

Singapore

Diabetes EDUCATORS

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

Message from President

Campaign was launched in September 2016 creating awareness of the war on diabetes. In April 2017, awareness of diabetes risk factors was build up with additional focus on those below 40 years old. This campaign will move on to encourage the use of the Diabetes Risk Assessment among the 18-39 year olds aka "The Invincibles" who comprises about 40% of our population.

The Diabetes Risk Assessment will help identify those at risk and encourage them to go for screening. With this campaign in progress, we need to spread the word around in the community and encourage them to take the assessment. For those above 40 years old, encourage them to go for screening.

With the upcoming Annual General Meeting in September 2017, the current committee would have served their two year term and a new team will be elected. The team has grown in strength with good representation from various institutions and will continue to serve you in their diversity and unity. Building a strong team despite various challenges and changing times can be daunting. Hence, mentoring and coaching of new team members to ensure leadership continuity, is essential for smooth transition with each change of committee every two years. So I encourage some of you to step up and serve in the committee representing your institution and continue the strong leadership in ADES.



ADES COMMITTEE 2015-2017

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Ms Lim Pei Kwee

Vice President

Ms Winnie Poh

Vice President

(Special project)

Ms Brenda Lim

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Ms Zhang Xiaoping

Assistant Secretary

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Ms Nursyafiqah Bte Abdul Yazid

Ms Yan Jie

Ms Eio Moi Na

Ms Aslena Bte Hussain

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Managing Diabetes Mellitus during Ramadan

by Ms Tracy Lim



Ramadan is a holy month where many Muslims will focus on prayer and reading the Quran. Fasting in Ramadan is one of the Five Pillars of Islam and fasting is required for all Muslims from when they reach puberty. However, diabetes patients may be at a risk of experiencing fasting related complications.

As Ramadan is approaching, ADES would like to better equip the nurses to monitor and give appropriate advice to the Muslim diabetes patients by conducting a workshop on Managing Diabetes during Ramadan.

First we have Diabetes Care Nurse – Syafiqah to share with us on diabetes self-management during Ramadan. She highlighted some facts and myths of Ramadan and also discussed about categories of fasting risk and management through case studies.

Then we have Dr Sueziani to talk about Diabetes Management and Fasting. Dr Sueziani mentioned

that a structured diabetes education gives patient knowledge for informed decision making regarding behaviour and self-care. Such programs will enable patients to maintain and improve glycemic control during and after fasting.

During Ramadan, there are major changes in patients' dietary pattern such as food intake frequency, meal timing and meal compositions. However, it is important for our diabetes patients to know that their Ramadan diet should not differ significantly from a healthy and balanced diet. Thus, we have Dietician Ms Lim Su Mei to share with us Healthy Eating during Ramadan.

With well-informed knowledge, we now can better educate and prepare our Muslims diabetes patient for this festive.



ADES Train the Trainer Diabetes Education Program

By Nursyafiqah Bte A Yazid

On 20th May 2017, ADES launched our very first "Train the Trainer Diabetes Education Program". The program consists of 5 main modules adapted from IDF-WPR Train the Trainers Program which was conducted during the recent 11th IDF-WPR Congress in October 2016, in Taiwan. The objective of the program is to establish a diabetes training program for nurses and allied health professional. The program is conducted over a period of 6 months on 3 full days of teaching sessions and case discussions. Topics covered in the program include diagnosis and classification of diabetes, insulin management, self-monitoring of blood glucose and psychosocial understanding of people with diabetes.

Attendees of the program were from various backgrounds, such as case managers from polyclinics and nurses from dialysis center. We have covered the first two modules on our first day of the program. The first module was conducted by Diabetes Care Nurse Ms Syafiqah who attended the IDF-WPR Train the Trainer Program. In the first module: Fundamentals of Diabetes, attendees learn about the various ways to diagnose and classify diabetes. It is important to classify patient to the correct type of diabetes as it may affect the healthcare professional's decision for the patient's diabetes treatment. The second module: Clinical Practice was conducted by Diabetes Nurse Educator Ms Pei Kwee and Diabetes Advanced Practice Nurse Ms Yoke Ling from a tertiary hospital. Attendees learn on the various types of insulin and how to titrate insulin based on patient's glycemic level. We discussed the causes, symptoms and management of hypoglycemia. With proper knowledge and education, diabetes educator can empower their patients to prevent or rescue themselves from hypoglycemia.

After the first session, the attendees gave feedback that the teaching session was concise and they are able to translate what they have learnt into practice. We anticipate the upcoming sessions in the next few months and hope to reach out to more healthcare provider to equip them with diabetes knowledge and provide better care for our diabetes patients.

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Medical Day @ Westlite, Woodlands 3rd June 2017



Inspirational Patient and Staff Nurse

Reported by Lim Pei Kwee



Ms Nurashikin Bte Mohamad Zulkifli, was awarded the Singapore Health Inspirational Patient Award 2017 on 18 April 2017. On behalf of Association of Diabetes Educator Singapore (ADES), I was privileged to attend the award ceremony and we are so proud of her.

In the initial years of diagnosis, Nurashikin didn't see the importance of self-care for better diabetes control. Furthermore, her father suffered from diabetes complications and passed away when she was 16, which was a wake-up call for her. She became more diligent with blood glucose monitoring and administering insulin. Around that time, she started a nursing course at the Institute of Technical Education (ITE), where upon graduation, felt demoralized as having diabetes made it difficult for her to get a nursing job. Thankfully, she was offered an Enrolled Nurse position at KKH and subsequently a scholarship for a nursing diploma at Nanyang Polytechnic.

Last year in 2016, ADES nominated her to attend the Young Leaders in Diabetes programme at IDF Western Pacific Region Congress in Taiwan. That was an enriching experience to spur her in her volunteering efforts with KKH Diabetes Support Group and Sugar Rush Teen Support Group among the children and adolescents living with diabetes.

"I want to help patients manage their condition so they too can pursue their dreams and live life to the fullest."



"Nurashikin lost her father to diabetes, but instead of wallowing in sorrow, she resolved to take good care of herself and even took up nursing so she can help others. I'm very inspired by her tenacity amid the challenges she faced."

Diabetes Foot Care Seminar

Reported by Ms Lim Pei Kwee

Based on the figures from National Registry of Diseases in 2014, there are over 1,500 amputations per year due to complications arising from diabetes, about 4 per day (Ministry of Health). Therefore, it's so important that we educate and counsel our diabetes patients to take good care of their feet.

We were privileged to have Ms Chelsea Law, Principal Podiatrist from Khoo Teck Phuat Hospital deliver a lecture on diabetes foot screening and wound care on 18 February 2017 at Singapore General Hospital. The seminar was well attended by 57 participants who benefitted from the knowledge shared.

Ms Law updated us on the latest diabetes foot screening using Ipswich Touch Test which was simple and convenient for outreach and public health screening.



A comprehensive lecture on vascular, neurological, musculoskeletal, skin, nail and foot wear assessment and identification of infection was covered. She also highlighted the importance of risk stratification and provide foot care education and follow up.

Diabetic ulcers precede 85% of lower limb amputations. Hence, her lecture on wound care further emphasised the importance of good glycaemic control preventing neuropathy and vascular complications to the feet. Knowledge on wound healing concept and phases was essential for wound assessment and wound bed preparation. With the myriad of wound dressings available, it's important to know which to use at the different phase of wound healing.

The Next Frontier in Diabetes Management

Abbott Libre Launch Educational Seminar

Ms Zhang Xiaoping & Ms Aslena

Diabetes is a growing problem in Singapore. In 2016, the Ministry of Health of Singapore has declared war on diabetes. As Diabetes Nurse Educators, we are aware of the importance of self-monitoring of blood glucose as part of diabetes management.

Abbott, along with Diabetes Society of Singapore (DSS) and the Association of Diabetes Educators Singapore (ADES) had organized an educational seminar on the evening of 21st April 2017, in Pan Pacific Hotel. 71 participants registered their interest to this seminar. The seminar's theme, "The Next Frontier



in Diabetes Management", witnessed honorable speakers such as Dr Kao Shih Ling from National University Hospital Singapore (NUHS), Dr Daphne Gardner from Singapore General Hospital (SGH) and Professor Stephen Twigg (Kellion Professor in Endocrinology in University of Sydney) shared their expertise.

Prof. Stephen Twigg shared on "The Next Frontier in Diabetes Management", and introduced us on the new glucometer device, the FreeStyle Libre. The FreeStyle Libre flash glucose monitoring system is designed to liberate patients from the hassles of glucose monitoring. It also helps to reduce pain in finger pricking and the cost of test strips. Diabetes patients can now check their glucose levels anytime and anywhere by scanning the FreeStyle Libre sensor to see their current glucose reading. It also provides patients on-time readings and detailed information about patients' glucose data as well as assisting patients and their healthcare professionals in making informed decisions regarding their diabetes management.

Shaping the Future of Nursing Conference

by Ms Eio Moi Na

On 9th & 10th June 2017, Vice President (Special projects) Ms Brenda Lim was invited to share on Diabetes Conversation Map® at the nursing conference titled “Shaping the future of nursing” that organized by Edinburgh Napier University (EDU) at MIDS Stirling Road Campus. The two days sessions comprises of diverse subjects included innovation in teaching and research, mental health, cardiovascular disease, leadership in healthcare, maternal health, person-centred care, sexual health and cancer education that were

delivered by the experts from nursing, social sciences and other faculty members from EDU.

Ms Alice Cheong, member of ADES shared, “The sessions were refreshing and kept us updated of what the current and future nurses’ learning to be when they are enrolled in the university”.

10 of ADES members were present to support the first nursing conference organized by EDU in Singapore.

