



THE HONG KONG  
COLLEGE OF  
FAMILY PHYSICIANS

# FP Links

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## Message from the President



The 8<sup>th</sup> Hong Kong Primary Care Conference has become a traditional annual event which brings together family physicians, nurses and other allied professionals to share our experience and exchange ideas. The Organizing Committee has chosen “Family Physicians-Nexus of the New Era of Primary Care” as the theme. This will happen on 23<sup>rd</sup> and 24<sup>th</sup> June. This is followed immediately by the

31<sup>st</sup> Fellowship Conferment and Diploma Presentation 2018. Don't miss this wonderful Conference and our Conferment ceremony!

I am very proud of the College involvement in one of the biggest medical conferences in Hong Kong- 2018 Hospital Authority Convention. Six of the Council members had spoken at the Convention on 8<sup>th</sup> May 2018. The morning session focused on “The role of Family Medicine in Chronic Disease Management”. My topic was “What the Family Physicians Do in Managing Patients with Chronic Diseases in the Community”. Control of these non-communicable diseases relies on primary, secondary, tertiary and even quaternary prevention. There is a gradual shift of chronic disease management from public to private sector since the introduction of General Outpatient Clinic Public-Private Partnership Programme by the Hospital Authority but the pace is slow. The importance of primary care is undeniable in Hong Kong. However, less than 10% of local medical graduates have the opportunity to train in Family Medicine, well below the figure of developed healthcare systems in other countries.

Dr. Ruby Lee's talk was on “Disease Prevention in the Elders”. She reiterates “Family Physicians, being the first point of contact, are in a prime position in preventive care for the elders. This includes health promotion, risk assessment, disease detection, follow-up care after medical conditions of patients are stabilized and after discharge from hospital. We are also coordinators to advise and direct patients for necessary and appropriate multidisciplinary and specialist healthcare services.”

Prof. Samuel Wong's session is on “The role of Family Medicine in Chronic Disease Management: What can We Learn from Research Evidence”. Research has shown Hong Kong is bottom of the league in developed countries in having a regular doctor and support for self-management for patient who have a chronic condition. He summarized “Disease burden has changed but the health system has not caught up. Effective prevention and management of chronic conditions requires a shift of focus from hospital to community primary care with trained doctors who use the generalist approach in caring for people. Evidence shows that

primary care led approaches result in better health outcomes with lower costs.”

Dr. Jun Liang touched on “The role of Family Medicine in Chronic Disease Management: The Rising Importance to Healthcare”. Dr. Liang highlighted “Whole person care planning with stratification will be norm: We move away from merely passively treating individual episodes of illness to better anticipating patients' needs by planning and managing long-term care in the community. Most importantly, family physicians will focus on patients with several chronic diseases as it is rapidly becoming the norm among those with chronic diseases who are more in need for holistic person-centred care.”

Then in the Afternoon Symposium on Primary Care in Hong Kong, Prof. Cindy Lam highlighted this year is the 40<sup>th</sup> anniversary of the Alma-Ata Declaration on Primary Health Care by WHO-UNICEF at the International Conference on Primary Health Care in 1978. She told us “Primary care in Hong Kong has come a long way since 1978 especially in the past decade. Local research has demonstrated primary care co-ordinated by family doctor achieved the best outcomes in promoting a healthy lifestyle, access to primary care, reduction in accident and emergency attendance and hospitalization, better patient enablement and more improvement in overall health condition. Quality primary care for all in Hong Kong should be our vision. To achieve this vision, we need to ensure everyone has a family doctor, every family doctor is enabled, empowered and engaged in providing best primary care, and primary care is adequately supported by the necessary multidisciplinary services and resources.” What a rightful statement!

Finally Dr. David Chao lectured us on “What Has Hospital Authority Achieved in Primary Care?”. He mentioned “Over the past two decades, HA recruited a core team of Family Medicine Specialists who were also accredited FM clinical supervisors. Planning of HA's Family Medicine training and related services were required following the formation of Central Coordinating Committee. In addition to setting up Family Medicine and Primary Health Care Departments in all clusters, regular engagement of internal and external stakeholders including cluster and hospital management, as well as various specialty colleges, was crucial to the successful establishment of FM training programme in HA.” We can see the results and have quality family physicians that come after a long way.

**Dr. Angus MW CHAN**  
President

## 報告和分享：第五屆海峽兩岸全科醫學大會 — 共建全科醫學新時代

蔣立建 醫生

廣華醫院家庭醫學及全科門診部

二零一八年復活節期間，在世界家庭醫學組織候任主席 李醫生、香港家庭醫學學院院長 陳醫生、香港家庭醫學學術領袖 香港大學林教授和醫管局家庭醫學領導 梁醫生帶領下，香港家庭醫學代表出席了「海峽兩岸醫藥衛生交流協會全科醫學專業委員會」於2018年3月30日至4月1日在廣西南寧召開的“第五屆海峽兩岸全科醫學大會暨海峽兩岸醫藥衛生交流協會全科醫學專業委員會第五屆學術年會”。



香港代表和祝培珠教授（左四）及杜雪平教授（左五）合影

「海峽兩岸醫藥衛生交流協會全科醫學專業委員會」（以下簡稱“專委會”）於2014年10月在中國杭州成立。專委會宗旨是團結海峽兩岸四地全科醫學工作者，以及熱愛海峽兩岸全科醫學交流的社會各界人士和團體；加強兩岸四地全科醫學之間的交流和合作，提昇全科醫生服務能力，增進兩岸人民健康福祉，促進全科醫學快速健康發展，及完善全科醫生制度建設。海峽兩岸全科醫學大會是專委會的學術年會，每年舉辦一次。專委會聯合港澳台與國際，邀請各地全科醫學專家共聚，讓中國全科醫生交流學術和知識。大約有2500人出席了這屆的全科醫學大會。

為貫徹落實中國“十九大”提出的“加強基層醫療衛生服務體系和全科醫生隊伍建設”的健康中國戰略，本屆大會的主題是「共建醫學新時代」。大會設立一個主論壇，七個分論壇以及主題培訓。豐富內容包括兩岸四地全科醫師培養教育、全科醫學科研與學術、全科醫學發展趨勢、社區慢病規範管理能力提升、基層衛生政策、分級診療、家庭醫生簽約、青年全科醫生交流、醫學人文等等。本屆大會評選和頒發“海峽兩岸全科醫學突出貢獻獎”；專委會籌建了“全國全科醫學青年專家聯盟”，旨在為中國全科醫學發展培養青年人才；專委會聯合同濟大學全科醫學系開展“社區衛生服務中心科研情況調查”活動，發佈“社區衛生服務中心科研百強名單”，旨在促進社區衛生服務機構的科研建設與發展；並舉行第五屆海峽兩岸全科醫學大會論文徵集評獎活動、“我是家醫”徵文及攝影大賽等系列活動。

