



THE HONG KONG
COLLEGE OF
FAMILY PHYSICIANS

FP Links

Issue 175
September 2018

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Message from the President



At the end of last month, a delegate from RACGP visited Hong Kong. They had attended meetings in Beijing and Shenzhen and had specially directed to Hong Kong for a meeting with me and Dr. David Chao. We had a detailed discussion on the future arrangement of Conjoint Examination and the new nomenclature of the fellowship granted by RACGP.

The College is still waiting for the final written confirmation of the details mentioned in the meeting. However, I can relate some important messages to our members and especially the vocational trainees. For basic trainees first enrolled in Year 2018, they will still obtain the qualification FRACGP by the time they sit the Conjoint Examination in 2022. These trainees must attempt and pass the full examination before 2026 to benefit from this quotable qualification.

For basic trainees who enroll from 2019 onwards, by the time they are eligible to sit the Conjoint Examination, RACGP will award them with the certificate of International Conjoint FRACGP (ICFRACGP). Holders of ICFRACGP will hold advanced standing towards RACGP fellowship which will then be available to those candidates who satisfy further prerequisites, for example Rural Medicine as determined by the RACGP. College will apply to the Medical Council of Hong Kong once the ICFRACGP is awarded for its quotability in Hong Kong. Dr. Mark Miller, Censor in Chief of RACGP has repeatedly stressed the high standard set by the Conjoint Examination will not be altered. Dr. Miller always has a giant heart for Hong Kong!

The WONCA World Conference will stage at Seoul, Korea from 17 to 21 October 2018. This year we will

witness the inauguration of our past President, Dr. Donald Li as WONCA President and there will be more than 50 College members attending this memorable event. College will also arrange a cocktail reception for our members to meet with WONCA Executives of the World and Regional Councils.

A workshop will be organized by HKCFP at the World Conference on "Promoting Family Medicine – Novel Ideas". The session will be chaired by College representatives actively involved in public education and health promotion. Although there are more people realizing the concept of Family Medicine recently, a survey revealed that not many people have a regular family doctor in Hong Kong. Our College has taken an active role in the promotion of Family Medicine in the community over the last 40 years. The aim is not only to raise the professional status among other medical specialties, but also to get more recognition by the general public. HKCFP has regularly involved in health promotion in mass media like participation in radio and television programmes, arrangement of public health talks and contributing a weekly column in local newspaper. These programmes are not only led by our senior family doctors but have also motivated our young doctors to participate in Family Medicine promotion. After the introduction about the current situation in Hong Kong and sharing on some of the initiatives conducted, small group discussions will be carried out to allow attendees to share their own local experiences of Family Medicine promotion and brainstorm innovative solutions to increase public awareness and acceptance of Family Medicine. It is never too late to join us at Seoul!

Dr. Angus MW CHAN
President

Specialty Board News

2019 Full Exit Examination of Vocational Training in Family Medicine

The Specialty Board is pleased to announce the following information on the 2019 Full Examination of Vocational Training in Family Medicine.

ELIGIBILITY AND REQUIREMENT

Applicants must fulfill the following criteria:

- Full registration with the Hong Kong Medical Council
- Being active Fellows, or Members (Full or Associate) of the Hong Kong College of Family Physicians (HKCFP)
- Fulfill the CME / CPD requirements under HKCFP Quality Assurance Programme in the preceding year
- Have a qualification in family medicine / general practice; which is recognized by the HKCFP and the Hong Kong Academy of Medicine (HKAM)
- Had completed higher training in Family Medicine; **OR expected to do so by February 28, 2019**; as certified/ approved by the Board of Vocational Training and Standards (BVTs), HKCFP.

The relevant approval may take up to two months, therefore applicants are recommended to apply early to BVTs for

- Certification of completion of higher training **OR**
 - Recommendation to sit for Exit Examination 2019
- Active in clinical practice and able to meet the requirements of individual Exit Examination segments:
 - Clinical Audit: the starting date must be within 3 years before the exam application deadline
 - Research: the date of ethics approval must be within 3 years before the exam application deadline
 - Practice Assessment: submit valid Practice Management Package (PMP) report
 - From Full Exit Examination 2019 onwards, candidates must have presented their Research or Clinical Audit proposals or completed studies at Research & Clinical Audit Forum before the application deadline of Exit Examination.

Eligibility to enroll in Exit Examination is subject to the final approval of the Specialty Board, HKCFP. Application will be processed only if all the required documents are submitted with the examination application form.

IMPORTANT DATES

First-attempt candidate:

Deadline of Exit Examination application:	1 November 2018
Collection period for Attachment 12 and 13 (Practice Assessment)	17 September 2018 to 31 October 2018 Inclusive
Deadline of Clinical Audit Report / Research Report submission	2 January 2019
Examination periods for Practice Assessment and Consultation Skills Assessment	Period A: 3 December 2018 to 26 January 2019
	Period B: 28 January to 24 March 2019

Re-attempt candidate:

Deadline of Exit Examination application:	3 December 2018
Collection period for Attachment 12 and 13 (Practice Assessment)	22 October to 2 December 2018 Inclusive
Deadline of Clinical Audit Report / Research Report submission	2 January 2019
Examination period for Practice Assessment and Consultation Skills Assessment	Period B: 28 January to 24 March 2019

APPLICATION & EXAMINATION FEES

Application forms are available at the College Secretariat, HKCFP or can be downloaded at the College website: http://www.hkcfp.org.hk/pages_6_88.html

Following documents are required when submitting the application:

- A copy of the certificate of completion of higher training, **OR** recommendation letter to sit for 2019 Exit Examination, from BVTs, HKCFP

2. A cheque of the appropriate fee made payable to **“HKCFP Education Ltd.”**, and
3. For Practice Assessment Segment (please also refer to the subsequent section of this guideline):
 - i. **FOUR COPIES** of the all required attachments (Attachment 1 to 13); and
 - ii. ONE PMP Report on or before **1 November 2018 (First-attempt candidate) / 3 December 2018 (for the re-attempt candidate who has changed the practice location)**

Completed Application Form and the requirement documents should be returned to the following address:

The Specialty Board, HKCFP, Room 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, HK

Candidates are recommended to submit application early. Late application will not be accepted.

Examination fees

Administrative fee	\$9000
Clinical Audit	\$5500
Research	\$5500
Practice Assessment	\$9000
Consultation Skills Assessment	\$9000

A cheque of the appropriate fee made payable to **“HKCFP Education Ltd.”** should be enclosed with the application.

All fees paid are neither refundable nor transferable.

Incomplete or ineligible applications will be rejected. An administration fee of HK\$500 will be charged for these unsuccessful applications.

ELECTION TO FELLOWSHIP OF THE HONG KONG ACADEMY OF MEDICINE

Candidates should aware that passing the Exit Examination does not equate to election to Fellowship of the Hong Kong Academy of Medicine. Please refer to the Hong Kong Academy of Medicine Fellowship Handbook or consult the Specialty Board, HKCFP on the criteria for election to Fellowship of the Hong Kong Academy of Medicine (Family Medicine).

FORMAT AND CONTENTS

Exit Examination consists of three segments. **Candidates are required to take all the three segments at their first attempt of the Exit Examination. Non-compliance is subject to disqualification.**

Candidate can choose to attempt *either* Clinical Audit *or* Research segment.

- **Clinical Audit:** assesses the candidate’s knowledge, skills and attitude in critical appraisal of information, self-audit, quality assurance and continuous professional improvement

OR

- **Research:** assesses the candidate’s ability to conduct a research project which includes: performing a literature search and defining a research question, selecting the most appropriate methodology to answer the research question, performing appropriate analysis and interpreting the results with a discussion and conclusion

AND

- **Practice Assessment:** assesses the candidate’s knowledge, application of skills and ability to organize and manage an independent family medicine practice

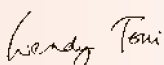
AND

- **Consultation Skills Assessment:** assesses the candidate’s knowledge, skills and attitude in communication, problem solving, working with families and management in different types of family medicine consultations

Detailed guidelines and application form are now available on College website <http://www.hkcfp.org.hk/>

Should you have any enquiries, please contact our College Secretaries Ms. Alky YU or Mr. John MA by email to exit@hkcfp.org.hk.

Yours Sincerely,



Dr. Wendy Tsui
Chairlady, Specialty Board

Board of Vocational Training and Standards News

Basic Training Introductory Seminar

A Basic Training Introductory Seminar will be held in October 2018 for all new enrolled basic trainees, existing trainees and clinical supervisors. The seminar is designed to help basic trainees and supervisors to understand and get more information of our training programme.

