Dr Jo Jo Kwan, *President*
2:10 – 2:40pm	**Outstanding achievement award presentation** Review Panel: Dr. Tsui Ip Shing, Professor Frances Wong, Ms. Sarita Chan & Dr Jo Jo Kwan
2:40 – 3:40pm	**Keynote Speech (1)** **Medical perspective: Local experience in GLP1** Dr. Elaine Cheung, *Dept of Medicine and Geriatrics, United Christian Hospital*
3:40 – 4:20pm	**Tea Break**
4:20 – 5:20pm	**Keynote Speech (2)** **Surgical perspective: The effectiveness of Bariatric surgery** Dr. Daniel KH Tong, *Dept of Surgery, Queen Mary Hospital*
5:20 – 5:30pm	**Closing Remark** Ms Koo Wai Kuen, *Chairman of AGM Organizing Committee*
5:30 – 5:50pm	**The 7th AGM** Annual Report Dr Jo Jo Kwan, *President* Financial Report Mr Leung Sum Ming, *Treasurer*
5:50 – 6:00pm	**Group Photo**
6:30pm	**Annual Dinner (Members only)**

Abstracts

Keynote Speech (1)
Medical perspective: Local experience in GLP1

Dr Elaine Cheung
Senior Medical Officer, Department of Medicine and Geriatrics, United Christian Hospital

Position of GLP-1 agonists in the management of DM patients: sharing of local experience

GLP-1 agonists are increasing being used widely in Hong Kong for type 2 diabetes (T2DM) patients especially those overweight or obese.

Level of GLP-1 is reduced in T2DM patients. GLP-1 agonists reproduce the actions of the naturally occurring GLP-1. Apart from enhancement of glucose-dependent insulin secretion, GLP-1 agonists help in glucose control also via regulation of postprandial glucagon, reduction of food intake and slow down of gastric emptying. Two main advantages of using GLP-1 agonists, as compared to other therapies for T2DM, are weight loss and absence of hypoglycemia unless there is committent use of other therapies which will cause hypoglycemia.

Since GLP-1 agonists are self-financed item in HA, they are usually used as third or fourth line for overweight/obese patients who fail other therapies for T2DM. However, they are sometimes used as first line when weight loss or avoidance of hypoglycemia is a primary consideration. GLP-1 agonists can also achieve glycemic targets at reduced insulin dose and ameliorate the insulin-induced weight gain.

In this lecture, indications, use and side effects of this important class of agents will be reviewed. Local experience from a single centre will also be shared.

Keynote Speech (2)
Surgical perspective: The effectiveness of Bariatric surgery

Dr Daniel KH Tong
Consultant, Department of Surgery, Queen Mary Hospital

Obesity has become a global epidemic disease. The association of obesity with diabetes and other metabolic disorders are well established. Treatments of obesity, without surgery, are generally ineffective in long-term weight control. In addition to sustained weight loss, bariatric surgery provides additional benefits of ameliorating obesity-related comorbidities including type II diabetes and metabolic syndrome. For obese-related diabetes, 83% of patients will have the disease resolved after surgery. Recently, surgery has been proven also effective for the treatment of diabetes in less obese patients (BMI>27.5kg/m2). Studies showed that surgery reduces migraines by 57%; depression by 55%; sleep apnea by 74-98%; asthma by 82%; cardiovascular disease by 82%; hypertension by 52-92% and GERD by 72-98%. It also reduces risk of death and 89% of the patients have reduced 5-year mortality.

The demand for bariatric surgery is therefore rapidly rising. In Hong Kong, the annual number of bariatric surgery is increasing in last decade. Similar to other Asia-pacific countries, laparoscopic sleeve gastrectomy is the most popular procedure of choice in Hong Kong. The risk of bariatric surgery was once a concern, however, based on local data, a 5% of morbidity and 0.1% of mortality rates were achieved.

Bariatric surgery is safe and effective in the management of obesity and its' related comorbidities.