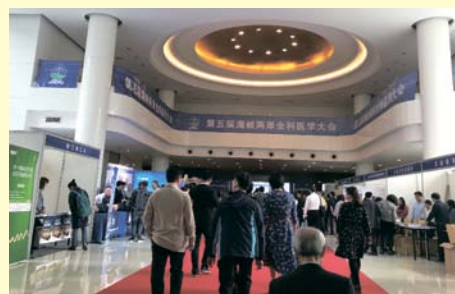


健康中國戰略

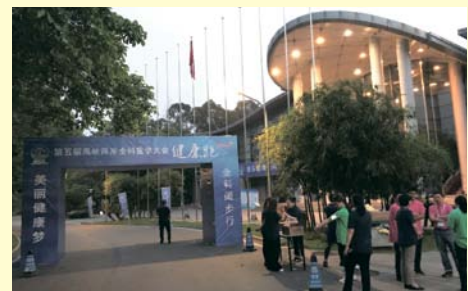


全國社區衛生服務中心科研綜合能力排行榜

本次大會的主會場地是廣西南寧市荔園山莊內的國際會議中心。荔園山莊毗鄰南寧著名的青秀山風景區，坐擁青秀山餘脈，滔滔邕江繞山莊逶迤而過，莊內又有流水內湖，依山傍水，環境幽雅，景色怡人。本次大會特別舉辦了「美麗健康夢 全科闊步行之健康跑」活動，很多與會者都參加了這次健康晨跑活動。



大會會場



健康跑：美麗健康夢 全科闊步行

## 全國全科醫學青年聯盟

“全國全科醫學青年聯盟暨全科醫學青年專家培養專案”(簡稱“聯盟”)3月30日在廣西南寧正式啟動。聯盟由海峽兩岸醫藥衛生交流協會全科醫學專委會、中國醫師協會全科醫師分會、中華醫學會全科醫學分會共同發起，賽諾菲中國公益支持。首批共有來自21個省市和港臺地區的30名全科醫學青年專家入選。入選的青年醫生年齡均在45歲以下、碩士以上學歷、副高以上職稱，具有良好的醫教研基礎和良好的職業道德。入選的青年全科醫生將參與為期三年的學術培訓，以提高自身在臨床、教學、科研和管理方面的能力並以此為基礎開展臨床標準的研究和制定，組織編寫、翻譯全科醫學相關教材，推動青年全科醫生之間的合作與交流，從而達到培養全科醫學青年精英、儲備未來全科醫學領軍人物的目標。聯盟第一期培訓邀請了美國科學院院士、美國《家庭醫學年鑒》主編、凱斯西儲大學家庭醫學系Kurt Stange教授等擔任導師，從基層科研選題、課題設計、研究方法以及全科醫學臨床帶教方法上進行培訓。



青年聯盟培訓：基層科研

## 中國醫改：“1+1+1”就醫模式和分級診療制度

從八十年代起，中國走上改革開放的國策；同時，醫療制度也在不斷探索、改善和深化適合中國國情的道路。2015年100個公立醫院改革國家試點聯繫城市和4個綜合醫改省份開展分級診療的試點，然後分級診療逐步推進，預計到2020年，分級診療模式將全面定型。分級診療的重點是按照疾病的輕、重、緩、急及治療的難易程度進行分級，不同級別的醫療機構承擔不同疾病的治療，形成“健康進家庭、小病在基層、大病到醫院、康復回社區”的就醫新格局。建立分級診療制度，有利於形成科學有序的就醫格局，有利於提高醫療資源的配置效率，有利於有效緩解“看病難、看病貴”的問題。

市民患病後，先在簽約的家庭醫生那裡就診，如病情較為嚴重，再到由市民自己選擇的二級醫院或三級醫院去就診，或者由家庭醫生通過綠色通道轉至二級或三級醫院，讓專家確診並對症治療，這就是“1+1+1”(一家社區醫院 + 一家二級醫院 + 一家三級醫院)就醫模式和分級診療制度。

## 從「赤腳醫生」到「全科醫生」/「家庭醫生」



主旨報告：我國全科醫生培養工作進展與展望(1)



主旨報告：我國全科醫生培養工作進展與展望(2)

「赤腳醫生」，是上世紀60~70年代期間開始出現的名詞，指一般未經正式醫療訓練、仍持農業戶口、一些情況下“半農半醫”的農村醫療人員。雖然「赤腳醫生」(農村醫生)為上世紀中國農村和基層衛生所的衛生事業發揮了重要作用，但根本不適切現代社會衛生醫療需求。「全科醫生」是綜合程度較高的複合型臨床醫學人才，主要在基層承擔常見病、多發病診療和轉診、預防保健、病人康復和慢性病管理等，為居民提供連續性、綜合性、個性化的醫療衛生服務，被稱為居民健康的“守門人”。

中國人口眾多，就目前而言全科醫生的數量相對較少，據國家衛計委統計，截至2016年底，中國註冊執業的全科醫生共有20.9萬人，佔執業(助理)醫師的6.6%，每萬人口擁有全科醫生1.5人。《“十三五”全國衛生計生人才發展規劃》提出，到2020年，全科醫生應達到30萬人以上(每萬人口有2-3名全科醫生)。據此計算，中國全科醫生缺口有9萬多人。2017年10月18日，國家主席 習近平同志在十九大報告中指出，要加強全科醫生隊伍建設，持續培養和發展全科醫生隊伍。近年來，中國加快了培養全科醫生的腳步。2010年起，全國開始實施“訂單式”的免費教育，普通醫學院為區縣的鄉鎮衛生院定向培養從事全科醫療的5年制臨床醫學本科生。北大醫學院、協和醫學院等著名醫學院推出的“5+3”規範化培養，即先接受5年的臨床醫學本科教育，再接受3年的全科醫生規範化培養。基層醫生轉崗培訓也是全科醫生隊伍建設的重要環節。此外，近兩年發改委撥款近45億資金在全國各地建立全科醫生培養基地。寄望在不久的將來每個鄉鎮的居民都擁有健康「守門人」(家庭醫生)。

### 資料參考

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2. 百度百科 <http://baike.baidu.com/item/分級診療制度>
3. 中華人民共和國中央人民政府網站 [www.gov.cn](http://www.gov.cn)
4. 《人民日報》(2018年01月26日09版)

# HKCFP Basketball Team for HKAM 2018



## Intercollegiate Basketball Tournament

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

The Young Doctors Committee (YDC) is the “youngest” committee of the HKCFP, which was newly established in May 2017. To celebrate the YDC’s one-year-old birthday, the **first ever official Basketball Team of the HKCFP** was formed earlier this year! Our team is going for the Hong Kong Academy of Medicine (HKAM) 2018 Intercollegiate Basketball Tournament in summer this year. We are ready!