Details of the seminar are as follows:

- Speakers : Dr. Wong Man Ying Michelle (Chairlady of Basic Training Subcommittee)
 Dr. Chiu Chi Fai Billy (Chairman of Board of Vocational Training and Standards)
- Date : 12 October 2018 (Friday)
- Time : 7:00 p.m.
- Venue : Room 802, 8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai

Please contact Ms. Charlotte Cheung or Ms. Kathy Lai at 2871 8899 for any queries.

Basic Training Subcommittee
 Board of Vocational Training and Standards

HKCFP Council Meeting Annual Attendance Summary (from December 2017 to August 2018)

HKCFP Council Meeting Annual Attendance Summary 2017 / 2018

Council Members		Position	Term	2018 (Dec 2017 – Aug 2018)	2017 (Dec 2016 – Nov 2017)
1	Dr. Angus MW CHAN	President	Dec 2016-Dec 2018	9/9	11/11
2	Dr. LAU Ho Lim	Vice-President (General Affairs)	Dec 2017-Dec 2019	9/9	10/11
3	Dr. David VK CHAO	Vice-President (Education and Examinations)	Dec 2016-Dec 2018	9/9	11/11
4	Dr. Billy CF CHIU	Honorary Treasurer	Dec 2016-Dec 2018	8/9	10/11
5	Dr. William CW WONG	Honorary Secretary	Dec 2016-Dec 2018	8/9	10/11
6	Dr. Ruby SY LEE	Immediate Past President	Dec 2016-Dec 2018	1/9	5/11
7	Dr. AU Chi Lap	Member	Dec 2015-Dec 2018	9/9	11/11
8	Dr. Edmond CW CHAN	Member	Dec 2016-Dec 2019	9/9	11/11
9	Dr. Alvin CY CHAN	Member	Dec 2016-Dec 2019	8/9	11/11
10	Dr. CHAN Hung Chiu	Member	Dec 2017-Dec 2020	8/9	8/11
11	Dr. CHAN King Hong	Member	Dec 2015-Dec 2018	5/9	9/11
12	Dr. Mark SH CHAN	Member	Dec 2015-Dec 2018	5/9	9/11
13	Dr. Cecilia YM FAN	Member	Dec 2016-Dec 2019	8/9	10/11
14	Dr. Mary BL KWONG	Member	Dec 2016-Dec 2019	7/9	10/11
15	Dr. LIANG Jun	Member	Dec 2016-Dec 2019	6/9	10/11
16	Dr. Dana SM LO	Member (resigned from June 2018)	Dec 2016-May 2018	5/6	7/11
17	Dr. Lorna V NG	Member	Dec 2017-Dec 2020	6/9	7/11
18	Dr. NGAN Po Lun	Member	Dec 2017-Dec 2020	9/9	11/11
19	Dr. Gene WW TSOI	Member	Dec 2015-Dec 2018	6/9	6/11
20	Dr. Wendy WS TSUI	Member	Dec 2016-Dec 2019	8/9	10/11
21	Prof. Samuel YS WONG	Member	Dec 2017-Dec 2020	6/9	n/a
22	Dr. YIU Yuk Kwan	Member	Dec 2017-Dec 2020	7/9	n/a

Classified Advertisement

Accredited Private FM Centre invites FT/PT Doctors for expanding services (Tuen Mun / Kwai Fong). FM, Paed., Surgeon, Gynae, Psychi welcomed. Profit Sharing ± Partnership. Send CV enquiry@adecmed.com (Amy CHAN) 9212-6654

HKCFP Photography Club – Portraiture Lecture

“The most difficult thing for me is a portrait. You have to try and put your camera between the skin of a person and his shirt.” - Henri Cartier-Bresson



Portraiture is the photography of people. It is not just snapping replicate images of living subjects. It is a window to the soul. Fellow photography lovers may find portraiture easy to learn but difficult to master. HKCFP Photography Club is pleased to present a Portraiture Lecture delivered by FUJIFILM Hong Kong in coming October. Mr. Ken Lam, commercial and advertising photographer, is going to share with HKCFP members his know-how in commercial and artistic portraiture. Rookie photographers to advanced amateurs are all welcomed.

Date: 14 October 2018 (Sunday)

Time: 14:30 - 16:30

Venue: HKCFP office, 8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wan Chai, Hong Kong

Lecture content:

- What is portrait photography?
- How should we interact with portrait subjects?
- What does having a portrait photography style really mean?
- How can we create great portraits in the moment?
- Hands-on trial of Fujifilm cameras and lenses

A maximum of 20 participants are welcomed. Please register with Ms. Windy Lau at windylau@hkcfp.org.hk. See you soon!

HKCFP Photography Club
Internal Affairs Committee

Membership Committee News

The Council approved, on recommendation of the Chairlady of the Membership Committee, the following applications for membership in **July – August 2018**:

Associate Membership (New Application)

Dr CHAN Cho Shan, Erica	陳楚珊
Dr CHANG Hoi Yi	鄭凱懿
Dr CHAN Yuk Kwong, Stephen	陳旭光
Dr CHEUK Wai Yin, Ivy	卓惠賢
Dr DIANTO Jeffrey	張樂衡
Dr FAN Vei Chen	范偉銓
Dr KWAN Tsz Yan	關芷茵
Dr LAI Ho Yeung, Kelvin	賴浩暘

Dr LEUNG Ka Cheong	梁家昌
Dr LIU Wing Yee	廖穎怡
Dr LOCKE Michael Ka Yung	駱珈融
Dr MAK Ho Yin	麥皓彥
Dr NG Hok Wai	吳學偉
Dr TO King	杜京
Dr YIU Man Lok, Genevieve	姚文樂
Dr YUNG Caroline Man San	翁文珊

Student Membership (New Application)

Miss CHAN Ho Yi	陳可兒
Miss LAI Yun Ling, Amanda	黎殷綾
Mr LI Sheung Yin	李尚賢

Reinstatement of Associate Membership

Dr HO Chun Lam	何駿琳
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HKCFP Basketball Team HKAM Mission Accomplished!

Dr. LEUNG Lok Hang, Will
(Member, Young Doctors Committee, HKCFP)

Mission accomplished! The **HKCFP Basketball Team** had completed four matches of the HKAM 2018 Intercollegiate Basketball Tournament, one of the celebration events of the Academy's 25th Anniversary.



HKCFP Basketball Team

From left to right: Dr. George Tse, Dr. Dereck Wong, Dr. Ko Siu Hin, Dr. Alex Chow, Dr. Kwong Hon Kei, Dr. Will Leung, Dr. Cheuk Yau Chun, Dr. Mak Wing Hang, Dr. Fok Peter Anthony, Dr. Kevin Au Yeung, Dr. Yip Wing Ki, Dr. Chan Siu Cheung and Dr. Sze Hon Ho



Dr. Angus Chan (the 4th from left at back row, President) showing support for the basketball team

Our first match started on 30 June, versus **the Hong Kong College of Emergency Medicine**. It was our team's first time entering a formal basketball competition. With the previous structured practices and tactics training led by our Honorary Coach Mr. Emil Hung, our team members had a good start despite losing the game. We accumulated valuable field experiences for upcoming matches.



The Hong Kong College of Emergency Medicine vs the Hong Kong College of Family Physicians on 30 June



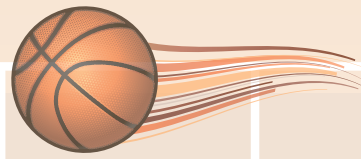
The Hong Kong College of Family Physicians vs the Joint College Team on 7 July

We encountered **the Joint College Team** a week after. Given the first competition's experience, we adjusted the strategies and put extra offensive effort that we won the game! Particularly, Dr. George Tse scored fourteen points in the game; and we had two successful three-pointers contributed by George and Captain Dr. Cheuk Yau Chun in the first quarter and second quarter respectively. As team-work, all thirteen attending team players have participated in the match actively by making substitutions.

The third game was a tough battle against **the Hong Kong College of Orthopaedic Surgeons**. We focused more on technical strategies such as the "2-1-2" zone defense, assigning key roles of forwards and guards, effective direct passes, boxing out during rebound situation, utilizing pick-and-roll during offence, and to formulate antidote for the keyman's trap when opponent attempted to freeze our core guards. We tried our best to execute our tactics on court and each member had fully dedicated the utmost physical power in facing the energetic Orthopaedic colleagues, who won us by twelve points at the end.



