

The background of the slide features a silhouette of three hikers with backpacks and trekking poles, ascending a hill. The scene is set against a warm, golden sunset sky, with the sun low on the horizon, creating a strong backlight effect. The hikers are positioned in the lower half of the frame, moving from left to right.

Let's gear up for the journey: Hospital Play for Endocrine Patients

Dr Joanna Tung

on behalf of HKCH Endocrine & Diabetes Team

香港兒童醫院

Hong Kong Children's Hospital

AAP Policy Statement on Child Life Service

- An important component of pediatric hospital-based care
- Address psychosocial concerns
- Promote coping skills and minimize the adverse effects of hospitalization and health care encounters



THERAPEUTIC PLAY



EXPRESSIVE
MODALITIES



PSYCHOLOGICAL
PREPARATION



Endocrinology

- Chronic, lifelong health conditions
- Requires constant care, attention, and self-management
- Good disease self-management and positive attitude towards their own health condition are crucial for good outcomes

Example: Type 1 Diabetes

Type 1 Diabetes: Unique chronic medical condition

- Pancreas fails to make enough insulin
- Lifelong insulin injection
- Profound impact on daily lives
- 24/7 job of glucose monitoring, carbs counting, insulin injection...

Heavy physical and psychological burden

- Emotional and stressful for children
- Ongoing challenge to entire family
- Integration to normal daily school lives

Poor control leading to long term complication in early adulthood

- Importance of education, counselling and timely treatment adjustment
- Ongoing support and empowerment

Challenge since 2020

- COVID-19 pandemic



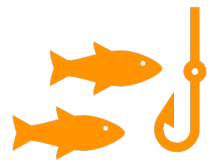
Key strategies

- Child-centred
- Family-friendly
- One-stop, multidisciplinary service
- Close collaborations with various teams and community partners
- Turning frustrations into fun!

授人以魚不如授人以漁



EMPOWERMENT



Engaging our kids

Alleviating stress
and anxiety





Anticipatory stress



琳琳姑娘
打氣者簽署
欣賞琳琳姑娘勇敢地指手指檢查血
糖，而且努力適應再上學的生



兒童癌病基金
Children's Cancer Foundation

Encouragement after painful procedures

Collaboration with Playright

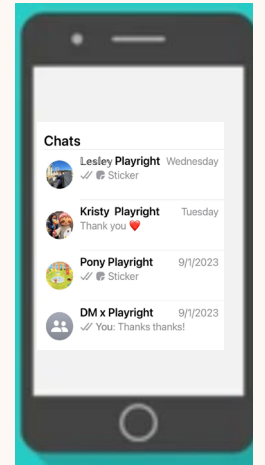
HKCH Patient Resource Centre

Education Session to Playright Hospital Play Therapists

Educational materials

Planning the programs together

Ongoing feedbacks and communications



生病知多D

日期: 17/02/2021 (星期三)
 時間: 15:00 - 16:00
 對象: 9 - 12歲小朋友
 形式: Zoom 視像工作坊
 主題: 生病知多D



- #1 ICE BREAKING: IQ問答
 15:00-15:15
 負責人: 香港兒童醫院糖尿病護士
- #2 生病知多D
 15:15-16:00
 負責人: 香港兒童醫院糖尿病護士

請致電香港兒童醫院糖尿病組 5741 1246 或
 電郵 hkch-endo-dm@ha.org.hk 報名參加



香港兒童醫院
 Hong Kong Children's Hospital
 內分泌及糖尿組 病人資源中心

<< 天寒地凍打邊爐 >>

日期: 30/12/2020 (星期三)
 時間: 15:00 - 16:00
 對象: 13 - 16 歲青少年
 形式: Zoom 視像工作坊

活動內容

15:00 - 15:15	Part 1 - 攝飲雜食智識探 主題: 問答遊戲 負責人: 智樂兒童遊樂協會遊戲師
15:15 - 15:45	Part 2 - 營養標籤知多啲 主題: 認識營養標籤, 學習讀水化合物計算 負責人: 香港兒童醫院糖尿病護士 Iris 姑娘, Candy 姑娘 及 營養師 Tracy 主任
15:45 - 16:00	Part 3 - 總結

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 Hong Kong Children's Hospital
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<< 安在家中打邊爐 >>

日期: 26/05/2020 (星期三)
 時間: 15:00 - 16:30
 對象: 8 - 13 歲小朋友
 形式: Zoom 視像工作坊

活動內容

15:00 - 15:15	Part 1 - Ice-breaking 主題: 問答遊戲 負責人: 智樂兒童遊樂協會遊戲師
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香港兒童醫院
 Hong Kong Children's Hospital
 內分泌及糖尿組 病人資源中心

<< 重陽登高樂悠悠 >>

日期: 30/10/2020 (星期五)
 時間: 14:30 - 16:00
 對象: 7 - 9 歲小朋友
 形式: Zoom 視像工作坊

活動內容

14:30 - 14:45	Part 1 - 秋日繽紛樂 主題: 問答遊戲 負責人: 智樂兒童遊樂協會遊戲師
14:45 - 15:00	Part 2 - 行山前準備 主題: 預備行裝, 早餐時間 負責人: 香港兒童醫院糖尿病護士 Iris 姑娘 及 Candy 姑娘
15:00 - 15:45	Part 3 - 行山小常識 主題: 以問答遊戲形式, 虛擬行山場景, 指導低血糖處理及行山危機處理 負責人: 香港兒童醫院糖尿病護士 Iris 姑娘 及 Candy 姑娘
15:45 - 16:00	Part 4 - 總結

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夏日炎炎去海灘

日期: 25/08/2021 (星期三)
 時間: 10:00 - 11:30
 對象: 9 - 11歲小朋友
 形式: ZOOM 視像工作坊
 主題: 夏日炎炎去海灘

#1 Ice-Breaking: 10:00-10:15
 #2 Sensor-care: 10:15-10:45
 #3 Carbs counting in summer: 10:45-11:30
 負責人: 香港兒童醫院糖尿病護士

《控糖特攻隊》

日期: 28/08/2020
 時間: 14:30 - 16:00
 對象: 13 - 16 歲青少年
 形式: Zoom 視像工作坊

#1 問答遊戲 (14:30-14:45)
 #2 hypo知多少 (14:45-15:00)
 #3 邪惡食物大挑戰 (15:00-15:45)

Online diabetes education at times of COVID-19

坐喺屋企去旅行 Virtual tours Virtual meal experience

Ice breaking games Handicraft session by hospital play therapists

佢玩得好投入！玩
收買佬嘅時候真係
拎咗個篋出嚟



香港兒童醫院
Hong Kong Children's Hospital
內分泌及糖尿組 病人資源中心

智樂 playright

<< 天齊地滾打邊爐 >>

日期: 30/12/2020 (星期三)
時間: 15:00 - 16:00
對象: 13 - 16 歲青少年
形式: Zoom 視像工作坊

活動內容

15:00 - 15:15	Part 1 - 推飲推食資訊操 主題: 問答遊戲 負責人: 智樂兒童遊樂協會遊戲師
15:15 - 15:45	Part 2 - 餐餐標識知多啲 主題: 認識鹹魚蠔豉, 學日數水化合物計算 負責人: 香港兒童醫院糖尿病科護士 Iris 姑娘, Candy 姑娘 及營養師 Tracy 主持
15:45 - 16:00	Part 3 - 總結

