

INSTITUTE OF ADVANCED NURSING STUDIES

Advanced Training in Endocrine Nursing: Management of Thyroid and Metabolic Bone Disorders 2024/25 (15/10/2024 – 11/02/2025)

*The Nursing Council of Hong Kong has approved the Hospital Authority as a provider of
Continuing Nursing Education (CNE) since 1 December 2005*

PROGRAM INFORMATION

PROGRAM AIM(S)

To develop the competencies of nursing participants in the management of patients with thyroid and metabolic bone disorders

PROGRAM INTENDED LEARNING OUTCOMES

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

1. Describe the pathophysiology, diagnosis, monitoring and management of the Thyroid and Metabolic Bone disorders.
2. Evaluate and interpret the result of related biochemical & radiological investigations
3. Describe the treatment options and implications
4. Describe the manifestation, monitoring and management in some special situations: Pretibial Myxedema, Thyrotoxic Periodic Paralysis, Thyroid storm, Myxedema coma, Thyroid Associated Ophthalmopathy and Thyroid disorder in pregnancy
5. Describe the management approach between Thyroid Nodules and Thyroid Cancer
6. Describe the complications of Osteoporosis and their management: Osteonecrosis of Jaw, atypical fracture, fragility fracture
7. Describe other metabolic bone diseases and their management: Osteomalacia, Paget's disease and Parathyroid disease
8. Identify the secondary causes of osteoporosis and their management: Glucocorticoid-induced and cancer treatment related
9. Prepare patients on specific investigations
10. Describe lifestyle measures in Osteoporosis
11. Review the update pharmacology in Osteoporosis
12. Identify the nursing role in care of patients with Thyroid disease and Osteoporosis
13. Demonstrate the competency in planning and delivering individualized patient education to address patient's unique needs, treatment options and implications

TARGET PARTICIPANTS

RN or above ranks who are working full time in related endocrine services of HA e.g. Diabetes Centre / Endocrine Centre / Endocrine and Metabolic Centre / Endocrine wards

ENTRY REQUIREMENTS

1. Nurses registered with the Hong Kong Nursing Council
2. Have completed PRCC in Diabetes Nursing or equivalent
3. Have a **minimum of 2 years working experience** in Diabetes Centre / Endocrine Centre / Endocrine and Metabolic Centre / Endocrine wards **after completing the PRCC in Diabetes Nursing.**

CLASS SIZE

26

LANGUAGE MEDIUM

Both English and Cantonese will be used. All written assignments and assessments will be in English.

PROGRAM DURATION

15/10/2024 – 11/2/2025

PROGRAM DESIGN

The course composes of theoretical input & Clinical Practical Practicum

A. Theoretical input

Day	Date	Time	Venue	Activity
Day 1	15/10/2024	14:00 – 17:30	G08AB, Block M, KH	Study day
Day 2	29/10/2024	14:00 – 17:30	G09, Block M, KH	Study day
Day 3	12/11/2024	14:00 – 17:30	G08AB, Block M, KH	Study day
Day 4	3/12/2024	14:00 – 17:30	G09, Block M, KH	Study day
Day 5	14/1/2025	14:00 – 17:30	G09, Block M, KH	Study day + eQuiz

*Passing score of eQuiz = 50%

B. Clinical Placement: 6 hours

A 6-hour practicum will be arranged to participants during the period (15/1/2025 – 11/2/2025)

TRAINING CONTENT

Thyroid Disorders

1. Overview of the Thyroid disorders - pathophysiology, diagnosis and monitoring
2. Management of Hyperthyroidism and Hypothyroidism
3. Complications of Graves' disease and their management: Pretibial Myxedema, Thyrotoxic Periodic Paralysis
4. Management of Thyroid Emergencies: Thyroid storm and Myxedema coma
5. Management of Thyroid Nodules and Thyroid Cancer - Endocrinologist, Oncologist and surgeon perspective
6. Management of Thyroid Associated Ophthalmopathy
7. Thyroid disorder in pregnancy
8. Nursing care and education to patient with Thyroid disease

Metabolic Bone Disorders

9. Overview of Osteoporosis - pathophysiology, diagnosis, monitoring and radiological evaluation
10. Management of the complications of osteoporosis – Osteonecrosis of Jaw and atypical fracture
11. Management of secondary causes of osteoporosis – Glucocorticoid-induced and cancer treatment related
12. Pharmacological update in osteoporosis
13. Lifestyle measures in osteoporosis: Exercise and Bone Health
14. Nursing care and education to patient with Osteoporosis
15. Other Metabolic Bone diseases and their management – Osteomalacia, Paget's Disease and parathyroid disease

ASSESSMENT

1. Examination (e-Quiz) on 14 Jan 2025, passing mark 50%
2. One case study (1500 words) to be submitted on or before 11 Feb 2025, passing mark 50%

TEACHING & LEARNING STRATEGIES

1. Lectures and demonstrations
2. Case studies
3. Clinical teaching & supervised clinical practice
4. Self-directed learning

AWARD OF CERTIFICATE

An e-Certificate of Achievement will be awarded to those who have completed the course and passed the course assessment.

CNE POINTS

The course is equivalent to 19 CNE points.