The Hong Kong College of Family Physicians vs the Hong Kong College of Orthopaedic Surgeons on 14 July



After a week of break, we had our last game on 28 July facing **the College of Ophthalmologists of Hong Kong**. Both teams performed well having a nearly tie-score 15:16 by the end of third quarter. We lost the match finally, yet we gained joy and friendship through sportsmanship.

The Hong Kong College of Family Physicians vs the College of Ophthalmologists of Hong Kong on 28 July

On 11 August, Dr. Kwong Hon Kei represented HKCFP team taking part in the free-throw contest. After the contest, the most exciting final game commenced. **The College of Surgeons of Hong Kong** won the 2018 championship, bravo!



Dr. Kwong Hon Kei (right) represented in the free-throw contest



Dr. Stephen Foo (left, Censor) and Dr. Kwong Hon Kei (middle) receiving a souvenir from Dr. Lau Chor Chiu (right, Vice-president of HKAM)



Group photo at the prize presentation ceremony on 11 August

From the time we formed the team to the moment we finished our last game, basketball connected each of us together, made us strong, and brought us fun! Our team would like to thank the College for generously supporting us all along, from team establishment to each milestone we had gone through; and from the office to the courtside! Quoted from one of our members: **“one of the best teams I had ever been on. Great teammates, excellent secretaries and awesome coach! Can't wait to play again!”**



Team spirit



Basketball talents wanted, welcome aboard! If you are a basketball lover (or mania), do join our team: stay young and have fun together!

HKCFP Trainees Research Fund 2018 / HKCFP Research Seed Fund 2018

The Research Committee of HKCFP is proud to continue to offer the two research funds, The Trainees Research Fund and the Research Seed Fund.

The Trainees Research Fund will be opened to all registered HKCFP trainees and is made of four awards (each up to HK\$5,000). It is envisaged it will help trainees especially (but not limited to) those doing research projects as their exit examination. Those who have funding support elsewhere will not be considered.

The Research Seed Fund is open to all HKCFP members when a maximum of \$10,000 award will be made to the successful applicant to assist the conduction of a research project.

Winners of the award will receive 50% of the approved grant up front and the remainder 50% upon completion of the project.

Please note that each applicant can only apply either one of the above Funds

Assessment Criteria for both funds:

1. Academic rigor of the paper (e.g. originality, methodology, organisation and presentation);
2. Relevance and impact to family medicine & primary care (e.g. importance of the topic and the impact of the findings on the practice or development of the discipline); and
3. Overall budget

Each research project submitted will be assessed according to the above assessment criteria set by the selection panel. Please send your submission to:

Research Committee, HKCFP

803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong by post or by email: hkcfp@hkcfp.org.hk

Please indicate the research funding title e.g. “**HKCFP Trainees Research Fund 2018**” or “**HKCFP Research Seed Fund 2018**” on your research project upon submission.

Submission Deadline: 31st October 2018

Supported by HKCFP Foundation Fund

Research Committee News

HKCFP Best Research Award 2017

The Research Committee is delighted to announce that the study on 'Peer Education Group Intervention to Reduce Psychological Insulin Resistance: A Pilot Mixed-Method Study in a Chinese Population' has been awarded the HKCFP Best Research Award 2017. The Committee would like to congratulate the principal researcher Dr. Or Ka Yan for her work.

Recipient of the HKCFP Best Research Award 2017 – Dr. Or Ka Yan



HKCFP Research Fellowship 2018

It is also our pleasure to announce that the winner of the HKCFP Research Fellowship 2018 is Dr. Kwong Siu Kei, Alfred. The research topic is 'Using Social Networking Sites (SNS) for Communication to Improve Self-Management of Diabetes among Chinese Adults: A Pilot Study'.

Dr. Kwong Siu Kei, Alfred is the consultant of the Department of Family Medicine & Primary Healthcare in Queen Mary Hospital. He is leading his department research committee since 2005. He has interests in the development of information technology in enhancing clinical care for primary care patients. In recent years, he also develops research projects to promote patient education and communication using electronic media.

This project is a pilot study. Social networking sites, e.g. WhatsApp, WeChat, etc., are mobile applications that are commonly used for communication and real-life connection. Prior studies have shown that mobile messages improved self-efficacy, social support and higher number of self-monitoring blood glucose reports sent back than email prompts.

This study aims to assess the feasibility of an 8-week social network site (SNS) intervention on self-management among Chinese adults with type 2 diabetes mellitus. It would also study the acceptability of patients on the new mode of health education materials delivery and peer group communication. It would examine the immediate, short-term (3 months after the intervention) and long-term effects (6 months after the intervention) of SNS intervention on self-efficacy, and its effects on clinical outcomes (DM control) of the subjects.

50 DM patients (control group) and 50 DM patients (intervention group) in two general outpatient clinics would be recruited to join the study. Patients under the control group would receive the usual treatment in their attending clinics. For the intervention group, subjects would receive 8-week structured intervention. A maximum of 10 persons will form a chat group in the SNS, e.g. WhatsApp. The moderator (a nurse) cultivates and encourages social modelling, positive attitudes towards diabetic control, and reinforces their abilities to control diabetes. Seven themes are set for patients with diabetes: 1) hypoglycaemia (how to handle, symptoms), 2) diabetic complications, 3) self-monitoring blood glucose, 4) physical activity, 5) diet (food labels, food exchange), 6) medication adherence, and 7) alternative medicine. The last week is for revision so there is no new topic.

Pre and post outcomes, including the assessment of subjects' diabetes self-care activities, self-efficacy, and DM control would be assessed for both study and control groups.

This study results may enlighten healthcare professions and family physicians to develop the future service delivery model for chronic patients, aiming to enhance self-care and continuity of support. The study results may also assist for the planning of future larger-scale, territory-wide studies on SNS interventions on patients' long term clinical outcomes and self-efficacy.



Recipient of the HKCFP Research Fellowship Award 2018 – Dr. Kwong Siu Kei, Alfred

Meeting Highlights

Certificate Course on Bringing Better Health to Our Community 2018

The 3rd session of the “Certificate Course on Bringing Better Health to Our Community 2018” co-organized with Queen Elizabeth Hospital was held on 28 July 2018. Prof. Jason Yam, Assistant Professor & Undergraduate Teaching Coordinator, Director, CUHK Jockey Club Children Eye Care Programme, Head of Pediatric Ophthalmology & Strabismus Service, Hong Kong Eye Hospital; Department of Ophthalmology and Visual Sciences, Faculty of Medicine, The Chinese University of Hong Kong, delivered the lectures on “Not to be Missed Eye Disease in Primary Care Setting” and “Update on Management of Refractory Error in Children, What a GP Should Know”; Ms. Chan Yau Chun, Yammie, Optometrist, Department of Family Medicine & General Outpatient Clinic, Queen Elizabeth Hospital, delivered a lecture on “Non-contact Tonometer Result? How to Interpret” respectively.



Dr. Tam Wah Kit (left, Moderator) and Dr. Mary Kwong (right, Council Member) presenting a souvenir to Prof. Jason Yam (middle, Speaker) during the lecture on 28 July 2018.



Dr. Tam Wah Kit (left, Moderator) and Dr. Mary Kwong (right, Council Member) presenting a souvenir to Ms. Chan Yau Chun, Yammie (middle, Speaker) during the lecture on 28 July 2018.

CME Lecture on 26 July 2018

Dr. Lee Cheung Kei, Specialist in Geriatric Medicine, delivered a lecture on “Aging and Malnutrition” on 26 July 2018.



Dr. Yvonne Lo (right, Moderator) and Dr. Stephen Foo (middle, Censor) presenting a souvenir to Dr. Lee Cheung Kei (left, Speaker) during the lecture on 26 July 2018.

Advanced Primary Care Life Support (APCLS) Training & Examination Workshop on 28 July 2018

APCLS Training and Examination Workshop was held on 28 July 2018.



Dr. Kong Che Wan (left, Coordinator) presenting a souvenir to Dr. Leung Chin San (right, Speaker) during the workshop on 28 July 2018.

CME Dinner Symposium on 17 August 2018

Dr. Timothy Yuk Yau LAI, Specialist in Ophthalmology, delivered a lecture on “The Latest Update on The Management of Diabetic Macular Edema” on 17 August 2018.



