

HKCFP 40th ANNIVERSARY CONFERENCE



1977-2017
Hong Kong College of
Family Physicians



From Seedling to Forest – Ever Enriching Primary Care



**2 - 3 September 2017
(Saturday - Sunday)**

HKCFP 40th ANNIVERSARY CONFERENCE

“From Seedling to Forest - Ever Enriching Primary Care”

2 - 3 September 2017 (Saturday - Sunday)

Conference Information

- Date** : 2 - 3 September 2017 (Saturday-Sunday)
- Venue** : Hong Kong Academy of Medicine Jockey Club Building,
99 Wong Chuk Hang Road, Aberdeen, Hong Kong
- Official Language** : English
- Academic Accreditation** : Applications are in progress and details will be announced later.
- Organizer** : The Hong Kong College of Family Physicians
- Conference Secretariat** : **General:**
Ms. Crystal Yung / Ms. Erica So
- Registration:**
Ms. Natalie Ho
- Scientific and QA Accreditation:**
Ms. Crystal Yung / Mr. John Ma
- Exhibition & Advertisement:**
Ms. Teresa Liu / Ms. Alky Yu
- Publication:**
Ms. Carmen Tong
- Contact Details** : Tel No. : (852) 2871 8899
Fax No. : (852) 2866 0616
Email : 40anniversary@hkcfp.org.hk
- Supported by** : HKCFP Foundation Fund

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Scientific Programme at-a-glance

2 September 2017 (Saturday)							
09:00 - 09:45	Conference Registration from 8:15am onwards @ G/F, HKAM Lunch / Dinner Symposium Registration @ 1/F, HKAM	Session 1 "Animal-assisted Therapy to Enhance Physical Well-being of Elderly"		Session 4 Using Humor in Positive Psychology <small>*Conducted in Putonghua 此項目將以普通話進行</small>	MORNING SESSION		
09:45 - 10:30		Session 2 "Innovative Inter-generational Health Promotion Program Incorporating Strength-based Life Review Interview for Elderly People with Chronic Diseases"		Session 5 Enhance Mental Health of the Elderly: The Effectiveness of Instrumental Reminiscence Intervention <small>*Conducted in Putonghua 此項目將以普通話進行</small>			
10:30 - 11:00		Coffee Break					
11:00 - 12:30		Session 3 "Radio-I-Care" Case Study of Online Brief Counselling Sessions and Offline Intervention to Promote Mental Health in Community		Session 6 (1) 國內基層健康服務現狀與展望 (2) Another Topic to be confirmed <small>*Conducted in Putonghua 此項目將以普通話進行</small>			
12:30 - 14:00		Lunch Symposium					
14:00 - 14:30		Welcome Drinks					
14:30 - 14:55	Opening Ceremony			AFTERNOON SESSION			
14:55 - 15:30	Plenary I (Prof. Amanda HOWE) Future Developments in Medical Education – Can Family Medicine Make a Global Impact?						
15:30 - 16:05	Plenary II (Prof. Joseph SUNG) If SARS Hits Again...! – What Medical Professions should Learn						
16:05 - 16:40	HKCFP 40th Anniversary Highlights						
16:40 - 17:00	Coffee Break and Poster Presentation - Part 1[#]						
17:00 - 18:30	Workshop 1 Myofascial Therapy	Seminar A Management of Injury on Duty	Discussion Forum Postgraduate Vocational Training in Family Medicine		Workshop 2 (Part I) Practical Dermatology Part 1		
18:30 - 21:00	Dinner Symposium						
3 September 2017 (Sunday)							
09:00 - 10:15	Conference Registration from 8:15am onwards @ G/F, HKAM Lunch Symposium Registration @ 1/F, HKAM	Workshop 3^{**} Knee Pain and Lower Limb Biomechanics	Seminar C (1) Helping Children Develop Skills To Regulate Uncomfortable Emotions - What Family Doctors Can Do? (2) Young And Alcohol Free – The Why And How For Family Doctors		Free Paper - Oral Presentation Part 1[#]	Clinical Case Presentation Competition	MORNING SESSION
10:15 - 10:35		Coffee Break and Poster Presentation - Part 2[#]					
10:35 - 11:50		Workshop 3^{**} Knee Pain and Lower Limb Biomechanics	Free Paper - Oral Presentation Part 2[#]	Seminar D Update on COPD screening	Forum Theater Medical Humanities <small>*Conducted in Cantonese 此項目將以廣東話進行</small>		
11:50 - 12:25		Plenary III (Prof. Donald LI) Family Medicine Beyond 40 Years					
12:25 - 13:00		Plenary IV (Prof. YU Xiao Song) A Study on the Integrated Health Management Service Model Based on Continuous Service of General Practitioners (基於全科醫生連續性服務的整合式健康管理服務模式的研究) <small>*Conducted in Putonghua 此項目將以普通話進行</small>					
13:00 - 14:40		Prize Presentation & Lunch Symposium					
14:40 - 16:10	Workshop 2 (Part II) Practical Dermatology Part 2 (1) Dermoscopy: a Practical Approach (2) Managing Atopic Dermatitis in Infants and Children	Workshop 4 Developmental Perspective of Personality Disorders: Implication for Family Doctors	Clinical Audit & Research Forum	Seminar B Introduction to Cost Effectiveness Analysis in Primary Care	AFTERNOON SESSION		

