

Hong Kong Primary Care Conference 2018

“Family Physician – Nexus of the New Era of Primary Care”

23 – 24 June 2018 (Saturday – Sunday)

Hong Kong Academy of Medicine Jockey Club Building,
99 Wong Chuk Hang Road, Aberdeen, Hong Kong

Message from the Organizing Committee



**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

On behalf of the Hong Kong College of Family Physicians and 2018 Hong Kong Primary Care Conference (HKPCC) Organizing Committee, I am delighted to invite you all to the 8th HKPCC conference to be held on June 23rd – 24th 2018 at the Hong Kong Academy of Medicine (HKAM) Jockey Club Building, Aberdeen, Hong Kong.

This coming year's theme, “Family Physician – Nexus of the New Era of Primary Care” rekindles the vital role of family physicians in responding to the ever challenging healthcare ecosystem and to deliver cost-effective, sustainable and patient-centered health care. For the past decades, emphasis on primary care in Hong Kong has gained recognition with the development of primary care conceptual models and reference frameworks by the Primary Care Office, enhancement of patient care through the Electronic Health Record Sharing System (eHRSS), improvement of accessibility to private primary healthcare with the Health Care Voucher Scheme, promotion of preventive care including the Vaccination Subsidy Scheme and the implementation of feasible service models to enhance community-based primary care services delivery.

With an increasingly ageing population bringing more chronic conditions and complex comorbidities, Hong Kong is facing tremendous challenges in addressing the demand for healthcare services with an already overburdened public hospital system, despite ongoing primary care reforms. Recently, the key findings of the Population Health Survey conducted by the Department of Health showed a high prevalence of non-communicable diseases including hypertension and diabetes, with many people living with these conditions unrecognized. The HKSAR government under the leadership of newly appointed Chief Executive Mrs Carrie Lam and Secretary for Food and Health Professor Sophia Chan, has accorded priority to boost primary healthcare services and as such as has set up a steering committee for the further development of primary care. The World Organization of Family Doctors supports the view that general practice is pivotal to the success of primary health care in developed countries e.g. Australia.

General practice provides primary, continuing, comprehensive and coordinated holistic health care to individuals and families in their communities, these elements place general practice at the center of an effective primary health care system. Family physicians, with their attributes which includes playing an effective coordinating role in health care provision, will be beneficial strategic partners in further enhancing primary care development in Hong Kong.

Over the years, our annual hallmark conference has served as an inspiring platform for bringing together international and local experts, family physicians, dentists, nurses, allied health practitioners and other primary care providers to promote collaborative and networking opportunities in addressing present and future challenges. It offers a rich milieu for sharing the latest scientific updates, research activities as well as an open exchange of experiences and views on recent developments and trends in primary care. This coming 2018, we will go green with the issuing of electronic certificates of attendance for our participating delegates as well as a web-based electronic program book.

I welcome you to another exciting experience with this forthcoming conference.

Dr. Lorna NG
Chairman, Organizing Committee
Hong Kong Primary Care Conference 2018

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Scientific Programme at-a-glance

23 June 2018 (Saturday)				
14:00 - 15:00	Registration and Welcome Drinks			
15:00 - 15:30	Opening Ceremony			
15:30 - 16:15	Plenary I			
16:15 - 17:00	Plenary II			
17:00 - 17:20	Coffee Break and Poster Presentation - Part 1 [#]			
17:20 - 18:35	Seminar A Hyperuricemia and Chronic Kidney Disease	Seminar B Avoid Medical Mishaps: Patient Centred Care	Free Paper - Oral Presentation Part 1 [#]	Workshop 1 Oral Health: What Family Doctors Need to Know
18:45 - 21:00	Dinner Symposium			

24 June 2018 (Sunday)					
08:15 - 09:00	Registration				
09:00 - 10:15	Workshop 2 Ankle Sprain, Taping and Exercise Prescription	Seminar C	Clinical Case Presentation Competition[#]	Clinical Audit and Research Forum	
10:15 - 10:35	Coffee Break and Poster Presentation - Part 2[#]				
10:35 - 11:50	Workshop 3 Dementia Care in Primary Care	Seminar D Updates on Stroke Management and Rehabilitation in Primary Care	Seminar E Incorporating Travel Medicine into your General Practice	Seminar F Chinese Medicine in Primary Care	Free Paper - Oral Presentation Part 2[#]
11:50 - 12:35	Plenary III				
12:40 - 14:00	Lunch Symposium				

[#] Active CME/CPD points will be accredited to presenters.

