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

18th AHKDN Annual Symposium and Annual General Meeting



Stroke management:
A Roadmap from Acute to Rehabilitation 「風」之解碼

18 July 2026 (Sat)
The Grand Assembly Hall I&II
4/F, YMCA of Hong Kong, 41 Salisbury Road, Tsimshatsui

AMGEN
ASCENSIA Diabetes Care
AstraZeneca 阿斯利康
尚健維佳 Celki VitalAire
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GSK
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novo nordisk
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sanofi
ZUELLIG PHARMA

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

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
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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
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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 Margaret McGill
Prof Shiu Tak Ying Ann
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Prof Wong Kam Yuet Frances

ASSOCIATION AFFAIR ADVISORS
Ms Hung Siu Chan Veronica
Dr Kwan Yee Mei JoJo

AUDITOR
Mr Fung C K Nicholas

HONORARY LEGAL ADVISOR
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 honour to welcome you all to the 18th AHKDN Annual Symposium & Annual General Meeting of the Association of Hong Kong Diabetes Nurses (AHKDN).

This year's theme is "Stroke Management: A Roadmap from Acute to Rehabilitation - 「風」之解碼". Stroke remains a major cause of death, disability, and long-term dependency in Hong Kong. In 2023, stroke and cerebrovascular disease ranked as the fourth leading cause of death, and it is also one of the macrovascular complications of diabetes.

In the 2025 Policy Address, the Government announced that the Hospital Authority would establish Stroke Centres and Integrated Cardiovascular Diseases Centres in phases to improve treatment effectiveness. The Authority also plans to strengthen acute stroke services and gradually expand the pre-hospital stroke diversion scheme to other clusters, aiming to shorten treatment time for major ischaemic stroke.

We are honoured to have three distinguished speakers — Dr. Mew, Dr. Lam, and Mr. Yu — who will share insights on integrated medical, surgical, and nursing strategies in managing acute ischaemic and haemorrhagic stroke, while emphasizing the importance of coordinated multidisciplinary care.

Beyond stroke care, AHKDN remains committed to enhancing diabetes education. We are pleased to announce the release of our new "Diabetes and Infection" video and pamphlet, both accessible on the AHKDN YouTube channel and our official website.

This year also marks AHKDN's 18th anniversary. I hope you enjoy this new venue as we celebrate together, reconnect with old friends, and welcome new members. Our website has also undergone a comprehensive refresh to align with the development of our organization; please explore the updated platform.

As the current term of the AHKDN Council (2024–2026) draws to a close, I would like to express my heartfelt gratitude to all advisors and council members for their dedication and invaluable support of AHKDN activities over the past two years. Notably, nearly half of them have volunteered their time for over a decade. With council elections held every two years, I extend a warm invitation for you to consider joining our committee. Your support is vital in strengthening professional practices and extending our efforts in diabetes prevention and health promotion in the community.



Loo Kit Man
President of AHKDN 2024 - 2026

THE 18TH AHKDN ANNUAL SYMPOSIUM & 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 Hui Kit Ming Camille
Ms So Tak Yee Tammy

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

18 July 2026 (Sat)

The Grand Assembly Hall I&II

4/F, YMCA of Hong Kong, 41 Salisbury Road, Tsimshatsui

14:00 – 14:25	**Registration, browse the booths & watch educational videos**	
14:25 – 14:30	**Welcome Speech**	**Ms. Loo Kit Man,** President
14:30 – 15:10	**Time is brain**: Medical strategies in managing acute ischaemic stroke	**Dr. Mew Yuen Ni** Associate Consultant (MED)
15:10 – 15:50	**Time is brain**: Surgical strategies in managing haemorrhagic stroke	**Dr. Lam Siu Kei, Samuel** COS (Neurosurgery)
15:50 – 16:35	**Light refreshment, browse the booths & watch educational videos**	
16:35 - 17:15	Nursing Roles in Bridging and Coordinating Stroke Care	**Mr. Yu Chung Tsang, Mick** Nurse Consultant (Stroke Care)
17:15 - 17:25	Closing Remarks	**Ms. Hui Kit Ming, Camille** **Ms. Chan Cheuk Man** (Chairpersons of Organizing Committee)
17:25 - 19:00	**AGM (Members only)**	
	• The 18th AGM & Annual Report • Financial Report	**Ms. Loo Kit Man,** President **Ms. Chan Wing Shan, Miranda,** Treasurer **Ms. Kwok Kam Ping,** Associate of Treasurer
	• Council Member Election	**Ms. Chan Oi Ying, Sarita,** Councillor
19:00	**Annual Dinner (enrolled members & guests only)**	

