



Dear Delegates,

From October 21, 2007 to November 2, 2007, I was privileged to lead you, a group of diabetes educators on a People to People Ambassador Program to China. We successfully accomplished the goals of the People to People Program, founded by Dwight D Eisenhower in the 1950s: to build relationships and to experience first hand the value of other cultures.

As a group of 35 diabetes educators (and 8 guests) from all over the United States, we represented a diversity of diabetes educators:

- disciplines (nurses and nurse practitioners, dietitians, physician assistants, pharmacists, and researchers),
- geography (urban, rural, north, south, east, and west),
- ethnicity (African American, Caucasian, and Hispanic),
- and practice settings (hospital, outpatient, physician office, Indian reservation, academic, public health and community based programs).

Many delegates received financial support from their employers for the trip which I believe indicates the recognized value of the educator as well as the quality of the educational component of the People to People Ambassador Program. Most of us had not met each other before the trip and the internal networking as we traveled across China was beneficial--learning about each other practice settings, job responsibilities, organizational support, and our unique practice resources. We are already looking forward to a reunion planned for August 2008. Additionally, thanks to one of our guests, ongoing sharing of photos, experiences, and networking advice has been facilitated through the development of a web site for the groups use over the next 6 months.

The delegation visited professional and cultural sites three Chinese cities -- Beijing, Xian, Shanghai. These cities provided us with unique views of Chinese professional life and cultures from the traditional to the contemporary.

The primary professional objective of our delegation was to seek a better understanding of the practice of diabetes education and the role of the diabetes educator in China. The professional visits and presentations were appropriately selected to address the following areas of interest:

- Epidemiology of diabetes in China
- Diabetes self-management education models and programs
- Self-care behavioral interventions and outcomes
- Technology use with patients and health care providers
- The role of community health and lay health workers
- Health care professional education for diabetes care and education
- Recommendations for further collaborations

This journal describes our understanding about these topics. While we know that our knowledge is limited by the experiences we had, we do think that we came away with a basic understanding of the Chinese diabetes education. Each delegate has expressed to me that not only did they benefit professionally from seeing how diabetes education is delivered throughout China, but they benefited personally from the Chinese and delegate relationships they developed on the trip.

I want to share in your words some of the “lessons learned”:

- Chinese people and culture
 - Respect for health care professionals is not taken for granted
 - Wealth is managing your health and well being
 - Pride in one’s self is okay, being humble is good
 - A smile is universal
 - The Chinese people are a gracious people
 - The “one child policy” puts a huge burden on young adults...aging parents and own child
 - More appreciation for the thousands of years of Chinese tradition and accomplishments
 - “To effectively embrace the diversity of cultures, it is important to share what each has to offer”
 - The Chinese take “service” to a whole new level
 - Saving face is so important. And when you think about it, it costs so little to uplift and empower each other.

- Diabetes education in China
 - There is much overlap in treatment – we all use diet, exercise, medicationsWe are all trying to provide our patients with the diabetes tools they need to have a better quality of life.
 - We were told that patient’s respect the word of physician without question...yet one speaker stated that patients do not just “do what they are told to do”.
 - The number of patients with diabetes requiring close follow-up and care seems overwhelming.
 - Diabetes educators face the same problems all over the world.
 - Behavior change is just as difficult to facilitate and document in China as in US.
 - China’s only community diabetes education is done by clinic and hospital health care professionals – no lay educators or other organizations or groups.
 - Health disparities exist broadly in China by regions as well as occupations.
 - There appears to be role for Traditional Chinese Medicine (TCM) as an adjunct to Western Medicine (especially for foot ulcers) and vice versa.
 - Nutritionists reported many of same challenges that we face “patient follow through”

- The role of the nurse, even advanced nurses, seems to be in the same place as nurses were 25 years ago (following doctors orders and no autonomy)

Finally, I would like to acknowledge my co-leader, Donna Tomky and thank her for tireless support and most importantly for collating the journal entries. Also, thank you delegates and guests for your contributions to this wonderful memory of our time together – a once in a lifetime experience.

The Chinese philosopher, Lao Tzu said it quite well for us many years ago in the 6th Century B.C.



“Learn from the people,
plan with the people...
when the task is accomplished,
the people all remark,
we have done it ourselves.”



Sincerely,
Malinda Peeples, MS, RN, CDE
Diabetes Education Delegation
People to People Ambassador Program
October 2007

People to People Diabetes Education Ambassador Program in China 2007

Wednesday, October 24, 2007, Professional and Cultural Day in Beijing, China

Notes by: Michelle Kavin and Sharon Knox

Edited by Donna Tomky

We started the day with a buffet breakfast at our hotel's Café Asia which included selections from America, Japan, and Chinese cuisine. As delegates we started to co-mingle and learn about each other around one of many breakfast tables. Our first day required no travel, mixing cultural and professional exchange in our hotel conference room.

Welcome greetings were exchanged amongst our leaders, Malinda Peebles and Donna Tomky, our guides "Lucy" and "Bruce", and our 35 delegates and 8 guests.



The in-country briefing by Li Xiu (aka Lucy or "Shu Shu") began with information about China. It is the third largest country in size just behind Russia and Canada with 2/3 of its land not cultivatable. China's population is 1.3 billion, with 16 million newborns annually and 7.5% of the population is over 65 years old, perhaps a reason for rising rates of diabetes in China. The Han nationality is the majority (92% of the nation's total population) with 55 other ethnic minority groups sharing the remainder, all boasting no discrimination among these groups. People enjoy freedom of religious beliefs with Buddhism, Daoism, Christianity and Muslim being most practiced in China. Nationwide time is observed with Beijing time is universal throughout China, so at least for 2 weeks we were on one time zone during our stay in China.



Shu Shu humorously chided us all into respecting the group with punctuality - “I know you have good reasons to be late – but we have good reasons to leave you”.

The Chinese language is standardized all over the country with both pictographic square characters and Romanized spelling in “Pinyin”. Mandarin is the official language with over 150 dialects. Traditions are changing with increased globalization. Family size is minimized to 1 (sometimes 2) children per couple; marriages are no longer arranged by elders; more open economy and

government with dramatic changes occurring in people’s daily life by following “the truth” instead of elders and leaders dictums. We learned the RMB currency exchange rate as shopping became high on almost everyone’s list. The group was introduced to standard Chinese phrases, zodiac chart, historical facts, the meaning of “Yin and Yang”, and modern historical firsts in Sino-US relations. The delegation soon felt Beijing’s excitement and angst in preparing for the 29th Summer Olympic Games in 2008. I’m sure many of us will be watching from afar next year.