HKCFP Basketball Team: one team one heart!

### Hong Kong Academy of Medicine 2018 Intercollegiate Basketball Tournament

Date	Time	Game	Group	Home	Away
Opening Ceremony					
30 June (Saturday)	1:45 p.m. - 2:00 p.m.			Radiologists	vs Surgeons
	2:00 p.m. - 3:00 p.m.	1	A	Dental Surgeons	vs Anaesthesiologists
	3:00 p.m. - 4:00 p.m.	2	A	Emergency Medicine	vs <b>Family Physicians</b>
	4:00 p.m. - 5:00 p.m.	3	B	Orthopaedic Surgeons	vs Joint College team
7 July (Saturday)	5:00 p.m. - 6:00 p.m.	4	B		
	2:00 p.m. - 3:00 p.m.	5	A	Dental Surgeons	vs Otorhinolaryngologists
	3:00 p.m. - 4:00 p.m.	6	A	Surgeons	vs Anaesthesiologists
	4:00 p.m. - 5:00 p.m.	7	B	Orthopaedic Surgeons	vs Ophthalmologists
14 July (Saturday)	5:00 p.m. - 6:00 p.m.	8	B	<b>Family Physicians</b>	vs Joint College team
	2:00 p.m. - 3:00 p.m.	9	A	Surgeons	vs Dental Surgeons
	3:00 p.m. - 4:00 p.m.	10	A	Otorhinolaryngologists	vs Radiologists
	4:00 p.m. - 5:00 p.m.	11	B	<b>Family Physicians</b>	vs Orthopaedic Surgeons
21 July (Saturday)	5:00 p.m. - 6:00 p.m.	12	B	Ophthalmologists	vs Emergency Medicine
	2:00 p.m. - 3:00 p.m.	13	A	Otorhinolaryngologists	vs Anaesthesiologists
	3:00 p.m. - 4:00 p.m.	14	A	Radiologists	vs Dental Surgeons
	4:00 p.m. - 5:00 p.m.	15	B	Ophthalmologists	vs Joint College team
28 July (Saturday)	5:00 p.m. - 6:00 p.m.	16	B	Emergency Medicine	vs Orthopaedic Surgeons
	2:00 p.m. - 3:00 p.m.	17	A	Radiologists	vs Anaesthesiologists
	3:00 p.m. - 4:00 p.m.	18	A	Surgeons	vs Otorhinolaryngologists
	4:00 p.m. - 5:00 p.m.	19	B	Emergency Medicine	vs Joint College team
4 August (Saturday)	2:30 p.m. - 4:30 p.m.			Semi Final	
				Championship game and 3 <sup>rd</sup> place game.	
11 August (Saturday)	2:30 p.m. - 6:00 p.m.				

#### HKAM Intercollegiate Basketball Tournament 2018 Schedule

Some of our HKCFP Fellows and Members might not have thought of forming a College Basketball Team among our peers. With courage and enthusiasm, our dream came true! We started off with one-on-one invitation among the circle of friends, in parallel with the mass e-mail recruitment strategy. At the beginning, some colleagues expressed interest yet were in doubt, supporting our **idea** of forming the team with various **concerns** of physical demand, time, collaboration, training, participation and so on. Yet most of us had the same **expectation**: for fun! More and more colleagues joined in subsequently, from the time we worried about having inadequate “starting-five” players to start a match, to having adequate depth of “bench players” for team-work, substitutions and collaboration.

This year signifies the 25<sup>th</sup> Anniversary of the HKAM. As one of the celebration activities for the HKAM Silver Jubilee, the HKAM 2018 Intercollegiate Basketball Tournament would be taking place in summer 2018 with participation of HKAM’s member colleges. HKCFP is going to take up the challenge and we are going for our first match with the Hong Kong College of Emergency Medicine (HKCEM) on 30<sup>th</sup> June, 2018 in the South Island School (<http://hkam25.hkam.org.hk/>).



Friendship on the basketball court

Going through a magical journey of team formation, we had fourteen HKCFP Basketball Team founding members altogether. Playing on a team is of much more fun than playing on our own, each member would be serving a unique role and position for the team depending on his own strengths. Transformation from "3-on-3" to "5-on-5" competition mode is never an easy task yet an exciting experience for all of us. We went through a structured training by our Honorary Coach Mr. Emil HUNG, an experienced basketball coach, maximizing the potential of individual member, improving our endurance, unifying our offensive and defensive strategies, and making our team a stronger and organized one!

Fourteen members had one heart: **a young heart on fire!** We would fight for our dream in the basketball court under sunshine. You are most encouraged to support our team at the upcoming Tournament matches. Let's have fun together, stay young!



Timeout, let's review!

### HKCFP Basketball Team Founding Members 2018

Team Members	Affiliation
Dr. CHEUK Yau Chun (Captain)	HA KWC
Dr. AU YEUNG Kevin Yik Hin	HA KWC
Dr. CHAN Siu Cheung, Steve	HA KCC
Dr. CHOW Sheung Yan, Alex	HA KWC
Dr. FOK Peter Anthony	HA KWC
Dr. KO Siu Hin, Jack	HA KCC
Dr. KWONG Hon Kei	HA KCC
Dr. LEE Chi Leung, Ben	HA KEC
Dr. LEE Ho Ming, Peter	HA HKEC
Dr. LEUNG Lok Hang, Will	HA KWC
Dr. MAK Wing Hang	HA HKEC
Dr. SZE Hon Ho, Jacky	HA HKWC
Dr. TSE Tung Wing, George	HA HKWC
Dr. YIP Wing Ki	DH
Mr. Emil HUNG (Honorary Coach)	
Ms. Erica SO & Mr. Louis LAW (HKCFP Supporting Staff)	



Team members (from left to right) back row: Dr. Steve Chan, Dr. Jack Ko, Dr. Mak Wing Hang, Dr. Emil Hung (Honorary Coach), Dr. Cheuk Yau Chun (Captain), Dr. George Tse, Dr. Yip Wing Ki & Dr. Will Leung front row: Dr. Sze Hon Ho (left) & Dr. Kwong Hon Kei (right)



Team members (from left to right): Dr. Mak Wing Hang, Dr. George Tse, Dr. Yip Wing Ki, Dr. Kwong Hon Kei, Dr. Cheuk Yau Chun, Dr. Fok Peter Anthony



Defensive strategy coaching: understanding our limitation is the key to team's success



Dr. Cheuk Yau Chun is the Captain serving a core role as Point Guard ("keyman") of the team



Friendly match



Bus
76 (Pennington Street) ←→ Shek Pai Wan
41A North Point ←→ Wah Fu
Mini Bus
5 Causeway Bay (Jaffe Road) ←→ Aberdeen
36 Wan Chai (Stewart Road) ←→ Ap Lei Chau

For details, Please refer to the SIS official website at [www.sis.edu.hk/directions/](http://www.sis.edu.hk/directions/).



