

Association of Diabetes Educators
(Singapore)

NEWSLETTER JUNE 2025

AN UPDATE FROM THE ADES

This year, the Association of Diabetes Educators (Singapore) has lined up a series of purposeful and engaging initiatives for our members and the Diabetes Educators' Community of Practice. A key highlight will be the review and publication of *the Forum for Injection Technique Singapore (FIT-SG)* resource, which sets out best practice recommendations for insulin injection technique. This update ensures our practices remain current, evidence-based, and aligned with international standards of care.

In addition, the Executive Committee has introduced innovative educational tools, including a set of game cards and a dedicated workshop on *Mindfulness in Communication*. These initiatives are designed to strengthen the skills of healthcare professionals in engaging care-givers and individuals living with diabetes with empathy and effectiveness.

We are also keeping a close watch on emerging trends in diabetes management, particularly in technology, patient-centered care models, and lifestyle interventions, all of which continue to shape the way we deliver support to individuals living with diabetes.

We look forward to your continued participation as we learn, grow, and inspire one another in advancing diabetes education.

Winnie Poh
President, 28th Council



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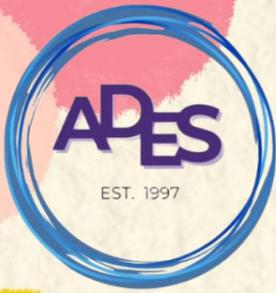
CONGRATULATORY NOTE



On Behalf of all of us from ADES, we would like to extend our heartfelt congratulations to A/Professor Thai Ah Chuan, ADES Advisor, on her well-deserved appointment as Emeritus Consultant recently awarded by NUHS Tribute Awards Ceremony 2025.

A/Professor Thai was instrumental in the pioneering support towards the formation of ADES. Her unwavering dedication, visionary leadership and steadfast support have made a profound impact on diabetes care, particularly in advancing education and empowering diabetes educator nurses in Singapore. Her legacy continues to inspire excellence and compassion in our diabetes education field.

By Aslena Hussain



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BE A GLUCOSE GURU: MASTERING YOUR LEVEL

On the 22 February 2025, ADES was privileged to collaborate with Singapore Nursing Association to host a Diabetes Education Workshop focused on enhancing care through Continuous Glucose Monitoring (CGM) technology.

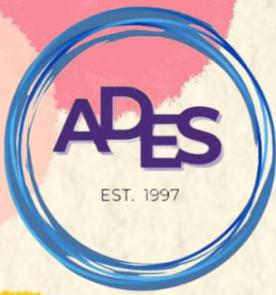
This workshop aimed to bridge that gap by providing healthcare professionals across all settings with practical, up-to-date knowledge to support better diabetes management.

Workshop Highlights

- >100 healthcare professionals attended the 3-hour session
- Hands-on experience with CGM devices
- In-depth discussions on diabetes management strategies
- Networking opportunities to build confidence in managing diabetes in various care settings

Whether participants were new to CGM or looking to deepen their understanding, the workshop offered valuable insights to strengthen their confidence and competency in diabetes education and care.

Our esteemed speakers, Dr Donovan Tay, Senior Consultant, Endocrinology, Arden Metabolic Centre and Dr Kalpana Bhaskaran, President Singapore Nutrition and Dietetics Association Singapore, delivered insightful presentations on the latest CGM advancements and effective strategies for diabetes education and patient support.



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BE A GLUCOSE GURU: MASTERING YOUR LEVEL



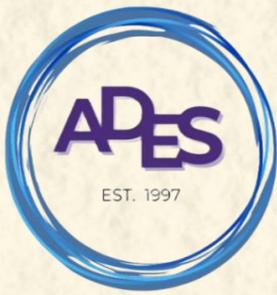
*CGM
Workshop*



Looking Ahead

The ADES remains committed to empowering healthcare professionals through continuous learning and collaboration. We look forward to bringing you more educational workshops and opportunities to advance diabetes care in the near future.