Malinda Peeples, our fearless leader, passed out the “Unite for Diabetes” pin, a blue circle which symbolizes the movement of the International Diabetes Federation calling for a United Nations resolution regarding diabetes. Everyone learned that “Unite for Diabetes Day” is on November 14th. We engaged each other and embraced the “Unite for Diabetes” tradition throughout our visit in China. Delegates were encouraged to pin Chinese professionals and acquaintances along the trip. Very soon all graciously embraced the tradition.



Before the morning was over the delegates visited the famous Tian An Men Square. We were pleasantly surprised to learn about locals' excitement to take pictures with US foreigners. We were even more excited to learn that "Oprah" (aka Eva Vivian the lone pharmacist) was among us, or so the locals thought. We quickly learned "Bu yao" (boo-yow) meaning "No, I don't want that" was somewhat helpful in deterring an over run feeling from local merchants offering hats, postcards and Red Books with Mao quotations. Although some of the group welcomed the inexpensive souvenir offerings. Delegates were able to see the Monument to the People's Heroes, Great Hall of the People, Chairman Mao's Memorial Hall and the China National Museum as well as watch a flag raising ceremony. Also, a beautiful arrangement of plants and flowers embraced the coming of the 2008 Olympics (see Figure 1).

Figure 1. Olympic Garden in Tiananmen Square



Lunch was provided at Huizhenlou restaurant where delegates experienced their first round-table seating with an over-sized lazy-susan and 15 dishes served in successive order. First time mistakes were made such as placing the napkin in your lap or placing the rice in your soup bowl or tea cup. However, after a crash course in chopsticks and meal etiquette, delegates were able to enjoy a wonderful meal of Lotus Root, spiced cucumbers, beef, shrimp, fish, duck and sweet apples. They also learned the meaning of Chinese-style bathroom which left the unadventurous waddling to the busses hoping for a Western-style bathroom as soon as possible...

Figure 2. Learning proper etiquette for meals



The afternoon entailed a professional conference where Dr. Wang Heng (Director of the Dept of Endocrinology, Peking Union Medical College Hospital) and her colleagues joined the delegates for lectures focusing on the epidemiology of diabetes in China and the nearly 70% of uninsured people throughout the country. The Lilly Education Center at PUMCH was discussed including their monthly newspaper, patient-edited book, teaching theories (e.g., “Exercise is My Life Right”), and nutritional counseling ideas. Pictures included summer camps, social clubs, and large lecture courses.

The history of Traditional Chinese Medicine (TCM) was reviewed with brief discussions on Bitter Melon and its possible effect on glucagon like peptide-1 (GLP-1), Berberine and its possible ability to lower blood glucoses and the treatments for the depletion of Yin, Yang and Chi. We reviewed recent research into the Jinmaitong capsules which may lead to increased conduction of sciatic nerve velocity improving symptoms of cold, numbness and pain in diabetes peripheral neuropathy. The lectures concluded with a brief presentation and discussion on technology in diabetes and E-visits using MetrikLink devices presented by our own delegate, Michelle Kavin, PA-C from Penn State Milton S. Hershey Medical Center, Hershey, PA.

Figure 3. PUMCH Team with Michelle Kavin



The afternoon was completed by presenting gifts from the Delegation to our professional colleagues that included two AADE Membership, TDE Sept/Oct Issue dedicated to “Diabetes Self-Management Education (DSME) Outcomes” research, AADE’s Desk Reference of “The Art and Science of DSME” on CD-ROM, and an assortment of gifts from delegates representing their “home town” or state. Dr. Weng in return gave an assortment of gifts to the delegation when we visited her institution the next afternoon.



A special thanks to Ginny Rich and Maria Ramirez for sorting the wonderful gifts brought by all for our Chinese professionals. As you can see from the picture, it was a little overwhelming for Malinda and Donna to deal with (even Shu Shu was walking away) since they had been traveling 33 hours the day before. Fortunately Ginny and Maria stepped up to the job, as they had somewhat acclimated to the time zone by spending 3 days in Hong Kong prior to joining the group.



After a lovely dinner, we delighted at a stunning performance at the Red Theater by the Shaolin Monks entitled “The Legend of Kung Fu Show”. A combination of martial arts and modern Chinese dance, the show was the highlight of the day for most delegates. Thoroughly exhausted...we returned home for our first good night’s sleep at the Beijing Crowne Plaza Wuzhou Hotel!



Thursday, October 25, 2007, Professional Day in Beijing, China

Notes by Carolyn Leontos and Helen Amundson

Edited by Donna Tomky



This morning we attended a session arranged by Dr. Nancy Cheng, MD, PhD. Founder and head of the Tang-An Health Center at the Grand Theatre of the Cultural Palace of Nationalities. It was a celebration for the 19th Anniversary of the Tang-An Center.

We were welcomed with a standing ovation from over 1000 patients, staff, dignitaries, and media. The opening speaker, Dr. Jiming Cai – President of the Chinese Medical Preventive Association, addressed the global epidemic of diabetes and World Diabetes Day.



The next speaker, Dr. Li Shichuo – senior advisor of the health ministry praised Dr. Nancy Cheng and her work in founding the Tang-An Health Club. He stated health education is a sacred mission. He also stated the problem with the current medical

system in China involves the patient is waiting for symptoms while the doctors are in the hospital waiting for patients. The Chinese health care system is based on the acute care model. An example of this is evident by over half of heart patients presenting with a



heart attack or death as their first sign or symptom. He made a similar statement that we hear in the USA about CVD is preventable and reversible; therefore, the goals should be preventive medicine instead of tertiary interventions involving CABG or Angioplasty with stent placement therapies.

The next speaker, Malinda Peeples – PTP delegation leader, spoke on the state of the “Diabetes Education in the USA”. She announces that AADE’s journal, *The Diabetes Educator (TDE)*, will be published in Chinese beginning in January 2008.

The next speaker was a member representative of the Tang-An Health Club (a patient centered group). He stated his diabetes was controlled by using the “Five Horses” Model of 1) diet, 2) physical activity, 3) medication, 4) self-monitoring, and 5) controlling stress.



