



Event Report

Carbohydrate Counting Workshop

7 May 2024
Phnom Penh Hotel
Phnom Penh, Cambodia

Organised by:



Supported by:



Carb Counting Workshop, powered by Sanofi's Global Health Unit for Sustainable Impact.

08:30-09:00	Registration and Welcome	
09:00-09:45	Lecture 1: Basics of Carbohydrate Counting	Prof. Taninee <i>Chulalongkorn University, Thailand</i>
09:45-10:15	Lecture 2: Insulin Therapy and Management	
10:15-10:30	Coffee Break	
10:30-12:00	Practical Carb Counting Exercises	Ms. Wanlapa Suansawang & Ms. Thanyalak Seephung <i>Chulalongkorn University, Thailand</i>
12:00-13:00	Lunch	
13:00-14:00	Discussion Forum: Question and Answer	Prof. Dr. Taninee <i>Chulalongkorn University, Thailand</i>
14:00-14:30	Quiz and Review	
14:30	End of training	



Training agenda

Keynote Speaker

Professor Taninee Sahakitrungruang – Paediatric Endocrinologist, Thailand

Prof. Taninee Sahakitrungruang is an Associate Professor at the Division of Endocrinology, Department of Paediatrics, Chulalongkorn University, Bangkok, Thailand.

She did her training in Paediatrics and in Paediatric Endocrinology at Chulalongkorn University, and did an additional two years of fellowship at the University of California, San Francisco with Professor Walter L Miller.

Her research interests include molecular defects of adrenal steroidogenesis and disorders of sex differentiation. She has a number of publications in highly-ranked journals describing molecular genetic characterization of paediatric adrenal disorders, especially the rare forms of congenital adrenal hyperplasia.



Keynote Speaker

Ms. Wanlapa Suansawang – Dietician, Thailand

Ms. Wanlapa Suansawang is the nutritionist at The Department of Dietetic and Diet therapy, King Chulalongkorn Memorial Hospital, The Thai Red Cross Society.

Her major is in nutrition counselling where she deeply engages in Obesity clinic, Paediatric Malnutrition Clinic and Pediatric endocrinology Clinic. She also practices in food service with a wide range of practices

She is now a member of Thai Dietetic Association, Nutrition Association of Thailand and Society of Parenteral and Enteral Nutrition of Thailand.



Keynote Speaker

Ms. Thanyalak Seephung – Dietician, Thailand

Ms. Thanyalak Seephung is the nutritionist at The Department of Dietetic and Diet therapy, King Chulalongkorn Memorial Hospital, The Thai Red Cross Society.

