

REPORT:

Theme : Diabetes and Family

HPJ organises World Diabetes Day celebrations annually. The Endocrine unit with collaboration with HPJ Diabetes Resource Centre (DRC), HPJ Pharmacy DMTAC unit, HPJ Dieticians, HPJ Health Education Unit and Malaysia Endocrine and Metabolic Society (MEMS) successfully organised the 2019 celebrations and the programme included events that focused on both type 1 and type 2 diabetes.

We started on the 10th of November with a 'Walk and Cruise' event that started at 8 am. Almost 200 patients with type 1 diabetes and their family members gathered at Jejak Sisiran Dataran Putra in Putrajaya. After a rousing warm-up session all participants were off for a 3 km walk. This was to create awareness that walking is a way to manage their diabetes and to stay healthy. Afterwards all who finished the 3 km course were rewarded with a beautiful morning cruise over Lake Putrajaya and a tour of the botanical gardens.

Our WDD team visited schools in Putrajaya on 12th, 14th and 20th November engaging primary and secondary students to increase awareness on healthy living and diabetes prevention.

A diabetes camp for patients with type 1 diabetes - 'Type 1derful Camp' was held on the 13th November. This involved sessions with a physiotherapist, diabetes educator, endocrinologist and psychiatrist. The highlight of the day of course was the many rounds of lucky draws! We conducted a Big Blue Test with the participants checking their blood glucose before and after a 15 minutes dance exercise session. As the events were scheduled from 9 to 5, patients and family were also made aware that managing diabetes is a full time job.

A seminar on in-patient glycemic control was held on the 14th of November. This was officiated by Datuk Dr Noor Hisham Abdullah, Director General of Health Malaysia followed by a launch ceremony of the Practical Guide to In-Patient Glycaemic Care at the HPJ auditorium. This was attended by healthcare professionals from the region.

WORLD DIABETES DAY 2019 HPJ : 10 - 14 NOVEMBER 2019



