

## Diabetes Self-Care Management Sharing Program (Mar to Dec 2014)

**Rodiah Hashim**

DSS completed a series of Sharing Programs in December 2014, sponsored by MSD Pharma (Singapore) Pte Ltd. Each program consisted of two full days of sharing sessions on diabetes management for nurses of community hospitals, nursing homes and home care services.

Topics outlined during the sharing included diabetes overview, diet, blood glucose monitoring and its interpretation, oral hypoglycaemic agent, Insulin, exercise, sick day care, oral, skin & foot care and diabetes management during Ramadan.

In all, a total of 181 staff from 16 community hospitals, nursing homes and home care services attended. The response to the program was indeed encouraging:

*"All topics that have been discussed were all informative and will be beneficial for our everyday task particularly when dealing with clients with diabetes."*

*"It's a very good course and relevant to me."*

DSS hopes that participants were enriched and empowered to provide better care and management to patients with diabetes under their care.

**MOBILE CLINIC 2015 SCHEDULE & FULL 2015 DSG SCHEDULE AVAILABLE ONLINE AT [WWW.DIABETES.ORG.SG](http://WWW.DIABETES.ORG.SG)**

## PAST OUTREACH PROGRAMS

### HEALTH SCREENING PROGRAMS

2 Nov 2014	Healthy Minds Happy Lives Carnival by Jurong Spring CC at Blk 501 Jurong West Ave 1
15 Nov 2014	Health Screening at Mount Elizabeth Novena Hospital

### HEALTH TALKS

4, 11 & 18 Oct 2014	'Diabetes Prevention & Management' Health Talks at Yue Hwa Chinese Products in Eu Tong Sen Street
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## DIABETIC SUPPORT GROUP (DSG) CALENDAR (JAN TO MAY 2015)

**24 Jan 15, 4pm**

Park Connector (PCN) Walk – Central Route 1 (6.4 km)  
Stadium MRT Passenger Service

**28 Mar 15, 4pm**

Park Connector (PCN) Walk – Central Route 2 (5.3 km)  
Toa Payoh MRT Passenger Service

**25 Apr 15, 4pm**

Connector (PCN) Walk – Central Route 3 (5.6 km)  
Admiralty MRT Passenger Service

**16 May 15, 11.30am**

Healthy Baking and Vegetarian Cooking @ Bedok DSS Bedok Multi-function room

**Care to join us for our next DSG outing/meeting?**

**Ring Juliana at 9278 2084 for information.**

*Please bring your own blood glucose meter for all DSG activities.*

*Bring an umbrella and wear a good pair of walking shoes for outdoor activities.*

## KTPH WDD Celebration

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DSS was invited to participate in Khoo Teck Puat Hospital's WDD Celebration on 15 Nov 2014.

The event was held at the Learning Centre and included drama performances, health screening and talks. Booths by participating partners offered education and sale of diabetes-related products.

Our DSS support group was on site to encourage and recruit people with diabetes and their care givers to join them in their monthly walk activities to connect with others and share their experiences.

With them was Miss Poh Lay Hoon who autographed the book she had written about her struggles with type 1 diabetes. The books, in Mandarin, are on sale at all DSS centres for only \$10 per copy.



FOR THE LATEST ON DSS EVENTS, LOG ONTO [www.diabetes.org.sg](http://www.diabetes.org.sg)

**For enquiries, please contact 6842 6019.**

**\$10 PER COPY**  
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