



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

**Convention ID:** 146

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**DM Patient Support Group - Six years' experience**

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**Keywords:**

Diabetes Mellitus

Patient

Support Group

**Introduction**

The prevalence of diabetes mellitus (DM) in Hong Kong is approximately 10%. In addition, it is estimated that nearly fourteen thousands of DM patients are located in the catchment area of North District Region. Diabetic related chronic complications are prevalent and are related to poor disease control. Besides, psychiatric condition, such as depression was increasingly recognized in the population of diabetes. A well-structured diabetes care, addressing both physical and psychological needs is vital for good disease control. As an adjunct to the total patient and supportive care, DM patients support group has been established since 2006 in North District Hospital.

**Objectives**

The objectives of the DM Patient Support Group were to address psychological needs through promotion of peer support and provision of a platform for sharing and communication among diabetic patients and their relatives.

**Methodology**

The activities include exercise, dancing, Chinese opera singing, healthy cooking, and educational seminar were held regularly in the past six years. In addition, individual counseling by the trained Peer leader who himself was a diabetic patient was introduced two years ago. Diabetic patients who have difficulty in accepting diabetes, reluctant to have insulin injection or needing psychological support, will be referred to the trained Peer leader for individual counseling and sharing.

**Result**

A total of 350 members were recruited in DM patient support group. Total 364 activities have been held with 3530 total attendance since 2007. The patient satisfaction survey showed that 1) 97% agreed that support group can achieve the goal of peer support, 2) 90% agreed that support group can provide a platform for mutual sharing and communication, 3) 93% agreed that support group can facilitate members in helping each other, 4) 97% agreed that the support group was useful; 5) the overall satisfaction rate was 97%. The achievement of the DM patient support group is not only realized by the members, it is also recognized by the public. The

support group was invited for a TV broadcasting in the program of “Sunday Report of TVB Jade Chanel (Chinese)” on 13 Feb 2011. The program title was called “糖尿同路人- Peer Group Effect on Diabetes Mellitus” to record and promote their activities to the public. Moreover, they were also awarded the “Most Motivating to Colleagues Awards” in 2011 All Cheers to Love U All Awards Campaign to recognize their contribution.