Outstanding Achievement Award

Subcutaneous Insulin Injection Audit Experience in Queen Elizabeth Hospital

Kan CYE, Koo WK, Hui SSC, Wong YSP, Yeung CW, Suen WY, Wong WP, Chui OL, Cheng MWW
Diabetes Center, Queen Elizabeth Hospital

Introduction: A subcutaneous insulin injection audit was conducted in the Diabetes Center, Queen Elizabeth Hospital between November 2014 and January 2015 to reveal patients' subcutaneous insulin injection technique and evaluate the effectiveness of the targeted insulin injection education using a "made-simple tool". The following shares the process and results of the project.

Process: Based on the AHKDN Evidence-based Clinical Guideline on Subcutaneous Insulin Injection for people with diabetes mellitus (2014), two checklists and a "made-simple tool" were prepared. Two diabetes nurses were assigned to use the checklists to conduct the assessment and use the "made-simple tool" to provide injection education. Post-assessment was conducted after 2 to 3 months.

Results: A total of 176 patients (124 syringe and 52 pen users) were reviewed with a mean age of ~60 years and ~20 years of diabetes. Seventy-five percent of them is giving > 20units of insulin daily and lipohypertrophy was the most common problem identified. The top five problems among the pen users included: i) inadequate mixing of cloudy insulin (81%), ii) massage the site following injection (69.8%); iii) maintain a <10 seconds hold time (61.5%); iv) reuse needle (60.4%); v) unsystematic site rotation (54.2%). After receiving targeted education, among those patients having the problems had significant improvement: i) 45.9% have systematic site rotation; ii) 41.7% maintain a 10-second hold time, iii) 39.5% tip cloudy insulin properly; and iv) 20.4% do not massage the site after injection.

Recommendation: Based on the audit experience, we strongly advocate a mechanism for regular review and reinforcement education of injection technique by patients over time. Diabetic complication screening activity may provide a good opportunity for this review.

Outstanding Achievement Award for the Green

Structured-approach early insulin titration program (a continuous quality improvement program)

Lee KY; Rebecca WYM, Chik MY, Choy WY, Chan WS, Loo KM, So TY, Yeung HM, R. Osaki, A. Luk
Diabetes and Endocrine Centre (DMEC), Prince of Wales Hospital

Abstract

Background: Studies to date have shown that aggressive forced titration of basal insulin can attain targeted glycemic goals. Nurse clinic plays an important role in co-titrating insulin for the patients. However, in the current practice, there is no a structured titration program for the nurse clinic to have early titration for these insulin naïve patients.

Aims: To develop a structured insulin titration program. To achieve the optimal glycemic control as early as possible after initiation of insulin therapy.

Methodology: A pre-post test design was adopted in this quality improvement program. T2DM patients aged 18 or above with insulin naïve were recruited from 3/2014 to 1/2015. A structured-approach program of which consisted of 4 nurse clinic visits and 4 telephone calls were arranged. For the first two nurse clinic visits, they were on a group basis with a group size of 2 to 6 patients. While for the 3th and 4th visits, the one-to-one follow-up would be provided. In between each nurse clinic visit, provided. In between each nurse clinic visit, a telephone call would be provided to follow patients' 3 consecutive days of fasting plasma glucose(FPG) control. Insulin would be titrated both in the nurse clinic visits and over phone follow-ups after patients' first clinic visit.

Results: There were 53 patients having completed this program. In the mean follow up of 20-weeks, there were average of 2.79 phone calls made by nurses and 66.7% of insulin dose increment was adjusted by nurses (0.12units/kg at 0 week to 0.21units/kg at 20 weeks). For the HbA1c result, significant absolute changed was observed (9.0 ± 1.2% at 0 week to 7.7 ± 0.8% at 20 weeks, p <0.001). For the FPG, statistically difference was noted (10.4 ± 0.99mmol/L at 0 week to 7.2 ± 0.87mmol/L at 20 weeks, P <0.001). While for the weight gain, there was no statistically significant weight gain after this program (73.3kg at 0 week to 73.9kg at 20 week, p=0.098). As for the hypoglycemia event, 45% patients had experienced mild hypoglycemia but none of them had ever had severe hypoglycemia attack. Therefore, patients' insulin related anxiety level was reduced by half after the program.