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夏日炎炎去海灘

日期: 26/05/2021 (星期三)
時間: 15:00 - 11:30
對象: 8-11 歲小朋友
形式: Zoom 視像工作坊
主題: 夏日炎炎去海灘

活動內容

15:00 - 15:15	Part 1 - Ice-breaking 主題: 問答遊戲 負責人: 智樂兒童遊樂協會遊戲師
15:15 - 16:15	Part 2 - 安在家中打邊爐 主題: 學習碳水化合物計算 負責人: 香港兒童醫院糖尿病科護士 Iris 姑娘, Candy 姑娘
15:45 - 16:00	Part 3 - 總結

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智樂 playright

<< 安在家中打邊爐 >>

日期: 26/05/2020 (星期三)

時間: 15:00 - 16:30

對象: 8 - 13 歲小朋友

形式: Zoom 視像工作坊



活動內容	
15:00 - 15:15	Part 1 - Ice-breaking 主題: 問答遊戲 負責人: 智樂兒童遊樂協會遊戲師
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15:45 - 16:00	Part 3 - 總結

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智樂 playright

<< 重陽登高樂悠悠 >>

日期: 30/10/2020 (星期五)
時間: 14:30 - 16:00
對象: 7 - 9 歲小朋友
形式: Zoom 視像工作坊

活動內容

14:30 - 14:45	Part 1 - 秋日繽紛樂 主題: 問答遊戲 負責人: 智樂兒童遊樂協會遊戲師
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智樂 playright

<< 控糖特攻隊 >>

日期: 28/08/2020
時間: 14:30 - 16:00
對象: 10 - 12 歲小朋友
形式: Zoom 視像工作坊 2

活動內容

- Part 1: hypo 百寶袋製作 (14:30 - 14:45)
 - 製作血糖用品布袋
 - 由 Playright 智樂兒童遊樂協會主持
- Part 2: hypo 知多少 (14:45 - 15:00)
 - 低血糖處理
 - 由兒童醫院糖尿病科護士 Iris 姑娘主持
- Part 3: 邪惡食物大挑戰 (15:00 - 15:45)
 - 問答遊戲
 - 由兒童醫院營養師主持
- Part 4: 總結 (15:45 - 16:00)

請致電糖尿熱線 5741 1246 或
電郵致 hkch-endo-dm@ha.org.hk 報名參加!

Healthy siblings joining workshops and learn about diabetes care too!





ABSTRACT ONLY | VOLUME 186, SUPPLEMENT 1, 109483, APRIL 01, 2022

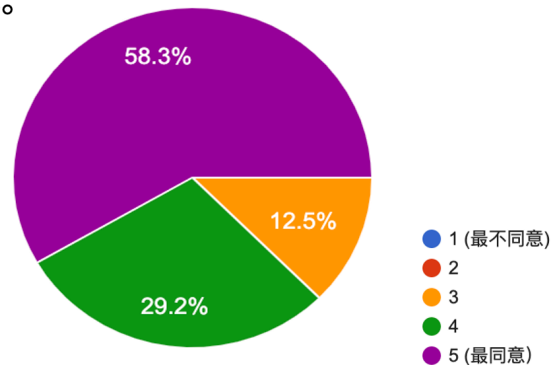
IDF21-0175 Experiences of delivering virtual education workshops for children with type 1 diabetes during the Covid-19 pandemic

P.L.C. Chan  • Y.L. Tung Joanna • Y.M. Poon Iris • S.W. Pang Gloria • L.K. Lee Samantha • A.N. Tang Christine

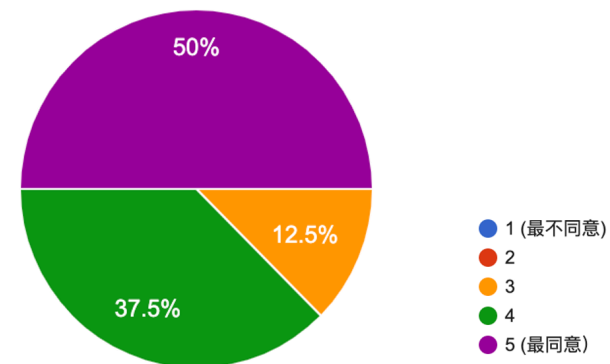
DOI: <https://doi.org/10.1016/j.diabres.2022.109483>

Virtual workshops satisfactory survey

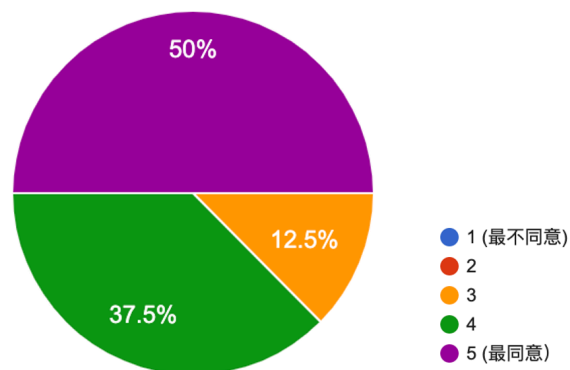
我在 Zoom 工作坊上學到了與糖尿病管理有關的新知識/有用的知識。



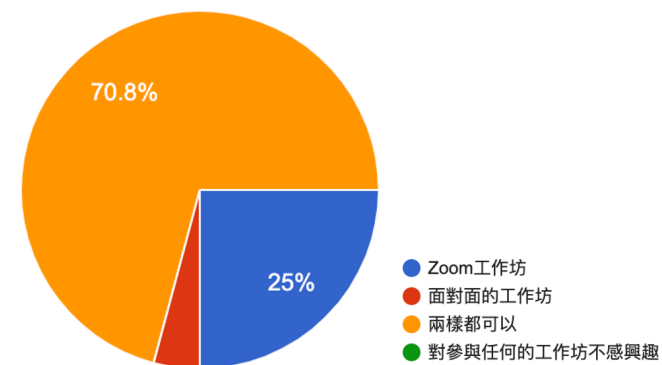
Zoom 工作坊很有趣，我很喜歡。



總體而言，我對 Zoom 工作坊感到滿意。



將來您會選擇 Zoom 還是面對面的工作坊？





The magical outcomes

Our kids learned

Therapist learned

Our nurses/doctors
also learned...to be
more playful!



Face-to-face workshops: The magic of human touch and peer support!



TRUE or DARE?!





TRUE or DARE
Learning and sharing diabetes with FUN!





