

**SAMA-SAMA VIRTUAL WORKSHOP: EMPOWERING ALLIED HEALTH PROFESSIONALS IN  
SUPPORTING CAREGIVERS OF DIABETES PATIENTS**

**Date: 30th October 2021**

**Time: 2.00pm – 5.30pm**

**Platform: Zoom**

**Participants: Allied health professionals**

**Total pax: 40 pax (first come first serve basis)**

**AGENDA**

<b>Time</b>	<b>Agenda</b>
<b>14:00 – 14:15</b>	Session log in
<b>14:15 – 14:25</b>	Opening remarks <i>MOH Malaysia</i>  Welcoming remarks <i>Novo Nordisk Pharma Malaysia</i>
<b>14:25 – 14:35</b>	Introduction
<b>14:35 – 15:00</b>	Sharing Session - Challenges of Caregivers
<b>15:00 – 16:00</b>	Module: Psychology of diabetes Understanding Emotional Health of Caregivers
<b>16:00 – 17:00</b>	Module: Self Care for Caregivers Demonstration of Relaxation Techniques
<b>17:00 – 17:30</b>	Review Feedback and Closing