

Message from the President

The 3rd Cross Straits Conference on General Practice with the theme “Enhance the quality of general practice, promote the building of a healthy China” was held in Shenzhen from 5th to 6th March 2016. I was very pleased to see more than 30 members and fellows from our College attended the conference and quite a number of trainees were present.

During the conference, I announced the inauguration of HKCFP Donald Li Scholarship. The Scholarship will be awarded to three practicing front-line doctors in China who have attended the Training Course in Family Medicine in Hong Kong co-organized by the HKCFP and the Cross-Strait Medicine Exchange Association each year. The awardees of the Scholarship will be vetted by a selection committee formed under our Board of Professional Development and Services based on the applicants’ performance during the training course in Hong Kong, the practical experience of the applicants and the essay attached to the application. Each recipient of the Scholarship will receive HKD 10,000 for further practical Family Medicine training in Hong Kong for one week. They will be assigned for attachment to two approved centres in Hong Kong. I have no doubt the awardees will be the crème de la crème. Let us applaud the generosity of Dr. Donald Li, our Censor, Past President, Honorary Fellow and the current President, HKAM. I most welcome anyone with a spare cent to set more scholarships under the umbrella of the College for the benefit of Family Medicine!



Our first HKCFP Donald Li Scholarship

I had to congratulate Prof Cindy Lam on her plenary talk “The implementation of Hong Kong General Practice system at the University of Hong Kong-Shenzhen Hospital”. The unnecessary intravenous therapy at out-patient department had disappeared. Its outcome measures were even better than Hong Kong’s clinics. There is no limit to the amount of good you can do if you don’t care who gets the credit. What a wonderful achievement! She quoted from Prof Ian R. McWhinney, “Our value to medicine lies in the differences.... Eventually....the academic mainstream will become more like us....” This really sums up our efforts and beyond. The vision will create the mission. When we look back decades later, impossible will become possible. The late Prof McWhinney is best known as the “Father of Family Medicine” for his work in creating a family medicine programme in Canada.

I cannot leave without admiring the contribution of Dr. Daniel Chu, Prof William Wong, Dr. Chan Chi Wai and Dr. Dana Lo to this conference. They represented Hong Kong in delivering talks on various topics. I am very proud of my team!



THE HONG KONG
COLLEGE OF
FAMILY PHYSICIANS



Family Physicians Links



ISSUE 145
March 2016

INSIDE THIS ISSUE

- 01 Message from the President
- 02 College News:
 - 02 CMOD, Membership Committee News
 - 03 Meeting Highlights, Specialty Board News
 - 04 30th Conjoint HKCFP / RACGP Fellowship Examination – Final Announcement
 - 06 Diploma in Family Medicine 2016-17, Certificate Course in Family Medicine 2016-17
 - 09 Advanced Primary Care Life Support (APCLS)
- 11 News Corner: Zika
- 12 Feature: Sharing on Home Visit Services
- 14 College News: The HKCFP Award for the Best Research of 2015, HKCFP Research Fellowship 2016, HKCFP Trainees Research Fund 2016/ HKCFP Research Seed Fund 2016
- 17 Learning Points from Board of Education: Interest Group in Mental Health & Psychiatry in Primary Care – The 48th Meeting on 6 February 2016
- 19 Board of Education News
- 24 College Calendar

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

Dear College members,

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

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

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



Dr. David Chao



Dr. Tony Lee

Membership Committee News

The Council approved, on recommendation of the Chairlady of the Membership Committee, the following applications for membership in **January - February 2016**:

Associate Membership (New Applications)

Dr CHENG Tik Man, Sharon	鄭迪文
Dr CHEUNG Sin Nga, Heidi	張倩雅
Dr CHUI Tsz Hang	徐芷珩
Dr FUNG On Yee, Connie	馮安兒
Dr LAM Ting	林婷
Dr NG Yui Wing, Joanne	吳睿穎
Dr PAN Regina Hiu Chi	潘曉枝

Full Membership (Reinstatement)

Dr WONG Wing Sang, Bernard	王榮生
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Non-HKSAR Fellowship (Reinstatement)

Dr FUNG Siau Chin, Susan	馮小勤
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Transfer from Associate Membership to Fellowship

Dr LAM Ying Ying	林瑩瑩
Dr TSE Tak Kei	謝德基
Dr WU Chun Yu	胡振宇



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Department of Health









Meeting Highlights

Interest Group in Mental Health

Mr. Lak Ching Cheong, Davis, Occupational Therapist, Clinical Associate, Department of Rehabilitation Science, The Hong Kong Polytechnic University, delivered a lecture on "Advanced Neurofeedback Technique in Mental Health" on 6 February 2016.



Dr. Chan Suen Ho, Mark (right, Moderator) and Dr. Stephen Foo (left, Censor) presenting a souvenir to Mr. Lak Ching Cheong, Davis (middle, Speaker) during the lecture on 6 February 2016

Specialty Board News

Preparatory Workshop on Research and Clinical Audit Segments – For 2017/2018 Exit Examinations

The Specialty Board is pleased to announce the Preparatory Workshop on Research and Clinical Audit Segments of Exit Examination of Vocational Training in Family Medicine.

In this workshop, you will be given insight on the examination format of both segments. Guidelines on how to prepare and carry out the analysis for a Research/Clinical Audit project will also be covered. You are **strongly encouraged** to attend this Preparatory Workshop if you wish to sit for the Exit Examination in year 2017 or 2018. The details of workshop are as below:

- Date : 16 April 2016 (Saturday)
 Time : 2:30 p.m.
 Venue : Rm 903-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen
 Speakers : Prof. Martin Wong,
 Segment Coordinator of Research
 Dr. Alfred Kwong,
 Segment Coordinator of Clinical Audit

For registration or queries, please contact the board secretaries Alky or Carman by email alkyyu@hkcfp.org.hk and carmentong@hkcfp.org.hk.

Dr. Wendy Tsui
 Chairlady, Specialty Board



UNIVERSITY HEALTH SERVICE

Medical Officer (Full-time / Part-time)

The University Health Service (UHS) of The Hong Kong Polytechnic University is a community-based Family Medicine training centre, as accredited by The Hong Kong College of Family Physicians. UHS provides primary care to students, staff members and their dependants and other eligible users. The University invites applications for the Medical Officer post in UHS. Duties: provide primary health care, health counselling, promote health education and perform administrative duties. Qualifications: registrable with The Medical Council of Hong Kong and fluency in spoken English and Cantonese. A higher qualification in Internal Medicine and / or Family Medicine is an advantage. Doctors enrolled in vocational training in Family Medicine are also welcome. Please visit <http://www.polyu.edu.hk/uhs/en> for more information about UHS. Post specification and application form are available from the Human Resources Office (Homepage: <http://www.polyu.edu.hk/hro/job.htm>, Email: hrstaff@polyu.edu.hk, Fax: 2764 3374). Application closing date: 30 April 2016.

www.polyu.edu.hk

Opening Minds • Shaping the Future

THIRTIETH CONJOINT HKCFP/RACGP FELLOWSHIP EXAMINATION THIRD (Final) Announcement

The Board of Conjoint Examination is pleased to announce the following information on the Thirtieth Conjoint Fellowship Examination with the Royal Australian College of General Practitioners to be held in 2016.

(1) REQUIREMENTS AND ELIGIBILITY

All candidates **MUST** be at the time of application for the Examination and at the time of the Conjoint Examination:

1. FULL OR ASSOCIATE members of BOTH HKCFP AND RACGP*

2. FULLY REGISTERED with the Hong Kong Medical Council*

(*Documentary evidence is required with the application - including a valid RACGP number.)

(**Note** : All candidates are required to renew their RACGP membership for the year 2016/2017 before 31 July 2016. Failure to comply with the rule may result in denial of admission to the Exam.)

In addition, they must be EITHER CATEGORY I OR CATEGORY II CANDIDATES: -

(a) **CATEGORY I CANDIDATES** are graduate doctors who are undergoing or have completed a fully approved vocational training programme as outlined in the College's Handbook for Vocational Training in Family Medicine.

After satisfactory completion of two years of approved training, Category I candidates or trainees may apply to sit the Written Examination, both the two segments of which must be taken at the same attempt. After satisfactory completion of four years of supervised training, Category I candidates may apply to sit the Clinical Examination.

(**Note** : All Category I candidates who are current vocational trainees and apply to sit the Written Examination **MUST** submit evidence of completion of at least 15 months of approved training by 31 March 2016, together with the application. Those current vocational trainees who apply for the Clinical Examination **MUST** submit evidence of completion of at least 39 months of approved training by 31 March 2016, together with the application. Candidates who have already completed vocational training **MUST** submit evidence of completion of vocational training, together with the application.

