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

THE 11th AHKDN ANNUAL SYMPOSIUM & ANNUAL GENERAL MEETING

守望雙目 Eye on Eyes

The 2018-2020 Council

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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 play 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 the President
Association of Hong Kong Diabetes Nurses

I am glad to welcome you all to the 11th Annual General Meeting and Symposium 2019 of Association of Hong Kong Diabetes Nurses (AHKDN).

Time flies and we have entered the second decade of journey of AHKDN. The year of 2018/19 has been another energetic and fruitful one for our association.

AHKDN is an academic and professional body, we are continuously striving towards our goals to support diabetes nursing development and community services. Apart from our own programs, we also co-organized different professional seminars and community programs with other institutions to enhance knowledge and advances in diabetes care for health professionals and community. Our members also actively participated as speakers, trainers and educators in those activities.

Evidence-based Practice is important for professional diabetes care with current best practice. Under the tremendous effort of Evidence-based Practice (EBP) Committee, a major project has been conducted over the past 2 years to work out 6 areas of EBP. Our first EBP annual symposium was held with sharing of our work and moving forward with the spirit of Evidence-based Practice.

Besides, professional accreditation for advanced nursing practice is essential to ensure quality and standards of care. Our sub-committee, the Clinical Workgroup on Diabetes Nursing Accreditation, keeping pace with Hong Kong College of Medical Nursing (HKCMN), continues to support the formulation of standards of curriculum, examination handbook, mentorship and fellow examination.

In the era of electronic media and communication; development of innovative electronic tools is the trend on top of traditional patient education. We will launch a new "E-education Tool for Diabetes Complications" to enhance self-care and knowledge of patients in controlling their conditions.

The theme of this year AGM cum Symposium is: "Eye on Eyes" 守望雙目. We are honoured to have two distinguished guest speakers Dr Chan Wai Man and Dr Andy Cheng, to share their expert experiences in diabetic eye disease management. Hoping you all enjoy and benefit from this inspiring symposium.

I would like to take this opportunity to give my heartfelt thanks to our members of Organizing and Programme Committees for preparing this brilliant programme. I also take this opportunity to express my gratitude to our honorary advisors and council members for their invaluable dedication to enhance better diabetes care in Hong Kong.

Thank you very much again for all your support and participation.

Wish you all to have a happy and delightful weekend!



Karen Wong
President 2018-2020
Association of Hong Kong Diabetes Nurses

The 11th AHKDN Annual Symposium & Annual General Meeting



22nd June 2019 (Saturday)
Crystal Ballroom, 2/F,
The Cityview Hotel,
23 Waterloo Road, Kowloon

Programme Committee

Ms Loo Kit Man(Chairman)
Ms Chan Oi Ying, Sarita
Ms Hung Siu Chan, Veronica
Ms Wong Ka Chee Karen

Organizing Committee

Ms Lam Yuen Hung (Chairman)
Ms Ho Sau Yee
Dr. Kwan Yee Mei Jo Jo
Ms Law Chin San
Mr Leung Sum Ming
Ms Leung Yat Sze Annie
Ms Mok Pik Hung, Maisy
Ms Suen Wai Yee
Ms Wong Suk Chi
Ms Yee Shun Wah, Amy
Ms Yeung Chau Wan

Moderator

Dr. Kwan Yee Mei, Jo Jo
Ms Hung Siu Chan, Veronica

Schedule

13:30 — 14:00	Registration	
14:00 — 14:05	Welcome Speech	Chairlady-Ms Chan Oi Ying, Sarita
14:05 — 14:45	Outstanding achievement award presentation	Review Panel: Prof Ann Shiu and Dr. Woo Yu Cho Ms. Loo Kit Man and Ms. Wong Ka Chee, Karen
14:45 — 15:45	Keynote Speech (1) Diabetic Retinopathy and Diabetic Macule Edema	Dr Chan Wai Man Honorary Consultant Ophthalmologist, Hong Kong Sanatorium & Hospital
15:45 — 16:30	Tea Break* & Group Photo	
16:30 — 17:30	Keynote Speech (2) Diabetic Related Cataract, Glaucoma and other Ocular Complications	Dr Cheng Chi On, Andy Honorary Consultant Ophthalmologist, Hong Kong Sanatorium & Hospital
17:30 — 17:35	Closing Remark	Chairman of AGM Organizing Committee: Ms. Lam Yuen Hung
17:35 — 18:00	The 11th Annual General Meeting (members only) ● Annual Report ● Financial Report	President: Ms. Wong Ka Chee, Karen Treasurer: Ms. Ho Sau Yee
18:30	Annual Dinner (Members only)	