Hands-on realistic practice with secondary school students under an exciting atmosphere and referee support from Dr. Will Leung (former HKSSF registered basketball referee) and his ref students: we are still young!



Basic tactics: intensive training back to the school days!



Smart HKCFP jerseys (from left to right): Dr. Sze Hon Ho, Dr. George Tse, Dr. Kevin Au Yeung, Dr. Alex Chow, Dr. Yip Wing Ki, Dr. Cheuk Yau Chun & Dr. Mak Wing Hang

## Board of Vocational Training and Standards News

### Reminder: Submission of Application for Certification of Completion of Basic Training

To those who will complete basic training,

You are advised to apply for the Certificate of Completion of Basic Training within 3 months upon the completion of the four-year Basic Vocational Training. Please submit the application and training logbook to the college office during office hours. **Late submission will be charged an annual training fee.**

Should you have any enquiries, please contact Ms. Charlotte Cheung or Ms. Kathy Lai at 2871 8899.

Basic Training Subcommittee  
Board of Vocational Training and Standards

## Quality Assurance & Accreditation Committee News

### Important news to members

Dear Members,

**RE: MCHK CME Programme for Practising Doctors  
who are not taking CME Programme for Specialists**  
*(ver. 20 March 2018)*

**For members who have submitted the consent form earlier, please ignore this message**

Members who start the next MCHK Cycle from **1 July 2018** and who opt to use the Hong Kong Academy of Medicine (HKAM) as their MCHK CME administrator through HKCFP will have the associated **administrative charge waived**.

Given the College Secretariat has now taken up the processing of MCHK CME record for members who use HKAM as their Administrator for the programme, **the associated administration charge will be waived provided that prior written consent is received by the College Secretariat.**

Interested members should note the following points:

1. MCHK registrants have the responsibility to liaise with your current CME Administrator (HKMA, DU, and DH) for the necessary procedures in relation to change of the CME Administrator.
2. Change of CME Administrator from other CME Administrators to HKAM via College can be arranged after **ONE Cycle Year of programme has completed**, given that HKAM was not the administrator of your previous MCHK CME Cycle. Please provide the CME Report for the Cycle Year(s) completed under other CME Administrators to College Secretariat before the deadline, if you would like to transfer your administrator to HKAM via College.
3. In case of any discrepancy of the accredited CME Points between the College and the other Administrators, the College reserves the right of the final decision on the accredited CME Points.

As the College is required to report the CME Points to HKAM every 6 months,

4. MCHK CME registrants should continue to sign on the respective HKAM CME attendance record sheet for CME record purpose as usual. **To help the College secretariat distinguishing College members from others, please identify yourself by entering your HKCFP membership number or simply putting "HKCFP" in the column of HKAM.**

The captioned free service is for our College members only. Interested members can download the required Registration Consent Form at [www.hkcfp.org.hk](http://www.hkcfp.org.hk) > Download > 'MCHK CME Programme for Non-specialist' and return the completed form to our College Secretariat at [cmecpd@hkcfp.org.hk](mailto:cmecpd@hkcfp.org.hk) before **22<sup>nd</sup> June 2018 (Friday)** to facilitate the necessary arrangements.

While the service is free of charge for all College members, submission may not be accredited if one fails to comply with the above-mentioned points. As usual, late submission may not be processed. Also, the MCHK CME record may not be updated if one fails to update MCHK CME Administrator in a timely fashion. In case of any discrepancy of the accredited CME Points, the College's accreditation is final.

**HKCFP Secretariat**

## Meeting Highlights

### Dinner Symposium on 7 May 2018

Prof. Richard HOLT, Professor in Diabetes & Endocrinology, University of Southampton, UK, delivered a lecture on "Benefits and Practical Use of Ultra-Long Acting Basal Insulin - A Primary Care Perspective" on 7 May 2018.



Dr. Chan King Hong (left, Moderator), presenting a souvenir to Prof. Richard HOLT (right, Speaker) during the lecture on 7 May 2018.

### CME Lecture on 17 May 2018

Dr. Wong King Ying, Specialist in Respiratory Medicine, delivered a lecture on "How to support our patients controlling asthma beyond coping it?" and Dr. Philippe Buchy, Medical Doctor, Clinical Pathologist/Medical Microbiologist, Strasbourg University, France, delivered a lecture on "Influenza Vaccination – Protecting Asthma Patients from Infection and Exacerbation" on 17 May 2018.



Dr. Tsui Hing Sing, Robert (left, Moderator), presenting a souvenir to Dr. Wong King Ying (right, Speaker) during the lecture on 17 May 2018.



Dr. Tsui Hing Sing, Robert (left, Moderator), presenting a souvenir to Dr. Philippe Buchy (right, Speaker) during the lecture on 17 May 2018.

### Interest Group in Dermatology

Dr. TONG Bik Sai Bessie, Specialist in Dermatology & Venereology, delivered a lecture on "Common Facial Rashes" on 5 May 2018.



Dr. Lam Wing Wo (left, Moderator), presenting a souvenir to Dr. TONG Bik Sai Bessie (right, Speaker) during the lecture on 5 May 2018.

### Interest Group in Evidence-Based Medicine (EBM)

Dr. Hui Lai Chi, Primus, Specialist in Family Medicine, delivered a lecture on "Evidence-based Influenza Vaccination: Who should get it?" on 19 May 2018.



Dr. Ip Sui Wah, Victor (left, Moderator) and Dr. Chan Chung Yuk, Alvin (right, Chairman of Board of Education), presenting a souvenir to Dr. Hui Lai Chi, Primus (middle, Speaker) during the lecture on 19 May 2018.

