



To News Editor
For Immediate Release

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University, Hospital and Community Partnership Launch Ceremony of “Caring for Yourself – Managing your Diabetes” Website

Diabetes mellitus is a global public health problem that requires a demanding and multi-component regimen for disease management and health maintenance. Ongoing community support is vital to enhance diabetes self-management. In view of this, the Nethersole School of Nursing of the Faculty of Medicine at the Chinese University of Hong Kong (CUHK), in collaboration with the Nursing Division of the New Territories East Cluster, Housing Authority have established the “Caring for Yourself – Managing your Diabetes” website.

Incorporating multimedia technologies, graphics, videos and audio effects, the website (<http://www.cuhk.edu.hk/med/nur/caring/dm.html>) aims at providing diabetic clients and their carers with relevant, valid and accessible information to enhance self management.

The site includes 35 video clips related to diabetes care such as the causes, signs, symptoms, treatment of diabetes, blood glucose checking, oral medication and insulin therapy, common devices used for taking insulin, tips for injecting insulin, sick day management, travel tips, diabetes support groups, dispelling myths, exercise and health, healthy lifestyles and tips to maintain health.

The videos, produced in Cantonese with Chinese subtitles, were developed by nurse specialists, university academics, physicians, pharmacists, physiotherapists, dietitians, dentists, podiatrists, registered nurses, and members of diabetes support groups. The content validity of the learning materials was determined by health care experts, and user satisfaction has been evaluated before the website was completed. A hundred clients (with a mean age of 61 years) commented that the information met their needs. They enjoyed viewing the videos and learned a lot from them. Most of the clients said they would use this type of learning materials again.

A launch ceremony for the website was held today at the Prince of Wales Hospital. Professor Fok Tai Fai, Dean of the Faculty of Medicine, CUHK; Dr Fung Hong, Cluster Chief Executive of the New Territories East Cluster, Hospital Authority; Miss Lily Chung, Cluster General Manager (Nursing) of the New Territories East Cluster and Professor Diana Lee, Director of the Nethersole School of Nursing, CUHK officiated at the ceremony.

Media enquiries:

Professor Janita Chau, Associate Professor, the Nethersole School of Nursing, CUHK (Tel: 2609-6226)

Ms Tong Yuen Fan, Nurse Specialist at the Prince of Wales Hospital (Tel: 2632-2444)



致新聞編輯
請即發放

大學、醫院、社區共創健康生活 「護理小百科—糖尿病人士健康生活網站」啓用典禮

糖尿病是一種普遍的慢性疾病，屬全球性公共衛生問題。糖尿病人士需要全面的治療及長期的自我監察，才能夠有效控制病情，保持身心健康以至提高生活質素。而社區支援對糖尿病人士的自我照顧亦十分重要。有見及此，香港中文大學（中大）那打素護理學院聯同香港醫院管理局新界東醫院聯網護理部攜手製作「護理小百科—糖尿病人士健康生活網站」，藉以加強大學、醫院和社區的緊密聯繫，共同促進糖尿病人士及其照顧者的健康。

網站（<http://www.cuhk.edu.hk/med/nur/caring/dm.html>）旨在為糖尿病人士提供準確及易於取得的糖尿病健康護理資訊，改善他們的自我照顧能力。網站載有多媒體活動教材，包括圖像、錄像及聲效，使用者可隨意播放及重播短片，從而享受最個人化的學習環境。

網站設有 35 段有關糖尿病的短片，內容包括糖尿病的成因、症狀及治療方案、自我測試血糖、糖尿藥物須知、胰島素針的注射技巧與方法、常用的胰島素注射器、生病時的處理、出外旅行的注意事項、謬誤解構、運動計劃、健康生活小貼士、糖尿病互助小組及糖尿病人士經驗分享等。短片內容著重加強糖尿病人士及其照顧者對糖尿病的認識，以協助他們掌握自我照顧的技巧，以及抱持正面的態度去面對糖尿病帶來的困難及挑戰。

所有短片均由專科護士、大學教授、醫生、藥劑師、物理治療師、營養師、牙科醫生、註冊護士、足病診療師、糖尿病人士及糖尿病人士互助小組組員協助攝製，配以廣東話對白及中文字幕。短片內容已獲專業醫護人員評審，而網站推出前亦已諮詢使用者的滿意度，受訪的 100 位糖尿病人士（平均年齡 61 歲）均表示，這些短片能讓他們獲得所需的健康資訊，獲益良多，當中大部份更表示會再次觀看這些短片及使用這網站。

為慶祝「護理小百科—糖尿病人士健康生活網站」正式啓用，今日在沙田威爾斯親王醫院公共衛生學院地下繼昌堂舉行了簡單而隆重的典禮，邀得中大醫學院院長霍泰輝教授、醫院管理局新界東醫院聯網總監馮康醫生及護理總經理鍾翠蘭女士，以及中大那打素護理學院講座教授及院長李子芬教授蒞臨主禮。會場內更有專人介紹及示範如何使用網站。

二零零八年七月八日

傳媒查詢：中大那打素護理學院周柏珍副教授（電話：2609-6226）或沙田威爾斯親王醫院專科護士唐婉芬姑娘（電話：2632-2444）