*Tea break sponsored by Bayer HealthCare Limited

Keynote Speech (1)
Diabetic Retinopathy and Diabetic Macule Edema

Dr Chan Wai Man, Honorary Consultant Ophthalmologist,
Hong Kong Sanatorium & Hospital

Diabetic retinopathy and diabetic macular edema are the most frequent causes of blindness in the working-age population in developed counties. The prevalent of diabetes mellitus is expected to increase significantly in the coming decades and this represents a challenge for eye-care providers. Optimized screening and referral programs are essential to pick up diabetic macular edema and severe diabetic retinopathy. Strict metabolic control and treatment of associated risk factors particularly hypertension are crucial to prevent development and progression of diabetic retinopathy.

Laser photocoagulation is commonly used to treat two key complications of diabetic retinopathy, retinal neovascularization and macular edema. In recent years, the advent of intravitreal Anti-VEGF treatment has improved therapeutic options for patients with diabetic macular edema. Aflibercept, ranibizumab, and bevacizumab are effective antiangiogenic agents and they are now the first-line therapy for diabetic macular edema involving the central macula. Fluocinolone slow release implant is effective in diabetic macular edema and it is a promising alternative to reduce the frequency of injection.
Patients with tractional retinal detachment, tractional macular edema, and vitreous hemorrhage are indicated for surgical vitrectomy.

Keynote Speech (2)
Diabetic Related Cataract, Glaucoma and other Ocular Complicationsare

Dr. Cheng Chi On, Andy
Honorary Consultant Ophthalmologist, Hong Kong Sanatorium & Hospital

Apart from diabetic retinopathy and diabetic macular oedema, patients with diabetes mellitus (DM) may also have other conditions or complications that can affect visual function.

Patients with suboptimal diabetic control are known to have possible accelerated cataract progression, which can affect visual function, monitoring of diabetic retinopathy and treatment effectiveness with laser. Another sight threatening complication is neovascular glaucoma. Delayed treatment usually led to poor outcome with loss of vision or even intractable pain. DM is also associated with retinal vein occlusion, retinal artery occlusion, non-arteritic anterior ischaemic optic neuropathy (NAION), microvascular cranial nerve palsy or cerebral vascular events. These conditions can affect patient’s visual function. Optimal diabetic control, early detection and appropriate treatment may prevent irreversible loss of visual function.

Outstanding Achievement Award (Green) Abstract

Application of mHealth Application in the Care of Patients with Diabetesre

Ms Cheung Shuk Man, Pamela Youde Nethersole Eastern Hospital (PYNEH)

Background:

Patient empowerment is essential for a successful diabetes self-care management. In the past, conventional education classes were generally used. Developing innovative self-care strategies are challenging. At present, use of mobile technology for improving health outcomes (mHealth) is rapidly expanding. Evidence supports the use of mHealth applications could enhance self-care management and improve glycemic control. “DM care”, developed by the New Territories East Cluster hospitals under the Hospital Authority, is a mHealth application specially designed for patients with diabetes.

Objective:

To empower self-care management and improve glycemic control in patients with diabetes by using mHealth application “DM care”.

Methodology:

Patients were recruited from March to May 2018 when they attended Diabetes Nurse Clinic and were trained on the use of “DM care”. At week 4 to 6, one telephone follow-up was conducted for the reinforcement on the use of “DM care” and self-care management. At week 8 to 12, patients visited Diabetes Nurse Clinic individually. Further education on self-care management by incorporating “DM care” into daily living was given. HbA1c was recorded at baseline and at least 12 weeks after recruitment. Changes in self-care management were assessed by using Diabetes Self-care Activities questionnaires, and collected on enrollment, at telephone follow-up and on last visit.

