

**Evidence-Based Diabetes Care Workshop: FIT-MY Injection Technique  
Guideline And Medical Nutrition Therapy**

Date: 1.3.2020 (Sunday)

Venue: Akademi Binaan Malaysia Wilayah Sarawak, Kuching

**SCIENTIFIC PROGRAM**

<b>Time</b>	<b>Topics</b>	<b>Speaker/Facilitator</b>
0730-0900	Registration and breakfast	
0900-0915	Introduction and What is FIT-MY	Dr Tan Ming Yeong
0915-1000	Insulin and GLP injection update	Dr Florence Tan Hui Sieng, Endocrinologist, Sarawak General Hospital
1000-1100	Injection Technique Injection sites Special populations Special considerations in injectable therapy Medication storage Safety Issues	Ms Siah Guan Jian
1100-1230	Practical Session - 25 minutes each station (5 groups) <ul style="list-style-type: none"> <li>• Injection technique</li> <li>• Insulin Refusal</li> <li>• Hypoglycaemia Management</li> <li>• Self-monitoring of blood glucose</li> <li>• Injection site and Lipohypertrophy</li> </ul>	Dr Tan Ming Yeong Ms Siah Guan Jian Mr Andrew Gerald Tan Hua Kiong Ms Zaifa BD Team
1230-1400	Lunch Symposium - An introduction to Biosimilars and Basalog One	Dr Shalena Nesaratnam, Consultant Physician and Endocrinologist, Hospital Tengku Ampuan Rahimah, Klang
1400-1515	Practical Session - 25 minutes each station (5 groups) <ul style="list-style-type: none"> <li>• Injection technique</li> <li>• Insulin Refusal</li> <li>• Hypoglycaemia Management</li> <li>• Self-monitoring of blood glucose</li> <li>• Injection site and Lipohypertrophy</li> </ul>	Dr Tan Ming Yeong Ms Siah Guan Jian Mr Andrew Gerald Tan Hua Kiong Ms Zaifa BD Team
1515-1630	Medical Nutritional Therapy– for Non- Dietitian	Ms Yong Lin Hsin, Dietician, Sarawak General Hospital
1630-1700	Summary and Evaluation	

## **SPEAKERS' PROFILES**

1. Dr. Florence Tan Hui Sieng is a Consultant Endocrinologist and the Head of the Endocrinology Subspecialty Service at Sarawak General Hospital.
2. Dr Shalena Nesaratnam is a Consultant Physician and Endocrinologist at Hospital Tengku Ampuan Rahimah, Klang.
3. Dr. Tan Ming Yeong is a Credentialed Diabetes Educator at the International Medical University and Oriental Melaka Straits Medical Centre as well as chair of the FIT-MY task force team
4. Ms Siah Guan Jian is a Senior Diabetes Educator of Institut Jantung Negara (IJN) as well as a task-force member for the first Malaysia Diabetes Education Manual 2016, and the Forum for Injection Technique (FIT-MY) Malaysia 2017.
5. Mr Andrew Gerald Tan Hua Kiong is a DMTAC pharmacist at Sarawak General Hospital.
6. Ms Yong Lin Hsin is a Dietician at Sarawak General Hospital.
7. Ms Zaifa Khatum binti Abdul Mohamed Ibnu is a certified diabetes educator and a Lecturer at Asia Metropolitan College, Kota Kinabalu, Sabah.