

## WORLD DIABETES DAY 2025



護理學院  
**SCHOOL of  
NURSING**

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### **Improving Diabetes Care: Research Highlights from PolyU School of Nursing**

On World Diabetes Day, the PolyU School of Nursing highlights ongoing efforts to improve diabetes care by making it more accessible, informed, and preventative.

- **Accessible Care:** Evaluating hybrid telecare models to reduce the need for patient travel.
- **Smarter Tools:** Developing health apps that offer locally relevant, personalized advice.
- **Early Prevention:** Investigating dietary interventions, such as Vitamin D and probiotics, for effective prediabetes management.

We welcome you to review our PolyU SN staff research, which contribute to advancing diabetes management practices.

## PolyU School of Nursing Related Research on Diabetes

Tse, M. T. H., Chan, V. W. K., Qiu, J., Jin, Y., Lai, G. Z., Wong, M. M. H., ... Lo, K. K. H. (2025). The efficacy of dietary interventions for prediabetes management: An umbrella review of meta-analyses. *Pharmacological Research*, 219. <https://doi.org/10.1016/j.phrs.2025.107914>

- DOI: [10.1016/j.phrs.2025.107914](https://doi.org/10.1016/j.phrs.2025.107914)
- **Summary:** **Vitamin D supplementation, prebiotics, and fructose replacement have shown promise in improving glycaemic control and cardio-metabolic health** in individuals with prediabetes, highlighting **the potential of dietary interventions**. However, further large-scale, long-term, and high-quality studies are needed, particularly focusing on broader dietary modification strategies beyond supplementation.

Wong, A., Nan, Y., Yang, B., & Liu, Y. (2025). *Exploring desired features of mobile health apps for patients with diabetes to enhance engagement and self-management: qualitative study*. JMIR Publications, Inc.

- DOI: [10.2196/69176](https://doi.org/10.2196/69176)
- **Summary:** **Imagine a personal diabetes coach right in your pocket!** We asked patients what they really need, and they described **an app that tracks health automatically, gives smart reminders, and offers personalized advice**—all tailored to local foods and lifestyles. It's all about **making self-management simpler and smarter**.

Wong, A., Wong, F., Liang, J., Tong, D., Chan, M., Chu, T., ... Chiang, S. (2023). Outcomes of a risk assessment and management program using telecare consultation among patients with diabetes mellitus in general out-patient clinic: a hybrid effectiveness-implementation study protocol. Taylor & Francis.

- DOI: [10.1080/07853890.2023.2262088](https://doi.org/10.1080/07853890.2023.2262088)
- **Summary:** Skipping a diabetes clinic visit because of transit hassle? Or anxious about in-person appointments amid crowds? This Hong Kong-based study explores a better way: **telecare that blends phone/online check-ins** with necessary in-person visits. It rigorously assesses if this model works as well as **full in-person care** and if clinics can sustain it—**offering patients relief** while giving researchers data to shape **locally relevant telehealth strategies**.