Results:

33 patients were recruited with 2 dropped out. Average HbA1c improved from 8.17±0.97% to 7.87±1. 25% (p=0.131). The average number of days per week on: (1)healthy eating habit improved from 4.40 to 4.93 (p=0.356),(2)exercise habit significantly improved from 4.30 to 5.03 (p=0.027), (3)frequency of home blood glucose monitoring significantly increased from 2.50 to 3.30 (p=0.031), and (4)drug compliance improved from 6.83 to 6.86 (p=0.573).

Outstanding Achievement Award

Exploring the Confidence for, and the Readiness of, Self-management by Adolescents with Diabetes during the Transitional Period.

Ms Yeung Hoi Ming, Theresa, Prince of Wales Hospital (PWH)
Diabetes Centre, Department of Medicine and Therapeutics, PWH

Introduction

The transitional care from an intensive pediatric model to a patient-centered model is an important developmental task for adolescents in both physical & psychological management. Transition should be started early to enhance patients' knowledge, self-management & readiness to cope with the adult healthcare system. Thus, PWH DM team of Pediatric & Adult Endocrinologists ran a collaborative pilot-transitioning clinic since 2018.

Objectives:

1 Identify deficit regarding self-management
2. Alert patients of their management gaps & plan for educational sessions to improve knowledge & confidence

Methodology:

Patients aged ≥ 17 attended the combined transitional clinic.
The Nurse designed a set of checklists & questionnaires to assess patients' confidence in self-management and their DM practice. Thereafter, doctors were informed about each individual's knowledge deficit & malpractice in order to facilitate them in their clinical decision.

Results and Discussion

22 cases (Type 1, n=16, Type 2, n=6) had been recruited. There was no huge difference on self-rating of daily management. They seldom kept food recorded. Only 31% T1DM (n=5) & 16% T2DM (n=1) recoded blood glucose (BG) readings daily. 37.5% T1DM & 33% T2DM followed ADA recommendation of 150 minutes' exercise per week. T1 cases were more conscious of carbohydrate (CHO) exchange in meal planning. Only 25% T1 adolescents did ketone testing. For self-confidence in DM management, T1 cases rated higher, especially on BG monitoring & drug administration. Both groups had less confidence in working CHO counts, CHO exchanges & avoiding hyperglycemia. Overall, ≥83% adolescents had confidence to consult with healthcare professionals (HCP) independently.
Although adolescents showed full confidence in self-management, the HCPs were uncertain of their readiness in nutritional therapeutic treatment, knowledge on insulin & the principles of titration.

Conclusion

Transition program should be well planned. Early preparation, guidance and education are key considerations. Forseeing a deficit in meal planning, dietitian involvement is important. Various tailored-made sessions can be designed to enrich adolescents' knowledge & confidence.

Council Meetings



43rd AHKDN Council Meeting was held on 23 Jun 2018
44th AHKDN Council Meeting was held on 14 Sept 2018
45th AHKDN Council Meeting was held on 30 Nov 2018
46th AHKDN Council Meeting was held on 15 Feb 2019
47th AHKDN Council Meeting was held on 2 May 2019

Report of AHKDN Sub-committee

1. AHKDN Newsletter Committee

- The 14th issue of AHKDN Newsletter was published in Jan 2019. The main themes included:
- Oral Anti-Diabetic Drugs in the Past Decade and the Future
- Sharing the Diabetes and Ramadan Management in Diabetes Ambulatory Care Centre at United Christian Hospital
- Introduction of Diabetes & Endocrine Centre at QEH



All the past Newsletters were uploaded on AHKDN website

2. Clinical Work Group on Diabetes Nursing Accreditation

- 1 member passed the examination and registered as fellow of Hong Kong College of Medical Nursing (Diabetes)

3. Evidence-based Practice (EBP) Committee

- The 10th AHKDN Anniversary Cum Evidence-Based Practice Symposium 2018 was held on 20 Oct 2018 with positive feedback

Representatives from 6 EBP groups presented their 18-month projects

Group 1. Physical Activity / Exercise & Diabetes: A Guide for Diabetes nurses

Group 2. A Review of Evidence-Based Preventive Measures for Older People with Type 2 Diabetes at Risk of Hypoglycemia



