

# Diabetes Camp 2023 HtJS

# Pancreatically Challenged but Chronically Awesome











### Htjs DM camp makes a come back

On Saturday June 17th 2023, the Paediatric Department at HTJS, in collaboration with IMU, organised a 1-day Diabetes camp for its diabetes patients aged 5 to 20 years. The departments of Dietetics, Physiotherapy and Pharmacy from HTJS were also instrumental in this camp. A total of 25 patients and 15 facilitators participated in the camp located at the Paediatric Daycare Centre at HTJS. Among the activities held, children and parents learned about various aspects of diabetes selfcare and were given an opportunity for selfexpression through creative art-therapy session. This diabetes camp was on hold during the Covid-19 pandemic, but it has made a comeback with the dedication of its facilitators, organizers, collaborators and funding bodies. We extend a deep and heartfelt gratitude to our funding bodies for supporting this effort. We believe that enhancing the lives of children with diabetes, raising awareness and empowering them in their daily self-care practices are the essential building blocks to paving their healthy and happy futures!









## MORNING Exercise:



The DM Camp kicked off with a 45-minute ZUMBA session. Following this, the kids were AWAKE, energetic and ready to get started with the learning planned for the day! Parents and Facis joined in and worked up a sweat!

#### Diabetes Self Care

Individual stations were set up through which groups of kids had to rotate through to learn about different aspects of diabetes self care. Topics such as sick-day management, proper injection technique, carbohydrate counting were covered. It was great to see that the kids were enthusiastic to learn and participated actively.













#### More Diabetes Self care

Children learned about how to engage in safe exercising with their diabetes. They taught their peers about how to manage hypoglycaemia through more Tik-Tok videos and learned about DKA through a funny yet creative video done by their own doctors!

#### Diabetes Awareness

Teams were also tasked to create videos and posters to raise diabetes awareness. Tik-Tok videos on hypoglycaemia, diabetes complications and healthy living with diabetes and posters on "FACTS of diabetes" were creatively designed. Their art work will be displayed in the Paediatric Clinic at HTJS.











# Self-expression thru CLAY ART

This session on CLAY expression was lead by Ms Elsie (Clinical Psychologist). It was very successful in that the children created colourful and creative pieces of art work about their homes, families and hobbies. It was a session which invited children to open up about their struggles with diabetes and it gave the doctors better insight into the lives of children with diabetes and difficulties that they face too.

MEMS, Novo Nordisk and Roche.