By Oh San San

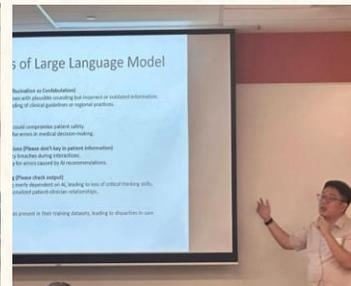


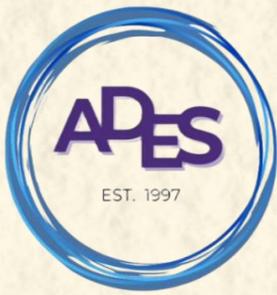
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THE USE OF AI IN CHRONIC DISEASE MANAGEMENT

Artificial Intelligence (AI) is making waves in healthcare, and its impact on chronic disease management is especially exciting. From early diagnosis to personalised treatment and continuous monitoring, AI is helping both patients and healthcare teams take a more proactive approach. Today, wearable devices and AI-powered apps make it possible to track vital signs, medication adherence, and lifestyle factors in real time — putting smarter health management right at our fingertips.





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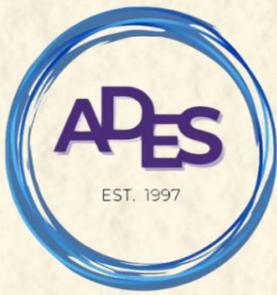
THE USE OF AI IN CHRONIC DISEASE MANAGEMENT

On the 15 March 2025, ADES was honoured to welcome Dr. Ang Yee Gary — Consultant Dermatologist with Health Services & Outcomes Research, Clinical Advisor for Health Empowered by AI Launchpad (HEAL), and part-time doctor at Woodlands Polyclinic.

Dr. Ang shared his expertise and perspectives on how AI is reshaping the way we care for patients with chronic conditions. The session drew an enthusiastic crowd of 62 ADES members, who actively engaged in discussion. Many were curious about how to harness the advantages of AI, while also addressing challenges in integrating this technology into current healthcare practice.

It was an insightful and thought-provoking event, reminding us that AI isn't about replacing healthcare professionals — it's about empowering them, and patients, to achieve better outcomes together.

By Nurhidah Binte Mahmud



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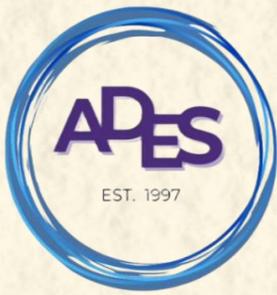
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AID SYSTEM – TOWARDS PHYSIOLOGIC INSULIN DELIVERY

Automated Insulin Delivery (AID) systems, also known as artificial pancreas systems, are revolutionising diabetes care. By combining continuous glucose monitoring (CGM) with an insulin pump, these systems can automatically adjust insulin delivery in real time based on a patient's glucose levels. The result? Better glucose control, reduced risk of both hypoglycaemia and hyperglycaemia, and greater confidence for patients in managing their condition.

On the 15 March 2025, ADES had the privilege of hosting Dr. Suresh Rama Chandran, Endocrinologist and Senior Consultant at Singapore General Hospital. Dr. Suresh delivered an insightful session on the promise of AID technology and its role in moving us closer to physiologic insulin delivery.

Dr. Suresh highlighted how advanced hybrid closed-loop systems have significantly improved *time-in-range* and reduced *HbA1c* levels among patients with Type 1 diabetes in Singapore. In closing, Dr. Suresh emphasised that AID systems not only enable automatic insulin adjustments but also improve treatment adherence and quality of life — a step forward in empowering patients with diabetes.



