

## Our Mission

To provide a comprehensive and all-rounded education to people with diabetes, so that they can prevent diabetes related complications with good blood glucose control and monitoring, proper self care, and most importantly, a happy and healthy lifestyle.

## Our Service

With a team of specially trained and dedicated health care professionals, our services focus on educating people with diabetes and their families. Whether one is new to diabetes, or needs refresher education in order to improve blood glucose control and to prevent complications, we have a complete range of self-management classes and training programmes that can suit his or her needs.

Our Team Members include :

Diabetes Nurse	Registered Dietitian
Physiotherapist	Podiatrist
Pharmacist	

Our Services are aimed to provide the following education contents:

- Basic knowledge about diabetes including the types, symptoms and treatment options
- Blood glucose control and the prevention of hyper- or hypo- glycaemia
- Self Monitoring of Blood Glucose (SMBG) and appropriate interpretations
- Information about oral hypoglycaemia agents and insulin use
- Short term and long term complications and their preventions
- Medical nutrition therapy and individualized diet planning
- Weight management
- Exercise and blood glucose control
- Individualized exercise guidelines and regimen planning
- Day-to-day self care including foot care

## Our Programmes

We offer a wide range of programmes to suit individual needs; all programmes include the following measurements :

- Height measurement
- Weight measurement
- Body mass index
- Body fat percentage
- Waist measurement
- Hip measurement
- Waist to hip ratio
- Blood pressure

### I. Living with Diabetes Group Programme

Living with Diabetes Programme is a "Beginner" programme for newly diagnosed diabetics and those with poor diabetic controls. In 6 small-group sessions (4-6 participants) and 2 individual sessions, participants will meet with our diabetes nurse and dietitian to cover the following topics:

- Types of diabetes, symptoms and treatment options
- Relationship between insulin and glucose
- Importance of blood glucose monitoring and practical interpretation
- Diet planning and healthy eating strategies for diabetes
- Exercise and blood glucose control

Time : Meet on every Tuesday from 6:30 pm to 8:00 pm  
(The programme runs every 2 months)

Remark : Light refreshments will be provided during the sessions.

### II. Individual Exercise Assessment & Training Programme

The exercise assessment programme is designed for people who want to know about how exercise can affect their blood glucose. Patients will meet with our diabetes nurse and physiotherapist on a one to one basis in two sessions to discuss about the effects of exercise in blood glucose control, guidelines for exercise basing on blood glucose profile, practical aerobic exercise and resistance training exercise assessment. Participants will also receive individual foot assessment and advice on daily foot care and choosing proper footwear by our podiatrist.

Time : Appointment arranged within service hours

### III. Insulin Therapy Group Programme

The Insulin Therapy Programme is a two half-day small group (2-4 participants) programme targeted for people who are on insulin therapy (type 1 and type 2). Participants will meet with our diabetes nurse, dietitian and physiotherapist in a group setting to cover the following topics:

- Basic to in-depth information for using insulin
- Blood glucose interpretation
- Trouble-shooting for insulin therapy
- Matching daily carbohydrate intake to insulin regimen
- Practical healthy eating strategies
- Exercise and blood glucose control
- Individualized exercise blood glucose assessment
- Foot assessment and advice by Podiatrist

Time : Meet on alternative Saturdays from 8:30 am to 2:30 pm (The programme runs every 2 months)

Remark: Participants will enjoy breakfast and lunch with our diabetes nurse and dietitian

### IV. Individual Counselling Service

For individuals with conflicting schedules to our group programmes or with a preference to individually meet with our health team members. We offer individual consultations to suit your scheduling needs. Participants for the individual consultation packages will receive the following:

- Individual consultations on diabetic care with our diabetes nurse (up to 4 times)
- Individual consultations on healthy eating for diabetes with our dietitian (up to 4 times)
- Individual exercise assessment and recommendation from our physiotherapist (1 time)
- Foot assessment and advice by our podiatrist (1 time)

Time : Appointment arranged within service hours

For further enquiries, please contact us at:

2 Village Road, Happy Valley, Hong Kong

Tel: 2835 8683 / 2572 0211 ext 3733

Fax : 2892 7513

E-mail: [diabetes@hksh.com](mailto:diabetes@hksh.com) <http://www.hksh.com>

Service Hours (Except Public Holidays):

