



FP Links

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September 2017

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Message from the President



Last weekend we witnessed a most successful event, HKCFP 40th Anniversary Conference, to celebrate the milestone of one of the oldest medical academic Colleges in Hong Kong. We were at the mercy of typhoon Marwa which fortunately approached nowhere near to Hong Kong.

The theme "From Seedling to Forest- Ever Enriching Primary Care" truly reflected the College's humble beginning and flourishing into a 40 year old evergreen tree through the sheer determination and selfless contribution of generations of Family Doctors. As I sat on top of the canopy, I could admire and celebrate the success of all my predecessors and numerous unsung heroes of this College.

There was a recorded attendance of over 700 doctors, nurses and allied professional over the 2-day event. The programme was like a forest with different ecologies enriching a primary care system. We welcomed our guest of honour, Prof. Amanda Howe, President of the World Organisation of Family Doctors (WONCA). She made a whirlwind visit to Hong Kong. Soon after her touch down, she visited the Family Medicine Unit, HKU at Apleichau, trainees at a private clinic and Kwun Tong Community Health Centre. She is always an inspiration to young doctors and I am sure the trainees will treasure the moment with her. Prof. Howe's plenary lecture on "Future Developments in Medical Education" reiterated the mature role of Family Medicine within a health system is the presence of academic departments in medical schools. Many Family Doctors find stimulating career opportunities and extended roles in medical education, both within university and service settings. Our two universities have their FM departments and are maturing with substantial curriculum and activity in undergraduate and postgraduate teaching which will serve the local community and its pressing healthcare needs.

Our own breed, Prof. Donald Li, President Elect, WONCA talked on "Family Medicine Beyond 40 Years". He rightly pointed out the future of Family Medicine is determined by default, decree and design. Treatment of minor ailments is no longer the bulk workload of Family Doctors. Patients look for advice, directions, opinions, counselling, disease management, mental health etc. There is recognition that the best assurance for quality primary care is through the practice of Family Medicine. Vocational training, best to equip our future generation of Family Physicians is of paramount importance.

Prof. Yu Xiaosong, Chairman, The Society of General Practice, Chinese Medical Association shared his study on the Integrated

Health Management Service Model based on continuous care of general practitioners. Strengthening the general practitioners' ability to provide patient-centred, individualized, continuous, holistic and active health management service will show improvement in all the main health outcome indicators including quality of life and level of health literacy. This is a very important message in the development of primary care system in China.

Prof. Joseph Sung, our hero enlightened us on his favourite topic, SARS. To hear he said "Family Doctors know everything, do everything and see patients before too late" was heartening! Prof. Cindy Lam chaired the discussion forum on postgraduate vocational training in Family Medicine with panel speakers from UK, Australia, Canada, China and Hong Kong. Hong Kong has the longest vocational training of 6 years and Canada is the shortest consisting of 2 years only with development of special interest. Most interestingly, each region has its own training requirement which suits the need of its primary care system. The global trend is heading towards longer vocational training!

What everyone was eagerly waiting for was the HKCFP 40th Anniversary Highlights by Dr. Stephen Foo. Dr. Foo is our pioneer in Family Medicine and has served the College since Day One. He sowed the seed, let it germinate, provided with the best nutrient and is still looking after this forest daily! He always has the utmost respect from every member of this College and no wonder everyone of us dearly called him "Ah Yeh"! He told us the history of Family Medicine from a global view, development of Family Medicine in Hong Kong and formation of the College. Only he knew the details of the College inauguration, our local fellowship examination, training, WONCA involvement. There were lots of photographs to arouse our nostalgic sentiment with the best commentary from Dr. Foo. I had not blinked my eyes once.

I was pleased to see animal-assisted therapy, elderly care, mental health, work injury management all accommodated under one roof. 4 plenary lectures, 3 forums, 3 seminars, 4 workshops. 6 sessions and a half-day event conducted in Putonghua were all successfully run. I am still receiving commendation from guests and attendees. We did not engage any private event organizer and this summed up the tremendous hard work of the organizing committee headed by Dr. Lorna Ng and Prof. William Wong and our College Secretariat. They had made this "Ruby" Anniversary Conference possible, successful and memorable.

Dr. Angus MW CHAN
President



HKCFP Council Meeting Annual Attendance Summary (from December 2016 to August 2017)

HKCFP Council meeting attendance summary 2016

Council Members	Position	Term	Attended
1 Dr. Angus MW CHAN	President	Dec 2016 - Dec 2018	8/8
2 Dr. LAU Ho Lim	Vice-President (General Affairs)	Dec 2015 - Dec 2017	8/8
3 Dr. David VK CHAO	Vice-President (Education and Examinations)	Dec 2016 - Dec 2018	8/8
4 Dr. Billy CF CHIU	Honorary Treasurer	Dec 2016 - Dec 2018	7/8
5 Dr. William CW WONG	Honorary Secretary	Dec 2016 - Dec 2018	7/8
6 Dr. Ruby SY LEE	Immediate Past President	Dec 2016 - Dec 2018	4/8
7 Dr. AU Chi Lap	Member	Dec 2015 - Dec 2018	8/8
8 Dr. Edmond CW CHAN	Member	Dec 2016 - Dec 2019	8/8
9 Dr. Alvin CY CHAN	Member	Dec 2016 - Dec 2019	8/8
10 Dr. CHAN Hung Chiu	Member	Dec 2015 - Dec 2018	7/8
11 Dr. CHAN King Hong	Member	Dec 2015 - Dec 2018	6/8
12 Dr. Mark SH CHAN	Member	Dec 2015 - Dec 2018	8/8
13 Dr. CHAN Wing Yan	Member	Dec 2014 - Dec 2017	6/8
14 Dr. Daniel WS CHU	Member	Dec 2014 - Dec 2017	4/8
15 Dr. Cecilia YM FAN	Member	Dec 2016 - Dec 2019	7/8
16 Dr. Mary BL KWONG	Member	Dec 2016 - Dec 2019	7/8
17 Dr. LIANG Jun	Member	Dec 2016 - Dec 2019	8/8
18 Dr. Dana SM LO	Member	Dec 2016 - Dec 2019	6/8
19 Dr. Lorna V NG	Member	Dec 2014 - Dec 2017	5/8
20 Dr. NGAN Po Lun	Member	Dec 2014 - Dec 2017	8/8
21 Dr. Gene WW TSOI	Member	Dec 2015 - Dec 2018	5/8
22 Dr. Wendy WS TSUI	Member	Dec 2016 - Dec 2019	7/8

Young Doctors Committee News

Appeal for Mentors

This is an appeal from Young Doctors Committee to all HKCFP Fellows working in the private sector. We sincerely hope that you could join us to become a mentor of our Mentorship programme targeting for our basic trainees.

The Young Doctors Committee is a new committee established since May 2017. The committee aims at connecting the young members and engaging them in College activities. And this Mentorship programme is newly launched for the purpose of connecting the basic trainees with the experienced fellows in private practice, providing support to them outside the current system and engaging them at an early stage of their professional development.

The programme will last for one year. All basic trainees are invited to join on a voluntary basis. And each trainee will be matched with one mentor.

Mentors will be invited to the Introductory training seminar in October (exact date to be confirmed later) to meet our new intake of basic trainees. And mentors are expected to meet the assigned trainee at least once over the one-year-period.

Your participation is the key to the success of our programme. For enquiry and further information, please feel free to contact our secretariat at 2871 8899 or email to hkcfp@hkcfp.org.hk.

Dr. Loretta Chan
Chairlady, Young Doctors Committee



1977-2017
Hong Kong College of
Family Physicians

HKCFP 40th ANNIVERSARY CELEBRATION IN 2017



Dear Colleagues,

As you are aware, 2017 marks the 40th Anniversary of our College and we have organised a series of exciting events to celebrate this significant milestone. Two of the significant celebration events including the Conferment Ceremony and Annual Dinner would be held on the same day, i.e. 10 December 2017 (Sunday). These will no doubt bring our 40th Anniversary celebration activities to a new height, providing valuable opportunities for all to meet new Fellows of the College, to catch up with your acquaintances, and to join hands in celebrating these special occasions together with families and friends. Here are the details of these forthcoming attractions.

The 30th Fellowship Conferment Ceremony and the 28th Dr. Sun Yat Sen Oration, HKCFP

The College is holding "The 30th Fellowship Conferment Ceremony and the 28th Dr. Sun Yat Sen Oration" on 10 December 2017 (Sunday) at the Hong Kong Academy of Medicine Jockey Club Building.

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 addition, Dr. Stephen Foo, Censor of the Hong Kong College of Family Physicians, would deliver the 28th 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 30th Fellowship Conferment Ceremony
(ii) The 28th Dr. Sun Yat Sen Oration by Dr. Stephen Foo
- Venue : 1/F, Run Run Shaw Hall, Hong Kong Academy of Medicine Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong
- Date : 10 December 2017 (Sunday)
- Time : 3:00p.m. – Ceremony
4:30p.m. – Cocktail
- Dress Code : Business
- Remarks : 1 CME (Category 4.3)
These collegial functions are 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.

THE HKCFP 40th ANNIVERSARY DINNER

The College's 40th Anniversary Dinner would be held on 10 December 2017, Sunday

- Venue : Run Run Shaw Hall, 1/F, HKAM Jockey Club Building,
99 Wong Chuk Hang Road, Hong Kong
- Time : 19:00 Anniversary Dinner Reception
19:30 Chinese-style Dinner

College Members, Fellows and their spouses are welcome to register for the Annual Dinner free of charge on a first-come-first-serve basis until all the available seats are filled.

