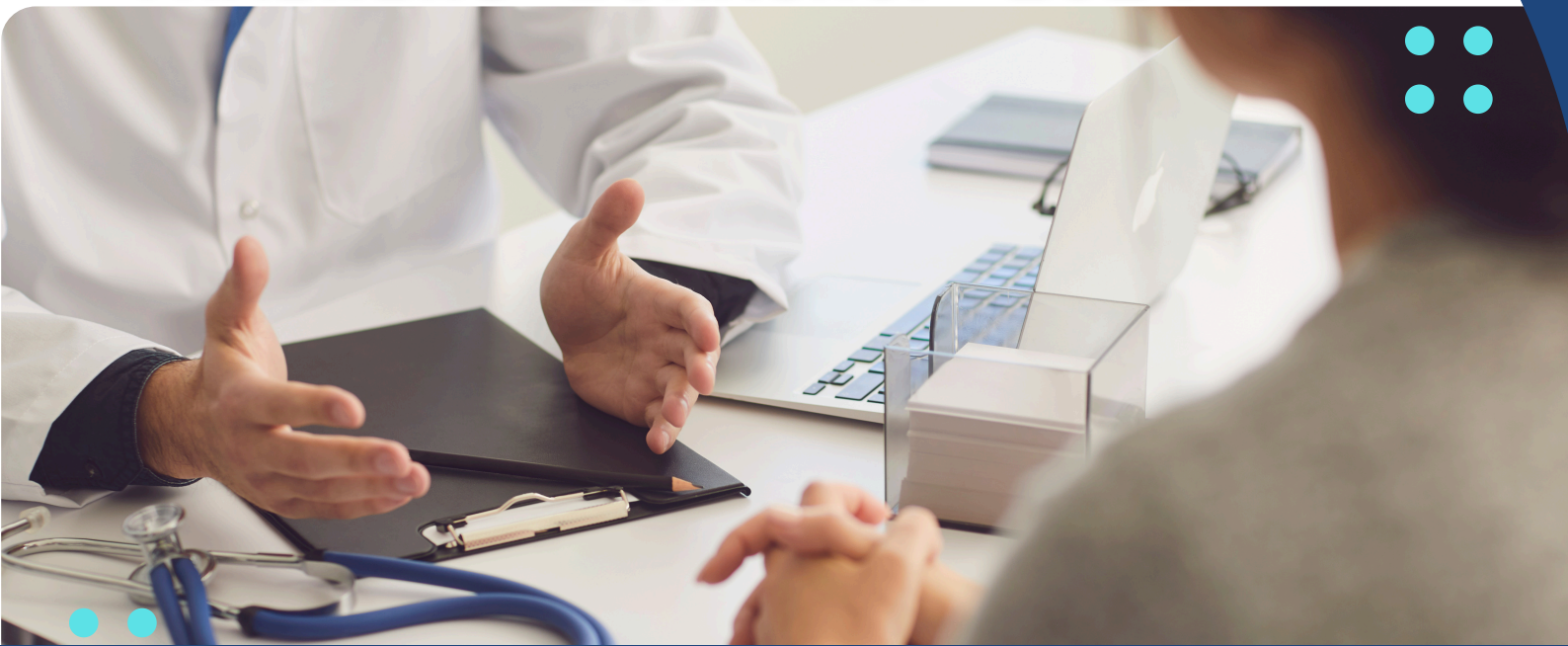




賽馬會精準防控早發性糖尿病計劃
Jockey Club Precision Prevention Programme
on Young Onset Diabetes

PREVENTION AND MANAGEMENT ON YOUNG ONSET DIABETES TRAINING WORKSHOP 2024



Date: 14 September, 2024 (Saturday)

Time: 09:00 – 18:05

Venue: YCYT 203A, Cheng Yu Tung Building, The Chinese University of Hong Kong,
Shatin, Hong Kong

Registration deadline: 11 September 2024 (Wednesday)

Expected learning outcomes:

- Understand the principles of precision diabetes prevention and care and the impacts of the legacy effects of 'early diagnosis and intervention' on long term complications
- Learn how to educate, empower and engage participants to own their health and adopt new behaviours
- Adopt team-work amongst all stakeholders to achieve impactful results and understand its importance

Organisers:

Co-organiser:

Funded by:



香港中文大學
The Chinese University of Hong Kong



香港中文大學醫學院
Faculty of Medicine



香港糖尿病及肥胖症研究所
HONG KONG INSTITUTE OF
DIABETES AND OBESITY



Hong Kong Association of
Family Medicine & Primary Health Care Nurses



The Hong Kong Jockey Club Charities Trust



亞洲糖尿病基金會
Asia Diabetes Foundation



聖雅各福群會
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Training Agenda

Time	Topic	Facilitators
	<i>(for doctors and nurses)</i>	
8:45 – 9:00	Registration	
9:00 – 9:15	Introduction of Jockey Club Precision Prevention Programme on Young Onset Diabetes	Juliana Chan
9:15 – 10:00	Use of 2-stepped approach for risk stratification and disease classification	Juliana Chan
10:00 – 10:45	JADE® assessment and personalized report	Juliana Chan Amy Fu
10:45 – 11:00	Break	
11:00 – 12:00	How to use Continuous Glucose Monitoring (CGM) devices to provide feedback and promote self-management	Juliana Chan (Moderators: Harriet & Amy)
12:00 – 12:30	Evidence base for early prevention and treatment	Juliana Chan
12:30 – 13:00	Jockey Club Precision Prevention Programme on Young Onset Diabetes - Programme Detail	Juliana Chan
13:00 – 13:30	Common questions by participants and patients: experience sharing	All
13:30 – 14:30	Lunch [^]	
	<i>(optional for doctors)</i>	
14:30 – 15:30	How to educate participants to prevent and self-manage diabetes and 3 Highs	Harriet Chung
15:30 – 16:00	How to personalize a balanced and healthy diet	Mandy Sea
16:00 – 16:15	Break	
16:15 – 16:45	How to motivate behavioural change and provide psychological support	Nelson Yeung
16:45 – 17:30	Hands-on experience <ul style="list-style-type: none"> Demonstration on participants management portal – My Gem® App Role play: explain DForesee® Report amongst participants 	All
17:30 – 18:00	How to administer and complete questionnaires	Juliana Lui Juliana Chan
18:00 – 18:05	Questions and answers	All

[^]Please note that lunch is not included.

Jockey Club Precision Prevention Programme on Young Onset Diabetes

This is a community health promotion and diabetes prevention programme. This Programme aims at reducing the growing burden of young-onset diabetes and premature critical illnesses by identifying 9,000 individuals aged 18-44 years old without known diabetes and with at least one risk factor for diabetes for early intervention. The project team will use clinical and biogenetic test to detect diabetes and impaired glucose tolerance (IGT). Depending on the risk levels, participants will undergo a 2-year risk-stratified intervention with different care components including consultation by doctors and nurses, subsidized self-monitoring tools and medications as well as education and empowerment through WhatsApp messages, webinars and/or workshops. The goal is to stop or delay the onset of diabetes, avoid hospitalizations and help people live healthier, happier and longer.