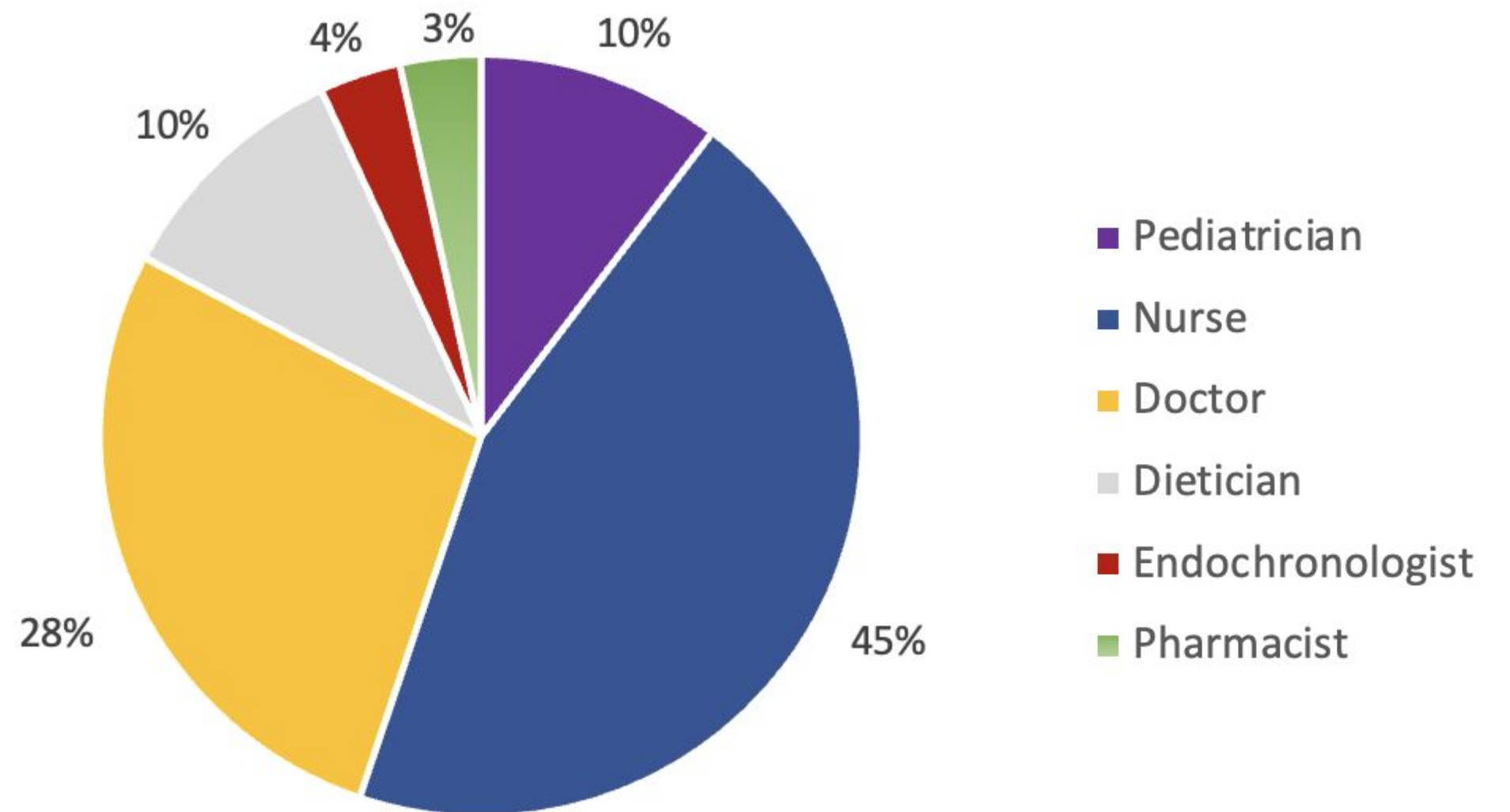
She experiences in food service, practicing in food service for patients according to doctor's orders, including Regular diet Disease-Specific diets and Diabetes diet and checking meal trays before delivering them to patients with in the hospital.

She also experiences in nutrition therapy, involving in a wide range of activities such her participation in a multidisciplinary team, collaborating with the pediatric department at Chulalongkorn Hospital nutritional counseling and delivering advice to pediatric patients Type1 diabetic, Malnutrition, Obesity



Overview of Participants

- The workshop was attended by 22 participants from A4D's 4 partner hospitals: Kantha Bopha, Cambodia-China Friendship Preah Kossamak Hospital, National Pediatric and Jayavarman VII.
- The participants consisted of pediatricians, doctors, endocrinologists, nurses, nutritionists and pharmacists.
- There were 2 dieticians from the Japanese Hearts Foundations and 5 members of the Cambodian Association for Diabetes and Endocrinology (CADET).



