



From Seedling to Forest – Ever Enriching Primary Care



HKCFP 40 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. Windy Lau

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Supported by : HKCFP Foundation Fund

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Organizing Committee 2017

Co-Chairmen:	Dr. Dr.	NG WONG	Lorna Chi Wai, William
Panel of Advisors:	Dr.	CHAN CHAO FOO GUO LAU ZHU	Ming Wai, Angus Vai Kiong, David Kam So, Stephen Ai Min Ho Lim Shan Zhu
Business Manager:	Dr.	CHIU	Chi Fai, Billy
Scientific Subcommittee Scientific Subcommittee Co-Chairmen:	Dr. Prof.	NG WONG	Lorna Chi Sang, Martin
- Scientific Subcommittee Vice-Chairman:	Dr.	CHIANG	Lap Kin
- Scientific Subcommittee Member:	Dr. Dr. Dr. Dr.	CHEN CHIN FUNG SIT	Xiao Rui, Catherine Weng Yee Siu Cheung, Colman Wing Shan, Regina
Publication Subcommittee-			
- Publication Coordinators:	Dr. Dr. Dr.	CHENG LEUNG LO	Ghar Yee, Judy Cheuk Wing, Vienna Sze Mon, Dana
- Publication Subcommittee Members:	Dr. Dr. Dr.	AU CHENG TSIM	Tai Kwan, Eva Hei Wan, Lian Koon Lan, Kathy
Competition Coordinators-			
 Clinical Case Presentation Competition Coordinators: 	Dr. Dr.	F00 KWAN	Bong Yin, Kevin Yu
- Poster Presentation Coordinator:	Dr.	KWAN	Wing Yan, Wendy
Nurse Planners:	Ms. Ms.	CHONG LAM	Yuen Chun, Samantha Choi Hing, Margaret
Allied Health Planner:	Mr.	FUNG	Chun Wai, Lawrence
Member:	Dr.	SZE	Pui Ka, Catherine

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Scientific Programme at-a-glance

2 September 2017 (Saturday)						
09:00 - 09:45		Session "Animal-assisted Therapy to Enhance		Sessi Using Humor in Po *Conducted in Putonghua	sitive Psychology	
09:45 - 10:30	HKAM AM	Session "Innovative Inter-generational Incorporating Strength-based Lift People with Chro	Health Promotion Program fe Review Interview for Elderly	Sessi Enhance Mental Health of the Instrumental Reminis *Conducted in Putonghua	Elderly: The Effectiveness of scence Intervention	MORNING
10:30 - 11:00	유 커	Coffee Break			SE	
11:00 - 12:30	Conference Registration from 8:15am onwards @ G/F, HK Lunch / Dinner Symposium Registration @ 1/F, HKAM	Sessia "Radio-I-Care" Case Study of Offl and Online Intervention to Promot	ine Brief Counselling Sessions	Sessi [1] Current Status and Future Pros Mainland [2] Reasons for Encounter and Healt Practitioners in Rural Areas of Beijin *Conducted in Putonghus	pects of Primary Health Care in China th Problems Managed by General g, China: a Cross-Sectional Study	SESSION
12:30 - 14:00	8:15 n Re	Lunch Symposium				
14:00 - 14:30	rom	Welcome Drinks				
14:30 - 14:55	od u	Opening Ceremony				
14:55 - 15:30	istrati er Syn	Plenary I (Prof. Amanda HOWE) Future Developments in Medical Education – Can Family Medicine Make a Global Impact?			AFTER	
15:30 - 16:05	ference Regist Lunch / Dinner	Plenary I (Prof. Amanda HOWE) Future Developments in Medical Education – Can Family Medicine Make a Global Impact? Plenary II (Prof. Joseph SUNG) If SARS Hits Again! – What Medical Professions should Learn			NOON	
16:05 - 16:40	renc					
16:40 - 17:00	nfei Lu	Coffee Break and Poster Presentation - Part 1#			SESSION	
17:00 - 18:30	ပိ	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 Clinical Application of Botulinum Toxin A and Update in Skin Wellness	ON
18:30 - 21:00		Dinner Symposium				