GLUCOSE STATISTICS AND TARGETS

27 July 2021 - 9 August 2021 14 Days
 % Time Sensor is Active 83%

Glucose Range	Targets % of Reading (Time/Day)
Target Range 5.0-10.0 mmol/L	Greater than 70% (16h-16min)
Below 3.0 mmol/L	Less than 4% (56min)
Below 3.0 mmol/L	Less than 1% (14min)
Above 10.0 mmol/L	Less than 20% (5h)
Above 10.0 mmol/L	Less than 5% (1h-12min)

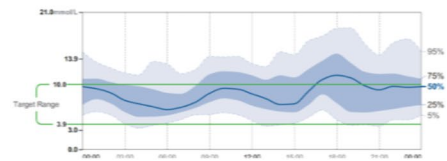
Average Glucose 8.9 mmol/L
 Glucose Management Indicator (GMI) 7.1% or 55 mmol/mol
 Glucose Variability 38.6%
 Defined as percent coefficient of variation (CV), target CV%:

TIME IN RANGES



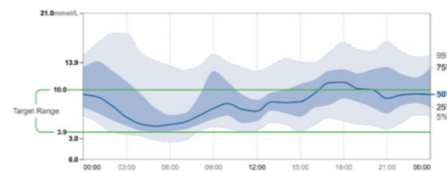
AMBULATORY GLUCOSE PROFILE (AGP)

AGP is a summary of glucose values from the report period, with median (50%) and other percentiles shown as if occurring in a single day.



AMBULATORY GLUCOSE PROFILE (AGP)

AGP is a summary of glucose values from the report period, with median (50%) and other percentiles shown as if occurring in a single day.



Art therapy



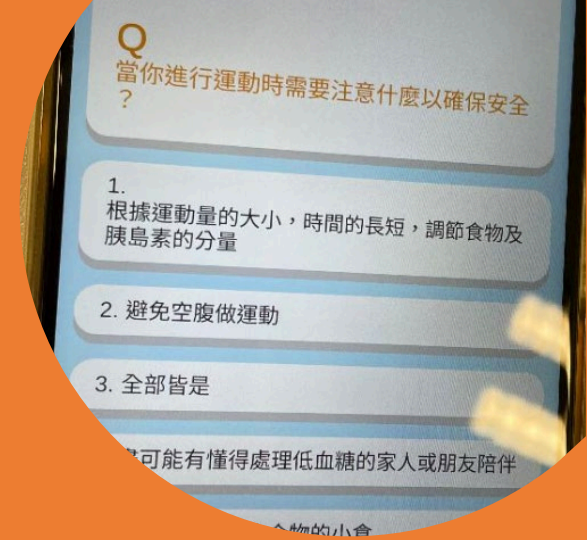
Locally-tailored diabetes Apps for children



The impact of a locally tailored Chinese smartphone application in management of T1DM in Hong Kong – a RCT

PI: Dr Samantha Lee

HMRF Research Grant



Locally-tailored HK-styled Diabetes Book

智樂 **playright** 看重孩子 看得起遊戲
VALUE CHILDREN VALUE PLAY



特工隊指南

Guidelines for Diabetes Super Hero

你們好，恭喜大家成為特工隊的一分子，你會在這個特工隊內找到《控糖特工隊》故事遊戲書、血糖記錄表、控糖特工牌、選擇自助餐和遊戲卡等。歡迎你與家人或朋友一起玩分享當中的樂趣。

Malama, and congratulations to be a Diabetes Super Hero! The Diabetes Super Hero Tool Kit includes a Story Gamebook, Blood Glucose Log Book, Diabetes Super Hero Pass, Smart Pick Buffet, and Eat & Sports Super Hero (Play Cards). You are welcome to play the games together with your parents and friends.

《控糖特工隊》故事遊戲書 "Diabetes Super Hero" Story Gamebook

故事遊戲書會幫助你了解糖尿病的問題為自己畫上一隻糖精，動腦去設計你的超人任務。書中亦有一些小游戏，例如填色、塗字、你可以試試完成。 You will know how little monkey is diagnosed with type 1 diabetes and what mistakes to control blood sugar levels will face. You can find some little mistakes to control blood sugar levels and more. Let's try to finish all the tasks!

血糖記錄表 Blood Glucose Log Book

記得把每次測量血糖的紀錄記錄下來，這本書記錄表填滿後，你可以自己設計一本屬於你的血糖記錄表。 Remember to record your blood sugar levels. You can DIY your own Blood Glucose Log Book by when this log book is full.

控糖特工牌 Diabetes Super Hero Pass

在書中你有一個小小的小紙，和家人一起填上個人資料，在遊戲時特工隊員隨身物品上。當你感到不適時，特工隊員到資料此處請別人幫助你。 There is a little piece of paper on the back of the little monkey. Fill in your personal information with your parents and hang on the Diabetes Super Hero Pass to your belongings. If you don't feel well, the information on the Pass can let others give you a hand.

選擇自助餐 Smart Pick Buffet

特工隊員在每次進食前都要測量血糖指數和注射胰島素。這個遊戲可以幫助你選擇食物。選擇你想吃的食物，你可以自行設計你專吃的食物。然後加到自助餐上，再注射胰島素。 Diabetes Super Hero must check the blood sugar levels and inject insulin before meals. This game can help you build up this habit. Choose your favorite foods or design them as you like and place them on the food tray. Before enjoying your food, remember to place the blood glucose meters and insulin for checking the blood sugar levels and inject insulin.

playright

香港賽馬會糖尿病小組 The Hong Kong Jockey Club Diabetes Team

香港兒童醫院 Hong Kong Children's Hospital

Jockey Club Playright

PLAY for Child Health

控糖特工隊

Diabetes Super Hero

playright

香港賽馬會糖尿病小組 The Hong Kong Jockey Club Diabetes Team

香港兒童醫院 Hong Kong Children's Hospital

Jockey Club Playright

PLAY for Child Health

血糖記錄表

Blood Glucose Log Book

playright

香港賽馬會糖尿病小組 The Hong Kong Jockey Club Diabetes Team

香港兒童醫院 Hong Kong Children's Hospital

Jockey Club Playright

PLAY for Child Health

控糖特工隊

Diabetes Super Hero

Super Supreme Pies with cheese crust

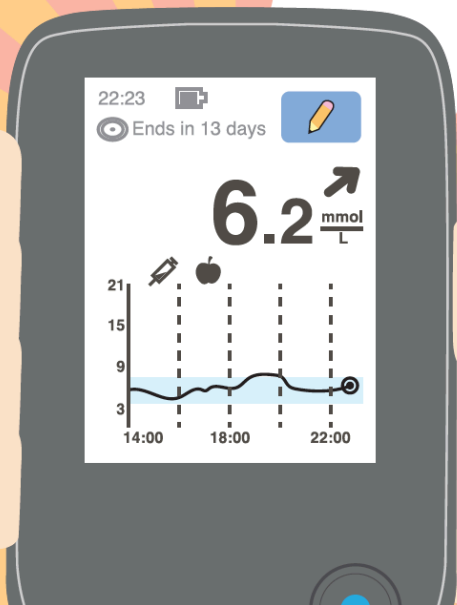
跑步 Running

選擇自助餐 Smart Pick Buffet



Diabetes Tool Kit

- Story Gamebook
- Blood Glucose Logbook
- Diabetes Superhero Pass
- Smart Pick Buffet
- Eat & Sports Superhero