Disclaimer

Whilst every attempt will be made to ensure all aspects of the conference mentioned will take place as scheduled, the Organizing Committee reserves the right to make changes to the programme without notice as and when deemed necessary prior to the Conference.

(Supported by HKCFP Foundation Fund)

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Registration Form



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Title *: Prof. / Dr. / Mr. / Mrs. / Ms. **HKCFP Member ID***: _____

Surname: _____ **Given Name:** _____

Institution*: HA / DH / University / Private Hospital / Private Group / Solo Practice

Occupation: Doctor / Nurse / Student / Allied Health _____ / Others _____

Contact No.: (Office) _____ (Mobile) _____ (Fax) _____

Address: _____

Email^: _____

Remarks:

* Please circle as appropriate.

Please contact the administrative staff Ms. Priscilla Li at membership@hkcfp.org.hk for membership application.

^ Details or updates would be sent by email.

REGISTRATION			Member	Non-member
A) Conference Registration ◆ Registration to the conference is required.			<input type="checkbox"/> Complimentary	<input type="checkbox"/> HK\$1000
B) Workshop Registration ◆ First come first served. ◆ Cheques will be returned to unsuccessful registrants.				
23 June (Saturday)	17:20 – 18:35	Workshop 1: Oral Health: What Family Doctors Need to Know	<input type="checkbox"/> HK\$300	<input type="checkbox"/> HK\$500
24 June (Sunday)	09:00 – 10:15	Workshop 2: Ankle Sprain, Taping and Exercise Prescription	<input type="checkbox"/> HK\$300	<input type="checkbox"/> HK\$500
	10:35 – 11:50	Workshop 3: Dementia Care in Primary Care	<input type="checkbox"/> HK\$300	<input type="checkbox"/> HK\$500

Date	COMPLIMENTARY SYMPOSIA		COMPLIMENTARY TRANSPORTATION^^	
23 June (Saturday)	18:45 – 21:00	Dinner Symposium	<input type="checkbox"/> HK\$50 Enrolment Deposit**	<input type="checkbox"/> Wong Chuk Hang MTR → HKAM: 14:15 – 15:00 <input type="checkbox"/> HKAM → Wong Chuk Hang MTR: 21:15
24 June (Sunday)	12:40 – 14:00	Lunch Symposium	<input type="checkbox"/> HK\$50 Enrolment Deposit**	<input type="checkbox"/> Wong Chuk Hang MTR → HKAM: 8:30 – 9:00

****Enrolment Deposit:** Seats for symposia is limited. Registrants are required to send the 'Enrolment Deposit cheque' for symposia enrolment.

- At the back of the cheque: please write your name and the symposium – Dinner (23 June) or Lunch (24 June) that you wish to enroll.

- Each cheque is for ONE activity's registration only, please make sure to send in the corresponding number of cheques.

- The respective cheque would be returned when attending the activity, otherwise the deposit cheque would NOT be returned and instead it will become a contribution to HKCFP.

^^Complimentary Transportation: Circular coach service would be provided within the mentioned periods. **Pre-registration is required.**

PAYMENT METHOD

Please send completed registration form with crossed cheque(s) payable to “**HKCFP Education Ltd**” to the Conference Secretariat.
Please use **SEPARATE** cheques for payment of membership fees (if applicable), conference and workshop(s) registration fees.

CONFERENCE SECRETARIAT

Registration :	Ms. Windy Lau	Tel :	(852) 2871 8899
CME / CNE :	Mr. John Ma	Fax :	(852) 2866 0616
Scientific :	Ms. Suki Lung / Ms. Crystal Yung	Email :	hkpcp@hkcfp.org.hk
Others :	Ms. Alky Yu / Ms. Erica So		
Address :	HKCFP, Room 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong		

Signature: _____

Date: _____

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Full Research Paper Competition

We cordially invite your participation in the **Full Research Paper Competition** of the HKPCC 2018. The Competition is a long-standing tradition of the College's Annual Conference for promoting and recognizing well-designed, innovative research, which bears potential impact on clinical practice or development of primary care. This year, we will have TWO Awards:

AWARDS

Best Research Paper Award

Best Trainee Research Paper Award

The HKPCC 2018 Organizing Committee will invite renowned scholars as judges to review the participating papers.