Part-time trainees must submit evidence of completion of their vocational training by the time of the Written Examination before they can apply to sit the examination.)

(b) **CATEGORY II CANDIDATES** are doctors who have been predominantly in general practice for not less than five years by 30 June 2016.

Category II candidates may opt to only sit for the Written Examination at the first and subsequent application.

Enquiries about eligibility to sit the examination should be directed to the Chairman of the Board of Conjoint Examination.

The eligibility of candidates of both categories is subject to the final approval of the Board of Conjoint Examination, HKCFP.

Application will not be processed unless all the documents are submitted with the application form.

(2) FORMAT AND CONTENTS

A. Written Examination

Key Feature Problems (KFP), and,
Applied Knowledge Multiple Choice Questions (MCQ)

B. Clinical Examination

Objective Structured Clinical Examination (OSCE)

(3) PRE-REQUISITE FOR CLINICAL SEGMENTS

All candidates applying to sit for the Clinical Examination of the Conjoint Fellowship Examination **MUST** possess a CPR (Competence in Cardiopulmonary Resuscitation) certificate issued by the HKCFP*. The validity of this certificate must span the time at which the application for the Examination is made **AND** the time of the Clinical Examination.

Application will not be processed unless the pre-requisite is fulfilled.

***Note:** Regarding the CPR certificate as issued by the HKCFP, the CPR workshops & examinations for 2016 will be held on 19 – 20 March 2016. Please register with our College secretariat at 2871 8899 IMMEDIATELY if you do not hold a valid CPR certificate issued by HKCFP and intend to sit for the Conjoint Examination 2016.

(4) CRITERIA FOR A PASS IN THE EXAMINATION

A candidate will be required to pass the entire Written Examination in one sitting. That is, if one fails the Written Examination, both the KFP and MCQ segments have to be re-taken. Successful Written Examination result can be retained for three years (until the Clinical Examination of 2019).

The Clinical Examination can only be taken after successful attempt of the Written Examination. If one fails the Clinical Examination, all the OSCE stations have to be re-taken.

A candidate has to pass both the Written and the Clinical Examinations in order to pass the Conjoint HKCFP/ RACGP Fellowship Examination.

(5) APPLICATION AND EXAMINATION FEES

Application forms are available from the College Secretariat at Room 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. You may also download the application forms from our College website, www.hkcfp.org.hk. Please note that the deadline for application is **15 April 2016**.

For both **CATEGORY I** and **CATEGORY II CANDIDATES**:

- Full Examination (Written + Clinical)	\$28,000
- Written Examination	\$8,080 plus Administrative Fee \$9,040
- First attempt on Clinical Examination	\$10,880
- Subsequent attempt on Clinical Examination	\$10,880 plus Administrative Fee \$9,040

Please make the cheque payable to **"HKCFP Education Limited"**. If a candidate applies for the Full Examination and **fails the Written Examination, the fee (\$10,880) paid for the Clinical Examination will be refunded**.

(6) REFUND POLICY

If a candidate wishes to withdraw from the examination, and written notification of withdrawal is received by the College 60 days or more prior to the date of the examination, he will receive a refund of \$18,960 (for the whole examination), \$8,080 (for the written examination) or \$10,880 (for the clinical examination). The administration fee of \$9,040 will not be refunded.

No refund of any amount will be given if written notice of withdrawal is received by the College within 60 days of the date of the examination.

All fees paid are not transferable to subsequent examinations.

(7) IMPORTANT DATES

• 15 April 2016 (Friday)	Closing Date for Applications
• 21 August 2016 (Sunday)	Conjoint Examination – Written Examination (MCQ)
• 28 August 2016 (Sunday)	Conjoint Examination – Written Examination (KFP)
• 30 October 2016 (Sunday) (tentative)	Conjoint Examination - OSCE

(8) ELECTION TO FELLOWSHIP

Members should be aware that passing the Conjoint Fellowship Examination does NOT equate with election to the Fellowship of either the Hong Kong College of Family Physicians or the Royal Australian College of General Practitioners. Those wishing to apply for Fellowship of either or both College(s) should ensure that they satisfy the requirements of the College(s) concerned.

Entry forms for Fellowship, Membership and Associate Membership of the Hong Kong College of Family Physicians and the Royal Australian College of General Practitioners are available from both College website (www.hkcfp.org.hk / www.racgp.org.au). You may also contact the HKCFP Secretariat, Room 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. Tel: 2871 8899, Fax: 2866 0616.



Dr. Chan Hung Chiu
Chairman
Board of Conjoint Examination

Diploma in Family Medicine (HKCFP) 2016-17

The Board is pleased to announce that the Diploma Course in Family Medicine (DFM) organized by The Hong Kong College of Family Physicians will commence in July 2016.

The course consists of FIVE modules. Modules I & II will be delivered by Local Distance Learning. Modules III, IV & V consist of lectures, seminars, tutorials, workshops and clinical attachments. The whole course requires ONE year of part-time studies.

Details of the course are as follows:

1. Objectives:

- i) To provide knowledgeable, pragmatic and structured teaching in Family Medicine for medical practitioners.
- ii) To encourage professional development of practising medical practitioners and to provide an intermediate step to fellowship qualifications in Family Medicine.
- iii) To improve standards and quality in the practice of Family Medicine.

2. *Syllabus:

The course consists of FIVE compulsory modules. Doctors who have graduated from the course are expected to have acquired:

- i) Current concepts about nature of Family Medicine
- ii) Knowledge and skills in consultation, counselling and problem solving
- iii) Knowledge and skills in common practice procedures and emergency care required for good quality family Practice
- iv) Understanding regarding the role of Family Doctors as gatekeepers of the health-care system and in providing cost-effective primary care to the community

Module I – Principles of Family Medicine (Distance Learning)

Aims:	1. Learn concepts of Family Medicine 2. Understand the role and scope of a Family Doctor
Contents:	Definition of Family Physicians, Family Physicians' Functions, Core Values of Family Medicine, Consultation, Future of Family Medicine

Module II – Common Problems in Family Medicine (Distance Learning)

Aims:	1. Enhance consultation, communication and problem solving skills 2. Understand the diagnostic formulation process in Family Medicine
Contents:	Four clinical scenarios. Each clinical scenario further divides into several questions covering different areas in general practice.

Module III - Essentials of Family Medicine (Structured Seminars and Tutorials)

Aims:	1. Strengthen knowledge in Family Medicine 2. Understand the potential growth of Family Medicine 3. Develop research and teaching skills in Family Medicine
Contents:	Practice Management, Care of Elderly & Chronic Illnesses, Anticipatory Care, Clinical Audit & Quality Assurance, Introduction to Family Therapy, Research & Teaching in Family Medicine, Evidence Based Medicine and Critical Appraisal

Module IV - Clinical Updates (Updates and Clinical Attachment)

Aims:	Acquire in-depth knowledge and practical skills in selected specialized areas including Medicine, Surgery, Geriatrics, ENT, Orthopaedics & Traumatology, Accident & Emergency Medicine, and Infectious Diseases
Contents:	THREE Update seminars and ONE clinical attachment on selected specialties including Medicine, Surgery, Geriatrics, ENT, Orthopaedics & Traumatology, Accident & Emergency Medicine, and Infectious Diseases (subject to availability)

Module V - Practical Family Medicine (Practical Workshops)

Aims:	Enhance practical and communication skills in Family Medicine by Practical Workshops in selected areas including Advanced Primary Care Life Support (APCLS), Consultation Skills, Counselling Skills, Women's Health, Orthopaedic Injection and Musculo-Skeletal Medicine
Contents:	Four compulsory and two elective Practical Workshops in selected areas including APCLS, Consultation Skills, Counselling Skills, Women's Health, Orthopaedic Injection and Musculo-Skeletal Medicine

Module III & V will be scheduled on Saturday and Sunday afternoons.

3. Articulations:

The Course allows (up to a fixed maximum percentage of the Course units) articulations or cross recognition of previous Family Medicine training programmes that provide learning units equivalent to that of the above syllabus. Participants who wish to apply for such articulations have to submit evidence of relevant training together with their application. The granting of articulations is however, completely at the discretion and decision of the Board of DFM.

4. *Schedule:

The whole course requires ONE year of part-time studies.

July to September 2016	Module I
November 2016 to January 2017	Module II
July 2016 to May 2017	Modules III, IV & V
April / May 2017	Final Examination

5. Admission Requirement:

Medical Practitioner with Bachelor's degree in Medicine

6. Teaching Staff:

A panel of experienced academic medical professionals in Family Medicine, hospital specialists and experienced Fellows or Trainers of HKCFP will be invited to teach in the programme.