Group 3. A Feasibility Study of Applying a Self-Rating Checklist for Hypoglycemia Education Program

Group 4. Recommendation on Preconception Care of Women with Diabetes

Group 5. Psychological Insulin Resistance: An Integrative Review

Group 6. Continuous Glucose Monitoring System: Practical Guide for Diabetes Nurses

Diabetes Conversation Committee (DCC) (Hong Kong)
Diabetes Conversation Map (DCM)

- DCM facilitator Training Workshop was held on 25 Aug 2018. Attendees included nurses, doctors, dietitians and podiatrists.
- DCM AGM was held on 24 Nov 2018





- **Topic 1:** The Impact of Diabetes Conversation Map Tool on Self-efficacy & Diabetes Specific Health Related Quality of Life in Chinese with Type 2 Diabetes (Gold Brilliant Award Project)
- **Topic 2:** Experience Sharing on Conducting 4-session DCM Programme in Hong Kong.

Speaker: Mr Leung Sum Ming, APN, OLMH



- **Topic 3:** Communicating to Patients with Chronic Diabetic Complications: Tips and Sharing From a Psychologist

Speaker: Dr Hou Wai Kai, Director, Centre for Psychosocial Health, Faulty of Education and Human Development, University of Hong Kong

Brilliant Awards in Gold, Silver, Bronze and Merit were presented to participants' innovative ideas to run DCM sessions.
Congratulations to OLMH Diabetes Team awarded with a Gold Brilliant Award.
Mr. Leung Sum Ming, Dr. Jo Jo Kwan, Ms Emily Chan, Ms Fanny Chan, Ms Sandy Leung & Ms Doris Yu

Learning Activities

Educational Seminars and Training

The 10th AHKDN Annual Symposium and Annual Meeting was held on 23 Jun 2018. The theme was 'A Decade of Diabetes Therapy: 十年之葯



Keynote Speech 1
Topic: Oral Diabetic Drugs: What Have We Learnt and not Learnt in the Past Decade?

Speaker: Dr. Ip Tai Pang, Consultant, Department of Medicine, Tung Wah Hospital



Keynote Speech 2
Topic: Review a Decade: InjectableAnti-Diabetic Medications in Diabetes Care

Speaker: Dr. Michele Yuen, Specialist in Endocrinology, Diabetes and Metabolism
Honorary Clinical Assistant Professor, the University of Hong Kong
Gleneagles Hong Kong Hospital



Topic: Education seminar: "Interactive 'Telediabetes' — Standard of Diabetes Care in the 21st Century" was held on 8 Sept 2018.

Speaker: Dr. Osama Hamdy, Joslin Diabetes Centre, Boston.



Topic: Education seminar: "Interactive 'Telediabetes' — Standard of Diabetes Care in the 21st Century" was held on 8 Sept 2018.

Speaker: Prof. Tomasz Klupa, Jagiellonian University Medical College, Krakow, Poland.



Topic: Management of Acromegaly and Injection Workshop" was held on 19 Sept 2018

Speaker: Dr. Kitty Cheung (Associated Consultant, PWH) & Ms. Veronica Hung (Nurse Consultant, Diabetes, TMH).



Topic : "Pre-Diabetes: Why and how should we treat?", co-organized with Diabetologists & Endocrinologists Alliance (DEA) was held on 19 Sept 2018

Speaker: Prof. Ian William Campbell, University of St Andrews, UK.

Update on Diabetes Education & Management 2018





Dept. of Med. QMH

Topic: "A to Z symposium on Diabetes Q: Quick and Easy Monitoring - Ambulatory Glucose Monitoring", co-organized with HKSEMR was held on 18 October 2018

Speaker: Dr. Alice Kong
Associate Professor, Dept. of M&T CUHK
Ms. Maisy Mok
Nurse Consultant (Diabetes)
Kowloon East Cluster
Ms. Karen Wong
Advanced Practice Nurse
Dept. of Med. QMH



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

Update on Diabetes Education & Management 2018
Date: 11th Oct - 29th Nov 2018
Venue: Seminar Room, Bamboo Evaluation School for Talents, 4/F, Star House, 3 Salisbury Road, Tsim Sha Tsui

