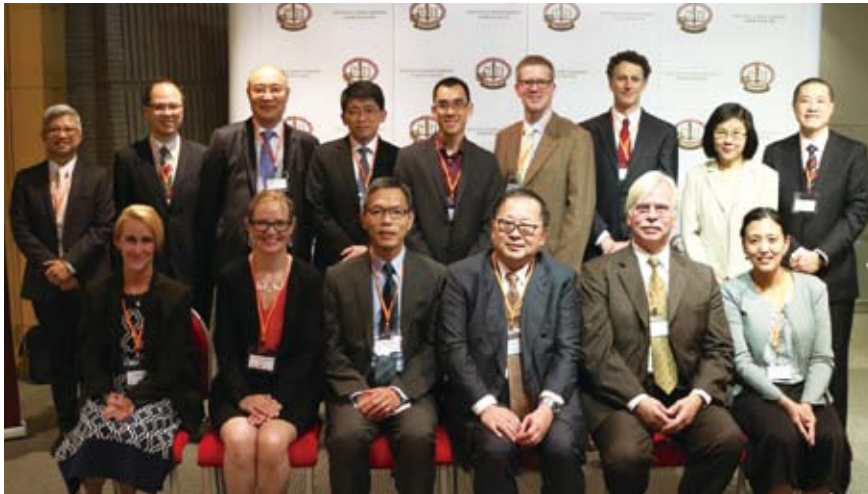


Message from the President

November has been another busy month.

HKCFP was one of the three Colleges under HKAM being invited to participate in the academic exchange symposium entitled "Innovations in Residency Training in the University of Chicago and Hong Kong" which was co-hosted by the Hong Kong Academy of Medicine and the University of Chicago. The symposium was held at the HKAM building on Monday 2 November, 2015 and the participants were split into three groups with three specialty Colleges as facilitators: Family Physicians, Surgeons, and Physicians.



Group photo- "Innovations in Residency Training in the US and Hong Kong" Symposium on 2 November 2015

Our College was represented by Dr. Ruby Lee and Dr. William Wong as speakers and Dr. David Chao as the facilitator for the session "Innovations in Family Medicine/General Practice Residency Programmes" together with speakers from University of Chicago, namely Dr. Mari Egan and Dr. Mark Potter. Both the HKCFP and the University of Chicago presented the characteristics, commonalities and differences of their Family Medicine training programmes and exchanged views on the future directions of training structure and contents. Other Colleges like Paediatricians and Emergency Medicine joined this subgroup for discussion to enhance their training programmes. It was a very enlightening experience to share with all the participants of the symposium. I can categorically say our training is amongst the best in the world!

HKAM hosted a lecture delivered by Dr. Atul Gawande, MD, MPH, who is a renowned author, surgeon and public health researcher from the U.S., titled "Being Mortal: Medicine and What Matters in the End" on 12th November 2015. Dr. Gawande began his lecture by sharing his personal experience for end of life care. He recognized that well-being for most people is larger than mere survival.

His humanistic approach in end of life care is in fact an excellent reflection of what we have always aspired to in Family Medicine: quintessential patient-centred care. I am surprised to learn 50% of Americans passed away in dignity in hospices as a result of the Obamacare. Hong Kong has a long long way to go. In fact, family doctors in other countries contribute substantially in end of life care and some are even head of hospices. Dr. Gawande has a website dedicated to the medical community, the Ariadne Labs (www.ariadnelabs.org)

(Continued on page 2)

THE HONG KONG
COLLEGE OF
FAMILY PHYSICIANS



Family Physicians Links



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December 2015

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Message from the President

and it contains lots of professional material related to end of life care. If you have time, please look up the "Serious Illness Conversation Guide". It applies well when we face patients with serious life threatening disease.

At the end of the month, HKCFP sent a delegation to attend the inauguration of the Cross- Strait Medicine Exchange Association Cooperation Centre in Chongqing, China. The delegation was led by Dr. Donald Li, Dr. Lau Ho Lim, Dr. Gene Tsoi, Dr. Daniel Chu, Dr. Dana Lo, Dr. Jenny Wang and I had contributed to deliver lectures and workshops at this meeting. The Mainland new healthcare policy has put a lot of emphasis on primary care and intends to train an extra 150,000 primary care doctors within the next five years. This is a colossal task beyond our imagination! There will be more exchanges between Hong Kong and the Mainland in the years to come.

On behalf of the College, I wish everyone a warm Winter Solstice, Merry Christmas and a very Happy New Year!



From left to right: Dr. Daniel Chu, Dr. Lau Ho Lim, Dr. Donald Li, Dr. Angus Chan, Dr. Gene Tsoi, Dr. Jenny Wang and Dr. Dana Lo

Council Section

The College Council decided in the recent Council Meeting to publish the annual accumulative Council Meeting attendance of Council members for members' information and reference

HKCFP Council meeting annual attendance summary (from December 2014 to November 2015)

	Council Members	Position	Term	Attended
1	Dr. Angus MW CHAN	President	December 2014 - December 2016	11/11
2	Dr. LAU Ho Lim	Vice-President (General Affairs)	December 2013 - December 2015	10/11
3	Dr. David VK CHAO	Vice-President (Education and Examinations)	December 2014 - December 2016	10/11
4	Dr. Billy CF CHIU	Honorary Secretary	December 2014 - December 2016	11/11
5	Dr. YUEN Shiu Man	Honorary Treasurer	December 2014 - December 2016	6/11
6	Dr. Ruby SY LEE	Immediate Past President	December 2014 - December 2016	6/11
7	Dr. AU Chi Lap	Member	December 2012 - December 2015	10/11
8	Dr. Alvin CY CHAN	Member	December 2013 - December 2016	10/11
9	Dr. CHAN Hung Chiu	Member	December 2012 - December 2015	9/11
10	Dr. CHAN Kin Ling	Member	December 2014 - December 2017	4/11
11	Dr. Mark SH CHAN	Member	December 2012 - December 2015	10/11
12	Dr. CHAN Wing Yan	Member	December 2014 - December 2017	10/11
13	Dr. Daniel WS CHU	Member	December 2014 - December 2017	4/11
14	Dr. Mary BL KWONG	Member	December 2013 - December 2016	8/11
15	Dr. Tony CK LEE	Member	December 2013 - December 2016	2/11
16	Dr. Lorna V NG	Member	December 2014 - December 2017	5/11
17	Dr. NGAN Po Lun	Member	December 2014 - December 2017	7/11
18	Dr. Gene WW TSOI	Member (Co-opt)	December 2014 - December 2015	3/11
19	Dr. Wendy WS TSUI	Member	December 2013 - December 2016	7/11
20	Dr. William CW WONG	Member	December 2012 - December 2015	6/11