Each awardee will be presented **a certificate of award** at the opening ceremony of HKPCC 2018.

ELIGIBILITY AND AUTHOR GUIDELINES

To be eligible for participation in the Full Research Paper Competition, **the first author of the paper must meet ALL of the following conditions:**

- (1) The author must be a member of the HKCFP and register at the Conference;
- (2) The author completes the majority of the research and writing for the paper;
- (3) The author has not used the paper to apply for other awards.

The participating paper should be a full-length article. It should include a structured abstract of no more than 250 words. The text should contain 2,000 - 3,000 words, organized as INTRODUCTION, METHODOLOGY, RESULTS and DISCUSSION. It should consist of no more than 5 illustrations (tables/figures). Only electronic versions are accepted. The full paper should be typed in 12 point size in Microsoft Word format.

For **Best Trainee Research Paper Award**, additional eligibility applies:

- (1) The first author must be a trainee of HKCFP or within 3 years of completion of vocational training;
- (2) For higher trainees who are submitting their Exit Examination research project for this Competition, they must have submitted their project to the Specialty Board and have passed the research segment of the Exit Examination.

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AWARD SELECTION CRITERION

Each paper will be evaluated against the following criteria:

- (1) Academic rigor of the paper (e.g. originality, methodology, organization and presentation);
- (2) Relevance and impact to primary care (e.g. importance of the topic and the impact of the findings on the practice or development of primary care).

HOW TO SUBMIT

Please **download the Full Paper Submission Form from College's Website**

<http://www.hkcfp.org.hk>.

By Email – Attach the full paper with the completed “Full Paper Submission Form” and send to hkpcc@hkcfp.org.hk. *All entries will be acknowledged on receipt.*

For enquiry, *please do not hesitate to contact our conference secretariat, Ms. Suki Lung or Ms. Crystal Yung, at 2871 8899 or by email hkpcc@hkcfp.org.hk.*

SUBMISSION DEADLINE

30 April 2018 (Monday)

“We look forward to receiving your research articles!”

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Free Paper Competition

Apart from the Full Research Paper Competition, we also have the **Free Paper Competition** which sees many pioneering research ideas, pilot studies and thought provoking case studies, commentaries and stimulating discussions. The Free Paper Competition is one of the highlights of the HKPCC and can be in the form of **ORAL presentation** or **POSTER presentation**. We look forward to your active participation in the Free Paper Competition.

AWARDS

Best Oral Presentation Award

Best Poster Presentation Awards:

(1) The "Gold" Award (2) The "Silver" Award (3) The "Bronze" Award

Both the winners will receive a **certificate of award**.

Author Guidelines

- ★ The presentation of the free paper can be in the form of **ORAL presentation** or **POSTER presentation**. (The details of oral or poster presentation will be announced later.)
- ★ Electronic version is preferred for abstracts. Abstract should be typed in 12-point size in Microsoft Word format. Handwritten abstracts will NOT be accepted.
- ★ The abstract must not exceed 250 words, and should be organized as follows: **TITLE, AUTHOR(S), INTRODUCTION, METHOD, RESULTS and DISCUSSION**. Commentaries and discussion papers need not follow the above format apart from the TITLE and AUTHOR(S).
- ★ Authors' full names and affiliations must be specified. Surnames should be printed in bold.
- ★ All abstracts must be submitted in English. All accepted abstracts must be presented in English.

ELIGIBILITY REQUIREMENTS

To be eligible for participation in the free paper presentation, **the first author of the paper must meet ALL of the following conditions:**

- (1) The author must register at the Conference;
- (2) The author completes the majority of the research and writing for the paper;

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- (3) The author has not used the paper to apply for other awards;
- (4) The Organizing Committee will have the right of final decision on the acceptance of an abstract;
- (5) Only **ONE** designated presenter can present the accepted abstract. Co-authors are welcome to register and attend the session of the conference.