Date	Time	Topic	Speaker
11th Oct (Thur)	19:00 - 20:30	Diabetes: an old friend revisited	Dr. Y C Wan, Consultant (Med) QEH
18th Oct (Thur)		Diabetic Chronic Complications	Dr. C L Wong, Resident Specialist (Med) CMC
25th Oct (Thur)		Blood Glucose Monitoring: Self-monitoring and Continuous Monitoring	Ms. Tammy So, APN (Med) PYH
1st Nov (Thur)		Diabetes Diet & Healthy Diet	Ms. Vivian Lau, Registered Dietitian (Canada) HK Sanatorium Hospital
8th Nov (Thur)		Exercise Prescription for People with Diabetes	Ms. Joey Cheng, FM & PHC PTI KCC
15th Nov (Thur)		Pharmacological Intervention for Diabetes	Dr. Jason Ng, Associate Consultant (Med) QEH
22nd Nov (Thur)		Practical Issues in Insulin Therapy	Ms. Theresa Yeung, APN (Med) PYH
29th Nov (Thur)		Foot Care in Diabetes	Mr. Jackie Fan, Podiatrist 1 OLMH

"Attendance Certificate" will be issued to participants with at least 80% attendance
***Target Audience:** Registered nurse & Enrolled nurse*
***CNE Accreditation:** 12 CNE points (TBC)*
***Registration Fee:** AHKDN member - $900; Non-member - $1200*
***Application Deadline:** 4th October 2019*
***Vacancy:** 100 (First come first served)*

The Registration form is available at www.ahkdn.com

Please send the completed registration form with a crossed cheque (payable to the *"Association of Hong Kong Diabetes Nurses Limited"*) and mail to *Ms. Lau Chin Sze, Diabetes Centre, 4/F, Ambulatory Care Block, Tseung Kwan O Hospital, No.2 Po Ning Lane, Hang Hau, Tseung Kwan O*
For Enquiries, please send email to ahkdn.hk@gmail.com

The course consisted of 8 lectures was held from 11 Oct to 29 Nov 2018
There were 104 participants joined the course



Lecture on Diabetes Workshop organized by The Associacao dos Medicos de Clinica geral de Macau was held on 17 Nov 2018 in Macau. The participants were doctors and nurses

Topic 1 : Optimizing Glycaemic Control in Type 2 Diabetes Patients

Speaker: Dr Peter Tong, Private endocrinologist



Topic 2: How to increase patient acceptance on insulin and practical case sharing

Speaker: Ms. Sarita Chan, Vice President, AHKDN

"Transforming Glucose Monitoring with AGP and Life-Changing Technology" was held on 13 Apr 2019. It was co-hosted by Diabetes Hongkong & AHKDN.





Speaker: Dr. Iain Cranston, Co-Director, AGP Clinical Academy

Promoting Health Awareness in Community



Our President Ms Karen Wong was invited to write a newspaper script regarding Insulin Injection Skill. It was published in Metro Daily on 6 Aug 2018



- **East Meets West Diabetes Lay Program 2018 was held at Hong Kong Convention & Exhibition Center on 29 Sept 2018.**
  The theme of this year was「睡眠質素高，血糖控得好」





AHKDN run a booth to demonstrate exercise dance and promoted exercise to the public.

Diabetes nurse Ms Mable Ng delivered a lecture on CGMS. and new technology of blood glucose meters.

- **DM Alliance — Diabetes Complication Awareness Program & Scientific Education.**

  AHKDN is one of member of the DM Alliance. The Health Education Day「及早控糖，守護器官」retinopathy detection and prevention was held on 13 October 2018. The second patient programme was diabetes kidney disease detection and prevention was held in Diabetes Patient Congress on 26 May 2019.

- AHKDN was one of the Alliance members and supported the event by demonstrating exercise dance



Diabetes HongKong (DHK) Walkathon was run on 11 Nov 2018

AHDKN was a supporting organization to support this meaningful fund raising annual event. AHKDN members demonstrated the exercises and laughter yoga on stage.