To register for the Conferment Ceremony and/or Annual Dinner, please contact Ms. Teresa Liu or Ms. Windy Lau on Tel: 2871 8899, or email to teresaliu@hkcfp.org.hk or windylau@hkcfp.org.hk for registration at your earliest convenience.

We look forward to meeting you all at the Conferment Ceremony and the 40th Anniversary Dinner!

Dr. David Chao
Chairman, HKCFP 40th Anniversary Celebration Organising Committee
HKCFP

Membership Committee News

The Council approved, on recommendation of the Chairlady of the Membership Committee, the following applications for membership in **July – August 2017**:

Associate Membership (New Application)

Dr CHANG Ting Ting	張 婷 婷
Dr FAN Siu Wai	范 小 蔚
Dr LAM Kang	林 庚
Dr LAM Wai Yiu	林 煒 堯
Dr SZETO Chui Ying	司徒翠瑩
Dr TAI Lik	戴 力
Dr TSANG Kam Wah	曾 錦 華
Dr YUEN Man Ki	袁 文 祺

Student Membership (New Application)

Ms YEUNG Caitlin Hon Ning	楊 瀚 寧
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Reapplication of Associate Membership

Dr LAU Ying Kit	劉 英 傑
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Resignation of Associate Membership

Dr WONG Ka Yan	黃 嘉 恩
Dr YU Wing Yee	余 穎 宜

Suspension from Affiliate Membership

Ms CHEUK Wai Han	卓 慧 嫻
Ms CHEUNG Po Chui	張 寶 翠

Suspension from Associate Membership

Dr CHIU Kong Ngai, George	趙 剛 毅
Dr FONG Wai	方 蕙
Dr KWONG Yun Tak	鄺 潤 德
Dr LEE Ming Kui, Winston	李 民 貴
Dr LEUNG Tsz Tung	梁 子 東
Dr LI Chee Lan, Lina	李 芝 蘭
Dr LO Shang Lai, Roderick	盧 尚 禮
Dr LUI Andrea Lok Kwan	雷 絡 筠
Dr LUK Wai Kwok	陸 衛 國
Dr SIU Chi Ming	蕭 志 明
Dr SUN Kwok Fung	孫 國 楓
Dr TAM Chun Hung	譚 振 雄
Dr TIN Lat (NG Kwok Hing)	吳 國 興
Dr TSANG Katrina Wai Kay	曾 慧 琦
Dr WONG But Sang	黃 畢 生

Suspension from Non-HKSAR Fellowship

Dr CHAN Kwok Tat	陳 國 達
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Suspension from Non-HKSAR Membership

Dr CHENG Dan Dan, Daisy	程 丹 丹
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Board of Vocational Training and Standards News

Basic Training Introductory Seminar

A Basic Training Introductory Seminar will be held in October 2017 for all new enrolled basic trainees, existing trainees and clinical supervisors. The seminar is designed to help basic trainees and supervisors to understand and get more information of our training programme.

Details of the seminar are as follows:

Speakers : Dr. Wong Man Ying, Michelle (Chairlady, Basic Training Subcommittee)
 Dr. Chiu Chi Fai, Billy (Chairman, Board of Vocational Training and Standards)

Date : 19 October 2017 (Thursday)

Time : 7:00 p.m.

Venue : Room 802, 8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai

Please contact Ms. Charlotte Cheung or Ms. Lia Yip at 2871 8899 for any queries.

Higher Training Subcommittee

Board of Vocational Training and Standards

Classified Advertisement

Well established medical group seeking GP/ Family Medicine with DCH. HK Island. Competitive remuneration. Interested please contact zoelam@premiermedical.com.hk or Zoe Lam 3651-1777.

Quality Assurance & Accreditation Committee News

CME/CPD Compliance

Dear Friends and Colleagues,

The credit point score of 2017 QA&A Programme is going to be finalized at the end of year 2017. Please kindly login to the College website <http://www.hkcfp.org.hk>.

Please find the requirements of CME Certificate 2017 & QA Certificate 2017-19 as below:

CME Certificate 2017:

At least 30 points (CME plus CPD)

QA Certificate 2017-19:

- (1) A minimum of 90 points, including of at least 30 points
- (2) A maximum of 45 credit points within the three-year cycle will be counted for each category of educational activities
- (3) Participant must engage in all Categories of Activities

For details, please see the "Regulations for Award of Quality Assurance 2017-19 (QA)", which could be downloaded at the below link: http://www.hkcfp.org.hk/pages_5_81.html

All HKAM Fellows are required to obtain a minimum of 90 points, including at least 15 CPD points in a 3-year cycle.

There are also many enquiries concerning the way to gain CPD points. The following lists some examples of gaining CPD points for members and fellows reference:

- Continuous Professional Development (CPD) Logs
 - I. Self-appraisal activities on lectures, seminars and workshops organized by the Board of Education
 - II. Reading journal article published in the HK Practitioners or HK Medical Journal
 - III. Evidence Based Practice (EBP) report with reference to a journal article published in the HK Practitioners, the HK Medical Journal, or in an indexed or refereed Medical Journal
 - IV. Practice Audit, Review and Appraisal; including Clinical Audit, Evidence-Based Medical Protocol and Preventive Care Audit
 - V. Structured Learning Activities, such as Portfolio for Self Learning Plan
- Activities related to Teaching, Educational Development and Research
 - I. Teaching / Tutoring medical students in family medicine
 - II. Clinical supervision of vocational trainees in Family Medicine
 - III. Acting as examiner for the Conjoint HKCFP / RACGP Fellowship Examination or HKCFP Exit Examination.
 - IV. Being a instructor of CPR or in seminars recognised by the College Assessment Enhancement Course organize by the College
 - V. Being a Moderator or speaker in seminars recognised by the College
 - VI. Being a chairperson / speaker of pre-approved small group discussion
 - VII. Research work related to the field of General Practice / Family Medicine.
 - VIII. Publishing Journal articles, books or thesis
- Activities related to Professional Development, such as demonstration of competence in family medicine by completing a course of study and passing the Conjoint HKCFP/RACGP Fellowship Examination, Specialty Board Exit examination, the basic life support (CPR) assessment organized by the College, Diploma examinations organized by the College, passing professional examination (Membership / Fellowship, etc) or academic examination (Diploma / Master Degree, etc) relevant to General Practice/Family Medicine
- Activities related to Quality Development; including participating in a quality assurance activity, exercise, workshop or clinical attachment organized by the College.

All the forms can be downloaded from our website: http://www.hkcfp.org.hk/pages_5_84.html You may also refer to the "The Regulation for Award of Quality Assurance" at http://www.hkcfp.org.hk/pages_5_81.html or contact our QA & A Secretariat (Mr. John Ma or Ms. Natalie Ho) at 2871 8899 or email to cmecpd@hkcfp.com.hk for more detail information.

Thank you.

Dr. King Chan
Chairman, Quality Assurance & Accreditation Committee



普通科門診公私營協作計劃
General Outpatient Clinic **Public-Private** Partnership Programme



Come and Join as Family Doctor

Long-term Family Doctor Relationship

Up to **\$3,155**
per patient per year



for eligible patients

To benefit over 35,000 patients



Enhanced Support for Doctor



Cluster Help Desk



Programme Hotline



Multi-functional IT platform

\$10B HA PPP Fund Established

NOW

2018/19

- Eastern
- Southern
- Wan Chai
- Kowloon City
- Kwun Tong
- Sham Shui Po
- Wong Tai Sin
- Kwai Tsing
- Sai Kung
- Sha Tin
- Tuen Mun
- Yuen Long
- Central and Western
- Islands
- Tai Po
- Tsuen Wan
- Yau Tsim Mong
- North

Call us at **2300 7300** or email to gopcphp@ha.org.hk for details.



基督教
靈實
協會
HAVEN OF HOPE
CHRISTIAN SERVICE

RESPECTING LIFE • IMPACTING LIFE

Haven of Hope Christian Service

A non-profit making and inter-denominational Christian organization is now looking for high-caliber candidates who would align with our Mission: "Through a ministry of holistic care, we strive to share the Gospel and develop a Christian community. In the love of Christ, we deliver our service in a caring, professional and progressive spirit so that the lives of those serving and being served are mutually enriched." The position which paves for a rewarding career is:

Full Time /Part Time /Locum Family Physician

(Ref: PHS/FP/HKCFP/SEP)

- Registered Medical Practitioner with the HK Medical Council
- Provide Primary Health Services at Clinic(s) in Tseung Kwan O District

Interested parties, please send full resume with expected salary and reference no. quoted to **Haven of Hope Christian Service, Staff Engagement Department** via email to se@hohcs.org.hk or Fax: 2704 5797.

For further enquiries, please contact Ms. Cho at 2703 3324.

For details about our organization, please visit www.hohcs.org.hk

Only short-listed candidates will be notified. Data collected will be used for recruitment purpose only.

Module on Lipid Management in Hypertension Patients

under the Hong Kong Reference Framework for
Hypertension Care for Adults in Primary Care Settings
has been released

Management
strategy
&
drug treatment

Practical
algorithm of
statin usage

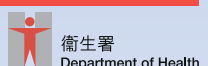


Includes



View the module

http://www.pco.gov.hk/english/resource/professionals_hypertension_pdf.html





THE HONG KONG COLLEGE OF FAMILY PHYSICIANS

40th Anniversary Celebration Stamp Gift Pack/First Day Cover Order Form

The form is available at www.hkcfp.org.hk

Please complete and return this order form by email to membership@hkcfp.org.hk or by fax to (852) 2866 0616



Item	Size (mm)	Price (HK\$) (Non-member)	Price (HK\$) (Member)	Quantity	Sub Total (HK\$)
Stamp Gift Pack	Open: 440x310mm Closed: 220x310mm	HK\$238 each	HK\$198 each		
First Day Cover	220x110mm	HK\$98 each			

Each Stamp Gift Pack includes 1 pane of Heartwarming Stamps
(Postage fees are not included in the prices)

Grand Total:

Delivery Method (please ✓ as appropriate)

<input type="checkbox"/> Self-Collection from College	<input type="checkbox"/> Wong Chuk Hang Office (Office Hour: Mon – Fri, 9:00 – 17:30)
	<input type="checkbox"/> Wan Chai Office (please contact the Secretariat on tel: (852) 2871 8899)
<input type="checkbox"/> Local Posting Service*	<input type="checkbox"/> HK\$5.7 /item (Local Mail)
	<input type="checkbox"/> HK\$21.2/item (Local Registered Mail)

*Subject to prevailing postal rates of Hong Kong Post Office for further increments.

