

Singapore

# Diabetes EDUCATORS

ASSOCIATION OF DIABETES EDUCATORS (SINGAPORE) JULY - DEC 2018 MICA (P) 142/08/2017

## Message from President

With the announcement of MOH Budget 2018 initiatives, there will be a bigger push towards preventive, primary and community care. The three key shifts to better health are: Beyond Hospital to Community, Beyond Quality to Value and Beyond Healthcare to Health.

Continuing the war on diabetes, ADES can align our activities in prevention, screening, management and empowerment. We piloted a Diabetes Awareness programme and a Basic Diabetes Training programme with volunteers in a few community centres. It has benefited not only the volunteers but also the residents to make healthy lifestyle choices. We have also organized a seminar on Pre-Diabetes: A Detour from Diabetes in May to update the Appropriate Care Guide and HPB programmes on managing pre-diabetes.

Following the Citizen's Jury recommendations, MOH Disease Management work group initiated a Patient Empowerment for Self-Care Framework (PE). ADES was again invited to be a member of the PE working group as a resource panelist. Simple, easy to use educational flipchart will be launched for General Practitioners to educate and empower their patients to make lifestyle changes and improve treatment adherence. A website portal will be set up to provide updated diabetes information and resources for public to access in their self-management of diabetes.

Shifting beyond quality to value, we need to nurture a future-ready diabetes nurse that delivers quality diabetes care. ADES Certified Diabetes Educator (CDE) Certification programme serves to promote continuing commitment to best practices, current standards and knowledge in diabetes management. Let me encourage you to continue active participation in our seminars and training programmes and expand your scope of practice to support quality care.

## ADES trains layperson health volunteers

by Agnes Ngoh and Brenda Lim

Toa Payoh West Citizens' Consultative Committee (CCC) had invited ADES on 3rd March and 28th July 2018, to provide diabetes education and training for layperson health volunteers. This was the first training workshop conducted by ADES. A total of 17 layperson of health volunteers attended the session.

A 1-day training workshop were conducted by two ADES members – Ms Brenda Lim and Ms Agnes Ngoh, at a Resident Centre of Block 128 and Blk 52, Toa Payoh West. The program entails basic theory on diabetes care, and hands-on session workshop.



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# World Diabetes Day 2017

by Winnie Poh

The World Diabetes Day (WDD) was created in 1991 by the International Diabetes Federation (IDF) and World Health Organization (WHO) in response to growing concerns about the escalating health threat posed by diabetes. On the 12 November 2017, ADES joined the Diabetes Singapore in celebrating WDD at the Suntec City Convention Centre. The theme of WDD 2017 was “Women and Diabetes – Act today to change tomorrow”.

This year, ADES was pleased to showcase a few pieces of oil painting, adeptly painted by our renowned Diabetes Nurse Educators (DNEs) and nurses. We used the oil paintings as educational tools to engage and educate the general public, in bringing awareness of diabetes.

We also provided one-to-one diabetes education to a total of 52 persons with



DNEs with some of the oil paintings

diabetes or at risk of diabetes, and conducted Diabetes Conversation Map™ sessions for participants who preferred to learn about diabetes in a small group.

It was a privilege for our DNEs to take part in the WDD to promote optimal health and wellbeing through effective education and counselling.

# Malay Outreach Program- Healthy Breakfast

by Aslena Hussain

ADES is proud to be a support to the MAEC (Malay Activity Executive Committee) of Fengshan CC for the Malay/Muslims residents in creating an awareness towards diabetes care

The session was organized in 2 separate occasions: 28 Jan and 22 April 2018 respectively, with a total of 32 residents. Activities include understanding diabetes self care management on areas of fasting safely in Ramadan, importance of monitoring blood sugar level, managing hypoglycemia ,hyperglycemia and benefits of healthy diet were discussed and explored.

Family members and residents had the opportunity to do a simple prediabetes questionnaire and health check update on their current blood pressure and random blood sugar level for people with diabetes. We look forward to many more collaboration with MAEC of Fengshan CC to support the needs of the residents.



