



THE HONG KONG  
COLLEGE OF  
FAMILY PHYSICIANS

# FP Links

Issue 147  
May 2016

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## Message from the President



Primary Care is extremely important to any healthcare system in the world. The research evidence by the late Prof Barbara Starfield shows that a greater emphasis in a country on Primary Care and Family Medicine can be expected to lower the cost of care, improve health through access to more appropriate services and reduce the inequities in a population of health. The ultimate goal of Primary Care is better health for all.

Family Physicians, nurses and other allied professionals are the pillars to achieve this goal.

The 6<sup>th</sup> Hong Kong Primary Care Conference will happen on 4-5 June 2016. The organizing committee has chosen "A Flourishing Community- Our Vision in Primary Care" as the main theme to address present and future development in Hong Kong and worldwide. We are privileged to have Prof Michael Kidd, President of the World Organization of Family Doctors (WONCA), Prof Sophia Chan, Under Secretary of Food and Health Bureau, Hong Kong SAR and Prof Lam Tai Pong, Professor, Department of Family Medicine and Primary Care, The University of Hong Kong to deliver three high power plenary lectures, namely "Flourishing Communities- How do we Achieve our Global Vision for Primary Care", "Primary Care Development in Hong Kong" and "Future developments of Family Medicine in Hong Kong" respectively. This year we even have two workshops on Communication Skills in Putonghua to address local and Greater China participants. Don't miss this great event.

Immediately after the Primary Care Conference will be the 29<sup>th</sup> Fellowship Conferment Ceremony and the 27<sup>th</sup> Dr. Sun Yat Sen Oration on 5<sup>th</sup> June 2016 afternoon. The orator will be Prof. Gabriel M Leung, Dean, Li Ka Shing Faculty of Medicine, The University of Hong Kong. Obviously Prof Leung is the best person to mark the 150<sup>th</sup> anniversary of the birth of Dr. Sun Yat Sen, an alumnus of HKU. All Members and Fellows are most welcome to attend and join us on this memorable occasion.

The Medical Registration (Amendment) Bill 2016 has caused a storm in our medical field. The President of Hong Kong Medical Association (HKMA) has resigned without the support to call for referendum to release the 7 seats occupied by HKMA for open election by all members. One Lawmaker has criticised the government saying that half of the 26 voters in the Academy of Medicine (HKAM) were not doctors. In fact all AM Council members are doctors. A lot of members and fellows are not clear with the composition of the Medical Council (MCHK) and ask me if the College has any representative.

The existing MCHK consists of 28 members. Of the 14 elected members, 7 are elected by all Hong Kong doctors and 7 are

elected by the HKMA Council. Of the 14 appointed members, 2 of each are from Department of Health (DH), Hospital Authority (HA), Hong Kong Academy of Medicine (HKAM), The Chinese University of Hong Kong (CU) and The University of Hong Kong (HKU) and the remaining 4 are lay members. The saga starts with the Government proposing to have extra 4 lay members. Due to professional autonomy, most doctors prefer to increase the number of elected members by 4 simultaneously. Now the latest proposal is 4-2+2. This means 2 appointed seats from the HKAM will be converted to elected category with election by the Academy Council and therefore the total number of elected members will be 16 and the appointed members are 8 lay members plus 2 of each from DH, HA, CU and HKU. With this proposal, there are still 24 doctors versus 8 lay members.

In fact our best representation is from HKAM. HKCFP is one of the founding Colleges of HKAM and I am a member of HKAM Council representing the College. AM Council has agreed to keep the current practice of having nomination and election conducted within HKAM Council. Election of representatives via the HKAM Council demonstrates fairness to all Colleges irrespective of their sizes, which vary significantly from under 200 to over 1,600 Fellows. A general polling is fair to individual Fellows but may sacrifice the rights of Colleges with a smaller number of Fellows. Weighing the two, the rights of Colleges are more important, as each specialty College makes an equal contribution to the public. However, HKAM Council at the last meeting agreed in principle that the nomination could be open to all Fellows if necessary, as long as the election should still be within Council in order to protect the interest of Colleges with fewer number of Fellows. HKAM has no objection to the so-called 4-2+2 proposal, given that it does not alter the existing practice of the Academy and could help achieve the aim of having 1:1 ratio of "elected" to "appointed" members in MCHK. There was no objection to supporting the addition of lay members to MCHK.

The mottoes of the MCHK are: Maintaining Professionalism, Protecting the Public and Ensuring Justice. Looking at the mottoes superficially, 2 out of 3 has nothing to do with professional autonomy. A lot of us are still registered with General Medical Council, UK. GMC has 24 Council members consisting 12 medical doctors and 12 lay members. All members were appointed following an independent appointment process. Our profession in Hong Kong has been lucky so far but for how long!



## “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 15<sup>th</sup> May 2016 to 14<sup>th</sup> June 2016, Dr. Billy Chiu and Dr. Mark Chan 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](mailto: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. BILLY CHIU



DR. MARK CHAN

## Classified Advertisement

**Accredited Private FM Centre invites full time / part time Doctors** for expanding services (Tuen Mun / Kwai Fong). FM Trainee, Paediatricians welcomed. Basic + Profit Sharing ± Partnership. Send CV enquiry@adecmed.com (Amy CHAN) 9212-6654.

## Membership Committee News

The Council approved, on recommendation of the Chairlady of the Membership Committee, the following applications for membership in **March – April 2016**:

### Associate Membership (New Application)

Dr CHO Tze Yan	曹子欣
Dr CHONG Yu Hoi	莊裕開
Dr NG Ngai Mui	吳毅梅
Dr ZHAO Yan	趙艷

### Associate Membership (Reinstatement)

Dr CHAN Wai Chung, Virginia	陳慧中
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### Resignation from Associate Membership

Dr CHAN Man Ting	陳蔓婷
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## Electronic cigarettes

What do we need to know



Highlight of information on

*electronic cigarettes*

from major international and overseas authorities is now available at the website of Tobacco Control Office of the Department of Health.

Please visit <https://www.tco.gov.hk/english/quitting/ec.html>



or simply scan the QR code for details.

Quitline 1833 183



## Board of Vocational Training and Standards News

Hong Kong Primary Care Conference (HKPCC) 2016 will take place from 4-5 June 2016 at the Hong Kong Academy of Medicine Jockey Club Building, Wong Chuk Hang, Hong Kong.