Stroke management: A Roadmap from Acute to Rehabilitation 「風」之解碼



Time is brain: Medical strategies in managing acute ischaemic stroke

Dr Mew Yuen Ni
Associate Consultant (MED)

Acute ischemic stroke is a life-threatening medical emergency and a leading cause of long-term functional dependence worldwide. With the rising prevalence of metabolic syndrome and diabetes, an increasingly larger population is at high risk for acute cerebrovascular events, making comprehensive stroke care essential for specialized nursing professionals. While the broader scope of stroke care spans primary prevention to secondary optimization, this lecture will focus explicitly on the clinical journey of a patient presenting with acute ischemic stroke.

The speaker will guide attendees through the critical phases of acute management, starting with the hyperacute window and the rigorous assessment of eligibility for reperfusion therapies, including intravenous rTPA and mechanical thrombectomy. Moving into the stabilized phase, the session will discuss the essentials of acute stroke unit care, where metabolic and physiological stability are paramount. Finally, the lecture will explore the continuum of recovery, highlighting advanced rehabilitation services and innovative medical interventions—such as repetitive Transcranial Magnetic Stimulation (rTMS) and Botulinum Toxin therapy for post-stroke spasticity. Attendees will gain a holistic understanding of how coordinated medical strategies optimize outcomes from the Accident and Emergency Department to long-term neurorehabilitation.

Time is brain: Surgical Strategies in managing stroke

Dr. Samuel Lam
President, The Hong Kong Stroke Society

The axiom "time is brain" governs stroke care across the entire clinical spectrum, and its application must be strategically tailored to each phase—acute treatment, secondary prevention, and rehabilitation. In the acute setting, mechanical thrombectomy remains the cornerstone, with door-to-puncture times aggressively compressed via green channel protocols and CT coupling strategies, while decompressive hemicraniectomy serves as a critical rescue for recanalization failures and malignant infarction which exemplifies how timely surgical decompression not only saves lives but preserves the neurological substrate necessary for meaningful recovery, all guided by advanced imaging that extends the therapeutic window to 24 hours based on salvageable penumbra rather than clock time alone. For secondary prevention, surgical interventions such as carotid endarterectomy and carotid artery stenting for symptomatic stenosis and EC-IC bypass for hemodynamic failure reduce long-term recurrent stroke risk, with optimal timing now advocated within two weeks of the index event to preempt future neuronal loss. In stroke rehabilitation, emerging surgical adjuncts—including botulinum toxin injection and intrathecal baclofen pumps for spasticity in subacute phase, paired with intensive physiotherapy and even robotic tools and transcranial magnetic stimulation—are expanding the restorative toolkit. Collectively, this lecture will illustrate that "time is brain" is not a single sprint but a relay race across the stroke continuum, demanding temporal precision, multidisciplinary coordination, and patient-specific selection for various surgical strategies to ultimately preserve not just neurons, but personhood and quality of life.

Nursing Roles in Bridging and Coordinating Stroke Care

Mr Yu Chung Tsang, Mick
Nurse Consultant (Stroke Care)

Stroke care is time-critical and highly dependent on coordinated systems. Outcomes are strongly influenced by timely recognition, rapid treatment, and seamless coordination across the pre-hospital, acute, rehabilitation, and long-term care pathways. Nursing professionals are uniquely positioned to bridge gaps in service delivery by integrating clinical expertise, patient-centered communication, and interprofessional coordination.

The role of stroke nurse consultant is to strengthen the clinical pathway and ensure seamless transitions between emergency response, acute stroke services, rehabilitation, and community support. This presentation will highlight the nursing role in bridging and coordinating stroke care through structured stroke care pathways and advanced interventions that reduce delays and prevent gaps in treatment. Key topics will include: (1) the stroke patient journey in Hong Kong; (2) roles of stroke nurse across the continuum of stroke care (3) protocol-driven prehospital hyperacute stroke management; (4) standardised electronic documentation to support stroke team decision-making; (5) coordination of multidisciplinary team and (6) community reintegration and liaison with NGOs.