# Family Fair for Autism in conjunction with UN World Autism Awareness Day

by Alice Cheong

Autism is a complex developmental condition that includes impairments in social interaction and communication skills. At this point, the cause of autism still remains unknown, In Singapore, it is estimated that, close to 1% of the population is diagnosed with Autism Spectrum Disorder (ASD).

On 7<sup>th</sup> April 2018, Association of Diabetes Educators (Singapore) (ADES) supported the family fair for Autism that was held at Lee Kong Chian School of Medicine to provide free glucose and blood pressure measurements for participants.

ADES provided health screening booth as a platform for community health volunteers to practice blood glucose testing and blood pressure measurement skills, preparing them prior serving the senior citizens community at residential areas.

The organizer of the event invited speakers to share an overview of treatment and intervention available in Singapore (Ms Magdalene Foo and Ms Nurhayati Ismail) and challenges of parents caring their children with different levels of autism condition (by Ms Ginnyueh Teo and Dr Elly Sabrina along with her daughter)



“We were glad to support the health screening, and also provided the training platform for community volunteers and medical students to join us at our booth to interact with the public”, said Ms Brenda Lim, Vice President (Special Projects) of ADES.

The even on that day was filled with much fun and entertainment for the family of autism and public.

# ADES joint forces with health volunteers to reach out to the community in Toa Payoh West

by Ms Eio Moi Na

On 8 April 2018, the team of layperson health volunteers trained by ADES members were eventually put in action to perform glucose tests and blood pressure measurements for elderly residents living around the one room resident block 50 at Toa Payoh Lorong 2. The health volunteers were allocated duties such as registration, ushering elderly residents, perform glucose tests and blood pressure measurements. Two ADES members were present to guide and support health volunteers in the operations. The screening event was held from 11 am to 1pm, within 2 hours, 6 health volunteers have attended to 35 elderly residents and get on into practice as taught.

Mr. Edmund Lee, member of Toa Payoh West CCC said that the resident committee looks forward to the continual support from both health volunteers and ADES to improve health of their residents. He was pleased to see how the community volunteers, resident community and ADES member worked together to help an elderly resident that suffered an episode of moderate low sugar count during

the health check event. Timely support and education were rendered by various team members.

Miss Brigit, a layperson health volunteer who is a resident of Toa Payoh said she was pleased to sign up as a volunteer under Toa Payoh West and received training from nurses to reach out to the community. The teams now are highly motivated and looking forward to support the frail elderly community at the regular basis.





## Health Screening for Migrant Workers on Labour Day

by Ms Nirmala Arunkumar

ADES has supported more than 20 health screening at different sites since 2002. On May 1<sup>st</sup>, Labor Day public holiday, ADES members supported the health screening for migrant workers in the dormitory in Choa Chu Kang Road. The event was held from 9.00am to 1.00 pm. Besides the usual biometric test, glucose and blood pressure measurements, participants who are at risk for diabetes and skin conditions were directed to the ADES Diabetes Education and Dermatology Nursing Chapter (DNC) of Singapore Nurses Association (SNA) Skin and Sexually Transmitted Infection (STI) booths respectively for education and advice.

Within 4 hours, the teams had screened 465 migrant workers within the age group of 20 to 60 years old. Approximately 10 percent of the migrant worker's blood glucose and blood pressures were at suboptimal level. One of the participants was identified with critical blood glucose value and was referred to hospital for further management on the same day with the help of the community volunteer.

Ms Rose Tan, an ADES member commented that "We were privileged to be able to participate in this event to support migrant workers in the health screening; create awareness to prevent diabetes, hypertension and giving advice for prompt medical attention when observed workers with suboptimal or critical values in glucose and blood pressure".

Vice President (Special Projects), Ms Brenda Lim, mentioned that ADES is pleased to be able to collaborate with DNC under SNA to support this mass health screening event and able to provide more variety of health education to migrant workers.

In view of the participants were mostly from India and Bangladesh, ADES is looking forward to recruit more ADES members who are able to converse their native languages to join us for the next health screening event at the end of this year.



## Community Volunteers Training at Toa Payoh



## Community Outreach – “Art of Healing” Session for Residents at Toa Payoh West Zone 7 RC

by Alice Cheong

On 5<sup>th</sup> May 2018, Ms Brenda Lim, Vice President (Special Projects) with her new found interest in art painting was invited by Toa Payoh West Resident Committee (RC) Zone 7 Chairman, Mr. Sahak with the support of the Toa Payoh West-Balestier Citizens' Consultative Committees (CCC) to provide art session for the elderly residents.