All basic trainees, enrolled in 2006 or after, are required to attend at least TWO Hong Kong Primary Care Conference organized by the Hong Kong College of Family Physicians in the **four-year training programme**.

All higher trainees are required to attend at least ONE Hong Kong Primary Care Conference in the **two-year training programme**; OR, at least TWO Hong Kong Primary Care Conference in the **three-year training programme**.

The above information has already been mentioned in Trainee's logbook.

Please contact Carmen or Charlotte at 2871 8899 for details.

BVTS

## Internal Affairs Committee News

### The 29<sup>th</sup> Fellowship Conferment Ceremony and the 27<sup>th</sup> Dr. Sun Yat Sen Oration, HKCFP

Dear Colleagues,

The College is holding **"The 29<sup>th</sup> Fellowship Conferment Ceremony and the 27<sup>th</sup> Dr. Sun Yat Sen Oration"** on **5 June 2016 (Sunday) at the Hong Kong Academy of Medicine Jockey Club Building**.

The successful candidates of Conjoint Examination would be conferred Fellowships, and the successful candidates of Diploma in Family Medicine and the Exit Examination would be granted certificates. In this very important occasion, **Prof. Gabriel M. LEUNG, Dean of the Li Ka Shing Faculty of Medicine of the University of Hong Kong**, would deliver the 27<sup>th</sup> Dr. Sun Yat Sen Oration to the audience.

All Fellows\*, members and their spouses are cordially invited to attend the Conferment Ceremony and the Oration. Details are listed as follows.

Events : (i) **The 29<sup>th</sup> Fellowship Conferment Ceremony**

(ii) **The 27<sup>th</sup> Dr. Sun Yat Sen Oration by Prof. Gabriel M. LEUNG**

Venue : 1/F, Run Run Shaw Hall, Hong Kong Academy of Medicine Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong

Date : 5 June 2016 (Sunday)

Time : 4:45 p.m. – Reception with light refreshment  
5:45 p.m. – Ceremony

Remarks: 1 CME (Category 4.3)

This activity is free of charge for our College Fellows, members and their spouses.

\*All College Fellows are welcome to bring their Fellowship gowns for the Conferment Ceremony.

Please mark your diaries and we look forward to seeing you soon.

Thank you!

Dr. David CHAO  
Chairman, Internal Affairs Committee  
HKCFP

## Meeting Highlights

### Interest Group in Mental Health

Dr. Lau Wing Yin Verena, Senior Specialist (Educational Psychologist), Education Bureau, delivered a lecture on "Promoting Students' Mental Health: From an Educational Psychologist's Perspective" and Dr. Eve Wong, Clinical Social Worker, Adolescent Medical Centre, Queen Elizabeth Hospital, delivered a lecture on "Understanding Suicidality in Young People" on 2 April 2016.



Dr. Chan Suen Ho, Mark (1<sup>st</sup> from the left, Moderator), Dr. Kwong Bi Lok, Mary (2<sup>nd</sup> from the left, Council Member) and Dr. Stephen Foo (1<sup>st</sup> from the right, Censor) presenting the souvenirs to Dr. Lau Wing Yin Verena (middle, Speaker) and Dr. Eve Wong (2<sup>nd</sup> from the right, Speaker) during the lecture on 2 April 2016

### Interest Group in Neuro-musculoskeletal

Dr. Ip Kit Kuen, Andrew, President of the Hong Kong Institute of Musculoskeletal Medicine, delivered a lecture on "General Approach to Common Musculoskeletal Problems and Their Advanced Treatments" on 23 April 2016.



Dr. Au Chi Lap (right, Moderator) presenting a souvenir to Dr. Ip Kit Kuen, Andrew (left, Speaker) during the lecture on 23 April 2016

### CME Lecture on 20 April, 2016

Dr. Fong Yeung, Francois, Private Practitioner, delivered a lecture on "Diagnosis and Management of HIV in Primary Care" on 20 April 2016.



Dr. Lee Wan Tsi, Francis (left, Moderator) and Dr. Alvin Chan (right, Council Member) presenting a souvenir to Dr. Fong Yeung, Francois (middle, Speaker) during the lecture on 20 April 2016

### CME Lecture on 22 April, 2016

Prof. Alistair Hall, Consultant in Cardiology and Head of Division of Epidemiology, Leeds Medical School, University of Leeds, United Kingdom, delivered a lecture on "Expert's perspective in hypertension management: From BP control to life-saving" on 22 April 2016.



Dr. Tsui Hing Sing, Robert (1<sup>st</sup> from the left, Moderator) and Dr. Stephen Foo (2<sup>nd</sup> from the right, Censor) presenting the souvenirs to Prof. Alistair Hall (2<sup>nd</sup> from the left, Speaker) and the representative of Sponsor during the lecture on 22 April 2016

### CME Lecture on 27 April, 2016

Dr. Ma Pui Shan, Specialist in Endocrinology, Diabetes & Metabolism, delivered a lecture on "SGLT2 inhibitors - An all rounded anti-hyperglycemic therapy beyond HbA1c" on 27 April 2016.



Dr. Au-Yeung Shiu Hing (right, Moderator) presenting a souvenir to Dr. Ma Pui Shan (left, Speaker) during the lecture on 27 April 2016

## Specialty Board News

The Specialty Board is pleased to announce that the following candidates have successfully passed the 2016 Full Exit Examination of HKCFP .

Dr. Chou Chun Wing Stephen  
 Dr. Lai Sum Yin  
 Dr. Lee Wing Po

# Congratulations!

### Outstanding Candidate of Exit Exam 2016

Specialty Board is pleased to announce that Dr. Lai Sum Yin has achieved outstanding performance in all segments and will be awarded the Outstanding Candidate this year.

## Fellow Badge for Fellows of HKAM in Family Medicine

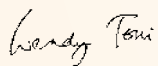
Dear Fellows of HKAM (Family Medicine),

The Specialty Board is delighted to present a badge for each of the Fellows of HKAM (Family Medicine).

From now until 31 December 2016, please come to Rm 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Wong Chuk Hang for receiving one complimentary badge. The redemption must be verified with Fellow Card by the college secretariat.

