

Singapore

Diabetes EDUCATORS

ASSOCIATION OF DIABETES EDUCATORS (SINGAPORE) JAN - JUN 2022 MICA (P) 142/08/2017

Message From ADES President

The International Diabetes Federation (IDF) had released new figures showing that 537 million adults (1 in 10) are now living with diabetes worldwide – a 16% (74 million) upsurge since the previous IDF estimates in 2019. The recently published 10th Edition of the IDF Diabetes Atlas reported that the global prevalence of diabetes has reached 10.5%, with almost half of adults (44.7%) undiagnosed.

In Singapore, the National Population Health Survey (NPHS) 2020 found that about 1 in 10 (9.5%, a rise of 0.7%) Singapore residents aged 18 to 74-year-old had diabetes, with close to one-quarter (23.2%) undiagnosed. Among those with known diabetes who attended health examination, about one-quarter (26.0%) of them had poor glucose control.

The NPHS observed an increased obesity prevalence across most age groups and among males. Adults aged 18 to 39-year-old binge drink more (consumed ≥ 5 alcoholic drinks for men and ≥ 4 alcoholic drinks for women in one-drinking session), compared to the previous survey. More adults had engaged in leisure-time regular exercise but fewer adults met the sufficient total physical activity guidelines.

We know that the increasing prevalence of type 2 diabetes is associated with ageing populations, obesity and unhealthy habits. The new data confirmed the global challenge to the health and wellbeing of individuals, families and countries. When diabetes is undetected and inadequately treated, people with diabetes are at higher risk of serious and life-threatening complications. These complications result in reduced quality of life and higher healthcare costs. As diabetes educators, it is vital that we continue our ongoing effort in increasing diabetes symptoms awareness, encouraging health screening uptake, preventing and detecting diabetes early, improving diabetes self-care behaviours and reducing the risk of complications. Together as one Community of Practice, we are determined to beat Diabetes.

Thank you. Have a Blessed New Year and take care.

Winnie

ADES OFFICE BEARERS (18 SEP 2021 – SEP 2023)

President	Winnie Poh
Vice President and CDE In-Charge	Chan Yoke Ling
Vice President (Special Project)	Brenda Lim
Secretary	Zhang Xiaoping Carol
Assistant Secretary	Noorani Bte Othman
Treasurer	Nursyafiqah Bte A. Yazid
Assistant Treasurer	Choo Khee Ling Violet
Education In-Charge	Chua Chin Lian
Education	Christina Goh Yang Hoon, Charlie Lee Kit Wah
Editorial In-Charge	Aslena Bte Hussain
Editorial	Mary Anne Asuncion Benedicto
Event and Outreach In-Charge	Eio Moi Na
Event and Outreach	Rose Tan
Membership In-Charge	Agnes Ngoh Soh Heng
Membership	Angela Hui Yuen Ching, Nurhidah Bte Mahmud

SUB-COMMITTEE

Auditors	Oh San San, Tan Siew Khek
Certified Diabetes Educators (CDE) Certification	Lim Suan Tee
Editorial	Nirmala Arunkumar
Education	See Chue Win, Tan Qinghua
Outreach	Apple Ong

EMAIL

ades@ades.org.sg

WEBSITE

www.ades.org.sg

Every year, the World Diabetes Day (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 theme is based on the fact that people with diabetes requires ongoing support to manage their condition and avoid complications – with access to insulin, oral medicines, self-monitoring, self-management education, psychological support and access to a healthy diet and physical activity. **This Is Diabetes Photo and Art Competition** and the **Diabetes Singapore (DS) Nurse Educator Awards** are some competitions existed during WDD 2021.

By Winnie Poh

also won a Runner-up Prize! We hope you would appreciate Brenda's beautiful art work that accentuated the Access to Diabetes Care in Singapore; and Sabrina's interpretation of the essentials to defeating diabetes.



We were delighted to congratulate ADES Vice President (Special Project), Ms Brenda Lim, for winning the Runner-up Prize and donated €1000 to the diabetes charities of her choice! Ms Sabrina Yeo, who represented Singapore, had



General Public Runner-Up: Access to Diabetes Care in Singapore. Painted by Ms Brenda Lim, ADES Vice President (Special Project).

DIABETES SINGAPORE NURSE EDUCATOR AWARD

By Ms Aslena Hussain

The caregiver's support, the healthcare professionals counsel and the social ambassador's commitment complement access to diabetes care. In commemoration of diabetes care, the Diabetes Singapore had organised and given out the DS Medallist Award, DS Care-Giver of the Year Award, DS Youth Ambassador Award, DS Nurse Educator Award and DS Resilience Award during the WDD 2021 cum Diabetes Singapore 50th Anniversary event on the 14th November 2021.

The awards were opened to all Singapore Citizens and Permanent Residents who qualify for the respective categories.

We are privileged to announce that ADES Members Mdm Lai Yee Khim and Advanced Practice Nurse (APN) Lian Xia Joyce had won the DS Nurse Educator Award! Both Mdm Lai and APN Joyce are dedicated and passionate in diabetes education. They had supported many patients with their own uniqueness and warm disposition.

We would like to congratulate both Mdm Lai and APN Lian Xia Joyce for their great achievement! Thank you for your relentless care and support for our patient!



Diabetes Singapore Nurse Educator Award Winners – Madam Lai (Yee Khim left) and APN Lian Xia (right).

ADES TRAIN THE TRAINER – DIABETES EDUCATION PROGRAM 2021

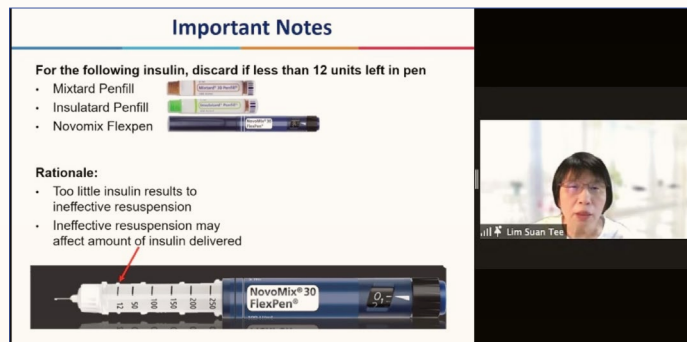
By Nursyafiqah Bte A. Yazid

ADES Train the Trainer – Diabetes Education Program is a 5-module course that was adapted from the 2016 International Diabetes Federation-Western Pacific Region's Train the Trainers Diabetes Education Program. It is a training program for nurses and allied health professionals who have interest in diabetes education. The modules covered in the program included diagnosis and classifications of diabetes, insulin therapy and complications of diabetes.

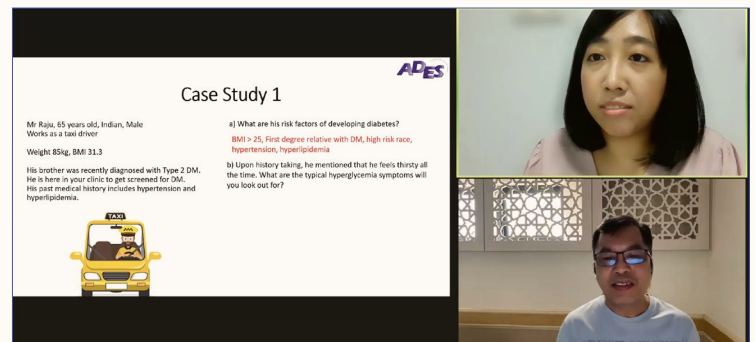
Year 2021 was the first year that the program was conducted online in view of the ongoing pandemic. The program was conducted over 3 sessions and in each session, we covered 3 diabetes teaching topics and discussed 2 case studies.

53 registered nurses, care managers and other healthcare professionals registered for the program. Certificates of Participation were awarded to participants who completed all 5 modules.

The responses and feedback from the participants were positive and encouraging. ADES is looking forward to conducting our next round of Train the Trainer program, which will be held on the 19th March, 16th April and 21 May 2022. Do look forward to our online poster and join us if you are keen to expand your diabetes knowledge so as to provide better care for patients living with diabetes.



Picture taken during one of the virtual TTT teaching sessions.



Picture taken during one of the virtual TTT case study presentations.



Picture taken during one of the virtual TTT small group case discussions.

IN MEMORY OF PROFESSOR TRISHA DUNNING AM

By Ms Brenda Lim



It is with deep sadness and regret that ADES was informed of the passing of Professor Trisha Dunning AM.

Professor Dunning, from Australia, devoted her life to supporting people with diabetes. She was an internationally renowned diabetes researcher and educator with more than 50 years' service to the discipline of nursing. She was Chair in Nursing and Director Centre for Nursing and Allied Health Research at Deakin University and Barwon Health in Geelong, Victoria. She was elected as the Vice President of the International Federation (IDF) for two terms between 2011 and 2015, and served on many National Australian committees.

Her work focuses on diabetes and older people, palliative and end of life care, the needs of family carers and medicines.

Professor Dunning was widely published in books, journals and magazines, including her award winning Guidelines for Managing Older People with Type 2 Diabetes and her widely acclaimed book, Care of Older People with Diabetes as a Manual of Nursing Practice. The book is widely used as a core text in many nurse training programs.

Professor Dunning was made a Member of the Order of Australia in 2002 for her contribution to nursing and diabetes care and education. She was admitted to the Victorian Honour Roll of Women in 2014 for her exceptional work towards improving the lives of people with diabetes. In 2020, Prof. Dunning received the Foundation of European Nurses in Diabetes (FEND) 25th Anniversary Recognition Award.

As a member of the IDF Consultative Section on Diabetes Education, she co-chaired the Writing Group of the IDF Global Guideline for Managing Older People with Type 2 Diabetes. Prof. Dunning had actively connected ADES committee to the various Australian diabetes educators and international diabetes educators at the IDF conferences. ADES was truly blessed with Professor Dunning's friendship and her generosity in knowledge sharing.

Over the years, Professor Dunning had helped several Singapore's nurses to gain entries for clinical training in various diabetes education centres in Australia and been invited as honorary speakers by ADES and several Singapore healthcare institutions. In addition, Professor Dunning was appointed as a clinical supervisor on Master in Diabetes Research program in Royal Melbourne University for Singapore's Advanced Practice Nurses.

We extend our heartfelt condolences to Professor Dunning's family and friends at this time of sadness.



Picture taken at 2018 ADES Office Bearers' dinner gathering with Professor Trisha Dunning (second right, seated) and Professor Timothy Skinner (male guest).



Picture taken a long time ago. Ms Brenda Lim (left) with Professor Dunning (right).

CHOOSE EFFORTLESS SIMPLY CLEAR

Advanced accuracy^{1,2}
For reliable results you can trust.

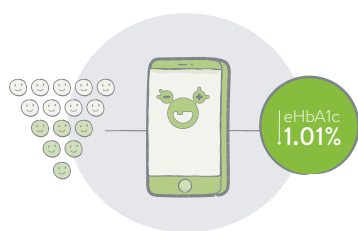
Target Range Indicator¹
The intuitive target range indicator gives you visual reassurance if your readings are within range.

Strip ejector
Convenient and hygienic strips removal.

Effortless blood application
Wide dosing area for easy and quick blood application.

No meter set up required

Send readings wirelessly to the mySugr app
No more paper logbooks!



Positive impact on blood glucose control in mySugr app users with **estimated HbA1c reduction of 1.01%** over 12 months use of app.⁴ (Baseline eHbA1c $\geq 8\%$)



Lower Risk of Hypos Thanks to the Logbook. The occurrence of low blood glucose significantly decreased for people at risk of hypoglycemia after 6 months of using the mySugr app.^{3,5}



★★★★★
more than 3 million registered users
4.6 star user experience rating⁶

References:
1. ISO 15197:2013. In vitro diagnostic test systems - Requirements for blood glucose monitoring systems for self-testing in managing diabetes mellitus. 2. Accu-Chek Instant package insert. 3. Debono, F., et al., Real-World Assessments of mySugrMobile Health App: Emerging Digital Health Technologies in Diabetes. Diabetes Technology & Therapeutics. Vol. 21, 2019, No. S2-35-S2-40. 4. Eichinger, V., et al., Mobile health application usage shows long-term improvement on blood glucose control. Virtual EASD 56th Annual Meeting 2020. 5. Hompesch, M., et al., High risk population using mobile logging application shows significant reduction in LBGI. Presented at the American Diabetes Association 77th Scientific Sessions, 2017, San Diego, California, USA. 6. <https://www.mysugr.com/en/diabetes-app>. Average app rating in App Store and Google Play.

ACCU-CHEK, ACCU-CHEK INSTANT and MYSUGR are trademarks of Roche. © 2021 Roche Diabetes Care.

www.accu-chek.com.sg

Roche Diabetes Care Asia Pacific Pte Ltd.

Connects with  mySugr

The CONTOUR®PLUS ONE meter and app system combines highly accurate¹ blood glucose testing with an easy-to-use app



The **smartLIGHT** feature gives patients instant feedback² and makes it easier to interpret readings.