The two hours session was started at 12.00 pm at Block 52, Toa Payoh Lorong 2. The four community health volunteers, trained by the Association of Diabetes Educators Singapore (ADES) were present to render support in organising the painting session. 13 senior residents participated in the art session.

Mr Fung Sun Ten, Zone 7 RC Member was pleased to see health carers and community health volunteers coming together to interact in an informal session with the residents. He added that through the painting activity, the residents and volunteers were able to harness the bond created and share their joy together of their handmade artwork.

83 years old Mdm Tan, painted the first acrylic art on small canvas. She shared that it was her first experience painting on canvas. Painting gave her "time-out" to keep her mind away as a caregiver, caring for her daughter with dialysis.



Miss Brigit Ong, a Community Health Volunteer and a resident in Toa Payoh had volunteered with ADES for second time in community projects was grateful for the opportunity given to serve the community along with the nurses.

Art activity is a good platform to bring both volunteers and residents closer and ADES hope to have more regular events in Toa Payoh West.

## DCM session (Mandarin) to Toa Payoh residents at Blk 128 15 July 2018





# New Alternative to Glucose Monitoring

by Ms Lim Pei Kwee

These are exciting times we live in with many innovations and on-going research promising to change diabetes care. When conventional finger-prick glucose monitoring is unable to show blood glucose pattern and trend, we may want to consider using a Continuous Glucose Monitoring System (CGMS). CGMS uses a tiny sensor inserted beneath the skin to measure glucose levels in tissue fluid. The sensor stays in place for 6 days to 2 weeks (depending on the product) and the glucose readings can be made available “on-demand” and/or stored for later inspection. Data can be downloaded to provide the glucose trends for adjustments in the management plan.

A seminar on “New Alternative to Glucose Monitoring” was organized on 27 January 2018 to introduce flash glucose monitoring system which captures glucose readings that are scanned with a reader as well as are stored. About 64 nurses participated and were updated on the latest available CGMS approved by HSA in June last year.

Dr Daphne Gardner shared the Ambulatory Glucose Profile (AGP) Approach from the reports downloaded for treatment management plan. She also highlighted the benefits and limitations of the continuous glucose monitoring system.



The author shared on the perspective of Diabetes Education for AGP emphasizing the importance of education and empowering patients to utilize the information for self-management of diabetes.

The seminar ended with three case study presentations addressing contemporary issues in diabetes care involving the use of AGP with flash glucose monitoring. Ms Melissa Lee was awarded the Best Case Study and the consolation prizes were awarded to Ms Nursyafiqah Bte A Yazid and Ms Fadillah Bte Dollah.

## ADES Insulin Pump & Continuous Glucose Monitoring Workshop

by Ms Melissa Lee

3<sup>rd</sup> March 2018, KK Women's & Children's Hospital, Sponsored by Medtronic

Maintaining stable blood glucose levels may be challenging for most of our patients with diabetes. With recent advances in diabetes technology and devices, we are able to ease the daily routines of blood glucose monitoring and insulin administration at home. During the three hours workshop on insulin pump and Continuous Glucose Monitoring (CGM), participants were given the opportunity to hands-on on the setting up and manipulation of the different types of Medtronic devices that are available in the market, for instance, the MiniMed 630G System, iPro2 and iPort.

Dr. Ester Yeoh, Consultant Endocrinologist of Admiralty Medical Centre highlighted that CGM generates glucose readings every 5 minutes, and provides information on direction, magnitude, duration, frequency and causes of fluctuation of blood glucose levels. CGM enable both patient and healthcare provider to have greater insights into glucose levels throughout the day and night, similar to a CCTV. Real-time CGM use has greatly benefited the diabetes population with elevated HbA1c at baseline.