Dr. Nancy Cheng was the next speaker. She is using evidence-based science and technology to help people with diabetes. She started diabetes education as a result of her attendance at the 1993 American Diabetes Association (ADA) Scientific Sessions in Las Vegas, USA. She met two diabetes educators who inspired her to help people with diabetes by changing their lives through education.

Incidentally, that was the year of announcing the landmark results from the Diabetes Control and Complications Trial (DCCT). Since the beginning of Tang-An Medical Center, medical doctors have traveled to 170 cities and reached patients through 4,000 seminars.

The next item on the agenda was a quiz of selected patients. Four Chinese experts, as well as Donna Tomky—PTP delegation co-leader quizzed 12 patients. Many of the questions were based on fact with expectations of specific answers. Donna’s question focused on a behavioral question by asking the patients to comment “on the hardest thing they had to do everyday to take care of their diabetes”. After much flurry and

discussion amongst the patients, one patient spoke up to say “Keeping my mouth shut”! All laughed, with all patients expressing that diet was their biggest challenge, really no different from our patients at home. At the end, patients were awarded prizes.



After a short bus ride to the Ching Pavilion restaurant and lounge, a traditional Chinese lunch was enjoyed. Unexpected décor of the “western style” restrooms stirred more discussion and fun. After lunch we visited an exquisite park enroute to the Peking Union medical College Hospital (PUMCH). Most of the delegates relaxed and walked in the pleasant surrounding of the park while others found shopping at a nearby local student art gallery.



Continuing on to the PUMCH, we were greeted by physicians and staff from the endocrinology department. PUMCH was founded in 1921. It was financed by the Rockefeller Foundation and modeled after Johns Hopkins Medical Center in Baltimore, MD costing \$5 million. The hospital is a teaching hospital with the first Dean of the Medical School being an American with medical classes being conducted in English. In the early days, medical students were educated in the US and later more and more students were educated in China.

PUMCH is a comprehensive hospital with every department of a modern general hospital. In addition to being a teaching hospital, it also has a nursing school. The nurses wear traditional like uniforms complete with caps. The research department is active with funding from government grants, as well as the National Institute of Health (NIH). All new drugs are tested in their clinical research center (CRC) before being released in China.



We toured the “diabetes ward”. Newly diagnosed patients are hospitalized for 2 weeks. Diabetes education takes place in large groups with Power Point presentations. One-on-one education is referred to as “oral” education sessions. Other sites of interest on campus included a beautiful library, original auditory for all graduation ceremonies, and outside verandas with remarkable potted plants and gardens. We learned about the on-site green house responsible for the refreshing environment.



Dinner was a special treat! We drove quite a ways outside Beijing to the Fragrant Hill Hotel located near the Summer Palace for a traditional meal. Our evening entertainment included all joining in singing national anthems of China and the United States. Our host, Dr. Nancy Chang put on an elegant affair!



Friday October 26, 2007, Cultural Day in Beijing, China

Notes by Jamie Brown and Marie Schongar

Edited by Donna Tomky

We started our cultural day at the Forbidden City, sometimes called the Imperial Palace Museum or Gugong. Background information tells us during the Mongol times it was the “Great Within”. Under the Ming and Qing dynasties, Beijing was divided into walled sections or cities. The Forbidden City was the innermost and the most important, because it was the residence of the emperor, the focal point of the empire and the middle of China. Entry was forbidden to all but those on imperial business until 1911, when the last emperor, Puyi, was overthrown.

The main structure is made up of two groups of three palaces, mostly 18th – century, situated one after the other on a central axis called the Meridian Line. Behind them, at the north end, is the Imperial Garden. Alongside the palaces to the northwest are the



former apartments of the concubines; to the northeast are the palaces of Emperor Qianlong and Empress Cixi.

The first group is the outer court hosted official functions; the inner courts were for private ones. As we entered there were the five bridges standing for justice, loyalty and fidelity. We first entered through the Meridian Gate once reserved for the Emperor and so-named because it was here that the new lunar calendars were distributed. The Forbidden City is dominated by the imperial yellow roofs and vermilion walls. On the massive red doors there were nine rows of nails signifying power. The Chinese would touch the nails and believed that the more nails they touched the more children they would bear.



The Forbidden City occupies 775,000 sq ft, allegedly, 9,999 rooms and surrounded by a huge, hand dug moat and a 33 ft high wall within a perimeter of 4 miles all for security; making it off limits to the public for over 500 years. Bronze lions were seated by the gate and stood guard watching over the Forbidden City. Next we entered three great halls that were awesome to view. In the courtyard there were huge bronze kettles once filled with water for fire protection. To protect the Emperors concubines, all of the men in the Palace except the Emperor, generals, and high male officials were eunuchs (castrated men). Multiple buildings and three palaces existed within the Forbiddin City. Roofs were accorded to rank, all contained curved overhanging eaves. At the end of the ridge are giant dragon heads (the dragon was the imperial symbol); the mythological figures running down the side ridges ward off calamity; particularly fire.



We then drove 45 miles northwest of Beijing heading towards our afternoon cultural experience. Our first stop was the Dayi Friendship Store Restaurant where we ate lunch then toured the cloisonné factory and launched into a frenzy of shopping all under one roof. After lunch and shopping we headed for the Badaling “Great Wall of China”. The present wall dates mainly from the Ming dynasty, at least 20 states and dynasties were involved in its construction over a period of 2,000 years, following different routes or building extensions according thousands, many of whom died of exhaustion and malnutrition. Different building materials were used according to the terrain—rammed earth or stone and brick making the climb of multiple steps an adventure of its own.



We entered the restored section of the wall at Badaling. The “Great Wall” is a huge amazing sight making it hard to imagine the entire breath and depth of this enormous structure. We trekked up several hills leading to the top of one section of the wall. It’s hard to imagine how the workers hauled all the rock up the hills to build the wall. People walked at their own pace, but when we reached the first beacon tower, we took a triumphant photo. The fall foliage in its beauty greeted us as we walked up the wall covered with rolling fog nipping at our necks.



