

Singapore

# Diabetes EDUCATORS

ASSOCIATION OF DIABETES EDUCATORS (SINGAPORE) JAN - JUN 2020 MICA (P) 142/08/2017

## Message from President

### Greetings.

It is my privilege to be penning my first note as ADES President. Over the past 8 years, I have the opportunity to volunteer at the ADES Committee and know and work with many of you. I am thankful to Ms Lim Pei Kwee, past ADES President, for her tireless commitment and great leadership. I am also encouraged to receive the support you had given me. I look forward to working together with you as one community of diabetes educators in Singapore, and for your continual support.

Diabetes is one of the biggest drains on our healthcare systems. The National Diabetes Prevention and Care Taskforce was established in June 2016 to spearhead the War on Diabetes (WoD), a whole-of-nation initiative to tackle diabetes. The vision is to create a supportive environment for people in Singapore to lead lives free from diabetes, and for those with the condition to manage it well. I believe you have witnessed the many good initiatives that were implemented thus far. As the WoD is a multi-year effort, we need more years to appreciate the substantive changes in the prevalence of diabetes and diabetes-related complications.

Hence, we need to press on to play our part in beating diabetes – to continue our ongoing efforts in early diabetes detection and prevention, as well as efforts in controlling diabetes for slower disease progression and reduce the risk of complications. It is vital for us, the diabetes educators, to equip our patients and the community around us with the knowledge to live healthier lives and manage their own health.

While we are taking care of our patients and clients, I would also like to remind each of us to keep ourselves healthy, so that we can be positive ambassadors of good health to those around us.

Thank you and do have a Blessed, Happy and Restful New Year!

**Winnie Poh**  
President of 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 Khoo Ling Violet
Education in Charge	Joyce Lim
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
Editorial	Song Guoying
Membership In Charge	Evelyn Tan Peck Cheng
Membership	Eliana Luo

### SUB COMMITTEE

Certified Diabetes Educators (CDE) Certification In Charge	Chan Yoke Ling
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Event & Outreach	Nirmala Arunkumar, Mary Ann Asuncion Benedicto
Editorial	See Chue Win

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# ANNUAL GATHERING MEETING

ADES Annual Gathering meeting was held on 7<sup>th</sup> September 2019. Ms Lim Peck Kwee had passed the baton to Ms Winnie Poh. We thank Ms Lim for her support and time to shape ADES to where it is now. We also would like to thank the rest of the previous committee members who had worked alongside to support ADES event previously, We look forward to work with the newly elected committee members.

## Education Activities

### Diabetes updates : Management in the Community and Certified Diabetes Educator Ceremony

We are fortunate to hear from Ms Kee Mong Nee, Nurse Clinician from Community Nursing Changi General Hospital. She shared on the importance of collaboration within the ecosystem of the community setting, hospital and clinics. She cited several case scenarios based on her routine patient house visit which are exciting while at times daunting.

### Certified Diabetes Educator (CDE) Ceremony

We are very honored with the presence of Dr Loh Keh Chuan, Prof Paul Ananth Tambyah, Mrs Leana Tambyah and A/ Prof Siok Kuan Tambyah to grace the CDE event.

The late Prof Thambyah had been a great visionary leader, friend, key

supporter for ADES and especially in the works of diabetes education. We hope many other diabetes educators will continue to aspire in the quest for learning and upskilling themselves towards certification of Diabetes Educator.

ADES are truly blessed to be given the opportunity to present John A. Tambyah Book Prize 2019 to outstanding new certified diabetes educator by Dr Loh Keh Chuan this year. The winner goes to Ms Tan Qinghua. Congratulations!





## Insulin Injection Force – Does it matter ?

A recent update on matters pertaining insulin injection was held on 23 August 2019. Dr Vivien Lim from Vivien Lim Endocrinology Specialist Centre updated ADES participants a very interesting topic on “How pen technology can benefit insulin initiation and escalation” She shared that insulin is our oldest and most powerful weapon, which are often require to be initiated and titrated. Insulin pens are designed to break away from insulin fear and resistance while insulin pen needles innovations can help to improve glucose control.

Participants had the opportunity to share on real-time of injection force variability test. In this simple test, they are able to observe how the effect of force by the injection on the skin and muscle area. “The greater the force applied during injection will increase the risk of intramuscular (IM ) injection which can increase in pain, causing unpredictable insulin absorption, increase risk of hypoglycemia, hence leading to poor glycemic control”. *Frid AH et al. ( 2016) Mayo Clinic Proceedings 91 (9) :1231-1255*



## Education Activites

# KEEPING PACE WITH RAPID ADVANCING OPTIONS FOR DIABETES CARE

Molly Eu

We are fortunate to spend another lovely evening to be updated on Diabetes care.