“Council Member-On-Duty” (CMOD) System

Dear College members,

We are still providing this alternative channel of communication for you to reach us. Do let us have your ideas and comments so that we can further improve our services to all the members.

From 15th December 2015 to 14th January 2016, Dr. Simon Au and Dr. Loretta Chan will be the Council Members-On-Duty. Please feel free to make use of this channel to voice your doubts, concerns, queries, and comments on anything related to our College and Family Medicine. You can reach us by contacting the College Secretariat by phone: 2871 8899, by fax: 2866 0616, or by email: hkcfp@hkcfp.org.hk. Once we receive your call or message, we will get in touch with you directly as soon as we can.



Dr. Simon Au



Dr. Loretta Chan

Dr. Tony C. K. Lee
Co-ordinator, CMOD System

QA & A Committee News

HKCFP Additional & CME Accreditation for year 2015 Application deadline: 29 February 2016

Dear Members,

The credit point score of 2015 QA&A Programme is going to be finalized at the end of year 2015. Please kindly login to the College website <http://www.hkcfp.org.hk/> to check your latest CME/CPD report.

The application for Additional Accreditation and/or CME/CPD points missing for January to December 2015 is now open. Please submit the following application(s) to the Secretariat before the application deadline:

1. Additional Accreditation

This is only for activities which **had NOT been accredited** by QA&A Committee before activities started. You are advised to submit the “Application form for Additional Accreditation” with \$300 administration fee made payable to “HKCFP Education Ltd.” Supporting documents such as attendance record, photocopies of events, transcripts or published articles are required.

2. Report on CME/CPD points missing

This is only for activities which **had been pre-accredited** by QA&A Committee before activities started. If the credit points are missing from your credit point score report, please fill in the “Application form for CME/CPD Accreditation of Pre-accredited activity”. Supporting documents such as attendance record, photocopies of events, transcripts or published articles are required.

Application Forms are available at the College website <http://www.hkcfp.org.hk> → Quality Assurance & Accreditation → CME Accreditation →

(1) Application form for Additional Accreditation (in PDF format or Word format).

(2) Application form for CME Accreditation (in PDF format or Word format).

You are advised to submit the completed application(s) before the application deadline:

- by Post: The Hong Kong College of Family Physicians, Rm 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen; OR
- by Email: cmecpd@hkcfp.org.hk ; OR
- by Fax: (852) 2866 0616

Late submission will **NOT** be considered.

The application results are subject to the final decision of the QA & A Committee. Should you have any question on CME/CPD, please contact Ms. Wing Yeung or Ms. Carmen Tong at 2871 8899.

Thank you very much for your support.

Dr. King Chan
Chairman
QA&A Committee

Membership Committee News

The Council approved, on recommendation of the Chairlady of the Membership Committee, the following applications for membership in **Oct – Nov 2015**:

Associate Membership (New Application)	
Dr CHAN Kiu Pak	陳翹百
Dr LEE Wing Lam	李詠琳
Fellowship (Reinstatement)	
Dr YEUNG Fun Na	楊芬妮
Resignation from Associate Membership	
Dr LAI Yuet Ting	賴悅婷
Resignation from Alliliate Membership	
Dr HENDERSON Cassandra	
Suspension from Alliliate Membership	
Ms LAU Wai Kee, Vicky	劉慧祺
Ms LAU Wai King	劉慧琮
Ms TONG Pui Wai	唐佩慈
Suspension from Associate Membership	
Dr CHENG Chi Man	鄭志文
Dr CHENG Chui Ching	鄭翠菁
Dr CHENG Suen Bun	鄭璿斌
Dr CHEUNG Ka Wai, Karen	張家慧
Dr FAN Wing Chi	范穎芝
Dr FONG Yeuk Yee Maggie	方若怡
Dr FUNG To Wa	馮杜華
Dr HO Chu Sek	何柱石
Dr KAM Ka Lok	甘家樂
Dr KWA Carina	柯嘉明
Dr KWONG Chi Ho	鄺智豪
Dr LAI Chor Yat	黎初一月
Dr LAI Ming Yuet	賴明月
Dr LAI Pui Hung	黎沛雄
Dr LAM Hiu Tan	林曉丹
Dr LAW Siu Hang	羅肇衡
Dr LEUNG Hung Cho	梁雄初
Dr LEUNG Siu Kau	梁紹明
Dr LI Lai Ming Helen	李麗偉
Dr LIEW Ket Vui, Edmund	羅國健
Dr LO Chi Kin	羅子健
Dr NG Hoi Yan, Alexandra	吳凱恩
Dr NG Kwok Chuen, Bradford	吳國銓
Dr SIT Sin Fan, Cynthia	薛倩芬
Dr SO Mei Kuen	蘇鎂涓
Dr TAI Chun Chung	戴俊聰
Dr TANG Sai Kit, Bernard	鄧世傑
Dr THIN Kyi	陳自健
Dr WAT Ming Sun, Nelson	屈銘伸
Dr WONG Chin Pang	王展鵬
Dr WONG Ling Ngan, Anna	黃凌雁
Dr WONG Sean Man, Natalie	黃善敏
Dr WONG Wing Yu	王穎瑜
Dr WOO Chung Ming	胡仲明
Dr YAN Ka Shing	甄嘉勝
Dr YU Ho Ming, Andy	余浩明