This eventful day was capped off with a beautiful dinner at the famous Peking Duck restaurant. The dinner featured prized Peking Duck along with “fire-water” and “fried scorpions” truly a novelty in anyone’s book. The scorpions tasted like popcorn, but the fire-water tasted a bit like gasoline. Did anyone calculate how much insulin it took to eat those scorpions?? All in all, it was a wonderful fun filled busy day!



Please join your fellow
People to People delegates, guests and local
for



dinner
Peking Restaurant



Sweet and Sour Duck with
Asparagus and Mushroom with
Cranjude Roast Duck
Duck Bone Soup
Dim Sum



Saturday, October 27, 2007 Travel Day from Beijing to Xi'an

Notes by Eloise Hollen and Donna Tomky

Our travel day to Xi'an started relaxed with a wake up call at 8:00 instead of the usual 6:30 AM. Biological clocks are starting to reset to local time, but still somewhat out of sync for most. Luggage was picked up by the bellman outside our doors making travel to the airport a breeze. We were once again warned the night before by our guides about the 44 lbs luggage weight restriction traveling within the country by China Airline. However, we could carry on as much as we could possibly handle by ourselves. With that in mind, those traveling with guests or less carry on luggage graciously carried on the gifts for our next professional exchange. We thank all of you who did this!!

Another diverse and delicious breakfast was enjoyed in our hotel Café' Asia before boarding the buses for the Beijing International Airport. After an hour bus ride to the airport, we said good-bye to our local guide, Chen Tianrui (Terri) and the PTP local contact person, Xia Xiuli (Shu Li). Our Air China flight was on-time leaving at 12:50 PM. Unsettled weather conditions were forecasted particularly in the northeast region of China. We boarded and settled in for a 3 hr flight. Unlike US flights, we were fed a "real meal". Much to our surprise we got to Xi'an ready to descend when air traffic control denied our flight from landing because of foggy conditions. Our pilots apologized and turned our plane around back to Beijing.

We arrived back in Beijing, disembarked from our plane, and were allowed to congregate in the airport concourse. Our guides told us to stay close to the gate as departure could take place "at a moments notice". Sure enough a few short hours later we were told to load up and get on the shuttle bus taking us to our aircraft. Shu Shu and Bruce were phenomenal about rounding us all up and taking special care to make sure everyone was accounted for. In fact one of the guest



was thought to be missing, which delayed and worried our guides, but indeed had gotten on one of the earlier shuttles and already on board. Alas, we were off once again flying to Xi'an! Amazingly, we were fed once again, in fact the same meal as before. Enough time had passed; many were hungry while others slept in hope for a safe arrival. The second time was a success; everyone cheered as we pulled into the tarmac and unloaded our weary bodies. Our guide made light of the trip and said "only on Air China do you pay once and fly twice!" Everyone chuckled and proceeded to the bus. Fortunately, our local guides had arranged for a seamless check-in at the Shangri-La Golden Flower Hotel.

We missed our dinner at Wan Nian Hotel Restaurant, but our guides made sure the group was compensated with unlimited drinks at our farewell dinner in Shanghai. All in all, everyone was exhausted and welcomed comfortable beds for a good-night sleep!

Sunday, October 28, 2007 Cultural Day in Xi'an

Notes by Beryl Larson and Pat Murphy

Edited by Donna Tomky



The delegates and guests started the day with a healthy hearty breakfast at our hotel's Golden Flower restaurant. We were greeted by our local guides, Jenny and Richard, with Shu Shu and Bruce relaxing a bit from yesterday's hectic travel day. Nonetheless, everyone was engaged for an exciting cultural day ahead of us.

While enroute to our first stop, the Big Wild Goose Pagoda, our local guides provided historical information about the Pagoda, as well as facts about freedom of religion unless you belong to the Communist party. The group toured the Big Wild Goose Pagoda which is a well-preserved holy place for Buddhists. This attraction was divided into three parts: the Big Wild Goose Pagoda, the Da Ci'en Temple, and the North Square of Big Wild Goose Pagoda. Originally built in 652 during the Tang Dynasty (618-907), it functioned to collect Buddhist materials that were taken from India by the hierarch Xuanzang. Xuanzang started off from Chang'an (the ancient Xian), along the Silk Road and through deserts, finally arriving in India, the cradle of Buddhism. Enduring 17 years and traversing 100 countries, he obtained Buddha figures, 657 kinds of sutras, and several relics. Many of them are still preserved here and observed by the group.



During the tour, the group viewed a mural depicting the story of Buddha. Richard invited us to participate in offering incense to the Buddha and asking Buddha to grant our 3 wishes. We visited the temple and the North square. After a visit to the gift shop, the group boarded our buses and headed to the Jade factory.



Frank guided the group on an informative tour of the Xi'an Jade Carving Center. He provided tips for purchasing jade jewelry and sculptures. After spending time allotted for shopping, we continued onto the famous Terra Cotta Warriors Museum.

We drove outside the city of Xi'an for a while viewing beautiful countryside of rural China. The Terra Cotta Warriors Museum is decorated with trees, flowers and carpets of green grass. The main buildings of the museum, tagged in order of their discoveries of Pit 1, 2, and 3 were constructed on their original sites. In 1974 a farmer while digging for water discovered a piece of one of the warriors. Excavation revealed over 7,000 warriors, horses, chariots and weapons. These artifacts dated back to Emperor Qin Huang, whose tomb they have guarded through the years. Excavation and restoration continues on the "8th Wonder of the World". After a tasty Chinese buffet lunch at the museum's restaurant, the group viewed a film depicting the history and discovery of the Terra Cotta Warriors.



This day provided a challenge for our guides, Lucy, Bruce, Jenny and Richard, who worked diligently to keep the group together "like sticky rice". Once our group was collected, we headed back to the hotel where the group either chose quiet time at the hotel or attended "The Tang Dynasty Dinner & Show". Those that chose to attend the dinner show were once again thrilled with an exciting cultural experience. The show combined poetry with the skilled playing of musical instruments, singing, dancing and also stunning costumes that provided for a modern presentation of ancient China. It

gave us another view of splendid history, brilliant arts, distinct traditions and customs of this fascinating country.



Monday, October 29, 2007 Professional Day in Xi'an

Notes by Claire Dunbar, Kathy Heitkamp, and Evelyn Robinson

Edited by Donna Tomky



Our delegates started the day on the bus with our local guides, Jenny and Richard, giving us an overview of Xi'an. They explained that Xi'an is a city contained within an eight-mile rectangular wall. The city center is small and surrounded by a growing number of high-rise apartments and office buildings.

Our first stop was to the Shaanxi Provincial Traditional Chinese Medicine (TCM) Hospital. We

were greeted by Ms Wang Lixin, designated translator for the hospital. She led us to the seventh floor meeting room that was adorned with a large banner that said "WELCOME TO OUR HOSPITAL" in Chinese. Joining Ms Wang was Dr Yang Cheng Hu and Dr. Mi Liehan who presented the history and nature of TCM hospital. Joining us were Dr. Shen Hu and Dr. Tian Wenhong, endocrinologists who were seated in the back of the room and contributed to the discussion from time to time.



The hospital was founded in 1956 as a publicly supported government hospital. Over 600 staff members care for patients and/or do research. Incorporated in the hospital is a small factory producing herbs for the pharmacy. Internal Medicine is the largest department in the hospital, although the acupuncture and endocrinology departments are also prominent.

The presenters explained that in TCM, diabetes is known as the “Emaciation Thirst” disease from ancient times. It is felt to be caused by too much food, drink and sex, resulting in a “dry heat”. The body fluids and the body’s “essence” are damaged resulting in a deficiency of Chi and Yin. This causes stagnation of the blood and an imbalance of Yin and Yang. Diabetes is felt to be a symptom of this “heat syndrome” in the body, which may eventually damage the lung, spleen and kidney. The diagnosis of diabetes in TCM is made by evaluating four parameters including

- questioning and observation of the patient
- evaluation of the person’s appearance and mental health
- color of the tongue
- nature of the pulse

Western instruments of measure are also used according to the 1997 Chinese Government standards.



TCM treatment of diabetes incorporates lifestyle changes including diet and exercise, as well as herbs and “ready made” medicines. A low fat, higher vegetable, lower starch diet is advised, as well as 1000 (sic) steps per day. A variety of herbs are also recommended depending on the stage of the diabetes. Acupuncture, western oral agents, and insulin are also choices for serious chronic disease.

We were told that patients tend to “do what they are told to do”. They are given a diet list, prescriptions, and receive education classes from nurses and doctors at regular time intervals. Patients are to avoid higher fat and sugar foods, decrease noodles and rice to less than 500 grams per day. Some patients perform home blood glucose monitoring and (at least early in their disease) return to clinic once per week.



Following the round table discussion, we were given a tour of the hospital which included an acupuncture/cupping clinic and the herbal pharmacy.

The acupuncture clinic contained two small treatment rooms with four cots separated by screens. We observed Dr. Fu, one of the clinician, treating a patient. His patient had 7-8 needles placed in the facial area, presumably to treat facial palsy. Needles were left in

for 30 minutes. Electrical stimulation was applied by electrodes placed at the base of the needles. All needles were disposable or collected for autoclaving.

We also observed a cupping treatment composed of glass hemispherical cups that are heated then placed against the skin in order to cause increased blood flow. They were applied rapidly 10-15 times to the patient who previously had acupuncture in the same facial area. This is called “flash” cupping. Cupping may also be “fixed”, where the cup remains in place for a brief period of time.



Our next site was the herbal pharmacy where 15-20 pharmacists were preparing herbal prescriptions along an assembly line. The herbal prescriptions were individualized by the patient’s physician. Bags of herbs were assembled for the patient to boil into a soup or consume for daily ingestion at designated time periods. It was fascinating to view Eastern medicine as part of the Diabetes Education delegation professional exchange.

After an interesting professional exchange, our driver took us to the De Fa Chang dumplings restaurant for lunch. Yet another good Chinese meal, this time dim sum and dumplings were served as the main course.



Following the meal, the Advanced Practice Nurses and Physician Assistants, posed for a group picture. As of yet, China has not adopted the advanced practice model.



In the afternoon, we visited the Gaoxin Hospital which is located in a very new, modern, and prestigious suburb of Xi'an. This private hospital is less than 5 years old. It is featured as a comprehensive private hospital, comprising of research, education, and medical clinics. There are 760 beds, 24 nursing units and employs over 400 nurses. The nurses are college or 3 year diploma graduates.



The delegates met with about 30 hospital nurses in a large conference room along with their head nurse, Chen Yue, as well as a professor of nursing, Hu Lingzhen. Open discussion ensued from questions with answers from both groups. It was learned that in this hospital there are 35 beds on each unit with a 1 nurse to 4 patient ratios. In the intensive care unit the ratio is 1:2.

Most diabetes education is provided by the nurses on the unit, but physicians also give lectures to patient groups every two weeks. Most patients perform home glucose monitoring at least once a day. Some patients use insulin pens while limited numbers of patients use insulin pumps. Patients must self pay for insulin pump therapy. According to the nurses at Gaoxin, 65% of diabetes patients in China are diagnosed with depression and treated through support groups, counseling sessions, and medication.

One of our delegate, Christine Hall, MS, APRN, CNS, CDE, Clinical Nurse Specialist, Administration in Nursing, Ohio State University, Columbus, Ohio gave an excellent presentation to the group from research done at Ohio State University hospital entitled "Diabetes Education for Health Care Providers and Diabetes Unit Resource Nurses". Following her presentation we were given a tour by the nursing staff of this modern and well equipped hospital. We ended the group meeting by extending our thanks through professional gifts and business card exchanges with our Chinese representatives.



Our drive back to the hotel was laced in beautiful sunshine until the setting sun radiated against the high rise buildings of Xi'an. We enjoyed a buffet dinner at the Xi'an Hotel and retired to our hotel, although some extended their evening at a local shopping mall.

Tuesday, October 30, 2007, Travel Day from Xi'an to Shanghai

Notes by Donna Tomky

Another travel day started at 7AM with luggage collected and loaded into our buses by the bellmen. After breakfast we departed for the airport in anticipation of an uneventful flight to Shanghai. We said our good-byes to Jenny and Richard at the airport. Bruce and Shu Shu ushered us through security and guided us to our flight.

Last minute airport shopping, bathroom, and coffee breaks consumed our time. Prior to boarding our flight, Shu Shu asked us if our group would be interested in riding the “fastest train in the world” known as the Mag Lev train from Pudong Int'l airport to downtown Shanghai. It was an extra \$6, but all felt it well worth yet another lifetime travel experience. Unanimously the group gave Shu Shu and Bruce the money and go ahead to send one bus with our luggage from the airport to the hotel, and the other 2 buses to pick us up at the train station.



Fortunately, the flight was uneventful arriving on time around 4 PM. Pudong International Airport was delightfully modern and expansive. We found our way to recover our bags for tagging and transporting to the hotel. Bruce was designated the person in charge of luggage transport. We gleefully followed Shu Shu to the Mag Lev train station.



More information on the Mag Lev train was captured off the internet. In a drive to reclaim its historical place in the cosmos—biggest and best—China is notching one superlative after another (biggest dam, highest hotel, etc.). In an effort to climb the industrial food chain, meanwhile, it is also acquiring technology from anyone willing to share it. So, in 2001, with Germany's Transrapid International seeking a place to demonstrate its magnetic levitation train—and apparently willing to give the technology away in the process—China killed two birds with one stone. Shanghai's MagLev began full operation in March, 2004, covering the 20 miles from Pudong to the outskirts of the city in a blistering 7 minutes and 20 seconds.

We felt like kids touring Disneyland, riding the world's fastest train reaching up a peak speed of 432 km/h (268 mph).

Figure 4. "Wow are we going fast!!"



The train's technology incorporates electrodynamic suspension (EDS), uses the opposing force between superconducting magnets on the vehicle and electrically conductive strips or coils in the guideway to levitate the train. This approach is inherently stable, and it does not require continued monitoring and adjustment. There is also a relatively large clearance between the

guideway and the vehicle, typically 100 to 150 mm (4 to 6 in). However, the EDS maglev system uses superconducting magnets, which are more expensive than conventional electromagnets and require a refrigeration system in the train to keep the superconducting magnets cooled to low temperatures. Because of the enormous expense, China decided not to extend the Mag Lev train to Beijing. Truly another first in my of life experiences!

We arrived at the downtown train station without any problems. Our local guides, Scotty and Teresa met us at the train station. Their command of the city and historical facts added enjoyment to our bus 30 min bus ride driving through heavy traffic to our hotel. The freeway entered a huge circular flyway as we entered downtown, similar to a round about, called the "dragon tail" that connected traffic to the downtown area... yet another interesting site. Shanghai is an international city of 18 million people. We stayed at the downtown Hilton Hotel with most rooms offering fabulous views of the city.



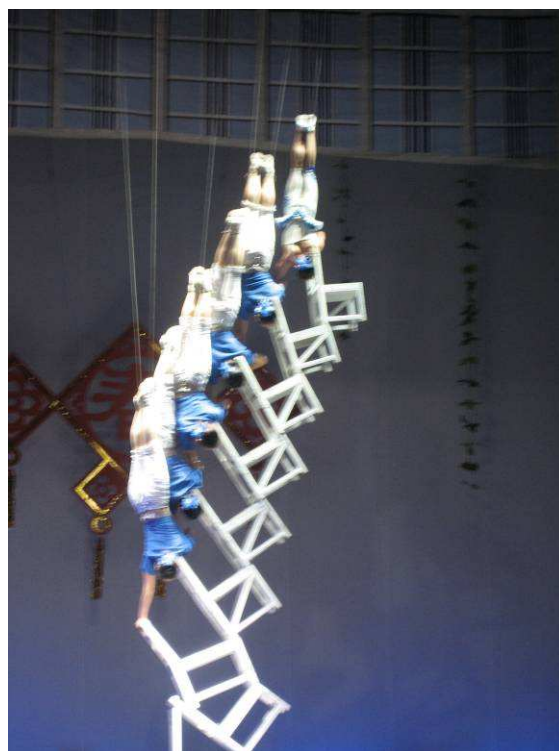
On the bus ride downtown, one of the delegates, Carolyn Leontos was getting excited about shopping in Shanghai, as well as her extension tour to Hong Kong. Her interest included not only silk blouses, but a silk suit or dress. Our national guide, Bruce, suggested that she look at suits in Shanghai as they were just as nice, but lower price. That's all it took for others to spark interest in finding a tailor for custom clothing. Our local guide, Teresa knew just the tailor—Johnny, who spoke English with excellent prices, beautiful clothing, would come to the hotel for fittings, and could deliver in 48 hours—for us to meet, be measured, negotiate, and select the pattern and material for custom suits, dresses, and pants. Over half of the delegation



engaged in this fun activity and went home with beautiful—one of a kind—outfit(s). Johnny delivered my last order at 4:45 Thursday morning prior to luggage collection and departing for the airport. By the end of the trip, our guides figured out the group not only expressed passion about diabetes education, but shopping too!



After we freshened up at our hotel, we departed for dinner at the Wan Xi He restaurant, yet another excellent Chinese meal! Our evening entertainment was a drive through the streets of “Old Shanghai” lined with beautiful trees for the “Shanghai Acrobatic Show”. We soon learned why the Chinese Gymnastic Olympic team is ranked amongst the top 3 teams in the world. The cast of gymnasts were the Olympic team "rejects", but believe me when I say that “these gymnasts were no rejects in my book”! The entire show exuded continuous perfectly executed acrobatic stunts and dance. Fortunately, the drive back to the hotel was short as some of the group had a date with “Johnny, the tailor”.



Wednesday, October 31, 2007, Professional Day in Shanghai

Notes by Eva Vivian

Edited by Donna Tomky



Our final professional day in China stated as we departed for Shanghai Ruijin Hospital. We were greeted by Dr. Shen Weifeng, Cardiologist and VP of Shanghai Ruijin Hospital. Other hosts included Mr. Zhao Liebin, VP of the Diabetes Dept.; 3 Endocrinologists including Dr. Liu Jianmin, Dr. Li Xiaoying, Dr. Hong Jie and students: Ivy, Nahi, Li Du, Jumpi, and Wen from Shanghai Ruijin Hospital.