	3 September 2017 (Sunday)					
09:00 - 10:15	s @ G/F, HKAM 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 :
10:15 - 10:35	ards 1/F, H		Coffee Break and Poste	r Presentation - Part 2#		SESSION
10:35 - 11:50	:15am onwa	Workshop 3** Knee Pain and Lower Limb Biomechanics	Free Paper - Oral Presentation <u>Part 2</u> #	Seminar D Update on COPD screening	Forum Theater Medical Humanities *Conducted in Cantonese 此項目將以廣東話進行	SION
11:50 - 12:25	Plenary III (Prof. Donald LI) Family Medicine Beyond 40 Years					
12:25 - 13:00	10:15 - 10:35 10:35 - 11:50 10:35 - 11:				AFTERNOON	
13:00 - 14:40	Luncl	**Conducted in Putonghua 比項目將以青翅語進行 Prize Presentation & Lunch Symposium			E SE	
14:40 - 16:10	Confere	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	SSION

[#]Active CME/CPD points will be accreditated 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



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

Family Doctors

Date	COMPLIMENTARY SYMPOSIA (Please tick as appropriate.)	COMPLIMENTARY TRANSPORTATION (Please tick as appropriate.)
2September (Sat)	☐ Lunch symposium ☐ Dinner symposium	Wong Chuk Hang MTR → HKAM^: □ 8:30 - 9:00 / □ 13:30 - 14:30 HKAM → Wong Chuk Hang MTR: □ 21:15
3September (Sun)	☐ Lunch symposium	Wong Chuk Hang MTR → HKAM^: ☐ 8:30 - 9:00

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:	

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

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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	 Morning session of Conference will be cancelled if at or after 6:30am, 1) Tropical Cyclone Warning Signal No.8 or above is hoisted / remains in force, OR 2) Rainstorm Black Warning is issued / remains in force. * Remarks: Afternoon session would be conducted as scheduled if the above signal/warning is removed before 12:00nn. Afternoon session of Conference will be cancelled if at or after 12:00nn, 3) Tropical Cyclone Warning Signal No.8 or above is hoisted / remains in force, OR 4) Rainstorm Black Warning is issued / remains in force.
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*. (The Organizing Committee may also consider cancelling the conference upon special circumstances.)

In case of cancellation of conference,

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

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Updates on Conference

Workshops

Following the opening of workshops' registration since February, we've received overwhelming responses to our workshops! We thank you for your tremendous support!

If you have not yet registered, reserve your seat by returning your registration form to us RIGHT NOW! Please visit our website for further details about our workshops http://www.hkcfp.org.hk/pages_4_68.html. Seats are expected to go fast as our workshops are one of the most popular highlights in the conference programme!

2 September 2017 (Saturday)

Workshop 1 (17:00 - 18:30)

Myofascial Therapy

Workshop 2 (Part I) (17:00 - 18:30)

Practical Dermatology Part I -

Clinical Application of Botulinum Toxin A and Update in Skin Wellness

3 September 2017 (Sunday)

Workshop 2 (Part II) (14:40 - 16:10)

Practical Dermatology Part II -

(1) Dermoscopy: a Practical Approach (2) Managing Atopic Dermatitis in Infants and Children

Workshop 3 (09:00 - 10:15; 10:35 - 11:50)

Knee Pain and Lower Limb Biomechanics

Workshop 4 (14:40 - 16:10)

Developmental Perspective of Personality Disorders: Implication for Family Doctors

Complimentary Transportation

We are pleased to announce the arrangement of complimentary transportation on behalf of the HKCFP 40th Anniversary Celebration Organising Committee. There will be complimentary transportation for participants with details as follows. Pre-registration for transportation is required.

Date Origin		Destination	Time
2 September (Sat)	Wong Chuk Hang MTR	HKAM Jockey Club Building	8:30 - 9:00^ / 13:30 - 14:30^
2 September (Sat)	HKAM Jockey Club Building	Wong Chuk Hang MTR	21:15
3 September (Sun)	Wong Chuk Hang MTR	HKAM Jockey Club Building	8:30 - 9:00^

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

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Saturday Morning Session 2

Innovative Inter-generational Health Promotion Program Incorporating Strength-based Life Review Interview for Elderly People with Chronic Diseases