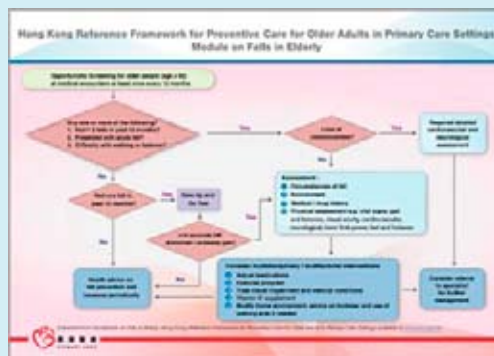
Suspension from Fellowship	
Dr BARNETT Rosemary Anne	
Dr CHAN Yu Sang, Dickson	陳雨生
Dr HA Kwok Leung	夏國樑
Dr WAT Pui Kwan, Judy	屈佩君
Suspension from Full Membership	
Dr CHOO Kwong Yin	朱廣仁
Suspension from Non-HKSAR Fellowship	
Dr CHAN Kwok Tat	陳國達
Dr FUNG Siaw Chin, Susan	馮小勤
Suspension Non-HKSAR Membership	
Dr CHEANG Fong I	鄭鳳怡
Dr FERNANDO Elizabeth	
Dr KING Benedict	金沛仁
Dr LEONG Weng Kun	梁永權
Dr LI Mujun	李慕軍
Suspension from Student Membership	
Ms LAM Luk Ping	林慕萍

Module on Falls in Elderly

under the Hong Kong Reference Framework for Preventive Care for Older Adults in Primary Care Settings has been released

Includes:

- Fall screening questions
 - Post-screening assessment
 - Management of falls
- For details, please visit www.pco.gov.hk



Giving you the whole picture of the module at a glance

A4 Summary is also available now!

Board of Conjoint Examination News

The Board of Conjoint Examination is pleased to announce that the following candidates passed the 29th Conjoint HKCFP/RACGP Fellowship Examination (Clinical Segment) 2015.

Dr. Chan Kam Sum	Dr. Kwan Sin Man	Dr. Mok Ka Yee	Dr. Wong Hiu Lap
Dr. Chow Tsz Ling	Dr. Kwong Sheung Li	Dr. Ng Wai Tong	Dr. Yeung Lam Fung
Dr. Chui Man	Dr. Lam Ying Ying	Dr. Or Ka Yan	Dr. Yeung Yee Mei
Dr. Chung Sze Ting	Dr. Lau Sek Fung Spike	Dr. Shum Chi Shan Winnie	Dr. Yuen Ming Wai
Dr. Dao Man Chi	Dr. Lee Sum	Dr. Sze Siu Lam	Dr. Ting Sze Man
Dr. Iong Ka I	Dr. Leung Lok Hang	Dr. Tse Tak Kei	Dr. Wu Chun Yu
Dr. Kam Ting Ting	Dr. Mak Wing Hang	Dr. Tsui Hiu Fa	

Congratulations to you all.

Dr. Peter CY Lee Best Candidate Award

The Board of Conjoint Examination is pleased to announce that Dr. Kwan Sin Man, who passed the Conjoint Examination at one setting and achieved the best performance, will be awarded the Dr. Peter CY Lee Best Candidate Award 2015.

Congratulations to Dr. Kwan.

Heartfelt Thanks to Case-writers

The Board of Conjoint Examination would also like to take this opportunity to thank the following examiners participating in case writing in various segments of the Conjoint Examination this year. Their contribution surely widened the question bank as well as maintaining the high standards of the Fellowship Examination.

Dr. Bien Tse Fang Barry	Dr. Ip Pang Fei	Dr. Sin Ka Ling
Dr. Chan Ka Lok Carroll	Dr. Kenny Kung	Dr. Siu Pui Yi
Dr. Chan Suen Ho Mark	Dr. Lam Tak Man Catherine	Dr. So Ching Yee Gloria
Dr. Chan Wan Yee Winnie	Dr. Lau Ho Lim	Dr. Tam Ho Shan
Dr. Chan Wing Yan Loretta	Dr. Lau Kam Tong	Dr. Tsim Koon Lan
Dr. Chan Yin Hang Edwin	Dr. Lau Kin Sang Kinson	Dr. Tsoi Lai To Sammy
Dr. Chao Vai Kiong David	Dr. Lee Chun Kit Tony	Dr. Tsui Kwok Biu
Dr. Michael Cheng	Dr. Lee Wan Tsi Francis	Dr. Wong Chak Tong
Dr. Cheung Hard King	Dr. Leung Kwan Wa Maria	Dr. Wu Tsz Yuen
Dr. Chui Siu Hang Billy	Dr. Ng Ching Luen	Dr. Yeung Wai Man
Dr. Ho Ka Ming	Dr. Ng Mei Po	Dr. Yu Sze Kai Frances

Thanks again for their contribution and continual support throughout these years.



Dr. Chan Hung Chiu
Chairman
Board of Conjoint Examination

Classified Advertisement

Family Medicine Specialist required.
Primary Healthcare Medical group, ISO & ACHS accredited, seeks family doctor to work in an accredited training practice. please email cv with contact details to linda@otandp.com

Meeting Highlights

CME Lecture on 1 November 2015

Dr. Siu Yuet Chung, Axel, Specialist in Emergency Medicine, Consultant, A&E Department, North District Hospital, delivered a lecture on "What's New in 2015 ILCOR International Resuscitation Guideline?" on 1 November 2015.



Dr. Chan Sze Luen, David (right, Moderator) presenting a souvenir to Dr. Siu Yuet Chung, Axel (left, Speaker) during the lecture on 1 November 2015

CME Lecture on 5 November 2015

Dr. Lo Man Wai, Specialist in Neurology, delivered a lecture on "A New Approach for Treating Elderly Patient Suffering from Post-Herpetic Neuralgia" on 5 November 2015.