Dr. Yu Sze Kai, Frances (left, Moderator) and Dr. King Chan (right, Council Member) presenting a souvenir to Dr. Timothy Yuk Yau LAI (middle, Speaker) during the lecture on 17 August 2018.

Interest Group in Mental Health & Psychiatry

Dr. Lee Fook Kay, Aaron, Medical Superintendent, Shek Kwu Chau Treatment and Rehabilitation Centre of the Society for Aid and Rehabilitation of Drug Abusers (SARDA), delivered a lecture on “European Experience on Fighting Drug Abuse” on 18 August 2018.



Dr. Chan Suen Ho, Mark (left, Coordinator), presenting a souvenir to Dr. Lee Fook Kay, Aaron (right, Speaker) during the lecture on 18 August 2018.

Lychee - is it good or is it bad?



Photo Credit: Dr. Christina Cheuk

We are now in the middle of a very hot summer 2018. This year in our Northern Hemisphere there are very good harvest of many fruits, including lychee, and they appear in every corner of our fruit market lately. Lots of people are eating Lychee in this season, including our patients. Recently there are some rumours that taking lychee with empty stomach is lethal, is it true? Is it good or is it bad to eat lychee? What advice we could give to our patients?

Goods in Lychee

- Lychee is rich in vitamin C, for every 100g of fresh lychee it contains 71.5mg of vitamin C, which is around 86% of Daily Values. It is calculated that we can reach an adult's daily vitamin C requirement by taking 9 pieces of fresh lychee
- Lychee also has multiple minerals and nutrients, including vitamin B6, folate, calcium, copper, potassium, phosphorus, magnesium, niacin, riboflavin; as well as a possible source of dietary fibre and protein
- Lychee also contains anti-oxidants such as flavonoids and quercetin; as well as rutin, which is a polyphenol that is known to strengthen blood vessels.

Bads in Lychee

- Lychee has high sugar content, each 100 grams of lychee contains 66 calories with 15 grams of sugar and 1.3 grams of fibre.
- A cup of fresh lychee (190g) has 29 grams of sugar. It has a medium GI value (57) when in fresh. Canned lychees have even higher GI as they are usually packaged with sugar syrup.

- Acute toxic encephalopathy in India

The Lancet published a study in 2017 on consumption of lychee with association of acute toxic encephalopathy. There was an outbreak of acute encephalopathy in Muzaffarpur (India), the area producing largest amount of lychee. And patients were having some common characteristics: malnourished children (with limited hepatic glycogen reserve), taking lychee in daytime and skipping an evening meal, and night time hypoglycemia. The study found that there are 2 toxins in unripe lychee, namely hypoglycin A and MCPG (methylenecyclopropylglycine), which inhibit the body's ability to produce glucose. When malnourished young children eat them, it can result in severe hypoglycaemia, leading to encephalopathy and could be fatal.

Advice

- Appropriate amount of fresh lychee intake, say 1 cup serving per day, with balanced diet, is beneficial to normal adults with rich vitamin C and other nutrients
- Avoid taking unripe lychee as they have higher content of the two toxins hypoglycin A and MCPG
- Parents should limit lychee consumption of their young children, and make sure that they have proper evening meal in case their children had unavoidably taken lychee, as avoidance of low sugar level after meal is already sufficient to avoid the lethal illness

Reference

1. United States Department of Agriculture, Agricultural Research Service, National Nutrient Database for Standard Reference Legacy Release; 09164, Litchis, raw.
<https://ndb.nal.usda.gov/ndb/foods/show/09164?fgcd=&manu=&format=Full&count=&max=25&offset=&sort=default&order=asc&qlookup=09164&ds=&qt=&qp=&qn=&q=&ing=>
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<https://en.wikipedia.org/wiki/Lychee>
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[www.thelancet.com/journals/langlo/article/PIIS2214-109X\(17\)30035-9/fulltext?rss=yes](http://www.thelancet.com/journals/langlo/article/PIIS2214-109X(17)30035-9/fulltext?rss=yes)

Compiled by Dr. Christina CHEUK

Introduction to Tai Chi Exercises

Dr. John-Hugh Tam, Specialist in Family Medicine
 Mr. Mak Cheuk Hang Thomas, Registered Physiotherapist
 Ms. Wong Hiu Lam, Registered Physiotherapist

Tai Chi exercises, or Tai Chi Chuan (太極拳) is a kind of exercise characterised by its slow, rhythmic movements combining traditional Chinese martial arts with meditation. It is regarded as a type of moderate intensity exercise¹ and literature shows it can improve flexibility, balance control, muscle strength and hence reduce the risk of falls in the elderly populations as well as the participants' cardiorespiratory function (blood pressure, heart rate), body mass index, waist-hip ratio, immune capacity & mental control^{1,2}. It is therefore considered as a safe exercise option to prevent and manage cardiovascular diseases^{3,4}.



Some variations in Tai Chi exercises

- There are a number of orthodox styles of Tai Chi, each with its own patterns of choreography (套路架式), yet the basic principles of Tai Chi, namely natural breathing, attention to efficient posture and an awareness of the interplay between force and relaxation, can be found in all styles of Tai Chi. There are five major styles of Tai Chi⁵, each named after the Chinese family from which it originated, namely Chen style (陳氏), Yang style (楊氏), Wu Hao style (武氏), Wu style (吳氏) and Sun style (孫氏).
- Water Tai Chi (Ai-Chi)⁶ (水中太極) : Developed in 1993 by Jun Konno (Aquadynamics Institute, Yokohama, Japan) and based on the elements of Qi Gong and Tai Chi Chuan, is a kind of aquatic exercise combining breathing techniques and progressive resistance training in water to relax and strengthen the body.
- Tai Chi sword techniques (太極劍) involve sword moves into Tai Chi exercise, with emphasis on both offense and defense.



Clinical applications of Tai Chi exercises

With all the health benefits being well known as discussed above, as one of the exercise options, Tai Chi had nowadays been involved in many clinical settings, for example:

- **Musculoskeletal and Neurological Rehabilitation:** Tai Chi exercises are nowadays commonly considered as an option during rehabilitation of various musculoskeletal conditions such as knee osteoarthritis (as part of a joint protection programme⁷ and post joint replacement rehab) & fibromyalgia⁸, as well as for neurological conditions such as post stroke rehab & Parkinson's disease rehab⁹. One of the interesting local examples in this category being the practice of Water Tai Chi for patients with low back pain¹⁰ in one of the public hospitals in Hong Kong (as presented in the HA Convention 2012 - <http://www3.ha.org.hk/haconvention/hac2012/proceedings/downloads/SPP4.3.pdf>).
- **Cardiac Rehabilitation:** As published in Journal of the American Heart Association in 2017, it has also been considered as an effective option to boost exercise behaviour & improve physical activity in patients post myocardial infarction as a possible supplement to the orthodox cardiac rehab programme³ (studies linked the practice of a 6-month Tai Chi programme to weight loss and improvements in the participants' quality of life. Yet this paper did not conclude that the Tai Chi programme could raise aerobic fitness in this group of patients.)
- **Injury on Duty (IOD) prevention campaign:** Hospital Authority's New Territory East Hospital Cluster had previously launched a 「健體十式」 campaign in 2014-2015 for practising a short set of Tai Chi before work

duties as a means for IOD prevention. (Official footage can be seen at <https://youtu.be/qMeSrcWkW54>)

- *Potential cognitive benefit?*: Some evidence also suggested the cognitive benefit¹¹⁻¹⁶ of Tai Chi exercises. In older adults at risk of cognitive decline, it was observed that combined cognitive-motor stimulation and balance training may help preserve global functioning. There was also evidence suggested¹⁷ this might be due to its influence on intrinsic functional architecture of the human brain (i.e. the right post-central gyrus and the left anterior cingulate cortex) resulting in better local functional organisation and improvements in both attention and behaviour tests. Further research would be needed to substantiate its role in modifying clinical impairment and its application in dementia care.



More information and local resources for you and your patients on this topic:

醫院管理局智友站 - 「防跌太極十式」

- 第一部分 <http://www21.ha.org.hk/smartpatient/SPW/zh-HK/Video/?guid=db0ed84b-c2fe-4236-8ced-3e7246b52abf>
- 第二部分 <https://www21.ha.org.hk/smartpatient/SPW/zh-HK/Video/?guid=b47e3aa9-e4a9-4801-b786-1896a810df91>

康樂及文化事務署 - 社區康樂體育活動

- http://www.lcsd.gov.hk/b5/leisure_search.php

香港中文大學 - 社區防跌行動

- http://www.no-fall.hk/t/ten_combo_exercise.html

Financial / commercial conflict of interest

- None declared.