Dr. Lorna Ng

Dr Lorna Ng is Council member of HKCFP and Co-Chairman of HKCFP 40th Anniversary Conference Organizing Committee. She is currently the Senior Medical Officer in-charge of Kwong Wah Hospital Family Medicine and Out-Patient Department, and Honorary Clinical Associate Professor of Jockey Club School of Public health and Primary Care, CUHK. Having attained MRCP (UK) in Internal Medicine, she is also a HKAM FM specialist, Master in Public Health (CUHK) and Master in Social Sciences in Counselling (HKU). She is the founding and current president of Hong Kong Primary Care for Chronic Disease Association (HKPCCDA). Using HKPCCDA as a platform, she has organized several innovative and meaningful programs in collaboration with multi-disciplinary professionals and multisectoral organizations in engaging the community towards better health. One of these programs is "Healthy Buddies – Youth and Seniors" which is an innovative health promotion model benefitting across generations with recent successful bid for funding under HKSAR Food and Health Bureau – Health Care and Promotion Scheme.

"Healthy Buddies" is a community and school based health promotion program, that uses an innovative teaching model by partnering youth with elderly patients with chronic diseases and focuses on encouraging healthy attitudes and behaviors in three key areas of health namely physical activity, healthy diet and mental wellness. There is abundant evidence showing that patients with chronic medical illness are at particularly high risk for mental disorders. As studies have shown that life review interview is effective in enhancing positive mental-wellbeing in elderly, it could also be incorporated with positive psychology concepts dealing with human's positive aspect through the development of personal strengths and virtues.

This presentation will walk the participants through the innovative aspects of this health promotion model and highlight the unique features of the program. The aim of this study was to evaluate whether this program could enhance physical psychosocial well-being and positive cross-generational perspectives in both elderly and youth. A total of 75 elderly patients and 118 secondary school students have joined the program since 2015. Post-evaluation surveys showed increased in self-esteem and mental wellness especially in the elderly. Both groups also improved in their healthy behaviors with eating more vegetables, fruits and increased physical activity. The cross-generational perception of the elderly towards the young and viceversa were markedly improved. Qualitative evaluation also showed better cross-generational understanding and appreciation besides healthy lifestyle and chronic disease prevention awareness. This innovative model of health promotion program benefitting both seniors and youth highlights the evolving concept of a healthy, flourishing and age-friendly community.

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Saturday Morning Session 4 (*Conducted in Putonghua) **Using Humour in Positive Psychology**



Dr. Yue Xiaodong

BA,English language & Literature Beijing Second Foreign Languages Institute (1982)
MA,Educational Psychology,Tufts University, Medford MA USA (1987)
Ed.D,Human Development & Psychology,Harvard University Cambridge MA USA(1999)
R.Psych (Counselling Division, Hong Kong Psychological Society) - founding Chair.
Associate Professor Department of Applied Social Sciences. City University of Hong Kong Kong (since 1997).

Assistant Dean of Graduate School of Studies, City University of Hong Kong.

Assistant Dean (Mainland Programme Development) Chow Yei Ching School of Graduate Studies.

Humour is a virtual character for optimal humour functioning. It is among the 24 character strengths outlined by positive psychology and has been heavily studied and practiced in Western society. In Chinese society, however, it is rarely studied.

Over the past 10 years, Dr Yue has conducted programmatic studies to examine the relationship between humour, subjective happiness, and various dispositional factors in China and Hong Kong. A combination of experimental, survey, and ethnographic methods was used to examine how humour was reflected/affected by the above factors.

Findings showed that Chinese students all thought highly of humour but lowly of their own humour potential, and that positive humour promoted one's mental well-being and social relationships while bad humour jeopardized both. Students in China used more affiliative humour and less aggressive humour than their Hong Kong counterparts. Above all, humour did not correlate with creativity, particularly for Hong Kong students.

In this presentation, Dr Yue will give a cultural analysis of the above findings. He will also discuss other related studies that uses humour in everyday life to cope with stress among teachers, nurses, business executives, and the like.

