

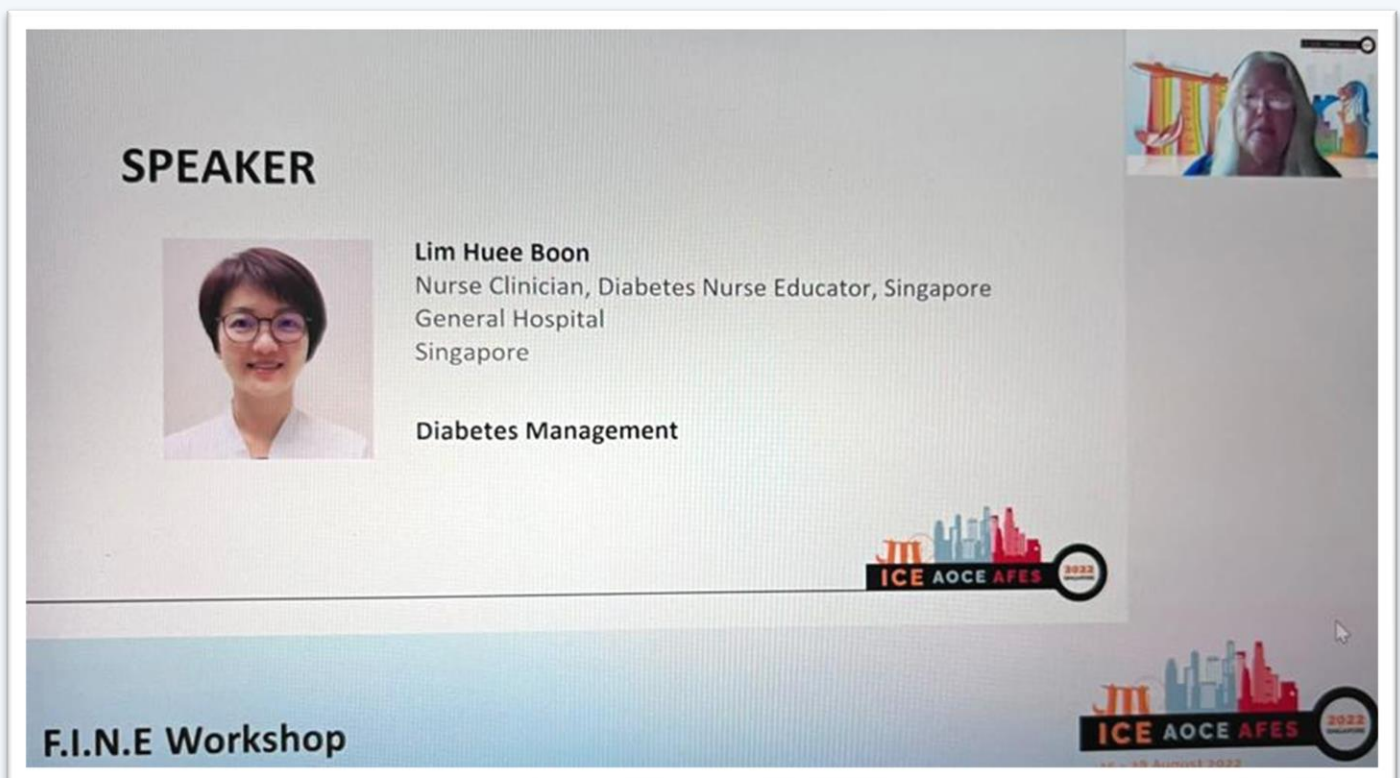


ADES-FINE PRESENTATION

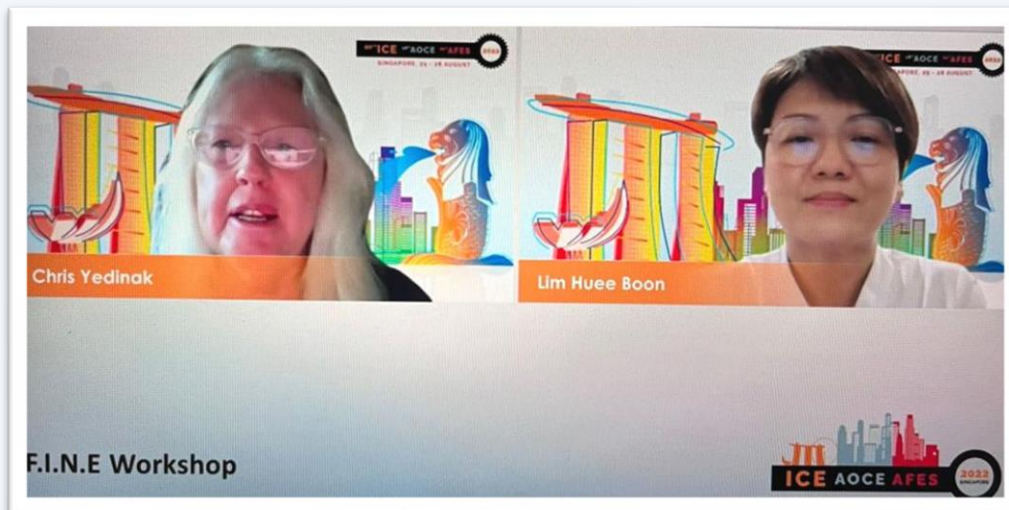
By Chan Yoke Ling

ADES was very privileged to be invited by the Federation of International Nurse in Endocrinology (FINE) to do a presentation on diabetes management in Singapore at the International Congress of Endocrinology / Asean Federation of Endocrine Societies (ICE/AFES) Conference 2022, which was held virtually in Singapore. ADES thanked the organizing committee for the invitation and opportunity to share at this platform.

Representing ADES was Ms Lim Huee Boon, a nurse clinician at the Singapore General Hospital. She was nominated to do the presentation at the conference. Huee Boon gave an overview of the global and local situation on diabetes prevalence and burden of diabetes before sharing on the services, programs, and the vital roles of a Diabetes specialist nurse in the management of persons with diabetes within the multi-disciplinary team. Issues on the latest advances in technologies and wearables were also discussed in the presentation. Data findings on the outcomes of the services and programs were also shared during the session. Questions on funding system for all these new technologies and wearables were also being addressed during the question-and-answer session.



Screenshot of FINE Workshop: taken during the introduction of speaker.



Screenshot of the Question-and-Answer session.

It was also highlighted that besides the hardware, nurse educators are also required to keep abreast with the latest advances and tailor these information and available gadgets to meet the needs of individual persons.

