



Association of Diabetes
Educators (Singapore)

NEWSLETTER 2024

IMPROVING THE LIVES OF PEOPLE WITH DIABETES THROUGH EDUCATION

As Singapore continues to confront the challenges posed by the rising prevalence of diabetes mellitus, innovative management strategies are becoming crucial in combating this chronic condition. The integration of technology, community support, personalised strategies, and proactive government policies reflects a multifaceted approach to diabetes management.

In the ever-evolving landscape of diabetes care, diabetes educators play a vital role in fostering a culture of awareness and guiding our clients through the complexities of diabetes management. We empower them to take charge of their health and well-being.

I encourage you to join our community of practice, where we can share the latest research, best practices, and clinical insights. Together, we can foster connections among professionals dedicated to enhancing diabetes care and make a meaningful difference in the lives of those we serve.

Winnie Poh



Photo taken at the the first Year 2024 ADES Committee Meeting.



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FORGERING TIES WITH THAI ASSOCIATION OF DIABETES EDUCATORS

On the December 19, 2023, Ms. Brenda Lim, ADES Vice President (Special Projects), had the privilege of being invited by Dr. Sirimon Reutrakul, Vice President of the Thai Association of Diabetes Educators (TADE), to attend the TADE Conference in conjunction with the TADE Certification of Diabetes Educators Ceremony.

The event was held at Bangkok, Thailand, with the theme – Meeting Unmet Needs in T2DM. Ms. Brenda Lim shared an overview of Singapore's perspective on care in Diabetes Self-Management Education and Support (DSMES). The event was well attended, with approximately 300 onsite participants and 500 online participants.

The TADE and Thailand Association of Diabetes will be hosting the International Diabetes Federation World Congress in Bangkok in April 2025. We look forward to fostering closer networking with the Thai Association of Diabetes Educators in the near future.

Reported by Ms Agnes Ngoh





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EDUCATION EVENTS

Diabetes and Kidney Diseases – 22 March 2024



Diabetes Education Seminar - Community Support For People with Frailty – 18 May 2024



Enhancing Diabetes Care with Spiritual Insight & Advance Planning – 20 July 2024



eMERGE (Empowering Education in diabetes best pRactices & technoloGiEs) – 22 March 2024



Compiled by Ms Aslena Hussain



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EDUCATION EVENT: CGM WORKSHOP FOR DIABETES EDUCATORS

Continuous glucose monitoring (CGM) means using a device to automatically estimate blood glucose level throughout the day and night. The use of CGM device is increasingly being recognized as an effective tool for monitoring glucose levels to manage diabetes. Currently, people living with diabetes who are care by the diabetes educators in the tertiary care setting are more aware of such monitoring devices than people with diabetes being managed at the primary or community care setting in Singapore.

ADES was privileged to invite Ms Deepa Ariarajah, CDE and clinical nurse consultant from Western Health Dept of Endocrinology, Melbourne, to share on the topic – Managing Diabetes in the New Era: The Role of CGM online on the 21 June 2024.

61 ADES members attended the 3 hours workshop. Several questions were posted on connecting into digital platform, and communication with diabetes care team, cost of care for CGM and how to assist people with diabetes overcome barriers in learning and others.

Reported by Ms Brenda Lim



Photos taken at the CGM Workshop.



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EDUCATION EVENT: LEAPP IN SINGAPORE

Diabetes mellitus (DM) is a major global health concern. DM complications, like foot ulcers that can lead to lower extremity amputations, are staggering. In Singapore, nearly 5 amputations occur every day on average in people with DM. About 85% of amputations could be avoided through regular foot assessment.

ADES had the honour of inviting Senior Consultant, Dr. Liew Huiling, who shared her invaluable insights on the Lower Extremities Amputation Prevention Program (LEAPP) on the September 28, 2024.

Foot assessment for people with DM aims to identify, stratify and manage at-risk foot. Those with more severe foot wounds or ulcers were fast-tracked to the LEAPP for specialised multidisciplinary team care. The timely LEAPP referral is a significant shift in the fight against DM-related amputations.