7. Teaching Medium:

English
(Cantonese may be used in some seminars, workshops and clinical attachments)

8. Course Fees:

Whole course:

HK\$30,000 for members of HKCFP

HK\$60,000 for non-members

(A discount of HK\$3,000 for early birds who apply on/before May 20, 2016)

Individual Modules:	Members	Non-members
Module I (Distance Learning – Principles of Family Medicine)	\$4,000	\$8,000
Module II (Distance Learning – Common Problems in Family Medicine)	\$4,000	\$8,000
Module III (Structured Lectures & Seminars)	\$3,000	\$6,000
Module IV (Updates & Clinical Attachment)	\$3,200	\$6,400
Module V (Practical Workshops)	\$5,000	\$10,000
Examination	\$9,000	\$18,000
Administrative Fee	\$4,000	\$8,000

All fees must be paid upon application and before commencement of the course. Fees paid are NON-TRANSFERABLE and NON-REFUNDABLE.

9. Awards/Credits:

- A Diploma in Family Medicine issued by HKCFP will be awarded to candidates who have satisfied all the requirements and have passed all the required assessment and the Final Examination.
- The Diploma is a **Quotable Qualification** of The Medical Council of Hong Kong.
- 50 CME and 10 CPD credit points will also be awarded to candidates at satisfactory completion of the Course by the QA & A Committee of HKCFP.

10. Application Procedure:

Application is now open

A completed application form must be returned to The Hong Kong College of Family Physicians with the following:

- Photocopy of the current Annual Practicing Certificate;
- A recent photo of the applicant (passport size);
- A signed "Disclaimer of Liability";
- An application fee of HK\$200 by crossed cheque payable to "HKCFP Holdings and Development Limited". This fee is non-refundable;
- A Course Fee of HK\$30,000 (or HK\$60,000 if non-member) by crossed cheque payable to "HKCFP Holdings and Development Limited". This fee is non-refundable unless the application is unsuccessful.

Every successful applicant will be notified by an official letter of admission.

Information and application forms are obtainable at the College or can be downloaded at the College website (<http://www.hkcfp.org.hk>). Members who were not admitted in the course in 2015 have to send in their application again if they want to study the course this year. Please contact the College secretariat, Mr. Jeff Cheng or Ms. Alky Yu at 2871 8899 for any queries.

11. Application Deadline: 30 June 2016

Comments From Former DFM Graduates

- "The Content is useful in daily practice. I can have hands-on practical skills. I can polish my communication skills during the lectures & workshops."
- "I can understand the role of Family Physicians as gatekeepers of health-care system and better know about their role in the society. I also acquire the skills on critical appraisal."
- "There are sessions of clinical updates for updating knowledge. Module I, II & III could help improving my knowledge and understanding of Family Medicine. Sessions in consultation are invaluable in improving my communication skills."

*Course syllabus and schedule may be subject to change without prior notification



CPR Training Workshop



Women's Health Workshop



Orthopaedic Injection Workshop



Musculoskeletal Workshop

Certificate Course in Family Medicine (HKCFP) 2016-17

The Board is pleased to announce that the Certificate Course in Family Medicine (CFM) organized by The Hong Kong College of Family Physicians will commence in July 2016.

The course consists of **THREE** Segments. Segment I and Segment II will be delivered by Local Distance Learning. Segment III consists of workshops. The whole course requires a **HALF** year of part-time studies.

Details of the course are as follows:

1. Objectives:

- i) To provide knowledgeable, pragmatic and structured teaching in Family Medicine for medical practitioners
- ii) To encourage professional development of practicing medical practitioners and to provide an intermediate step to attain diploma qualifications in Family Medicine
- iii) To improve standards and quality in the practice of Family Medicine

2. *Syllabus:

The course consists of **THREE** compulsory segments. Doctors who have graduated from the course are expected to have acquired:

- i) Current concepts about nature of Family Medicine
- ii) Knowledge and skills in consultation
- iii) knowledge and skills in some common practice procedures required in family practice
- iv) Understanding regarding the role of Family Doctors as gatekeepers of the health-care system and in providing cost-effective primary care to the community

Segment I – Principles of Family Medicine (Distance Learning)

Aims:	1. Learn concepts of Family Medicine 2. Understand the role and scope of a Family Doctor
Contents:	Definition of Family Physicians, Family Physicians' Functions, Core Values of Family Medicine, Consultation, Future of Family Medicine

Segment II - Common Problems in Family Medicine (Distance Learning)

Aims:	1. Enhance consultation, communication and problem solving skills 2. Understand the diagnostic formulation process in family medicine
Contents:	Four clinical scenarios. Each clinical scenario further divides into several questions covering different areas in general practice.

Segment III - Practical Family Medicine (Practical Workshops)

Aims:	Enhance practical skills and consultation skills in Family Medicine by practical workshops in selected areas
Contents:	Orthopaedic injection and consultation skills

3. *Schedule:

July to Oct 2016 Segments I & II
Three workshops within 2016 Segment III

4. Admission Requirement:

Medical Practitioner with Bachelor's degree in Medicine

5. Teaching Staff:

A panel of experienced academic medical professionals in Family Medicine, hospital specialists and experienced Fellows and Trainers of HKCFP.

6. Teaching Medium:

English
(Cantonese may be used in some seminars, workshops and clinical attachments.)

7. Course Fees:

HK\$9,000 for members of HKCFP
HK\$18,000 for non-members

All fees must be paid upon application and before commencement of the course. Fees paid are NON-TRANSFERABLE and NON-REFUNDABLE.

8. Awards/ Credits:

- i) A Certificate in Family Medicine issued by HKCFP will be awarded to candidates who have satisfied all the requirements.
- ii) 10 CME credit points will also be awarded to candidates at satisfactory completion of the Course by the QA & A Committee of HKCFP.

9. Application Procedures:

Application is now open.

A completed application form must be returned to The Hong Kong College of Family Physicians with the following:

- i) Photocopy of the current Annual Practicing Certificate;
- ii) A recent photo of the applicant (passport size);
- iii) A signed "Disclaimer of Liability";
- iv) An application fee of HK\$200 by crossed cheque payable to "HKCFP Holdings and Development Limited". This fee is non-refundable;
- v) A Course Fee of HK\$9,000 (or HK\$18,000 if non-member) by crossed cheque payable to "HKCFP Holdings and Development Limited". This fee is non-refundable unless the application is unsuccessful

Every successful applicant will be notified by an official letter of admission.

Information and application forms are obtainable at the College or can be downloaded at the College Website (<http://www.hkcfp.org.hk>). Please contact the College secretariat, Mr. Jeff Cheng or Ms. Alky Yu at 2871 8899 for any queries.

10. Application Deadline: 30 June 2016

*Course syllabus, schedule and availability may be subject to change without prior notification.

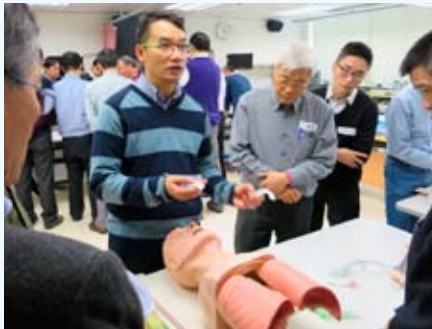
Advanced Primary Care Life Support (APCLS)

Dr. Chan Sze Luen, David
Chairman, CPR Subcommittee, Board of Education, HKCFP

The Hong Kong College of Family Physicians (HKCFP) has all along recognized the importance of emergency care through resuscitation by our primary care doctors. The Board of Education CPR Subcommittee, in collaboration with the Hong Kong College of Cardiology, has been organizing annually training and examination courses on cardio-pulmonary resuscitation (CPR) for primary care doctors in HK for more than 20 years. With the increasing demand on higher standard of pre-hospital life support care together with advances in medicine, we see the need to further empower our primary care colleagues with the knowledge and skills in contemporary art of resuscitation so that more lives could be saved in the out-patient setting should the emergency need arises. Our College, in collaboration with the Resuscitation Council of Hong Kong (RCHK), had launched an extended resuscitation course, the Advanced Primary Care Life Support (APCLS) Instructor training Course on 30 January 2016. This course aims to widen the scope of our existing CPR training by adding several important elements, use of automated external defibrillator (AED), use of various types of airways and use of neck collar in dealing with initial trauma care. This is in tally with the enhanced RACGP Advanced Life Support (ALS) course both for upgrading of our CPR capability and in achieving of reciprocal recognition with our Australian college.