### Interest Group in Chronic Diseases & Geriatrics

A/Professor Michael Woodward, Head of Aged Care Research and Memory Clinic, Austin Health, Heidelberg, VIC, Australia, delivered a lecture on "Will Nutrition Delay Alzheimer's Disease progression?" on 20 May 2018.



Dr. Kwong Bi Lok, Mary (left, Moderator), presenting a souvenir to A/Professor Michael Woodward (right, Speaker) during the lecture on 20 May 2018.

### Interest Group in Counselling

Representatives from Children of Deaf Adults (CODA), delivered a lecture on "What Family Doctors Need to Know When Communicating with Deaf Families? Sharing from representatives of CODA" on 26 May 2018.



Dr. Lau Wai Yee, Aster (left, Moderator), presenting a souvenir to Representatives from CODA during the lecture on 26 May 2018.

### Seminars on Management of Common Skin Problems in General Practice

The 2<sup>nd</sup> and 3<sup>rd</sup> session of the Seminars on Management of Common Skin Problems in General Practice were held on 6 May and 20 May respectively.



Dr. Yvonne Lo (right, Moderator) presenting a souvenir to Dr. Luk Chi Kong, David (left, Speaker) during the lecture on 6 May 2018.



Dr. Yvonne Lo (right, Moderator) presenting a souvenir to Dr. Chang Mee, Mimi (left, Speaker) during the lecture on 6 May 2018.



Dr. Aster Lau (left, Moderator) presenting a souvenir to Dr. Chan Yung (right, Speaker) during the lecture on 20 May 2018.

## HKCFP Trainees Research Fund 2018 / HKCFP Research Seed Fund 2018

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

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

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

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

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

### **Assessment Criteria for both funds:**

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

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

Research Committee, HKCFP

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

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

**Submission Deadline: 31<sup>st</sup> October 2018**

Supported by HKCFP Foundation Fund



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

The Board of DFM is pleased to announce that the following candidates have successfully passed the 15<sup>th</sup> Diploma Course in Family Medicine 2017-2018.

Dr. Chan Chi Ho	Dr. Leung Wai Man Raymond	Dr. Ng Kenneth Cheuk Kee	Dr. Tsang Kwok Ying Ingrid
Dr. Cheung Chun Tat	Dr. Li Wai Sum	Dr. Poon Ilima Yin Shan	Dr. Wong Tze Wing
Dr. Chow Jun Fung Johnathan	Dr. Liu Cheuk Ying Shirene	Dr. Tam Man Kit	Dr. Wu Chi Ho Bosco
Dr. Hung Leong Pan	Dr. Lo Benjamin Yiung Lu	Dr. Tsang Hing Wing	Dr. Yu Pak Him Vincent

### Congratulations to all the successful candidates!

#### Distinction

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



**Dr. Au Chi Lap**  
Chairman, Board of DFM

## Membership Committee News

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

#### Associate Membership (New Application)

Dr CHAN Kwan Ho	陳軍浩
Dr CHAN Tsz Kiu, Stewart	陳子翹

#### Resignation from Associate Membership

Dr CHAN Ka Wai	陳家偉
Dr WONG Yin Ki, Clement	黃彥淇



香港非傳染病防控策略及行動計劃  
Strategy and Action Plan to  
Prevent and Control NCD in Hong Kong



非傳染病防控策略  
及行動計劃網頁



Strategy & Action Plan to  
Prevent and Control  
Non-communicable Diseases  
Web Page

在二零二五年或之前須實現的九項本地目標：  
The 9 Local Targets by 2025:

-  減少市民因罹患非傳染病而早逝的情況  
Reduce premature mortality from non-communicable diseases
-  減少酒精相關危害  
Reduce harmful use of alcohol
-  減少體能活動不足  
Reduce physical inactivity
-  減少鹽攝入量  
Reduce salt intake
-  減少吸煙  
Reduce tobacco use
-  遏止市民的高血壓患病率上升  
Contain the prevalence of raised blood pressure
-  制止糖尿病及肥胖問題上升  
Halt the rise in diabetes and obesity
-  透過藥物治療及輔導服務來預防心臟病和中風  
Prevent heart attacks and strokes through drug therapy and counselling
-  為市民提供可負擔用作治療主要非傳染病的基本設備和必需藥物  
Improve availability of affordable basic technologies and essential medicines to treat major non-communicable diseases

## Let's share - FP Column

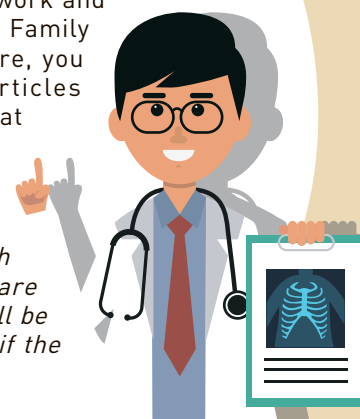
FP Links Committee are looking forward to the sharing from College members about their life as a Family Physician and their views on various issues related to our discipline and primary health care. Do share your ideas and experience by submitting articles to the "FP Column" at [alkyyu@hkcfp.org.hk](mailto:alkyyu@hkcfp.org.hk).



## Young Doctors' articles wanted

FP Links Committee and Young Doctors Committee are looking for articles contributed by young members of our College. No matter about work and training, or your vision, views in Family Medicine and primary health care, you are most welcome to submit articles to the "Young Doctors Column" at [alkyyu@hkcfp.org.hk](mailto:alkyyu@hkcfp.org.hk), sharing your views and experience with peers. Act now!

*Submissions of articles to both columns with up to 1200 words are always welcome. Gift vouchers will be given as a token of appreciation if the articles are selected for publication.*



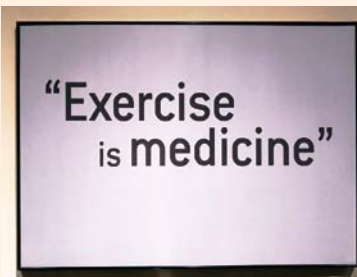
# Flexibility Exercises - A Brief Introduction for Family Physicians

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

As discussed in previous exercise-related topics in the FP Links, I had shared with you all on the health effects we can get from various cardiorespiratory, resistance and neuromotor exercises in the form of endurance running & functional training etc. Despite of the above being the commonest forms of exercises taken up by the public, these are by no means the complete picture. The American College of Sports Medicine (ACSM) position stand in 2011 had also put an equally heavy emphasis on flexibility exercises, which are more commonly referred to as “stretching exercises” with the following recommendations:

## ACSM’s recommendations on Flexibility Exercise<sup>1</sup>

- ✓ Adults should do flexibility exercises at least two or three days each week to improve range of motion.
- ✓ Each stretch should be held for 10-30 seconds to the point of tightness or slight discomfort.
- ✓ Repeat each stretch two to four times, accumulating 60 seconds per stretch.
- ✓ Static, dynamic, ballistic and proprioceptive neuromuscular facilitation (PNF) stretches are all effective.
- ✓ Flexibility exercise is most effective when the muscle is warm. Try light aerobic activity or a hot bath to warm the muscles before stretching.