Should you have any question, please contact the board secretaries Alky or Carmen at 2871 8899.

Thank you!



Dr. Wendy Tsui  
 Chairlady, Specialty Board



## Board of Diploma in Family Medicine (DFM) News

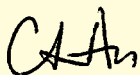
The Board of DFM is pleased to announce that the following candidates have successfully passed the 13<sup>th</sup> Diploma Course in Family Medicine 2015-2016.

Dr. Chan Nim Tak, Douglas	Dr. Chui Wai May, Amy	Dr. Lin Chengbiao	Dr. Wong Ngai Lam
Dr. Chan Siu Chung	Dr. Fong Nga Man	Dr. Loo Anne	Dr. Yam Wai Cheong
Dr. Cheng Dandan	Dr. Guo Meiling	Dr. Mak Kin Mei	Dr. Zhu Yanyan
Dr. Choi Man Yan, Teresa	Dr. Kwong Chi Ho	Dr. Tsui Felix	

Congratulations to all the successful candidates.

### Distinction

The Board of DFM is pleased to announce that Dr. Tsui Felix has achieved the highest overall score and will be awarded the title of Distinction.



Dr. Au Chi Lap  
 Chairman  
 Board of DFM

## 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)

<b>Aims:</b>	1. Learn concepts of Family Medicine 2. Understand the role and scope of a Family Doctor
<b>Contents:</b>	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)

<b>Aims:</b>	1. Enhance consultation, communication and problem solving skills 2. Understand the diagnostic formulation process in Family Medicine
<b>Contents:</b>	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)

<b>Aims:</b>	1. Strengthen knowledge in Family Medicine 2. Understand the potential growth of Family Medicine 3. Develop research and teaching skills in Family Medicine
<b>Contents:</b>	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)

<b>Aims:</b>	Acquire in-depth knowledge and practical skills in selected specialized areas including Medicine, Surgery, Geriatrics, ENT, Orthopaedics & Traumatology, Accident & Emergency Medicine, and Infectious Diseases
<b>Contents:</b>	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)

<b>Aims:</b>	Enhance practical and communication skills in Family Medicine by Practical Workshops in selected areas including CPR, Consultation Skills, Counselling Skills, Women's Health, Orthopaedic Injection and Musculo-Skeletal Medicine
<b>Contents:</b>	Four compulsory and two elective Practical Workshops in selected areas including CPR, 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 20 May 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





## 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

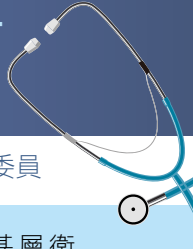
803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong by post or by email: [jeffcheng@hkcfp.org.hk](mailto:jeffcheng@hkcfp.org.hk)

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: 31<sup>st</sup> August 2016**

Supported by HKCFP Foundation Fund

# 醫患溝通技能訓練錄像教材 2016 〈製作花絮〉



這套錄像教材把一些溝通技巧，實踐於四個常見的臨床情境當中

羅思敏醫生，香港家庭醫學學院專業進修及服務委員會委員

學院一直積極推動家庭醫學。近年中央政府加強基層衛生工作，目標提升全科醫師水平。學院專業進修及服務委員會從2015年起，在香港舉辦「全科醫學骨幹(師資)培訓班」，學員來自大陸多個省市及地區。其中一個重要的互動課題，就是「醫患溝通技能訓練」。為了更加強化教材內容，因應同業要求，我們匯集經驗豐富的教師團隊，錄製模擬診症教材，作為香港對中國家庭醫學教學的貢獻。學院邀請了專業的製作團隊在今年3月12日於香港醫學專科學院進行拍攝，在此衷心感謝榮譽顧問李國棟教授、陳銘偉院長、劉浩濂副院長及學院秘書處的支持。



拍攝當天一氣呵成，從早上八時半連續拍攝至晚上九時，感謝學院秘書處及香港醫學專科學院 Hong Kong Jockey Club Innovative Learning Centre for Medicine 的鼎力支持。(左起：羅思敏醫生，陳銘偉院長，劉浩濂副院長，蘇薇經理)



陳銘偉院長為教材拍攝前言



李國棟教授為教材拍攝前言



劉浩濂副院長為教材拍攝前言



醫患溝通技能訓練總導師羅思敏醫生



鏡頭裡的資深導師陳選豪醫生



焦慮不安的大學研究生 (由專業演員飾演病人)



憤怒的計程車司機 (由專業演員飾演病人)



被告知患上癌症的家庭主婦 (由專業演員飾演病人)



受失眠困擾的會計文員 (由專業演員飾演病人)



鏡頭裡的資深導師陳穎欣醫生

畢竟書本上的技巧千篇一律，眼前的病人卻獨一無二；也只有最真誠的同理心，才能做到與病人同行。各位同行，共勉之。

# World Family Doctor Day

Dr. Chan Man Li, Section Editor (Feature) of FP Links Editorial Board

By the time you read this article you may come across an important day for us, **World Family Doctor Day [WFDD] [19<sup>th</sup> May]**. How many of you know the history of this day and the main theme for this year?



Let us revisit this World Family Doctor Day:

World Family Doctor Day – 19<sup>th</sup> May - was first declared by WONCA in 2010 and it has become a day to highlight the role and contribution of family doctors in health care systems around the world. The event has gained momentum globally each year and it is a wonderful opportunity to acknowledge the central role of our specialty in the delivery of personal, comprehensive and continuing health care for all of our patients. It's also a chance to celebrate the progress being made in family medicine and the special contributions of family doctors all around the world.

Every year many of family doctors across the globe celebrated the day by organising a variety of events and activities.

This year, the main theme highlighted by World Organization of Family Doctor(WONCA) is smoking cessation. Smoking is the activity most damaging to health in a whole range of ways, and part of our role as family doctors is to be able to encourage our patients to stop smoking and to provide resources and support to help them. But WONCA is very happy for Member Organizations to develop their own theme for WFDD, depending on local priorities.



So what is the main theme of WFDD here at Hong Kong?

## World Family Doctor Day 2016 – Family Doctors: Brighten your life



To commemorate the World Family Doctor Day (19<sup>th</sup> May), the Hong Kong College of Family Physicians and Primary Care Office have co-organised a publicity event on 15<sup>th</sup> May to raise awareness of the general public about the important role of family doctors in maintaining their mental health besides physical health, in the primary care setting.