It was indeed a very enriching experience for Singapore to showcase our services and outcomes in this exciting conference.

DIABETES OUTREACH AT THE MUHAJIRIN MOSQUE

By Brenda Lim

On the 3 September 2022, a team of six ADES members supported the Diabetes outreach at Braddell Road's Muhajirin Mosque Multi-purpose Hall. The event was organised by the Toa Payoh West-Thomson Citizen's Consultative Committee. ADES Member, Ms Rohanah Pagi, shared practical tips on diabetes self-care and the common myths of the high and low blood glucose. A total of thirty participants had attended the diabetes self-care talk and health screening. Diabetes Nurse Ms Carmen Chua shared her first volunteering experience with ADES: "It was an enlightening experience that widen my networking to know nurses from different institutions and community volunteers at the event".



Pictures of Ms Rohanah Pagi presenting Diabetes Self-Care Talk at Muhajirin Mosque.



Pictures of health screening hall. Extreme right: ADES Volunteer Ms Teresa providing one-to-one diabetes education.

ADES VOLUNTEERS AT THE WORLD PSORIASIS DAY 2022

By Hui Yuen Ching Angela

Psoriasis is a common, inflammatory disease that affects rough race. People with Psoriasis should be screened regularly for obesity and cholesterol as they have the risk of developing these conditions.

ADES is privileged to be invited to support the World Psoriasis Day on 5 November 2022, Saturday, from 1 p.m. – 5 p.m. at Oasis Terrace in Punggol Drive.