Dr. Lee Wan Tsi, Francis (right, Moderator) and Dr. Kwong Bi Lok, Mary (left, Council member) presenting a souvenir to Dr. Lo Man Wai (middle, Speaker) during the lecture on 5 November 2015

Interest Group in Dermatology

Dr. Tam Yat Cheung, Specialist in Paediatrics, delivered a lecture on "Atopic Dermatitis in Infants: Prevention and Management." on 7 November 2015.



Dr. Paul Siu (right, Moderator) presenting a souvenir to Dr. Tam Yat Cheung (left, Speaker) during the lecture on 7 November 2015

CME Lecture on 12 November 2015

Prof. Michael Nauck, Head of the Diabeteszentrum Bad Lauterberg, Harz, Germany, delivered a lecture on "Advance Treatment of T2DM Management – Beyond HbA1c Control" on 12 November 2015.



Dr. Tsui Hing Sing, Robert (left, Moderator) and Dr. Kwong Bi Lok, Mary (right, Council member) presenting a souvenir to Prof. Michael Nauck (middle, Speaker) during the lecture on 12 November 2015

Interest Group in EBM

Dr. Lee Wan Tsi, Francis, Co-ordinator of Interest Group in EBM, delivered a lecture on "How Evidence Based Medicine Helps You to Deal with Difficult Patients" on 14 November 2015.



Dr. Lee Wan Tsi, Francis (3rd from the right, Speaker and Moderator) presenting souvenirs to Dr. Chan Suen Ho, Mark (3rd from the left, Tutor), Dr. Lau Kin Sang, Kinson (2nd from the left, Tutor), Dr. Lau Wai Yee, Aster (2nd from the right, Tutor), Dr. Ko Siu Hin (1st from the right, Tutor) and Dr. Hui Lai Chi, Primus (1st from the left, Tutor) during the lecture on 14 November 2015

CME Lecture on 27 November 2015

Our College co-organized with the Medical Protection Society a lecture with the theme of "MPS – HKCFP Medicolegal Seminar on Taking Valid Consent – What It Takes". It was held on 27 November 2015. Ms. Jaime Lam, Partner, Mayer Brown JSM, delivered a lecture on "Recent Developments and Montgomery - Impact on HK Cases?" and Dr. Ming Keng Teoh, Head of Medical Services (Asia), Medical Protection Society, delivered a lecture on "Shared Decision Making". Moreover, Dr. Alison Metcalfe, Head of Medical Services, Medical Protection Society, together with Ms. Jamie Lam and Dr. Ming Keng Teoh delivered the case scenarios and discussion.



Dr. Chan Chung Yuk, Alvin (right, Moderator) and Dr. Kwong Bi Lok, Mary (left, Council member) presenting a souvenir to Dr. Ming Keng Teoh (middle, Speaker) during the lecture on 27 November 2015



Dr. Chan Chung Yuk, Alvin (right, Moderator) and Dr. Kwong Bi Lok, Mary (left, Council member) presenting a souvenir to Ms. Jaime Lam (middle, Speaker) during the lecture on 27 November 2015



Dr. Chan Chung Yuk, Alvin (right, Moderator) and Dr. Kwong Bi Lok, Mary (left, Council member) presenting a souvenir to Dr. Alison Metcalfe (middle, Discussant) during the lecture on 27 November 2015

Annual Refresher Course 2015

The 1st session of the Annual Refresher Course 2015 with the theme “Latest Management on Haemorrhoidal Disease and Depressed Patient Workshop” was held on 22 November 2015. Dr. Hester Cheung, Consultant of Colorectal team in Department of Surgery, PYNEH, delivered a lecture on “Update in the Management of Haemorrhoidal Disease” and Dr. Tung Fu Yin, Private Psychiatrist, delivered a lecture on “A Better Management of Depressed Patients”.



Dr. Aster Lau (right, Moderator) presenting a souvenir to Dr. Hester Cheung (left, Speaker) during the lecture on 22 November 2015



Dr. Aster Lau (right, Moderator) presenting a souvenir to Dr. Tung Fu Yin (left, Speaker) during the lecture on 22 November 2015



Dr. Tsui Hing Sing, Robert (left, Moderator) and Dr. Foo Kam So, Stephen (right, Sponsor) presenting a souvenir to Prof. Stephan Jacob (middle, Speaker) during the lecture on 24 November 2015

The 2nd session of the Annual Refresher Course 2015 with the theme “Diabetic Obesity” was held on 24 November 2015. Prof. Stephan Jacob, endocrinologist/diabetologist, expert in nutrition and a clinical hypertension specialist (ESH), delivered a lecture on “Practical Management of Diabetic Obesity”.

The 3rd session of the Annual Refresher Course 2015 with the theme “Hypertension” was held on 26 November 2015. Dr. Wong Man Lok, Australian trained cardiologist skilled in cardiac diagnostics and interventions, delivered a lecture on “Ambulatory Blood Pressure Monitoring (ABPM)”.



Dr. Au Yeung Shiu Hing (left, Moderator) presenting a souvenir to Dr. Wong Man Lok (right, Speaker) during the lecture on 26 November 2015



Dr. Kwong Bi Lok, Mary (right, Council member) presenting a souvenir to Dr. Hung Yu Tak (left, Speaker) during the lecture on 29 November 2015



Dr. Kwong Bi Lok, Mary (right, Council member) presenting a souvenir to Dr. Chan Chi Kin (left, Speaker) during the lecture on 29 November 2015

The 4th session of the Annual Refresher Course 2015 with the theme “Cardiovascular Workshop” was held on 29 November 2015. Dr. Hung Yu Tak, Staff Cardiologist, Sir Run Run Cardiac and Diagnostic Centre, St Teresa’s Hospital, delivered a lecture on “Duration of Double Anti-Platelet Therapy- What’s the Evidence” and Dr. Chan Chi Kin, Honorary Assistant Professor, Department of Medicine, Chinese University of Hong Kong, delivered a lecture on “Update of Dyslipidemia and Arrhythmia Management”.