A family doctor, being the first point of contact for individuals and families in a continuing health-care process, cares about patients beyond treatment of their diseases in the primary care setting. Family doctor is capable of providing comprehensive, continuing, whole person and preventive care to both patients and their families so as to ensure their physical, psychological and social well-being.

Mental health is as important as physical health. Mood problems are common in Hong Kong. Opportunity is taken to raise public awareness that family doctors can play a vital role in maintaining mental health of his/her patients. Family doctors are well positioned to tackle mental health issues in the primary care setting.

Even many events happened over the past few years, we, as family doctors, are still in our position to safeguard the wellbeing of our patients and the community. So let's take the chance to celebrate the progress being made in family medicine and the special contributions of family doctors in Hong Kong.



## E-Cigarettes - friend or fiend?

Through local statistics, we learnt that smoking costs Hong Kong over \$5 Billion every year<sup>1</sup> and it is related to the top leading causes of deaths (cancers, pneumonia, heart diseases, cerebrovascular diseases & chronic lower respiratory diseases) in the recent years<sup>2</sup>, whilst in 2015 our local prevalence of smokers is around 10.5%. Our government is striving with all kinds of tobacco control policies (in terms of legislation, law enforcement, publicity and education, smoking cessation and taxation, etc.) to discourage and protect our citizens from tobacco smoking and in recent years, this leads to heightened concerns amongst some smokers to start considering smoke cessation.

News about smoke cessation therapy is ever updating throughout the world and there are currently a lot of hot debates about e-cigarettes. In the UK, an expert independent evidence review published by Public Health England (PHE) in August 2015<sup>3</sup> concluded that "e-cigarettes being significantly less harmful to health than tobacco and have the potential to help smokers quit smoking". This was also followed by Britain's medicines regulator, The Medicines and Healthcare Products Regulatory Agency (MHRA) awarding a licence to a tobacco company for its e-cigarette device that will allow it to be marketed as a smoking cessation aid<sup>4</sup>.

### How e-cigarettes work and are they risk free?

E-cigarettes are handheld battery-powered devices, formally and collectively known as Electronic Nicotine Delivery Systems (ENDS) containing a heating element to atomise the "e-juice" liquid (which usually containing liquid nicotine, propylene glycol, glycerin, flavouring and other potential substances). When air passes through the device, the nicotine mixture is vapourised through heating and is inhaled by its user<sup>5</sup>.



Fig 1 : Parts of an Electronic Cigarette  
Source: Wikipedia ([https://en.wikipedia.org/wiki/Construction\\_of\\_electronic\\_cigarettes](https://en.wikipedia.org/wiki/Construction_of_electronic_cigarettes))

From the recent news, a lot of doctors (and even voices from the general public) are beginning to ask if e-cigarettes are completely safe and

considerable as a mean to help smoking cessation. In spite of the news above, there are still a lot of debatable uncertainties against them, namely:

### 1) Potential Health Risks?

- With the rapidly changing products and regulatory environment in the US and UK, there is no current production standards for ENDS, whilst there are various preparations produced by different manufacturers. As a result, the nature of the "e-juice" constituents and devices are unclear and typically unknown to the users whilst many are still worried given the relatively recent entry of ENDS into the market and the lengthy lag time for onset of many diseases of interest, such as cancer, conclusive evidence about the association of ENDS with such diseases will not be available for years or even decades.
- Current known physiological effects associated with ENDS use included mouth and throat irritation<sup>6</sup>.
- Some also concern that during the heating up of the glycerin and propylene glycol, the solvents commonly used in the "e-juices", these chemicals may decompose at high temperatures to low molecular carbonyl compounds including the carcinogens formaldehydes and acetaldehydes<sup>7</sup>. There are also worries about the possible long term impact of propylene glycol and flavourings in these e-juices leading to bronchiolitis obliterans ("popcorn lung"), which being a serious and irreversible condition as the tiny air sacs in the lungs become scarred<sup>8</sup>.



Fig 2 : Nicotine containing e-liquids with all kinds of flavours  
Source: Wikipedia ([https://en.wikipedia.org/wiki/Electronic\\_cigarette](https://en.wikipedia.org/wiki/Electronic_cigarette))

### 2) Risk of Nicotine Poisoning

- Nicotine within the "e-juices" is easily absorbable by skin during accidental spillage<sup>9</sup>, which can lead to overdosing and nicotine poisoning (especially in cases of larger-scaled spillage or smaller subjects, such as

toddlers or small animals). The Centers for Disease Control and Prevention (CDC) reported a dramatic increase in e-cigarette-related calls to poison centers in the recent years (the proportion of e-cigarette calls jumped from 0.3 percent in September 2010 to 41.7 percent in February 2014<sup>10</sup>). Furthermore, these poisoning cases should not be taken lightheartedly, and CDC reported a toddler died after ingesting liquid nicotine from e-cigarette in 2014<sup>11</sup>.

**3) Efficacy of ENDS as a mean for smoking cessation? From a WHO report issued in September 2014<sup>12</sup>, it had commented that:**

- Due to the product design constrains of ENDS, the degree of nicotine absorption through ENDS is highly users' behaviour-dependent (i.e. the length of puffs, depth of inhalation and frequency of use).
- Furthermore, due to the variable product quality and "e-juices" constituents, the nicotine delivery capacity also varies across different brands (i.e. they may not be high enough to reach a reliable therapeutic level to achieve effective and sustainable control of nicotine withdrawal symptoms).
- Although there had been anecdotal reports that indicated an undetermined proportion of ENDS users have quit smoking using these products, their efficacy had not been systemically reviewed yet. Hence in view of the limited evidence that did not allow firm conclusions to be reached, the WHO report suggested that at this stage, smokers should first be encouraged to quit smoking and nicotine addiction using a combination of already approved treatments (i.e. the already available conventional smoking cessation medications).

**E-Cigarettes and Legislation in Hong Kong?**

When considering our local environment, we also have to bear in mind the usage of e-cigarettes is also illegal in the sense that<sup>13</sup>:

- Cigarette smoking (including e-cigarette) is banned in no smoking areas under the Smoking (Public Health) Ordinance (Chapter 371, Laws of Hong Kong).
- Under the Pharmacy and Poisons Ordinance (Chapter 138, Laws of Hong Kong), nicotine is a Part I poison. E-cigarette containing nicotine is regarded as pharmaceutical product and must be registered with the Pharmacy and Poisons Board before sale of distribution. Possession or sale of unregistered pharmaceutical product, and the possession or sale without authority of Part I poison, are both offences.