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Workshop 2 (Part I)

Clinical Application of Botulinum Toxin A and Update in Skin Wellness



Dr. Kingsley Chan

MBBS(HK), MRCP(UK), FHKCP, FHKAM(Medicine), FRCP(Glasg), FRCP(Edin)

Dr Kingsley Chan is a specialist in Dermatology and Venereology. He received his training in the department of medicine, Queen Mary Hospital, Social Hygiene Service of the Department of Health, as well as overseas training in St John's Institute of Dermatology, Guys' & St. Thomas' Hospital in London before pursuing private practice. Academic wise, Dr Chan is currently the Honorary Clinical Assistant Professor of the Department of Medicine and Therapeutics of the Chinese University of Hong Kong, Honorary Consultant Dermatologist of Kowloon Central cluster of the Hong Kong Hospital Authority. Dr Chan is the author of the book "101 Cases of Skin Disorder". In terms of public services, he is the Council member of the Hong Kong Medical Association and The Federation of Medical Societies of Hong Kong.

Botulinum toxin (BTX) is a neurotoxic protein produced by the bacterium Clostridium botulinum and related species. It prevents the release of the neurotransmitter acetylcholine from axon endings at the neuromuscular junction, causing a chemical denervation of targeted muscles. BTX type A is used in medicine to treat various muscle spasms and diseases characterized by overactive muscle. It received Food and Drug Administration (FDA) approval for the therapeutic treatment of strabismus and blepharospasm in 1989, cervical dystonia in 2000 and cosmetic treatment of glabellar wrinkles in 2002.

Understanding the underlying facial anatomy is critical to decrease the chance of complication and to maximize the cosmetic outcome. The possible complications of Botulinum Toxin injection include ptosis, diplopia, asymmetry of face, etc. With proper use, the incidence of complication is usually low and generally mild and temporary.

Skin is the largest and fastest-growing organ in our body. Skin changes are among the most visible signs of aging. Evidence of increasing age includes wrinkles and sagging skin. General measures, such as adequate hydration, balanced diet and sufficient sun protection, are important for skin wellness. With the advancement of technology, laser and mono-polar radiofrequency can be used to stimulate collagen re-modelling, leading to skin tightening.

The workshop provides an evidence based review of the clinical applications of Botulinum Toxin Injection and mono-polar radiofrequency and the scientific basis for their safety and efficacy. Structural and functional anatomy, dosing strategies of the toxin, treatment techniques and the possible adverse effects will also be discussed. The workshop will guide you through the better understanding of the toxin and the radiofrequency for more natural and optimal results for the patients with lower chance of complications.

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Seminar C

Helping Children Develop Skills To Regulate Uncomfortable Emotions –What Family Doctors Can Do?



Ms. Rosa ching-wai LEE

Clinical Psychologist, Student Health Service, Department of Health, HKSAR
Associate Fellow & Council Member, The Hong Kong Psychological Society
Program for the Education and Enrichment of Relational Skills (PEERS@) Certified Service Provider,
Semel Institute for Neuroscience and Human Behavior, University of California, Los Angeles

Ms. Rosa Lee is the co-author of the books "回到開心時:情緒管理 D.I.Y." and "抑鬱自療". She has also written articles on various mental health related topics. She is a professional volunteer of the Hong Kong Red Cross Society, and a member of the advisory team of Christian mental health professionals of the Hong Kong Doulos Ministry Centre.

Being effective in regulating uncomfortable emotions, including the emotions that arise in response to stress, is both a sign of and explanation for adaptive psychosocial functioning. Studies in emotion regulation indicate negative ramifications for children who lack these skills.

Children with poor emotion regulation skills are found to be more likely to display defiant or aggressive behaviours. They have a higher chance of having difficulties with forming meaningful relationships with others. It is important for parents and healthcare professionals to be alert to the various signs that a child may be at risk for emotion regulatory difficulties. Healthcare professionals play an important role in educating and advising parents of the need and skills to assist their children in developing intrinsic and extrinsic strategies of emotion regulation.

Young and alcohol free — the why and how for Family Doctors



Dr. Karen Ka-yin LEE

Senior Medical Officer (Disease Prevention), Centre for Health Protection, Department of Health, HKSAR MBChB (CUHK), MPH(CUHK), MSc(Health & Hospital Management)(Birmingham), FHKCCM, FHKAM(Community Medicine)

Dr. Karen LEE is a specialist in Public Health Medicine. She is currently working in the Non-communicable Disease Division of the Centre for Health Protection focusing on surveillance and risk communication of behavioural risk factors related to major non-communicable diseases.