Contact Details

Name : _____

Tel : _____

Email : _____

Member ID : _____

Delivery Address : _____

Total Price

Stamp Gift Pack	HK\$
First Day Cover	HK\$
Delivery Charges	HK\$
Total to-pay	HK\$

Payment Method

- Full payment by crossed-cheque payable to:
The Hong Kong College of Family Physicians

Cheque No.: _____

Bank: _____

Please mail the cheque to: **The Hong Kong College of Family Physicians, Room 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong.**

HKCFP Trainees Research Fund 2017 / HKCFP Research Seed Fund 2017

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 conducting 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 where a maximum of \$10,000 award will be made to the successful applicant to assist the conduction of a research project.

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

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

Assessment Criteria for both funds:

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

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

Research Committee, HKCFP

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

Please indicate the research funding title e.g. “**HKCFP Trainees Research Fund 2017**” or “**HKCFP Research Seed Fund 2017**” on your research project upon submission.

Submission Deadline: 31st October 2017

Supported by HKCFP Foundation Fund

Professor Sir David Todd, 1928-2017

Honorary Fellow,
Hong Kong College of Family Physicians



Professor Todd received the Honorary Fellow of the HKCFP in 1993

On 16 August 2017 Professor Sir David Todd left us peacefully for heaven, surrounded by his loved ones. Our grief from the loss of our beloved teacher and greatest physician is beyond words.

Sir David was a legend, being the first of many in medicine and medical education in Hong Kong. He was famous for being the first local professor in medicine, first clinician scientist in haematology who drew the world's attention to medical research in Hong Kong and the first President of the Hong Kong Academy of Medicine. Some may not know that he was also the first Chief Censor from 1984 to 1986 and Chief examiner of the first fellowship examination in 1984 of our Hong Kong College of Family Physicians (named as the Hong Kong College of General Practitioners then), which laid the foundation for family medicine to develop into a specialty in Hong Kong. As the Founding President of the Hong Kong Academy of Medicine in 1992, he convinced the interim council to admit the Hong Kong College of Family Physicians as a Founding Specialty College of the Academy. In honour of his contribution to the development of the discipline of family medicine in Hong Kong, Sir David was conferred Honorary Fellow of the Hong Kong College of Family Physicians in 1993.

Professor Todd was the Father of academic Family Medicine in Hong Kong. In 1985 he established the General Practice Unit under his wings in the Department of Medicine in the University of Hong Kong to build academic family medicine from scratch. He nurtured the first two local academic general practitioners and I had the fortune of being one of them. Through his links with the University of Glasgow, he enabled us to receive formal general practice training in the United Kingdom under the direct supervision of the late Professor Hamish Barber of the Department of General Practice, University of Glasgow. Professor Barber was the first HKCGP

visiting professor in general practice to the University of Hong Kong. From the seedling he had planted, family medicine has grown to become a significant part of the MBBS curriculum from the very first week through all six years to the final graduating examination in the University of Hong Kong. He had always been a cheer leader of family medicine. Shortly after his return to Hong Kong from Cambridge, he raised a donation to establish the Dr. P.P. Chiu Prize in Family Medicine to award a third year medical student who has the best performance in family medicine. In his speech at the HKU Medical Faculty Graduation and Prize Presentation Ceremony 2010, he said "I hope many of you will become generalists rather than specialists or super-specialists..... More Family Physicians are needed, especially with an aging population."

Professor Sir David Todd was a perfect doctor, teacher, scholar and gentleman. He was inspiring to every student and doctor who had the fortunate opportunity to learn from him. The one and only one bedside teaching that I had from him was the most memorable learning in my whole five years of medical school life. He gently led me through the discovery and understanding of the fixed splitting murmur of a patient with pulmonary stenosis. He made me experience the invaluable 'Ah ha' phenomenon, which was what education should be - leading out the most from the learner rather than stuffing in.

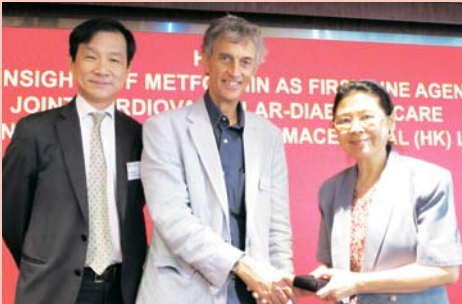
To quote from Hippocrates, Sir David's life was short, his art is long. His legacy will be passed on from one generation of doctors to the next. He will always be remembered as a glorious part of the history of medicine in Hong Kong.

Cindy L. K. Lam
12 September, 2017

Meeting Highlights

CME Lecture on 25 July 2017

Prof Kennedy Cruickshank, Professor of Cardiovascular Medicine & Diabetes in the Diabetes & Nutritional Sciences division, Kings College, & Consultant physician, St Thomas' & Guy's Hospitals, London, delivered a lecture on "New Insights of Metformin as First Line Agent in Joint Cardiovascular-Diabetes Care" on 25 July 2017.



Dr. Mary Kwong (right, Council Member) together with Dr. Tsui Hing Sing (left, moderator) presenting a souvenir to Prof Kennedy Cruickshank (middle, Speaker) during the lecture on 25 July 2017

Certificate Course on Bringing Better Health to Our Community 2017

The 3rd session of the "Certificate Course on Bringing Better Health to Our Community 2017" co-organized with the Queen Elizabeth Hospital was held on 29 July 2017. Dr. Chan Yuen Mei, Toby, Associate Consultant, Department of O&G, Queen Elizabeth Hospital, delivered a lecture on "Update on Management of Urinary Incontinence" and Ms. Emily Hiu Sin Chan, Physiotherapist I, Department of Physiotherapy, Queen Elizabeth Hospital, delivered a lecture on "Practical Tips on Urinary Incontinence Home Exercise" and Dr. Lee Man Hin, Menelik, Associate Consultant, Department of O&G, Queen Elizabeth Hospital, delivered a lecture on "Common Gynecological Procedures in Community Setting", respectively.



Dr. Lau Ho Lim (right, Council Member) presenting a souvenir to Dr. Chan Yuen Mei (left, Speaker) during the lecture on 29 July 2017



Dr. Lau Ho Lim (right, Council Member) presenting a souvenir to Ms. Emily Hiu Sin Chan (left, Speaker) during the lecture on 29 July 2017



Dr. Lau Ho Lim (right, Council Member) presenting a souvenir to Dr. Lee Man Hin, Menelik (left, Speaker) during the lecture on 29 July 2017

Interest Group in Mental Health & Psychiatry

Dr. Wong Tsz Kau, Carl, a Family Physician, delivered a lecture on "Philosophical Counselling at a glance" on 5 August 2017.



Dr. Chan Suen Ho, Mark (left, Coordinator) presenting a souvenir to Dr. Wong Tsz Kau, Carl (right, Speaker) during the lecture on 5 August 2017

Interest Group in Counselling

Mr. Antonio Wong, an Expressive Art Therapist, delivered a lecture on "Sharing Session on Expressive Art Therapy and Counselling" on 12 August 2017.



Dr. Lau Wai Yee, Aster (left, Coordinator) presenting a souvenir to Mr. Antonio Wong (right, Speaker) during the lecture on 12 August 2017



仁安醫院 UNION HOSPITAL

仁心、安心、貼您心 Caring · Reliable · Empathetic

Union Hospital is a general private hospital in the New Territories, established in 1994. It is a progressive and patient-centred institute, and has obtained outstanding ratings in hospital accreditation. Union Hospital is proud of her achievements in clinical governance and ethical professional care. The Hospital is now looking for collaboration with enthusiastic professionals/ partners to fill up the following capacities. Good professional support & development, and competitive remuneration are given to the engaged doctors.

Full time/ Part time Family Physician

(Ref No.: HKCFP/JUL01-17/HMC)

- A qualification registrable in Hong Kong under the Medical Registration Ordinance
- Regular working hours and no night call
- Provide services in the Health Maintenance Centres in Union Hospital and Polyclinics
- Experience in private practice preferred
- Training in Family Medicine/ Emergency Medicine preferred
- Attractive remuneration package

Interested candidates please download the Job Application Form on www.union.org (quote the "REF NO."). Please send resume to Union Hospital, Human Resources Department, Union Hospital, 18 Fu Kin Street, Tai Wai, Shatin, N.T. or by email to recruit@union.org.

Website: www.union.org

(Applicants not hearing from us within 2 months may consider their applications unsuccessful. Data collected will be used for recruitment purpose only.)