AWARD SELECTION CRITERIA

For the **Best Oral Presentation Award**, each oral presentation will be evaluated against the following criteria:

- (1) Quality and thoroughness of research methods used to generate findings;
- (2) Quality of visual presentation if applied;
- (3) Relevance, innovation and impact to primary care.

For the **Best Poster Presentation Award**, each poster will be evaluated against the following criteria:

- (1) Quality of visual presentation (poster layout);
- (2) Quality and thoroughness of research methods used to generate findings;
- (3) Relevance, innovation and impact to primary care.

HOW TO SUBMIT

Please **download the Abstract Submission Form from College's Website**

<http://www.hkcfp.org.hk>.

By Email – Attach the abstract with the completed “Abstract Submission Form” and send to hkpcc@hkcfp.org.hk. *All entries will be acknowledged on receipt.*

For enquiry, *please do not hesitate to contact our conference secretariat, Ms. Suki Lung or Ms. Crystal Yung, at 2871 8899 or by email hkpcc@hkcfp.org.hk.*

SUBMISSION DEADLINE

19 April 2018 (Thursday)

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Clinical Case Presentation Competition

Following the success of the **Clinical Case Presentation Competition** in past HKPCCs since 2012, the Organizing Committee of the upcoming HKPCC 2018 is honored to organize the competition again this year!

The Presentation can be in the form of individual or group presentation with up to 5 people per group. The details of the Presentation are listed as below. We look forward to your active participation in the Clinical Case Presentation.

COMPETITION OUTLINE

- (1) Target participants: Doctors, nurses, physiotherapists, clinical psychologist, occupational therapists, dieticians, podiatrists and any other allied health professionals.
- (2) Presentation materials: Any kinds of clinical cases relevant to primary care.
- (3) Presentation format: In the form of individual presentation, role-play, drama or any other possible format for 15 minutes. Either individual or group presentation with up to 5 people per group is acceptable.
- (4) The Organizing Committee has the right of final decision on acceptance of the cases for the presentation.

AWARDS

CPD/ CME points will be granted to all speakers and group members.

The Best Presentation Award winner will receive **a certificate of award**.

ELIGIBILITY REQUIREMENTS

To be eligible for participation in the Clinical Case Presentation Competition, the presenter must meet ALL the following conditions:

- (1) The presenter must register at the Conference.
- (2) **The presentation should be the original work of the participants.**
- (3) The candidates should have submitted their presentation proposals prior to the Conference.

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AWARD SELECTION CRITERIA

Each presentation proposal should state the theme, and outline of presentation, format (e.g. role-play, drama, video), language and rundown.

Each presentation will be evaluated against the following criteria -

- (1) Quality of presentation.
- (2) Content of presentation: Relevance and impact to primary care, presentation skills and time management, enhancement to patient care in daily practice and useful take home message.

HOW TO SUBMIT

- *The entry form can be downloaded from our College Website: <http://www.hkcfp.org.hk>.*
- *For submission the completed entry form and a presentation proposal should be emailed to hkpcc@hkcfp.org.hk not later than **19 April 2018 (Thursday)**. All entries will be acknowledged on receipt.*
- *The presentation material should be submitted prior to the Conference secretariat **on or before 11 June 2018 (Monday)**.*
- *If you have any questions concerning the “Clinical Case Presentation”, please contact our conference secretariat, Ms. Suki Lung or Ms. Crystal Yung, at 2871 8899 or by email hkpcc@hkcfp.org.hk.*

ENTRY FORM, PRESENTATION PROPOSAL SUBMISSION DEADLINE

19 April 2018 (Thursday)

PRESENTATION MATERIAL SUBMISSION DEADLINE

11 June 2018 (Monday)

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Seminar A
Hyperuricemia and Chronic Kidney Disease

Professor Lo Wai Kei

MBBS (HK), MD (HK), MScEM (Bath), MRCP (UK), FRCP (London, Edin), FHKCP, FHKAM(Med)
Specialist in Nephrology, Private Practice

Prof. Lo graduated from HKU in 1980. He became the consultant physician of Tung Wah Hospital in 1994 and the Director of Renal Service in Tung Wah Hospital in 1996, and the Chief of Service of the Department of Medicine of Tung Wah Hospital in 2013-2016. He retired from Hospital Authority in 5/2017, and started private practice in 6/2018.