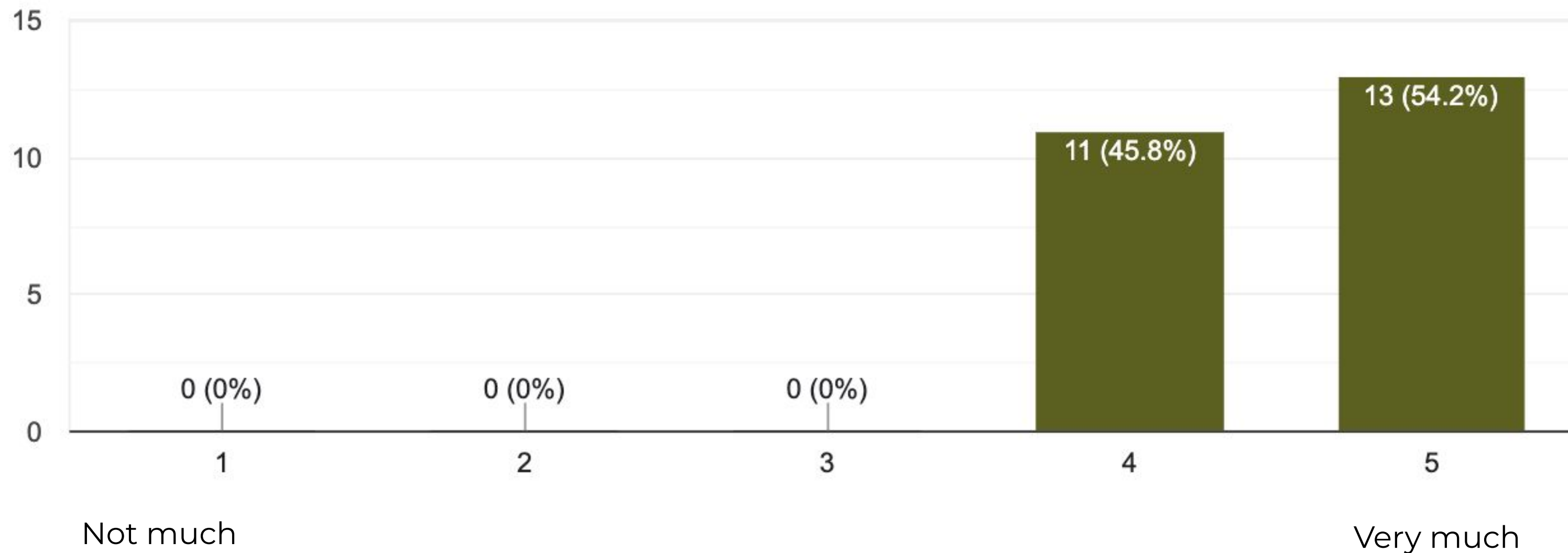
Evaluation & Feedback: Summary

- 24 out of 29 participants completed the online evaluation and feedback survey.
- 100% of the respondents were satisfied and very satisfied with the overall training programme.
- 95.6% of the respondents found that the workshop was relevant and helpful for their work in Type 1 Diabetes (T1D) care.
- The carbohydrate counting practical exercise and the discussion session was rated the most relevant.



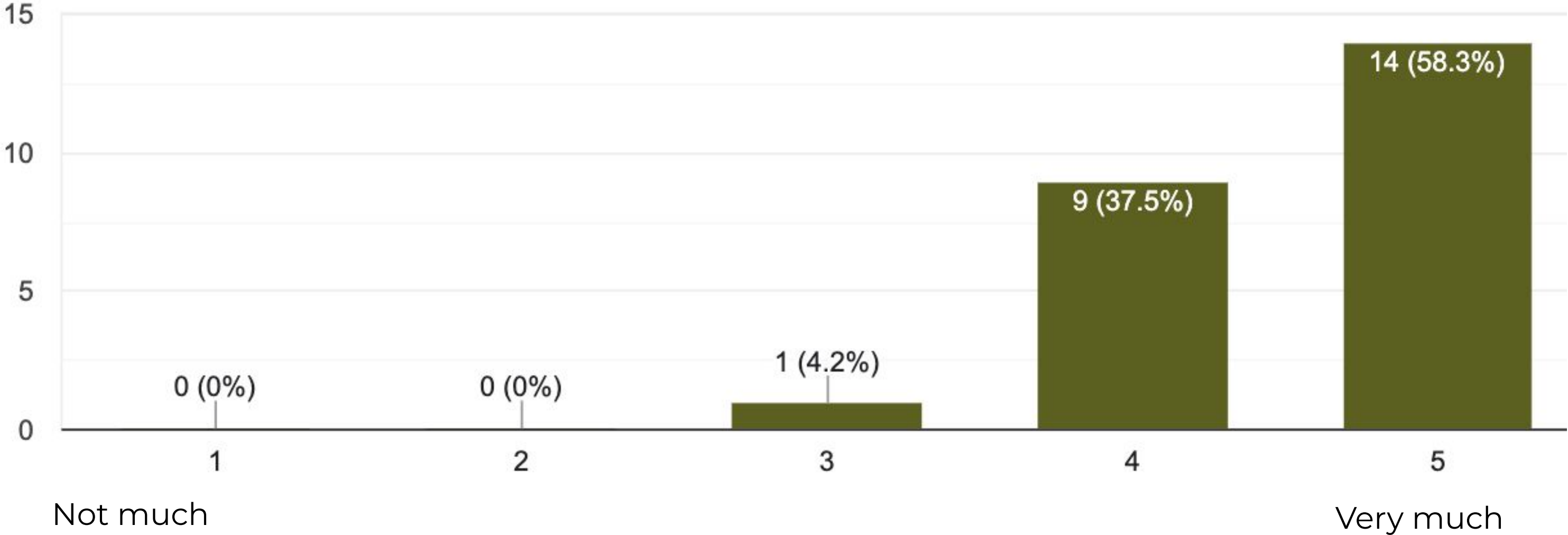
How satisfied were you with the overall workshop ?

