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HPJ Diabetic Camp 2019

WELL CONTROLLED DIABETES, HAPPY FAMILY

Diabetes is a chronic disease that requires motivation, continuous and utmost commitment to ensure good sugar control as to avoid its irreversible complications. Young diabetics are most affected by this disease. In view of that, the Paediatrics Department of Putrajaya Hospital in collaboration with the Malaysian Endocrine and Metabolic Society (MEMS), Putrajaya Hospital Specialist Society and the Putrajaya Hospital Health Education Unit annually organizes a diabetic camp for young diabetics.

Diabetic camp this year 2019 was with a superhero theme carrying the slogan "Diabetes Terkawal, Keluarga Ceria" held on the 2nd of November 2019 at the Putrajaya Hospital Auditorium in conjunction with the month of diabetic awareness. Thirty-seven participants were agreeable to attending the programme although some last minute cancellations due to unforeseen circumstances occurred. In accordance to the theme, parents as well as family members were invited attendees.

The earliest participants registered for event even before 7am reflecting on their enthusiasm. The event started first with an exercise session conducted by the exercise specialists from the Sport Science Faculty University Malaya at 8.20am followed by light refreshments and breakfast. Datuk Dr Nora'i Binti Mohd Said, Hospital's director the proceeded in officiating the event. In her speech, she shared her own personal experience in living with Type 1 Diabetes which captured the

audience's attention in which she pointed out that diabetes is not a deterrent to anyone in achieving their ambitions and dreams as well as having a fulfilling family life.

Next, Dr Jeanne Wong, Paediatric Endocrinologist talked about diabetic care during holiday and travel. This was followed by Dr Victor Selvanayagam from the Sport Science University Malaya whom not only talked about exercise and diabetes, he also engaged participants in carrying out physical activities in the auditorium! Mid-morning from 10.30 am to 12.00 pm, the much anticipated group 'sukaneka' event was conducted with laughter and fun from the participants while parents and family enjoyed breakfast followed by visits to the booths put up for diabetic education by the pharmacists and dieticians.

One of the highlight of this yearly diabetic camp is the session conducted by the dietician experts. This year, they put up a demonstration on cooking fried rice using a rice cooker and healthy 'teh tarik' (1 carbohydrate exchange) in the auditorium itself with participation from participants, parents, family and even the event organisers. Adding fun to the camp, Dr Cheng Hooi Peng and pharmacists spontaneously taught children and parents on how to blow up balloons into various shapes including animals and flowers which was thoroughly enjoyed by all.

Starting the evening session was Dr Rahima Dahlan, Child Psychiatrist and Lecturer from University Putra Malaysia who talked on how parents could give physical, emotional and mental support to children with diabetes. She also reminded parents to have physical and mental strength themselves to ensure a harmonious family. Participants were than divided into small groups according to age for an ice breaking session with the facilitators led by Miss Cheng Yen Yee, Clinical Psychologist from Putrajaya Hospital.

During the closing ceremony, Naavanesh A/L Sivaakamar won the best prize (a tablet) as he managed to show the best improvement in his HbA1C level. This yearly prize giving session aimed at motivating other participants as well as being a driving factor in improving their sugar control. Overall, participants were satisfied with the diabetic camp and was happy with the conducted sessions during the camp and were really looking forward to the next camp next year. In fact, some participants were even hoping to have an overnight diabetic camp so that more activities and sessions could be conducted.

On behalf of the Paediatrics Department of Putrajaya Hospital, our heartfelt thanks goes to Datuk Dr Nora'i Binti Mohd Said whom supported and officiated our event, and also to those making this event a success: Malaysian Endocrine and Metabolic Society (MEMS), Putrajaya Hospital Specialist Society and the Health Education Unit Putrajaya Hospital. Not forgetting the organizers whom worked hard in ensuring the smoothness of the event. Most of all, to the participants and family members whom attended this event, "You guys rock, and we got this together!!!".

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