



HTJ DIABETES CAMP 2019

"WELL CONTROLLED DIABETES, HAPPY FAMILY"



Diabetes is a chronic disease that requires holistic care to avoid complications so that diabetics can have good quality of life. Diabetic patients need continuous support from the health care personnel to improve their knowledge in diabetes care. To address this need, Medical Department of Hospital Tuanku Ja'afar in collaboration with Malaysian Endocrine and Metabolic Society (MEMS), Persatuan Lulusan Ijazah, Perubatan (PLIP) Hospital Tuanku Ja'afar and Persatuan Diabetes Malaysia (PDM) Negeri Sembilan have been organizing yearly diabetic camp for our diabetic patients.

For the year 2019, we organized Diabetes Camp specially for patients with Type 2 Diabetes. It was held on the 16th of November 2019 in conjunction with World Diabetes Day at the Ambulatory Care Centre, Hospital Tuanku Ja'afar. The slogan for Diabetes Camp this year is "Diabetes Terkawal, Keluarga Ceria". A total of forty-six participants attended the programme with their families and guardians.

Registration started at 7.30am and finished by 8.30am. Each participant had their blood glucose measured and recorded in glucose diary provided. Post registration participants were provided with pre-packed breakfast. The event started with ice breaking session conducted by Dr. Deviga, Endocrine fellow from Hospital Tuanku Ja'afar at 8.30 am.

This ice breaking session required participants to introduce themselves and tell a little bit about their diabetes. This is followed by aerobic exercise session at 9.00 am. This session was conducted by the Aerobic Chair Team from the Department of Dietetic. In this session participants were taught how to exercise while sitting on a chair. We feel that this is important to educate patients that they have to continue doing exercise even at times when mobility is limited. This was followed by simple exercise that can be done while standing. The response from participants and their family members was very encouraging, & they enjoyed this session.



Next part the programme, participants were divided into five groups. Each group then went to 5 different training stations. The training stations that were provided were:

Diabetes Map Education conducted by Diabetes Nurse Educators



Insulin and Medications stations conducted by hospital pharmacists



Diet stations which include carbohydrates counting and Food Label reading by Dietitians



Sensory Training and foot exercise stations by Occupational Therapist



And Self Blood Glucose Monitoring and Hypoglycaemia Management stations conducted by Endocrine fellows. Each stations took 30 minutes.

At the end of each stations quiz questions were given to participants. Those who were able to answer the questions were given prizes. The prizes given include glucometer, glucometer strips, weighing scale, socks, food container, and towels. All participants were required to complete all 5 stations. Last event of the day was a session with Ms. Sharlene Teo Shu Lin, Clinical Psychologist from Psychiatry Department Hospital Tuanku Ja'afar. In this session, the psychologist provided tools for stress management coping skill for patients with chronic illness specifically diabetic patients.



The response from participants was very positive, they were delighted to have joined the programme. They commented that they have learnt a lot about diabetes management. The returning participants were happy to join the programme every year. The programme ended with a photo session with the participants and Committee members.

The Endocrine Unit, Tuanku Ja'afar Hospital is very thankful to the Malaysian Endocrine and metabolic Society (MEMS) for the success of the programme. We hope to get similar support from MEMS next year. We also appreciate the contributions and help from the Diabetic educators, pharmacists, occupational therapists, dietitians, psychologist and MOPD staffs.