By bridging services across the continuum, nurses not only improve patient outcomes but also advance the quality and sustainability of stroke systems in Hong Kong. The evolving role of stroke nurse demonstrates how nursing leadership can drive innovation, strengthen care pathways, and ensure that patients receive timely, coordinated, and holistic care from onset to community reintegration.

Council Meetings

21 June 2025	Post 17th AHKDN Annual Symposium and Annual General Meeting
5 September 2025	The 73rd AHKDN Council Meeting
5 September 2025	The Extraordinary General Meeting
5 December 2025	The 74th AHKDN Council Meeting (zoom)
13 February 2026	The 75th AHKDN Council Meeting
29 May 2026	The 76th AHKDN Council Meeting

Report of AHKDN Sub-committee

1. Clinical Work Group on Diabetes Nursing Accreditation

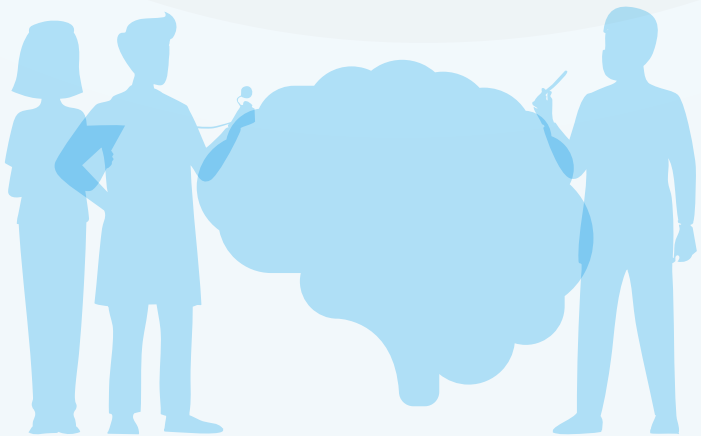
Representatives to Hong Kong College of Medical Nursing
Ms Lin Lai Har Grace & Ms Yee Shun Wah Amy
Members: Ms Au Ka Yin Shimen, Ms Chan Mei Tai May, Ms Cheng Mei Wan Winnie, Dr Kwan Yee Mei Jo Jo, Ms Leung Siu Kuen, Ms Leung Yat Sze Annie, Ms Ng Mei Po Mabel
Advisor: Prof Shiu Tak Ying Ann

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 curriculum standards, examination handbooks, mentorship, and fellow examinations for the Hong Kong College of Medical Nursing (HKCMN).

2. Evidence-based Practice (EBP) Committee

Chairs: 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 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 Mok Pik Hung Maisy, Ms Ng Mei Po Mabel, 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.



21 June 2025

The 17th AHKDN Annual Symposium & Annual General Meeting at ClubONE Telford

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

The 17th Annual Symposium & Annual General Meeting was held on 21 June 2025 (Saturday)
93 members, 4 non-members & 8 guests attended the Symposium



Keynote Speech (1) –
"Diabetes and Geriatric Giants"
Presented by Dr James Luk



Keynote Speech (2)
"Dementia management - non-pharmacological treatment"
Presented by Dr Kenny Chui





Let's Move *起動健康 – Muscle Strengthening Exercise Video Kick-off Ceremony

We invited Mr. Woo Chuen Hau, Alexander. President of Hong Kong Physiotherapy Association to co-host the Kick-off Ceremony. We are grateful for their support in producing a three-part muscle-strengthening exercise video series and wish to express our heartfelt gratitude for their commitment to promoting health and wellness





Education Seminars and Training

14 June 2025

The 7th Annual Scientific Congress by Diabetologists & Endocrinologists Alliance

AHKDN was a supporting organization.



14 September 2025

25th Regional Osteoporosis Conference

AHKDN was a supporting organization.



27 - 28 September 2025

27th 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
80 members attended the Meeting.
Ms Mabel Ng helped to co-chair the session with CUHK The Nethersole School of Nursing.



25 - 26 October 2025

The Endocrinology, Diabetes & Metabolism Hong Kong (EDM HK) 8th 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
80 members attended the Meeting.