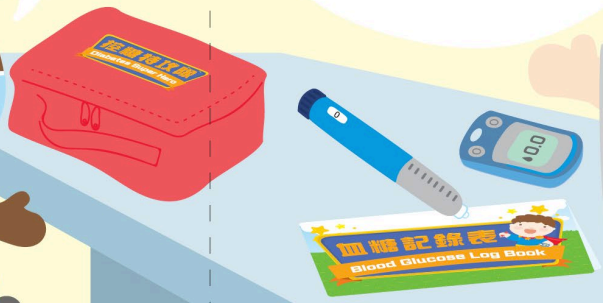
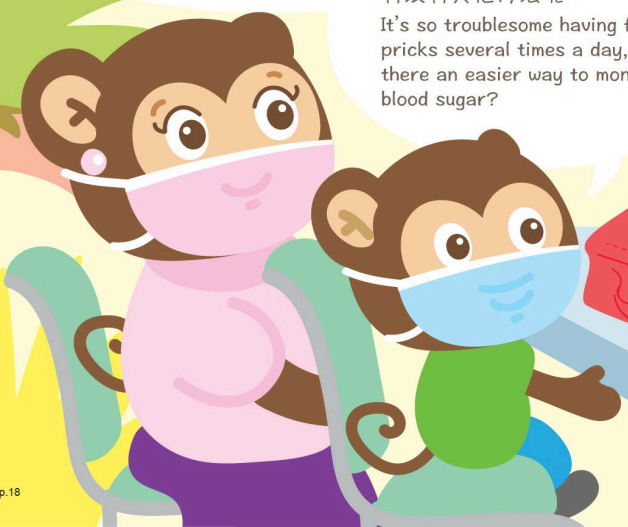


太痛。可是我有另一個問題，就是...
 Doctor, I've been brave and got my blood drawn!
 It didn't hurt much actually! But I have another
 question about finger pricking.

Familiar people and environments

每天都要驚幾次手指痛...
 有沒有其他方法呢？
 It's so troublesome having fingers
 pricks several times a day, is
 there an easier way to monitor
 blood sugar?

當然有！現在有一種先進的裝備可以
 減少驚手指的次數。這個裝備就是
 連續葡萄糖監測裝置 (CGM)。
 Oh yes, definitely! There is an advanced
 gadget that could reduce the number of
 finger pricks! This gadget is called
 "Continuous Glucose Monitoring System"
 (CGMS).

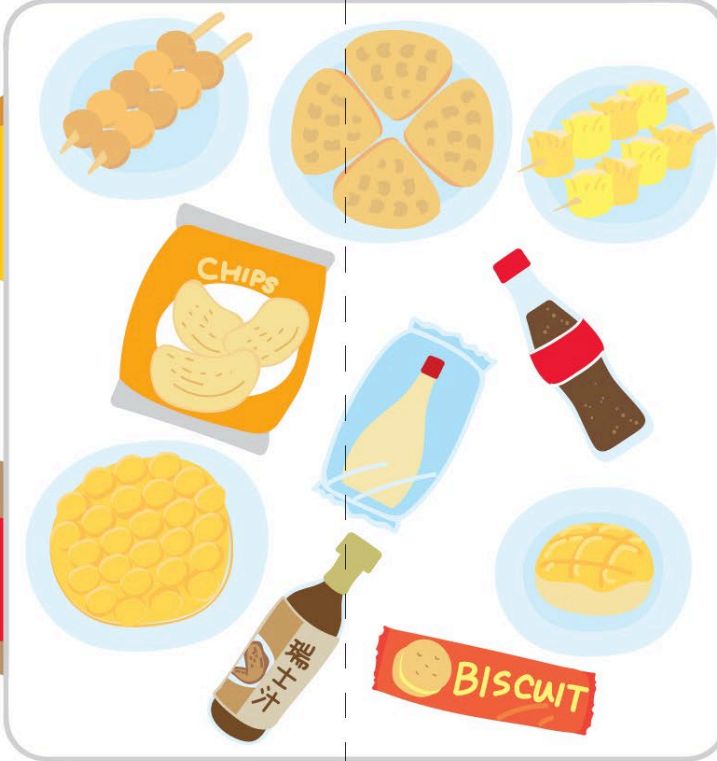


控糖特工隊還需要懂得閱讀營養標籤，留意食物中的碳水化合物含量才是合格的特攻隊成員。留心「碳水化合物」的數字，記得也要留意食用份量，因為不同的食用份量也會影響計算結果。

Our diabetes super heroes would also learn to read food labels: a great super hero pays attention to the amount of carbohydrate in food. Remember to check the serving size, because different serving sizes affects the calculation!



Familiar local snacks



歡迎加入我們！
Welcome to our group!



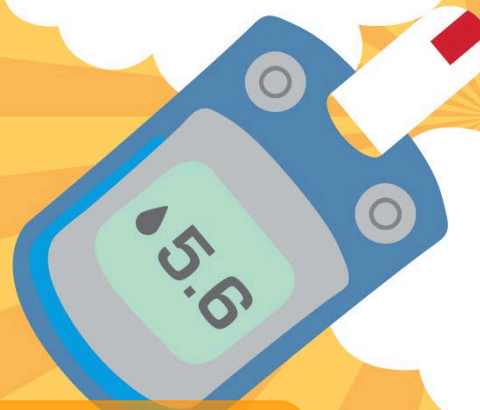
胰島素注射筆
Insulin pen



大部分控糖特工隊必須每天注射3-4次胰島素，注射次數因不同特工而異。胰島素必須經注射方式進入體內，並不能以口服形式使用。聰明的特工最終一定能夠自行使用胰島素筆注射胰島素。

Most diabetes super heroes would need to inject insulin for three to four times a day. The number of injections varies from hero to hero. We must take insulin by injection, not by mouth. I am sure you – our smart Super Hero – can figure out how to inject insulin with the pen easily!