**What should we tell our patients about e-cigarettes?**

To sum up this discussion, as a family physician if we are approached by patients enquiring about ENDS as a means

of smoking cessation, with consideration of the current evidence, we may consider telling our patients that:

- We still do not know 1) if ENDS are completely safe, 2) which chemicals ENDS contain, 3) how much nicotine users are inhaling and 4) if ENDS are effective for smoking cessation based on controlled studies.
- The usage of ENDS in Hong Kong is currently still under a lot of legal constraints.
- At this juncture, our smokers should first be encouraged to quit smoking and nicotine addiction using a combination of already approved treatments (e.g. nicotine replacement therapy, non-nicotine pharmacotherapy) plus behavioural treatment to improve medication adherence and address addiction challenges.
- Whilst we should keep an open mind on ENDS until there is clear evidence of their safety and of their efficacy in helping people to quit smoking.

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**Compiled by Dr. John-Hugh Tam**

## Interest Group in Mental Health & Psychiatry in Primary Care The 49<sup>th</sup> Meeting on 2 April 2016

Dr. Lau Wai Yee, Aster (Board Member), Board of Education, The Hong Kong College of Family Physicians

The 49<sup>th</sup> Interest Group in Mental Health & Psychiatry in Primary Care Meeting was held on 2 April 2016. The invited speakers include Dr. Lau Wing Yin Verena, Senior Specialist (Educational Psychologist) of the Education Bureau and Dr. Eve Wong, Clinical Social Worker of the Adolescent Medical Centre of the Queen Elizabeth Hospital.

### Meeting Themes:

1. Promoting Students' Mental Health: From an Educational Psychologist's Perspective by Dr. Lau Wing Yin, Verena
2. Understanding Suicidality in Young People by Dr. Eve Wong

A total of 52 Interest Group participants attended the meeting.

### Learning Points

The news about adolescent suicide has made many people upset, including us family doctors. As the most frontline professionals safeguarding family's health, what can we do to improve the situation?

Dr. Verena Lau shared with us that most youngsters who completed suicide suffered from some forms of mental illness. The underlying issues behind can include mental health pathologies, family dysfunction, negative life events during childhood, stressful events etc. Moreover, different people have different vulnerability and the interplay between stressful life event and vulnerability is an important determinant of suicidal behaviours.

All frontline professionals, teachers and primary care doctors should be equipped with appropriate knowledge and skills to identify students and adolescents with depression or other mental health illness. Some youngsters may express directly by saying "let me die," while some may indicate their sense of hopelessness and helplessness by saying "I am tired of all these", "No one will care even if I die" etc.

Suicidal ideation should be assessed in young people showing signs of distress. Good communication with the suicidal youth by asking directly about their suicidal thoughts in a caring manner is the first crucial step of intervention. We can start the conversation by expressing our empathy, e.g. "I notice that you feel quite stressful recently", "maybe I cannot fully understand your feeling, but I can see that you are really frustrated and I really care about you and want to help you". It is not much helpful to argue with the patient about whether suicide is right or wrong, or try to give suggestions to solve their problems. It is more important to listen rather than giving opinions.

We should also have relevant resources at hand and refer the youth for further counselling and intervention.

Dr. Wong, a clinical social worker with training in art therapy and family therapy, presented her experience in working with young people

with distress for more than 20 years. Children's and adolescents' thoughts and ideas about their frustration, distress, hopelessness, helplessness and suicidal ideation were expressed in various art works. She shared that many young people are affected by the political atmosphere while they are also influenced by other intra- and inter-personal issues. The multi-disciplinary team at the Adolescent Medical Centre of Queen Elizabeth Hospital, where Dr. Wong is working, welcomes referrals from the whole territory. They have received cases of depression, anxiety, eating disorders, complicated behavioural problems etc.

### Self-reflections

School staff have frequent contact with students and adolescents but the quality of contact may not be good or intensive enough to open their hearts, or at least to create a dialogue on discussing their fears and stress. In the contrast, family doctors usually have trustful relationship with the family. We may be in the best position to identify young people at risk by exploring the distress they are facing or discussing with parents possible signs of distress in their adolescent sons and daughters, and more importantly, the proper ways to interact with them especially when they are stressful.

Let me share my experience of adding a brief discussion on stress when a middle-age came to my clinic for upper respiratory tract infection (URTI) symptoms.

Madam C visited my clinic in March with URTI symptoms. It was still in the peak season of flu, and her presentation was also typical influenza-like illness. She volunteered that she could not sleep well and felt malaise. On further exploration, she said she needed to supervise her daughter to prepare for school examination and so she could only sleep at late night. Then I took the opportunity to ask her about any signs of distress in her daughter. Fortunately she was coping quite well and did not show any significant behavioural signs as reported by her mother.

I believe that adding such a small piece of psychoeducation can facilitate the doctor-patient relationship as well as further help-seeking when problems really arise.

### Next meeting

As the Hong Kong Primary Care Conference will be held on 4 June, therefore, the next meeting for the Interest group will be on 6 August 2016. Details would be announced in due course.

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.