Dr. Shen welcomed our delegation. In return Malinda Peeples (our leader) introduced our delegation and thanked our Chinese hosts. The conference room was modern with all the technology comforts of a first class meeting room. A short film featuring the history of Shanghai Ruijin Hospital and Research Center was shown. This was followed by a 15 minutes presentation by Malinda Peeples on the "AADE7 Framework applied to Diabetes Education". From there a round table discussion was led by Ms. Peeples and Dr. Shen. Michelle Kavin described a typical diabetes program in Hershey, PA. Dr. Shen asked Ms. Peeples "how do diabetes programs assess effectiveness?" Darlene Cass described the community base interventions developed at her site in Texas as part of the RWJF Diabetes Initiative. Aida Giachello described the behavioral assessment tools that are used at the University of Illinois. Eva Vivian described the role of the pharmacist in diabetes care in the US. Virginia Rich provided insight into the outpatient management of children with diabetes. Dr. Shen asked Ms. Peeples "how do diabetes programs assess effectiveness?" This sparked more discussion about outcomes methodology and technology. At the end of this stimulating discussion, professional and delegate souvenir gifts were distributed to our Chinese hosts. Among the gifts presented was a timely issue of TDE, Sept/Oct dedicated to Outcomes Research.

After our round table discussion, the group was taken on a tour of the medical center's campus. There was a tour of the diabetes center - a state of the art facility including kitchen, teaching rooms with comprehensive patient materials. Eva Vivian, a pharmacist delegate, visited the Pharmacy. She found out that the pharmacy is independent of the hospital and that pharmacists do not receive "formal education" but "on the job experience" for 4-8 years and then they may sit for an exam which is administered by the government. The hospital incorporates modern technology in outpatient clinic and inpatient units. Shanghai's Ruijin hospital and clinics were very impressive with an entire medical team that participated in round table discussions fluent in English.

We departed for the Sunshine City Restaurant for lunch. Following lunch we were greeted by Dr. Xu Lin and staff at the Institute for Nutritional Sciences, Shanghai Institutes for Biological Sciences, Chinese Academy of Sciences.

Our introduction includes background information from our PTP professional program about the Institute. In the light of the development of frontiers of the world's life science and the country's strategic demand on medicine and health, as well as a major decision made by the top leaders of Chinese Academy of Sciences, Shanghai Institutes of Biological Sciences (SIBS) of the Chinese Academy of Sciences (CAS) came into being in July 1999, complying with the challenge of the trends of the times. Carrying on the half-century-long excellent traditions from the 8 biological research institutes of the Chinese Academy of Sciences, it became one of the first experimental units of the CAS Knowledge Innovation Program. SIBS targets a world leading position in scientific and technological innovation, and aim to raise its international competitiveness through technological innovation and development. In its classified appraisal system, SIBS adopts the evaluation approach of emphasizing quality rather than quantity in basic research, and gradually introduces the international expert evaluation committee system. Market demand and mechanism are taken as the criteria for evaluating further development and industrialization work.

Dr. Xu Lin was our first speaker. Her presentation covered the "Geographic Differences in Age-related Chronic Diseases in Middle-aged and Older Chinese—A Study in Beijing and Shanghai". She stated the overall nutrition in China has improved along with health status, but at the expense of increasing chronic illness such as diabetes. Since 1982, the consumption of fat, meat and dairy products has increased in the Chinese diet with subsequent decrease in vegetables and starches. Prevalence of obesity, hypertension, and T2DM is increasing in both the urban settings and the elderly because of dietary changes and decreased physical activity. Obesity is classified somewhat different in the Chinese population with BMI from 24-27 considered overweight; while 28 and over is obese. Dr. Lin's group has an ongoing 5 year research study looking at "genetic and environmental factors and their interaction on age-related disease" slated to end in 2009.



Next 2 of our delegates presented. Carolyn Trapp, Director of Diabetes Education and Care, Physicians Committee for Responsible Medicine in Washington, DC, presented, "A New Approach to Diet and Diabetes". She focused on the affect of vegan diets on diabetes outcomes. Carolyn Leontos, MS, RD, CDE from the University of Nevada presented on "The National Diabetes Education Program (NDEP): A Public-Private Partnership to Change the Way Diabetes Is Treated". She shared the wealth of educational materials, activities and resources readily available in multiple languages including Chinese on the NDEP's website.



Break out groups were formed to further our learning with our Chinese professionals. All found the entire day of professional activities exciting, interesting, and educational.

The next venue on our agenda was the “Foot Massage Place”. Who would have thought that a “foot massage” would be so welcomed and enjoyed by the entire group at same time! The delegates arrived first, and then the guests arrived. We were ushered into large rooms and seated in comfortable recliners. Soft drinks were offered – some had water or soda while others enjoyed a beer—again who would imagine such service. As it turned out, the feet, legs, head, neck, shoulders and arms were massaged for approximately an hour. All returned to our hotel with smiles on their faces! The rest of the evening was on our own.



November 1, 2007, Cultural Day in Shanghai

Notes by Toinette Ladage

Edited by Donna Tomky

Our Thursday, Nov. 1, Cultural Day opened with a leisurely stroll along the Bund (derived from the Anglo-Indian word meaning waterfront). It was truly a Shanghai postcard event with many pictures made. The Bund was the heart of Colonial Shanghai. On the east side of the Huangpu River is Pudong, Shanghai’s newest district. Once

farmland, Pudong is an immense business zone comprising of the highest buildings in the world.

A short bus ride brought us to the Shanghai Museum. The museum was established in 1952 and has over 120,000 pieces of China's Neolithic to the Qing dynasty, a span of over 5,000 years. While the highlights were the bronze ware, ceramics, calligraphy, and painting, it also had wonderful displays of jade, furniture, coins, and Chinese seals or "chops". The current building opened in 1995 with a design that symbolized "a round heaven and a square earth".

The Magnolia Restaurant, which was at the Silk Carpet Factory, was our lunch stop. Among the delicious Chinese food was a medium-sized fried patty. Was it fish or pork? The waitress wasn't even sure. After eating we enjoyed learning the art of making silk carpets and tapestry. Of course we ended up purchasing several examples to beautify our homes. Others in our group visited the Cashmere/Wool Store to enhance their wardrobes or homes.

Off to the Yu Gardens. Teresa and Scotty carefully directed us through the old-style buildings of the bazaar, encouraging us to stay together "like sticky rice". The beautiful and relatively peaceful Ming-dynasty Yu Gardens was originally privately owned and built in 1559 by the Yu Yuan family. In 1949, the Chinese government declared that all land in China belonged to the Chinese government (during the Communist rule), and could not be privately owned. We saw two beautifully striking trees in the Gardens – a 400 year old Ginkgo and a 100 year old Magnolia. Four cement dragons guarded the top of the walls.