9 October - 17 December 2025

Diabetes Education & Management Course 2025

It is regularly organized by AHKDN on a biannual basis. The course consists of ten one-hour lectures. This year, 120 nurses registered for the course and attended via Zoom

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

Diabetes Education & Management Course 2025

(8 OCT - 17 DEC 2025 Webinar)

DATE	TIME	TOPIC	SPEAKER
8 OCT 2025 (WED)	1900 TO 2000	DIABETES: AN OLD FRIEND REVISITED	Dr Paul Lee
15 OCT 2025 (WED)		PHARMACOLOGICAL INTERVENTION FOR DIABETES I - ORAL ANTI- DIABETIC DRUGS	Dr Ip Tai Pang
22 OCT 2025 (WED)		PHARMACOLOGICAL INTERVENTION FOR DIABETES II - INJECTABLE THERAPY	Dr Ivy Ng
5 NOV 2025 (WED)		PRACTICAL ISSUES IN INSULIN THERAPY	Ms. Koo Wai Kuen
12 NOV 2025 (WED)		DIABETIC CHRONIC COMPLICATIONS	Dr Victor Hung
19 NOV 2025 (WED)		BLOOD GLUCOSE MONITORING: SELF-MONITORING & CONTINUOUS MONITORING	Ms. Lam Yuen Hung
26 NOV 2025 (WED)		FOOT CARE IN DIABETES	Ms. Stephanie Lai
3 DEC 2025 (WED)		EXERCISE PRESCRIPTION FOR PEOPLE WITH DIABETES	Ms Joey Cheng
10 DEC 2025 (WED)		DIABETES DIET & HEALTHY DIET	Mr. Terry Ting
17 DEC 2025 (WED)		PRIMARY PREVENTION OF DM & UPDATE MANAGEMENT OF HYPERTENSION & DYSLIPIDEMIA	Dr Wong Wai Sheung

20 March 2026

Asia Medical Congress of General Practice

Ms Loo Kit Man and Ms Camille Hui were invited to deliver a lecture to nurses in Macau.
The topic was “From Clinical Protocols to Patient Self-Management: Perspectives of Diabetes Nurses.”





17 May 2026

Diabetes Preventing The Preventable (DPP) Forum

AHKDN was a co-organizer.
Ms Theresa Yeung was invited to chair the Symposium 1.
80 members attended the Forum.





27 June 2026

8th Annual Scientific Congress by Diabetologists & Endocrinologists Alliance

AHKDN was a supporting organization.



27 September 2025

The 27th 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 demonstration, and booths for the public.

Ms Yeung Sau King and Ms Chan Hoi Man Daisy were the MCs in the Public Program.





In the EMW public programme, AHKDN organized a booth under the theme "人人運動, 日溢健康", focusing on aerobic exercise, with the objectives of educating the public that physical activity is accessible to everyone regardless of age or physical condition.

Heartfelt thanks to 10 member volunteers who dedicated their time and efforts to run the booth!

Booth coordinator

Ms Amy Yee
Ms Sin Po Ying

Booth volunteers

Ms Emily Chan
Ms Yuen Cheuk Yin
Ms Choi Ching Yee, Ada
Ms Chan Ching Yee
Ms Cheung Shuk Man
Ms Ho Sau Yee
Ms Lau Mee Ping
Ms Wong Wai Ping









PROMOTING HEALTH AWARENESS IN THE COMMUNITY

From 30 August 2025

YDA Educational Workshop

AHKDN fully supported the Jockey Club Support for Young People with Diabetes Program. We organized educational workshops for people with type 1 diabetes receiving CGM subsidies from the Programme, focusing on diabetes self-care management. Three identical training sessions were conducted on 30 Aug 2025, 15 Nov 2025, and 14 Mar 2026. The workshops were jointly run by Ms. Loo Kit Man, Ms. Maisy Mok, and facilitators from different hospitals. AHKDN plans to continue running three workshops per year







24 January 2026

YDA Discussion Forum “Empowering Progress: Achieving Equitable Access to Diabetes Technology in Hong Kong”

The theme is “Making CGMs accessible to all”. Ms Maisy Mok, Ms Theresa Yeung and Ms Loo Kit Man attended the Forum on behalf of AHKDN and supported the action.



1 June 2026

Diabetic Foot Community Care Reach Out Programme 2026 initiated by Rotary Club

AHKDN was a supporting organization

The Diabetic Foot Community Care Programme aims to provide comprehensive diabetic foot screening, education, and treatment to the public within the community.





