



**Service Priorities and Programmes**  
**Electronic Presentations**

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**Innovative and Diversity in Primary Health Care- Joint Program with Kowloon Hospital(KH) Oi Man Community Nursing Centre(CNC), Pok Oi Hospital(POH) Hong Kong Baptist University (HKBU) Chinese Medicine Centre and KH Patient Resources Centre(PRC) on Health**

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**Introduction**

Diabetes is currently affecting around 700,000 people in Hong Kong. According to the statistic from Census and Statistics Department and Department of Health, diabetes is a major cause of morbidity and mortality in Hong Kong. In 2015, the number of deaths were 492, accounting for 1.1% of all registered deaths. The true number of deaths from diabetes is possibly higher since many deaths can be attributed to its late complications. Type II diabetes is associated with risk factors including overweight and obesity, unhealthy eating habits and lack of physical activity. Optimal control of diabetes can reduce the occurrence of complications. Therefore, a health promotion program “「適」飲「適」食知多 D.糖尿危機您要知” was conducted by KH Oi Man CNC in collaboration with community partners, POH HKBU Chinese Medicine Centre and volunteers of KH PRC.

**Objectives**

- To enhance the public's knowledge on diabetes, promulgate prevention and early detection of diabetes.
- To screen for any potential diabetes case and make referral to Oi Man CNC for further nurse consultation.

**Methodology**

This program was initiated by Oi Man CNC of KH CNS on 25 March 2017. CNC collaborated with community parties POH HKBU Chinese Medicine Centre and KH PRC's volunteers to promote primary health care on diabetes in Oi Man Estate. CNC nurses conducted health check of blood sugar level and disseminated health

information to public. Two Chinese Medicine Practitioners of POH HKBU Chinese Medicine Centre were invited to provide health talk and free consultations. Moreover, KHPRC's volunteers helped in the game booths to promote diabetes knowledge through games.

### **Result**

Over 230 attendants participated in the activity. 210 attendants participated in health check of blood sugar level and accessed diabetes information. 50 attendants joined the health talk and free consultations by Chinese Medicine Practitioner and over 170 attendants played in the game booths. 100 evaluation forms were collected, almost all of the attendants satisfied with the program and the performance of staff. Over 90% of them admitted that the program could enrich their knowledge on the use of nutrition labeling and prevention of diabetes. 94% of them would be more concern on healthy eating habits. Some attendants with abnormal findings noted during health check were addressed, education and related care were provided, they were referred to attend CNC for further management. The number of attendants was much more beyond our expectation, the activity was highly appreciated. Through the diversity approach, the health check of blood sugar level and health information from CNC nurses, the message from Chinese Medicine Practitioners and the games from volunteers, those attendants expressed the activity could deepen their awareness on healthy lifestyle for prevention of diabetes. Early detection is an effective way to avoid uncontrolled diabetes, therefore, the attendants who were identified as potential diabetes, were referred to CNC for further nurse consultation. The aims of the program were achieved. In future, CNC would like to have more collaboration with community partners in promoting primary care and keeping health in community.