“Exercise is Medicine” is a global health initiative from the ACSM encouraging primary care physicians and other health care providers to include exercise when designing treatment plans for patients.

## Static, dynamic, ballistic and PNF stretches

Although these terms may sound unfamiliar to many of us, literature suggested all these types of flexibility exercises can help improve joints’ range of movement, and the basic differences between them are as follows:

- **Static stretching (靜態伸展)** involves slowly stretching a muscle/tendon group until either a stretch sensation or the point of slight discomfort reached and holding the lengthened position for a period (i.e. 10-30 seconds). Static stretching can be active (e.g. holding the stretched position using the

strength of the agonist muscle as in yoga) or passive (e.g. holding a limb or part of the body with or without the assistance of a partner or device such as the wall, elastic bands or a barre).<sup>2</sup> It can be used *post activity* as part of a *cool down* regime. At the end of this article, there is also a page demonstrating a series of some of the most commonly done static stretch exercises.



Figure demonstrating stretching with a barre

- **Dynamic or slow movement stretching (動態伸展)** involves a gradual transition from one body position to another, and a progressive increase in reach and range of motion as the movement is repeated several times.<sup>3</sup> In simpler terms, it is a form of active movement that isn’t about “holding a position” but rather taking your body through ranges of motion that will better prepare you for your workout or sporting activity (i.e. as a *neuromuscular pre-exercise warm up*). There are many examples of dynamic stretches, such as for the lower limbs, there are the high knees walking (高抬腿走), walking lunges (弓箭步下蹲), leg swings (擺腿), carioca stretches (交叉步), etc.



Some examples of dynamic stretches (Source : www.darebee.com)

- **Ballistic methods or “bouncing” stretches (彈震式伸展)**, if performed correctly, use the momentum of the moving body segment to produce the stretch<sup>4</sup>, i.e. a type of stretching that involves rapid and bouncing movements in a repetitive way and aims at moving the engaged muscles and joints beyond their

normal range of motion so as to gradually improve the performing person's flexibility. Despite of the theory above, some argued this type of stretching should not be generally recommended nowadays due to *increased risk of injury*<sup>5,6</sup>.

- **Proprioceptive neuromuscular facilitation (PNF) methods (本體感覺神經肌肉促進術)** take several forms but typically involve an isometric contraction of the selected muscle-tendon group followed by a static stretching of the same group (i.e. hold-relax stretching)<sup>7,8</sup>. This kind of stretchings are commonly applied by physiotherapists on the treatment of certain neuromuscular conditions (e.g. stroke cases rehab).

### Physiology behind the stretch

It is believed that regular stretching exercises increase your range of motion by structurally realigning tissues inside the muscle fibers, thus facilitating them to work in concert and enhancing both contraction and relaxation phases.

Further to this is the brain/neural adaptation components of the musculoskeletal system to stretching. During stretching exercise when the tissue tension exceeds a certain threshold, the autogenic inhibition signal of the golgi tendon organ (GTO) to the spinal cord becomes powerful enough to overcome the signal of the muscle spindles telling the muscle to contract (i.e. its protective "stretch reflex", a monosynaptic reflex which provides automatic regulation of skeletal muscle length), resulting in the inhibition of muscle contraction and allowing the muscle to relax and lengthen. Holding a stretch for a prolonged period of time further helps the muscle spindles to habituate to the new length, thus allowing the muscle stretch receptors to adapt and increase the stretch reflex triggering threshold, resulting in increased "flexibility".

### What does evidence tell us about different types of stretching

- Joint range of motion is improved transiently after flexibility exercise, chronically after approximately 3-4 weeks of regular stretching at a frequency of at least two to three times a week<sup>9-12</sup>.
- Flexibility exercises may enhance postural stability and balance<sup>13</sup>, particularly when combined with resistance exercise<sup>14</sup>.
- Dynamic stretching is recommended for warm-up before workout or for athletes before competition or activity (e.g. those requiring running and jumping performance, such as basketball players)<sup>5</sup>. Static stretching will likely decrease strength (through "stretch-induced strength loss"<sup>15</sup>, though specific causes of this type of stretch induced loss in strength is not clear, whilst some suggested neural factors<sup>16-17</sup>,

others suggested mechanical factors<sup>16-17</sup>) and may influence performance.

- No consistent link has been shown between regular flexibility exercise and a reduction of musculotendinous injuries, prevention of low back pain, or delayed onset muscle soreness (DOMS)<sup>13,19</sup>.

### Last but not least... a word of reminder

It is also worthwhile to bear in mind that despite of the health benefits these flexibility exercises may bring us, we should also remind our patients to progress slowly with these flexibility exercises as going too far and too fast may result in injuries. Whilst we should also advice to stop stretching immediately if there is pain in the joints, such as the knees or elbows. We should also understands that different modes of stretching may be more effective in specific populations, hence stretching advice may need to be individualised for most optimal response. For more details in helping your patients' pre-exercise planning, you may also consider contacting and referring your patients to sports physiotherapists or physicians specialised in sports medicine.

### Some related links

- Exercise advice from Occupational Safety & Health Council (職業安全健康局)
  - [http://www.oshc.org.hk/eng/main/hot/stretching\\_exercise/](http://www.oshc.org.hk/eng/main/hot/stretching_exercise/)
- Exercise advice from The American Heart Association
  - [https://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/FitnessBasics/Flexibility-Exercise-Stretching\\_UCM\\_464002\\_Article.jsp](https://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/FitnessBasics/Flexibility-Exercise-Stretching_UCM_464002_Article.jsp)
  - [https://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/Walking/Stretches-for-Walking\\_UCM\\_461779\\_Article.jsp](https://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/Walking/Stretches-for-Walking_UCM_461779_Article.jsp)

### Financial/commercial conflict of interest

- None declared.
- Special thanks to Dr. Vincent Liu for his help on photo shooting and demonstrations of some of these flexibility exercises.