PROGRAM DIRECTOR

Mr. Ocean Tang

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PROGRAM COORDINATOR

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WORKGROUP MEMBERS

Ms. Koo Wai Kuen

Ms. Ng Mei Po

Mr. Lau Kin On

NC (Diabetes), QEH, KCC

NC (DM), KEC

ANC (M&G), KWH, KCC

ENQUIRY

Mr. Simon Yeung

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EAI (N), IANS, HAHO

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LIST OF SPEAKERS

Medical Speakers

No.	Name	Rank	Department	Hospital
1	Dr. Wong KY	AC	M&G	KWH
2	Dr. So HM	RS	M&G	KWH
3	Dr. Wong FK Gida	AC	MED	QEH
4	Dr. Ho CW	AC	M&G	UCH
5	Dr. Chan WL	Hon Assoc CONS(ONC)	ONC	QMH
6	Dr. Tsui KP	AC	SURG	UCH
7	Dr. Ng CM Jason	CONS	MED	QEH
8	Dr. Chan HY	AC	MED	QEH
9	Dr. Au Yeung YT Benjamin	AC	MED	QEH
10	Dr. Alan Lee	CONS	MED	QMH
11	Dr. Ip TP	CONS	MED	TWH
12	Dr. Lee KB	CONS	O&T	QEH
13	Dr. Ivy Ng	AC	M&G	UCH

Nursing Speakers

No.	Name	Rank	Department	Hospital
1	Ms. Connie Loong	APN	MED	QMH

Allied Health Speaker

No.	Name	Rank	Department	Hospital
1	Ms. Vera Chan	APPT	PHYS	QEH

TIMETABLE

Day 1: 15 Oct 2024 (Tuesday)		
Time	Topic	Speaker
14:00 - 14:15	Welcome and Course Introduction	Course committee
14:15 - 15:15	Overview of Thyroid Diseases (hyperthyroidism and hypothyroidism): pathophysiology, diagnosis, monitoring	Dr. So HM, RS (M&G), KWH
15:15 - 15:30	<i>Break</i>	
15:30 - 16:30	Treatment of Hyperthyroidism / Graves' disease and Hypothyroidism: benefits and side effects	Dr Wong FK Gida AC (MED), QEH
16:30 - 17:30	Complications of Graves' disease and their management: <ul style="list-style-type: none"> - Pretibial myxedema - Thyrotoxic Periodic Paralysis (TPP) Management of Thyroid Emergencies: <ul style="list-style-type: none"> - Thyroid storm - Myxedema coma 	Dr. Wong KY AC (M&G), KWH

Day 2: 29 Oct 2024 (Tuesday)		
Time	Topic	Speaker
14:00 - 14:40	Thyroid Nodules and Thyroid Cancer Endocrinologist perspective: investigation, treatment and post-treatment monitoring	Dr Ho CW AC (M&G), UCH
14:40 - 15:20	Thyroid Nodules and Thyroid Cancer Oncologist perspective: treatment and post-treatment monitoring	Dr Chan WL, Hon Assoc CONS(ONC), QMH
15:20 - 16:00	Thyroid Nodules and Thyroid Cancer Surgeon perspective: perioperative and follow up	Dr. Tsui KP AC (Surg), UCH
16:00 - 16:15	<i>Break</i>	
16:15 - 17:00	Update in management of Thyroid Associated ophthalmopathy	Dr Ng CM Jason CONS (MED), QEH
17:00 - 17:30	Thyroid disorder in pregnancy	Dr Chan HY AC (MED), QEH

Day 3: 12 Nov 2024 (Tuesday)		
Time	Topic	Speaker
14:00 – 15:30	Metabolic Bone Disease I: Osteoporosis - Pathophysiology, diagnosis, monitoring and Radiological Evaluation	Dr. Au Yeung YT Benjamin, AC (MED), QEH
15:30 – 16:00	Medication Related Osteonecrosis of Jaw (MRONJ)	Dr. Alan LEE CONS (MED), TWH
16:00 – 16:15	<i>Break</i>	
16:15– 17:30	Osteoporosis Management – Pharmacological update	Dr. Ip TP CONS (MED), TWH

Day 4: 3 Dec 2024 (Tuesday)		
Time	Topic	Speaker
14:00 – 14:45	Atypical fracture, Fragility hip fracture in Osteoporosis - surgeon's perspectives	Dr. Lee KB, CON (O&T), QEH
14:45 – 15:45	Metabolic Bone Disease II: Osteomalacia, Paget's Disease and Parathyroid disease	Dr Ivy NG AC (M&G), UCH
15:45 – 16:00	<i>Break</i>	
16:00-17:00	Secondary causes of Osteoporosis and their management: (1) Glucocorticoid-induced Osteoporosis (2) Osteoporosis in Cancer Patients and others	Dr Ho CW AC (M&G), UCH
17:00-17:30	Briefing on Exam and Case Study Assignment	Course committee

Day 5: 14 Jan 2025 (Tuesday)		
Time	Topic	Speaker
14:00 – 15:15	Examination	
15:15 - 16:00	Lifestyle Measures in Osteoporosis: Exercise and Bone Health	Ms. Vera Chan APPT (PHYS), QEH
16:00 - 16:15	Break	
16:15 - 17:30	Introduction to Thyroid / Osteoporosis Nurse Clinic Nursing care and education to patient with: (1) Osteoporosis <ul style="list-style-type: none"> ✧ Clinical assessments ✧ Education and special precaution on use of anti-osteoporotic agents including Raloxifene, Bisphosphonates, Teriparatide, Denosumab and Romosozumab ✧ Interventions to reinforce better bone health: diet and fall prevention (2) Thyroid <ul style="list-style-type: none"> ✧ ATD ✧ T4 - replacement ✧ IVIG, pulse steroid for GO ✧ Advice on preconception, antenatal and postnatal 	Ms. Connie Loong APN (MED), QMH