Old and New Looks of GOPC – Kowloon East Cluster Kwun Tong Jockey Club General Outpatient Clinic and Kwun Tong Community Health Centre

Dr. Siu Pui Yi, Dr. Fung Hoi Tik, FM & PHC, Kowloon East Cluster, Hospital Authority

The Kwun Tong Jockey Club General Outpatient Clinic (KTJCGOPC) was established in 1964 and had served the community for more than half a century. In March 2015, it was relocated to Yuet Wah Street and renamed as the Kwun Tong Community Health Centre (KTCHC). This project was made possible as it was part of the Kwun Tong District redevelopment plan.

KTCHC is managed by the Department of Family Medicine and Primary Health Care under the Kowloon East Cluster (KEC) of the Hospital Authority. It is the first CHC located in the urban area and is developed according to the Primary Care Development Plan stated in Hong Kong Strategy Document published in 2010. Improvement in facilities, environment and workflow are aimed at enhancing the provision of quality primary care services to patients in the community.

KTJCGOPC vs KTCHC

1. Relocation leads to improvements in facilities and environment. The contrasts are well illustrated in the following photos (Fig. 1 to 6).



Fig. 1 Building of KTJCGOPC and KTCHC



Fig. 2 Registration Counters of KTJCGOPC and KTCHC



Fig. 3 Waiting area of KTJCGOPC and KTCHC



Fig. 4 Treatment rooms of KTJCGOPC and KTCHC



Fig. 5 Pharmacies of KTJCGOPC and KTCHC

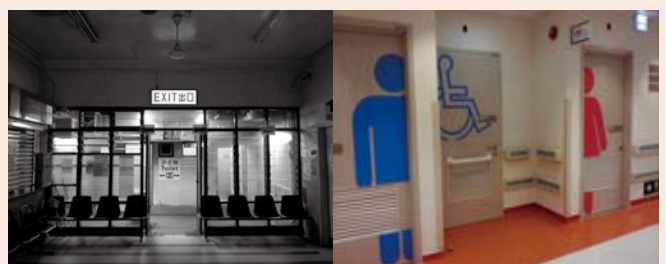


Fig. 6 Washrooms of KTJCGOPC and KTCHC

2. KTCHC aims at enhancing health care services to patients and brings along the following changes:

i) More clinical space with modernised equipments and facilities

The clinical area of KTCHC is expanded by 60% when compared with the previous site,

with substantial increase in the number of consultation rooms (Fig. 7) as well as space in the dispensing area.

With the use of electronic queuing display system (Fig.8), patients can wait comfortably in the waiting hall and do not need to crowd outside the consultation rooms. There is also a self-service area (Fig. 9) for patients to measure their blood pressure, height and weight.



Fig. 7 Consultation rooms of KTJCGOPC and KTCHC



Fig. 8 Electronic queuing display system



Fig. 9 Self-service area

ii) Triage Clinic

In order to enhance the gatekeeping role of Family Physicians, a triage clinic was set up at KTCHC to manage routine referrals of predefined surgical and orthopaedics conditions from KEC general outpatient clinics and other referrers to the Surgical and Orthopaedics Specialist Outpatient Clinics (SOPCs) of the United Christian Hospital. Comprehensive assessment and management including additional hospital investigations,

expanded drug formulary and effective referral system to SOPC are provided by the clinic.

iii) Chronic disease management – Risk Assessment and Management Programme (RAMP)

With the ageing population, it is expected that the burden of chronic illnesses such as diabetes mellitus (DM) and hypertension (HT) will increase. KTCHC provides a better environment for patients to undergo RAMP DM complications assessment and RAMP HT risk assessment.

iv) Nurse and Allied Health Clinics (NAHCs)

Multidisciplinary team in NAHCs provides assessment and management of common health problems, namely wound care, fall prevention, continence care and respiratory rehabilitation.

v) Smoking Counseling and Cessation Service

In the past, patients from Kwun Tong had to go to clinics in other areas such as Ngau Tau Kok for smoking cessation service. This service is now established in KTCHC. Multidisciplinary team of trained anti-tobacco nurses and doctors would offer professional counseling, follow-up services and pharmacotherapy if required.

KTJCGOPC had completed its mission after 51 years of active service and became a piece of precious memory of our patients and colleagues (Fig. 10). KTCHC will continue the important role of primary care provision and strive to improve health care services to the local community.



Fig. 10 Kwun Tong Jockey Club GOPC

The Hidden Diabetic Patients

Hidden diabetic patients, a term I recently acquainted with, refers to those patients with diabetes who remained undiagnosed. Do you have any idea how many of them are there in the community?

On 4th October, 2015, I represented our College to speak on diabetes in the community in a press conference organized by Diabetes Hong Kong. In the press conference, Dr. Li Ka Fai, Chairman of the Diabetes Hong Kong, highlighted that there are currently 300,000 hidden diabetic patients in Hong Kong. I echoed Dr. Li's figure with the data extracted from the Thematic Household Survey Report No. 50, released in 2012. It stated that only 5% people in Hong Kong was known to have diabetes. However, the well quoted prevalence for diabetes in Hong Kong is 10%. This represented that **5% of the population might have "hidden diabetes"**.

The Government has recently released the latest THS Report No. 58 in mid-October, 2015. The most updated data is that 331,300 residents in Hong Kong had diabetes, equivalent to 4.8% of the population. That means there are still more than 350,000 people in Hong Kong with undiagnosed diabetes! Three years down the road, nothing has changed!

This is an astonishing figure. These patients, upon their first presentation, may have suffered from myocardial infarction, stroke or leg amputation. We, **family doctors, advocates of continuity of care, preventive and comprehensive care, are at a pivotal position to help identifying these hidden patients through our daily clinical encounters.**

According to the Hong Kong Reference Framework for Diabetes Care for Adults in Primary Care Settings which advocates for risk-based screening approach, the general population with age at or above 45 years of age; those with hypertension; subjects who are overweight; and individuals with family history of diabetes...are suitable targets for diabetes screening.