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Interest Group in Medical Humanities – The 6th Meeting on 4 August 2018

Dr. Chan Suen Ho, Mark (Co-ordinator)
Board of Education, The Hong Kong College of Family Physicians

**Topic : Medical Humanities, a global
renewal interest: We are not alone**

Attendance : 27

The speaker

Dr. Chan Suen Ho Mark, a solo family physician in private practice, has served the Board of Education, as coordinator for interested groups in mental health since 2006 and medical humanities since 2016.

His interests are writing, physiology, mood health, teaching, drawing and patients. Dr. Chan has written more than 250 newspaper essays for the public and authored 2 monographs in medical humanities. He is the Hon. Medical Officer for Po Kwong Handicapped School since 1997 and a VMO at TWGH Old Age Home for 14 years.

Learning Points

What is the use of Medical Humanities?

This is not an infrequent question.

Gillon of the Imperial College in an editorial 'Welcome to Medical Humanities' for the Journal of Medical Ethics, wrote: ".....study of the humanities is valuable for its own sake, is intrinsically valuable..... it is demeaning to the humanities as a wish to include them in medical education "merely" for the instrumental purpose."⁽¹⁾ Western educators have this idealistic flavour, that puts them somehow higher than the practical administrative predominant power.

More than once, I have heard comments if not critics, here and there, "Who would be interested in history? What is the use of writing clinical log? No one knows literature, that is not our cup of tea....., we just need to be good at management of chronic illness will do." Yes, there are difference in vision.

Dr. Macnaughton, Director of the Centre for Arts and Humanities in Health and Medicine (CAHHM), University of Durham, thinks that study of the humanities contribute instrumentally to medical education AND also have non-instrumental value in medical education.

"Art, literature, drama and music, in all their many forms, are expressions of human creativity; they reflect human joy and sorrow, celebration and reflection. to be a complete human being is to participate in some form of artistic activity, either as spectator, reader or viewer....

Doctor, remember the purpose of their own art: to enable people to participate fully in life unhampered as far as possible by illness or disability."⁽²⁾

INSTRUMENTAL USES OF THE HUMANITIES

The instrumental uses are of two groups:

1. Humanities subjects, e.g. literature, are a source of case histories for medical students; we shall elaborate later.
2. and can teach students skills in the clinical situation.

Literature topics e.g. Death and bereavement are subjects relevant to medicine; writer stimulated our imaginations and aroused our sympathies: we got involved with the characters; we experience a development of the "moral imagination".

This "**moral imagination**" enables students to consider how they would respond in professional practice and to have responsibility for their care.

Literature teaches about written communication, drama demonstrates communication between people in health care, both verbal and non-verbal.

Painting e.g. "The Doctor", by Sir Luke Fildes, illustrates the nature of the doctor-patient relationship, brings out the non-verbal ways in which feelings or attitudes are expressed.

History teaches the importance of evidence, how it can be manipulated by individuals to give a 'fraudulent view' of the truth!! Indeed, we have plenty of fraud in medical research recently, students get to understand the principles of how evidence can be interpreted in different ways in a historical context.

Furthermore, students of history (of medicine) remind us the transient nature of (medical) knowledge and thus the importance of keeping up to date.

AND Philosophy! the pursue of knowledge in Philosophy, here could

1. Order our thoughts,
2. Construct an argument and
3. Reach a logical conclusion.

These basic skills in philosophy, gather information to support a thesis and go through logical steps to reach a conclusion, are obviously essential in our core clinical skill, to make a diagnosis.

NON-INSTRUMENTAL VALUE OF THE HUMANITIES

This value also has three aspects:

1. in education,
2. personal development,
3. "counter culture".

Firstly, the educational point. Medicine is regarded as a "vocational" qualification at university. In that it prepares the students for a particular job at the end of their degree. We talk of students being "trained" to be doctors, rather than being "educated" in medicine.

What are the differences?

The distinctions between education and training:

1. to be educated is to have a broad perspective, as distinct from the narrow focus of training.
2. education is a process, not a single objective.

GMC, the General Medical Council (UK) on Tomorrow's Doctors.

Stated the deficiencies of current undergraduate medical education, the current system resulted in a "regrettable tendency to underprovide those components of the course that are truly educational, that pertain to the proper function of a university and that are the hallmark of scholarship".

By challenging the students to the great thinkers, it will allow them to consider different ways of perceiving the world. This will encourage a critical and questioning attitude and help develop judgment.

Educational process touches the student more deeply at a personal level than does the training process.

Education is not just concerned with what someone can do, but about what kind of people they become as a result of their education. Humanities is of prime importance in personal development.

Plays, poems and novels demand an emotional response from their readers. A study of literature allowing them to discover their own hidden values and prejudices. This induced self-understanding ("fine awareness"):

The final non-instrumental value of the humanities is providing the experience of a "counter culture" to medicine.

Medical students often have the impression of intellectual and moral superiority over others; and yet, medical students' university experiences are rather insular, in that everyone follows the same course.

Humanities subjects allow medical students to meet teachers and students in other disciplines, foster better relationships between doctors and the "outside world".

The uses of medical humanities are that "it's likely to result in better doctors" is itself of instrumental value, to see a renaissance of this currently undervalued aspect of medicine.

That is the idea and the message for today's meeting. The session concluded by showing the audiences, the effort by Oxford, Peking, Hong Kong, New York, Columbia, Harvard, Taiwan to name a few, and in fact, one of the better programme and pioneer is from Taipei Medical College.

My vision is that Doctors that are educated, more than trained.

We are not alone. I know. Thank You!

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Dr. Au Chi Lap (left) presenting a souvenir to Dr. Mark Chan (right, Speaker)

Next Meeting

The next meeting for the Interest Group in Medical Humanities would be a joint Meeting with Interest Group in Mental Health & Psychiatry to be held on 20 October 2018. Dr. Chris Lum will be the speaker. The topic will be on "Humanity Aspect of Geriatric Mental Health Care".

All members of the College are welcome and encouraged to present their cases and problems for discussions or role play. (Please do so 2 weeks beforehand for speakers to review, contact our secretary, at 2871 8899.) Again, those who are experienced can share, less experienced ones can benefit from participation. Our goal is to enhance our practical skills, promote early awareness and better management of mental health problems in our community.

Interest Group in Mental Health & Psychiatry in Primary Care – The 59th Meeting on 18 August 2018

Dr. Chan Suen Ho, Mark (Co-ordinator)
Board of Education, The Hong Kong College of Family Physicians

Topic : **European Experience on Fighting Drug Abuse**

Speaker : **Dr. Lee Fook Kay, Aaron**

Moderator : **Dr. Chan Suen Ho, Mark**

Attendance : **33**

The speaker

Dr. Lee graduated from HKU Medical Faculty, holds a Master degree from CUHK and a postgraduate diploma degree in community psychological medicine from Li Ka Shing Faculty of Medicine of HKU since 2005 and has immense interest in mental health since then. Dr. Lee is currently the Medical Superintendent of Shek Kwu Chau Treatment and Rehabilitation Centre of the Society for Aid and Rehabilitation of Drug Abusers (SARDA).

Dr. Lee has been in private solo practice for more than 15 years before moving to practice Addiction Medicine at the above mentioned hospital unit from 2016.

Dr. Lee represented Hong Kong to participate in an international conference on Drug Addiction called ECAD in 2018 and is delighted to share his experience with members of HKCFP hot issues on drug addiction worldwide at the Interest Group in Mental Health & Psychiatry in August 2018 afterwards. Dr. Lee has been a long serving council member of the HK Medical Association, also works in Accident and Emergency Medicine Unit of Caritas Medical Centre and engaged in hospital emergency care of trauma patients at HA setting.

Learning points prepared by Dr Mark Chan

What is ECAD?

ECAD stands for European Cities against Drugs. It is a network of European cities and municipalities, with members from over 250 cities in over 20 countries throughout Europe. ECAD members are leaders and practitioners in the field of drug policy.

ECADs' vision is a society free from drugs, looking for ambitious drug policy, aims to reduce both drug availability, demand, and impacts of drug-related harm and addiction. Their main goals are to prevent use,

improve addicts' quality of life and decrease the number of deaths due to overdoses of non-medical drug use.

