

Singapore

Diabetes EDUCATORS

ASSOCIATION OF DIABETES EDUCATORS (SINGAPORE) JUL-DEC 2019 MICA (P) 142/08/2017

Message from president

Henry Ford built cars but his most famous innovation was the factory assembly line which took teamwork to a whole new level and his famous quote:-

“Coming together is a beginning.

Keeping together is progress.

Working together is *SUCCESS*

ADES is a coming together of like-minded, passionate Diabetes Nurse Educators and we have kept together for past 21+ years. But the true strength of ADES is the working together to improve the lives of people with diabetes.

As we head towards a change of a new team of committee members to lead in September 2019, we will continue to come together, keep together and work together to change the diabetes world. As Ken Blanchard once said, “None of us is as smart as all of us”, we need each other to make our dreams work.

So we thank you for your continual support and commitment and that you are always on our side. Let’s always move together beyond healthcare outcomes towards healthy living for the people living with diabetes.

Lim Pei Kwee
President (2015-2019)

ADES Management Committee Members 2017-2019

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Ms Lim Pei Kwee

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Ms Aslena Bte Hussain

Ms Eio Moi Na

Ms Rose Tan

Ms Agnes Ngoh Soh Heng

Ms Tracy Lim Li Ping

Ms Violet Choo Khee Ling

Ms Melissa Lee Kar Yan

Editorial Team

Ms Aslena Bte Hussain

Ms Sharifah Shahira

Email

ades@ades.org.sg

Website

www.ades.org.sg

Community Outreach

Diabetes Conversation Map[®] (DCM) in Mandarin at Toa Payoh

By Ms Agnes Ngoh

ADES collaborated with Toa Payoh West-Balestier Council of Consultative Committee once again to create awareness of diabetes reaching out to the residents. The first session of Diabetes Conversation Map[®] in the new year of 2019, on 24th March 19. A total of 31 residents signed up for DCM session. At pre-session, residents were invited for free glucose and blood pressure measurements

before breaking into groups for DCM ,conducted in Mandarin. The DCM facilitators are Ms Tan Siew Khek, Ms Than Yim Leng and Ms Molly Eu. (ADES members).We were honored to have Mr. Chee Hon Tat, Senior Minister of State and Member of Parliament representing the Bishan-Toa Payoh Group Representation Constituency to visit the session with the residents. At the end of the 45

minutes session, each DCM breakout group's representative was given opportunity to share experiences of the table-top DCM. Several residents shared understanding of the importance of exercise and need to lead a healthy lifestyle to prevent diabetes. Tokens of appreciation was given to ADES volunteers from Mr. Chee.



ADES Continuing Education

Forum for Injection Technique Singapore (FIT-SG)

(Recommendations for Best Practice in Injection Technique).

By Aslena Hussain

In January 2018, ADES formed a workgroup to improve the existing injection technique recommendations.

Part of the ongoing efforts include training for nurses and other health care professionals. One such event include an Injection Technique workshop for nurses especially catered in the community which was held on 6th April 2019. We are fortunate to have Ms Brenda Lim and Ms Norani Othman to be the main facilitator for this session.

Nurses were updated on the best practice on insulin injection and was introduced to experimental learning via

mini stations namely:

1. Injection needle length and technique
2. Correct use of insulin pen devices
3. Choosing injection sites
4. Rotation of injection sites
5. Lipohypertrophy: How to detect and prevent
6. Safe needle handling and disposal

For more information of insulin injection guide, please click on to the link from the ADES website to download a copy of the Forum for Injection Technique Singapore FIT-SG (Recommendations for Best Practice in Injection Technique).



ADES Continuing Education

Diabetes Complications

By Nursyafiqah Bte A Yazid

The main goal in Diabetes treatment is to reduce hyperglycemia and delay or prevent onset of Diabetes complications. Poorly controlled Diabetes may lead to microvascular complications such as Diabetic Retinopathy, Diabetic Nephropathy and Diabetic Neuropathy. Long term poorly controlled Diabetes may also lead to macrovascular complications such as Stroke, Peripheral Vascular Disease and Cardiovascular Disease.