[#] Active CME/CPD points will be accredited to presenters. ^{**} Workshop 3 - Contents of both sessions are the same.

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.

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REGISTRATION FORM



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			
A) Conference Registration		Registration to the conference is required.	<input type="checkbox"/> Member: Complimentary <input type="checkbox"/> Non-member: HK\$1000
B) Workshop Registration			
First come first served. Cheques will be returned to unsuccessful registrants.			
2 September (Sat)	17:00 – 18:30	Workshop 1: Myofascial Therapy	<input type="checkbox"/> HK\$500
		Workshop 2 (Part I): Practical Dermatology	<input type="checkbox"/> HK\$500
3 September (Sun)	09:00 – 10:15	Workshop 3: Knee Pain and Lower Limb Biomechanics	<input type="checkbox"/> HK\$500
	10:35 – 11:50	Workshop 3: Knee Pain and Lower Limb Biomechanics	<input type="checkbox"/> HK\$500
	14:40 – 16:10	Workshop 2 (Part II): (1) Dermoscopy: a Practical Approach (2) Managing Atopic Dermatitis in Infants and Children	<input type="checkbox"/> HK\$500
		Workshop 4: Developmental Perspective of Personality Disorders: Implication for Family Doctors	<input type="checkbox"/> HK\$500

***Workshop 3: The two sessions of MSK are identical and please register for either one only.*

Date	COMPLIMENTARY SYMPOSIA <i>(Please tick as appropriate.)</i>	COMPLIMENTARY TRANSPORTATION <i>(Please tick as appropriate.)</i>
2 September (Sat)	<input type="checkbox"/> Lunch symposium <input type="checkbox"/> Dinner symposium	Wong Chuk Hang MTR → HKAM ^{^^} : <input type="checkbox"/> 8:30 - 9:00 / <input type="checkbox"/> 13:30 - 14:30 HKAM → Wong Chuk Hang MTR: <input type="checkbox"/> 21:15
3 September (Sun)	<input type="checkbox"/> Lunch symposium	Wong Chuk Hang MTR → HKAM ^{^^} : <input type="checkbox"/> 8:30 - 9:00

^^ Circular coach service would be provided within the mentioned periods.

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

Ms. Natalie Ho (Registration) | Mr. John Ma (CME / CNE) | Ms. Crystal Yung (Scientific) | Ms. Teresa Liu (Sponsorship)
Tel: (852) 2871 8899 | **Fax:** (852) 2866 0616 | **Email:** 40anniversary@hkcfp.org.hk
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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Adverse Weather Arrangement for Conference

Before Conference	
➤ Typhoon Cyclone Warning Signal No.1 or 3 / Amber or Red Rainstorm Warning	Conference will be conducted as usual.
➤ Typhoon Cyclone Warning Signal No. 8 or above / Black Rainstorm Warning	<p>Morning session of Conference will be cancelled if at or after 6:30am,</p> <p>1) Tropical Cyclone Warning Signal No.8 or above is hoisted / remains in force, <u>OR</u></p> <p>2) Rainstorm Black Warning is issued / remains in force.</p> <p>*Remarks: Afternoon session would be conducted as scheduled if the above signal/warning is removed before 12:00nn.</p> <p>Afternoon session of Conference will be cancelled if at or after 12:00nn,</p> <p>3) Tropical Cyclone Warning Signal No.8 or above is hoisted / remains in force, <u>OR</u></p> <p>4) Rainstorm Black Warning is issued / remains in force.</p>
During Conference	
➤ Tropical Cyclone Warning Signal No.8 or above is hoisted / Rainstorm Black Warning is issued while activity is in progress	Conference will be suspended if circumstances allow*. <i>(*Organizing Committee may also consider to cancel the conference upon special circumstances, if needed.)</i>