24 responses



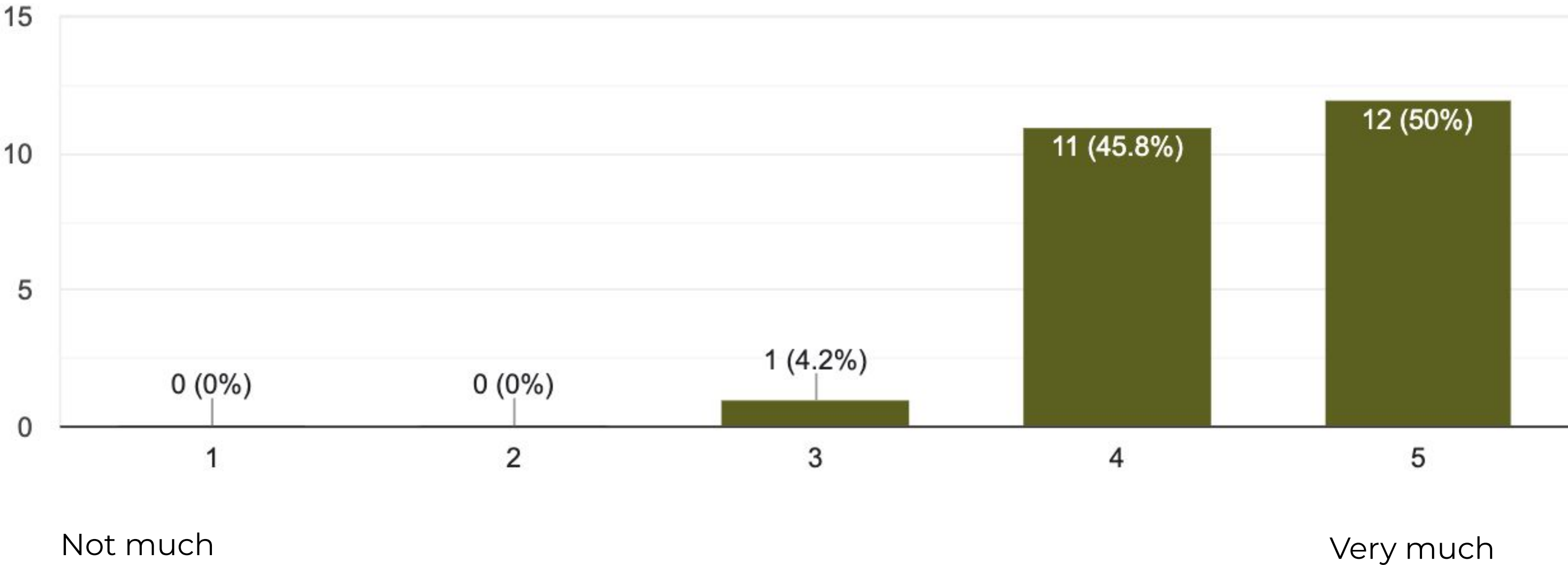
How relevant and helpful do you think this training is for your work in T1D care?

24 responses



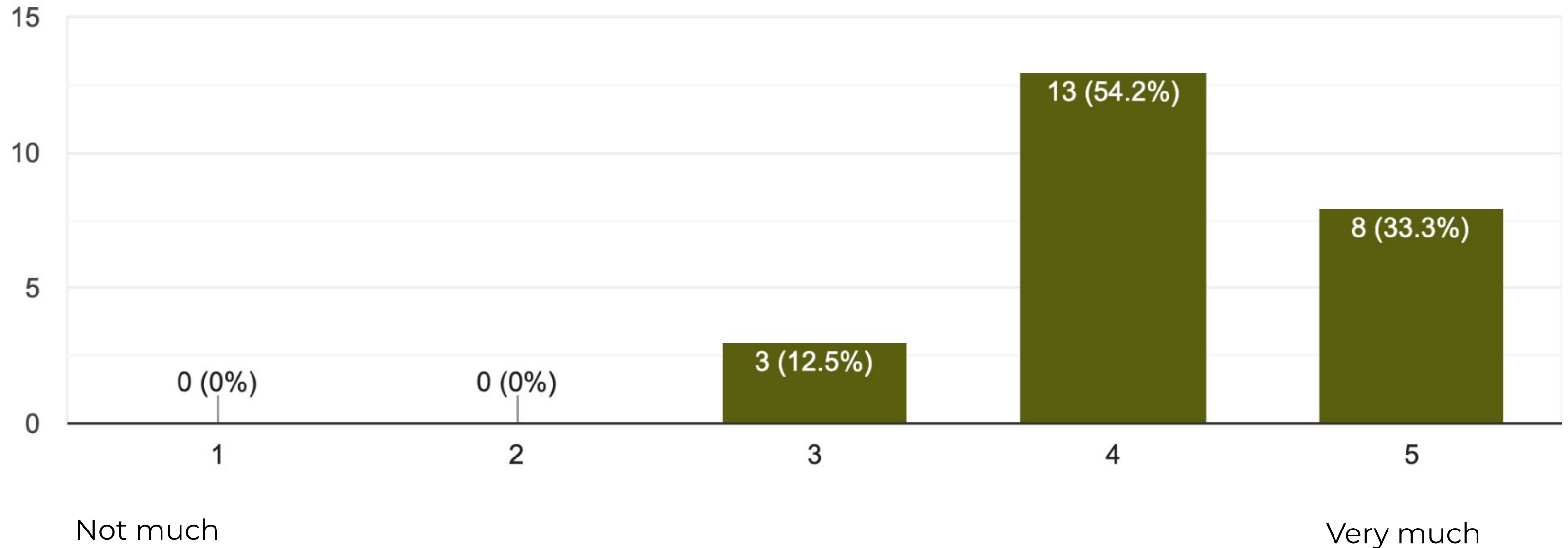
How confident are you in exercising carbohydrate counting for your Type 1 diabetes patients after attending the workshop?

24 responses



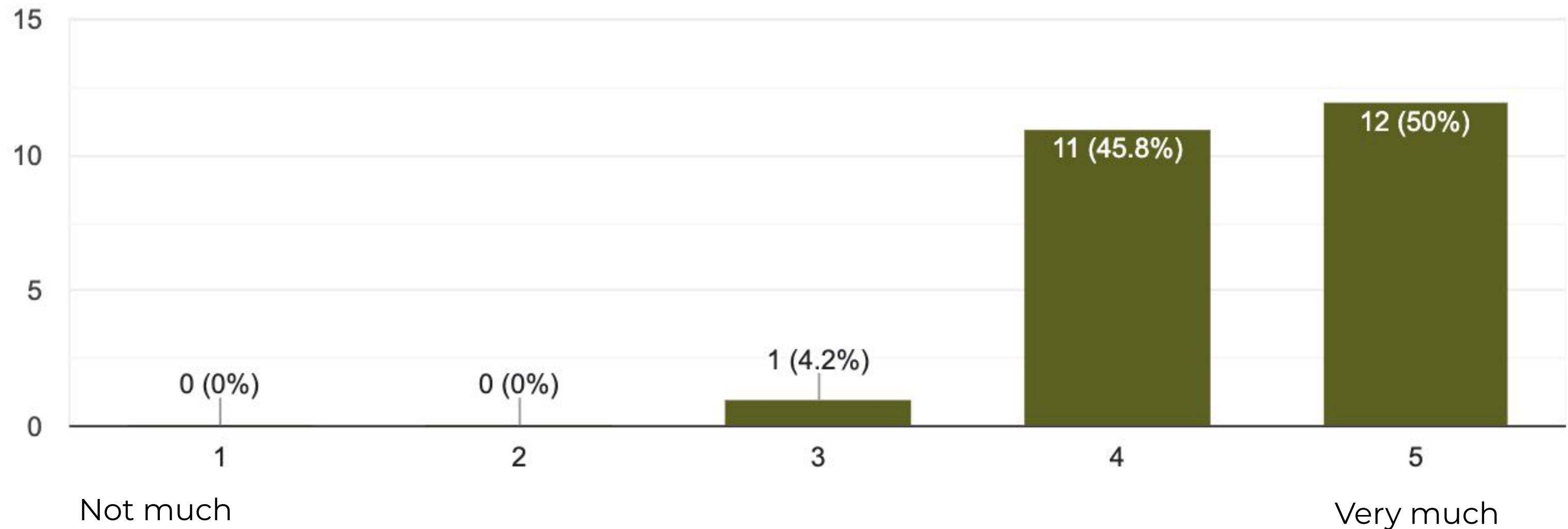
How satisfied were you with the pre-read materials?

24 responses



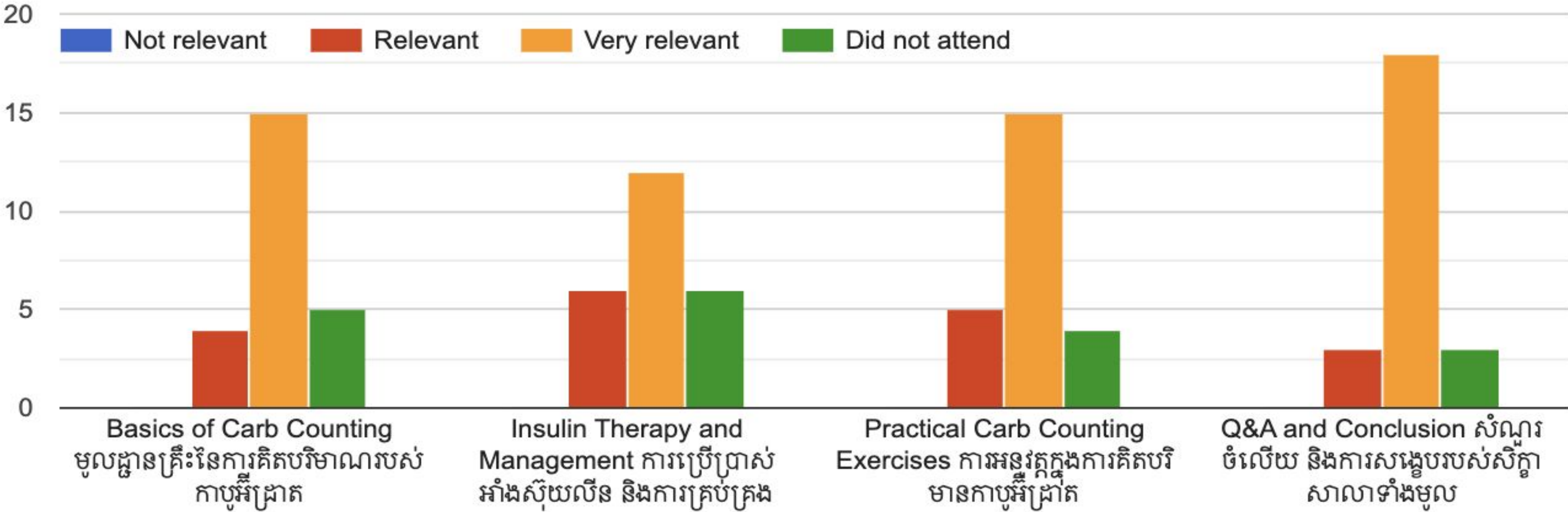
How satisfied were you with the content of the sessions presented?

24 responses



Which session did you find the most relevant?

24 responses



What were your key takeaways or learnings from this training?

- Knowledge on carbohydrate counting;
- Ability to calculate carbohydrate-insulin ratio;
- Different types of insulins and insulin requirements;
- Knowledge on insulin sensitivity;
- Different food contents;
- How to prepare food plans;
- Reading food labels.

Was there any topics you think should be included in the training?

- Psychosocial support for T1Ds and caregivers;
- Sick day management with case studies;
- How to inject insulin and insulin adjustment;
- Key tips, messages, and formulas for T1D patients;
- Food planning for kids;
- Case study on sick day management.

Suggestions and any area of improvement



- More workshops;
- Invite all relevant Healthcare Professionals;
- More sessions on patient tips and experiences.

THANK YOU!

We appreciate your partnership with us to
make a difference in the lives of young people
living with T1D in South-East Asia