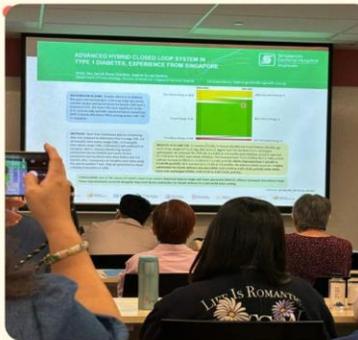
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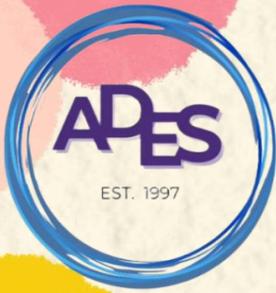
AID SYSTEM – TOWARDS PHYSIOLOGIC INSULIN DELIVERY

Key Takeaways from the Session

- AID systems integrate CGM and insulin pumps to mimic natural insulin regulation.
- They improve glucose control while reducing risks of hypo- and hyperglycaemia.
- Hybrid closed-loop systems have shown measurable benefits in Singapore patients.
- Improved treatment adherence leads to better quality of life for those living with diabetes.



By Nurhidah Binte Mahmud



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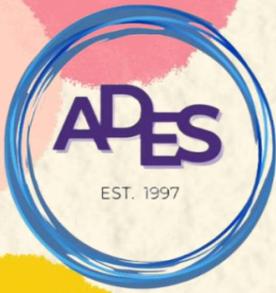
BRIDGE OF LOVE FOR GOLDEN YEAR

On the 6 April 2025, ADES proudly took part in the “Bridge of Love for Golden Year” Food and Fun Fair at Kovan Hub, organised by the Lions Club of Singapore Paterson (LCSP). The event reached out to more than 1,500 seniors, promoting health awareness in a fun and meaningful way.

Ten dedicated ADES members contributed by running glucose and blood pressure screening stations, engaging with over 200 participants throughout the day. The results were eye-opening — 24% of seniors screened had above-normal blood pressure, while 30% showed suboptimal glucose levels. These findings highlight the ongoing need for health education, diabetes prevention, and better chronic disease management.

Beyond the numbers, the event was an opportunity to connect with seniors and empower them to take charge of their health. Our educators provided guidance on diabetes management and healthy lifestyle choices, sparking meaningful conversations and community spirit.

ADES was honoured to be recognised with a Certificate of Appreciation, presented to Ms. Brenda Lim, Vice President (Special Project), by Mr. Terrence Wong, President of LCSP. This recognition reflects our shared commitment to improving the well-being of seniors in Singapore.



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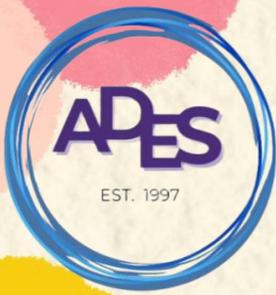
BRIDGE OF LOVE FOR GOLDEN YEAR



**ADES
VOLUNTEERS
AT THE EVENT**

The Bridge of Love for Golden Year event was truly a success — a reminder that together, through collaboration and community engagement, we can make a difference in promoting health awareness and empowering seniors to live healthier lives.

By Agnes Ngho



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IDF CONFERENCE 2025

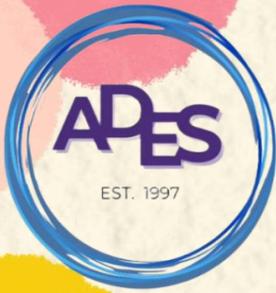


Thrilled by the news that our Changi General Hospital (CGH) E-poster was accepted by the IDF committee, we decided to attend International Diabetes Federation Conference 2025 in Bangkok, Thailand, from the 7 to 10 April.

Our E-Poster, titled “Temporary Tattoo Stickers reduce glucose fluctuations by preventing injections into the lipohypertrophic sites” were contributed by the Diabetes Nurse Educators from CGH, led by Advanced Practice Nurse, Sri Rahayu.