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2. Winters MV, Blake CG, Trost JS, et al. "Passive versus Active Stretching of Hip Flexor Muscles in subjects with Limited Hip Extension: A Randomized Clinical Trial". *Phys Ther.* 2004;84(9):800-7.
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6. American Academy of Orthopaedic Surgeons (AAOS). "Five Benefits of Flexibility Exercises for Your Bones and Joints". Available online on <http://newsroom.aaos.org/media-resources/news/flexibility-exercises.htm> (News release dated November 04, 2015)

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## Examples of Static Stretches (靜態伸展)

### 1. 上斜方肌伸展運動 (Upper trapezius stretch)

將左手垂下，右手置頭側，然後向旁拉至感覺左側頸拉緊。動作配合呼吸，維持姿勢30秒後左右互換，重複以上動作。



### 2. 三頭肌伸展運動 (Triceps stretch)

將右手置於頭後，手肘屈曲，左手將右手肘拉向左，至感覺三頭肌拉緊。動作配合呼吸，維持姿勢30秒後左右互換，重複以上動作。



### 3. 後側關節囊伸展運動 (Posterior capsule stretch)

將右手置於左肩，右肘與左肩成同一水平，左手將右手肘推向左肩，至感覺背部肌肉拉緊。動作配合呼吸，維持姿勢30秒後左右互換，重複以上動作。



### 4. 胸肌伸展運動 (Pectoral stretch)

將雙手置於背後，手互握，緩緩地將手臂再向上提舉至感覺前胸肌肉拉緊。動作配合呼吸，維持姿勢30秒後回正。



### 5. 胸肌伸展運動 (Bent arm wall stretch)

前後腳站於柱或門框旁邊。將左臂抬高至肩膀高度，並將手掌和手臂內側放置在牆面或門道上。輕輕屈膝並將身體前傾至感到前胸肌肉拉緊。動作配合呼吸，保持姿勢30秒後左右互換，重複以上動作。



### 6. 手腕屈肌運動 (Wrist flexor stretch)

將右手向前伸直，手指向下，掌心向外，左手將右手掌向身體方向後拉，至感覺右前臂下肌肉拉緊，維持姿勢30秒後左右互換，重複以上動作。



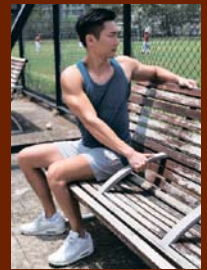
### 7. 手腕伸肌運動 (Wrist extensor stretch)

將右手向前伸直，手指向下，手背向外，左手將右手向身體方向後拉，至感覺右前臂上肌肉拉緊，維持姿勢30秒後左右互換，重複以上動作。



### 8. 軀幹旋轉運動 (Seated spinal twist)

挺直坐在椅子上，先將右手放於左膝上，再配合呼吸，同時將上身旋轉至左方的最大角度。動作配合呼吸，維持姿勢20-30秒。回正再左右互換，重複以上動作轉至右邊。



### 9. 腰部伸展運動 (Lower back stretch)

坐於穩固的椅上，雙腳距離與肩同寬，然後把身體向前傾，至感覺腰部肌肉拉緊。動作配合呼吸，維持姿勢20-30秒後回正。



### 10. 站姿體側屈伸展運動 (Side bend stretch)

身體站立，雙腳距離與肩同寬，一手叉腰，另一手上舉過頭，慢慢向另一叉腰方向側身彎腰，直至感到有拉緊感覺。動作配合呼吸，保持姿勢30秒後左右互換，重複以上動作。



### 11. 小腿伸展運動 (Calf stretch)

站在牆邊，雙手推牆，一條腿彎曲向前，另一條腿向後蹬直，慢慢將臀部向前移動，保持腰背挺直，注意後跟不要離地，腳尖朝前。動作配合呼吸，保持姿勢30秒後左右互換，重複以上動作。



### 12. 腘繩肌伸展運動 (Seated hamstring stretch)

將左腳向前伸直放在穩固平面上，雙手按在膝蓋，慢慢向前推至感覺左後腿拉緊。動作配合呼吸，保持30秒後左右互換，重複以上動作。



## Vaccination Practice for Health Care Workers (HCW) in Hong Kong

HCW refers to personnel (including students and volunteers in health care disciplines) involving in potential contact with patients, their blood or body substances in health care settings, and hence at potential risk of acquiring and transmitting infections in such settings.

Vaccination against hepatitis B, measles, rubella, chickenpox and influenza among HCW were recommended.

### I) Hepatitis B Vaccine

**Recommendation: HCW should be immune to hepatitis B and post-vaccination serological status should be ascertained.**

Although hepatitis B vaccination is highly effective, hypo- or non-response may occur, especially in people of older age and immunocompromised status. Post-vaccination serological status should be ascertained for HCW. Measurement of post-vaccination serological response should be made at 1-4 months after the third dose to obtain the peak antibody levels. Though antibody levels will fall gradually over time, studies have also documented long-term protection in healthy individuals after a complete course of vaccination with antibody response.

If HCW have previously received a primary series of hepatitis B vaccination but the antibody level is suboptimal, one to three doses of hepatitis B vaccine should be offered coupled with serological testing. Those who have received six doses of hepatitis B vaccines yet the antibody level is suboptimal should be considered as non-responders or hypo-responders. Post-exposure prophylaxis has to be considered in the event of occupational exposure in future.

### II) Measles, Mumps and Rubella Vaccine (MMR)

**Recommendation: HCW should be immune to measles and rubella, by either vaccination or medical evaluation.**

Measles is a highly contagious viral disease and measles outbreaks can result in epidemics like what has happened recently in Okinawa, Japan and Taiwan. Rubella is a contagious, generally mild viral infection, however infection in pregnant women can lead to fetal death or congenital rubella syndrome.

Immunity against measles may be ascertained by written documentation of vaccination with two doses of measles-containing vaccines administered at least 28 days apart, while that for rubella with at least one dose of rubella-containing vaccine.

Other methods to ascertain immunity against measles or rubella may include laboratory evidence of immunity or laboratory confirmation of disease.

HCW without evidence of immunity should be offered vaccination. Combined MMR vaccine is the preferred choice of vaccine as it confers protection against mumps as well. Schedule of MMR vaccination requires two doses of MMR vaccines given at least four weeks apart.

### III) Varicella (chickenpox)

**Recommendation: HCW should be immune to varicella. HCW with negative or uncertain history of receiving two doses of varicella vaccines or disease of varicella or herpes zoster should be serologically tested. Vaccines should be offered to those without varicella zoster antibody.**

Varicella (chickenpox) is endemic in Hong Kong and is the most common notifiable infectious disease. In health care settings, varicella infection requires infection control measures that are cumbersome, and the use of varicella-zoster immunoglobulin in prophylaxis is expensive.

