

Singapore

# Diabetes EDUCATORS

ASSOCIATION OF DIABETES EDUCATORS (SINGAPORE) JAN - JUN 2018 MICA (P) 142/08/2017

## *Message from President*

A new year brings excitement and new energies to improve the lives of people with diabetes. The war on diabetes moves on with new strategies to engage people to fight this war. An exciting new engagement is the Citizen's Jury for the War on Diabetes. MOH conducted the Citizen's Jury to generate recommendations on how to prevent and manage diabetes better as a nation. The participants included patients, caregivers, healthcare professionals and people with family members with diabetes. ADES was privileged and honoured to be invited to be part of the resource panel for the Citizen's Jury. On behalf of ADES, I attended and shared the challenges and benefits of diabetes education and outreach efforts to the community.

Diabetes education plays a key role in self-management of diabetes which is a cornerstone of diabetes care. We must keep abreast of latest diabetes care and technologies so that we can motivate and improve the lives of people living with diabetes. Come join us at upcoming seminars on new alternatives to glucose monitoring and insulin pump therapy, pre-diabetes and Train-the-Trainer Diabetes Education Programme.



**B Be Aware**  
Know your risk and screen for diabetes.

**E Eat Right**  
Eat in moderation, choose more whole-grains, fruits, vegetables, and reduce intake of sugar and saturated fat.

**A Adopt an Active Lifestyle**  
Stay fit by engaging in at least 150 minutes of physical activity weekly.

**T Take Control**  
Aim for a healthy weight, and have regular check-ups with your family doctor.



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### Vice President

Ms Winnie Poh

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Ms Melissa Lee Kar Yan

### Editorial Team

Ms Aslena Bte Hussain

Ms Sharifah Shahira

### Email

[ades@ades.org.sg](mailto:ades@ades.org.sg)

### Website

[www.ades.org.sg](http://www.ades.org.sg)

# 20<sup>th</sup> ADES Annual General Meeting (AGM)

## Learning Space, Singapore General Hospital

70 members attended the 20<sup>th</sup> ADES AGM on September 16<sup>th</sup> 2017, led by our President, Ms Lim Pei Kwee.

This year marks the end of 2015-2017 term of service. From the bottom of our heart, ADES would like to thank the Committee Members, Ms Margaret Chan Choy Wan, Ms Puja Sharda, Ms Yan Jie and the Sub

Committee Members for their contributions, efforts and dedications to the organization.

ADES welcomes new Committee Members, Ms Violet Choo Khee Ling and Ms Melissa Lee Kar Yan and our new sub-committee members to the family. Hope we can achieve success and form great team!



## UPCOMING EDUCATION SESSION

For more updates - Do check out our website, <http://ades.org.sg/>

Date	Event	Speakers	Venue
27 January 2018	New Alternative to Glucose Monitoring	Dr Daphne Gardner  NC Lim Pei Kwee	SGH Learning Space Block 6 level 1 Room S4/5
	Ambulatory Glucose Profile ( AGP) approach Diabetes Education for AGP		
	Flash Glucose monitoring Practical Session		
3 March 2018	Insulin Pump	Dr Ester Yeoh  NC Lim Pei Kwee	KKH Women's Tower Level 1, Conference Room 1
	Continues Glucose Monitoring : the big picture		
	Insulin Pump Therapy and management		
28 April 2018	Train the trainer Diabetes Education Program: Part 1	SSN Nursyafiqah SSN Eio Moi Na SSN Margaret Chan	TTSH , Annex 2
26 May 2018	Pre-Diabetes –A Detour from Diabetes	Dr Darren Seah	SGH Learning Space Block 6 level 1 Room S4/5
	Appropriate care guideline in managing Pre- diabetes		
	HPB Program for Pre-Diabetes		



# World Psoriasis Day 2017

Reported by Winnie Poh

Psoriasis is a non-contagious autoimmune disease that affects the skin with approximately 125 millions people worldwide being afflicted. People with psoriasis are more likely to develop diabetes than people without the skin disorder. The risk is about two-fold higher, in patients with the most severe psoriasis.



On the 28 October 2017, ADES were invited by the Psoriasis Association of Singapore (PAS) to participate at the World Psoriasis Day, held at the Nee Soon East Community Club.

Our diabetes nurse educator volunteers used ADES educational tools to raise diabetes awareness and provide one-to-one diabetes education to people with Psoriasis and their family members.



DNE with Psoriasis tattoo

## HALL OF FAME



# ADES Seminar on Psychological Aspect in Diabetes

By Sharifah Shahira

Time management, financial issues, daily stressors and so on, are some sources of stress. Needless to say, to constantly check blood glucose, remembering to inject insulin, taking oral medications regularly and having erratic blood glucose reading at inconvenient timings, can be overwhelming and also stressful for people managing diabetes.

ADES was honored having Professor Timothy Skinner shared with us on Psychosocial aspects of Diabetes in September 2017. As a lecturer, and Head of School of Psychological and Clinical Sciences in Charles Darwin University, his special interest is on diabetes specific distress and depression.

Professor Skinner pointed out signs of a person in distress with diabetes using an acronym “5 SHADEs”

Get active, build a Support Network (Peer Support Groups), setting

SMART goals and cope with your thoughts are some ways to avoid and fight with stress.

For a change to happen, Professor Skinner added on “SMART” acronym to “SMARTER”. The goal set must not be limited to **S**pecific, **a**ble to **M**onitor, **A**ctions, **R**ealistic and **T**ime limited, but also to **E**xpect unforeseen problems or circumstances and to **R**eview **R**eward or **R**eiterate the goal. Tell someone you know of your intention to change to keep yourself motivated, on track and as a form of encouragement.

People with diabetes may also experience depression, a state of low mood and aversion to activity that can affect a person's thoughts, behavior, feelings and sense of well-being. Scheduling plan activities not only help to treat depression but also contributes to sense of achievement, great companionship and creates enjoyment.

**5 SHADEs  
of Distress:**  
**Scared**  
**Helpless**  
**Alone**  
**Deprived**  
**Exhausted**

Diabetes Educators, Counsellors and Facilitators plays a vital role to help these people to identify their risks, problems and concerns in managing diabetes. Guide them with one goal at a time. Encourage, facilitate and connect them with peers or support network when situation permits.





# Congratulations to our Certified Diabetes Educators (CDE) 2018 Graduates



This year, 9 nurses from various institutions and polyclinics in Singapore sat for Certified Diabetes Educators (CDE) certification. Five nurses did their recertification.

ADES would like to thank Ms Lim Suan Tee and Ms Authilakshmy for their dedications and hardwork in CDE committee.



# Healthy Lifestyle Festival SG

Reported by Lim Pei Kwee

As part of the ongoing war on diabetes, the Healthy Lifestyle Festival SG over three fun-filled community roadshows in the heartlands in October culminated with a grand finale on 11 November at Singapore Sports Hub and Kallang Wave Mall. Through experiential healthy lifestyle activities, the festival reached out to Singapore residents and encourage them to adopt healthy living habits.

The Grand Finale event was graced by President Halimah Yacob and ADES was honoured to be invited to participate in this meaningful event. Many stakeholders and non-profit organisations collaborated in their efforts to promote healthy lifestyle through their products and programmes in their fight with diabetes.



*“Not all of us can do great things.  
But we can do small things with great love”*

*Mother Theresa*



# IDF Congress 2017 - “Shape the Future of Diabetes”

Submitted by Ms Brenda Lim

230 members from 170 countries were reunited at the IDF 2017, the Global Diabetes Community, in Abu Dhabi, United Arab Emirates (UAE). The congress, started from 4th to 8th December 2017 was under the Patronage of His Highness Sheikh Mohammed bin Zayed Al Nahyan, the Crown Prince of Abu Dhabi. Ms Winnie Poh and myself (Vice Presidents) of the Association of Diabetes Educators (Singapore) (ADES) were appointed as IDF affiliated member for global and Western Pacific Region (WPR) Annual General Meeting.

The scientific programme lasted for 4 days were attended by more than 10 thousand members. This year, IDF 2017 has nine streams covering all areas of the field of diabetes. There were 39 exhibitors, 20 satellites symposiums and 9 themes of poster display tracks and also 4 satellites of E-poster areas for oral poster presentation at the exhibition hall. I was honoured to be invited to chair a session stream – Education and Integrated Care for Innovative Education.

ADES poster on “Communities of practitioners: diabetes educators learning through participation, identity and practice” was selected for oral presentation. “It was an enlightening experience



to attend big scale congress providing us with many learning opportunities from members of IDF globally”.

IDF -WPR 2018 will be in Kuala Lumpur, Malaysia.





# NUS

## Public Health Screening

(21.10.17 – 22.10.2017)

Credit to: Eio Moi Na,  
Brenda Lim, Tan Chwee  
Yan, Sim Ann Hui,  
Nirmala, Tan Siew Khek,  
Lui Kok Wah, Elaine Tan  
and Chia Chin Wenn



### Upcoming Outreach program

Co Organised with  
Fengsan Malay Activity  
Executive Committee.

### HEALTHY BREAKFAST SESSION

**Date:**  
28th January 2018

**Venue:**  
Blk 113, Bedok North,  
Street 2, Void Deck

**Time:**  
8.00am to 12.00 noon

***Come and join us***