Conclusions: Encouraging glycemic control improvement was observed in this program. This structured-approach active early insulin titration program merited continuous implementation for the betterment of diabetes management.

AHKDN Sub-committee

1. **AHKDN Newsletter Committee**
2. **Clinical Work Group on Diabetes Nursing Accreditation**
3. **Evidence-based Practice (EBP) Committee**
4. **Diabetes Conversation Committee (DCC) (Hong Kong)**

Terms of Reference

1. AHKDN Newsletter Committee

Mandate of the Committee

1. To identify the theme of the newsletter in
   - promoting Diabetes Nursing
   - sharing Diabetes Practice
   - updating knowledge in Diabetes Management
2. To act as an medium of communication among AHKDN and members



Composition of the Committee

Chairman: Ms Tracy Lau

Co-chairman: Ms Lam Yuen Hung

Members: Ms Amy Yee,
Ms Annie Leung,
Ms Harriet Chung,
Ms Jo Jo Kwan,
Ms Tammy So

2. Clinical Work Group on Diabetes Nursing Accreditation

Mandate of the Committee

To develop training curriculum and criteria of accreditation for advanced diabetes nurses under Academy College of Medical Nursing

Composition of the Committee

Members:

Ms Eva Kan and Ms Samsonly Chan (Representatives to College of Medical Nursing)

Ms Annie, Leung,

Dr Jo Jo Kwan,

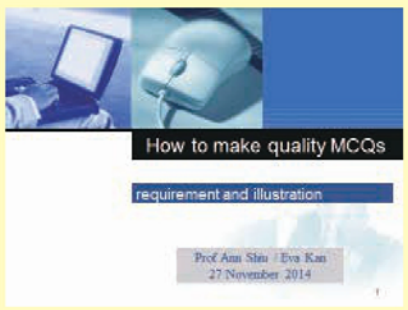
Ms Leung Siu Kuen,

Ms May Chan,

Ms Ng Chi Wah

Ms Tong Mei Ling,

Advisor: Dr Ann Shiu



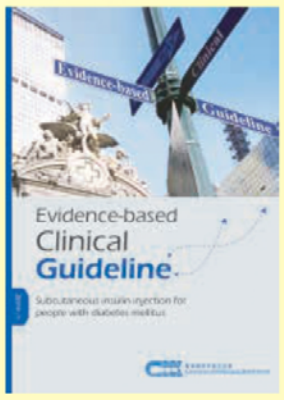
3. Evidence-based Practice (EBP) Committee

Mandate of the Committee

1. To enhance quality diabetes care by promoting evidence-based practice
2. To identify practice gaps and initiate projects in needed areas
3. To work with organizations to support project implementation

Composition of the Committee

1. Chairs: Ms Eva Kan,
   Ms May Chan
2. Secretaries: Ms Annie Leung,
   Ms Shimen Au
3. Members: Ms Fanny Ng,
   Ms Maisy Mok,
   Ms Sarita Chan,
   Ms Samsonly Chan



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

Mandate of the Committee

The Diabetes Conversations Committee (DCC) was established in 2009. It works in partnership with AHKDN Council and Hong Kong Lilly office to enhance quality of diabetes education through providing training to diabetes educators (DEs) / health care professionals (HCPs) to increase their commitment, enthusiasm and skills in providing client-centred education.