Some precious pointers that we learnt from the conference:

- Role of Diabetes Educators not only to educate but as a behavioral support, resourceful for community, call to action and develop skills – ***Dr Jackie Kassouf Maalouf***
- Sleep problems, depression and diabetes are prevalent conditions and are inter-connected.
- Systematic Review of RCTs showed that Cognitive Behavioral Therapy (CBT) significantly reduced depressive symptoms in Diabetes with comorbid depression – ***Ms Alice P.S. Kong (The Chinese University of Hong Kong)***



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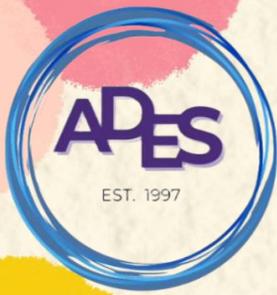
To improve mental health for patients with Diabetes, Health Care Providers (HCP) can:

- Screen for emotional distress (e.g., Diabetes Distress Scale, Beck's Depression Inventory (BDI), Generalized Anxiety Disorder (GAD) Test) especially when there is poor diabetes management or change in behavior or mood
- Go beyond HbA1c – Ask about struggles, fears, tiredness, self-efficacy
- Use non-judgmental and empathic approach to provide safe environment to share difficulties
- Empower – validate effort, give positive feedback for small positive change
- Help them set realistic objectives for changing behaviors (SMART set)

– ***Cristina Maria Petrut***

(Clinical Psychologist, Psychotherapist), Romania

We were also honored to be invited to attend Satellite Symposium by Ascensia on “Accelerating diabetes management with technology adoption and patient care” at The Montien Hotel, Bangkok on 8th April 2025. Professor Bee Yong Mong from SGH to share a study done for over 24 weeks by Rama Chandran et. al. in 2023.



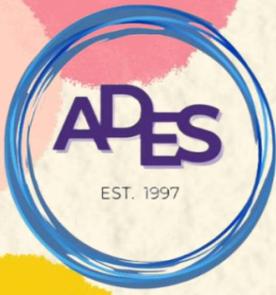
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It was found that telemonitoring with connected glucose meter improves glycaemia in insulin-treated T2DM. 57.5% adhered to glucose testing with an average frequency on 2.5 per day and decrease in HbA1c of 1.7%.The IDF conference had develop us great insights, new updates and recommendations, foster new friendship and networking locally and internationally that is invaluable.





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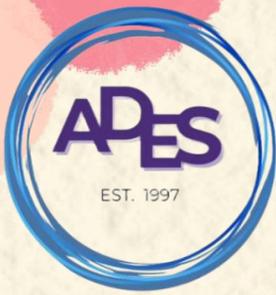
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IDF CONFERENCE 2025



SINGAPORE DELEGATES

By CDE Sharifah Shahira, CGH



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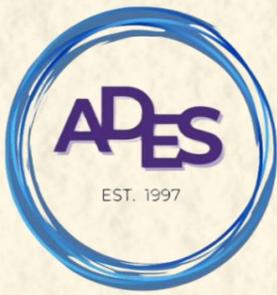
MOU SIGNING CEREMONY



The ADES formalised a collaboration with the Terumo Asia Holdings through the signing of a Memorandum of Understanding (MOU) on 27 March 2025. This partnership centres on the development of Mindfulness in Communication (MIC) resources and workshops, designed to equip healthcare professionals (HCP) with the skills to better understand and address the unique needs of individuals living with diabetes through meaningful dialogue and educational initiatives.

The MIC programme was officially launched on 26 April 2025, and ADES will further extend this initiative by launching the MIC Workshop for its members and HCP on the 25 October 2025.

By Winnie Poh



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KEEPING OFF THE EXCESS WEIGHT: WHAT IS NEW?

On the 17 May 2025, ADES had the honour of hosting Dr. Lim Chin Hong, Senior Consultant of Upper GI/Bariatric Surgery at Singapore General Hospital (SGH), and Dr. Khee Giat Yeng, Senior Clinical Principal Pharmacist at SGH. They shared their valuable expertise on the latest updates in obesity management.

The session was attended by 40 ADES members, who gained valuable insights into current approaches and developments in the field.



By Aslena Hussain