我是家庭醫生

由 General Practice 到 Family Medicine, 生命隨想

傅鑑蘇醫生



從天主教耶穌會中學入港大醫學院，像小鳥由樊籠飛往無盡的天空。大學生活，多姿多彩，是生命最美好的時刻。課外活動之豐富，令人眼花撩亂，參加攝影會，土風舞班，創辦拯溺會，隨各團體出海做義務救生員，香港各大海灘，亦有港大拯溺員服務的足跡。參加聖母軍，做義工，參加渡海泳，上莊做醫科學生會主席。當時，我們的醫科學生會會長是 Professor David Todd。代價是遲半年才畢業。在 QE 實習完，先做急症室，再在 QE 做骨科 MO。兩年後，轉往當時依然是私家的聖母醫院服務，在兩年間，輪流於內外婦兒科當值，自我發揮，自我培訓，樂在其中。期間，巧遇剛由澳洲歸來的阮中鑒醫生，招攬他入聖母醫院為同事。我們均以在聖母醫院所學到的為私人執業的踏腳石。在七十年代，在香港做 GP 著實不錯。租平，人工平，藥平。對病人態度好一點，解釋病情多一些，已得到病人的尊重和包容。每星期工作七天，工時長，病人多，十分繁忙，亦十分快樂。

一九七五年，我和阮醫生均覺得，當時的 GP 是醫學界地位最低的一群醫生，而且亦覺個人事業滿足感不大。遂和當時為 GP 的香港醫學會會長李仲賢醫生商討，如何成立一 GP 組織，以提升在港 GP 的地位，加強 GP 在社會的功能。我們借助香港醫學會的幫助，和世界各地全科醫學院聯絡，成立香港全科醫學院。我個人完全沒有受過正統的家庭醫學訓練。我所學到的家庭醫學概念和知識均來于和有心的 GP 同事和其他專科醫生互相切磋、學習。參加國際家庭醫學研討會，和全世界各地家庭醫生交流。

四十年來，我和家庭醫學院一起成長，十分開心看到今天家庭醫學的成就。有機會和不同年代的年青家庭醫生一起工作，一齊學習，給我生命帶來無限的滿足。祈望年青的後輩，能繼續傳承香港家庭醫學的發展，不枉我們前人的努力耕耘。

Highlights of the 40th Anniversary Celebration Health Talks for Public: Season Spring and Summer

Dr. Ngan Po Lun

Coordinator, Public Affairs Subcommittee, HKCFP 40th Anniversary Organisation Committee

To celebrate the 40th Anniversary of Our College and to let the public to know about the comprehensive care provided by family physicians, the 40th Anniversary Organizing Committee had arranged a series of four health talks for public, with the Chinese title of 「更致全康四十載 春夏秋冬健康來」, featuring different themes for four seasons of the year.

We already had the Spring and Summer Health Talks. Let's share with you the some of the highlights of these 2 talks!

Spring (27 March 2017):

Themes:

- **過敏性鼻炎 / 哮喘 (Allergic Rhinitis/ Asthma):**
by Dr. Ngan Po Lun
- **心血管健康 (Cardiovascular Health):**
by Dr. Au Chi Lap, Simon

Allergic Rhinitis/ Asthma:

In the first part of the talk, Dr. Ngan told the audiences how prevalent allergic rhinitis and asthma are in our locality, with some studies showing 30% and 10% of children having allergic rhinitis and asthma, respectively. Allergic rhinitis, though not a deadly condition, is very commonly being suboptimally managed, causing a lot unnecessary sufferings and impairments to patients.



There are a lot of misconceptions on management of allergic rhinitis. Dr. Ngan first warned about the harm and danger of prolonged use of some of the over-the-counter nasal spray for allergic rhinitis, which contains vasoconstrictive components that can cause addiction and dependence after continual use of more than one week!

On the other hand, using intranasal steroid (INS), which is the most important step for controlling allergic rhinitis, is very often being misunderstood by the public as a harmful treatment. To encourage proper use of INS, family physicians must understand the worries of the patients and parents about using INS, and address these unnecessary anxiety with clear explanation and assurance.

For asthma, Dr. Ngan emphasized the danger of uncontrolled asthma, using the sad story of late artist Miss

Teresa Teng from asthmatic attack as a warning. Dr. Ngan again highlighted the use of inhaled corticosteroid (ICS) as the most crucial step of managing asthma with moderate severity. He used a blocked water pipe as the analogy of the bronchi of patients with asthma. Using ICS, with its local anti-inflammatory effect, will clear all the obstructing mud and sludge inside the water pipe, allowing very smooth flow of water. Finally, Dr. Ngan reiterated the safety with long term use of intranasal and inhaled steroid, and the vast difference from the sides effects due to systemic use of steroid.

Cardiovascular Health:

In the second part of the talk, Dr. Simon Au explained to the audiences about the substantial global burden of various cardiovascular diseases in the recent



decade. Proper management of various risk factors, most importantly suboptimal control of blood pressure, blood glucose, cholesterol, and cessation of smoking, are the best strategies for prevention of cardiovascular diseases.

Dr. Au encouraged audiences to know about their own cardiovascular risk factors, receive assessment of the overall cardiovascular risk, and the need for regular check-up and review. He used the analogy of car maintenance to compare with the need for regular health check: for a car, one will have regular, say at least yearly, check of tyre pressure, fuel system, braking system, the gear box, and the transmission system. But how many people check and know about their blood pressure, blood glucose, cholesterol level, and their cardiovascular health condition in the past one year?

Dr. Au emphasized strongly on the need for regular exercises to prevent cardiovascular diseases. He also demonstrated at the end of the health talk some of the training exercises for the truncal muscles that can be practiced in the very daily life!

Summer (13 May 2017):

Themes:

- **中暑 / 防曬 (Heat Stroke / Sun Protection):**
by Dr. Ho Ka Ming, Ken
- **外遊前要見醫生 (Travel Medicine):**
by Dr. Chan Wing Yan, Loretta



This timely health talk for summer is also one of the public activities of the College to celebrate the World Family Doctor Day on 19 May!

Heat Stroke / Sun Protection:

Dr. Ken Ho talked about the symptoms and signs of heat exhaustion (熱衰竭), which is a near-shock state with loss of body



fluid and electrolytes in hot temperature, that the body fails to maintain the normal circulatory function whilst the patient can still maintain normal conscious state and a normal body temperature. Heat stroke (中暑) is an even worse condition than heat exhaustion, in which the patient fails to maintain a normal conscious state, and the body temperature can shoot up to 40 degrees.

Dr. Ho then talked about sunburn, which is caused by the Ultraviolet (UV) light of sun ray. UVA (wavelength 320-400 nm) is the component that causes suntan of skin, and penetrates to dermis that speed up skin aging and wrinkling! UVB (wavelength 290-320 nm) is the component that can cause sunburn, redness, blistering and necrosis of skin, and can cause skin cancers.

The best way to prevent sunburn is avoidance of strong sunlight, and use of appropriate sunscreen for protection. Sun Protection Factor (SPF) is the measure of how well a sunscreen will protect skin from UVB. Usually sunscreen with SPF of 15 or above is recommended for outdoor activity. (Sunscreen with SPF 15 will allow you to stay in sunlight without burning for 15 times longer.) On the other hand, PA (Protection Grade of UVA) refers to the capacity of protection from UVA, with 3 grades of PA+, PA++, PA+++, and more+ means better protection from UVA.

Dr. Ho also shared with the audience some useful facts about sun protection: staying in shaded area will decrease UV for more than 50%; sandy ground of beach will reflect 15% of UV, whereas the snowy ground will reflect 80%; staying under water of 0.5 metres of ascend will decrease UV by 40%; every 300 metres of ascend will increase UV by 4%.

Travel Medicine:

Dr. Loretta Chan, a very experienced traveller, talked about travel medicine in the second part of the talk. Before traveling, Dr. Chan recommended the travelers to visit the

website of Travel Health Service of the Department of Health (<http://www.travelhealth.gov.hk/>), to have updated health information in various parts of the world.



During the trip, jet lag will be one of the important problems to be dealt with. Traveling from west to east (e.g. from Europe to Hong Kong) will lead to more severe jet lag problem than from east to west, and takes longer time for recovery. If the trip is less than 3 days, one may consider to live as the original Hong Kong time. For trips more than 3 days, one should follow the time of the destination immediately.

Dr. Chan also talked about High Altitude Syndrome, which occurs with rapid ascend to area with in altitude of 2500 metres or more, due to hypoxia from decreased atmospheric pressure in high altitude. Severe cases include Acute Mountain Sickness, with severe headache, nausea, fatigue, dizziness and insomnia. Acute cerebral edema and acute pulmonary edema are severe and life-threatening complications of acute mountain sickness, which needs immediate descend for emergency care.

To prevent High Altitude Syndrome, slow ascending is the rule. Acetazolamide can prevent High Altitude Syndrome, which needs to be taken one day before ascending and maintain for several days after reaching the high altitude. Chinese Medicine (紅景天) may be useful, but needs to be taken 5 days prior to ascending, and so far no large scale study confirms its effectiveness.

Dr. Chan alerted the audiences the importance of preventing vector-borne diseases in traveling. Yellow Fever, Malaria, Japanese Encephalitis, Dengue Fever, Zika Viral infection are severe diseases transmitted by mosquito bites, and prevention of mosquito bites is of great importance. Dr. Chan reminded us that repellent containing DEET is an effective and safe measure, and it should be applied over the exposed skin and clothing, and after the sunscreen when both are necessary.

After the trip, one should report the detail travel history, including the transit place, to doctor, if having fever, skin rash, vomiting or diarrhea. One should also tell the doctor if one has reached area with epidemic infectious disease, or contacted local person who was sick.