Demonstration by Dr. Leo Kong
on the use of AED



Demonstration by Dr. Axel Siu
on the use of various types of airways



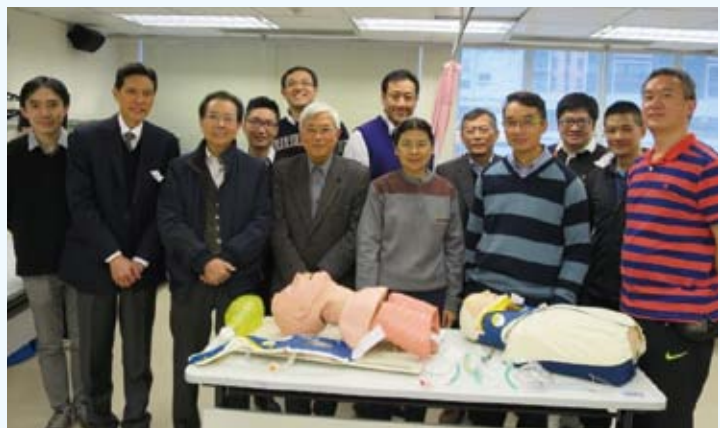
Demonstration by Dr. Peter Lee
on the use of neck collar

There were totally 13 new APCLS instructors who had been our existing BLS instructors who passed the assessment under the supervision of our external advisor Dr. Axel Siu, the first Vice-Chairman of the Resuscitation Council of Hong Kong, the Vice-President of the Hong Kong College of Emergency Medicine. We have also managed to recruit 11 new trainee instructors from the Department of Health and the Hospital Authority who completed the workshop. They were interested college members who wish to extend their CPR skills.

We plan to introduce the APCLS materials into our upcoming BLS training and assessment in February and March 2016 through demonstration and hands on practice. We plan to subsequently incorporate the new elements of APCLS into the 2017 CPR examination once we have empowered adequate APCLS instructors in 2016.

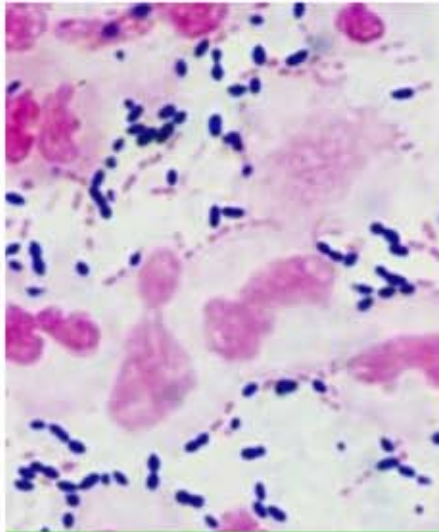
I wish to thank Dr. Mary Kwong, Dr. Alvin Chan, Dr. Wong Pak Hoi, Dr. Peter Lee and Dr. Leo Kong, the core members of our APCLS task force, for brainstorming the APCLS course and assessment tools and to put theory into real practice through successful completion of our first APCLS instructor course in January 2016.

I wish to extend my congratulations to all dedicated BLS instructors who had passed the recent APCLS instructor assessment and to wish all future members happy learning in our enhanced APCLS course through upgrading their CPR skill and in empowering themselves in provision of contemporary CPR skills for optimal care and successful revival of our patients in need.



New APCLS instructors who passed the assessment under the supervision of our external advisor, Dr. Axel Siu (front row, 2nd from the right).

Postgraduate Diploma in Infectious Diseases (PDipID) 2016–2018, Certificate in Infectious Diseases (CertID), and Infectious Disease Courses



Postgraduate Diploma in Infectious Diseases (PDipID)

- Quotable qualification by the Hong Kong Medical Council.
- Call for applications: application deadline for 18th intake: 31 August 2016.
- Mode of attendance: part-time (2 years).

Entrance Requirements

- Medically qualified + one year's postgraduate clinical experience.

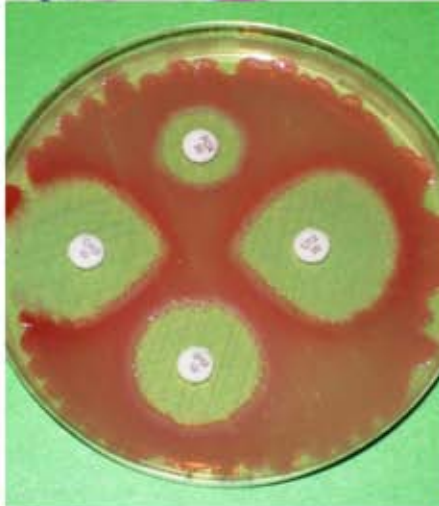
Method of Instruction

- Lectures: six two-day weekends (April, July, and November for 2 academic years).
- Part-time clinical attachment: infectious disease consultations, discussions, tutorials, and presentations.
- Infectious disease project.
- Literature review.

Application:

www.microbiology.hku.hk/pdipid_application.html

Fees: HK\$28,000



Certificate in Infectious Diseases (CertID)

- CME/CNE awarded.
- Call for applications: rolling basis, April, July, or November each year.
- Mode of attendance: part-time (2 years).

Entrance Requirements

- All medical or nursing graduates, healthcare/science workers, pharmacists, laboratory technicians, medical doctors, and healthcare workers of the HKU-Shenzhen Hospital.

Method of Instruction

- Six two-day weekend courses.
- There will be a quiz after completion of each course.
- Performance of these quizzes will constitute the basis for assessment.
- Medium of instruction: English.

Application: www.hkucoi.hku.hk/cid_app.pdf

Fees: HK\$5,400



Individual Infectious Disease Courses (2-day course)

- Offered in April, July, and November each year.
- CME/CNE awarded.
- **Forthcoming course: 16–17 April 2016.**

Themes of the 6 infectious disease courses

Course 5 (16–17 Apr 2016): Tropical diseases in the developed world.

Course 6 (July 2016): Infections in immunocompromised hosts and common infective problems in general practice.

Course 1 (November 2016): Infectious diseases update and emerging infections.

Course 2 (April 2017): Infectious disease emergencies, indwelling device and surgical infections.

Course 3 (July 2017): Common problems in infectious disease.

Course 4 (November 2017): Radiology and radionuclide imaging in infectious disease; genitourinary medicine and HIV problems.

Speakers

- Clinical academic staff from Department of Microbiology, HKU.
- Specialists and experts in the field of clinical microbiology and infectious disease.

Award of Attendance Certificate

Certificate of attendance will be issued

Application: www.hkucoi.hku.hk/pdipcapp.pdf

Fees: HK\$1,000

Zika

Most Zika virus infection is asymptomatic. The current major concern is the possible association with adverse pregnancy outcome (microcephaly) and neurological and autoimmune complications such as Guillain-Barré Syndrome.

Zika virus is mainly transmitted to humans through the bite of an infected *Aedes* mosquito. *Aedes aegypti*, which is currently not found in Hong Kong, is considered the most important vector for Zika. But the potential vector, *Aedes albopictus*, is present locally; so there is also risk of local spread if Zika is introduced to Hong Kong. Zika virus can also be transmitted through blood, but this is an infrequent mechanism. Sexual transmission of Zika virus may have occurred, and there have been reports showing the presence of the virus in semen.

As announced by the World Health Organization (WHO) earlier (12 February), 34 countries and areas have reported autochthonous Zika virus transmission or locally acquired infection since 2015; six with indication of viral circulation and one with a locally acquired case without vector borne transmission. Details can be checked at the Travel Health Service of the Hong Kong Government.

So as a family physician, one will perceive the advice on disease prevention as important. Below are some of the advices from Centre for Health Protection of the Department of Health:

1. To prevent mosquito-borne diseases:
To wear loose, light-coloured, long-sleeved tops and trousers, and use DEET- containing insect repellent on exposed parts of the body and clothing.
2. Special notes when travelling abroad:
If you travel in rural affected areas, it is suggested to carry a portable bed net and apply permethrin (an insecticide) on it. Permethrin should NOT be applied to skin; travellers who return from affected areas should apply insect repellent for 14 days after arrival to Hong Kong.
3. Special notes for pregnant women and women preparing for pregnancy:
They should consider deferring their trip to affected areas. Those who must travel to any of these areas should seek medical advice from their doctor before the trip, adopt contraception if appropriate, and strictly follow steps to avoid mosquito bites during the trip. Use of insect repellent in pregnancy has no known harmful effects. Women preparing for pregnancy are advised to continue to adopt contraception for 28 days after returning from these areas.
4. Special notes for prevention of sexual transmission:
If a female partner is at risk of getting pregnant, or is already pregnant, condom use is advised for a male traveller:
(i) for 28 days after his return from affected areas if he has no symptoms of unexplained fever and rash; or (ii) for 6 months following recovery if a clinical illness compatible with Zika virus infection or laboratory confirmed Zika virus infection was reported.