Upon the spirit of the UN conventions on narcotic drugs, ECAD believe societies can affect the scale of their drug problems by making concerted efforts towards prevention, treatment, recovery and control.

ECAD believes harm reduction, but that it does not normalize non-medical drug use. Drug addiction should be reduced by a variety of health and social measures. The government should help by offering knowledge and tools, constantly improve their actions and policies to prevent drug use, reduce harm and facilitate recovery.

The 2018 Conference:

The speaker attended the 6th World Forum Against Drugs, on May 14-15 2018 in Gothenburg, Sweden. This joint event addressed a growing interest to the effective prevention practices, full recovery and alternatives to incarceration and to life-long dependency on drug treatment. The following are some highlights shared in the meeting.⁽¹⁾

1. Gender difference:

Gender difference in treatment response and recovery processes are discussed. Women's substance abuse is more stigmatized and less likely to be acknowledged than men's. We know less about the prevalence and patterns of women's substance abuse and their treatment needs, and women in particular face barriers to treatment. Globally one third of every drug user is a woman but only one out of five in treatment is a woman. This is applicable to Hong Kong.

2. Oxford House <http://OxfordHouse.org>

Oxford Houses are a clean and sober housing option for individuals in recovery. As of March 31, 2016, there are 209 houses in North Carolina, with locations in 30 cities. With an average of 8 beds per house, there are more than 1,600 Oxford House beds in the state. Individuals typically enter an Oxford House after completing a drug and alcohol treatment programme and must remain sober in order to remain as residents.

Following an application and approval process, individuals living in a house are expected to participate in a recovery programme in the community during their residence. Residents must also follow basic house rules including contributions to household expenses and electing officers. 60 Minutes tells the Oxford House Story. <https://www.youtube.com/watch?v=wWS-tYECHU4>

3. The Iceland Success story

Iceland knows how to stop teen substance abuse. In Iceland, substance use levels have decreased consistently for over 20 years to very low figures.

The key in Iceland's success lies in the use of evidence based primary prevention programmes that seek to affect a real change in youth behavior, not in their attitudes.

Through a scientific mapping of risk and protective factors in the lives of children and their local communities, tailor-made and consistent action can be taken at local, regional and national level to improve life conditions and the way that children are brought up. The results are so strong and well documented. Local communities in more than 40 countries are now seeking to implement the model.^[2]

What have Iceland done?

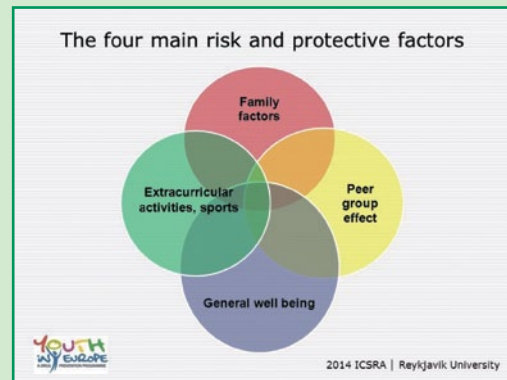
Reykjavik launched a five year drug prevention programme Drug free Iceland 1997-2002 in cooperation with the Icelandic Government and ECAD. In 2003 the positive changes were already evident. Since then, the numbers just keep on dropping. In 2005 the work in Iceland was decided to be expanded to other European countries and the levels of substance use is reducing across the European continent.

It has been a systematic approach and commitment to prevention by the whole society. It is about healing and changing the society; and the behavior of children will follow, to strengthen the preventive factors for children and eliminate the risk factors. How? In Iceland the parents will form supportive groups, entering the community, to advise the young people against wandering around at night. The more time one spends at home, the lesser the chance one gets into bad behaviour. Family home time is shown to be a very strong protective factors.

The protective factors:

1. Time spent with family
2. Not staying late out of home

3. Regular school activities e.g. 3-4 times a week
4. Feeling being taking care of



An active discussion ended the session, that how the European experience could be carried out in Hong Kong, in particular, how local drug addiction scenes has changed with reference to the recent electronic cigarette.

Reference:

1. <http://www.ecad.net/news/349-bucharest-hosts-youth-in-europe>
2. <http://www.ecad.net/publications>



Dr. Chan Suen Ho, Mark (left, Coordinator), presenting a souvenir to Dr. Lee Fook Kay, Aaron (right, Speaker) during the lecture on 18 August 2018.

Next Meeting

The 60th meeting for the Interest Group in Mental Health & Psychiatry in Primary Care will be held on 6 October 2018. Dr Lau Kwan Chung, Jonathan, Specialist in Family Medicine will be the speaker. The topic will be on **“Mental health assessment in primary care: How our counterpart is doing it? The Australian Mental health care plan”**.

All members of the College are welcome and encouraged to present their cases and problems for discussions or role play. (Please do so 2 weeks beforehand for speakers to review, contact our secretary, at 2871 8899.) Again, those who are experienced can share, less experienced ones can benefit from participation. Our goal is to enhance our practical skills, promote early awareness and better management of mental health problems in our community.

Refresher Course for Health Care Providers 2018/2019

Jointly organized by
 Hong Kong Medical Association
 The Hong Kong College of Family Physicians
Our Lady of Maryknoll Hospital

Venue : Training Room II, 1/F, OPD Block, Our Lady of Maryknoll Hospital
 118 Shatin Pass Road, Wong Tai Sin, Kowloon

Time : 14:15 to 16:15

Dates	Topics	Speakers
8 Sep 2018	Urology update for primary care	Dr. CHU Wing Hong Private specialist in Urology
6 Oct 2018	Sports Medicine	Dr. Vincent YU Specialist in Orthopaedics, KWH
10 Nov 2018	Common foot and ankle problems	Dr. LEE Hin Lun Specialist in Orthopaedics, KWH
8 Dec 2018	Primary care cardiology conditions and ECGs	Dr. LEUNG Sum Kin Private specialist in Cardiology
12 Jan 2019	Home physiotherapy	Ms. Dora FUNG PT(I), OLMH
16 Feb 2019	Sports nutrition	Ms. LAM Nga Sze Dietitian, OLMH
9 Mar 2019	Inflammatory skin conditions in primary care	Dr. IP Fong Cheng, Francis Specialist in Dermatology and Venereology, Department of Health
27 Apr 2019	Children and adolescent mental health challenges in primary care	Dr. LAM Wing Wo Private family doctor
11 May 2019	Upper gastrointestinal/liver diseases- an update for primary care	Dr. WONG Wai Chuen Specialist in Gastroenterology & Hepatology, OLMH
1 Jun 2019	Alarming skin conditions in adults and elderlies	Dr. NG Shun Chin Specialist in Dermatology and Venereology, Department of Health

A certificate will be presented at the end of the course for those achieving $\geq 80\%$ of attendance.

CME accredited by HK College of Family Physicians 2 credit points and HK Medical Association 2 credit points (for MCHK non-specialist).

CNE points accredited by OLMH: CND 2 credit points.

Limited car parking can be reserved, on first come first serve basis

RSVP : Tel: 2354 2440 (Ms. Clara Tsang, OLMH) Fax: 2327 6852

- Activities are supported by HKCFP Foundation Fund.
- 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.

6 October 2018
Saturday
Board of Education Interest Group in Mental Health & Psychiatry

Aim	To form a regular platform for sharing and developing knowledge and skill in the management of mental health	
Theme	Mental health Assessment in Primary Care: How our counterpart is doing it? The Australian GP Mental Health Care Plan	
Speaker	Dr. Lau Kwan Chung, Jonathan Specialist in Family Physicians	
Co-ordinator & Chairman	Dr. Chan Suen Ho, Mark The Hong Kong College of Family Physicians	
Time	2:00 p.m. – 4:00 p.m.	Theme Presentation & Discussion
Venue	8/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
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 Co-ordinator via the College secretariat 2 weeks prior to meeting.	



Venue	Star Room, Level 42, Cordis Hotel, 555 Shanghai Street, Mongkok, Kowloon	
Admission Fee	College Fellow, Full or Associate Members Other Categories of Members Non-Members	Free (\$50 Enrollment deposit is required) HK\$ 450.00 HK\$ 550.00
Accreditation	1 CME points HKCFP (Cat. 4.3) 1 CME points MCHK Up to 2 CPD points (Subject to submission of satisfactory report of Professional Development Log) 1.5 CME Points CDSHK (pending)	
Language	Lecture will be conducted in English.	
Registration	Registration will be first come first served. Please reserve your seat as soon as possible.	