Reported by
Winnie Poh

Diabetic Foot Care

Content

Slide Number	Topic
1	Diabetes Foot: Significance and Pathophysiology
2	Importance of Multi-disciplinary Diabetes Foot Team
3	Timely referral to Lower Extremity Amputation Prevention Program (LEAPP) Clinic
4	Update of ACG guide 2024
5	Q and A

Diabetic Foot Ulcers (DFU) Incidence & Recurrence:

- Lifetime risk: 19-34%
- Global prevalence 6.3%
- After the first DFU heals, the risk of recurrence is 40% in first year and 60% in 3 years

ACE CLINICAL GUIDANCE

First Published: 6 June 2019
Last Updated: 6 August 2024
www.ace-hta.gov.sg

Foot assessment in patients with diabetes mellitus

https://www.ace-hta.gov.sg/files/default-source/aces/foot-assessment-in-patients-with-diabetes-mellitus-aug-2024.pdf?sfvrsn=7ee3b22c_5



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EDUCATION EVENT: BEYOND THE STING



Insulin Therapy is an important aspect of Type 1 and Type 2 Diabetes Management. The needle length and injection technique can influence the ease of insertion, pain and skin trauma.

On the 5 Oct 2024, ADES had privileged to have Nurse Clinician, Ms Lim Pei Kwee, to share her experiences on Beyond the sting – Understanding needle technology in Pain. Ms Lim shared the ADES FIT-SG Recommendations for Best Practice in Injection Technique and many other tips for a less painful injection.

Reported by Ms Chua Chin Lian



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CONGRATULATIONS NOTE

In conjunction with the IDF Congress 2019, the Young Leaders in Diabetes (YLD) Training Summit was held from December 2 to 6, 2019, in Busan, South Korea. ADES proudly nominated Ms. Samantha Seet to attend this prestigious summit. Throughout her journey, Samantha had shown unwavering dedication to her YLD project, even amidst the challenges posed by the COVID-19 pandemic. Her selfless commitment and tireless efforts had significantly contributed to improving diabetes care.

On the 29 May 2024, we were thrilled to learn that Samantha received the Inspirational Partner Award at the Singapore Health Inspirational Patient and Caregiver Awards 2024.

Congratulations, Samantha! Your achievement is a testament to your hard work and passion for making a difference in the lives of those living with diabetes. We are incredibly proud of you!

Winnie Poh



Ms Samantha (first left) with ADES Committee Members at the IDF Congress 2019.



Samantha (see Singapore flag) representing Singapore at the YLD Training Summit.



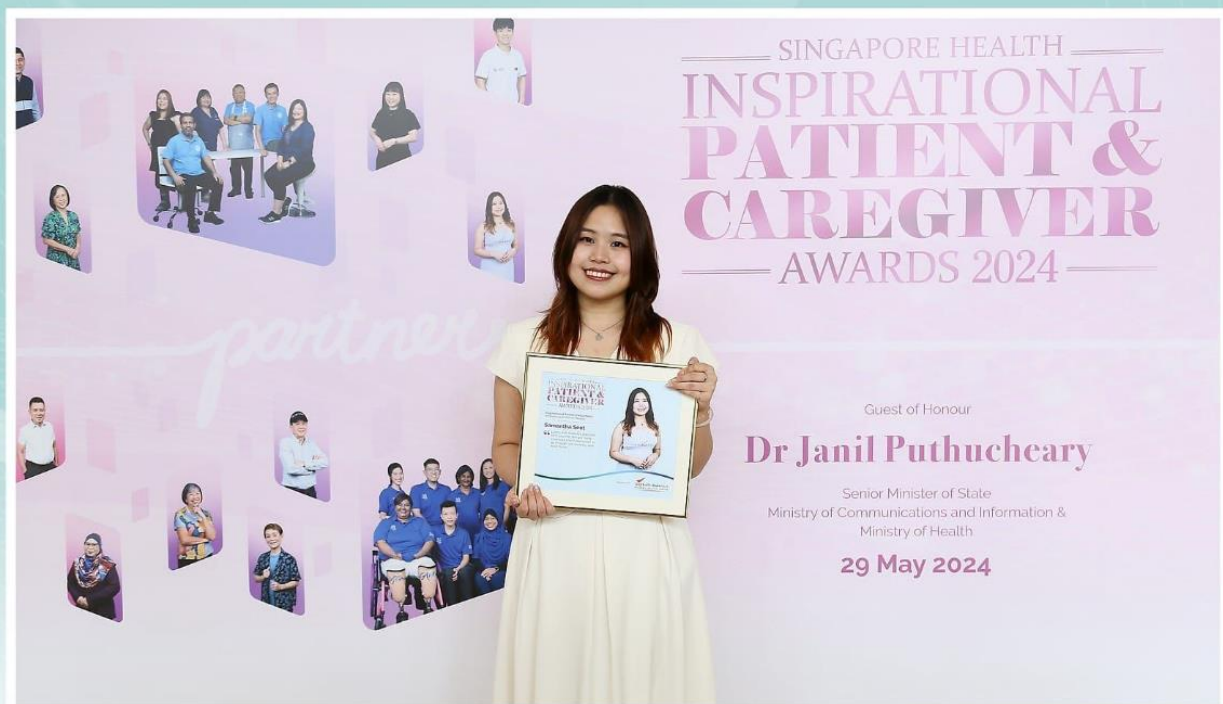
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CONGRATULATIONS NOTE