To date, there are some 1,500 doctors registered in the Primary Care Directory (PCD). Suppose each doctor in the PCD is able to motivate one such at-risk patient every week to undergo diabetes screening, he or she will be able to identify 5 to 10 diabetes patients every year. Each year, up to 15,000 more diabetes patients will be identified and offered prompt treatment. With 350,000 hidden diabetic patients, such "rate of diagnosis" is certainly still far from ideal, given the fact that there will be population growth as well. I believe the Government has a compelling obligation to deal with this issue, be it in motivating more colleagues to join in the PCD or incentivizing the public to involve in evidence-based preventive care activities.

November 14 each year is the World Diabetes Day. Take this day as the milestone, and start identifying our hidden diabetes patients. Three years later, when the Government released its new THS report, perhaps we may be able to change the unhealthy situation on hidden diabetic patients. Of course, identification is just the very first step. How to better manage such patients is complicated which requires awareness and actions from the public and private sectors.

Compiled by Dr. Alvin CY Chan

2015 Resuscitation Council of HK (RCHK)

Cardiopulmonary resuscitation (CPR) skills are essential for all healthcare professionals. CPR saves lives and it would be beneficial if more general public also acquires this skills. It is with this vision that the Resuscitation Council of Hong Kong (RCHK) is promoting bystanders CPR. As a founding member of RCHK, we are delighted to share with you the opening speech by Dr. Mary Kwong, Chairlady of RCHK in the 4th Annual Scientific Meeting of RCHK, jointly organized with HK Red Cross, the International Federation of Red Cross and the Red Crescent Societies.

Chairlady's Speech by Dr. Mary BL Kwong

Dr. the honorable Ko Wing Man (高永文), The honorable Lai Tung Kwok (黎棟國), Dr. the honorable Leung Ka Lau (梁家驩), Dr. Lau Chak Sing (劉澤星), Mrs Wu, Distinguished Guests, Colleagues, Friends, Ladies and Gentlemen:

Welcome all and thank you for attending our opening ceremony and International Scientific Meeting. This is the 4th Annual Scientific Meeting of RCHK, jointly organized with the Hong Kong Red Cross, the International Federation of Red Cross and the Red Crescent Societies. I am grateful to HK Red Cross for the tremendous support, especially thanks Ms. Grace Lo for the coordination.

RCHK was established in the year 2012 with the 8 founding members: Auxiliary Medical Services, Hong Kong Red Cross, Hong Kong St John Ambulance plus 5 academic Colleges.

Forming RCHK is not an easy task. Dr. Lau Chor Chiu (劉楚釗), Dr. Chow Yu Fat (周雨發) and I had taken 2 years to hold various meetings, to get the support from the Academy Colleges, and the well established Community Resuscitation Organisations.

Despite different background, what bring us together are our common Missions and Visions : RCHK will offer a collaborative platform -

1. To advocate for best practice, education, research and development in resuscitation in Hong Kong.
2. We share information and knowledge, across different organizations from hospitals and community, & will represent Hong Kong for international networking

and benchmarking. Internationally, RCHK aims to join the International Liaison Committee on Resuscitation (ILCOR). We are now the "Associate" member of Resuscitation Council of Asia (RCA). RCHK wish to collect all the resuscitation training activities data in Hong Kong for statistical use and presentation in RCA, internationally.

How to improve the survival rate & the survival outcome of a person suffering sudden cardiac arrest out-of-hospital, is a great challenge to Resuscitation. I, personally, had a painful recall. No oxygen, no blood flow to the brain for every minute of delay in resuscitation, means more damage to the victim, to the anoxic brain. To improve the survival rate and neurological outcome, immediate resuscitation by a trained layperson near-by, what we call bystander CPR or bystander cardiopulmonary resuscitation before arrival of ambulance is a MUST. CPR seems very intimidating to the public. Then, how can we increase the bystander resuscitation rate? The answer is to provide them training and knowledge, empower their confidence, applaud their attitude and willingness to do CPR, and protect them by Good Samaritan Law. All our Institution members are continuously encouraging CPR training to all members and laypeople in the public. More than that - I am delighted to report that :

1. Hong Kong College of Cardiology, steered with Education Bureau, supported by RCHK in a 3-year project "Jockey Club- Heart safe-School", has successfully equipped over 1,000 schools with AED (Automatic External Defibrillator), and has trained



The Guests of Honour for the meeting, Dr. Ko Wing Man, BBS, JP, Secretary for Food and Health (front row, 5th from left) and Mr. Lai Tung Kwok, SBS, IDSM, JP, Secretary for Security (front row, 5th from right), together with speakers and other guests.

more than 12,000 school personnel with CPR skill and AED operation. The impressive history of having saved 4 precious lives during this project is very encouraging. Then, why not incorporate CPR training Course into School & College curricula, which is accepted abroad; or even as one of the extra-curricular activities. Dr. Chung Chin Hung (鍾展鴻), as early as 2007, has advocated to teach CPR in school, written in the Editorial of the Hong Kong Journal of Emergency Medicine¹

2. RCHK supports "Mass Community CPR Training". The successful event was organised by Tseung Kwan O Hospital, & Sai Kung District Council, held in Jan 2015 with 260 participants from the public.
3. In the coming year, 2016, RCHK will support another breakthrough event. "CPR marathon", held by The Hong Kong Society for Emergency Medicine and Surgery. Teams will conduct "chest compression-only CPR" hoping to break the World record. "The 2010 American Heart Association CPR guidelines² recommend bystanders, to perform high-quality chest compression-only CPR, prior to the arrival of emergency personnel." Actually in Hong Kong, after SARS, Dr. Lam Kin Kwan (林建群) & Dr. Lau Fei Lung (劉飛龍) had advocated "compression-only CPR" to increase the willingness of bystanders to perform CPR³, stated in their paper, in the year 2007

I appreciate the visions of these HK forerunners, their contributions should be recognised internationally, if we have a representative in RCA or ILCOR. I am fervently hoping that RCHK will achieve this role.

The recent Paris terror attacks, alert us to the preparedness of unexpected disaster.