In case of cancellation of conference,

- Conference’s Registration fees: Non-refundable and Non-transferrable
- Workshop’s Registration fees: Fully refunded to registrants

Seminar A - **Management of Injury on Duty**



Dr. Law Sheung Wai

MBChB (CUHK), FRCS (Orthopedics and Traumatology), FHKCOS, MScHSM (CUHK), MOM (CUHK), M Sc (Epidemiology and Biostatistics) (CUHK), Pg Diploma in Clinical Gerontology (CUHK)

Deputy COS, Department of Orthopaedic & Traumatology, Tai Po Hospital
Clinical Associate Professor (honorary), CUHK
Honorary Clinical advisor for Family Medicine

Multi-disciplinary Orthopaedics Rehabilitation Empowerment (MORE) program – A New Care Model for Occupational Low Back Pain

Occupational low back pain are notoriously difficult to manage because of work absenteeism and psycho-social problem resulting in disability. This issue was addressed in a consultative paper by Hong Kong Hospital Authority (Echelon 2008). To tackle this, a new care model with alignment of resources from worker compensation and public system has been designated and implemented since 2012.

The outcome of a prospective cohort of patients with workplace injuries resulting in low back pain recruited from MORE program is compared with a historical control group. MORE improves the outcome of injured workers through early settlement with a higher rate of return to work and a reduced rate of chronic disability.



Dr. Wong Mong Sze Marcus

MBBS (Monash), FHKCFP, FRACGP, FHKAM (Family Medicine), DOM (CUHK), MOM (CUHK), FHKCCM, FHKAM (Community Medicine)

Director, Occupational Health Centre, Hong Kong East Cluster (HKEC), Hospital Authority (HA)
Consultant, Department of Family Medicine and Primary Health Care, HKEC
Chairman, Medical Assessment Board, Pamela Youde Nethersole Eastern Hospital & Ruttonjee Hospital
Chairman, HA Manual Handling Operation (MHO) Working Group, HA
Hon Clinical Assistant Professor, Department of Family Medicine, HKU
Hon Clinical Assistant professor, School of Public Health & Primary Care, CUHK

“I am not yet fully recovered to resume work, please extend my sick leave”. This is one of the most classical presenting complaint of injured workers when they approach their family physician (FP). FP is often the first contact of injured worker after the IOD or the post-injury healthcare provider.

The complexity of IOD and its related return-to-work (RTW) process poses a real challenge. FPs not only have to deal with the medical problem of the injured worker but also multiple non-clinical issues such as interference from different stakeholders; barriers in the RTW process like compensation issue, legal system, rehabilitation matters etc.

In this seminar, basics on IOD, return-to-work process, evidenced-base interventions in RTW, principle on fitness-to-work, sick leave issues and some practical skills and tips in managing IOD patients will be discussed.

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The Organizing Committee is very honored to invite a very furry therapist to kick start our Conference!
Saturday Morning Session 1 - Animal-assisted therapy (AAT) to enhance physical well-being of elderly



Dr. Paul Wong

Dr. Paul Wong is a clinical psychologist and an Associate Professor in the Department of Social Work and Social Administration, The University of Hong Kong. He has been involving in suicide prevention research and mental health promotion and practices since 2003. His recent research interests include young people social withdrawal behavior, using animals as part of psychological interventions, bereavement due to animal loss, youth positive development interventions for Hong Kong and ethnic minority young people, and family care giving for people with psychological issues.



Ms. Rose Yu

Ms. Rose Yu was trained in social work and has been working in the mental health field for over ten years. She is currently a PhD candidate in the Department of Social Work and Social Administration at the University of Hong Kong. Her research interest is on human-animal relationships, and animal-assisted intervention and therapy.