7 June 2026

30週年慶典家庭健康同樂嘉年華 organized by Diabetes Hongkong

It was organized at Discovery Park. AHKDN is a supporting organization

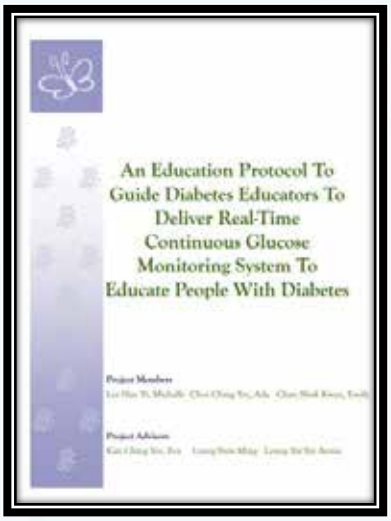
AHKDN produced an educational pamphlet titled Diabetes Prevention, which was distributed at the booth.





PRODUCTION OF EDUCATION TOOLS

DEXCOM G7 education has been uploaded in the AHKDN website under “Professional Information”





“Diabetes Prevention” pamphlet



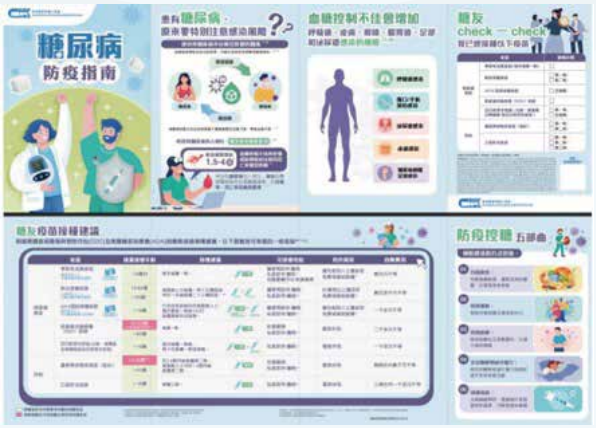
The pamphlet was written by AHKDN to raise public awareness about diabetes prevention. It also includes all of our educational videos and has been uploaded to the AHKDN website.
AHKDN has grant approval for DHC/Express for printing of the "DM prevention pamphlet" for public education.

Diabetes and Infection” Video and “糖尿病防疫指南” Booklet

AHKDN produced the video and booklet to raise awareness of the precipitating factors of infection in people with diabetes, as well as prevention tips. The video was uploaded to the AHKDN YouTube Channel, and the soft copy of the booklet was uploaded to our website.

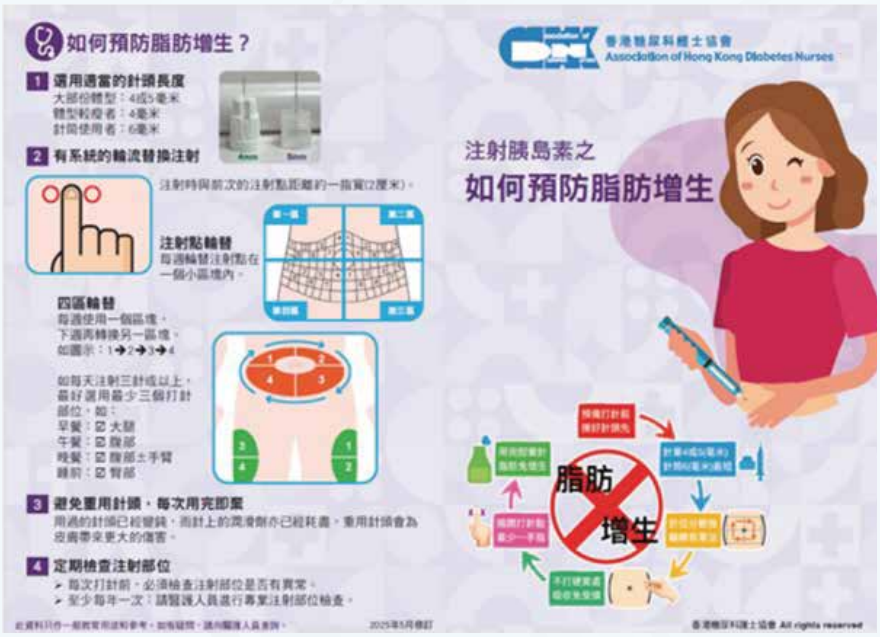
Hard copies of the booklet were distributed to Diabetes Centres and District Health Centres (DHCs) / DHC Expresses for public education.