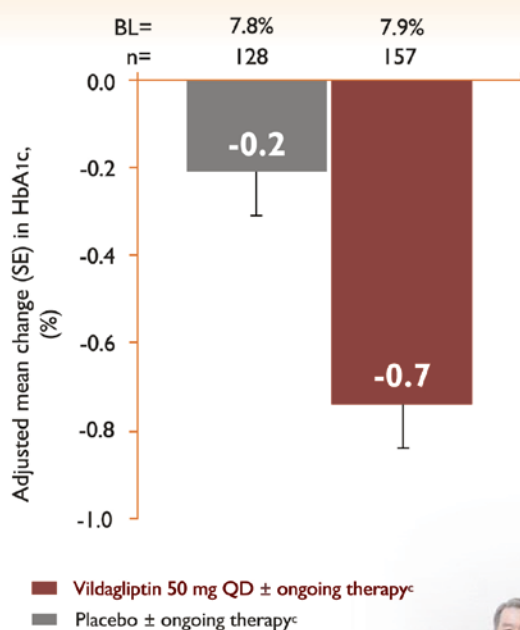
Please remember that the Autumn health talk will be held on 23 September 2017 (Sat), with Dr. Li Yim Chu to talk about eczema and common skin diseases, and Dr. Wong Wai Man to talk about depression. Please invite your patients to join the talk!

Efficacy you can see in T2DM patients with renal impairment

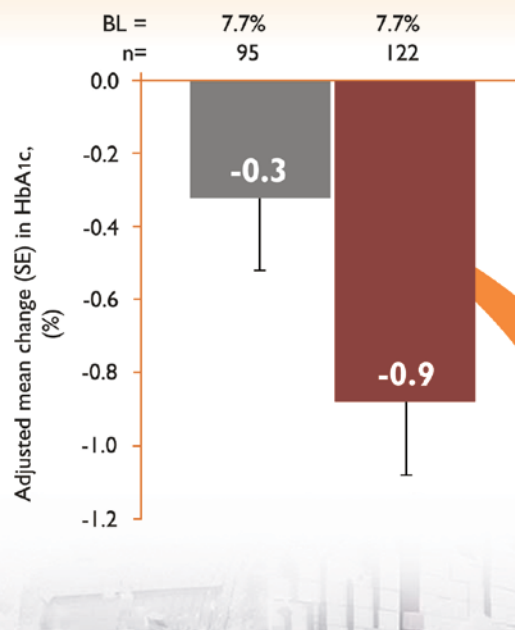
GALVUS® 50 mg once daily is indicated for patients with moderate or severe renal impairment or end stage renal disease (ESRD)²

GALVUS® added to ongoing antidiabetic therapy reduced HbA1c after 24 weeks in patients with moderate or severe renal impairment¹

Moderate renal impairment^a



Severe renal impairment^b



References

- ^aP<0.0001 vs placebo. Full analysis set. BL=baseline; SE=standard error;
- ^bBL eGFR: ~40 mL/min/1.73 m²;
- ^cBL eGFR: ~21 mL/min/1.73 m²;
- ^dongoing background therapy included: Untreated, sulphonylurea, alpha-glucosidase inhibitor, thiazolidinedione, insulin, meglitinide, or a combination of agents at a stable dose for at least 4 weeks before the first study visit.
- 1. Adopted from Lukashevich V, et al. Diabetes Obes Metab 2011;13:947-54
- 2. Galvus® HK. PI EMA July 2014.

GALVUS® Important note: Before prescribing, consult full prescribing information. **Presentation:** Vildagliptin, Tablets: 50 mg. **Indications:** Galvus® is indicated in the treatment of type 2 diabetes mellitus in adults as: • **Monotherapy:** in patients inadequately controlled by diet and exercise alone and for whom metformin is inappropriate due to contraindications or intolerance. • **Dual oral therapy:** in combination with metformin, in patients with insufficient glycaemic control despite maximal tolerated dose of monotherapy with metformin, • sulphonylurea, in patients with insufficient glycaemic control despite maximal tolerated dose of a sulphonylurea and for whom metformin is inappropriate due to contraindications or intolerance. • thiazolidinedione, in patients with insufficient glycaemic control and for whom the use of a thiazolidinedione is appropriate. • **Triple oral therapy:** in combination with a sulphonylurea and metformin when diet and exercise plus dual therapy with these medicinal products do not provide adequate glycaemic control. Vildagliptin is also indicated for use in combination with insulin (with or without metformin) when diet and exercise plus a stable dose of insulin do not provide adequate glycaemic control. **Dosage:** • When used as monotherapy, in combination with metformin, in combination with thiazolidinedione, in combination with metformin and a sulphonylurea, or in combination with insulin (with or without metformin) the recommended daily dose of vildagliptin is 100 mg, administered as one dose of 50 mg in the morning and one dose of 50 mg in the evening. • When used in dual combination with a sulphonylurea, the recommended dose of vildagliptin is 50 mg once daily in the morning. A lower dose of the sulphonylurea may be considered to reduce the risk of hypoglycaemia. • Doses higher than 100 mg are not recommended. • Can be administered orally with or without a meal. • In patients with moderate or severe renal impairment or with End Stage Renal Disease (ESRD), the recommended dose is 50 mg once daily. • Galvus® should not be used in patients with hepatic impairment. • **Children (under 18 years of age):** not recommended. **Contraindications:** Hypersensitivity to vildagliptin or to any of the excipients. **Warnings/Precautions:** • Galvus® should not be used in patients with type 1 diabetes or for the treatment of diabetic ketoacidosis. • Use with caution in patients with ESRD on haemodialysis. • Should not be used in patients with hepatic impairment including patients with a pre-treatment ALT or AST > 3x ULN. • Liver function tests (LFT) should be performed prior to treatment initiation, at three-month intervals during the first year and periodically thereafter. Withdrawal of therapy with Galvus® is recommended if an increase in AST or ALT of 3X ULN or greater persists. Following withdrawal of treatment with Galvus® and LFT normalisation, treatment with Galvus® should not be reinitiated. Patients who develop jaundice or other signs suggestive of liver dysfunction should discontinue Galvus®. • Clinical experience in patients with NYHA functional class III treated with vildagliptin is still limited and results are inconclusive. • Not recommended in patients with NYHA Class IV. • Recommended monitoring for skin disorders such as blistering or ulceration. • Discontinue vildagliptin if pancreatitis is suspected. • Lower dose of sulphonylurea may be considered when treated in combination to reduce risk of hypoglycaemia. • Patients with problems of galactose intolerance, the Lapp lactase deficiency or glucose-galactose malabsorption should not take this product. **Pregnancy:** Should not be used. **Breast-feeding:** Should not be used. **Interactions:** • Vildagliptin has a low potential for drug interactions. • No clinically relevant interactions with other oral antidiabetics (pioglitazone, metformin and glitazone), digoxin, warfarin, amiodipine, ramipril, valsartan or simvastatin were observed after co-administration with vildagliptin. **Adverse reactions:** • Rare cases of hepatic dysfunction (including hepatitis). Rare cases of angioedema. • **Combination with metformin:** • Common: hypoglycaemia, tremor, headache, dizziness, asthenia; • **Combination with a sulphonylurea:** • Common: hypoglycaemia, tremor, headache, dizziness, asthenia; • **Combination with a thiazolidinedione:** • Common: weight increase, oedema peripheral; • **Combination with insulin:** • Common: hypoglycaemia, dizziness, tremor, hyperhidrosis, asthenia; • **Combination with insulin and a sulphonylurea:** • Common: hypoglycaemia, dizziness, tremor, hyperhidrosis, asthenia; • **Combination with insulin and a thiazolidinedione:** • Common: hypoglycaemia, dizziness, tremor, hyperhidrosis, asthenia; • **Combination with insulin and a sulphonylurea and a thiazolidinedione:** • Common: hypoglycaemia, dizziness, tremor, hyperhidrosis, asthenia; • **Combination with insulin and a sulphonylurea and a thiazolidinedione and a sulphonylurea:** • Common: hypoglycaemia, dizziness, tremor, hyperhidrosis, asthenia; • **Combination with insulin and a sulphonylurea and a thiazolidinedione and a sulphonylurea and a sulphonylurea:** • Common: hypoglycaemia, dizziness, tremor, hyperhidrosis, asthenia; • **Combination with insulin and a sulphonylurea and a thiazolidinedione and a sulphonylurea and a sulphonylurea and a sulphonylurea:** • Common: hypoglycaemia, dizziness, tremor, hyperhidrosis, asthenia. • **Post-marketing experience:** • Frequency not known: abnormal liver function tests, hepatitis (reversible with drug discontinuation), urticaria, pancreatitis, bullous or exfoliative skin lesions. **Packs and prices:** Country specific. **Legal classification:** Country specific.

Be a Healthy Blood Donor

日日一蘋果·醫生遠離我. Everyone knows this slogan but why apple is said to be so good to our health. I was told, when I was a child, it is because of its iron content. However, despite this slogan, I am not a fans of apple.

It is not until recently, when I was finally confirmed to have iron deficiency anemia (IDA). It is until then, I realized it is not easy to absorb adequate dietary iron to replenish my iron storage to restore my haemoglobin level.

Looked back to what I ate when I tried to absorb more iron from diet. I went to a restaurant to have Beef tofu pot as I though beef contained iron. You may correctly pointed out that calcium in tofu inhibit the absorption of iron. The tea served by the restaurant was another factor that I probably had not absorbed iron from those few finely cut beef slices.

Iron and Haemoglobin

Haemoglobin
It is found inside red blood cell for transporting oxygen from lung to tissue in our body.

Iron
Iron is important for haemoglobin function. Iron deficiency would reduce haemoglobin level. Anaemia develops when haemoglobin is low.

Blood donation
With each whole blood donation, a portion of your iron store is lost. Therefore, your iron level may drop or even become inadequate after several donations if dietary compensation is not adequate. This condition is especially common in poor-balanced or vegetarian diet, or in women with concurrent heavy menstrual loss.

Healthy Diet
On top of adhering to Food Pyramid, donors would have to adopt iron-rich diet to ensure adequate iron intake.