Sponsored by
A. Menarini Hong Kong Limited

9 October 2018
Tuesday
Safe & Simple Management of Your frail Patients with Thromboembolic Stroke with complicated cases sharing

Prof. Valeria Caso
*Professor in Neurology
Stroke Unit, Santa Maria del la Miser icordia Hospital,
University of Perugia*

Co-organizer	The Hong Kong Geriatrics Society	
Chairman	TBC The Hong Kong College of Family Physicians	
Time	7:00 p.m. – 7:30 p.m. 7:30 p.m. – 8:45 p.m. 8:45 p.m. – 10:00 p.m.	Registration Lecture and Discussion Dinner
Venue	Shantung Room, Level 8, Cordis Hotel, 555 Shanghai Street, Mongkok, Kowloon	
Admission Fee	College Fellow, Full or Associate Members Other Categories of Members Non-Members	Free (Deposit required) HK\$ 450.00 HK\$ 550.00
Accreditation	1 CME point HKCFP (Cat. 4.3) 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.	
Registration	Registration will be first come first served. Please reserve your seat as soon as possible.	



Sponsored by
Bayer HealthCare Limited

8 October 2018
Monday
Treatments for Patients with Oral and Jaw Diseases in Primary Health Care Setting
1. Introduction to Oral and Maxillofacial Surgery

Dr. Alfred Lau
Specialist in Oral and Maxillofacial Surgery

2. Oral and Maxillofacial Surgery - What do we do?

Dr. Edward Hui
Specialist in Oral and Maxillofacial Surgery

3. Common Oral and jaw pathology

Dr. Raymond Chow
Specialist in Oral and Maxillofacial Surgery

4. Temporomandibular Disorder

Dr. Miko Lo
Specialist in Oral and Maxillofacial Surgery

Co-organizer	Hong Kong Association of Oral and Maxillofacial Surgery	
Chairman	Dr. Tse Sut Yee The Hong Kong College of Family Physicians	
Time	7:00 p.m. – 7:30 p.m. 7:30 p.m. – 8:45 p.m. 8:45 p.m. – 10:00 p.m.	Registration Lecture and Discussion Dinner

13 October 2018

Saturday

Board of Education Interest Group in Evidence-Based Medicine (EBM)

Topic	EBM Approach to Common Mental Disorders in Primary Care	
Speakers	Dr. Kwong Hon Kei Specialist in Family Medicine	
Moderator	Dr. Ko Siu Hin The Hong Kong College of Family Physicians	
Time	Part A 2:15 pm to 3:15 pm	Lecture
	Part B 3:15 pm to 4:15 pm	Discussion
Venue	8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong	
Admission Fee	Members	Free
	Non – members	HK\$ 300.00
	HKAM Registrants	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 Discussion will be in English or bilingual.	
Registration	Registration will be first come first served. Please reserve your seat as soon as possible.	
Note	Please bring along your mobile internet device if available. Participants are expected to take an active role in discussion during the workshop. They are required to complete a questionnaire on common mental disorder. Participants will be awarded CME for attendance in Part A of workshop and CPD for Part B.	

Register Online

20 October 2018

Saturday

Board of Education Interest Group in Mental Health & Psychiatry and Interest Group in Medical Humanities

Aim	(1) To form a regular platform for sharing and developing knowledge and skill in the management of mental health (2) To form a regular platform for sharing and developing knowledge and skill in the medical humanities	
Theme	The Humanity Aspect in Geriatric Mental Health Care	
Speakers	Dr. Lum Chor Ming, Christopher Specialist in Geriatric Medicine	
Co-ordinator & Chairman	Dr. Chan Suen Ho, Mark and Dr. Lo Sze Mon, Dana The Hong Kong College of Family Physicians	
Time	2:00 p.m. – 4:00 p.m.	Theme Presentation and Discussion
Venue	8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong	
Admission Fee	Members	Free
	Non – members	HK\$ 300.00
	HKAM Registrants	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 Co-ordinator via the College secretariat 2 weeks prior to meeting.	

Register Online

23 October 2018

Tuesday

Polypharmacy in MDD – are we doing it right?

Dr. Gustavo Alva M.D.

*Assistant Professor
Department of Psychiatry and Neurosciences,
The University of California, Riverside*

Chairman	Dr. Lo Yuen Chung, Yvonne The Hong Kong College of Family Physicians	
Time	12:30 p.m. – 2:00 p.m.	Registration and Lunch
	2:00 p.m. – 3:30 p.m.	Lecture and Discussion
Venue	Regency Ballroom, Hyatt Regency Hong Kong, 18 Hanoi Road, Tsim Sha Tsui, Kowloon, Hong Kong	
Admission Fee	College Fellow, Full or Associate Members	Free (\$50 Enrollment deposit is required)
	Other Categories of Members	HK\$ 450.00
	Non-Members	HK\$ 550.00
	All fees received are non-refundable and non-transferable.	
Accreditation	2 CME points HKCFP (Cat. 4.3) 2 CME points MCHK Up to 2 CPD points (Subject to submission of satisfactory report of Professional Development Log)	
Language	Lecture will be conducted in English.	
Registration	Registration will be first come first served. Please reserve your seat as soon as possible.	

Register Online

Sponsored by
Lundbeck HK Limited

27 October 2018

Saturday

1. Door Opening to a Bright Light: Evolving Concepts of Dyslipidemia, Diabetes, and Cardiovascular Disease

Dr. Chow Chun Chung

Specialist in Endocrinology, Diabetes & Metabolism

2. Dyslipidemia and Intervention Disparities: A Dual Approach to Reduce Cardiovascular Events

Dr. Lee Wai Luen

Specialist in Cardiology

3. Is Dual Treatment Approach More Neuroprotective? Stoke Prevention and Management

Dr. Wong Ka Sing

Specialist in Neurology

Chairman	TBC The Hong Kong College of Family Physicians	
Time	12:30a.m. – 2:00 p.m.	Registration and Lunch
	2:00 p.m. – 3:40 p.m.	Lectures & Discussion
	3:40 p.m. – 4:00 p.m.	Q & A and Closing
Venue	The Ballroom Four, 18/F, The Mira Hong Kong, Tsim Sha Tsui, Hong Kong	
Admission Fee	College Fellow, Full or Associate Members	Free (\$50 Enrollment deposit is required)
	Other Categories of Members	HK\$ 450.00
	Non-Members	HK\$ 550.00
	All fees received are non-refundable and non-transferable.	
Accreditation	2 CME points HKCFP (Cat. 4.3) 2 CME points MCHK Up to 2 CPD points (Subject to submission of satisfactory report of Professional Development Log)	
Language	Lecture will be conducted in English.	
Registration	Registration will be first come first served. Please reserve your seat as soon as possible.	

Register Online

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Monthly Video Viewing Session

Monthly video viewing sessions 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.

September's session:

Date	28 September 2018 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	"Update of the Management of Diabetes" by Dr. Encoh Wu
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.



October's session:

Date	26 October 2018 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	"Peripheral Neuropathy" by Prof. Wong Ka Sing
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
6 October 2018 2:15 – 4:15 pm	Training Room II, 1/F, OPD Block, Our Lady of Maryknoll Hospital, 118 Shatin Pass Road, Wong Tai Sin, Kowloon	Sports Medicine Dr. Vincent YU Specialist in Orthopaedics, KWH	Ms. Clara Tsang Tel: 2354 2440
13 October 2018 1:00 – 3:00 pm	Lecture Theatre, G/F, Block K, United Christian Hospital, 130 Hip Wo Street, Kwun Tong, Kowloon	Update on Management of Lower Urinary Tract Symptoms in Primary Care Settings Dr. CHENG Kwun Chung (Associate Consultant, Department of Surgery, United Christian Hospital)	Ms. Polly Tai Tel: 3949 3430 or Ms. Cordy Wong Tel: 3949 3087

