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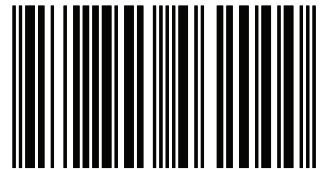
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DIABETES UPDATE WORKSHOP – ‘ALIGNING INNOVATION WITH TRADITION’

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The prevalence of Type 2 diabetes mellitus (DM) has been increasing exponentially in Malaysia, from 11.2% in 2011 to 18.3% in 2019 and to 15.6% in 2023. Additionally, the rate of undiagnosed diabetes is even more concerning, with almost 84% of adults in the younger age group of 18 to 29 years unaware of their diagnosis, according to the latest nationwide survey in 2023.

The burden of morbidities due to diabetes complications highlights the



PANEL discussion with robust participation from attendees.

challenges in maintaining disease control. Advances in diabetes technologies have improved patient care, and many of these advances are becoming increasingly viable options in Malaysia. However, feasibility of use of these technologies in the general public will need enhanced practical knowledge among relevant healthcare workers. Hence, a diabetes management update workshop was designed for practical information dissemination among frontline medical practitioners from various training backgrounds on the use of modern technologies in DM management. This program was conducted at Hospital Al-Sultan Abdullah in February 2025, themed ‘Aligning Innovation with Tradition’.

The program was initiated with an introductory session on the different diabetes technologies available and their use in the landscape of rapidly shifting diabetes targets and approaches to management. Advanced insulin delivery devices, especially the continuous subcutaneous insulin infusion, were also introduced, with their indications and contraindications. An overview of targets of monitoring and control and titration of medication was shared, followed by a robust question-and-answer session.

The next few topics concentrated on specific patient populations, encompassing diabetic kidney disease and elderly diabetes, in pregnancy and diabetes management in Ramadhan, each delivered by the respective content experts. This was followed by a dedicated panel discussion, consisting of endocrinologists and content experts, discussing various clinical scenarios and management approaches, with considerable participation from the attendees.

Subsequently, small-group sessions on specific topics were conducted on a rotatory basis. The themes consisted of (1) insulin practicalities, especially during travel, such as Umrah or Hajj



CONTINUOUS glucose monitoring device (CGM) demonstration.

pilgrimages – delivered by nurses and diabetic educators; (2) optimal lifestyle modifications for people with diabetes, including use of apps and software technologies to aid in calculation of carbohydrates in diet and energy expenditure and recommendations on medication titration during exercise – coordinated by dietitians and

rehabilitation physicians; and (3) diabetes management during acute illness and while taking specific medications such as steroids - a session on, anchored by physicians and endocrinologists.

A special feature of this workshop was a practical session on the use of continuous glucose monitoring (CGM) devices in the management of DM. This featured session was initiated by familiarizing the participants with types of CGM machines available locally, their use in clinical practice, and the indications, precautions and contraindications. Following that, a few real-life cases were illustrated, emphasizing the advantages and challenges of using CGM in clinical practice. Subsequently, a hands-on practical session was conducted, with participants given the opportunity to attach and read the machine on a few actual patient volunteers.

This program garnered huge interest, attended by 150 participants, and was concluded successfully with numerous positive feedback and requests for regular training programs.



GROUP photo with the organizers, content experts and participants of the Diabetes Management Update Workshop.