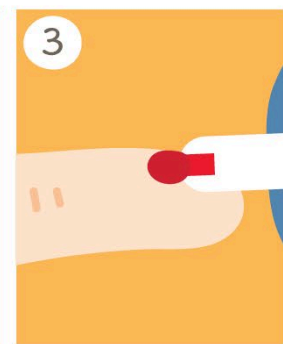
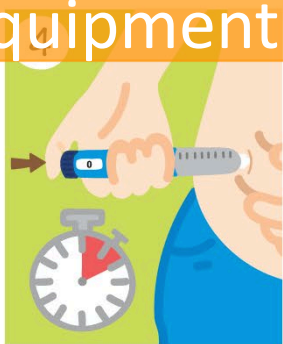
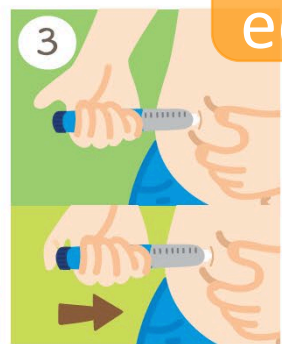
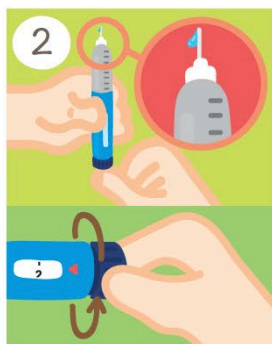
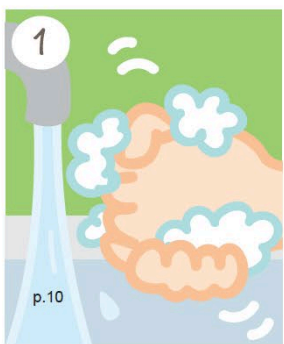
血糖機
Blood Glucose Meter



可以讓特工知道自己不同時候的血糖水平，幫助達致理想的糖尿控制。

This allows you to know your blood sugar levels at different times so that you can control your diabetes successfully.

Introduction of medical equipment as their gear

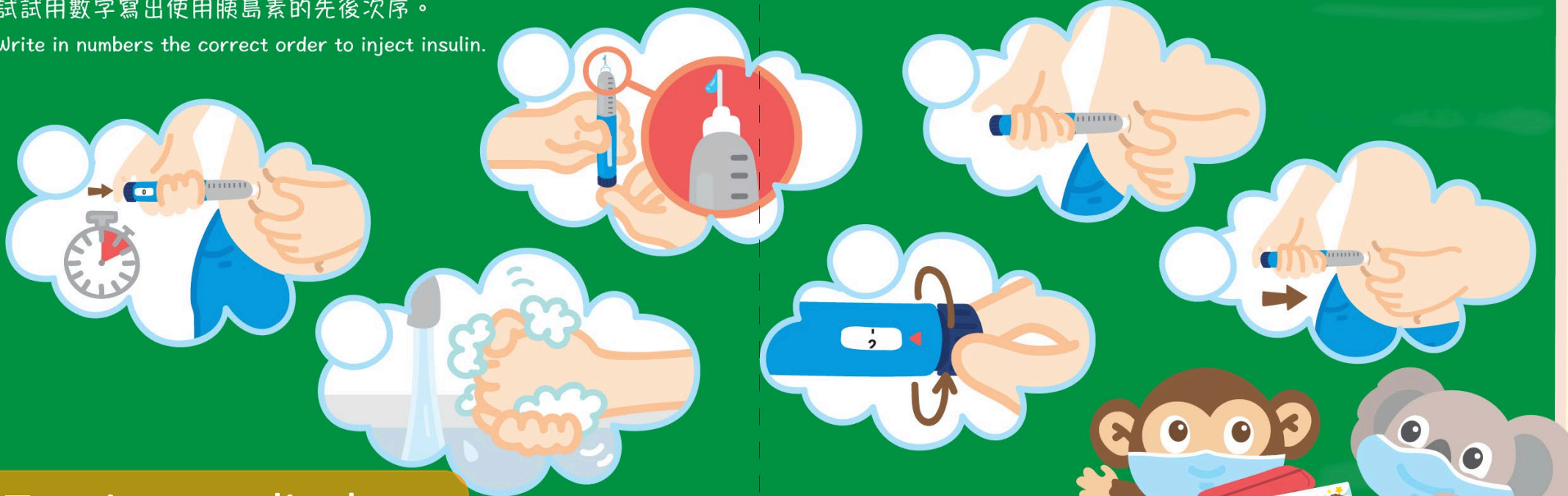


馬騮仔的同學對控糖裝備包感到很好奇，馬騮仔便向他們介紹裝備包。
Little monkey's classmates are curious about the diabetes gadgets,
and so Little monkey introduces the kit to them.



覆診的時候記得問問醫生和護士你有沒有答對！
Remember to ask your doctor and nurse if you got
the answers right in the follow-up appointment!

試試用數字寫出使用胰島素的先後次序。
Write in numbers the correct order to inject insulin.



Turning medical
procedures into games

Games to learn carb counting and exercise intensity



Preparation of blood taking

馬騮仔好久不見了，
你回來覆診嗎？
Long time no see, Little
monkey! Are you back for
a follow-up appointment?

遊戲師姐姐你好。我準備去抽血，
可是我很怕進去抽血房。我該怎麼辦？
Hello, Play Specialist. I'm going to have
my blood draw, but I'm really scared to
go to the treatment room. What should
I do?

放心，我們可先塗神奇止痛藥膏，
然後遊戲師姐姐會陪你一起進去
抽血房，一邊玩遊戲一邊放鬆心情，
我們一起試試吧！

I got you covered. Let's first put on
some magic (pain relief) cream, and I
will go into the room with you and we
can play games to relax! Let's do this
together!

12345.....
數數/物件
Counting

聽音樂
Listen to
music

深呼吸
Deep breathe



馬騮仔好久不見了，
你回來覆診嗎？
Long time no see, Little
monkey! Are you back for
a follow-up appointment?

I want the no. 5
cream before blood
taking!!

遊戲師姐姐你好。我準備去抽血，
可是我很怕進去抽血房。我該怎麼辦？
Hello game teacher. I'm about to have
my blood draw, but I'm really scared to
go to the room. What should I do?



放心，我們可先塗神奇止痛藥膏，
然後遊戲師姐姐會陪你一起進去
抽血房，一邊玩遊戲一邊放鬆心情，
我們一起試試吧！

I got you covered. Let's first put on
some magic (pain relief) cream, and I
will go into the room with you and we
can play games to relax! Let's do this
together!

1 2 3 4 5
數數 / 物件
Counting

聽音樂
Listen to
music

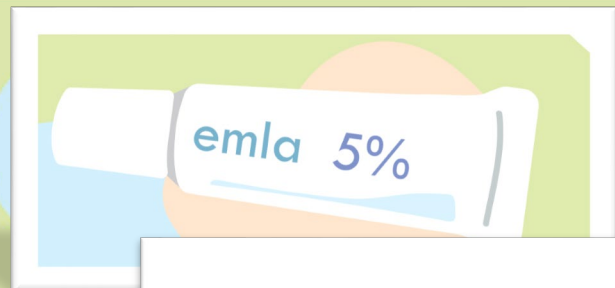
深呼吸
Deep breathe



馬騮仔好久不見了，
你回來覆診嗎？
Long time no see, Little
monkey! Are you back for
a follow-up appointment?

I want the no. 5
cream before blood
taking!!

遊戲師姐姐你好。我準備去抽血，
可是我很怕進去抽血房。我該怎麼辦？
Hi game teacher. I'm ready to have
my blood draw, but I'm really scared to
go to the treatment room. What should
I do?



止痛藥膏，
你已經送去

can play games to relax! let's do this
together!





Warning!!!

- Kids take things seriously
- Be accurate with your information
- Be honest
- Explain explain and explain

Outside the hospital...

1. Art play booth at the carnival (Nov 2022)

Expressive art and play workshop

2. Dessert workshop (Dec 2022)

Festive activity - explore food alternatives and have fun

3. Music workshop (Jan 2023)

Relaxation skills

Exploring expressive ways through music



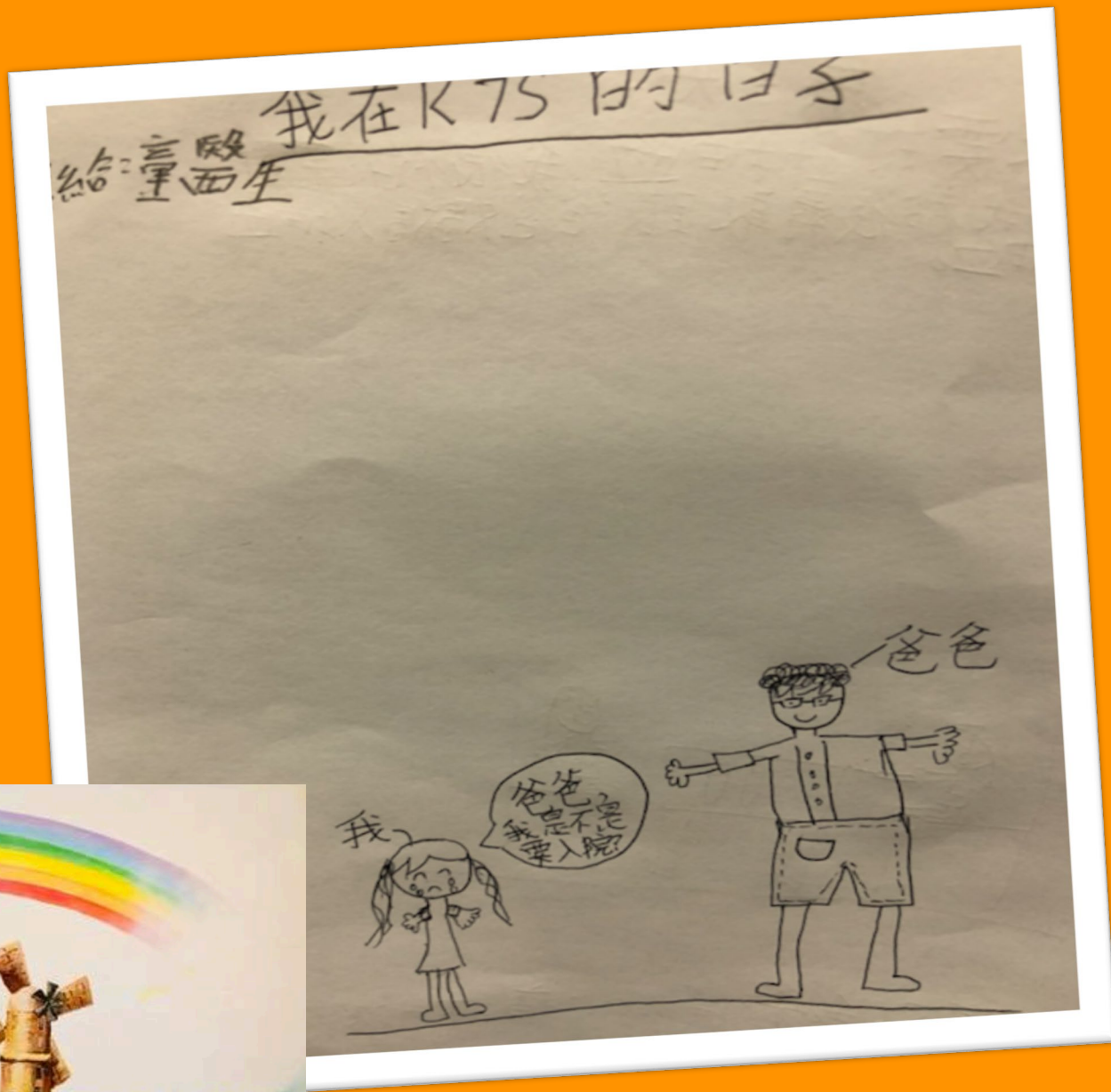
Youth Diabetes
Action
兒童糖尿協會

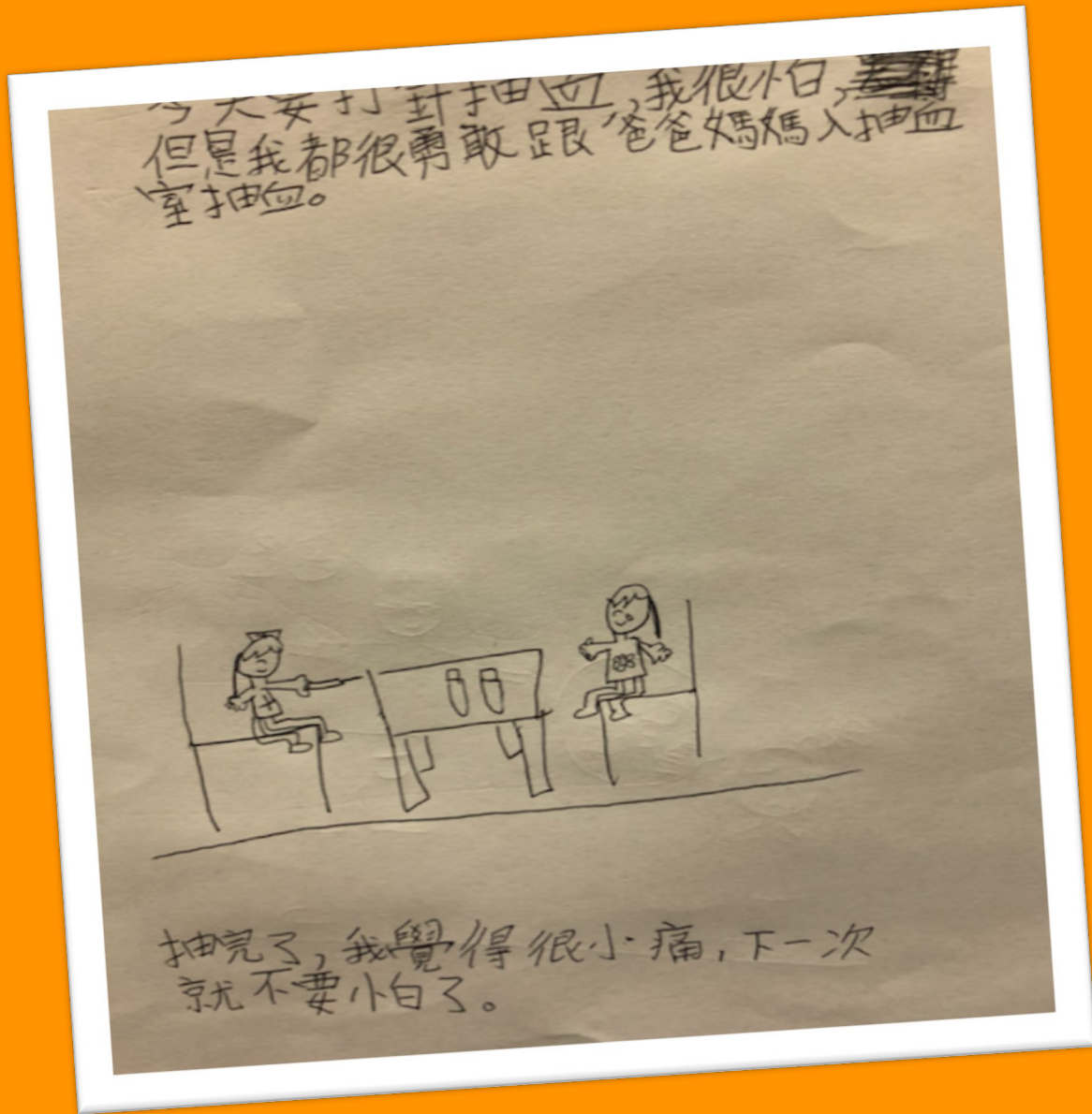
智樂 playright

看重孩子 看得起遊戲
VALUE CHILDREN VALUE PLAY



Illustrations by an 8y girl
Newly diagnosed type 1 Diabetes



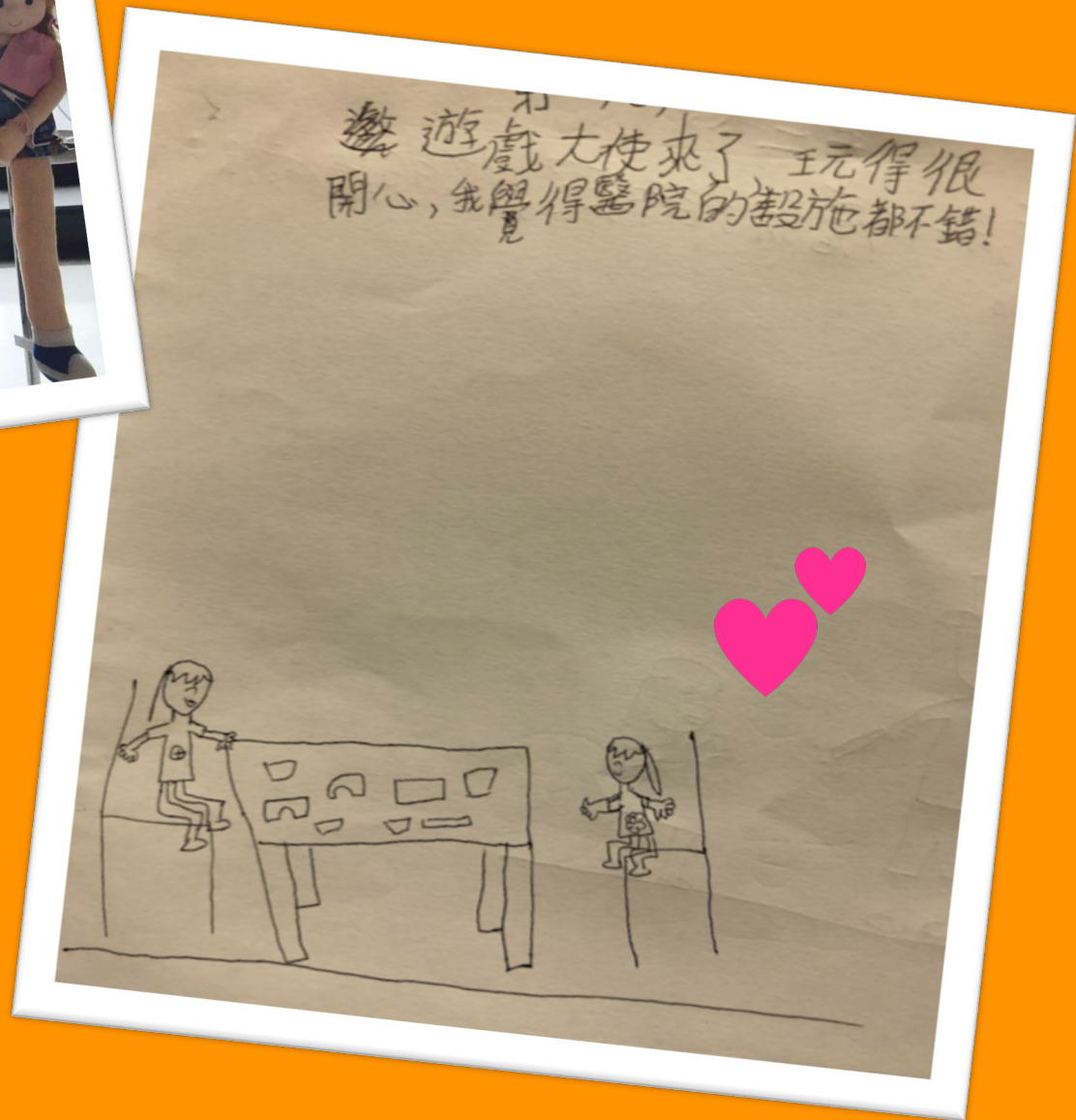


Expressing her fears on blood taking
The importance of accompany by parents

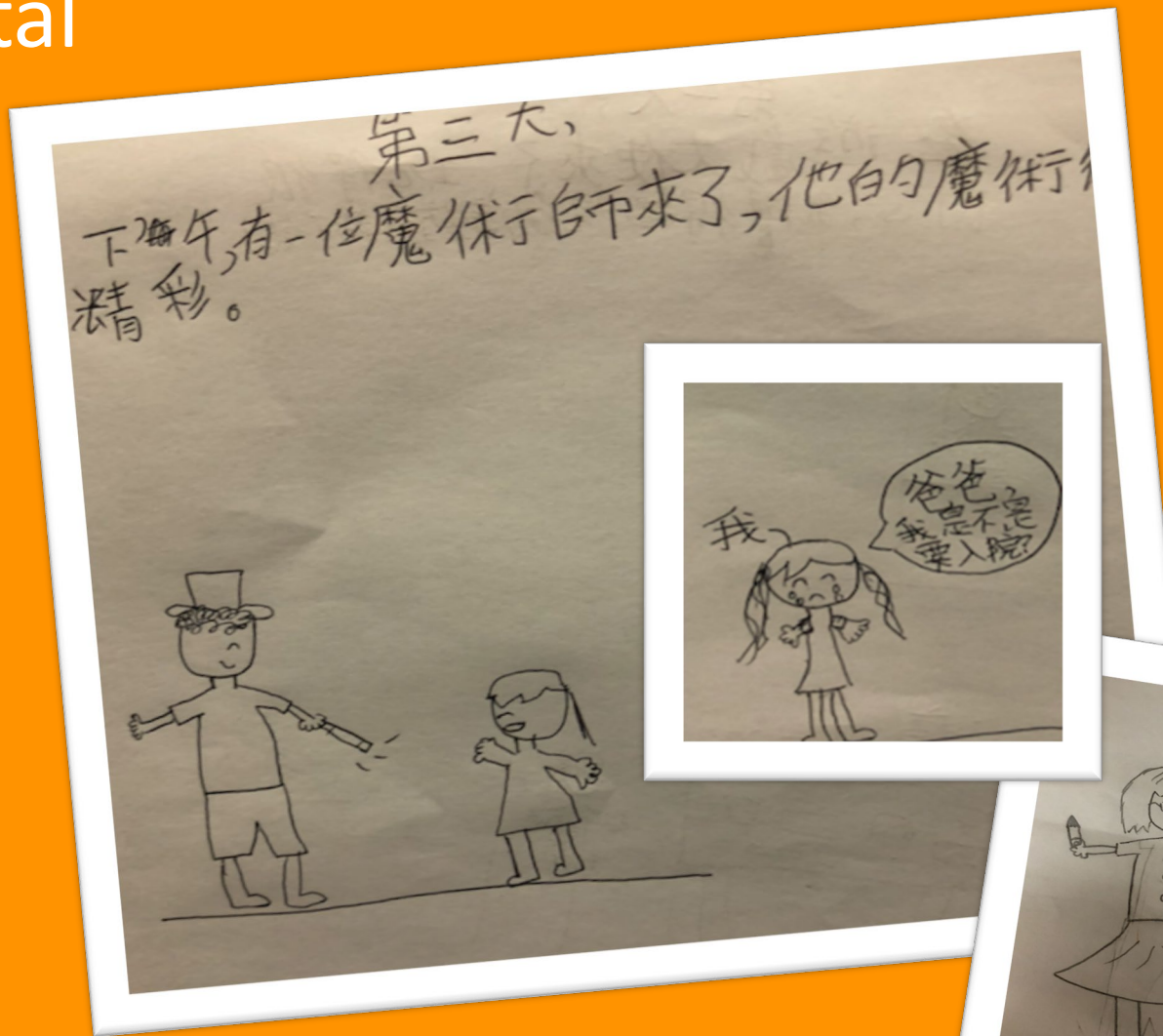




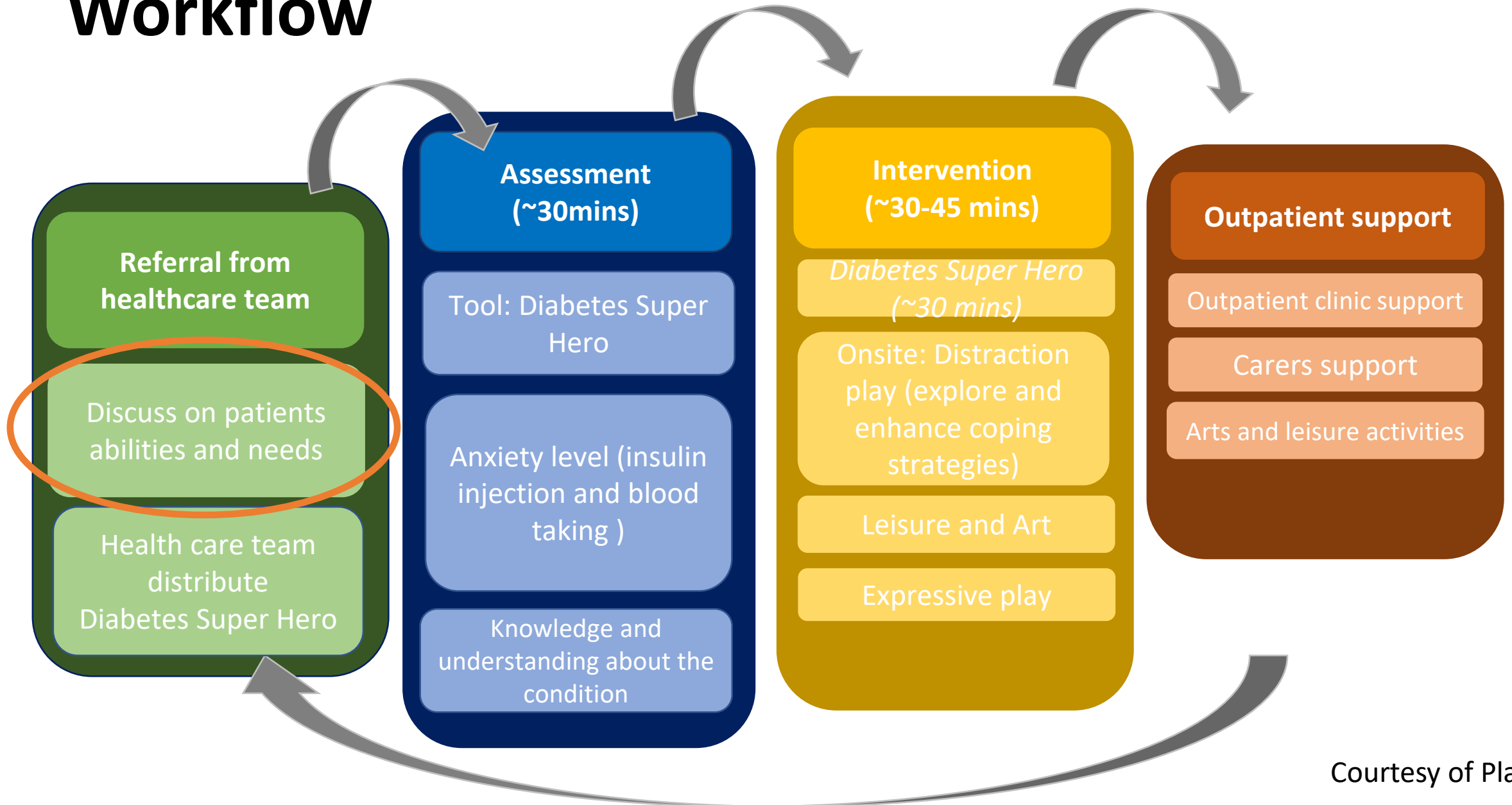
The impact of Hospital Play Therapist



Clown Doctor in Hospital



Workflow



Bring home messages

- Hospital play service
 - Cope with stress and uncertainty of new diagnosis/medical encounters
 - Deliver education and empowerment process in a fun, playful and unconventional way tailored for children
- Close collaborations between hospital play therapists, medical teams, patients support group, family and our kids!!!!
- Their journey could be transformed, and they will be geared up!





Thank you