Reference:

http://www.travelhealth.gov.hk/english/travel_related_diseases/zika_virus.html

<http://www.chp.gov.hk/en/content/9/24/43088.html>

www.uptodate.com

Compiled by Dr. FOK Peter Anthony

Sharing on Home Visit Services

by Dr. Chan Chung Yuk, Alvin

When I was preparing for the Practice Management part of the Exit Assessment more than 10 years ago, there was a term that caught my attention, "home visit". That time, I was working in a general outpatient clinic in the Hospital Authority. I wondered could we provide home visit services, what sorts of patients would need home visit...and after practicing in the private sector, I have added home visit as part of my service provision.

There are indeed quite a number of reasons why patients need calling for our home visit services. In this sharing, I am going to share with you a few cases.

The first case is always memorable even when it was dated back 5 years ago - a lady with dementia...

Madam Cheung was 90 years old with dementia. Her daughter came and asked me for a home visit as the patient refused leaving home for clinic visit. She suffered from ankle swelling for a few days. She otherwise did not complain of obvious chest pain, shortness of breath nor orthopnea. She did not have any leg / ankle pain and was not on other medications apart from the usual dementia medications. In the suboptimal environment with unsatisfactory lighting, lack of formal examination bed, I noticed that her pulse rate was high and there was pallor and basal crepitation. The ankle edema had subsided after her daughter's massage but the jugular venous pressure was elevated. Further history reviewed that the lady has passed some per-rectal blood before. The per-rectal examination was unremarkable otherwise. I wrote a referral letter with a presumptive diagnosis of heart failure precipitated by anemia and referred her to a nearby emergency department. Subsequent progress revealed that the lady had congestive heart failure with a hemoglobin level of ~ 7 g/dL only but the family members refused for further work up.

A young lady refused leaving home...

Miss Chan was 23 years old. She returned 1 year ago, midway from her University study in Australia. However, she remained home bound since the return and just lied in her bed, refused talking to her family... Apart from going to toilet and irregular meals, she just seldom climbed down from her bed. With such sudden changes, the family simply did not know what was wrong with her and how to help her. Her mother approached me to see what was wrong with her daughter. I tried to talk to her. She was lying on

the upper deck of a bunk bed, with her back facing me. No matter what I asked or said, she did not respond. All I could do was just trying to talk to her mother to see what the possibilities were. I asked about the family background, family relationship, the patient's past health, the history of her growing up, the symptoms her mother noticed...I offered my suggestion that schizophrenia or depression could be possible, and therapeutic trials could be given which her mother agreed to. At the same time, we tried to explore what community resources could be enlisted. A moment later, after I came back to clinic, her mother phoned me back that the police had come to her home as her daughter had climbed down her bed, and was waving a knife! She became angry when she heard our conversation mentioning about her father. She was angry and frustrated that her father left them and not cared about them! I advised the mother to seize this opportunity to bring her daughter to hospital!

I phoned back the mother a couple of weeks later to talk about her daughter. She was diagnosed to have schizophrenia and received treatment since then.

Some months later, Miss Chan came to my clinic herself for common cold. That was the first time I saw her face to face! She was in remission from her illness!

A lady seemingly confused...

A daughter of a 58 years old lady phoned in to ask me to assess her mother. She was shouting, speaking nonsense and refused taking food... She and her younger brother did not know what to do. She had diabetes followed up in the Hospital Authority. I did a quick assessment, she was disoriented, her h'stix was normal, she has afebrile, there were no signs of head injury, no past history of drug abuse or psychiatric history... Not much information were available, except that on reviewing her past history, her daughter mentioned that her mother had hepatitis B. I explained to the children that her mother needed to be sent to hospital to receive further evaluation and management. I mentioned to them that hepatic encephalopathy (explained in laymen's terms) could be one possibility.

A week or so later, I phoned back the daughter to see what was wrong with her mother. Indeed, hepatic encephalopathy was the diagnosis! She was stable already.

What follow were simpler, straight forward situations...

Madam Wong was a 62 years old obese woman with gout. One day, her relative called into my clinic for help as she was having a gouty attack. It was too painful for her to leave home to consult doctors. I brought my diclofenac injection kits to visit her. After simple assessment and injection, her symptoms soon subsided. She was very thankful to the services.

Another bed bound lady in an old age home...

She had diabetes, hypertension, and old stroke with limb contractures. She presented with ankle bed sore. I did a bit of wound debridement and dressing, prescribed oral antibiotics and asked a podiatrist to see her as well.

A 78 years old gentleman with diabetes and hypertension followed up in HA. He complained of increasing dizziness after change of medications. His home glucose monitoring done by his maid showed low readings. I reviewed his medication list, and helped to adjust the medication, advised on diet, wrote up a memo to HA ...

An adolescent with symptoms of gastroenteritis including vomiting, abdominal pain and diarrhea was not able to walk to my clinic for consultation... I went to give him some injections to relieve his symptoms...

You may have watched from TV drama series that doctors are called to some rich people's home for medical services. Certainly, home care services by doctor are not the privilege of rich people. You may also wonder these patients could well go straight to the emergency department for prompt treatment. But if they can be managed right at home, it would be a triple win situation for all parties.

If you are planning to start home visit service, you may take a look at this link: <http://www.racgp.org.au/your-practice/standards/standards4thedition/physical-factors/5-2/doctor%E2%80%99s-bag/> (Doctors' bags, RACGP, Standards for General Practice, 4th edition, section 5.2.2) It serves as a reference on what to prepare for in your doctor's bag. However, the most important thing, is the very basic, essential items, as shown in the photo, including stethoscope, sphygmomanometer, glucometer, and some paper for note keeping / letter writing.

I usually have some phone conversation with the patients / care takers to briefly understand the sort of problems and decide the additional equipment / drugs that I need to bring. If the patient needs further drug treatment after the visit, I usually ask the care taker after the consultation, to come to my clinic

later for medication if they are living nearby, or I can write up a prescription for them to buy from over the counter.

I usually conduct the home visit during the lunch break or during non-office hours.

One point of caution, if during the phone conversation, you "smell" something at risk, you may need to take judicious action. I re-called there was a middle age patient calling for my help because of some left shoulder discomfort, but in the brief talk over the phone, that patient had some chest discomfort radiating down to left arm as well. So I asked him to go to the emergency department right away. It turned out the patient suffered from a myocardial infarction!

Few years ago, I have submitted an article, "My first year in private practice" in this column - and I highly encouraged family medicine trainees to try tasting some private practice experience. Similarly, I encouraged our colleagues to provide home visit services too. The need is there and we are capable of helping our patients in the community. It only requires the very basics, a good history and examination, some very basic equipment, and most importantly a caring heart.



The HKCFP Award for the Best Research of 2015

The Research Committee of the Hong Kong College of Family Physicians is calling for The Award for The Best Research of the Year 2015. All Members and Fellows of the College are invited to participate and submit their research papers to the Research Committee for selection. The Award will be presented at the Conferment Ceremony in 2016.

Entry and assessment criteria are listed below:

Entry Criteria:

1. *The principal investigator has to be a Member or a Fellow of the Hong Kong College of Family Physicians.*
2. *The research must be original work of the investigator(s).*
3. *The research should be conducted in Hong Kong.*
4. *The research must have been completed.*
5. *The paper should be presented under the standard headings of Abstract, Introduction, Methodology, Results, Discussion and Conclusion. References should be listed in full at the end in Vancouver format.*

Assessment Criteria:

1. *How relevant are the topic and findings to Family Medicine?*
2. *How original is the research?*
3. *How well is the research designed in the methodology?*
4. *How well are the results analyzed and presented?*
5. *How appropriate are the discussion and conclusion(s) drawn?*
6. *How useful are the results for patient care in the discipline of Family Medicine?*
7. *How much effort is required to complete the research study?*

Each research project submitted will be assessed according to the seven criteria listed above by a selection panel. Each criterion may attract a different weighting to be decided by the selection panel. Please send your submission to: Research Committee, HKCFP, Rm 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong.

DEADLINE OF SUBMISSION: 31st March, 2016

Supported by HKCFP Foundation Fund

HKCFP Research Fellowship 2016

Introduction

The HKCFP Research Fellowship was established by the Hong Kong College of Family Physicians to promote research in Family Medicine. The Grant is up to the value of HK\$ 100,000. Applicants are expected to have regular contact with a nominated supervisor with Master or equivalent degree or above.

Eligibility

Applicants for the HKCFP Research Fellowship must be active Fellow, Full Member or Associate Member of the HKCFP. New and emerging researchers are particularly encouraged to apply. However, full-time academic staff of Universities are not eligible to apply.