He is currently the Honorary Clinical Professor of the Department of Medicine, The University of Hong Kong and the Honorary Consultant of Department of Medicine, Tung Wah Hospital, Hong Kong. He was the Chairman of Hong Kong Society of Nephrology in 1999-2001, and the President of the International Society for Peritoneal Dialysis in 2006-2008. He obtained the Doctor of Medicine from The University of Hong Kong in 2016 and has over 150 articles published in peer reviewed journals, and the author of 5 book chapters.

Nowadays there are evidences supporting that hyperuricemia represents a risk factor for the development and progression of chronic kidney disease (CKD). Nevertheless, the role of serum uric acid lowering treatment in CKD is still a matter of controversy.

The objective of this seminar is to understand the pathophysiology between hyperuricemia and CKD. The current view of treating asymptomatic hyperuricemia in CKD will also be updated.

In this seminar we will discuss in detail about hyperuricemia, including it's prevalence, the pathophysiology in relation to CKD, itself as a risk factor for progression of CKD and the treatment options and indications.

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Workshop 2

Ankle Sprain, Taping and Exercise Prescription



Dr. Allen Ngai

MBBS(HK), DFM(CUHK), Dip Clin Derm(London), DCH (London), PGDipMsM(Otago), MScSM&HS (CUHK), FHKCFP, FRACGP, FHKAM (Family Medicine)

Dr. Ngai has been practicing musculoskeletal medicine since 2004 and subsequently have obtained the Postgraduate Diploma in Musculoskeletal Medicine (Otago) in 2006. He is accredited in Musculoskeletal Ultrasound by the American Registry of Diagnostic Medical Sonography (2012) and has also obtained the Master in Sports Medicine and Health Science (CUHK) in 2015.

Dr. Ngai is one of the founding council members of Hong Kong Institute of Musculoskeletal Medicine (HKIMM) and currently holds the post as Honorary Secretary of HKIMM. His current interests are in the area of diagnoses and treatments of musculoskeletal pain and sports injuries, diagnostic musculoskeletal ultrasound and ultrasound-guided musculoskeletal injections and regenerative musculoskeletal injections, e.g. prolotherapy, platelet-rich plasma injections.



Dr. Paco W.Y Lee

MBChB (CUHK), DFM (HKCFP), Grad Dip (Derm) NUS, PGDipMSM (Otago), MScSMHS (CUHK), FHKCFP, FRACGP, FHKAM (Family Medicine)

Dr. Lee has obtained the Postgraduate Diploma in Musculoskeletal Medicine (Otago) with the Barrie Tait Prize for Clinical Excellence in 2007. He is the Fellow of Hong Kong Institute of Musculoskeletal Medicine and a certified prolotherapist in regenerative injection therapy by the American College of Musculoskeletal Medicine in 2011. He is also accredited in Musculoskeletal Ultrasound by the American Registry of Diagnostic Medical Sonography in 2012 and has obtained the Master in Sports Medicine and Health Science (CUHK) in 2015.

Dr. Lee is a private musculoskeletal physician. He concurrently holds the post of chairman of the board of Information Technology of the Hong Kong Institute of Musculoskeletal Medicine since 2006. Dr. Lee was the Honorary advisor of Public Communications and Education advisory committee of St Paul's Hospital from 2014-2017 and was a member of the working group on Primary care of the Health and Medical development advisory committee of HKSAR Food and Health bureau from 2008-2015.

Lateral ankle sprain (LAS) is the most common musculoskeletal injury in the physically active population as well as being a common condition encountered by the general population. Apart from the pain and temporary period of reduced functioning and disability, there is an association with an increased risk of recurrent ankle sprain, development of chronic ankle stability (CAI) and post-traumatic ankle osteoarthritis (PTOA). While the direct costs for treatment of an isolated LAS are relatively low, compounding these are indirect costs with after-care, loss of productivity, time loss of activity and care of its long-term consequences. Therefore, it becomes apparent that the healthcare burden that emerges from the so called “simple” LAS is substantial. In this workshop, we will go through the possible consequences of poorly treated or untreated ankle sprain. We will also have hands-on practice of ankle taping. Finally, we will share tips on exercise prescriptions for a person with ankle sprain.