On 30th May 2019, ADES invited 3 speakers who are experts in their area of practice to share regarding Diabetic Retinopathy, Diabetic Nephropathy and Diabetes Foot Complications.

Dr Wong Chee Wai from Singapore National Eye Centre shared regarding Diabetic Retinopathy. Dr Wong shared that Diabetic Retinopathy can cause blindness but is preventable with early detection. Patients with Diabetic Retinopathy may be asymptomatic in the beginning, but symptoms such as blurring of vision, presence of floaters or side vision darkening may be present if the condition worsens. Dr Wong reinforced the importance of yearly eye screening for our patients with Diabetes so as to detect any eye changes early before it progresses into Diabetic Retinopathy.

Dr Shaik, a Renal Consultant from Sengkang General Hospital shared on Diabetic Nephropathy. Dr Shaik mentioned that 40% of patients with Diabetes develops Diabetic Nephropathy. Poorly controlled Diabetes and poorly controlled

Hypertension increases risk of developing Diabetic Nephropathy. Dr Shaik further explained that hyperglycemia damages cells in kidneys hence causing the filters in the kidneys to get larger, allowing albumin to pass through, leading to microalbuminuria. When microalbuminuria is detected, patients should be started on ACE inhibitors or ARBs to optimise their blood pressure and also protect their kidneys. Dr Shaik concluded that in order to delay or prevent Diabetic Nephropathy, it is essential for patients to optimise their blood glucose and blood pressure levels.

Prof Edward Choke is a Senior Consultant Vascular and Endovascular Surgeon at Sengkang General Hospital. Prof Edward shared that any delay in treatment increases risk of amputation in patients with Diabetes foot ulcers or gangrene wounds. Delay in treatment could be due to lack of patient education in identifying red flags signs or delay in access to services. Prof Edward shared about "DREAM" clinic which is a walk in clinic in Sengkang General Hospital, for early vascular team referral for emergency foot ulcers requiring revascularisation. Prof Edward reinforced that early detection and early treatment is important when treating Diabetes foot ulcers as it may prevent an amputation.

In summary, regular Diabetes complications screening is important as it allows early detection and early treatment initiation thus preventing or delay onset of Diabetes complications.



ADES Continuing Education

Diabetes Therapy Seminar

By Rose Tan

On the 25 May 2019, 33 participants from various hospitals and institutions attended the Diabetes Therapy Seminar at the Singapore General Hospital Learning Space.

Patients with diabetes and dyslipidaemia have increased risk of developing cardiovascular disease. ADES was privileged to have Dr. Loh Wann Jia, Associate Consultant in Endocrinology, to share on the topic 'Fat, Food and Cholesterol – An update on treatment'.

Dr. Loh explained the pathophysiology of cholesterol and its target range. She shared the different classes of cholesterol lowering medicines and practical advice of leading a healthy lifestyle.



Senior Dietitian Ms Koh Pei Ling followed on and shared the topic 'Dietary measures to reduce cardiovascular risk'.

Ms Koh shared her experiences of giving dietary advice for her patient with dyslipidaemia. She showed examples of the different types of food that contained different types of fats.

To lower cardiovascular risk, one could choose to eat a healthy diet, do regular exercise, maintain a healthy weight and quit smoking.



Senior Pharmacist (Clinical) Dr. Golda Wong shared on 'SGLT-2 inhibitors and GLP-1 Agonists'.

Dr. Wong gave the different examples of SGLT-2 inhibitors and GLP-1 Agonists available. She shared its indication, mechanism of actions and possible adverse reactions.

Dr Wong also shared some research evidence of how these medications improve patients' glucose control and body weight.

ADES Continuing Education

ADES Train the Trainers Diabetes Education Program 2019

By Nursyafiqah Bte A Yazid

One in nine Singaporeans aged 18-69 years old are affected by Diabetes. The prevalence of Diabetes in Singapore is expected to increase in the coming years due to factors such as ageing population, rising obesity rate and sedentary lifestyle. It is essential that our healthcare providers are equipped with knowledge on Diabetes so as to provide holistic care to patients living with Diabetes and hence improving their quality of life.