Structured Education Programmes

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

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
3 October 18 (Wed)			
2:00 – 5:00 p.m.	Conference Room 3, G/F, Block M, Queen Elizabeth Hospital	Living Will, Advanced Directive & Guardianship Board Dr. Siu Wing Yee & Dr. Lee Wing Lam	Ms. Mandy Leung Tel: 3506 8613
2:30 – 5:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	Health Care System in Cuba Dr. Chang Ting Ting & Dr. So Kwok Ho	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Preventive Medicine Dr. Ma Man Ki, Katelyn & Dr. Chang Hsu Wei	Ms Polly Tai Tel: 3949 3430
3:45 – 5:45 p.m.	Multi-function Room, NAHC clinic, G/F, Tsan Yuk Hospital	Allied Health Talk: Medical Social Worker Dr. Lai Hoi Yan, Joyce	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	Chronic GI Problem: GERD, IBD, Chronic Dyspepsia Dr. Chung Hiu Yeung, Arthur & Dr. Yan Chi Yung, Barry	Ms. Carmen Kwong Tel: 2632 4371
4 October 18 (Thu)			
4:30 – 6:00 p.m.	Room 614, 6/F, Ambulatory Care Centre, Tuen Mun Hospital	Chaperone and Intimate Examination in GP Setting Dr. Kum Chung Hang & Dr. Wang Yang, Amy	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2 nd Floor, Pamela Youde Nethersole Eastern Hospital	Better Patient Communication 2 Dr. Sin Ming Chuen	Ms W L Kwong Tel: 2595 6941

10 October 18 (Wed)

2:00 – 5:00 p.m.	Seminar Room, G/F, Block A, Queen Elizabeth Hospital	Approach to Alcoholism Dr. Jiao Fangfang & Dr. Chuang Chi Kit	Ms. Mandy Leung Tel: 3506 8613
2:30 – 5:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	Common Behavioral Problem for Children: Infantile Colic, Feeding problem, Sleep Problems Dr. Tsang Yee Wing	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Conference Room, G/F, Block K, United Christian Hospital	Principle of Professional Ethics, Red Book Dr. Chau Yiu Shing, Sunny & Dr. Chen Tsz Ting	Ms Polly Tai Tel: 3949 3430
5:30 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Genogram Dr. Fan Vei Chen, Kevin & Dr. Choy Hiu Ting, Heather	Ms. Carmen Kwong Tel: 2632 4371

11 October 18 (Thu)

4:30 – 6:00 p.m.	Room 614, 6/F, Ambulatory Care Centre, Tuen Mun Hospital	Health Care System in Australia Dr. Yiu Chung Ting & Dr. Ho Shu Wan	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2 nd Floor, Pamela Youde Nethersole Eastern Hospital	Prevention of Osteoporosis Dr. Chan Yuen Ling, Carrie	Ms W L Kwong Tel: 2595 6941

18 October 18 (Thu)

4:30 – 6:00 p.m.	Room 614, 6/F, Ambulatory Care Centre, Tuen Mun Hospital	Common Developmental Problem for Children: Clumsiness, Slow in Learning, Discipline Problem, Dyslexia Dr. Feng Longyin & Dr. Tsui Felix	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2 nd Floor, Pamela Youde Nethersole Eastern Hospital	Health Care System in Hong Kong Dr. Tai Lik	Ms W L Kwong Tel: 2595 6941

24 October 18 (Wed)

2:00 – 5:00 p.m.	Room 7, 8/F, Yau Ma Tei GOPC	ICPC Coding Dr. Lai Ka Ho & Dr. Hui Sau Wei, Alice	Ms. Mandy Leung Tel: 3506 8613
2:30 – 5:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	Approach to Patients with Poorly Differentiated Symptoms Dr. Chung Chak Hang	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Conference Room, 3/F, Block P, United Christian Hospital	Substance Abuse Dr. Wong Sze Man & Dr. Lai Ho Yeung, Kelvin	Ms Polly Tai Tel: 3949 3430
4:00 – 6:30 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	Better Patient Communication Dr. Ko Wai Kit, Welchie & Dr. Belinda Cheung	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	Medical Issues and Support for Doctors Dr. Chow Kam Fai	Ms. Carmen Kwong Tel: 2632 4371

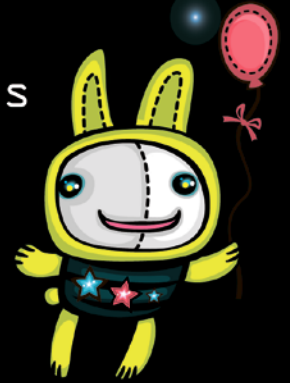
25 October 18 (Thu)

4:30 – 6:00 p.m.	Room 614, 6/F, Ambulatory Care Centre, Tuen Mun Hospital	Application of Evidence Based Medicine: Benign ECG Changes Dr. Jor Hon Man & Dr. Yung Hiu Ting	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2 nd Floor, Pamela Youde Nethersole Eastern Hospital	Update on DM Management Dr. Leung Wing Mun	Ms W L Kwong Tel: 2595 6941

31 October 18 (Wed)

2:00 – 5:00 p.m.	Seminar room, G/F, Block A, Queen Elizabeth Hospital	Men's Health and Erectile Dysfunction Dr. Ng Ka Wing & Dr. Chan Kam Sheung	Ms. Mandy Leung Tel: 3506 8613
2:30 – 5:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	Management of Victims of Sexual Violence Dr. Hong Ka Yi	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Conference Room, 3/F, Block P, United Christian Hospital	Shared Care and Referral System Dr. Wong Chung Ming, Tom KEC DM Case Conference Ms. Maisy Mok (Nurse Consultant (Diabetes), KEC)	Ms Polly Tai Tel: 3949 3430
3:45 – 5:45 p.m.	Multi-function Room, NAHC clinic, G/F, Tsan Yuk Hospital	Common Gynaecological Malignancies: Management and Early Detection Dr. Mandy Chu	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	Visit to P&O Department Dr. Au Yang Choi Kam	Ms. Carmen Kwong Tel: 2632 4371

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readers, contributors, sponsors
and
the College Secretariat for
their tremendous support.



Wishing you all

HAPPY MID-AUTUMN FESTIVAL

The FP Links Committee



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 Sep	10	11	12 2:15 – 7:30 p.m. Structured Education Programme	13 2:15 – 7:00 p.m. Structured Education Programme 9:00 p.m. Board of Conjoint Examination Meeting	14	15 2:30 – 4:30 p.m. Interest Group in Counselling
16	17	18 1:00 – 3:30 p.m. Co-organized CME Lecture on Alzheimer's Disease with HKADA	19 2:15 – 7:30 p.m. Structured Education Programme	20 1:00 – 3:30 p.m. CME Lecture 2:15 – 7:00 p.m. Structured Education Programme 8:30 p.m. HKCFP Council Meeting	21	22 2:00 – 4:00 p.m. Certificate Course on Bringing Better Health to Our Community 2018 2:30 – 5:30 p.m. DFM - Clinical Audit & Quality Assurance
23	24	25	26 2:15 – 7:30 p.m. Structured Education Programme	27 2:15 – 7:00 p.m. Structured Education Programme	28 2:30 – 3:30 p.m. Video Session	29 2:30 – 6:00 p.m. DFM Musculoskeletal Workshop & Module II Tutorial Session
30	1 Oct	2	3 2:15 – 7:30 p.m. Structured Education Programme	4 2:15 – 7:00 p.m. Structured Education Programme 8:30 p.m. Specialty Board Meeting	5	6 2:00 – 4:00 p.m. Interest Group in Mental Health 2:30 – 5:30 p.m. AEC Mock Exam
7 2:00 – 5:00 p.m. OSCE Rehearsal	8 7:00 – 10:00 p.m. CME Dinner Lecture	9 7:00 – 10:00 p.m. CME Dinner Lecture	10 2:15 – 7:30 p.m. Structured Education Programme	11 2:15 – 7:00 p.m. Structured Education Programme	12 7:00 p.m. Basic Training Introductory Seminar	13 2:15 – 4:15 p.m. Interest Group in EBM
14 2:30 – 4:30 p.m. Photography Club Lecture	15	16	17	18 2:15 – 7:00 p.m. Structured Education Programme	19	20 2:00 – 4:00 p.m. Interest Group in Medical Humanities
21	22	23 12:30 – 3:30 p.m. CME Lecture	24 2:15 – 7:30 p.m. Structured Education Programme	25 2:15 – 7:00 p.m. Structured Education Programme	26 2:30 – 3:30 p.m. Video Session	27 1:00 – 4:00 p.m. CME Lecture 2:30 – 5:30 p.m. DFM Orthopaedic Injection Workshop

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Red : Education Programmes by Board of Education
Green : Community & Structured Education Programmes
Purple : College Activities


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