These aspirations are to be achieved through:

1. Identify local need and initiate training for local HCPs / DEs in using the diabetes conversation map tools;
2. Encourage and support implementation of diabetes conversations
3. Support relevant training to enhance HCPs' and DEs' competency to implement quality client-centred diabetes education
4. Maintain a network of communication and support to trained diabetes conversation map

Composition of Committee

1. Chair, Expert Trainer:
   Ms Kan Ching Yee, Eva
2. Secretary, Table Captain:
   Ms Leung Yat Sze
3. Committee Member,
   Expert Trainer:
   Dr Ann Shiu,
   Ms Chung Hau Yee,
   Mr Leung Sum Ming,
   Ms Maggie Lau



4. Committee Member, co-opted AHKDN Diabetes Educator:
   Dr Jo Jo Kwan,
   Ms Pollyanna Wong,
   Ms Theresa Yeung,

2014 – 2015 AHKDN Activities

Council Meetings

The 26th AHKDN council meeting was held on 16th Sept 2014

The 27th AHKDN council meeting was held on 9th Jan 2015

The 28th AHKDN council meeting was held on 10th Apr 2015

The 29th AHKDN council meeting was held on 3th Jun 2015



Promoting Communication among Members

AHKDN Website Update

The Terms of Reference (TOR) of AHKDN Sub-committees were added under the organization of AHKDN. The CNE policy & procedure guide and application form were uploaded. Besides, the link of Diabetes Care Online was available for access to web online journals. In addition, the web link for the demonstration of diabetes exercise song of "Exercise Song Campaign" is ready for access.

AHKDN Newsletter

- The 10th issue of AHKDN Newsletter was published in Jan 2015
- The main themes: A new Complication Screening Module- Metabolic Risk Assessment Module (MRAM) and Exercise Song Campaign.

Learning Activities

Educational Seminars for AHKDN members or / and nurses

The 16th AHKDN Educational Seminar

was held at Sheraton Hong Kong Hotel & Towers on 29th Nov 2014.



Topic I:
Update on DPP-4-Inhibitor
Guest speakers:
Dr. Ng Ying Wai



Topic II:
In-patient Management of Blood Glucose
Guest speakers:
Dr. Chow Wing Sun





The 17th AHKDN Educational Seminar

was held at Queen Elizabeth Hospital on 27th Nov 2014.
Topic: MCQ Production cum Project Orientation
Guest speakers: Ms Kan Ching Yee Eva and
Dr. Shiu Tak Ying Ann

The 18th AHKDN Educational Seminar

(Co-organized with Diabetes Hongkong)

was held at Sheraton Hong Kong Hotel & Towers on 13th Dec 2014.
Topic: Ambulatory Glucose Profile (AGP) - The Next Frontier in Diabetes Management
Guest speakers: Dr. Mark Evans, MD FRCP, University of Cambridge



2014 – 2015 AHKDN Activities

Promulgating Diabetes Education Tools

1.Diabetes Conversation Map

Community Workshop:

1st Diabetes Conversations Community Workshop was held on 26th Apr 2014 at Yau Ma Tei Community Centre, Kowloon.

2nd Diabetes Conversations Community Workshop was held on 23rd Aug 2014 at the Boys' and Girls' Clubs Association, Wan Chai, Hong Kong.

3rd Diabetes Conversations Community Workshop was held on 22nd Nov 2014 at Tuen Mun City Hall, New Territories.





Orientation Workshop:

The half day orientation Workshop was held on 31st Jan 2015.

Facilitator Training Workshop:

Two one-day facilitator training workshops were held on 7thJun 2014 and 14th Mar 2015.

Annual Gathering:

The 5th Diabetes Conversation Map Tools (DCMT) Experience Sharing workshop was conducted on 2nd May 2015 at 5th Floor, Cityview Hotel, Yau Ma Tei.

There were 21 new diabetes conversation map facilitators in 2014 and made a total of 170 facilitators.



Upcoming Events:

Upcoming Diabetes Conversation Map Community Programmes will be held on 18th Jul 2015 at Christian Family Service Centre, Tsui Ping Road, Kwun Tong, Kowloon and on 14th Nov 2015 in the New Territories.

2.Steno-Card Diabetes Education Tool

Training of professional staff on the use of the Steno-Card (Diabetes Dialogue Card) education tool.