Continuous Subcutaneous Insulin Infusion (CSII) or also known as Insulin Pumps are preferred over Multiple Dose of Insulin (MDI) as it gives predictable and precise insulin delivery, closest match with physiological needs, automated bolus calculator and increased flexibility in lifestyle. Nurse Clinician Lim Pei Kwee also emphasized the important role of Diabetes Nurse Educator in educating those patients that are using CSII or CGM to optimize diabetes control. A Type 2 Diabetes patient who has been using insulin pumps and CGM for many years, shared that the advancement in technology have enabled her to lead a more flexible lifestyle. Her favorite past times includes diving, travelling and many more!

# Medical Nutrition Therapy for Diabetes - Multi-disciplinary Approach for Metabolic Control

by Ms Agnes Ngoh

On 8<sup>th</sup> May 2018, ADES was invited by Abbott Laboratories (Pte Ltd) on the update of Medical Nutritional Therapy (MNT) for Diabetes which was held at Marina Mandarin Hotel. 69 members attended the 2 hours session, started at 7 pm. The participants were honored to have two luminary speakers, <sup>1</sup>Dr Kalpana Bhaskaran and <sup>2</sup>Dr. Jose Manuel Garcia Almeida to share on their expertise.

Dr Kalpana shared on what a typical local diet that vast majority population will consume daily, and a new term “Carbocide”, emphasising the risk of high glucose influx in high consumption of carbohydrate intake and stressed importance of CARB pairing for better glycemic control.

Dr. Almeida then shared on the multi-disciplinary approach for metabolic control and advised people with diabetes to receive nutrition counseling for better glycemic control and as one of the components of Diabetes Management.

Both speakers emphasised on “not a one-size-fits all meal planning”, but tailoring according to the medical nutritional requirement of an individual is the key to success for better glycemic control.



<sup>1</sup>**Dr Kalpana Bhaskaran**

*Domain Lead in Applied Nutrition Research and Head of Glycemic Index Research Unit, Temasek Polytechnic,*

<sup>2</sup>**Dr. Jose Manuel Garcia Almeida,**

*Chief of Endocrinology and Nutrition of Qulron-Salud Malaga Hospital in Spain.*

## Pre-diabetes: A Detour from Diabetes Seminar on 26 May 2018

by Apple Ong Siew Leng

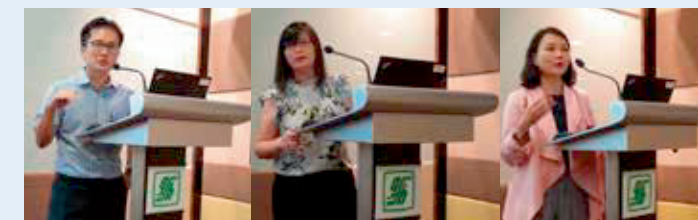
On the 26 May 2018, ADES had three honourable speakers to share their expertise in pre-diabetes interventions and management at the Singapore General Hospital Learning Space (PGMI).

**Appropriate Care Guide for Managing Pre Diabetes by Consultant Family Physician, Dr. Darren Seah from National Healthcare Group Polyclinics.**

The prevalence of Impaired Glucose Tolerance was 14% among Singaporean residents aged between 18 to 69 years in 2010 and 35% of persons with pre-diabetes in Singapore will progress to Type 2 Diabetes Mellitus within 8 years. Pre-diabetes is asymptomatic but predisposes individuals to cardiovascular disease. Dr. Seah emphasised that efforts should be directed toward effective, targeted screening and provide appropriate lifestyle education to help pre-diabetes to achieve or maintain healthy body mass index (BMI), with a 6 monthly follow up. A handful of clinical studies related to pre-diabetes and case studies were shared to enhance learning. Dr. Seah shared that pharmacotherapy (Metformin) could be considered in persons with pre-diabetes and BMI  $\geq 23$  kg/m<sup>2</sup> should the glycaemic status worsens despite lifestyle intervention, or they are unable to adopt lifestyle intervention.

**War against Diabetes: Our Community efforts by Ms Christine Fock from Health Promotion Board.**

Ms Fock shared the Health Promotion Board (HPB) strategies for diabetes – Prevention and Screening of



diabetes. Knowing the community is a powerful setting to initiate efforts, HPB aimed to build a healthy community ecosystem. This was envisioned to be accomplished through health screening of population and follow-up; encouraging healthy lifestyle; and supporting social providers to build a strong and holistic community care network for early detection and treatment.