Dr Ben Ng Jen Min, Consultant Endocrinologist from Arden Endocrinology Specialist Clinic Mt Elizabeth Novena, lead an interesting discussion on the ups and downs of insulin sliding scale and it effects.

Dr Rimma Shaginan, Head of APAC Global Medical Affairs Ascensia, Diabetes Care Russia, shared on topic of hypoglycemia. It is a common condition for people living with diabetes, leading to significant complications and economic implications. Hence, self-monitoring

of blood sugar level plays a crucial role in preventing hypoglycaemia especially those high-risk individuals. She reinforced on the importance of blood glucose management accuracy especially in low blood glucose range.

Ms Gladys Wong, Senior Principle Dietician, Khoo Teck Puat spoke about the importance of creating a supportive environment to manage their condition through namely Prevention, health screening and motivate behaviour change.

She mentioned about latest trend on various diet namely keto diet and Atkin diet

Though there is increasing awareness of keto diet in view of various research showing benefit in weight loss, blood sugar and insulin sensitivity, however, due to the nature of diabetes, patient should approach keto diet with extreme caution and seek healthcare professional advice before embarking to any extreme diet.

Her take home message is “There is no Special Diabetic Diet”. Fundamentally, a healthy diet, is suitable for all family members that include mindful eating following the plate concept on quality, quantity and frequency

At the end of session the 3 distinguished received a personalized painting done by ADES Vice President (special project), Ms Brenda Lim.



# Community Outreach Program at Bishan Community Centre

Zhang Xiaoqing

On 3rd November 2019, the Association of Diabetes Educators (ADES) joined forces with Dermatology Nurses Chapter under Singapore Nurses Association and the grassroots leaders to conduct a two hours foot screening and training for layperson in conjunction with World Diabetes Day held at Bishan Community Centre. Total 50 residents and 13 volunteers (8 volunteers from ADES) had participated in the session. Glucose meters and test strips were supported by Ascensia Diabetes.

Two learning stations were set up

- Foot screening and self-care management skills
- Blood pressure and blood glucose monitoring

The 2 stations were conducted concurrently in Mandarin. The training sessions aim to equip the public how to perform simple basic diabetes self-care and apply their newly acquired knowledge to the community in need.

Residents are required to learn and have the opportunity to practice on each other. In the foot screening station, they learnt on foot care and foot examination with disposal monofilament. At the self-care management skill stations, residents learnt on self-measuring



blood pressure and blood glucose, with return demonstration with their training partners. Through this opportunity, they are able to recognise target range of normal or out of range blood pressure and blood sugar level.

ADES volunteers were very impressed with the enthusiasm and receptiveness of many senior residents, who did not shy away from learning this fundamental yet very important self-care monitoring skills. They are very thankful to the grassroots leaders and nursing members with the valuable training received.

Ms Brenda Lim, Vice President (Special project) shared that ADES is privileged to participate in this meaningful community work to increase capability of residents in self-care and we look forward to participate many more interactive learning sessions specially catered for residents in the community.





# WORLD DIABETES DAY CELEBRATION

SN Mary Ann  
ADES Event sub committee

On 17 November 2019, ADES participated in the World Diabetes Day celebration. This yearly event was organized by Diabetes Singapore and participating groups in Ng Teng Fong General Hospital. Mr Edwin Tong, Senior Minister of State for Health and Law was the guest of honor at this year's celebration.

**This year's theme is "ADVANCEMENT IN DIABETES CARE AND MANAGEMENT".**

Many diabetes related programs were organized such as:

1. Eye and foot screening
2. Blood test such as HbA1c and health screening
4. Exercise demonstration by physiotherapist
5. Healthy cooking demonstration
6. Series of Educational Talks
7. Diabetes consumables sales



ADES had brainstormed and helmed 3 interactive poster games with themes overview such as,

- Facts and myths on diabetes
- Signs and symptoms of Diabetes,
- Diabetes Complications

More than 200 participants visited ADES booth, with a median age of 50 years and above. Most of them

enjoyed playing the interactive games and at the same time, increased their awareness towards diabetes care and took the opportunity to clear any doubts on diabetes in a fun and enjoyable manner.

ADES received many positive feedbacks. One of the participants shared that initially, she was hesitant to participate in the card game due to her dementia. However ADES volunteers, encouraged and supported her along the way and she was very proud with herself as she was able to overcome her fear of forgetfulness. She praised the interactive games served as a good exercise for her mind and memory. She was even happier that she had learnt more about diabetes with the visuals provided.

Overall, participants enjoyed playing the card games which were very interactive and are visuals. This had increased their interest to learn more how manage and debunk the myths on diabetes in a fun and positive manner.