HCW with (i) history of receiving two doses of varicella vaccine, or (ii) a definitive history of varicella or herpes zoster can be considered protected against varicella. HCW with a negative or uncertain history of vaccination or disease of varicella or herpes zoster should be serologically tested. Vaccines should be offered to those without varicella antibody. The schedule includes two doses of varicella vaccine, four to eight weeks apart.

### IV) Seasonal influenza

**Recommendation: HCW should receive seasonal influenza vaccination annually once the vaccine is available.**

There is scientific evidence for a protective effect of vaccinating HCWs against influenza infection and HCW is an important priority group for seasonal influenza vaccination, not only to protect the individual and maintain healthcare services during influenza epidemics, but also to reduce spread of influenza to vulnerable patient groups.

Centre for Health Protection recommends annual seasonal influenza vaccination, with HCW being one of the priority groups.

In Hong Kong, Seasonal influenza vaccination coverage survey for the 2012/13 season revealed that the vaccination coverage was 28.6 to 44.9% in HCW in public health sector and 32.6% to 35.4% in HCW in private health sector. Comparing with USA, the 2013-14 flu vaccination coverage among health care personnel was 62.9%, promotion and facilitation of seasonal influenza vaccination should be done in healthcare organizations to improve the vaccination coverage.

### Reference

- September 2017 Scientific Committee on Vaccine Preventable Diseases "Summary Statement on Vaccination Practice for Health Care Workers in Hong Kong". Centre for Health Protection Department of Health
- <https://www.cdc.gov/flu/healthcareworkers.htm>
- <https://www.cdc.gov/vaccines/schedules/hcp/adult.html>

**Compiled by Dr. LAW Tung Chi, Dorothy**

## Interest Group in Dermatology – The 65<sup>th</sup> Meeting on 5 May 2018

Dr. Rebecca Hou – College Member

- Theme** : **Common Facial Rashes**
- Speaker** : **Dr. Tong Bik Sai Bessie**,  
Specialist in Dermatology and  
Venereology
- Moderator** : **Dr. Lam Wing Wo**,  
Board of Education

Dr. Tong addressed the importance of correct diagnosis and appropriate initial management for facial rash by interesting case-based sharing.

Given facial rash is a common presentation in primary care, a systematic evaluation of patient's age, history, symptoms, morphology and distribution of rash need to be taken into consideration before making a management plan.

Cases covering the most common facial rashes in clinical practice as shown in the table below.

Differential Diagnosis of Red Facial Rashes				
	Morphology	Symptoms	Distribution	Treatment
<b>Seborrhea</b>	Pink-red Greasy white-yellow scale	Often asymptomatic	Scalp, brows, nasal crease, in and behind ears, can involve chest, axilla, areas of facial hair	Topical steroid Topical calcineurin inhibitor Topical antifungal
<b>Eczema</b>	Varies depending on chronicity, acute = bullous, chronic = pink lichenified	Itchy, dry, burning	Variable depending on type, Allergic = areas of allergen exposure Atopic = spares nose/central face	Topical steroid Topical calcineurin inhibitor
<b>Rosacea</b>	Erythema (patches) telangiectasia, +pink papules and pustules some with rhinophyma	Some have dry, irritated, burning skin Worsened by alcohol, hot or spicy foods, exercise, etc.	Concavities of face: forehead, cheeks, nose, chin also eyes	Topical antibiotics Topical calcineurin inhibitor Oral doxycycline
<b>Acne</b>	Comedones, pink papules, pustules	Social impairment pain, itching	Face, sparing eyelids Shoulders, chest and back	Topical antibiotics topical retinoids Oral antibiotics
<b>Lupus</b>	Pink-Red-Brown, Annular Variable scale Variable Scarring	Tender, warm	Acute (malar): cheeks, without crossing nasolabial fold DLE: Sun-exposed areas and inside ear	Topical steroids Antimalarial

Besides the diagnosis and management, Dr. Tong mentioned about at least three more aspects we need to keep in mind when encountering patients with skin problems.

First of all, warn patients or spend time for informed consent when prescribing medication with high risk and potential side effects, such as steroid and Isotretinoin. Difference in potency of topical corticosteroid varies the applied site, frequency and duration. For some diseases, taking rosacea as an example, topical steroid should be avoided and the powerful topical steroid may cause perioral dermatitis.

Secondly, always generate a list of differential diagnosis, in terms of inflammation, infection, drug, autoimmune disease and malignancy. Heliotrope rash in dermatomyositis or facial lupus rash may mimic dermatitis or rosacea, but the distribution, precipitating

factors and associated symptoms should shed light on the right diagnosis.

Last but not least, refer to dermatologist whenever there is a doubt about the diagnosis, failure to common therapy or advanced investigations and treatment warranted.

### Next Meeting

The next meeting will be on 7 July 2018 (Saturday). The guest speaker is Dr. Lam Yuk Keung, Specialist in Dermatology and Venereology, who will speak to us on **“Dermatology Case Studies”**. All members are welcome and encouraged to present their cases and problems for discussions or role play. Please send your cases to our secretariat ([teresaliu@hkcfp.org.hk](mailto:teresaliu@hkcfp.org.hk)) 2 weeks before the date of presentation.

## ASSESSMENT ENHANCEMENT COURSE (AEC) FOR FAMILY PHYSICIANS 2018

- Organizer** : Assessment Enhancement Sub-committee, Board of Education, HKCFP
- Tutors** : Family Medicine Specialists, Fellows of HKCFP and RACGP
- Supervisors** : **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' course starting from April 2018
- 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\$3,400 (Whole course)  
 HK\$950 (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. Registration form is available at College website: [http://www.hkcfp.org.hk/pages\\_9\\_463.html](http://www.hkcfp.org.hk/pages_9_463.html).  
 Please return the completed application and the cheque to the Secretariat for processing. Please call the College Secretariat, Ms. Teresa Liu or Ms. Windy Lau, at 2871 8899 for details. Successful applications will be informed by email later.
- 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 2018 Timetable for Workshop

Date	Topics	Venue
21 April 2018 (Sat) 2:30 – 5:30 p.m.	<b>Introduction</b>	Duke of Windsor Social Service Building, Wanchai
12 May 2018 (Sat) 2:30 – 5:30 p.m.	<b>Approach to Physical Complaints</b>	Duke of Windsor Social Service Building, Wanchai
16 June 2018 (Sat) 2:30 – 5:30 p.m.	<b>Proper Physical Examination &amp; Common Clinic Procedures</b>	Duke of Windsor Social Service Building, