

Singapore

# Diabetes EDUCATORS

ASSOCIATION OF DIABETES EDUCATORS (SINGAPORE) JUL - DEC 2021 MICA (P) 142/08/2017

## *Message from President*

MOH and its stakeholders had developed and published a simple, largely pictorial set of National Diabetes Reference Material (NDRM) in four languages, targeted for use in clinical settings and home visits, on the application HealthHub. The NDRM was one of the recommendations from the Citizens' Jury for the War on Diabetes in 2017. Back then, the citizens requested for consistent and credible information regarding Diabetes that they could access. The NDRM is a set of information regarding Diabetes and aims to provide useful information for patients, family members and the general public.

With the extension of the War on Diabetes initiative came the Citizen Design NDRM Workshop in 2019. It enabled the citizens to take part to partner the Government and healthcare experts to generate ideas, deliberate and debate, and co-create the type of in-depth information required for the NDRM. ADES was privileged to participate in the Citizen Design Workshop and was excited and honoured to be nominated as a NDRM Tier-2 Workgroup Member this year, to collectively develop the in-depth NDRM for the community! ADES is looking forward to learning from the team and contribute to the NDRM. The War on Diabetes is a multi-year effort, and we need years to appreciate the substantive changes in the prevalence of diabetes and diabetes-related complications.

This year marks the 100<sup>th</sup> Anniversary of the impactful event for many in the Diabetes Community: the discovery of insulin – the lifesaving treatment for diabetes. The discovery of insulin in Year 1921 had transformed diabetes from a death sentence to a chronic condition.

The development of insulin and other diabetes medications and technologies had impacted the lives of millions of people with diabetes over the last 100 years. May the reminiscence of the century's innovation in diabetes care ignite excitement and impact the way we design and provide diabetes care and education, as we hope to improve the lives of people with diabetes and their families.

The current ADES Committee Members would have served their two-year term by September 2021, and a new team will be elected. The team had learnt and grown together while fronting the emergence of COVID-19. I thank you for adapting ADES operations changes with us and your kind patience. I look forward to the days that we could meet up physically once again.

Till we next meet, stay safe, stay healthy and take care.

**Winnie**  
*President, ADES*

## **ADES OFFICE BEARERS (8 SEP 2019 – SEP2021)**

President	Winnie Poh
Vice President	Noorani Othman
Vice President (Special Project)	Brenda Lim
Secretary	Zhang Xiaoping, Carol
Assistant Secretary	Agnes Ngoh Soh Heng
Treasurer	Nursyafiqah Bte A Yazid
Assistant Treasurer	Choo Khee Ling Violet
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Education	Molly Eu Ai Choo, Christina Goh
Events & Outreach In Charge	Eio Moi Na
Events & Outreach	Rose Tan, Apple Ong
Editorial In Charge	Aslena Bte Hussain
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Membership In Charge	Evelyn Tan Peck Cheng
Membership	Eliana Luo

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Certified Diabetes Educators (CDE) Certification In Charge	Chan Yoke Ling
CDE Certification	Lim Suan Tee
Education	Tan Siew Khok, Tan Qing Hua
Event & Outreach	Nirmala Arunkumar, Mary Ann Asuncion Benedicto
Editorial	See Chue Win

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# Supporting migrant workers with Covid-19 and Diabetes

**Ms Scarlet Lee, Senior Medical Social Worker,  
Yishun Health Campus**

When the unprecedented pandemic reached our shores last year, hospitals quickly became swamped with the task of ramping up capability and manpower to treat and care for Covid-19 patients. As a medical social worker, I was roped in to look into psychosocial care for Covid-19 patients and faced this task with mixture of trepidation, uncertainty and slight tinge of excitement.

My team was tasked to adapt to the unconventional profile of patients – namely migrant workers – and to rethink and reinvent our practice on-the-job. We consulted with colleagues from other institutions to align practice and had to mobilize technological/multi-disciplinary resources to aid in our work. Our social work core values – social justice, dignity and worth of persons- anchored us as we worked to alleviate the anxieties (about their jobs and their families) faced by the migrant workers. They were empowered to voice out their worries and concerns, with the help of translators, and connected with relevant organisations, like HealthServe (non-profit organisation that looks into migrant workers' health needs), to ensure follow-up of their situations post discharge.

As we continued to work with the migrant workers, we began to receive increasing numbers of referrals from the team to assist migrant workers with newly diagnosed diabetes as well as those with poorly controlled diabetes. It was heartening as we felt the team's compassion and worries about migrant workers' lack of financial means to purchase diabetic consumables as well as difficulties in sustaining compliance with treatment needs.

We had quick support as well from senior management to set up a new workflow to assist migrant workers with their diabetic consumable costs and created an essential package consisting of lancets, alcohol swabs, and a glucose meter, to be given to needy migrant workers with Covid-19 and diabetes. Concurrently, our team worked with HealthServe to create a new referral process that would allow our doctors to make direct and quick referrals to HealthServe to ensure our patients receive diabetes related support and follow-up after discharge.

Working with the migrant worker population has provided a different lens and angle from which to understand our country's healthcare system and challenges. For migrant workers, seeking medical treatment is perceived as potentially threatening to one's earning capacity and hence, migrant workers often face difficulty accepting or sustaining treatment. Further, possible cultural, educational and language barriers also served to make it difficult for them to navigate the healthcare system on their own and hence, many would fall through the cracks and often go about their lives with poorly controlled diabetes.

Recently PM Lee Hsien Loong called on the global community to work together in war against diabetes (Straits Time Article). Our campus efforts in addressing the needs of migrant workers for diabetic treatment support during pandemic is a resounding show of support for this call. Let us continue and not give up the fight against Diabetes



Senior Medical Social Worker Scarlet Lee and Senior Patient Service Associate Zinnat Ara Husain (translator) speaking to COVID-19 patient via Zoom teleconferencing App.



Boxes of donated clothing en route to Migrant Workers. (From left) Social Worker Exec. Jacky Tan, Social Worker Assistant (SWA) Cerline Eng, Audio Tech Sin Ern and SWA Elizabeth.



# Live Webinar: Diabetes & Technology-The “APP-Lication” in Diabetes Education

Ms Molly Eu

27<sup>th</sup> February 2021 marked ADES’s first Diabetes Education Webinar for healthcare professional titled “*Blood Glucose Monitoring & Application in Diabetes Education*”.

It was presented by Senior Staff Registrar Dr Aravind Venkatesh Sreedharan from the Kangar Kerbau Women and Children Hospital. A total of 68 participants attended the session.

Dr Aravind began the session with an interesting quote by Albert Einstein, a German born theoretical physicist “*If we want to know the future, we need to look at the past*”.

He shared on the various technological changes of glucose testing modalities comparing the colour of the urine to the latest Continuous Glucose Monitoring (CGM) introduced since 1999.

Singapore statistics revealed that 440 000 people had diabetes in 2014 and the number is expected to increase to 1 million by 2050. The incidence of type 1 DM is 2.46 per 100 000 children in Singapore.

Dr. Aravind believed that with current options of technology available, patients with diabetes are faced with many choices to support their daily diabetes self-care. He reinforced the importance of the Healthcare Professionals empowering their patients to improve patients’ self-care while optimising their quality of life.



Pictures from Dr Aravind’s presentation: (1) Urine glucose monitoring – the Uroscopy wheel from Epiphane Medicorum, c. 1506.

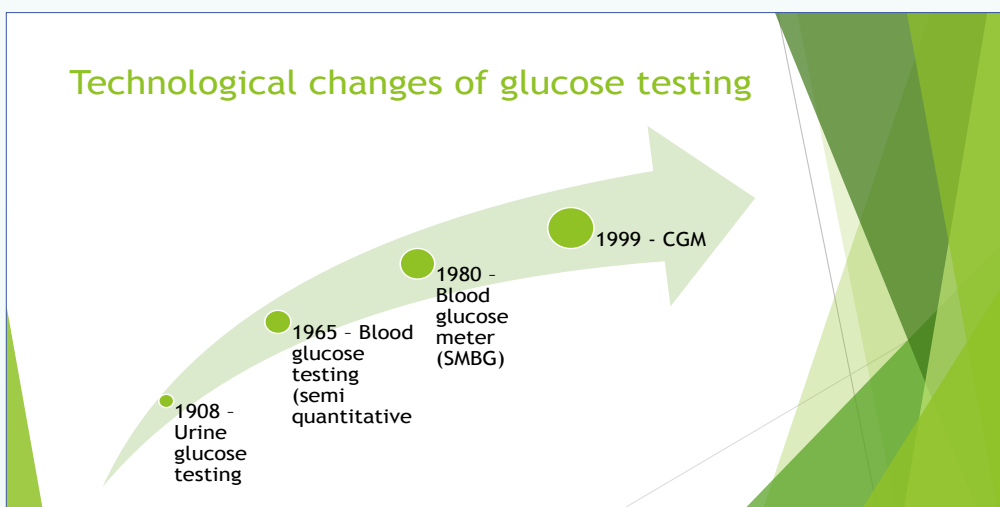
In a nutshell, the 5As approach to improving our capacity in engaging, educating and empowering our patients were:

- Aware
- Adapt / Adopt
- Accuracies
- Appropriateness
- Applicability

ADES is thankful to Dr. Aravind for his time and effort in sharing this excellent presentation.



(2) First insulin pump developed by Dr. Arnold Kadish in the early 1960s.



(3) The technological changes of glucose testing.

# Live Webinar: Update on Approach to Management of Diabetes in Ramadan for 2021

Ms Aslena Hussain and Ms Noraini Othman

On 20<sup>th</sup> March 2021, ADES was invited to speak in virtual symposium organised by Academy of Medicine Singapore and Chapter of Endocrinologists, College of Physician, Singapore.

The event was attended by more than 200 attendees, targeting at health care professionals, especially those who are caring patients with diabetes.

We are delighted to share learning experiences from our two ADES volunteers on the titled: Case based discussion on the Role of Nurses by Ms Noorani Othman and Nursing Management of Diabetes in Ramadan through Remote Monitoring and Tele-Education by Ms Aslena Hussain. The speakers are from various discipline that include, Endocrinologist, Dr Kurumbian Chandran, Dr Sueziani Zainudin, Dr Ester Yeoh, Dr Abdul Shakoor, Pharmacist, Mr Lum Zheng Kang, Dietician Prof Barakatun Nisak Mohd Yusof and Ms Winnie Loh.

It was indeed a fruitful learning journey for all, combining series of lectures and break out room session for case study discussions.



Pictures taken at the Webinar: (From Top) CDE Ms Aslena and CDE Ms Noorani (Vice-President of ADES), facilitating their sessions.



Picture taken at the Webinar: (Top, left to right) CDE Ms Aslena, Dr Sueziani Zainudin and Dr Esther Yeoh (Bottom, left to right) Pharmacist Mr Lum Zheng Kang, Dietician Prof Barakatun Nisak Mohd Yusof and Dr Kurumbian Chandran.



# Live Webinar: Structured Self-Blood Glucose Monitoring (SBGM) Optimizing Diabetes Care

Ms Tan Siew Khek

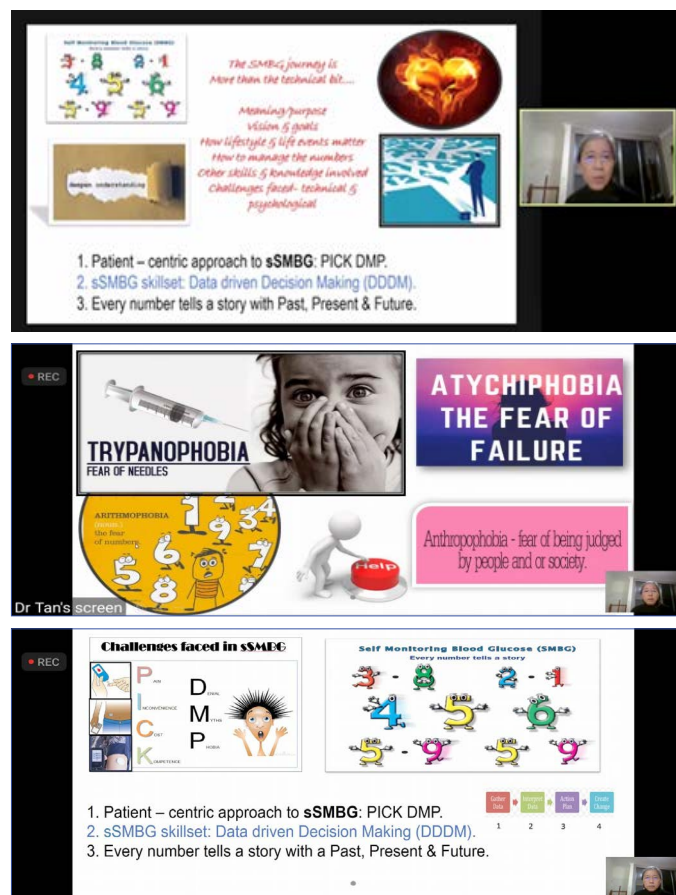
ADES organised another interesting webinar on “Structured Self- Blood Glucose Monitoring Optimizing Diabetes Care” by Dr. Tan Hwee Huan, Senior Consultant in Diabetes Centre, from Admiralty Medical Centre ( ADMC ) presented at the webinar on the 27<sup>th</sup> March 2021.

Dr. Tan shared the journey in developing the first flipchart on Self Blood Glucose Monitoring (SBGM) by ADES, which was collaborated with then Alexandra hospital now Khoo Teck Puat Hospital (KTPH). The title of the flip chart “Every number tell a story”, using numeric to educate patients.

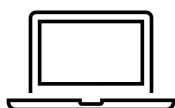
Diabetes Educators faced a wide range of challenges in patient diabetes self-care. The commonest: patient refusal to monitor blood sugar level due to fear of pain, inconvenience, cost, lack of competence, phobia, myths and the psychological issue of denial.

Dr Tan reinforced the importance to work together in a multidisciplinary professional team, which had potentially improve health outcome for patient and caregivers. It was truly an enjoyable and refreshing session, that left deep reflection thoughts lingered.

ADES is thankful to Dr. Tan for sharing her wealth of knowledge with ADES and ROCHE Diabetes Care for their kind support for this webinar.



Dr Tan's presentation, taken at the webinar.



## ADES - Train the Trainers Diabetes Education Program 2021

CPE Points  
(Pending approval)

### Train the Trainers Diabetes Education Program 2021

Via ZOOM

**Dates:** 19<sup>th</sup> June, 24<sup>th</sup> July & 28<sup>th</sup> August 2021  
**Time:** 2 p.m. – 4.30 p.m.  
**Fees:** S\$50 (Member) / S\$100 (Non-Member)

This 5 module course is adapted from IDF-WPR Train the Trainers Education Program. It is a training program for the nurses and allied health professionals with interest in Diabetes Education. A Certificate of Participation will be awarded to participants who completes all 5 modules.

Module 1  
Fundamentals of Diabetes

Module 2  
Clinical Practice

Module 3  
Healthy Eating & Physical Activity

Module 4  
Diabetes Self Management

Module 5  
Medications & Complications

**Register before 12<sup>th</sup> June 2021:**

1. Scan the QR code to fill in the registration form.
2. Make payment (online/ATM transfer) to Association of Diabetes Educators (Singapore): **DBS Current Account 070-011333-3**. Write or key in your name on the receipt.
3. Once the payment has been made, please send proof of transaction to ADES Admin at [ADES\\_Admin@ades.org.sg](mailto:ADES_Admin@ades.org.sg)
4. ADES Admin will reply and send you the ZOOM link upon approval.

Supported by:



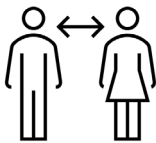
Stay Safe Everyone



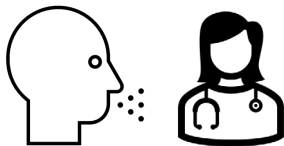
Wear Your Mask



Practice Hand Hygiene



Ensure Safe Distancing



Seek Medical Help if Unwell



Vaccinate if not done yet

For more Covid 19 resources, do visit [gov.sg](https://www.gov.sg) | [COVID-19 Resources \(www.gov.sg\)](https://www.gov.sg/covid-19-resources)

# Insulin at 100

A life-saving discovery but more remains to be done

Nearly 500 million people are currently living with diabetes worldwide. Without action, the figure could rise to 700 million within the next 25 years. This potentially debilitating chronic condition can lead to life-threatening complications when left untreated and an early death.



## The journey to a medical miracle

- October 1920** Frederick G Banting has idea for insulin research
- November 1920** Banting meets John JR Macleod
- May 1921** Banting begins experiments, assisted by Charles H Best
- August 1921** Banting and Best first use extracted insulin to regulate the blood glucose of dogs with severe diabetes
- December 1921** James B Collip joins the research team to help purify the crude insulin extract
- January 1922** The first successful insulin injection is administered to Leonard Thompson on January 23
- October 1923** Banting and Macleod are awarded the Nobel prize for the discovery of insulin



Frederick G Banting



John JR Macleod



Leonard Thompson



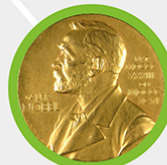
James B Collip



Best and Banting



Charles H Best



A Nobel prize

## Decades of innovation to provide care

- 1924** First specialised insulin syringe
- 1954** First disposable glass syringe
- 1955** First oral medications for type 2 diabetes become available
- 1965** First blood glucose test strip
- 1971** First blood glucose meter
- 1979** First commercial insulin pump
- 1982** Human insulin introduced
- 1985** First insulin pen
- 1996** Analogue insulin introduced
- 1999** First Continuous Glucose Monitoring (CGM) system
- 2000** First islet cell transplantations conducted
- 2013** First artificial pancreas is developed

IDF is leading a three-year World Diabetes Day campaign to increase access to diabetes care, and highlight the need for more action to prevent diabetes and its complications.

Get involved at [www.worlddiabetesday.org](https://www.worlddiabetesday.org)

For more information on Insulin at 100, please visit website [Insulin at 100](https://www.insulinat100.org) | [World Diabetes Day](https://www.worlddiabetesday.org)