Iron-Rich Food

	Iron (mg) Value per 100g	Iron (mg) Value per 100g	
Meat		Fish	
Beef (cooked)	4.1	Octopus (cooked)	9.5
Lamb (cooked)	2.7	Oyster (cooked)	8.1
Pork (cooked)	1.8	Mussel (cooked)	6.7
Chicken (cooked)	1.2	Clam (cooked)	2.8
		Tuna, canned in water	1.5
Nuts		Beans	
Sesame	14.6	Soybean (cooked)	5.1
Sunflower seeds	6.8	Lentils (cooked)	3.3
Cashew nuts	6	Red Kidney (cooked)	2.9
Pistachio	4	Chickpea (cooked)	2.9
Almond	3.7	Red Bean (cooked)	2
Walnut	2.9	Green Bean (cooked)	1.8
Peanut	1.6	Firm Tofu	2.7
Dried Fruits		Others	
Dried Goji Berries	6.8	Dried Black Fungus	5.5
Dried Apricots	2.7	Spinach (cooked)	3.6
Dried Raisins	2.6	Amaranth (cooked)	2.3
		Beetroot (cooked)	1.8

United States Department of Agriculture National Nutrient Database for Standard Reference (Release 28, released September 2015)

Meat contains both heme (40%) and non-heme (60%) iron. Heme iron is readily absorbed and is not easily affected by other food, drink or medication.

Vegetables contain only non-heme iron. Its absorption is greatly increased by the use of Vitamin C.

Avoid tea, coffee, milk (contains calcium), some antibiotics, antacid and other medication that suppresses stomach acid during your meal. You may take them 2 hours before or 1 hour after your meal.

Absorption Tips

- Increase intake of iron-rich food.
- Vitamin C enhances iron absorption (An orange or a kiwi fruit contains 50mg vitamin C which enhances iron absorption by 2 to 3 times).
- Caffeine interferes with the body's absorption of iron. Avoid coffee or tea during meals.

Iron Supplement

Q1. Who needs iron supplement?
Iron store will be depleted if you have chronic blood loss or repeated blood donation. Even your hemoglobin level is not low, you need to replenish the iron store. Most severe form of iron deficiency is the development of anaemia, you need iron to correct your anaemia and replenish the iron store.

Q2. How to take iron supplement?
Take Vit C-rich food together with iron supplement could further improve its absorption. Avoid tea, coffee, milk (contains calcium), some antibiotics, antacid and other medication that suppresses stomach acid during your meal. You may take them 2 hours before or 1 hour after your meal.

Q3. Iron supplement side effects and management:

1. Intolerable metallic tastes; nausea or stomachache 1 hour after ingestion.
Management:
- Although empty stomach is better for absorption, you may take iron with your meal since it is better than stopping the supplement altogether.
- Reduce the iron dosage.
- Reduce daily frequency of iron
- Switch to other iron formulation.
The above strategies are adopted to minimize your discomfort with iron, your total duration of iron supplementation will be lengthened.

2. Constipation.
Management: Stool softener.
(Please follow advice from your doctor.)

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After failure to correct IDA by dietary iron, the next step is by oral iron supplement. There are different forms of oral iron supplement (solution, tablet, capsule; organic vs inorganic) but no form is superior in causing less gastrointestinal side effect. It suggested to try another form if intolerant to one form. Use of drinking straw could reduce the time of iron solution stay in mouth which may stain teeth especially in children.

(Refer to National Blood Authority Australia- Iron Product Choice and Dose Calculation for Adults)

Intravenous iron infusion is not a commonly performed primary care procedure even in Australia. However, as one speaker said at GP15, it could be offered to patients with IDA in need of regular IV iron infusion at primary care clinic after training from specialists. Anaphylaxis may occur with IV iron infusion and resuscitation facilities should be available. Extravasation of IV iron causing permanent skin pigmentation is another potential mishap.

Before I was diagnosed IDA, my Hb, MCV, MCHC level were all in normal ranges. But yet, every time when I donated blood, I needed a double checking of haemoglobin level before I could donate. I am sorry for those sick people whom received my red blood cell products, that the quality was not good. Beside yellow stained teeth, drinking coffee/ tea at meal time causing reduced iron absorption would be a concern now. From now on, I know how to eat well (for example an apple with lemon water as snack), and be a healthy blood donor.



Compiled by Dr Law Tung Chi, Dorothy



Interest Group in Medical Humanities - The 3rd Meeting on 24th June 2017

Dr. Lo Sze Mon, Dana (Co-ordinator)
Board of Education
The Hong Kong College of Family Physicians

The 3rd Interest Group in Medical Humanities Meeting was held on 24 June 2017. Dr. Ting Wai Fong, Adjunct Associate Professor, Department of Applied Social Science, Hong Kong Polytechnic University, Hong Kong, was the speaker.

Meeting Theme : Narrative and Medical Practice: contradictory or complementary?

Attendance : 22

The speaker : Dr. Ting Wai Fong graduated from Hong Kong Baptist College and obtained her Master degree in Social work from the University of Hong Kong, followed by Master of Arts (Public and Social Administration), Brunel University and Doctor of Philosophy (Social Studies) from University of Nottingham, UK. Her latest degree was Master of Narrative Therapy and Community Work from University of Melbourne. Dr. Ting has been engaged in practicing and teaching of social work for over 30 years. She was intrigued by the questions/criticism raised by the post-modernists on the various established human service professionals. She was fascinated to find that there are numerous possibilities in the post-modern era for people to explore and journey on with their life, other than simple problem-solving. Dr. Ting embarked on a journey into Narrative Therapy in the 2000s

with the late Michael White, founder of Narrative Therapy. Throughout these years of learning, teaching and practicing Narrative Therapy, Dr. Ting still could not stop feeling amazed by the effects of Narrative Therapy on bringing changes to people's life.

Learning points : prepared by Associate Professor Dr. Ting Wai Fong

Medicine, being one of the oldest scientific discipline, is often perceived as the product of the modern or scientific era of western culture. Medical practitioners not only rely on the powerful scientific knowledge but also celebrate the certainty and optimism that science brings. With knowledge and the respective skill sets, medical practitioners in many societies enjoy a respectable and expert status. Like medicine, Narrative Therapy also endeavours to help alleviate people's suffering. However, its practice is underpinned by the philosophy and knowledge that are founded in the post-modern era whereby people no longer believe there is absolute truth. Moreover, narrative practitioners are cautious of exercising power that exists between them and their clients and refrain from taking an expert role. It seems that there are inherent and fundamental conflicts between the medical and narrative practices. The aim of this lecture is not to widen this gap, instead it strives to reveal the possibilities that the two healing professions can complement each other in helping people and healing lives.

In this mid-summer afternoon session, I shared with the participating medical practitioners my observation and views that while the profession with knowledge-based firmly grounds in the modern and scientific paradigm might celebrate their

authoritative standing, they also start wondering whether the theory and practice of the postmodern and non-scientific paradigm has anything to offer if their respective professional practices are to be further excelled, in the face of the “wounded humanity” .

Using the story of Dr. V. Felitti’s encounter with Patty, a lady who sought help for her obese problem, I illustrated the crucial role that a medical practitioner could play not just in providing medical treatment, but also to understand, change and save life. The Narrative Turn in medicine - Narrative Medicine - was then introduced as one possibility that the medical profession could “re-humanize medicine”.

Narrative Competence - skills to recognize, absorb, interpret and be moved by the stories one hears and reads (Charon, 2004) were elaborated. Charon (2005) later suggested medical practitioners to equip with their skills in Attention, Representation and Affiliation such that not only the patients, but also the medical practitioners, the medical profession and the larger society as a whole can be benefited. To further enrich the practice of Attention, the Externalizing Conversations Map (White, 2007) were introduced and discussed with reference to the daily practice of a medical practitioner.

The session concluded that despite it is not yet popularly received, the narrative turn in medicine is taking shape in some European and US medical scenes, starting mostly from medical training institutes. I was glad to have this opportunity to share with members of The Hong Kong College of Family Physicians as I reckon they are at the forefront to bring this narrative turn into the Hong Kong medical scene.

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(from left to right) Dr. Chan Hung Chiu, Dr. Ting Wai Fong (speaker), Dr. Dana Lo and Dr. Aster Lau)



Post lecture discussion on narrative and medical practice

Next Meeting

The next meeting for the Interest Group in Medical Humanities will be held on 11th November 2017. Dr. Florence Wu will be the speaker. The topic will be “Burnt out: the challenge to the helping profession”.

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 one can benefit from participation. Our goal is to enhance our practical skills, promote early awareness and better management of mental health problems in our community.

Interest Group in Mental Health & Psychiatry in Primary Care - The 55th Meeting on 5th August 2017

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

The 55th Interested Group in Mental Health & Psychiatry in Primary Care Meeting was held on 5th Aug 2017, Dr. Wong Tsz Kau, Carl, Family Physician, is the speaker.

Meeting Theme : Philosophical counselling at a glance

Attendance : 30

The Speaker : Dr. Wong Tsz Kau, Carl is a family physician in private practice. Dr. Wong was trained in Family medicine after graduated MBChB from CUHK, with a Master degree in Family Medicine from Monash Univ and has been a fellow of the College since 2005. Carl is active in primary care network and organises continuous education for community colleagues. Dr. Wong is an officer in Auxillary Medical service and has special interest in family therapy and philosophical approach in mental health.

Learning points prepared by Dr. Wong Tsz Kau, Carl

Philosophy literally means 'love of wisdom', which is an attractive term as everyone wants to be wise. Philosophy is also considered to be a fine foundation for counselling. Philosophical counselling in simple terms means counselling using philosophical approach.

Let's take depression as an example. The causes of depression can be multi-factorial. Genetic or biological causes of course can be managed with various anti-depressants and mood stabilizers. Childhood psychological trauma may be better managed by clinical psychologists specialized in techniques like psychoanalysis. However, there are more scenarios that depression is caused by normal life experiences like moral problems, interpersonal conflicts and losses. These kinds of clients may be good candidates for philosophical counselling.

For primary care, philosophical counselling is particularly useful based on a good doctor-patient relationship and related training in consultation skills like reframing technique.

Philosophical counselling is especially helpful for rational clients who present with problems with philosophical implications. Philosophical counselling aids to help clients to come to terms with their problems and to clarify the implications of possible choices. After the session, the clients are expected at least to gain a deeper understanding

of their problems, and at most to feel empowered to cope with or to resolve the problems.

There are various techniques in philosophical counselling, one of the methods advocated by Dr. Lou Marinoff (President of American Philosophical Practitioners Association, APPA) is the PEACE technique. PEACE stands for Problem, Emotions, Analysis, Contemplation and Equilibrium, which describes the process in the counselling.

As family physicians we usually deal with patient's physical symptoms, mood problems and social impacts (the bio-psycho-social model). In philosophical counselling we are not told to ignore all these aspects, but we are reminded that thinking also plays a part in producing the emotions and then the symptoms. In the counselling process we sometimes need to look for any logical fallacies in patients' thinking process, for example, 'appeal to authority' (which was illustrated in case sharing). Further, we may need to challenge the validity of patients' own beliefs and value systems if necessary. Of course, it needs a basic knowledge of philosophy and its branches, especially epistemology, ethics, logic, and thanatology.

Learning philosophy is not just beneficial to our patients, it is also beneficial to ourselves as healers too. Taking good care of ourselves comes first to taking care of our patients.

Here are two books by Dr. Lou Marinoff on philosophical counselling, which I recommend those fellows who have interest in this topic:

1. Plato not Prozac- applying eternal wisdom to everyday problems, from Harper Perennial (ISBN: 978-0-06-093136-0)
2. Therapy for the sane- how philosophy can change your life, from Argo Navis Author Services (ISBN: 978-0-7867-5572-1)

Next Meeting

The next meeting for the Interest Group in Mental Health Psychiatry in Primary Care will be held on 7th October 2017. Dr. Chris Lum, will be the speaker. The topic will be "Geriatric and Mental Health".

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 one 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.



HKCFP 40th Anniversary Celebration

PHOTO COMPETITION MY FAMILY DOCTOR

我的家庭醫生

As part of the celebration activities of the 40th Anniversary of the Hong Kong College of Family Physicians, a photo competition is now open to all Members and Fellows of the College. The winning photos will be used in various materials and applications of the College.



Theme:
My Family Doctor
我的家庭醫生

Prizes:

Gold (First prize) : HK\$1000
Silver (Second prize) : HK\$500
Bronze (Third prize) : HK\$300

Judging Panel:

- To be appointed by the 40th Anniversary Celebration Organising Committee.
- The decision of the 40th Anniversary Celebration Organising Committee is final.

Deadline of submission:

EXTENDED 31 October 2017

Judging Criteria:

- The submitted photographs should illustrate the theme "My family doctor".

For enquiries and submissions, please contact:

Ms Teresa Liu, Senior Administrative Executive

Tel : +852 2871 8899

Fax : +852 2866 0616

Email: teresaliu@hkcfp.org.hk / hkcfpphotocontest@gmail.com

Submission details:

- The competition is open to all HKCFP members.
- Entries must be the original work(s) of the entrant.
- Entries must be submitted by electronic format. The image size should be larger than 8 million pixels, in RGB colour mode and in JPEG format. Both colour or black & white photos are accepted. The file size must not exceed 10 MB. Photographs must not be extensively computer retouched.
- Each entrant may submit up to a maximum of 5 photographs.
- Each entrant must submit the entries together with a submission form which includes the contact details of the entrant, the title / caption of the picture, the declaration of originality and authorisation of copyrights. The submission form and regulations are available at college website: www.hkcfp.org.hk.
- Entrants retain copyrights of their work. For awarded pictures, copyright holders grant the HKCFP unlimited royalty-free non-exclusive use of high-resolution pictures for all related publications and activities.

Certificate Course on Use of Insulin

Sponsored by Novo Nordisk Hong Kong Limited & DKSH Hong Kong Limited

Dates	: 16 September, 14 October and 11 November 2017 (Saturdays)
Time	: 1:00pm - 2:00 pm Lunch 2:00pm - 4:00 pm Lecture & Discussion
Venue	: 5/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, H.K.
Target group	: Primary care professionals who are interested in insulin usage
Course Fee*	: HKCFP Members – HK\$120 for whole course Non-HKCFP Members – HK\$240 for whole course (All cheques payable to "HKCFP Education Ltd" . All fees received are non-refundable and non-transferable.) *Course fee will be refunded to those who have attended 100% of all 3 lectures.
Accreditation	: HKCFP: 2 CME Points for each session (Cat 4.4) MCHK: 2 CME Points for each session (pending)
Award	: Those who have attended 2 or more of all the sessions will be awarded a "Certificate of Attendance".
Capacity	: 48 doctors

Programme Schedule

Dates	Topics	Speakers
16 September 2017	General Background Information on DM / Guidelines	Dr Chu Wai Sing, Daniel Specialist in Family Medicine
14 October 2017	Importance of Good Control / Early Use of Insulin	Dr. Tsang Man Wo Specialist in Endocrinology and Metabolism
11 November 2017	Experience Sharing of How to Initiate / Teach our Patients to Start Insulin in Primary Healthcare Setting	Ms. Hung Shuk Yee Advanced Practice Nurse

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

REPLY SLIP

To: HKCFP, Room 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Building, Aberdeen, Hong Kong

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

I would like to attend "Certificate Course on Use of Insulin" and enclosed please find the appropriate course fee payment.

16 September 2017 14 October 2017 11 November 2017

Name: _____ Tel: _____ Fax: _____ Date: _____

Email: _____ Cheque no: _____

- 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.

7 October 2017
Saturday
Board of Education Interest Group in Mental Health & Psychiatry

Aim	To form a regular platform for sharing and developing knowledge and skill in the management of mental health	
Theme	Case Discussion on Obsessive Compulsive Disorder (OCD)	
Speaker	Dr. Victoria Tang Specialist in Psychiatry	
Co-ordinator & Chairman	Dr. Lo Sze Mon, Dana The Hong Kong College of Family Physicians	
Time	2:00 p.m. – 4:00 p.m.	Theme Presentation & Discussion
Venue	8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong	
Admission Fee	Members Non – members HKAM Registrants	Free HK\$ 300.00 HK\$ 150.00
Accreditation	All fees received are non-refundable and non-transferable. 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.	


21 October 2017
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	Balint Group	
Facilitator	Dr. Lau Wai Yee, Aster The Hong Kong College of Family Physicians	
Time	2:30 p.m. – 2:45 p.m.	Introduction of Balint Group
	2:45 p.m. – 4:00 p.m.	Group presentation and sharing
	4:00 p.m. – 4:30 p.m.	Round-up discussion
Venue	8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong	
Admission Fee	Members Non – members HKAM Registrants	Free HK\$ 300.00 HK\$ 150.00
Accreditation	All fees received are non-refundable and non-transferable. 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.	



Monthly Video Viewing Session

Monthly video viewing sessions will be scheduled on the last Friday of each month at 2:30 – 3:30 p.m. at 8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong.

September's session:

Date	29 September 2017 (Friday)	
Time	2:30 p.m. - 3:30 p.m.	
Topic	1. "Glycemic Index-Non-Alcoholic Fatty Liver Disease" by Dr. Leong In Son 2. "Understanding Fats: Good vs Bad" by Ms. Sylvia S W Lam	
Admission	Free for Members	
Accreditation	1 CME point HKCFP [Cat. 4.2] 1 CME point MCHK Up to 2 CPD points (Subject to submission of satisfactory report of Professional Development Log)	
Language	Lecture will be conducted in English.	


October's session:

Date	27 October 2017 (Friday)	
Time	2:30 p.m. - 3:30 p.m.	
Topic	"Update of Stroke Prevention for Atrial Fibrillation" by Dr. Lau Chun Leung	
Admission	Free for Members	
Accreditation	1 CME point HKCFP [Cat. 4.2] 1 CME point MCHK Up to 2 CPD points (Subject to submission of satisfactory report of Professional Development Log)	
Language	Lecture will be conducted in English.	



Community Education Programme

Open and free to all members
HKCFP CME points accreditation [Cat 5.2]

Date/Time/CME	Venue	Topic/Speaker/Co-organizer	Registration
21 Sep 2017 1:00 – 3:00 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital, 130 Hip Wo Street, Kwun Tong, Kowloon	Update on Management of Irritable Bowel Syndrome Dr KUNG Kam Ngai (Chief of Service, Department of Medicine and Geriatrics, United Christian Hospital)	Ms. Polly Tai Tel: 3949 3430 or Ms. Cordy Wong Tel: 3949 3087
14 Oct 2017 2:15 – 3:45 p.m.	Lecture Theatre, G/F, Block K, United Christian Hospital, 130 Hip Wo Street, Kwun Tong, Kowloon	Management of Blistering Conditions Dr David LUK Chi Kong (Associate Consultant, Paediatric and Adolescent Medical Department, United Christian Hospital)	Ms. Polly Tai Tel: 3949 3430 or Ms. Cordy Wong Tel: 3949 3087
14 Oct 2017 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	Approach to Arthritis and Joint Pain Dr. HO Tsz Chung Roy Rheumatologist, QEH	Ms. Clara Tsang Tel: 2354 2440



Structured Education Programmes

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

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
4 October 17 (Wed)			
2:00 – 5:00 p.m.	Conference Room 3, G/F, Block M, Queen Elizabeth Hospital	Exercise Prescription and Weight Reduction Dr. Kam Ngar Yin Irene & Dr. Chuang Chi Kit	Ms. Mandy Leung Tel: 3506 8613
2:15 – 4:45 p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	Clinical Approach: Breast Complaints Dr. Leung Lai Man	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Communication Skills and Doctor-Patient Relationship Dr. Yeung Ka Yu Doogie & Dr. Ma Man Ki Katelyn	Ms. Polly Tai Tel: 3949 3430
11 October 17 (Wed)			
2:00 – 5:00 p.m.	Conference Room 3, G/F, Block M, Queen Elizabeth Hospital	Travel Medicine Dr. Wong Kai Hei & Dr. Chiu Ho Ching	Ms. Mandy Leung Tel: 3506 8613
2:15 – 4:45 p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	Aspirin in Primary Prevention of Cardiovascular Diseases and Cancer Dr. Yip Pui Leung	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Confidentiality, Patient's Right, Performance Pledge Dr. Chan Ki Fung Dickson & Dr. Luk Sze Wan Candy	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. Chloe Leung / Ms. Yan Ng Tel: 2589 2339
5:30 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Wound Management Dr. Shen Yu Wei Teresa	Ms. Carmen Kwong Tel: 2632 4371
12 October 17 (Thu)			
4:00 – 6:00 p.m.	Room 614, 6/F, Ambulatory Care Centre, Tuen Mun Hospital	Common Sport-related Injury in Primary Care (Wrist and Hand, Foot and Ankle; Traumatic / Overuse) Dr. Lee Kar Fai & Dr. Wan Ka Yan	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Updates in Management of Lower Urinary Tract Symptoms Dr. Sin Ming Chuen	Ms. Kwong Tel: 2595 6941
18 October 17 (Wed)			
2:00 – 5:00 p.m.	Room 7, 8/F, Yau Ma Tei GOPC	Introduction of Community Resources, CNS, Private Nurse Practitioner Dr. Mak Ho Yan Queenie & Dr. Ho Ka Ki	Ms. Mandy Leung Tel: 3506 8613
2:15 – 4:45 p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	Invitation of Social Worker of Integrated Mental Health Program of NTWC to Share Experience in Counselling and Problem Solving Dr. Zhang Dingzuan	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Mood Disorders (Major Depressive Episode, Dysthymia, Bipolar Disorder) Dr. Yau Chi Yan Davy & Dr. Ma Yuen Ying Tammy	Ms. Polly Tai Tel: 3949 3430
4:45 – 6:45 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Practice Management: Exit Exam and Real Practice (for all to attend) Dr. Luk Kam Hung	Ms. Chloe Leung / Ms. Yan Ng Tel: 2589 2339
5:30 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Introduction to DSM V Dr. Leung Wai Yan Viola & Dr. Chan Wan Him Jason	Ms. Carmen Kwong Tel: 2632 4371
19 October 17 (Thu)			
4:00 – 6:00 p.m.	Room 614, 6/F, Ambulatory Care Centre, Tuen Mun Hospital	Screening for DM Retinopathy: Interpretation of Retinal Photos Dr. Tsui Sau In & 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	Chronic ENT Conditions and Management Dr. Sin Ming Chuen	Ms. Kwong Tel: 2595 6941
25 October 17 (Wed)			
2:00 – 5:00 p.m.	Room 7, 8/F, Yau Ma Tei GOPC	Health Problems of Doctors & Management of Burnout Dr. Wong Ching Keung & Dr. Chan Pui Kwan	Ms. Mandy Leung Tel: 3506 8613
2:15 – 4:45 p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	DNR, Euthanasia and Advanced Directives Dr. Chan Ka Wai	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Journal Club (related to Management of Chronic Diseases) Dr. Suen Gee Kwang Victoria & Dr. Wong Sze Man	Ms. Polly Tai Tel: 3949 3430
4:45 – 6:45 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	Sports Injury Management Dr. Amy Cheung	Ms. Chloe Leung / Ms. Yan Ng Tel: 2589 2339
5:30 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Occupational Health Medicine in FM Dr. Chung Hiu Yeung & Dr. Kong Ka Ming Andrew	Ms. Carmen Kwong Tel: 2632 4371
26 October 17 (Thu)			
4:00 – 6:00 p.m.	Room 614, 6/F, Ambulatory Care Centre, Tuen Mun Hospital	Update Management of Dementia at Primary Care Dr. Ho Tsz Bun & 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	Emergency Case Handling in General Outpatient Clinic Dr. Chan Ki Chun	Ms. Kwong Tel: 2595 6941



1977-2017
Hong Kong College of
Family Physicians

更致全康 四十載 春夏秋冬 健康來

家庭醫生

家庭醫生為市民在醫療系統的第一個接觸點，
守護每一位市民的健康。

香港家庭醫學學院，努力將優質健康資訊與家庭醫學理念帶
給大眾。為慶祝香港家庭醫學學院成立四十週年，本學院將
於2017年四個季度共主辦四場公眾健康教育講座。

詳情如下：

費用全免

	日期	時間	地點	題目	講者
春季	3月25日 (星期六)	下午3時	香港灣仔駱克道3號 香港小童群益會5樓 502室演講廳	過敏性鼻炎/哮喘 心血管健康	顏寶倫醫生 區志立醫生
夏季	5月13日 (星期六)	下午3時	旺角奶路臣街38號 麥花臣匯3樓遊協禮堂	中暑/防曬 外遊前見醫生	何家銘醫生 陳穎欣醫生
秋季	9月23日 (星期六)	下午3時	九龍油塘邨第二期福 建中學附屬學校	濕疹及其他常見皮膚問題 抑鬱症	李艷珠醫生 王惠敏醫生
冬季	11月18日 (星期六)	下午3時	旺角奶路臣街38號 麥花臣匯3樓遊協禮堂	常見的兒童感染 流感疫苗/常見的成人免疫接種	鄺碧綠醫生 趙志輝醫生

參加者可獲贈精美紀念品乙份，送完即止。

查詢及報名: +852 2871 8899 (林小姐 或 葉小姐)

(星期一至五 上午9:00 至下午1:00; 下午2:00至下午5:30; 星期六、日及公眾假期休息)

香港家庭醫學學院

電話: +852 2871 8899 傳真: +852 2866 0616 電郵: hkcfp@hkcfp.org.hk

地址: 香港黃竹坑道九十九號香港醫學專科學院賽馬會大樓八樓803-4室

Facebook: <http://www.facebook.com/hkcfp>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 Sep 2:00 – 4:00 p.m. Certificate Course on Common Mental Disorders and Dementia for Primary Care Doctors	11	12	13	14 1:00 – 3:30 p.m. Certificate Course on Asthma Management 2:15 – 7:00 p.m. Structured Education Programme	15	16 1:00 – 4:00 p.m. Certificate Course on Use of Insulin 2:15 – 4:15 p.m. Interest Group in EBM 2:30 – 6:00 p.m. AEC 2017 Mock Exam 2:30 – 5:30 p.m. DFM Module III Care for the Elderly & Chronic Illness
17	18 8:00 p.m. Specialty Board Meeting	19	20 2:15 – 7:30 p.m. Structured Education Programme	21 2:15 – 7:00 p.m. Structured Education Programme 8:30 p.m. HKCFP Council Meeting	22	23 1:00 – 4:00 p.m. Interest Group in Dermatology 3:00 p.m. 健康教育講座 (油塘)
24 2:00 – 4:00 p.m. Certificate Course on Common Mental Disorders and Dementia for Primary Care Doctors	25	26	27 2:15 – 7:30 p.m. Structured Education Programme	28 2:15 – 7:00 p.m. Structured Education Programme	29 2:30 – 3:30 p.m. Video Session	30 2:30 – 5:30 p.m. DFM Women's Health Workshop 2:00 – 4:00 p.m. Certificate Course on Bringing Better Health to Our Community 2017
1 Oct	2	3	4 2:15 – 7:30 p.m. Structured Education Programme	5	6	7 2:00 – 4:00 p.m. Interest Group in Mental Health & Psychiatry
8 2:00 – 5:00 p.m. OSCE Rehearsal	9	10	11 2:15 – 7:30 p.m. Structured Education Programme	12 1:00 – 3:30 p.m. Certificate Course on Asthma Management 2:15 – 7:00 p.m. Structured Education Programme	13	14 1:00 – 4:00 p.m. Certificate Course on Use of Insulin 2:30 – 5:30 p.m. DFM Module V MSK Workshop 5:30 – 7:15 p.m. DFM Module II Introduction Session
15 2:00 – 4:00 p.m. Certificate Course on Common Mental Disorders and Dementia for Primary Care Doctors	16	17	18 2:15 – 7:30 p.m. Structured Education Programme	19 1:00 – 3:30 p.m. Certificate Course on Asthma Management 2:15 – 7:00 p.m. Structured Education Programme 7:00 p.m. Basic Training Introductory Seminar 8:30 p.m. HKCFP Council Meeting	20	21 2:30 – 4:30 p.m. Interest Group in Counselling
22 2:00 – 4:00 p.m. Certificate Course on Common Mental Disorders and Dementia for Primary Care Doctors	23	24	25 2:15 – 7:30 p.m. Structured Education Programme	26 2:15 – 7:00 p.m. Structured Education Programme	27 2:30 – 3:30 p.m. Video Session	28
29 OSCE Exam	30	31	1 Nov	2	3	4



FP LINKS EDITORIAL BOARD 2017

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

To find out more, contact us:

 www.hkcfp.org.hk  2871 8899

 hkcfpl@hkcfp.org.hk

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