Six volunteers from ADES conducted blood pressure measurement, random blood glucose checks and counseling for about 85 participants.



Picture of ADES Diabetes Nurse Educators explaining glucose result and providing one-to-one diabetes education.



Group picture of ADES Diabetes Nurse Educators at the event. First row, from left: Brenda, Alice. Second row, from left: Agnes, Angela, Carmen and Qinghua.



Group picture of ADES Diabetes Nurse Educators with the Event Organiser and other volunteers.

ADES AT THE DIABETES SINGAPORE'S WDD 2022

By Winnie Poh

The World Diabetes Day (WDD) was created by the International Diabetes Federation (IDF) and the World Health Organization (WHO) in 1991 in response to growing concerns about the escalating incidence of diabetes around the world. Led by the IDF and its member associations, the actual day is commemorated annually on 14 November. Every year, the WDD campaign focuses on a dedicated theme that runs for one or more years. Access to Diabetes Care is the theme for 2021 – 2023. The access to insulin, oral medicines, self-monitoring, self-management education, psychological support, healthy diet and physical activity are ongoing support that persons with diabetes mellitus need to manage their conditions and avoid complications.

Locally, Diabetes Singapore (DS) has been the main organizer of WDD events since 1991. The campaign draws attention to issues of paramount importance to the diabetes world and keeps diabetes firmly in the public and political spotlight. ADES is privileged to be invited as one of Diabetes Singapore's partners to help increase diabetes awareness and providing diabetes education to the public.



A group picture of ADES Volunteers at the DS WDD 2022 (Day 1). First row, from left: Molly, Angie, Qinghua. Second row, from left: Kwong Kent, Chwee Yan, Siew Khek, Noorani, Chin Lian, and Apple.



Picture of ADES outreach at the DS WDD 2022. First row: Carmen (first on the left) answering the public enquiry on diabetes. Second row, Xiaoping (first on the left) using ADES board games to promote/increase diabetes awareness.



Picture ADES volunteer sharing Pei Yan's joy of achieving the DS Resilience Award. From left, Carmen, Yoke Ling, Pei Yan (Award recipient), Xiaoping and Winnie.

ADES had nominated Ms. Heng Pei Yan, a dear friend of ADES, for the DS Resilience Award. This award was open to Singapore Resident who has shown the ability to cope and adapt well when dealing with adversity or significant sources of stress or hardship associated with his/her diabetes journey. We congratulate Pei Yan for achieving the DS Resilience Award! We hope Pei Yan will continue to inspire others and advocate for diabetes care.



Picture of Pei Yan (centre on stage), receiving the Resilience Award from Mr Ong Ye Kung (second left on stage), Singapore Minister for Health.

IDF-WPR GENERAL MEETING 2022

By Chan Yoke Ling

The IDF-WPR is represented by 26 diabetes organisations in 20 countries and territories. It is currently chaired by Dr Takashi Kadowaki from Japan. This year marked the first face to face election meeting since the COVID pandemic. It was indeed an eye-opening experience to attend the IDF WPR annual general meeting. This meeting was attended by various members from countries such as Australia, Cambodia, China, Hong Kong, Indonesia, Malaysia, New Zealand, Singapore, Taiwan, and others.

The meeting started with the presentation of achievements and updates; followed by the process of voting for the committee and executive committee members for the coming office bearers. The successfully elected chair elect was Prof Alicia Jenkins from Australia. It was also during this meeting that the 223 pages of second edition of Diabetes Care and Disaster planning guide was presented by Prof Alicia Jenkins and distributed to all attendees. This aimed to aid each member country and associations develop disaster preparation strategies to minimise the detrimental effects of disaster on people with diabetes. It contained detailed management guidelines for sick day, DKA and etc during disaster which can be adapted for use in respective countries.

It was indeed an eye-opening experience for me and thank you ADES for this wonderful opportunity.



Picture taken at the IDF-WPR General Meeting 2022.

ADES representatives seated at the second row: (From the left) Nursyafiqah, Yoke Ling, Brenda and (sixth from the left) Winnie.