Underage drinking is a public health concern. Alcohol drinking is particularly harmful to a child's brain development. Early initiation of drinking is an important risk factor for alcohol dependency and various alcohol-related chronic diseases later in life. Parents and children may have misbeliefs in the "benefits" of alcohol consumption and its early initiation. Family doctors have a unique role in influencing parents' and children's behaviour with regard to alcohol use. Yet, a survey showed that very few doctors (9.2%) would have a habit of asking their patients about their alcohol history or record this in their clinical notes. Only 14.3% of them would advise their patients to drink less. About 35% of doctors feel inadequately equipped to advise their patients to stop drinking.

The Department of Health has developed health education materials, guidelines for proper screening and brief interventions to facilitate primary care professionals to identify and manage at-risk drinkers by reducing alcohol-related harm, within the context of Hong Kong.

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HKCFP 40th Anniversary Highlights



Dr. Angus Chan

MBChB (Glasgow), MRCGP (UK), FHKAM (FM)

President of Hong Kong College of Family Physicians

Dr. Angus Chan, President of the Hong Kong College of Family Physicians, graduated from the University of Glasgow, UK. He had extensive Family Medicine training in Hong Kong and UK. He was awarded the Fellowship of Hong Kong Academy of Medicine in 2001.

Dr Chan was the Chairman of the Specialty Board for Exit Examination from 2007 to 2010, Vice President (Education and Examination) from 2011 to 2014. He is the clinical supervisor for Family Medicine trainee in community training and is the Honorary Clinical Associate Professor, Department of Family Medicine and Primary Care, The University of Hong Kong. He is now working in private group practice and is the Medical Director of a renowned medical group.



Dr. Stephen Foo MBBS, FHKCFP (Hon), FRACGP (Hon), FAFPM (Hon), FHKAM(FM) Censor of Hong Kong College of Family Physicians

Dr. Foo is a Specialist in Family Medicine in private practice, Adjunct Associate Professor in Family Medicine at Chinese University of Hong Kong, Honorary Clinical Associate Professor in Department of Family Medicine and Primary Care at the Hong Kong University. He is also Censor of the Hong Kong College of Family Physicians, Course Director of the Diploma of Family Medicine of the Hong Kong College of Family Physicians. He was previously part-time Consultant, Clinical Supervisor and Trainer in Family Medicine for the Hospital Authority and past president of the HKCFP from 1992-1998.

This year marks the 40th Anniversary of the Hong Kong College of Family Physicians. Over the past four decades, our College has transformed from its humble beginnings as a small association consisting of a group of dedicated general practitioners into an internationally recognized and professionally accredited academic College with standardized basic and higher vocational training programmes, various levels of professional examinations and more than seven hundred College fellows. Our President, Dr. Angus Chan and our past president Dr. Stephen Foo will walk us through important milestones in the growth and establishment of our College.



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Forum Theater of Medical Humanities – Doctors Burnout 醫學人文論壇劇場之「燃竭好醫生」

(to be conducted in Cantonese)



Script writer and moderator:

Dr Dana Lo, Senior Medical Officer, University Health Service, The Hong Kong Polytechnic University

Performed by:

CUHK Medegg's Production

Abstract:

When caught by the unexpected grave news of patient, the passion doctor found himself shattered and demoralized.

Is the fire of our professional calling still burning?

Forum theater, goes beyond a "forum" and a "theater", would ignite our reflection on medical humanities and burnout doctors.

Special Guests:

Professor Donald Li, President Elect, WONCA

Professor Paul Lai, Director, Office of Medical Education, The Chinese University of Hong Kong

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Discussion Forum - Postgraduate Vocational Training in Family Medicine

The Organizing Committee is honored by the presence of experts from different parts of the world to share best practice in family medicine/general practice postgraduate vocational training in order to advance the discipline of family medicine in our HKCFP 40th Anniversary Conference 2017.

The discussion panel consists of five leaders in medical education from the United Kingdom, Australia, Canada, Mainland China and Hong Kong. Each panel speaker will give a short presentation on the current Family medicine/general practice vocational training programme in his/her region, including the curriculum, assessment method, expected competency level on completion of training, provision for higher training /additional qualification after the standard residency or membership/fellowship training, and possible enhancement in duration or content. The presentations will be followed by an open discussion among the panel speakers and the floor.