Following our Yu Garden tour, it was shopping time! A wonderful 1 ½ hour of browsing the silk store and hundreds of other bazaar stores highlighted the day. Teresa and Scotty enlightened us with Shanghai history and facts on our way back to the Hilton Hotel. Shanghai will host the 2010 World Expo from May to October. Its slogan is "Better City, Better Life". A woman's salary today averages 80% of a man's. Today Shanghai is considered more open minded than the rest of China due to its location as a port city with Western influence from 1842.



The key feature of this European outpost was that of extra-territoriality-foreign residents were answerable to the laws of their own country. Thus the French, Americans, and British had their own "concessions"—exclusive areas with their own police forces and judiciary. This, between the two World Wars period, ended in the 1940's when

foreigners gave up their rights in the face of growing Chinese opposition and the Opium War.

We passed the People's Square, which was once the spacious space for celebrating holidays, but now is the #1 place for shopping and business. The Ah Yat Abalone Restaurant (with Western styled washrooms) was the site of our very moving Farewell Dinner. The view from our picturesque glass windows was the lit-up towering Pudong skyline.

We finished our China travels and experiences by celebrating with a “Farewell Dinner at Ah Yat Abalone Restaurant”. All were happy to have western style washroom available. We dined, drank, networked, and reminisced about our past 10 days in China. The group was cheerful, yet saddened about saying good-bye to our new friends. Once again each delegate introduced themselves, this time with more familiarity among the group, and summarized – what lessons learned or shared what will be remembered most from this trip”. It was a touching moment for most, as we concluded with presenting souvenirs from the delegates to our local and national guides.

Clebe & Helen Amundson



Graham & Illoise Groth



Alice & Michael Keohane



Claire & Gary Dunbar



Dian True & Eloise Hollen



Michelle Kavin & Tonette Ladage



Darlene Cass, Maria Ramirez, Ginny and Chris Rich



Caroline Trapp & Mary Lou Clauss



Evelyn Robinson



Kathy Heitkamp & Sharon McLain



Chris Hall



Pat Murphy & Beryl Larson



John & Judy Spruhan



Eva Vivian & Sharon Knox



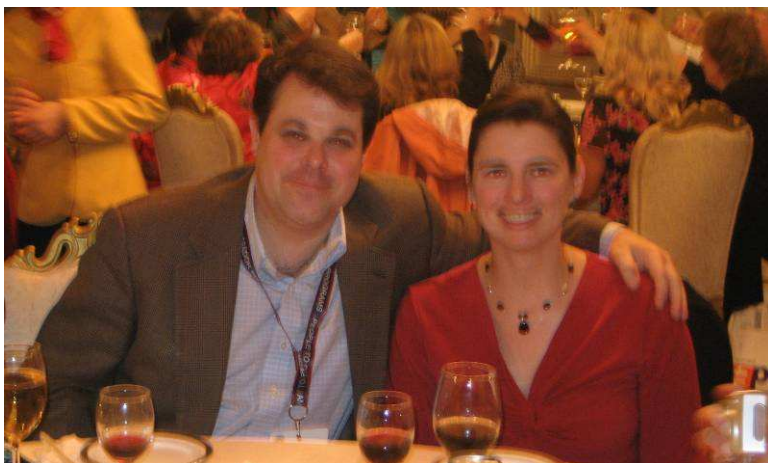
Tim & Jamie Brown



Aida Giachello, Mollie Rodriguez, and Bette Cowan



Greg Springs & Dawn Smith



Joan Canan



Stephanie Smith, Patty Ethridge, & Marie Schongar



Carolyn Leontos



We said goodbye to Shu Shu, Bruce, and China and thanked them in sharing our special China experiences. A special thanks to our wonderful leaders – Malinda Peeples and Donna Tomky. Until next time China...

Bruce & Shu Shu



Teresa & Scotty



Malinda Peeples & Donna Tomky



Diabetes Education Delegation to China: Guest Highlights

By Greg Springs

Being a guest of the delegates on the Diabetes Education trip to China offered two unique opportunities. The first was an opportunity to get to know China better through additional Cultural Days. The second was an opportunity to see the delegates – our husbands, wives, mothers, fiancés – in their element, educating and being educated by their fellow delegates and their Chinese counterparts on diabetes.

The guests were a diverse group – retirees, business people, an engineer, a journalist, a musician. But we found, as we all got to know one another, that we were united in our desire to learn as much as possible about the culture, history and people of China during our short visit. In Beijing, we saw the Summer Palace, where emperors and empresses spent the hot, dry summers in the cool of the forest, surrounded by beautiful temples, pagodas and an expansive lake. The palace is now a public park, and on our visit, we saw everyday Beijing residents playing cards, cruising the lake in dragon-prowed boats, or just enjoying a respite from the noise and dust of the city. We also had the chance to visit the beautiful Temple of Heaven, once the exclusive domain of emperors asking the gods for good harvests, but, as we saw, now a place for Beijing retirees to practice tai chi, perform Chinese opera or practice calligraphy. During a visit (via rickshaw) to an old Beijing neighborhood, the hutong, we were welcome by a Chinese pensioner into her home, built in the traditional courtyard style, where she told us of her life and lifestyle.

In Xi'an, the guests were treated to a visit to the city's impressive museum, which features artifacts from the days when first Chinese royal dynasties ruled their growing empire from this provincial city. After meeting the delegates for a scrumptious dumpling lunch, we moved on to the Muslim quarter, where we saw how Islam has been adopted in China during a visit to the Great Mosque.

And in Shanghai, a visit to the former residence of Madam Soong, the wife of Dr. Sun Yat Sen, who founded the modern People's Republic of China, gave the guests exposure to a dynamic woman who shaped China's destiny. As China's former first lady, Madam Soong eventually embraced Mao and the Communists over the Nationalists after WWII and used her influence to campaign for peace and justice, focusing on maternal and pediatric healthcare, preschool education, and other children's issues.

Just as rewarding for the guests as the cultural discoveries was the opportunity to see the delegates in action. Obviously, we all understood their passion for diabetes prevention and treatment. But to see it up close and in person, as they interacted with Chinese caregivers and the other delegates, was an inspiring experience. And all of us are proud to be associated, in however a small way, with their mission in China.



Delegate's Guests at Summer Palace