Selection criteria

Application potential will be judged on*:

- Training potential of applicants
- Relevance to family medicine and community health
- Quality
- Value for money
- Completeness (incomplete or late applications will not be assessed further)

** Please note that new researchers and those at an early stage of their research careers are defined as those who have not led a major research project or have fewer than 5 years of research experience.*

How to apply

1. Application form, terms and conditions of the Fellowship can be downloaded from www.hkcfp.org.hk or obtained from the College Secretariat, HKCFP at Rm 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. Tel: 2871 8899 Fax: 2866 0616.
2. Applicants must submit:
 - The completed application form;
 - The signed terms and conditions of the HKCFP Research Fellowship;
 - Curriculum vitae from the principal investigator;
 - Curriculum vitae from the co-investigator(s) (no more than two pages) AND,
 - Curriculum vitae from the supervisor.
3. Applications close on: **31st March, 2016**. Late applications will not be accepted.
4. Applications can be either sent:

By post to Research Committee, The Hong Kong College of Family Physicians, Rm 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong; Or, **by email** to jeffcheng@hkcfp.org.hk

Supported by HKCFP Foundation Fund

HKCFP Trainees Research Fund 2016 / HKCFP Research Seed Fund 2016

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: jeffcheng@hkcfp.org.hk

Please indicate the research funding title e.g. “**HKCFP Trainees Research Fund 2016**” or “**HKCFP Research Seed Fund 2016**” on your research project upon submission.

Submission Deadline: 31st August 2016

Supported by HKCFP Foundation Fund

Interest Group in Mental Health & Psychiatry in Primary Care – The 48th Meeting on 6 February 2016

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

The 48th Interested Group in Mental Health & Psychiatry in Primary Care Meeting was held on 6 February 2016. Mr. Lak Ching Cheong, Davis, Clinical Associate of the Department of Rehabilitation Sciences, The Hong Kong Polytechnic University, is the speaker.

Meeting Theme : “Advanced Neurofeedback Technique in Mental Health”

Attendance : 43

The Speaker : Mr. Davis Lak is a qualified occupational therapist graduated from The Polytechnic University. He has extensive experience in clinical rehabilitation, working in HA mental health services. Mr. Lak obtained his MPhil in rehabilitation and is now clinical associate with the Department of Rehabilitation Science at Polytechnic University. He has published papers in the field of application of EEG in mental rehabilitation, especially in the field of ADHD and Sleep. He is one of the few certified EEG practitioners in Hong Kong.

Learning Points

It is unusual for family physicians to have practicing scientist to update us on frontiers of technology. The application of EEG from laboratory to clinical practice is a good example of what the future may be. This is particularly pleasing on the eve of the Chinese New Year, we have a full house of attendance to join in a session with a high basic science flavor.

EEG Biofeedback

One may hear it being called many names – EEG biofeedback, Neurofeedback, Neurotherapy, or EEG Operant Conditioning. The idea is similar to peripheral biofeedback (e.g., EMG, temperature, EDR). EEG biofeedback allows people to know what their brains are doing, so that they can make changes in their brain. It is a learning process.

Neurofeedback works as changing in EEG amplitude represents how the brain regulates itself. When the brain works better, the individual functions better.

Different cortical structure has known function: e.g. Pre-frontal lobe for executive functions such as attention,

organization, planning; inhibition of impulsivity, focus on task at hand, and ability to learn from experience.

The Neuropsychiatric EEG-Based ADHD Assessment Aid (NEBA®)

This assessment Aid uses the theta/beta ratio of the EEG measured at electrode CZ on a patient 6-17 years of age combined with a clinician’s evaluation to aid in the diagnosis of ADHD. NEBA should only be used by a clinician as confirmatory support for a completed clinical evaluation or as support for the clinician’s decision to pursue further testing following a clinical evaluation. This is of interest as this is the only tool that has obtained FDA approval.

Developmental Plasticity: Synaptic Pruning

At birth, each neuron in the cerebral cortex has approximately 2,500 synapses. By the time an infant is two or three years old, there are approximately 15,000 synapses per neuron (Gopnick, et al., 1999). This amount is about twice that of the average adult brain. As we age, old connections are deleted through a process called synaptic pruning.

Synaptic pruning eliminates weaker synaptic contacts while stronger connections are kept and strengthened. Experience determines which connections will be strengthened and which will be pruned; connections that have been activated most frequently are preserved. Neurons must have a purpose to survive. Without a purpose, neurons die through a process called apoptosis in which neurons that do not receive or transmit information become damaged and die. Ineffective or weak connections are “pruned” in much the same way a gardener would prune a tree or bush, giving the plant the desired shape. It is plasticity that enables the process of developing and pruning connections, allowing the brain to adapt itself to its environment.

It was once believed that as we aged, the brain’s networks became fixed. In the past two decades, however, an enormous amount of research has revealed that the brain never stops changing and adjusting. Learning, as defined by Tortora and Grabowski (1996), is the ability to acquire new knowledge or skills through instruction or experience. Memory is the process by which that knowledge is retained over time. The capacity of the brain to change with learning is plasticity. So how does the brain change with learning?

According to Durbach (2000), there appears to be at least two types of modifications that occur in the brain with learning:

1. A change in the internal structure of the neurons, the most notable being in the area of synapses.
2. An increase in the number of synapses between neurons.

Conditioning

Neurofeedback (and peripheral biofeedback) is a learning process, as mentioned earlier, based on operant conditioning principles.

Operant conditioning involves learning based on reward. For example, if a mouse receives a treat each time he presses a bar, he learns to press the bar more frequently.

Another type of learning is based on **classical conditioning**. Ivan Pavlov and his salivating dogs are the icons of classical conditioning. The presentation of food made the dogs salivate. After the presentation of food was repeatedly paired with a sound, the sound alone began to cause the dogs to salivate.

Thus operant conditioning modifies behavior through the use of punishment and reward, while classical conditioning involves learning by association when stimuli are paired together.

Other important concepts in learning include extinction and generalization.

If a behavior is no longer paired with a reinforcement or punishment, the behavior will eventually decrease and end. This is called **extinction**.

Generalization is the ability to take what is learned and apply it to other areas, situations, or times. One goal in biofeedback is to generalize the skills learned in session, so that they are used at other times and in other situations.

Because biofeedback is a learning process, you may go several sessions before any significant changes are noticed. Also, in order to learn the skill well enough to prevent extinction, a minimum of 30 sessions is often recommended.

Monastra study – ADHD and biofeedback vs. stimulant therapy

This study involved 100 children, ages 6-19, with a diagnosis of ADHD - inattentive or combined types, who joined a one-year, multimodal, outpatient programme: included Ritalin , parent counseling and academic support at school (504 Plan or IEP).

This involved 51 with EEG biofeedback and Post treatment assessments with and without stimulant therapy. Ritalin produced significant improvement on

TOVA and ADDES , but result did not sustain when Ritalin was removed, while EEG biofeedback group sustained gains when Ritalin was removed.

Conditions that reported benefit from Neurofeedback include

ADD / ADHD, Addiction, Anxiety / Stress, Depression, Athletic Performance, Insomnia, Brain Injury / Stroke, Memory, Headache / Pain, Panic Attacks, Peak Performance, PTSD / Trauma and Learning Disabilities.

EEG biofeedback treatments that fall into those 5 levels of clinical efficacy include the following:

- Level 4 : ADHD
- Level 3 : Alcoholism and substance abuse, epilepsy, traumatic brain injury
- Level 2 : Depressive disorders, post-traumatic stress disorder, stroke
- Level 1 : Autistic spectrum disorders

Some Reading Recommendations

- EEG in Clinical Practice; John Hughes, M.D.
- The Executive Brain; Elkhonon Goldberg, Ph.D.
- The Emotional Brain: Joseph Ledoux, Ph.D.
- Attention Deficit Disorder: A Different Perception; Thom Hartmann
- EEG in Clinical Practice; John Hughes, M.D.
- Molecules of Emotion; Candace Pert, Ph.D.
- Migraine; Oliver Sacks
- The 20 Hour Solution; Mark Steinberg, Ph.D. & Siegfried

Websites and Reading

- www.eegspectrum.com
- www.snr-jnt.org

Next Meeting

The next meeting will be on 2 April 2016.

Dr. Mark Chan will speak on "The Life-Course Approach Model for Family Medicine".

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.

Training Course on Practice Management

Practice management is very important to any practicing doctors irrespective of whether you are practicing in public or private setting. It is one of the quality assurance accredited item and an area to assess a family medicine specialist competency. Mastering such knowledge and skill can prevent the foreseeable medical and legal risks and facilitate our daily practice more effectively and efficaciously.

The training course consists of 2 parts: Part A would be a certificate course with 4 seminars for both HKCFP members and non-members. Part B would be clinical attachment to private practice for higher trainees only. Please refer to the next page for details regarding part B.