The Discussion Forum will be chaired by Prof. Cindy Lam, Chief Censor, HKCFP.



Professor Cindy L. K. LAM, JP

Danny D. R. Ho Professor in Family Medicine. The University of

Danny D.B. Ho Professor in Family Medicine, The University of Hong Kong MBBS(HK) MD(HK) FHKAM(Family Medicine) FRCGP

Professor Cindy Lam JP, is the Danny D. B. Ho Professor in Family Medicine and Head of the Department of Family Medicine and Primary Care of the University of Hong Kong. She is a specialist in Family Medicine. She is Chief Censor and Honorary Fellow of the Hong Kong College of Family Physicians. Her public services include being a Co-Chair of the Grant Review Board of the Health and Medical Research Fund, and the Chairperson of the Advisory Committee on Primary Care Directory.

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Professor Amanda Howe, O.B.E.

MA MEd MD FRCGP

Amanda Howe, President of the World Organization of Family Doctors is a practising family doctor, an academic professor, and a national and international leader in family medicine. Since 2001, she has been Professor of Primary Care at the University of East Anglia, where she was part of the founding team for a new undergraduate medical programme. During her career, she has held multiple roles in undergraduate, postgraduate, and faculty education, including being Course Director for the UEA medical programme during its early years of development and G.M.C. accreditation.



Prof. Zhu Shan Zhu

Prof. Zhu is the Director of General Practice Faculty of Shanghai Medical Institute Fudan University, ex-Chair of General Practice Section of Chinese Medical Association, Honorary Chair of General Practice Section of Shanghai Medical Society and Director of Regional GP Faculty Training Demonstration Center, member at large of WONCA Asia Pacific Region. She is also Honorary Professor of University of Nebraska Medical Center and Chief editor of Chinese Journal of General Practitioners. She has also served as the Editorial Chair of many GP textbooks authorized by Chinese Ministry of Health and has been engaging herself in GP education and GP training for a long time.



Dr. Bastian M Seidel
MBBS, PhD, MACHI, MRCGP, FRACGP
RACGP President

Dr Bastian Seidel is the President of the Royal Australian College of General Practitioners (RACGP). Bastian is a partner and co-owner of a rural general practice in Tasmania's Huon Valley, South West of Hobart. Bastian studied medicine in Germany and South Africa and completed his vocational training as a GP in the United Kingdom in 2006. Bastian has been a supervisor for GP registrars and an RACGP examiner since 2007. He is a Clinical Professor at the University of Tasmania and Director of the National Asthma Council.



Dr. Angus Chan

MBChB (Glasgow), MRCGP (UK), FHKAM (FM)

President of Hong Kong College of Family Physicians

Dr. Chan, President of HKCFP, graduated from the University of Glasgow, UK. He had extensive Family Medicine training in Hong Kong and UK. He was awarded the Fellowship of Hong Kong Academy of Medicine in 2001. Dr. Chan was the Chairman of the Specialty Board for the College Exit Examination from 2007 to 2010 and is the Honorary Clinical Associate Professor of the University of Hong Kong.



Dr. Victor Ng *MSc MD CCFP(EM) MHPE*

Dr. Ng attained his fellowship in Family Medicine/Emergency Medicine at Western University, Ontario, Canada. He is Physician Advisor of the Division of Continuing Professional Development and Practice Support, College of Family Physicians of Canada; Assistant Professor of the Department of Family and Emergency Medicine, Western University; Consultant Physician in Family and Emergency Medicine at London Health Science Centre and St. Joseph's Health Care, London, Ontario, Canada. His many academic qualifications include Master of Health Professional Education, Maastricht University and his was the Co-Lead Author, World Organization of Family Doctors (WONCA) Continuing Professional Development Standards.



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- Activates the heart's beneficial response by enhancing the natriuretic peptide system. while maintaining RAAS inhibition5.6
- 20% reduced risk of first CV death or heart failure hospitalisation vs enalapril (P<0.0001: ARR=4.7%)54
- . Significant improvements in Quality of Life vs enalapril, as measured by reduced deterioration of heart failure symptoms and physical limitations (P=0.001)75

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ULTIBRO® BREEZHALER® is indicated as a maintenance bronchodilator treatment to relieve symptoms in adult ts with chronic obstructive pulmonary disease (COPD).