“Under Samantha's leadership, we have built up a strong team of active volunteers who organise regular outreach activities for young people living with diabetes. Her compassion for patients and families is evident from the way she shares advice and encouragement from her own diabetes journey.”

Nurse Clinician
Ms Lim Pei Kwee
KK Women's and Children's Hospital



SINGAPORE HEALTH
INSPIRATIONAL
PATIENT &
CAREGIVER
AWARDS 2024

Organised by:



29 May 2024

Photo of Samantha at the Award Ceremony.



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MUSLIM COMMUNITY OUTREACH

Fasting in Ramadan was organised to a group of Muslim residents. The talk was conducted in Malay and was delivered by Ms Noraini Othman. She shared the tips on prevention of hypoglycemia and how to fast safely and well.

Health screening include glucose monitoring and blood pressure test was offered to the participants.

The 2 March 2024 event was organised by the Muhajirin Mosque, Toa Payoh Constituency, Toa Payoh Active aging, and supported by ADES, National Skin Centre, Derm Chapter SNA and Singapore Institute of Technology.

Reported by Ms Aslena Hussain





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WDD 2024 OUTREACH AT TAMPINES



On the 27 October 27 2024, eight ADES members participated in a health screening and education event in celebration of World Diabetes Day and World Psoriasis Day at the Tampines Hub Central Plaza.

During this outreach, over 113 members of the general public visited the ADES booth. Notably, 11 individuals (approximately 10%) who had never undergone health screening before were found to have hyperglycaemia.

The ADES volunteers were pleased to have the opportunity to raise diabetes awareness and provide valuable education.

This event highlights the importance of early detection of diabetes and proactive health management in our community.

Reported by Ms Zhang Xiaoping





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WDD 2024 OUTREACH AT TOA PAYOH HUB



Photos contributed by the ADES Volunteers



9 – 10 November 2024



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CERTIFIED DIABETES EDUCATORS CERTIFICATION CEREMONY

The Association of Diabetes Educators Singapore and Endocrine Metabolic Society Singapore (EMSS) collaboratively have been conducting the diabetes educators' certification program since 2003.

The ADES CDE Accreditation Program serves to acknowledge and certify the diabetes nurse educators' continual commitment to best practices and upholding the current standards and knowledge in diabetes management. This year, a total of 13 nurses went through the certification and recertification program. We certified 2 new educators and our efforts continued to encourage more educators applying for the new accreditation.

Reported by Ms Chan Yoke Ling





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ANNUAL GENERAL MEETING



Committee Members at the AGM registration table.



Some of the ADES members at the AGM.



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THANK YOU FOR BEING A VALUABLE PART OF OUR JOURNEY!

We look forward to connecting with you at our events and hearing
your thoughts and feedback!



ADES Committee and Sub-Committee Members at the ADES year end dinner.