RCHK is one of the supporting organisations of the Hong Kong Jockey Club Disaster Preparedness and Response Institution. Their 1st Annual conference, co-organised with the Hong Kong College of Emergency Medicine, held a few weeks ago, put emphasis on strengthening Community engagement, "From Community to Emergency Room". We have a common vision. To echo, as a very first step, RCHK hopes to equip our Hong Kong people, with skill & knowledge of resuscitation, and to accomplish bystander CPR.

At present, RCHK has 14 Institutional members. We welcome different organizations with similar missions & visions, to join our Council to make Hong Kong an internationally known, healthier & safer city for local people and tourists.

Ladies and gentlemen, lastly before I end my speech, I would say "Without your support and contributions, RCHK could not move forward." Thank you very much for your attention.

Reference:

1. Chung C H, Extending cardiopulmonary resuscitation training to schools, Editorial, Hong Kong Journal of Emergency Medicine, Vol. 14(3), Jul 2007.
2. Field JM, Hazinski MF, Sayre MR, Chameides I, Schexnayder SM, Hemphill R, et al. Part 1: executive summary: 2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency, Cardiovascular Care. Circulation 2010;122(18 Suppl 3):S640-56.
3. Lam KK, Lau FL, Chan WK, Wong WN: Effect of severe acute respiratory syndrome (SARS) on bystander willingness to perform cardiopulmonary resuscitation (CPR)—Is compression-only preferred to standard CPR? Prehospital Disast Med 2007;22(4):325–329



Representatives from founding and institutional members attending the Annual General Meeting of RCHK.

Back row (from left to right): Dr. Ludwig Tsoi (Hong Kong Society for Emergency Medicine and Surgery), Dr. Johnnie Chan (The Hong Kong Life Saving Society), Dr. John Liu (The Hong Kong College of Anaesthesiologists), Dr. Ho Hiu Fai (The Hong Kong College of Emergency Medicine) and Dr. Ng Ching Luen (The Hong Kong College of Family Physicians)



From left to right: Dr. Alvin Chan, Dr. Mark Chan, Dr. Mary Kwong, Dr. Chan Sze Luen, Dr. Ko Siu Hin and Dr. Hui Lai Chi

- Please wear a surgical mask if you have respiratory tract infection and confirm that you are afebrile before coming to the meeting.
- Please wear an appropriate dress code to the Hotel for the Scientific Meeting.
- Private Video Recording is not allowed. Members, who wish to review the lecture, please contact our secretariat.

9 January 2016 Saturday

Board of Education Interest Group in Dermatology

Aim	To form a regular platform for interactive sharing and discussion of interesting dermatological cases commonly seen in our daily practice	
Theme	Approach to Common Facial Dermatitis	
Speaker	Dr. Chan Hau Ngai, Kingsley Specialist in Dermatology and Venereology	
Co-ordinator & Chairman	Dr. Lam Wing Wo The Hong Kong College of Family Physicians	
Time	1:00 p.m. – 2:00 p.m.	Lunch
	2:00 p.m. – 4:00 p.m.	Theme Presentation & Discussion
Venue	5/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong	
Admission Fee	Members Non – members HKAM Registrants	Free HK\$ 300.00 HK\$ 150.00
	All fees received are non-refundable and non-transferable.	

Accreditation	2 CME points HKCFP (Cat. 4.3) 2 CPD points HKCFP (Cat. 3.15) 2 CME points MCHK
Language	Lecture will be conducted in English and Cantonese.
Registration	Registration will be first come first served. Please reserve your seat as soon as possible.
Note	Participants are encouraged to present own cases for discussion. Please forward your cases to the Coordinator via the College secretariat 2 weeks prior to meeting.

HKCFP would like to thank HKMA for supporting this educational activity.

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Monthly Video Viewing Session

Monthly video viewing session will be scheduled on the last Friday of each month at 2:30 – 3:30 p.m. at 8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong.

January's session:

Date	29 January 2016 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	"Osteoporosis: Where are we now? What shall we go next?" – Dr. Lee Ka Wing
Admission	Free for Members
Accreditation	1 CME point HKCFP (Cat. 4.2) 1 CME point MCHK Up to 2 CPD points (Subject to submission of satisfactory report of Professional Development Log)
Language	Lecture will be conducted in English.

Community Education Programme

Open and free to all members
HKCFP CME points accreditation (Cat 5.2)

Date/Time/CME	Venue	Topic/Speaker/Co-organizer	Registration
9 Jan 2016 2:15 – 4:15p.m.	Training Room II, 1/F, OPD Block, Our Lady of Maryknoll Hospital, 118 Shatin Pass Road, Wong Tai Sin, Kowloon	Handling Hair and Nail problems in Primary Care Dr. Tin Sik CHENG, Specialist in Dermatology, Social Hygiene Service, Department of Health	Ms. Clara Tsang Tel: 2354 2440

Structured Education Programmes

Free to members
HKCFP 2 CME points accreditation (Cat 4.3)

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
6 January 16 (Wed)			
2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Personal data Ordinance Dr. Cheuk Hiu Ying & Dr. Lim Martina	Ms. Polly Tai Tel: 3949 3430
2:15 – 4:45 p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	Vocational Training Program for Family Medicine in Hong Kong Dr. Chan Ham	Ms. Eliza Chan Tel: 2468 6813
4:45 – 6:45 p.m.	Multi-function Room, NAHC clinic, G/F, Tsan Yuk Hospital	Menopausal Health Dr. Li Hang Wun Raymond	Ms. Cherry Wong Tel: 2589 2337

7 January 16 (Thu)

4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Using Family Medicine Approach in Adolescent Patient Dr. Chan Ka Ho & Dr. Sze Chung Fai	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Basic Communication Skill Dr. Tsui Pun Nang	Ms. Kwong Tel: 2595 6941
2:15 – 5:15 p.m.	Lecture Theatre, 8/F, Ambulatory Care Block, Tseung Kwan O Hospital	Personal data Ordinance Dr. Pun Yat Hei & Dr. Wong Hong Kiu Queenie	Ms. Polly Tai Tel: 3949 3430