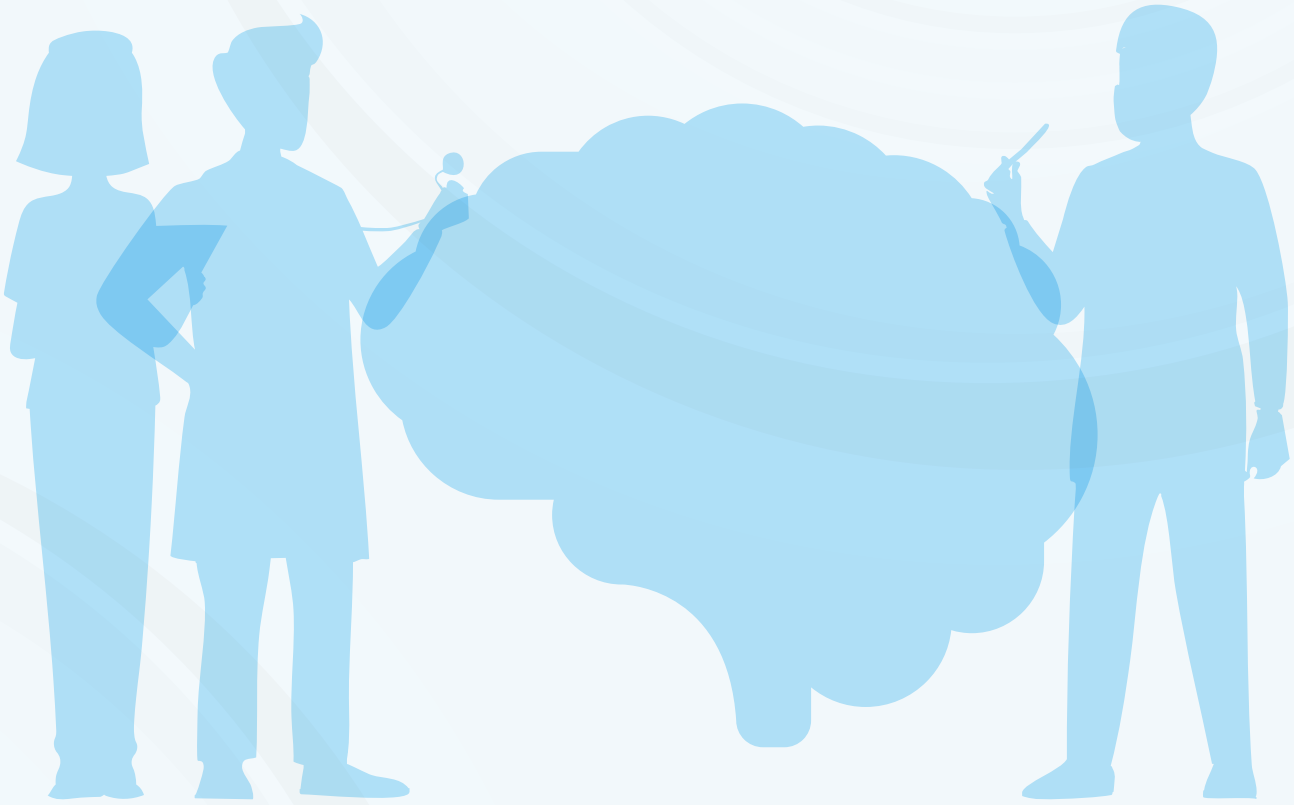




Lipohypertrophy pamphlet with QR code 注射胰島素之如何預防脂肪增生

The pamphlet was uploaded to the AHKDN website





PUBLICATION

Diabetes Education in IDF Western Pacific Region - The Lancet publication.

Prof. Margaret McGill was commissioned to write an article for The Lancet Western Pacific Journal on the status of diabetes education in the IDF Western Pacific Region. Ms. Loo Kit Man was invited to contribute a section regarding diabetes education in Hong Kong. The paper will be published soon.

WHAT'S UP

To celebrate the 18th anniversary of AHKDN, we have revamped our website. You will find the new design more professional, simpler, and systematic.

The website is now divided into a Public Zone and a Member Zone. In the Member Zone, you can explore and retrieve lecture notes from past educational activities, browse the photo gallery for the 16th and 17th AGMs, or even revisit our history through the 1st AGM programme book and our past newsletters.

Don't miss out — visit https://ahkdn.com/ and log in with your original password to experience our new website. We will notify you once the website is ready.