## ASSESSMENT ENHANCEMENT COURSE (AEC) FOR FAMILY PHYSICIANS 2016

- Organizer** : Assessment Enhancement Sub-committee, Board of Education, HKCFP
- Tutors** : Family Medicine Specialists, Fellows of HKCFP and RACGP
- Supervisors** : **Dr. Tam Chung Yin, Janet and Dr. Chan Chi Wai**
- Co-ordinator** : **Dr. Lai Sheung Siu**
- Objectives** :
  1. To improve clinical knowledge, problem solving and consultation skills through different workshops
  2. To improve physical examination technique and clinic procedural skills through hands-on experience
  3. To provide opportunity for inter-professional communication and social network expansion through self-help groups
  4. To improve time management through simulated examination
- Venue** : Duke of Windsor Social Service Building and HKAM Jockey Club Building
- Date** : 6 months starting from April 2016
- Course Structure** : The course will consist of 4 main components:
  1. Seminars
  2. Workshops
  3. Self-help Group Support
  4. Mock Exam
 Seminars and Workshops will be arranged on Saturday afternoons (2:30 p.m. to 5:30 p.m.)
- Accreditation** : Up to 15 CME points (Category 4.4) & 5 CPD points (Category 3.15) for the whole course
- Course Fee** : Members : HK\$3,200 (Whole course)  
 HK\$900 (Spot admission for each seminar or workshop only)  
 All cheques payable to **"HKCFP Education Ltd"**  
 All fees received are non-refundable and non-transferable.
- Capacity** : 50 doctors maximum
- Enrolment** : Enrolment is now open. Please call the College Secretariat, Ms. Teresa Liu or Mr. Jeff Cheng, at 2871 8899 for details. Applicants will be notified of their enrolment if successful.
- Disclaimer** : All cases and answers are suggested by our tutors only. They are not standard answers for examination.
- Remarks** : **Post-AEC training course (optional)** will be organized for category 2 candidates who have enrolled in AEC if there is sufficient enrolment.

### Assessment Enhancement Course 2016 Timetable for Workshop

Date	Topics	Venue
16 April 2016 (Sat) 2:30 – 5:30 p.m.	Introduction	Duke of Windsor Social Service Building, Wanchai
21 May 2016 (Sat) 2:30 – 5:30 p.m.	Approach to Physical Complaints	Duke of Windsor Social Service Building, Wanchai
18 June 2016 (Sat) 2:30 – 5:30 p.m.	Proper Physical Examination Common Clinic Procedures	Duke of Windsor Social Service Building, Wanchai
16 July 2016 (Sat) 2:30 – 5:30 p.m.	Viva Practice: Enhance Interprofessional Communication	Duke of Windsor Social Service Building, Wanchai
20 August 2016 (Sat) 2:30 – 5:30 p.m.	Problem Solving Skills	Duke of Windsor Social Service Building, Wanchai
24 September 2016 (Sat) 2:30 – 6:00 p.m.	Mock Exam	HKAM Jockey Club Building, 99 Wong Chuk Hang Road

## Certificate Course on Bringing Better Health to Our Community 2016

*Co-organized by Queen Elizabeth Hospital and Hong Kong College of Family Physicians*

Dates	:	28 May, 18 June, 30 July, 20 August, 24 September 2016 (Saturdays)
Time	:	1:00pm - 2:00 pm Registration 2:00pm - 4:00 pm Lecture & Discussion
Venue	:	Lecture Theatre, G/F, Block M, Queen Elizabeth Hospital
Course Fee	:	Free
Accreditation	:	HKCFP 2CME Points for each session (Cat4.4) (pending) MCHK: 2CME Points for each session (pending)
Capacity	:	100 doctors

### Programme Schedule

Dates	Time	Topics	Speakers
28 May 2016 (Sat)	2:00 – 4:00pm	<b>Common Upper &amp; Lower Limb Joint Pain and Tendonitis</b>	<b>Dr. Wong Yau Bun</b> <i>Associate Consultant, Department of Orthopaedics and Traumatology, Queen Elizabeth Hospital</i>
		<b>Practical Tips on Home Exercise for Tendonitis</b>	<b>Mr. Wong Chi Leung Alex/ Ms. Luk Lai Mei May</b> <i>Senior Physiotherapist/ Physiotherapist I, Department of Physiotherapy, Queen Elizabeth Hospital</i>
18 June 2016 (Sat)	2:00 – 4:00pm	<b>Update on Smoking Cessation (Medication and Brief Counselling)</b>	<b>Dr. Mok Yun Wing, Thomas</b> <i>Chief of Service, Department of Respiratory Medicine, Kowloon Hospital</i>
		<b>New Service Module on GOPC Smoking Cessation Service</b>	<b>Dr. Leung To Fung</b> <i>Associate Consultant, Department of Family Medicine &amp; General Outpatient Clinic, Queen Elizabeth Hospital</i>
		<b>Obstructive Pulmonary disease (COPD &amp; Asthma)</b>	<b>Dr. Ng Chun Kong</b> <i>Specialist in Respiratory Medicine, Consultant, Department of Medicine, Queen Elizabeth Hospital</i>
30 July 2016 (Sat)	2:00 – 4:00pm	<b>Common Oral and Dental Disease Management</b>	<b>Dr. Chan Sai Kwing</b> <i>Consultant, Department of Oral-Maxillofacial Surgery &amp; Dental, Queen Elizabeth Hospital</i>
		<b>GOPC Patient Education</b>	<b>Dr. Lai Siu Wai</b> <i>Resident Specialist, Department of Family Medicine &amp; General Outpatient Clinic, Queen Elizabeth Hospital</i>
		<b>Fall prevention &amp; Osteoporosis in Community Setting</b>	<b>Dr. Mak Ying Fai</b> <i>Specialist in Geriatric Medicine, Consultant, Department of Medicine, Queen Elizabeth Hospital</i>
20 August 2016 (Sat)	2:00 – 4:00pm	<b>HPV vaccine and Cervical Cancer prevention</b>	<b>Dr. Lee Wai Hon</b> <i>Consultant, Department of Obstetrics &amp; Gynaecology, Queen Elizabeth Hospital</i>
		<b>GOPC Government Vaccine Programme</b>	<b>Dr. Law Tung Chi</b> <i>Associate Consultant, Department of Family Medicine &amp; General Outpatient Clinic, Queen Elizabeth Hospital</i>
		<b>Cancer Survivor care- Breast and Prostate cancer</b>	<b>Dr. Ngan Kai Cheong, Roger</b> <i>Chief of Service, Department of Clinical Oncology, Queen Elizabeth Hospital</i>
24 September 2016 (Sat)	2:00 – 4:00pm	<b>Private-Public Partnership-Hypertension</b>	<b>Representative from Department of Family Medicine &amp; General Outpatient Clinic</b> <i>Queen Elizabeth Hospital</i>
		<b>Update on Management of HT and Stable Coronary Artery Disease</b>	<b>Dr. Chan Kam Tim</b> <i>Specialist in Cardiologist, Consultant, Department of Medicine, Queen Elizabeth Hospital</i>
		<b>Common Skin Complaints – Prevention and Management (Ultra-Violet &amp; Pigment)</b>	<b>Dr. Chan Hau Ngai, Kingsley</b> <i>Specialist in Dermatology, Private Practice</i>