Tuesdays and Thursdays: 2:00 -5:00 pm



養和醫院

Hong Kong Sanatorium & Hospital



糖尿病教育服務  
Diabetes Education Service

糖尿病中心  
Diabetes Centre

## 服務宗旨

透過提供全面詳盡的糖尿病教育，讓糖尿病患者掌握良好的生活技巧以預防併發症，例如血糖控制、自我護理，務使可擁有健康愉快的生活模式。

## 服務概覽

匯聚各科醫護專才，致力服務糖尿病患者及其家人。無論是新糖尿病患者，或需要改善血糖控制以預防併發症，我們均設有一系列全面的自我護理課程及訓練計劃，以適合個別需要。

### 醫護小組成員：

糖尿病科護士	註冊營養師
物理治療師	足病診療師
藥劑師	

### 本中心致力提供下列教育服務：

- 糖尿病的基本知識，包括認識糖尿病類型、徵狀和治療方法
- 血糖控制；預防高血糖症和低血糖症
- 血糖自我監察 (SMBG)的方法及適切的講解
- 口服降血糖藥物及胰島素之使用方法
- 認識短期和長期併發症及其預防方法及個
- 飲食治療及個別飲食計劃
- 體重的控制
- 運動和血糖控制
- 個別運動指引及制定計劃
- 每日自我護理技巧（包括足部護理）

## 服務計劃

為切合不同人士之需要，本中心提供一系列服務計劃，所有計劃均包括下列項目：

- 身高量度
- 體重量度
- 體重指標
- 身體脂肪百分比
- 腰圍量度
- 臀圍量度
- 腰臀圍比例
- 血壓量度

### I. 「糖尿病活得好」小組聚會

此計劃專為初次患有糖尿病或未能妥善控制病情之人士而設，有六次的小組聚會（四至六人一組）及兩次的個別指導。由糖尿病科護士和營養師講解下列題目：

- 糖尿病類型、徵狀及治療方面的選擇
- 胰島素與血糖的關係
- 血糖控制之重要性及實際的應用法
- 糖尿病健康飲食法及制訂餐單
- 運動及血糖控制

時間：逢星期二，晚上六時三十分至八時（每兩個月舉辦一次）

附註：每次聚會均有小食供應

### II. 個人運動評估及訓練計劃

此計劃專為希望以運動控制血糖之人士而設。參加者將接受糖尿病科護士和物理治療師的個別指導兩次，從而了解運動對血糖控制的影響，認識不同血糖水平的運動指引，學習帶氧運動，及接受阻力運動訓練評估。參加者亦會接受足病診療師的個別足部檢查及日常足部護理指導，及如何選擇合適鞋履。

時間：安排於本中心服務時間內

### III. 胰島素治療小組聚會

此計劃為期兩次半天（兩至四人一組），專為正接受胰島素治療的患者（一型和二型糖尿病）而設。由糖尿病科護士、營養師和物理治療師講解下列題目：

- 由淺入深認識胰島素的應用
- 解釋量度血糖的結果
- 胰島素治療的常見問題
- 配合碳水化合物每日攝取量和胰島素注射量
- 實用健康飲食法
- 運動及血糖控制
- 個別運動血糖評估
- 足病診療師檢查足部及指導

時間：每隔一個星期六，早上八時三十分至下午二時三十分（每兩個月舉辦一次）

附註：與糖尿病科護士和營養師一起享用早餐及午餐

### IV. 個人諮詢服務

此計劃專為未能配合小組聚會時間，或希望接受個別指導之人士而設。參加者可自訂合適時間接受下列指導：

- 糖尿病科護士--認識糖尿病護理（最多四次）
- 營養師--認識糖尿病健康飲食法（最多四次）
- 物理治療師--接受運動評估及建議（一次）
- 足病診療師檢查足部及指導（一次）

時間：安排於本中心服務時間內



## 糖尿病教育服務 Diabetes Education Service

如有查詢，歡迎致電本中心  
香港跑馬地山村道二號  
電話：2835 8683 / 2572 0211 內線 3733  
傳真：2892 7513  
電郵：diabetes@hksh.com

<http://www.hksh.com>

中心服務時間（公眾假期除外）：  
星期二、四：下午二時至五時