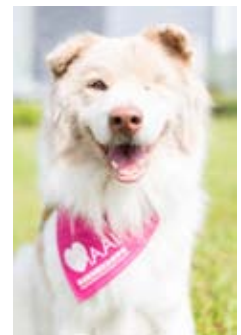


Mr. Eddie Lee

Mr. Eddie Lee is an Animal Assisted Interventions Practitioner, a Counselor and a Canine behaviourist with canine related services background such as guidedogs and therapy dogs. His organized activities aim at creating a society with equality and mutual love between human and animals. He founded the Hong Kong Institute of Animal Assisted Interventions (HKIAAI) and has been providing free social services facilitated by accredited animals. His recent projects include participants with substance use behavior, special education needs, autism spectrum disorders and also involvement in Animal Welfare Education etc.

Epidemiological and intervention studies have found that long-term or transient human animal interaction is associated with the reduction in health risk such as a higher survival rate from myocardial infarction, fewer visits to doctors, and having less pharmaceutical expenditure. AAT is also found to be beneficial for elderly persons with low social support on social functioning, as well as having moderately significant effect for those with depression and anxiety. However, there are also studies showing inconsistent or even contradictory findings partly due to the complexity of the topic and the relatively small number of studies on AAT in comparison with other well-established psychological interventions.

In this presentation, we will first present some of the most updated findings about AAT and elderly. We will then present findings of a local quasi experimental pretest posttest study that measured the efficacy of an AAT programme on community dwelling older persons aged 65 and above who are either living alone or only with one's spouse. The main aim of the study was to measure the efficacy of this intervention approach in changing participants' frequency of community participation, social contacts, level of loneliness and depressions. Findings showed that older person participants had lower level of loneliness and depressive symptoms. The program was also efficacious in increasing the frequency of community participation and social contacts of the older person participants. The presentation will be concluded by a live demonstration on how accredited companion-animal therapists assist counsellors in engaging service users in the therapeutic setting.



Saturday Morning Session 3 - "Radio-I-Care" Case Study of Online Brief Counselling Sessions and Offline Intervention to Promote Mental Health in Community



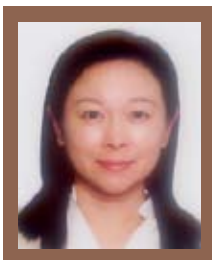
Ms. Hallie Chan

Ms. Hallie Chan graduated from CUHK with a Bachelor degree of Social Sciences in Psychology and HKU with a Master degree of Social Sciences in Counselling. She is a certified Somatic Experiencing® Practitioner and a practicing counsellor in HKU and in Church. Ms. Chan has been working as the teaching assistant in HKU for Bachelor and Master students majoring in counselling.



Ms. Vanessa Yu

Ms. Vanessa YU graduated with a Bachelor degree in Business Administration and Master degree in social work. She is a registered social worker who works for the online mental health promotion project, "Radio-i-Care", at Tung Wah Group of Hospitals. Her main duty is to organize and coordinate the public education programs on mental wellness.



Ms. Eppie Wan

Ms. Eppie Wan is a registered social worker with a keen interest and expertise in psychiatric rehabilitation service. She got a bachelor degree in social work and a postgraduate diploma in mental health. She is currently a fellow of "Postgraduate Overseas Specialists Training" of St. Vincent's Hospital, Australia. She has worked in a wide range of mental health services for over 20 years in Hong Kong. Eppie is now a senior supervisor of TWGHs Wong Chuk Hang Complex overseeing and coordinating the various mental health services.

"A small step makes a big difference" - Emotional pain and life difficulties are shared experience of all individuals. It is not uncommon that individuals would first seek medical advices from the family physicians on psychosomatic issues. How family physicians could make use of the free electronic counseling project , Radio-i-Care project, to enhance patient's mental wellness? This free counseling project is jointly operated by the University of Hong Kong and Tung Wah Group of Hospitals.

In this session, you will obtain more information about this truly community development project:

1. Early intervention: We target at helping clients with potential common mental disorders (CMD)
2. From online to offline (O2O): From online mental health promotion to face-to-face counseling service
3. De-stigmatized service: An alternative approach to tackle the stigmatization of mental health issues
4. Bridging service: To promote public awareness of mental health issues, provide early intervention and to prompt further self-help behaviors
5. Structured statistics review