\*\*\* Registration will be first come first served. For enquiry, please call the College secretariat, Ms. Cherry Chan at 2871 8899 \*\*\*

### REPLY SLIP

To: HKCFP, Room 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Building, Aberdeen, Hong Kong (Fax: 2866 0616)

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 at the following dates(s) (Please  as appropriate)

28 May 2016       18 June 2016       30 July 2016       20 August 2016       24 September 2016

Name: \_\_\_\_\_ Tel: \_\_\_\_\_ Fax: \_\_\_\_\_ Date: \_\_\_\_\_

Email: \_\_\_\_\_





- 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 June 2016**

**Thursday**

**Role of HMB in Healthy Age**

**Dr. Yip Wai Man**

*Specialist in Geriatric Medicine*

**Advanced Medical Nutrition Therapy in Diabetes Management and its Economics Impact**

**Dr. Tsang Man Wo**

*Specialist in Endocrinology, Metabolism & Diabetes*

Chairman	<b>Dr. Ma Ping Kwan, Danny</b> 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	Jade Ballroom, 2/F, Eaton Hotel, 380 Nathan Road, Jordan, Kowloon	
Admission Fee	College Fellow, Full or Associate Members	Free
	Other Categories of Members	HK\$ 350.00
	Non-Members	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	<b>Registration will be first come first served. Please reserve your seat as soon as possible.</b>	

Sponsored by  
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**17 June 2016**

**Friday**

**Hong Kong Allergy Prevention Guideline**

**Dr. Chan Wai Ming, Alson**

*Specialist in Paediatrics (Immunology & Infectious Diseases)*

Chairman	<b>Dr. Chan King Hong</b> 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	Free
	Other Categories of Members	HK\$ 350.00
	Non-Members	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	<b>Registration will be first come first served. Please reserve your seat as soon as possible.</b>	

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**20 June 2016**

**Monday**

**Motivation & Depression**

**Prof. Philip Gorwood**

*Professor of Psychiatry,*

*Sainte-Anne Hospital and Paris-Descartes University, France*

Chairman	<b>Dr. Lau Wai Yee, Aster</b> 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	Free
	Other Categories of Members	HK\$ 350.00
	Non-Members	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	<b>Registration will be first come first served. Please reserve your seat as soon as possible.</b>	

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**25 June 2016**

**Saturday**

**Board of Education Interest Group in Counselling**

Aim	(1) To form a regular platform for interactive sharing and discussion of various counseling cases commonly seen in our daily practice; (2) To booster the competencies in counseling of family practitioners through case discussion and practising self awareness	
Theme	<b>Advance Care Planning in Dementia Care - Counselling for Patient and Care Givers</b>	
Speaker	<b>Dr. Dai Lok Kwan, David</b> Specialist in Geriatric Medicine	
Co-ordinator & Chairman	<b>Dr. Lau Wai Yee, Aster</b> The Hong Kong College of Family Physicians	
Time	2:30 p.m. – 4:00 p.m.	Theme Presentation
	4:00 p.m. – 4:30 p.m.	Discussion
Venue	8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wan Chai, 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	<b>Registration will be first come first served. Please reserve your seat as soon as possible.</b>	
Note	<b>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.</b>	

## 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.

### May's session:

Date	27 May 2016 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	<b>"New update on Once-Daily ICS/ LABA management in Asthma" – Dr. Thomas Y. W. Mok</b>
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.

### June's session:

Date	24 June 2016 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	<b>"Limb Dermatoses for Family Physicians" – Dr. Lee Tze Yuen</b>
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
<b>11 Jun 2016</b> 2:15 – 4:15 p.m.	Training Room II, 1/F, OPD Block, Our Lady of Maryknoll Hospital, 118 Shatin Pass Road, Wong Tai Sin, Kowloon	<b>Ophthalmology update in primary care</b> Dr. Danny Ng, Assistant Professor Dept of Ophthalmology and Visual Science, CUHK	Ms. Clara Tsang Tel: 2354 2440
<b>18 June 2016</b> 1:00 – 3:45 p.m.	Conference Room, G/F, Block K, UCH, 130 Hip Wo Street, Kwun Tong, Kowloon	<b>Understanding Dementia and Dementia Services</b> Dr. Edmund Sha Kwok Yiu, Consultant, M&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
<b>1 June 16 (Wed)</b>			
2:15 – 4:45p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	<b>Clinical Approach: Common Minor Ailments in Pregnancy</b> Dr. Feng Long Yin	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	<b>Shared care and referral system</b> Dr. Cheuk Hiu Ying & Dr. Lee Edna Tin Wai	Ms. Polly Tai Tel: 3949 3430
4:45 – 6:45 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	<b>Anticipatory care in a family medicine consultation</b> Dr. TT Kam	Ms. Cherry Wong Tel: 2589 2337
<b>2 June 16 (Thu)</b>			
2:15 – 5:15 p.m.	Conference Room 2, 8/F, Ambulatory Care Block, Tseung Kwan O Hospital	<b>Shared care and referral system</b> Dr. Leung Ching Ching & Dr. Xu Shaowei	Ms. Polly Tai Tel: 3949 3430
4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	<b>Prenatal Screening</b> Dr. So Mei Kuen & Dr. Cheuk Tat Sang	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	<b>Genital infection, Sexually Transmitted Disease</b> Dr. Yuen Chi Hang	Ms. Kwong Tel: 2595 6941

**8 June 16 (Wed)**

2:15 – 4:45p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	<b>Management of Victims of Sexual Violence</b> Dr. Yung Hiu Ting	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	<b>Update on management of COAD</b> Dr. Chan Kil Pak Kilpatrick & Dr. Lee Wing Lam	Ms. Polly Tai Tel: 3949 3430
4:45 – 6:45 p.m.	Multi-function Room, RAMP clinic, Aberdeen GOPC	<b>Management of patient with multiple complaints</b> Dr. Minru Li	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	<b>Family cycle</b> Dr. Yan Chi Yung Barry	Ms. Crystal Law Tel: 2632 3480

