

Jockey Club Precision Prevention Programme on Young Onset Diabetes Prevention and Management on Young Onset Diabetes Training Workshop

- Organisers:** The Faculty of Medicine, The Chinese University of Hong Kong (CUHK)
Hong Kong Institute of Diabetes and Obesity (HKIDO), CUHK
Asia Diabetes Foundation (ADF)
St. James Settlement (SJS)
- Co-organiser:** Hong Kong Association of Family Medicine & Primary Health Care Nurses
- Date:** 14 September 2024 (Saturday)
- Time:** 09:00 – 18:05
- Venue:** CYT 203A, Cheng Yu Tung Building, The Chinese University of Hong Kong, Shatin, Hong Kong
- Target participants:** Doctors, nurses and allied health professionals

Expected Learning Outcomes

By the end of the program, participants should be able to

1. Understand and explain the rationale, purpose, procedures and deliverable of the Jockey Club Precision Prevention Programme on Young Onset Diabetes
2. Understand and explain the logistics and workflow to implement the programme
3. Understand and explain the roles and responsibilities of each party involved in the programme
4. Understand the evidence base and explain the results of the DForesee[®] Report to stratify risk and motivate self-management with follow-up action
5. Understand the evidence base and explain the results of the JADE[®] Report to stratify risk, identify care gaps and motivate self-management with follow-up actions
6. Explain how to use continuous glucose monitoring (CGM) device and teach participants to interpret the results with follow up action
7. 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
8. Learn how to educate, empower and engage participants to own their health and adopt new behaviours
9. Understand and explain the key milestones of the programme
10. Adopt team-work amongst all stakeholders to achieve impactful results and understand its importance

Facilitators (by alphabetical order)

- Prof. Juliana Chan (CUHK/ADF) Prof. Juliana Lui (CUHK/ADF) Prof. Nelson Yeung (CUHK)
- Dr. Harriet Chung (SJS/ADF) Dr. Mandy Sea
- Ms. Amy Fu (CUHK/ADF) Ms. Michelle Tse (GVC)

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.

Organisers:



Co-organiser:



Online Registration

Registration will
be closed on
11 September 2024
(Wednesday).



Training Agenda

Time	Topic	Facilitators
<i>(for doctors and nurses)</i>		
8:45 – 9:00	Registration	
9:00 – 9:15	Welcome and introduction Jockey Club Precision Prevention Programme on Young Onset Diabetes - Background and rationale	Juliana Chan
9:15 – 10:00	Use of 2-stepped approach for risk stratification and disease classification - How to collect saliva samples for DNA test - Explanation of DForesee® and BC (Beta-cell) Health Reports - My Gem® App	Juliana Chan
10:00–10:45	JADE® assessment and personalized report - Demonstration of JADE Portal - Comprehensive assessment and follow up forms - Eye and foot examinations - Purpose of JADE® patient and doctor’s reports	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 - Set-up procedures - How to instruct participant to wear the CGM and use the CGM mobile APP - How to read the CGM results and take appropriate actions	Juliana Chan (Moderators: Harriet Chung & Amy Fu)
12:00 – 12:30	Evidence base for early prevention and treatment - Lifestyle intervention - Glucose lowering drugs and organ-protective drugs	Juliana Chan
12:30 – 13:00	Jockey Club Precision Prevention Programme on Young Onset Diabetes - Program objective and protocol - Inclusion and exclusion criteria - Logistics, workflow, definitions and interventions - Consent form and questionnaires - Roles of different parties	Juliana Chan
13:00 – 13:30	Common questions by participants and patients: experience sharing - Questions and answers	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 - Understand the risk factors, symptoms, subtypes and complications of diabetes - Practical tips on living with diabetes and 3-Highs	Harriet Chung
15:30 – 16:00	How to personalize a balanced and healthy diet - Practical tips - Common questions and concerns by participants and patients - On-line resources	Mandy Sea
16:00 – 16:15	Break	
16:15 – 16:45	How to motivate behavioural change and provide psychological support - Practical tips and on-line resources - Common questions and concerns of participants and patients	Nelson Yeung
16:45 – 17:30	Hands-on experience - 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 - The importance of using questionnaires to understand participants’ health and their perspectives (physical, psychosocial and well-being)	Juliana Lui Juliana Chan
18:00 – 18:05	Questions and answers	All

[^] Please note that lunch is not included.

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