Part A: Certificate Course on Practice Management

Dates	: 9 April, 30 April, 28 May and 11 June 2016 (All Saturdays)
Time	: 2:30 p.m. – 4:30 p.m.
Venue	: 8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wan Chai, HK.
Accreditation	: HKCFP: 2 CME Points for each session (Cat 4.3) / MCHK: 2 CME Points for each session
Language	: Mainly English (Cantonese when required)

Dates	Content	Speakers
9 April	Physical Setting and Insurance (2 Hours) Rules & regulations related to set up a clinic (Medical Council requirement & Inland Revenue Department requirement); Office, nurse and doctor's insurance and indemnity (Labour Department requirement & Role of Medical Protection Society in Professional support and Indemnity for doctors); General clinic design (Reception/staff, consultation room, dispensary, waiting room, medical record etc.) with consideration given to patient privacy and staff safety; Diagnostic equipment & various treatment facilities; Protocol & Emergency care in GP setting including BLS, resuscitation equipment.	Dr. Stephen Foo
30 April	Management of Pharmacy, Dispensary and Dangerous Drug (2 Hours) Dangerous Drug Ordinance record, storage and destruction; Drug labeling criteria (safe prescribing and Proper Dispensing); Medicine and vaccination stock & storage; How to organize and manage the dispensary; Nurse training to avoid mishap; Risk management and Incidence report.	Dr. Angus Chan
28 May	Effective Clinic Operation & Management (2 Hours) Staff recruitment, job description and training(importance of Chaperone: Regular Meeting); Confidentiality and Privacy Ordinance(Accounting system, security, back up, passwords etc.); Medical record (Computer & Manual System, importance of documentation in Medical Record, Sick Leave, Medical Report, Consent process; Investigation, Laboratory test filling, Call back system, Referral system; Age/Sex register, Disease register, developing protocols (operational manuals for all staff), Qualification Assurance, Clinical audit, research & teaching in GP setting.	Dr. Li Kwok Tung, Donald
11 June	Infection Control and Occupational Safety (2 Hours) Infection control measures in clinic (ventilation, fever cohort, PPE & hand hygiene); Common disinfected and sterilization items and procedure; Medical waste management; Infectious diseases report and notification; Occupation Safety and Health (OSH); Injury on duty related issues	Dr. Ng Ming Shing Dr. Lam Tak Man, Catherine

Course Fee:

HKCFP Members: HK\$1,300 (Full course) / HK\$400 (spot admission for each lecture)

Non-HKCFP Members: HK\$2,600 (Full course) / HK\$800 (spot admission for each lecture)

Certification: Those who have attended all 4 lectures will be awarded a "Certificate of Attendance" under Board of Education, HKCFP.

Practice Management Training Course Part A

REPLY SLIP

I am a *Member / Non-member of The Hong Kong College of family Physicians. (*Please delete as appropriate)

I would like to attend the Certificate Course on Practice Management on the following date(s):

All 4 seminars 9 April 2016 30 April 2016 28 May 2016 11 June 2016

Name: _____ Mobile: _____ Member-ID (if applicable): _____

Email: _____ Course Fee: _____ Date: _____

Registration will be on first come, first served basis. For registration or any enquiry, please call the College secretariat, Ms. Cherry Chan at 2871 8899. All cheque should be made payable to "HKCFP Education Ltd". Please mail the cheque to Rooms 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Hong Kong for registration. All fees received are non-refundable and non-transferable.

HKCFP Practice Management Training Course

Possession of good practice management knowledge and skills can prevent foreseeable medical and legal risks and facilitate daily clinical operation more effectively and efficaciously. The clinical attachment in private practice is aimed at sharing hands-on experience in practice management within the private setting in which the majority of primary health care is provided in our locality.

Part B: Practice Management Attachment in Private Sector

Learning Objectives

Family Medicine doctors undergoing this attachment are expected to gain exposures in the following:

- Patient consultations conducted by private family physicians in
 - Private clinics setting in the community
- The disease spectrum in private primary care setting
 - The challenges in management, including the use of medications, surgery tests and investigations
- Rapport among patients and private family physicians
- Common practical procedures in private practice
- Setting up a private practice
- Daily operation of a practice
- Clinic drug store organization
- Drug dispensing procedures
- Patient record systems
- Patient registration systems
- Staff management
- Community networking of private family physicians
- Experience sharing from private family physicians

Target Group:

For family medicine higher trainees only

Venue : Private family medicine clinics

Date : From **July 2016** to **March 2017**

Time : To be arranged by HKCFP secretariat and mutually agreed by the practice management advisor and the participating doctor

Duration : Two clinic visits and each visit lasts for 2.5 hours per participating doctor

Course fee : HK\$3,000. **All fees received are non-refundable and non-transferable.**

Certification : The participating doctor will be awarded a "Certificate of Attendance" under Board of Education, HKCFP

Prerequisite qualification of Practice Management Advisors:

FHKAM (Family Medicine) AND currently practicing in private sector

Deadline of Application: 15 April 2016 (Friday)

Practice Management Training Course Part B

APPLICATION FORM (For Higher Trainee only)

Name: _____
Surname (BLOCK LETTERS) Given Name Name in Chinese HKCFP Member ID

Correspondence Address: _____

Mobile: _____ **Office Telephone:** _____ **Email:** _____

Current Practice Details:

Private: Solo Group Years in practice _____

Government: HA (Cluster _____) Department of Health Years in practice _____

Other Institutions: Please specify _____

Registration will be on first come, first served basis. For registration or enquiry, please call the College secretariat, Ms. Cherry Chan at 2871 8899. A completed application form must be returned to the Hong Kong College of Family Physicians, Rooms 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road on or before 15 April 2016 with an application fee of HK\$3,000 by crossed cheque made payable to "HKCFP Education Limited". All fees received are non-refundable and non-transferable.

- 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.

2 April 2016 Saturday

Board of Education Interest Group in Mental Health

Aim	To form a regular platform for sharing and developing knowledge and skill in the management of mental health	
Theme	The Life-Course Approach Model for Family Medicine	
Speaker	Dr. Chan Suen Ho, Mark	
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
	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.	

20 April 2016 Wednesday

Diagnostics and Management of HIV in Primary Care

Dr. Fong Yeung, Francois
Private Practitioner

Chairman	Dr. Lee Wan Tsi, Francis The Hong Kong College of Family Physicians	
Time	1:00 p.m. – 2:00 p.m.	Registration and Lunch
	2:00 p.m. – 3:30 p.m.	Lecture and Discussion
Venue	Pearl Ballroom, 2/F, Eaton Hotel, 380 Nathan Road, Jordan, Kowloon	
Admission Fee	College Fellow, Full or Associate Members Other Categories of Members Non-Members	Free HK\$ 350.00 HK\$ 450.00
	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.	

Sponsored by
Gilead Sciences Hong Kong Limited

22 April 2016 Friday

Expert's perspective in hypertension management: From BP control to life-saving

Prof. Alistair HALL

*Consultant in Cardiology,
Head of Division of Epidemiology, Leeds Medical School,
University of Leeds, United Kingdom*

Chairman	Dr. Tsui Hing Sing, Robert The Hong Kong College of Family Physicians	
Time	1:00 p.m. – 2:00 p.m.	Registration and Lunch
	2:00 p.m. – 3:30 p.m.	Lecture and Discussion
Venue	Shanghai Room, Level 8, Cordis Hotel Hong Kong, 555 Shanghai Street, Mongkok, Kowloon	
Admission Fee	College Fellow, Full or Associate Members Other Categories of Members Non-Members	Free HK\$ 350.00 HK\$ 450.00
	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.	

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Servier Hong Kong Limited

23 April 2016 Saturday

Board of Education Interest Group in Neuro-musculoskeletal

Aim	To form a regular platform for sharing and developing knowledge and skill in the Neuro-musculoskeletal	
Theme	General Approach to Common Musculoskeletal Problems and Their Advanced Treatments	
Speaker	Dr. Ip Kit Kuen, Andrew President of the Hong Kong Institute of Musculoskeletal Medicine	
Co-ordinator & Chairman	Dr. Au Chi Lap Chairman of the MSK interest group subcommittee	
Time	1:30 p.m. – 2:30 p.m.	Lunch
	2:30 p.m. – 4:30 p.m.	Theme Presentation & Discussion
Venue	5/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong	
Admission Fee	Members Non – members HKAM Registrants	Free HK\$ 300.00 HK\$ 150.00
	All fees received are non-refundable and non-transferable.	
Accreditation	2 CME points HKCFP (Cat. 4.3) 2 CPD points HKCFP (Cat. 3.15) 2 CME points MCHK	
Language	Lecture will be conducted in English and Cantonese.	
Registration	Registration will be first come first served. Please reserve your seat as soon as possible.	
Note	Participants are encouraged to present own cases for discussion. Please forward your cases to the co-ordinator via the College Secretariat 2 weeks prior to meeting.	