**15 June 16 (Wed)**

2:15 – 4:45p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	<b>Community Resources for Palliative and End of Life Care</b> Dr. Chan Yin Yue	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	<b>Journal club (related to smoking cessation)</b> Dr. Wong Koon Yin Yvonne, Dr. Kwok Yee Ming Elaine	Ms. Polly Tai Tel: 3949 3430
4:45 – 6:45 p.m.	NAHC clinic, G/F, Tsan Yuk Hospital	<b>Keeping doctors/professionals alive! Strategies to avoid burnt out</b> Ms. Karen Tam	Ms. Cherry Wong Tel: 2589 2337

**16 June 16 (Thu)**

2:15 – 5:15 p.m.	Lecture Theatre, 8/F, Ambulatory Care Block, Tseung Kwan O Hospital	<b>Journal club (related to smoking cessation)</b> Dr. Fong Wai Ashley, Dr. Lam Lai Cho Eugenia	Ms. Polly Tai Tel: 3949 3430
4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	<b>Community Resources for Patients Suffering from Major Psychiatric Illness and their Families</b> Dr. Tong Ka Hung & Leung Hor Yee	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	<b>Role of Family Medicine in health care system in Hong Kong</b> Dr. Cheng Kit Wing	Ms. Kwong Tel: 2595 6941

**22 June 16 (Wed)**

2:15 – 4:45p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	<b>Emergency Conditions in Paediatric Patients</b> Dr. Ng Ngai Mui	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m.	Lecture Theatre, G/F, Block K, United Christian Hospital	<b>Elderly health care: local and community resources</b> Dr. Hou Jing, Dr. Lee Ka Yun Peter	Ms. Polly Tai Tel: 3949 3430
4:45 – 6:45 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	<b>Management of adjustment disorder in family medicine</b> Dr. Leon Ngai	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	<b>Medical statistics</b> Dr. Horace Cheng	Ms. Crystal Law Tel: 2632 3480

**23 June 16 (Thu)**

2:15 – 5:15 p.m.	Lecture Theatre, 8/F, Ambulatory Care Block, Tseung Kwan O Hospital	<b>Elderly health care: local and community resources</b> Dr. Lo Alvina, 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	<b>Management of Common Fractures in GP Setting</b> Dr. Felix Tsui & Dr. Yip Chun Kong	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	<b>Clinical Psychologist in Family Medicine 2</b> Dr. Yeung Wai Man	Ms. Kwong Tel: 2595 6941

**29 June 16 (Wed)**

2:15 – 4:45p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	<b>How to Prepare Conjoint Exam (Part 1)</b> Dr. Chan Ka Ho	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	<b>Common symptoms in Orthopaedics (back pain, shoulder pain)</b> Dr. Kam Ngar Yin Irene, Dr. Lau Ka Man	Ms. Polly Tai Tel: 3949 3430
4:45 – 6:45 p.m.	Multi-function Room, NAHC clinic, G/F, Tsan Yuk Hospital	<b>Allied Health Talk: Review of Integrated Mental Health Program and case-sharing</b> Dr. Denise Tam	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	<b>Relationship with pharmacological industry</b> Dr. Han Jing Hao	Ms. Crystal Law Tel: 2632 3480

**30 June 16 (Thu)**

2:15 – 5:15 p.m.	Lecture Theatre, 8/F, Ambulatory Care Block, Tseung Kwan O Hospital	<b>Common symptoms in Orthopaedics (back pain, shoulder pain)</b> Dr. Chui Tsz Hang, Dr. Mak Ho Yan Queenie	Ms. Polly Tai Tel: 3949 3430
4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	<b>Volunteer Doctor</b> Dr. Lee Hoi Ying & Dr. Chan Chi Ho	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	<b>How to set up a clinic</b> Dr. Wendy Lui	Ms. Kwong Tel: 2595 6941

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 <b>May</b> 2:30 – 3:45 p.m. World Family Doctor Day Publicity Event	16	17	18 2:15 – 7:30 p.m. Structured Education Programme	19 2:15 – 7:00 p.m. Structured Education Programme 8:30 p.m. HKCFP Council Meeting	20	21 2:30 – 5:30 p.m. AEC
22 10:00 a.m. – 1:00 p.m. BPDS Macau CME Programme	23	24	25 2:15 – 7:30 p.m. Structured Education Programme	26 2:15 – 7:00 p.m. Structured Education Programme 9:00 p.m. Board of Conjoint Examination Meeting	27 2:30 – 3:30 p.m. Board of Education - Video Session	28 2:30 – 4:30 p.m. Practice Management Lecture 2:00 – 4:00 p.m. Certificate Course on Bringing Better Health to Our Community 2016
29	30	31	1 <b>Jun</b> 2:15 – 7:15 p.m. Structured Education Programme	2 1:00 – 3:30 p.m. CME Lecture 2:15 – 7:00 p.m. Structured Education Programme	3	4 2:00 – 9:00 p.m. HKPCC 2016
5 9:00 a.m. – 3:30 p.m. HKPCC 2016 5:45 p.m. The 29 <sup>th</sup> Fellowship Conferment Ceremony and the 27 <sup>th</sup> Dr. Sun Yat Sen Oration	6	7 7:00 p.m. Specialty Board CSA Standardization Workshop	8 2:15 – 7:30 p.m. Structured Education Programme	9	10	11 2:30 – 4:30 p.m. Practice Management Lecture
12	13	14	15 2:15 – 7:30 p.m. Structured Education Programme	16 2:15 – 7:00 p.m. Structured Education Programme 8:30 p.m. HKCFP Council Meeting	17 1:00 – 3:30 p.m. CME Lecture	18 2:30 – 5:30 p.m. AEC 2:00 – 4:00 p.m. Certificate Course on Bringing Better Health to Our Community 2016
19	20 1:00 – 3:30 p.m. CME Lecture	21	22 2:15 – 7:30 p.m. Structured Education Programme	23 2:15 – 7:00 p.m. Structured Education Programme 9:00 p.m. Board of Conjoint Examination Meeting	24 2:30 – 5:30 p.m. Video Session	25 2:30 – 4:30 p.m. Counselling Interest Group
26 2:30 – 5:30 p.m. Board of Conjoint Examination 2016 Information Seminar on OSCE Segment (for candidates)	27	28	29	30	1 <b>Jul</b>	2

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

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