



Association of
Diabetes Educators
Singapore

Newsletter 2026

Welcome Message from ADES

Happy 2026. First and foremost, I would like to thank you for your unwavering support for ADES and electing me as your new president for the coming term.

As we look toward the future of diabetes care, medical technologies will play a transformative role in how we support patients and communities. Innovations in continuous glucose monitoring, digital health platforms, and personalized treatment approaches are no longer distant possibilities—they are becoming integral to everyday management. Embracing these advancements is not simply about keeping pace with progress; it is about ensuring that every individual living with diabetes has access to tools that can improve their quality of life, enhance safety, and empower self-management.

Yet technology alone cannot drive change. As educators, healthcare professionals, and advocates, we carry the responsibility to upskill ourselves and guide patients through this evolving landscape. Knowledge must be paired with compassion. By equipping ourselves with the skills to interpret data, teach patients how to use devices effectively, and integrate digital solutions into care plans, we bridge the gap between innovation and meaningful outcomes.

Supporting patients in their journey requires more than technical expertise—it demands empathy, encouragement, and a commitment to lifelong learning. Our role is to ensure that no one feels overwhelmed or left behind as new tools emerge. Together, we can foster confidence in patients, helping them see technology and DM care not as a burden but as an ally in their daily lives.

The coming years present us with an extraordinary opportunity: to transform diabetes care into a model of precision, accessibility, and empowerment. Let us embrace this moment with vision and dedication, ADES is committed to working hand in hand with you to build a future where technology and education unite to improve lives.

Sincerely,
Yoke Ling
President, Association Diabetes Educators, Singapore

ADES OFFICE BEARERS

13th Sep 2025 - 18th Sep 2027

Committee Members 2025-2027

Membership I/C	Agnes Nghoh Soh Heng
Education I/C	Angie Tang Puay Sim
Event & Outreach I/C	Aslena Hussain
Editorial I/C	Fadillah Dollah
Education	Noorani Othman
Education	Shao Yanli
Event & Outreach	Shen Ting
Membership	Zhang Xiaoping

Sub-Committee Members 2025-2027

Auditor	Tan Siew Khek
Auditor	Wang Li
CDE IC	Grace Er Boon Hui
CDE	Lim Pei Kwee
Education	Carmen Chua Ann Kee
Education	Christina Goh Yang Hoon
Event & Outreach	Sim Ann Hui
Editorial	Oh San San
Editorial	Tan Qinghua

Executive Committee Members 2025-2027

President	Chan Yoke Ling
Vice President	Chua Chin Lian
Vice President (Special Project)	Brenda Lim Bee Khim
Secretary	Nursyahfiqah Bte A.Yazid
Assistant Secretary	Winnie Poh Siew Huay
Treasurer	Violet Choo Khee Ling
Assistant Treasurer	Angela Hui Yuen Ching

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On 13 September 2025, the Association of Diabetes Educators Singapore (ADES) hosted an education event at Marina Square's PSB, drawing more than 50 attendees. The afternoon was dedicated to advancing knowledge in Quality and Safety in Diabetes Care, followed by the 28th Annual General Meeting (AGM).

Professional Session: Quality & Safety in Diabetes Care

The keynote session featured Ms Joanna Teo Chew Lee, Assistant Vice President, Group MAQ, IHH Healthcare.

- Key themes included continuous improvement, evidence-based practice, and effective patient engagement.
- She emphasized the critical role of quality standards and safety practices in achieving optimal outcomes for people living with diabetes.
- The talk sparked meaningful reflection among members, encouraging them to integrate these principles into clinical practice.

CDE Certification & Book Prize Awards

The afternoon also celebrated excellence in diabetes education:

- CDE Certification Presentation Ceremony recognized educators' commitment to professional standards.
- CDE Awards were presented by Prof Paul Tambyah, Senior Consultant (National University Hospital) to three new Certified Diabetes Educators (CDE) and the book prize to Ms Nurasrina.

ADES 28th Annual General Meeting

The AGM provided a valuable platform to:

- Review the year's progress, achievements, and ongoing initiatives.
- Share updates from each committee on education, finance, and organizational development.
- Reappoint the new committee and subcommittees, reaffirming ADES's commitment to advancing diabetes education.

Looking ahead, ADES is excited to continue empowering educators and making a meaningful difference in patient care.

Closing Note

This event underscored ADES's dedication to quality, safety, and professional growth in diabetes education. With renewed leadership and shared commitment, the association looks forward to building on its strong foundation and driving impactful change in the community.



Mindfulness in Communication

Communication is more than the exchange of information — it is a two-way dialogue that builds trust and understanding. When applied mindfully, it becomes a powerful tool to strengthen educator–patient relationships and improve diabetes management outcomes.

