

Central Commissioned Training Program 2022-23 Training Program on “Exercise is Medicine”

7 July 2022

*The Nursing Council of Hong Kong has approved the Hospital Authority as a provider of
Continuing Nursing Education (CNE) since 2005*

PROGRAM INFORMATION

Program Aim

To increase the awareness of nurses on the importance of exercise and put exercise as an important component at Diabetes Self-Management Education (DSME).

Intended Learning Outcomes

Upon completion of the workshop, participants should be able to:

1. Recognize the importance of exercise on enhancing health in health education
2. Acquire knowledge and skill on general exercise
3. Provide appropriate exercise recommendations for diabetes patient
4. Prescript suitable exercise for patient with special conditions
5. Understand potential complications in diabetic control and able to provide education on individual needs

Program Design and Duration

7 July 2022 (09:00-17:00)

Venue: Webinar (zoom at home)

Program Contents

- EIM Movement
- Assessment, prescription and Referral
- One-minute exercise prescription: Role and strategy
- Underlying mechanisms of aerobic and muscle conditioning exercise on enhancing health
- Exercise recommendations for diabetes patients
- Exercise prescription for individuals with special conditions
- Exercise demonstration

Target Participants

1. Enrolled Nurses or above ranks
2. Priority will be given to nurses working in DM center or medical unit

Class Capacity

100 nurses

Program Committee

Ms. Annie LEUNG, Nurse Consultant (Diabetes), KWC & YCH

Ms. Ada CHUNG, M(N), IANS, HOCS

Mr. Since KONG, M(N), IANS, HOCS

Program Director

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List of Speaker

- Ms. Joey CHENG, Physiotherapist I, FM& GOPC, OLMH/ KCC
- Professor Stanley HUI, Professor, Department of Sports Science and Physical Education, Faculty of Education, CUHK
- Ms. Annie LEUNG, Nurse Consultant(Diabetes), KWC & YCH
- Dr. SIU Ming Fai, Parco, Associate Professor and Division Head, Division of Kinesiology, School of Public Health, LKS Faculty of Medicine, HKU
- Dr. Mark STOUTENBERG, Associate Professor, Kinesiology, Department of Kinesiology, College of Public Health, Temple University

Language Medium

English & Cantonese

Teaching and Learning Strategies

- Lecture
- Skill Demonstration

CNE Points

This program is equivalent to 6.5 CNE points (6.5 contact hours)

Award of Certificate

An e-Certificate of Attendance will be awarded to those who have completed all parts of the program

Timetable

	Content	Speakers
09:00 to 10:00	EIM Movement Physical activity & health benefits of physical activity	Prof Stanley Hui
10:00 to 11:00	Underlying mechanisms of aerobic and muscle conditioning exercise on enhancing health	Dr Parco Siu
11:00 to 11:15	Break	
11:15 to 12:15	Assessment, prescription & referral Why exercise is med: evidence & implications EIM case studies and examples	Dr Mark Stoutenberg
12:15 to 12:45	Exercise recommendations for diabetes patients with related comorbidities	Ms. Annie Leung
12:45 to 14:00	Lunch	
14:00 to 15:00	Exercise prescription for individuals with special conditions	Ms Joey CHENG
15:00 to 16:00	One-minute exercise prescription: Role and Strategy	Dr Mark Stoutenberg
16:00 to 17:00	Exercise demonstration by physiotherapist	Ms Joey CHENG