13 January 16 (Wed)

2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Update on management of cerebrovascular vascular accidents Dr. Kam Ngar Yin Irene & Dr. Chan Kil Pak Kilpatrick	Ms. Polly Tai Tel: 3949 3430
2:15 – 4:45p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	Motivational Interviewing (Part 1) Dr. Wong Man Kin	Ms. Eliza Chan Tel: 2468 6813
4:45 – 6:45 p.m.	Multi-function Room, NAHC clinic, G/F, Tsan Yuk Hospital	Common symptom complaints - Joints pain Dr. Lee Chun Hui	Ms. Cherry Wong Tel: 2589 2337
5:30 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Dermatology Update Dr. Susanna Ting	Ms. Crystal Law Tel: 2632 3480

14 January 16 (Thu)

4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Quaternary Prevention in Primary Care Dr. Lau Lai Na & Dr. Lee Kar Fai	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m.	Lecture Theatre, 8/F, Ambulatory Care Block, Tseung Kwan O Hospital	Update on management of cerebrovascular vascular accidents Dr. Leung Ching Ching & Dr. Wong Sze Kei	Ms. Polly Tai Tel: 3949 3430
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Family medicine: core values; family physicians functions Dr. Lau Cheuk Nam Mathew	Ms. Kwong Tel: 2595 6941

20 January 16 (Wed)

2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Health problems of doctors & management of burnout Dr. Suen Gee Kwang Victoria & Dr. Yeung Ka Yu Doogie	Ms. Polly Tai Tel: 3949 3430
2:15 – 4:45p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	Application of Evidence Based Medicine: Update on the Use of Antibiotics in Primary Care Setting Dr. Yuen Ching Yan	Ms. Eliza Chan Tel: 2468 6813
5:30 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Osteoporosis and Osteomalacia Dr. Leung Yuen Yee Yuki	Ms. Crystal Law Tel: 2632 3480

21 January 16 (Thu)

4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Management of Abnormal Lab Result in Family Medicine Practice II Dr. So Lok Ping & Dr. Lee Sik Kwan	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m.	Conference Room 2, 8/F, Ambulatory Care Block, Tseung Kwan O Hospital	Health problems of doctors & management of burnout Dr. Kwok Yee Ming Elaine & Dr. Lam Lai Cho Eugenia	Ms. Polly Tai Tel: 3949 3430
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Management of common abnormal ECG in clinic setting Dr. Eva Cheng	Ms. Kwong Tel: 2595 6941

27 January 16 (Wed)

2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Common symptoms in orthopaedics (overuse syndrome e.g trigger finger, wrist pain, elbow pain) Dr. Hou Jing & Dr. Lee Wing Lam	Ms. Polly Tai Tel: 3949 3430
2:15 – 4:45p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	Family Life Cycle Dr. Chung Ka Chun	Ms. Eliza Chan Tel: 2468 6813
4:45 – 6:45 p.m.	Multi-function Room, NAHC clinic, G/F, Tsan Yuk Hospital	Video Review: Consultation skills analysis with LAP Dr. Ko Wai Kit	Ms. Cherry Wong Tel: 2589 2337
5:30 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	FM forward Dr. Eric Hui	Ms. Crystal Law Tel: 2632 3480

28 January 16 (Thu)

2:15 – 5:15 p.m.	Lecture Theatre, 8/F, Ambulatory Care Block, Tseung Kwan O Hospital	Common symptoms in orthopaedics (overuse syndrome e.g trigger finger, wrist pain, elbow pain) Dr. Xu Shaowei & Dr. Lai Kit Ping Loretta	Ms. Polly Tai Tel: 3949 3430
4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Legal and Ethical Guidelines for Sponsorship in Medical Dr. Tsui Sau In & Dr. Sung Cheuk Chung	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Professional misconducts Dr. Chan Wei Kwan Rita	Ms. Kwong Tel: 2595 6941

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tremendous support to
the FP Links throughout the year.*

Wishing you all

*Merry Christmas &
Happy New Year*

The FP Links Committee



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 Dec 1:00 – 4:30 p.m. ARC 2015	14	15	16 2:15 – 7:30 p.m. Structured Education Programme 6:30 p.m. HKPCC Meeting	17 2:15 – 7:00 p.m. Structured Education Programme	18	19
20	21	22	23 2:15 – 7:30 p.m. Structured Education Programme	24 2:15 – 7:00 p.m. Structured Education Programme	25	26
27	28	29	30 2:15 – 7:15 p.m. Structured Education Programme	31 2:15 – 7:00 p.m. Structured Education Programme	1 Jan	2
3	4	5	6 2:15 – 7:15 p.m. Structured Education Programme	7 2:15 – 7:00 p.m. Structured Education Programme	8	9 1:00 – 4:00 p.m. Interest Group in Dermatology
10	11	12	13 2:15 – 7:30 p.m. Structured Education Programme	14 2:15 – 7:00 p.m. Structured Education Programme	15	16 2:30 – 5:30 p.m. DFM Module III Evidence-Based Medicine
17	18	19	20 2:15 – 7:30 p.m. Structured Education Programme	21 2:15 – 7:00 p.m. Structured Education Programme 8:30 p.m. Council Meeting	22	23 2:30 – 5:30 p.m. DFM Module III Critical Appraisal
24	25	26	27 2:15 – 7:30 p.m. Structured Education Programme	28 2:15 – 7:00 p.m. Structured Education Programme	29 2:30 – 3:30 p.m. Board of Education - Video Session 9:00 p.m. Board of Conjoint Examination Meeting	30

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Contact and Advertisement Enquiry Ms. Alky Yu

Tel: 2871 8899 Fax: 2866 0616 E-mail: alkyyu@hkcfp.org.hk

The Hong Kong College of Family Physicians

Room 803-4, 8th Floor, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Hong Kong

To find out more, contact us:



www.hkcfp.org.hk



2871 8899



hkcfp@hkcfp.org.hk



The Hong Kong College of Family Physicians