ADES Train the Trainers Diabetes Education Program was conducted with the intention to train healthcare providers in Diabetes care through a structured Diabetes education program. Since its launch in 2017, the program has seen over 50

participants who have completed the program. This year on 29th June, 23 nurses and 2 care coordinators from polyclinics, private clinics and restructured hospitals has successfully completed the program.

Participants attended Diabetes modules such as Fundamentals of Diabetes, Clinical Practice, Healthy Eating and Physical Activity, Self-Management in Diabetes, Medications and Complications. Modules were conducted by Certified Diabetes Educators and experienced Advanced Practice Nurses. At the end of each module, participants discuss Diabetes related case studies and share their findings. Participants who have completed the program shared

that the modules taught during the program were useful and practical in helping them provide better care and management to their patients with Diabetes. Moving forward, ADES aims to continue conducting the Train the Trainers Diabetes Education Program annually. We look forward to seeing you next year!



ADES Continuing Education

Diabetes Technology and Ambulatory Glucose Profile (AGP) Case Study Competition

By Lim Pei Kwee

With emerging technologies and innovation in healthcare, Association of Diabetes Educators Singapore organised a seminar Diabetes Technology and Ambulatory Glucose Profile (AGP) Case Study Competition on 27 July 2019. Five abstract submissions were shortlisted to present their case study using AGP as a novel approach in education to achieve clinical outcomes in patient care.

Dr Ester Yeoh, Consultant Endocrinologist, delivered a comprehensive talk on Diabetes Technology including newer insulin analogues and latest sensor and insulin delivery devices. With all these new technologies, education is paramount to empower patients to embrace them.

ADES is proud and would like to congratulate the following winners of the Ambulatory Glucose Profile Case Study Competition.

Top Prize Winners

- Ms Grace Er
(on behalf of Yu Junjiao)
- Ms Joyce Lim

Consolation Prize Winners

- Ms Chau Man Kam
- Ms Melissa Lee
- Ms Song Guoying

All the presentation slides can be viewed at ADES website in Resources.



Congratulations Healthcare Humanity Awardees!

On 29 April 2019, The Healthcare Humanity Awards celebrates its 16th Anniversary since the launch of The Courage Fund in 2004 to pay tribute to the men and women who placed others above self during SARS period. ADES would like to convey our heartiest congratulations to our three members who received the awards from President Halimah Yacob. Their selfless dedication, compassion and going extra mile truly inspires us to continue our Giving Back to our patients and caregivers.

Ms Lim Pei Kwee

Nurse Clinician, KK Women's & Children's Hospital

In the course of her work, Pei Kwee often takes time to befriend her patients and go the extra mile to help them. In one case, she coached a patient on writing effective job applications, provided advice on interview techniques, and encouraged her to study nursing. The patient then became a registered nurse and volunteers with the KKH Diabetes Support Group. Pei Kwee's generosity and spirit of giving have touched many lives she has come into contact with.



"I feel privileged to be able to reach out to our patients, It is so rewarding to see them overcome challenges and become stronger I their own time. I am inspired by their resilience and perseverance."

Mdm Lai Siew Fung

Senior Staff Nurse, The National Kidney Foundation.

Siew Fung has a soft spot for her patients, always comforting and encouraging them. She treats them as if they're her family members, catering and responding to their unique situations. She takes extra effort to listen to them and bring a smile to their faces. Her pleasant personality and professional approach makes her a wonderful nurse.



"I would like to dedicate this award to my supervisors, patients, colleagues and my family. All of them are responsible in shaping me to where I am today. Saying "Thank you" is just not enough and I hope that we will work together to nurture each other. Nursing is not just a career, it is my life."

Mdm Loh Kwai Yoke

Nurse Manager, Kwong Wai Shiu Hospital

Despite her busy schedule, Kwai Yoke gives back to the community by actively serving in overseas mission trips, going to the rural areas in India to educate the underprivileged on proper hygiene care. She also donates generously to the communities so that they can purchase basic medical equipment and provides advice for them to set up a nursing home. Locally, Kwai Yoke helps many needy individuals with their wound dressings and tube feeding when they are unable to afford their treatment.



"I am honoured to receive this award. My achievement is an inspiration and encouragement to me to continue to work for the benefits of others."

Adapted from Healthcare Humanity Awards 2019