From HPB population-based approach efforts, there was increased awareness of diabetes observed with the HPB advertisements on Let's Beat Diabetes. The Diabetes Risk Assessment (DRA) Tool was developed, made available and accessible for Singaporeans to self-assess their risks for diabetes. 18% of DRA (about 116,000) entries by individuals aged 18-39 years had higher risk for diabetes (Feb 2018). HPB believed that helping individuals to know their risk of diabetes early will help to create awareness for the need of a lifestyle change. HPB planned numerous community physical activity programmes and worked with supermarkets and hawkers to promote healthy eating and drinking. About 60% of Singaporeans had access to physical activity

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options and 52% had access to healthy eating options, within 1 kilometre of their home after the HPB efforts. HPB partnered with Regional Health Systems to run Community Health Posts across Singapore. Between September 2016 to December 2017, 851 residents were screened at the health posts and 828 residents went for at least one health coaching session. Ms Fock ended the session with an encouraging real-life story of a resident, Madam A (real name not disclosed). Madam A was detected to have pre-diabetes last year. Through the community programme, Madam A had successfully lost 6 kilograms and achieved normal fasting venous glucose result this year. A written message of gratitude from Madam A had brought joy and reassurance that a system is in place in our community to fight diabetes.

### Diet and Pre-diabetes by Senior Dietitian Ms Koh Pei Ling, from Admiralty Diabetes Medical Centre, Yishun Health.

Ms Koh highlighted that persons with pre-diabetes have two to three fold increased risk of developing diabetes and have association with obesity, dyslipidaemia (high triglycerides and/or low HDL-cholesterol) and hypertension. Dietary and exercise interventions could prevent the progress of pre-diabetes to Type 2 Diabetes Mellitus. Ms Koh gave an overview of adult calories requirement for energy balance to achieve and maintain healthy body weight. She also shared interesting tips on healthy food choices.

## ADES 21<sup>st</sup> Annual General Meeting

### Recommendation for Best Practice in Injection Technique

**Date** : 29<sup>th</sup> September 2018

**Time** : 12.30 noon to 5.30pm

**Venue** : Sheraton Towers Singapore Hotel  
Topaz All, Level 2  
39 Scotts Road, Singapore 228230



Come early and celebrate  
ADES **21<sup>st</sup> Anniversary** with  
lots of fun activities and win attractive  
prizes !

**RSVP by 17<sup>th</sup> September 2018** ( Limited seats  
available , please register early )

Email your interest to [admin@ades.org.sg](mailto:admin@ades.org.sg)  
(State your Name, SNB no, Institution and  
Member/Non Member )



#### Program

- 12.30pm : Registration, Lunch and Fun Activities
- 1.45pm : Welcome by Ms Lim Pei Kwee, ADES President
- 1.50pm : Sharing of FIT-Singapore Injection Technique Recommendation by  
Ms Brenda Lim, ADES ,Vice-President (Special Projects)
- 2.00pm : FIT-SG launch and ADES 21<sup>st</sup> Anniversary celebration
- 2.10pm : Sharing FIT Philippines - Updates on Injection Technique and advances on  
injection practices by Dr Florence Amorado-Santos
- 2.55pm : Anytime, Anywhere – e-learning in Healthcare by  
Mr Cavy Chin, URCHINIZ, Creative Consultant
- 3.40pm : Tea Refreshment
- 3.55pm : Certified Diabetes Educator (CDE) Certificate Ceremony
- 4.15pm : ADES Annual General Meeting
- 5.30pm : End of Program



## ADES trains layperson health volunteers

by Agnes Ngoh and Brenda Lim

The training on the use of medical devices and consumables were supported by Terumo Singapore Pte Ltd.

"It is a pleasant surprise to my husband and myself who are senior citizens and were given this opportunity to learn from the trained nurses. We are inspired by the compassion from the nurses in reaching out to the community to support the frail and the elderly, and we hope to provide a helping hand to support our community", said Mrs. Edna Quek.

### Upcoming ADES Outreach Program:

**1st December 2018**  
**Migrant Workers Health  
Screening**

**4th November 2018**  
**WDD Celebration**

Do visit [www.ades.org.sg](http://www.ades.org.sg)  
for further details.