# International Diabetes Federation Congress 2019

Samantha Seet

The International Diabetes Federation (IDF) Congress 2019 was held from 2<sup>nd</sup> to 6<sup>th</sup> December 2019, in Busan, South Korea. The IDF Congress brings the global diabetes community to tackle a broad range of diabetes issues, from the latest scientific advances to cutting-edge information on education, diabetes care, advocacy and awareness.

In conjunction with IDF Congress 2019, the Young Leaders in Diabetes (YLD) Training Summit also took place concurrently. This year, we have more than 60 YLDs from 48 different countries around the world at the training summit. As a fellow YLD, I am indeed honoured to be able to meet passionate and inspirational YLDs from all around the world and learn about the diabetes-related initiatives in their countries.

The training summit covered several sessions including modern technologies in diabetes, carbohydrate counting, as well as diabetes-related discrimination and stigma. The sessions, especially the one on diabetes-related discrimination and stigma, raised awareness on the importance of language in diabetes-related stigma. Diabetes-related discrimination and stigma often stem from the lack of support within the community and permitting the use of certain language. It is important for us to be aware of the language used in order to eliminate diabetes-related discrimination and stigma.

The summit also included a networking session for the YLDs and the members from Blue Circle Voices (BCV). The BCV is an IDF initiative that aims to represent the interests of people living with, or affected by diabetes, through a worldwide network of members and other stakeholders. The networking session with members from BCV also helps us to learn more about the successful initiatives that

these members have been doing in their countries and we were given some time to consult the various BCV members individually to seek advice on the components that we were interested in.

Since the bulk of our term as YLDs would be to implement our project ideas over the next 2 years, the highlight of the training summit would be working on our individual projects with fellow YLD mentors and learning about the different YLD projects that are carried out by the mentors. We started with a series of presentations by the YLD mentors about their projects and we had a chance to learn about the success, outcomes and shortcomings of their projects.

We also learnt about the challenges that the mentors faced when implementing their projects and we were given tips on implementing our projects. Through the presentations, we saw the amount of work and planning that goes behind every project. After the presentations, we broken up into smaller groups for the group project workshop to share



our individual projects ideas with one another and we were given insightful inputs from fellow YLDs as well as the mentors. By sharing our project ideas with one another, I was also able to develop new ideas that could possibly be implemented in future events, such as camps.

Outside of the programme for the training summit, I was fortunate enough to attend a symposium on diabetes and sex. The symposium was insightful and I saw how diabetes could affect the intimacy between couples and how this topic was rarely discussed with healthcare professionals. In Singapore's society, this is often a 'taboo' topic that is often





avoided and ignored, resulting in the limited education, information and resources available when it comes to sex and diabetes.

In conclusion, the IDF Congress 2019 was an eye-opening experience and I am indeed fortunate to be nominated by ADES to represent Singapore in the YLD programme for IDF Congress 2019. It was my pleasure to meet many other YLDs from all around the world who are all so passionate in diabetes advocacy and I am thankful that I was able to learn from all of them and be part of a greater change. Although the YLD training summit is a separate programme from the IDF Congress, I still managed to learn a lot from the training summit and I am glad that I had time to attend some of the congress sessions before my training summit. My main takeaway from IDF Congress 2019 would be the importance of language in eliminating diabetes-related stigma and in diabetes advocacy. Language belittles the conversation and we promote what we permit. #LanguageMatters



## ADES BOOTH AT INTERNATIONAL DIABETES FEDERATION CONGRESS (IDF) 2019

Zhang Xiaoping

The International Diabetes Federation (IDF) Congress 2019 was held in Busan Exhibition and Convention Center, Busan, South Korea from 2nd Dec to 6th December. Association of Diabetes Educators Singapore (ADES) was privileged to be invited at the Global Village. I was honored to be nominated for the opportunity with Ms Agnes Ngoh, assistant secretary of ADES to interact with various countries delegates.

In the Global Village, ADES shared on the first Singapore guide booklet on recommendations for best practice in injection technique - Forum for Injection Technique Singapore (FIT-SG).

Delegates from IDF visited ADES booth were provided QR codes for easy access to ADES website on FIT-SG through mobile devices. Participants were delighted with the use of QR Codes as it is more environmental friendly.

A newly developed diabetes education game cards was introduced to increase public awareness on understanding "Symptoms of Diabetes", "Diabetes Complications" and "Diabetes Myths & Facts". We received numerous positive feedbacks for the new game cards, as some delegates shared interests to adopt for their local communities.

ADES is grateful to be affiliated member of IDF. ADES not only for networking but introducing our red dot to more than 165 countries' delegates.







# Global village D

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