First facilitator training was held on 9th May 2015.

Further training for nurses will be held on 13th Jun, 8th Aug and 10th Oct 2015.





Promoting Health Awareness in Community





Our Steps Together 2014 - kick-off ceremony of Exercise Song Campaign was successfully held on 1st Nov 2014.

Promotion of Diabetes exercise song in "Walk for Diabetes" was held by Diabetes Hongkong on 9th November 2014 .

Exercise song campaign was planned to launch community exercise workshop in Aug 2015 for patient with diabetes.

Diabetes Exercise Song DVD and leaflets were produced for distribution to patients. There are web-links at AHKDN website for access to "U-tube" watching the exercise video.

The AHKDN was invited by the Provisional Hong Kong Academy of Nursing to run a booth in "The World Health Day Health Carnival" held at Main Square, Telford Gardens in Kowloon Bay on 11th April 2015. The main theme of the booth was to promote exercise using the diabetes exercise song through games and exercise demonstration.







2014 – 2015 AHKDN Activities

Promoting Health Awareness in Community







The AHKDN was invited by Diabetes Hongkong to run a booth and exercise demonstration at "Diabetes Patient Congress 2015", held at Kowloon Bay International Trade & Exhibition Centre on 24th May 2015, so as to arouse the public awareness on diabetes knowledge, diabetes care, self-management and prevention of complications.



Diabetes Nurse Ms So Tak Yee Tammy lead other diabetes nurses and patients to perform exercise demonstration using the Diabetes Exercise Song 舞動健康.

At the exhibition booth, the importance of exercise for diabetes was stressed through interactive exercise games with patients.







In addition, President Dr. Jo Jo Kwan participated in the post-prandial glucose workshop to discuss the various aspects of post-prandial glucose control. Ms Tracy Lau delivered a lecture on the importance of self-monitoring of blood glucose. Ms Lam Yuen Hung also had sharing with patients in facing diabetes complications.



Diabetes Nurses Ms Harriet Chung, Ms Maggie Lau and Ms Pollyanna Wong also participated in the Diabetes Conversation Map training workshop at the Diabetes Patient Congress 2015.



Professional Talk and Experience Sharing

1. Professional sharing with Diabetes Nurses in Macau



- *Ms Maisy Mok gave the talk "Insulin Therapy in Primary Care" on 10th Jan 2014.*



- *Ms Tracy Lau gave the talk "Importance of Nurses in Optimizing Diabetes Management" on 4th Jul 2014.*



- *Dr Jo Jo Kwan gave the talk "Round Table Discussion - Assessment for patient required insulin therapy" on 13th Feb 2015.*

2. Dr Jo Jo Kwan shared the experience of Diabetes Nursing in Hong Kong at the Pre-congress Workshop at the 10th IDF-WPR Congress and 6th AASD Scientific Meeting on 21st Nov 2014





3. Overseas Visit
Dr. Jo Jo Kwan and members visited the Diabetes Society of Singapore on 25th Nov 2014.

4. AHKDN was invited by Association of Hong Kong Nursing Staff to attend the "兩岸四地護理人力資源規劃高峰會" 暨 "省港澳傑出護士選舉頒獎禮" which was held at Langham Place, Mong Kok on 30th May 2015. Dr. Jo Jo Kwan and Ms Veronica Hung attended the event.



Nomination & Sponsorship

9th Congress of the Asian-Pacific Society of Atherosclerosis and Vascular Diseases and16th Diabetes and Cardiovascular Risk Factors: East Meet West Symposium, held at Hong Kong Convention and Exhibition Centre on 25th-29th September 2014. 5 members were nominated.

10th IDF-WPR Congress and 6th AASD Scientific Meeting was held in Suntec, Singapore on 22nd-24th November 2014. 9 members joined the meeting.

Acknowledge :

Abbott Diabetes Care · BAYER Science For A Better Life · BD · Lilly Diabetes · NOVARTIS · novo nordisk · OneTouch · Roche · SANOFI DIABETES