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

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27 April 2016 Wednesday

SGLT2 inhibitors – An all rounded anti-hyperglycemic therapy beyond HbA1c

Dr. MA Pui Shan

Specialist in Endocrinology, Diabetes & Metabolism

Chairman	Dr. Tong Siu Man The Hong Kong College of Family Physicians
Time	1:00 p.m. – 2:00 p.m. Registration and Lunch 2:00 p.m. – 3:30 p.m. Lecture and Discussion
Venue	Monaco Room, Basement 1, Regal Hongkong Hotel, 88 Yee Wo Street, Causeway Bay, Hong Kong

Admission Fee	College Fellow, Full or Associate Members Other Categories of Members Non-Members	Free HK\$ 350.00 HK\$ 450.00
Accreditation	All fees received are non-refundable and non-transferable. 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.	

Sponsored by
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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.

April's session:

Date	29 April 2016 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	Management of Insomnia and the Use of Hypnotics – Dr. Chiu Siu Ning
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 Cantonese.

Community Education Programme

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

Date/Time/CME	Venue	Topic/Speaker/Co-organizer	Registration
9 Apr 2016 2:15 – 4:15p.m.	Training Room II, 1/F, OPD Block, Our Lady of Maryknoll Hospital, 118 Shatin Pass Road, Wong Tai Sin, Kowloon	Handling mood problems in primary care Dr Wing Wo LAM, Private Family Doctor	Ms. Clara Tsang Tel: 2354 2440
23 April 2016 1:30 – 3:45p.m.	Training Room II, 1/F, OPD Block, Our Lady of Maryknoll Hospital, 118 Shatin Pass Road, Wong Tai Sin, Kowloon	Common Gynecological Problems Dr. Mona LAM Wai Cheung, Deputy Consultant, O&G, UCH	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
6 April 16 (Wed)			
2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Journal club (related to patient education and empowerment) Dr. Cheuk Hiu Ying Angie & Dr. Lam Lai Cho Eugenia	Ms. Polly Tai Tel: 3949 3430
2:15 – 4:45 p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	Government Voluntary Health Insurance Scheme Dr. Sun Kwok Fung	Ms. Eliza Chan Tel: 2468 6813
7 April 16 (Thu)			
4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Clinical Approach: Breast Complaints Dr. Hsu Kwok Fai & Dr. Lee Sik Kwan	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Journal Club Dr. Yuen Chi Hang	Ms. Kwong Tel: 2595 6941
2:15 – 5:15 p.m.	Lecture Theatre, 8/F, Ambulatory Care Block, Tseung Kwan O Hospital	Journal club (related to patient education and empowerment) Dr. Lee Wing Mei Dickinson & Dr. Yeung Ka Yu Doogie	Ms. Polly Tai Tel: 3949 3430

13 April 16 (Wed)

2:15 – 4:45p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	Clinical Approach: Smell and Taste Disturbance Dr. Tsui Sau In	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Management of common mental disorders in primary care Dr. Kwok Yee Ming Elaine & Dr. Chow Pui Yin Melody	Ms. Polly Tai Tel: 3949 3430
4:45 – 6:45 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	Alcohol abuse: How to help patients to quit alcoholism? Dr. Chris Chau	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	Organ Transplant Dr. Peter Leung Siu Hei	Ms. Crystal Law Tel: 2632 3480

14 April 16 (Thu)

2:15 – 5:15 p.m.	Lecture Theatre, 8/F, Ambulatory Care Block, Tseung Kwan O Hospital	Management of common mental disorders in primary care Dr. Mak Ho Yan Queenie & Dr. Lo Alvina	Ms. Polly Tai Tel: 3949 3430
4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Fall Prevention in Primary Care Dr. Hong Sze Nga & Dr. Li Shun Hoi	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Clinical Psychologist in Family Medicine 1 Dr. Lam Chi Yuen, Johnny	Ms. Kwong Tel: 2595 6941

20 April 16 (Wed)

2:15 – 4:45p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	What Makes a Competent Family Physician Dr. Yuen Ching Yan	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Case presentation (to illustrate how to implement preventive care in community setting) Dr. Lee Shek Hang Henry & Dr. Wong Koon Yin Yvonne	Ms. Polly Tai Tel: 3949 3430
4:45 – 6:45 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	Journal Club Dr. Matthew Lee	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	Community Resources of Domestic Violence and Management Dr. Yu Wing Yee Stephanie	Ms. Crystal Law Tel: 2632 3480

21 April 16 (Thu)

2:15 – 5:15 p.m.	Lecture Theatre, 8/F, Ambulatory Care Block, Tseung Kwan O Hospital	Case presentation (to illustrate how to implement preventive care in community setting) Dr. LEUNG Ching Ching & Dr. YING Gard Ching Derek	Ms. Polly Tai Tel: 3949 3430
4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	How to Motivate Poor DM Control Patient to Start Insulin Dr. Jor Hon Man & Dr Yiu Chung Ting	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Medical Protection Society - case discussion; common pitfalls in daily practice Dr. Rita Chan	Ms. Kwong Tel: 2595 6941

27 April 16 (Wed)

2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Environmental hazards & drug poisoning Dr. HOU Jing & Dr. CHAN Kil Pak Kilpatrick	Ms. Polly Tai Tel: 3949 3430
2:15 – 4:45p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	Principle of Leicester Assessment Package (LAP) Dr. Wan Ka Yan	Ms. Eliza Chan Tel: 2468 6813
4:45 – 6:45 p.m.	Multi-function Room, RAMP clinic, Aberdeen GOPC	CXR findings interpretation in primary-care-setting Dr. Julie Wang	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	Healthy Eating Dr. Chen Liu Jing Mira & Dr. Chan Lam Chloe	Ms. Crystal Law Tel: 2632 3480

28 April 16 (Thu)

2:15 – 5:15 p.m.	Lecture Theatre, 8/F, Ambulatory Care Block, Tseung Kwan O Hospital	Environmental hazards & drug poisoning Dr. FONG Wai & Dr. CHAN Wing Chi Annie	Ms. Polly Tai Tel: 3949 3430
4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	How to Set Up New Service in Primary Care Clinic Dr. So Chi Kin & Dr. Sung Cheuk Chung	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Effective History Taking Dr. Lee Wing Po	Ms. Kwong Tel: 2595 6941

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 Mar 2:00 – 6:00 p.m. CPR Examination	21	22	23 2:15 – 7:30 p.m. Structured Education Programme	24 2:15 – 7:00 p.m. Structured Education Programme 9:00 p.m. Board of Conjoint Examination Meeting	25	26
27	28	29	30 2:15 – 7:30 p.m. Structured Education Programme	31 2:15 – 7:00 p.m. Structured Education Programme 9:00 p.m. 59th Specialty Board Meeting	1 Apr	2 2:30 – 4:00 p.m. Interest Group in Mental Health DFM Pre-examination Workshop
3	4	5	6 2:15 – 7:30 p.m. Structured Education Programme	7 2:15 – 7:00 p.m. Structured Education Programme	8	9 2:30 – 4:30 p.m. Practice Management Lecture
10	11	12	13 2:15 – 7:15 p.m. Structured Education Programme	14 2:15 – 7:00 p.m. Structured Education Programme	15	16 2:30 – 5:30 p.m. AEC 2:30- 5:00 p.m. Exit Exam - Research and Clinical Audit Preparatory Workshop
17	18	19 9:00 p.m. QA & A Committee Meeting	20 2:15 – 7:30 p.m. Structured Education Programme 1:00 – 3:30 p.m. CME Lecture	21 2:15 – 7:00 p.m. Structured Education Programme 8:30 p.m. HKCFP Council Meeting	22 1:00 – 3:30 p.m. CME Lecture	23 1:30 – 4:30 p.m. Interest Group in Neuro-musculoskeletal DFM Written Examination
24 10:00 a.m. – 1:00 p.m. BPDS Macau CME Programme DFM OSCE Final Examination	25	26	27 1:00 – 3:30 p.m. CME Lecture 2:15 – 7:30 p.m. Structured Education Programme	28 2:15 – 7:00 p.m. Structured Education Programme 9:00 p.m. Board of Conjoint Examination Meeting	29 2:30 – 3:30 p.m. Board of Education - Video Session	30 2:30 – 4:30 p.m. Practice Management Lecture

FP LINKS EDITORIAL BOARD 2015

FP LINKS EDITORIAL BOARD 2015	
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Front row (left to right): Dr. Natalie Siu, Dr. Anita Fan, Dr. Wendy Tsui, Dr. Catherine Ng, Dr. Judy Cheng and Dr. Maria Leung

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

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