The CONTOUR®PLUS ONE system has been shown to deliver remarkable accuracy within $\pm 8.5\%$ of lab values.^{1*}

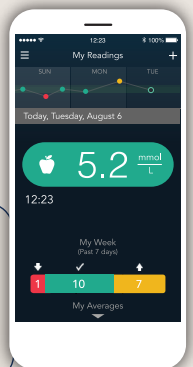


Second-Chance[®] sampling

Second-Chance[®] sampling gives you 60 seconds to reapply blood to the same strip² which may help prevent wasted strips.



The **FREE CONTOUR®DIABETES app** is easy to use and intuitive for patients on compatible[†] devices.



**Contour
plus ONE[™]**



**Contour
plus**

Recommend the CONTOUR® system today

Patients should consult with their health care provider prior to making changes to diet, exercise or treatment regimen and prior to making changes to their meter target ranges.

* Results from an ad hoc analysis of the CONTOUR®PLUS ONE system demonstrated that 95% of the total results were within ± 8.5 mg/dL (± 0.47 mmol/L) or $\pm 8.5\%$ of the YSI reference glucose values (YSI Life Sciences, Inc., Yellow Springs, OH) for subject-obtained capillary fingertip results from subjects with diabetes, for samples with glucose concentrations < 100 mg/dL (< 5.55 mmol/L) and ≥ 100 mg/dL (≥ 5.55 mmol/L), respectively.¹

[†] Compatible devices can be found at <http://compatibility.contourone.com>

References: 1. Bailey TS et al. *J Diabetes Sci Technol* 2017;11(4):736-743. 2. CONTOUR®PLUS ONE BGMS user guide. Revised July 2020.

© Copyright 2021. Ascensia Diabetes Care Holdings AG. All rights reserved.

Ascensia, the Ascensia Diabetes Care logo, Contour, SmartLight, the Second-Chance sampling logo and Second-Chance are trademarks and/or registered trademarks of Ascensia Diabetes Care Holdings AG.

Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. The Bluetooth® wordmark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks herein is under licence. Google Play and the Google Play logo are trademarks of Google LLC. All other trademarks are properties of their respective owners and are used solely for informative purposes. No relationship or endorsement should be inferred or implied.

Ascensia Diabetes Care Singapore Limited 600 North Bridge Road #06-01 Parkview Square, Singapore 188778

Distributed by: Pharmaforte Singapore Pte Ltd 6 Tagore Drive, #03-11, Tagore Building, Singapore 787623

Customer Service: +65 6452 8488

**IMPROVED
DESIGN!**

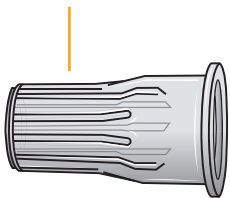
BD Ultra-Fine™ PRO makes injection easy & less painful²⁻⁴



Redesigned to deliver easier and less painful injection experience

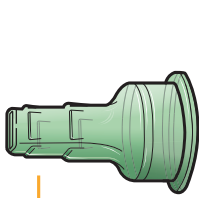
Easier to attach⁴

Outer cover



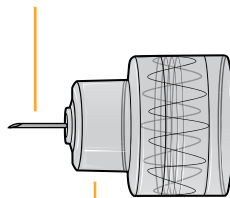
Easy, less painful injections²⁻⁴

4 mm needle



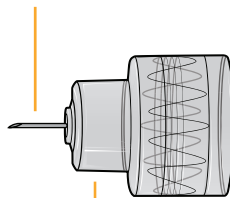
Easier to remove⁴

Inner shield



**More consistent
4mm injection depth¹**

Needle base



Product Code 320566

Compatible with leading Insulin and GLP-1* pens

(ISO 11608 Compliant)

Find out more from your Doctors and Diabetes Nurse Educators.

* Pens sold in Singapore

References:

1. Rini et al. Evaluating the Impact of Human Factors and Pen Needle Design on Insulin Pen Injection JDST 2019; doi: 10.1177/1932296819836987.
2. Aronson R, et al. Effects of extra thin-wall needle technology on preference, confidence and other patient ratings. Clinical Therapeutics. 2013; 35(7): 923-933.
3. Hirsch LJ, et al. Impact of a Modified Needle Tip Geometry on Penetration Force as well as Acceptability, Preference, and Perceived Pain in Subjects with Diabetes. J Diabetes Science & Technology. 2012;6(2):328-335.
4. Whooley et al. Evaluating the User Performance and Experience with a Re-Engineered 4 mm x 32G Pen Needle: A Randomized Trial with Similar Length/Gauge Needles Diabetes Ther 2019; 10(2):697-712.

Unless stated otherwise, BD, BD logo and all other trademarks are property of Becton, Dickinson and Company.
© 2019 BD. BD-11012. Printed in Singapore.