The Association of Diabetes Educators Singapore (ADES), in collaboration with Terumo Asia Holdings, proudly announces the launch of the *Mindfulness in Communication Program*. This groundbreaking initiative, introduced in October 2025, is designed to empower diabetes nurse educators with advanced communication skills that foster empathy, clarity, and presence in patient interactions.



At the heart of the program is the *Mindfulness in Communication Role-Play Card Game*, a unique training tool that simulates real-world scenarios. Through guided role-play, participants practice reflective dialogue, active listening, and mindful response strategies, enabling them to engage patients with greater empathy and effectiveness.

On 25 October 2025, the inaugural session welcomed 40 diabetes nurse educators in Singapore. The energy, engagement, and insights shared during the session reaffirmed the importance of cultivating mindful communication in healthcare settings.



The *Mindfulness in Communication Program* represents a pivotal step in transforming diabetes care in Singapore. As a leading stakeholder, the Association of Diabetes Educators Singapore (ADES) is proud to champion this initiative and invites fellow partners, institutions, and healthcare professionals to join us in advancing the practice of mindful communication. Together, we can empower educators, elevate patient experiences, and drive better health outcomes across the community.





Association of
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World Diabetes Day Festival 2025

ADES Volunteer at the Event

The *World Diabetes Day Festival 2025*, held on 15–16 November at the Toa Payoh HDB Hub, successfully brought together thousands of residents, healthcare professionals, and community leaders.



Hosted by Diabetes Singapore with the invaluable support of the ADES committee, the event marked a significant milestone in Singapore’s “*War on Diabetes*,” with a strong focus on early detection and sustainable lifestyle management.

Considering Singapore’s ageing population and the rising prevalence of chronic diseases, we remain committed to strengthening collaboration with fellow healthcare professionals to enhance patient care, promote preventive strategies, and support long-term health outcomes.





Association of
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Empowering Singapore's Diabetes Nurse Educators: Translating Continuous Glucose Monitoring Trendlines into Actionable Care



On 9 December 2025, the Association of Diabetes Educators Singapore (ADES), with the generous support of Abbott, had the honour of hosting Associate Professor Margaret McGill for a transformative masterclass at the Swissôtel. Approximately 50 Diabetes Nurse Educators (DNEs) from across Singapore's public healthcare sectors went through an intensive session on Continuous Glucose Monitoring (CGM) interpretation.

Supported by Abbott's commitment to advancing diabetes technology, the masterclass marked a significant evolution in local clinical practice. Instead of looking at single glucose numbers in isolation, the training focused on reading the "big picture"—empowering DNEs to use CGM trendlines to make more precise, proactive care decisions.

Redefining the Standard of Care

The workshop, *"Empowering Diabetes Nurse Educators: Translating CGM Trendlines into Actionable Care,"* provided a high-level framework for optimizing patient outcomes in an increasingly data-driven landscape.



Led by the internationally renowned Prof. Margaret McGill, the evening bridged the gap between complex data acquisition and practical clinical application. The curriculum was strategically divided into two high-impact segments: **Interpreting CGM Trends:** A keynote session on the clinical utility of CGM trendlines, offering a structured approach to fine-tuning insulin titration and dietary interventions.

Case Studies and Clinical Application in Practice: *A collaborative session where DNEs applied step-by-step guide to real-world scenarios through group discussion.*

Impact on Singapore's Healthcare on Advancing Diabetes Management

As CGM technology becomes the cornerstone of modern diabetes therapy, the DNE's role as an *"interpreter of data"* is more vital than ever. This workshop moved beyond theory, equipping participants with the *"Precision CGM Insights"* necessary to guide real-time in treatment decisions.

A Night of Gratitude:

Reflecting on the ADES Year End Dinner 2025

On Wednesday, December 10th, 2025, the ADES committee gathered at Peppermint, Parkroyal Collection Marina Bay, for our annual Year End Dinner. Amidst the lush, garden-inspired setting, we took a well-deserved moment to celebrate the milestones of the past year and the dedicated individuals who made them possible.

Honoring Committee Excellence. The evening was highlighted by our annual awards ceremony presented by Brenda Lim Bee Khim. In a year filled with dynamic challenges, these awards recognize the committee members who went above and beyond to ensure ADES continues to thrive.



We are proud to celebrate this year's recipients:

Commendable Award Diamond:

Chan Yoke Ling

Commendable Award Gold:

Chua Chin Lian

Commendable Award Silver:

Angela Hui Yuen Ching



Looking Towards 2026

As we close the chapter on 2025, we carry the energy and camaraderie from this dinner into the new year. The dedication shown by every committee member ensures that ADES is well-positioned for even greater impact in 2026.

Thank you to everyone for making the ADES Year End Dinner a night to remember. Your hard work is the heartbeat of this organization.

“Coming together is a beginning; keeping together is progress; working together is success by — Henry Ford