The Health Day「全城血糖關注日-獅子顯愛心」was held on 11 Nov 2018 AHKDN
AHKDN was invited to by Lion Club to provide demonstration舞動健康 on stage and provided diabetes consultation to participants' onsite





The second event organized by Lion Club 獅心獻關懷之血糖關注日」was held on 12 May 2019. AHKDN provided diabetes consultation to participants' onsite





Diabetes Hongkong organized a Patient Congress香港糖尿聯會關注糖尿人士會議2019 -「糖家攻略」on 26 May 2019, it was a one-day programme held at Kowloon Bay Exhibition and Trade Centre. AHKDN was a supporting organization by running a game booth, providing education talk, organizing patient talent shows and promoting the theme song「甜在心頭」to our patients.
【香港糖尿聯會關注糖尿人士會議2019 -「糖家攻略」主題曲: https://youtu.be/uVF-AfHsKNA







Ms. Loo Kit Man, Hon Secretary gave a public talk on 「胰島素全接觸」.

Diabetes Children Activities

AHKDN co-organized with Youth Diabetes Action (YDA) for Greater China Diabetes Youth Camp which was the first time to run in Hong Kong. It was held on 27 - 29 July 2018 at the Hong Kong University of Science and Technology.

- The participants included young people with diabetes, their parents and medical professionals from Hong Kong, Taiwan, Shanghai and Beijing. Ms. Maisy Mok and Ms. Theresa Yeung were the medical advisors of YDA.





- Being one of the supporting organization to this meaningful fund raising annual event, AHKDN members joined Hike for Youth Diabetes on 11 Nov 2018 at Tai Tam Reservoirs.

Three sessions of Diabetes Conversation Map were run for diabetes children and their parents to engage them for sharing of experiences, califications, and empower themselves in developing skills in diabetes manangment.



- **Session 1:** 16 Nov 2018 for parents of type 1 children
  Facilitor: Ms Theresa Yeung, PWH



- **Session 2:** 29 Dec 2018 for Type 1 children aged 8-16
  Facilitor: Ms Iris Poon, QEH



- **Session 3:** 9 Mar 2019 for parents of newly diagnosed Type 1 children
  Facilitor: Ms Maisy Mok, UCH

Nomination & Sponsorship

- 12th International Diabetes Federation (IDF) — Western Pacific Region (WPR) Congress & 10th AASD Scientific Meeting was held from 22 to 25 Nov 2018 at Kuala Lumpur, Malaysia
  10 members were nominated to attend
- East Meets West Symposium 2018 was held in Hong Kong on 1 to 2 Oct 2018. 9 members were nominated to attend.
- Endocrinology, Diabetes & Metabolism Hong Kong (EDMHK) Inauguration Conference was held on 18 Nov 2018 in Hong Kong. 37

What's up?



1. AHKDN Council name cards

We created a new Council name card with QR code to link up to AHKDN webpage

2. Lectures Notes

Have you missed to attend the AHKDN organized lectures / workshops?
Most of the lecture notes are now uploaded and available in the member zone of our website.
Sign in with your account and find them.

3. Patient Education Animated Videos



AHKDN is now producing a series of patient education animated videos The first series would cover diabetes general knowledge, diabetes kidney disease and diabetic retinopathy. It would be released soon. Watch out to our announcement

4. 12th AHKDN Annual Symposium & Annual General Meeting to be held in Jun 2020

Theme: Evidence-Based Practice 2nd Annual Symposium.

5. Insulin Injection Guidelines

Coming Updated Version:
"Evidence-based Clinical Guideline: Subcutaneous Insulin Injection for People with Diabetes Mellitus"

6. AHKDN published醒目「外食」及運動指南 booklet would be updated soon

7. AHKDN T-shirts



AHKDN T-shirts designed with our logo and slogan "We Care, We are Diabetes Nurses" will be released soon. We would wear the new T-shirts when participate in community activities. T-shirt symbolized our cohesiveness and caring to our patients and community.

8. Post-prandial blood glucose booklet

We will going to publish a patient education handbook on Post-prandial blood glucose

Abbott ASCENSIA AstraZeneca BD Benecol Boehringer Ingelheim Lilly DIABETES MERCK NOVARTIS Medtronic ONETOUCH Roche SANOFI Takeda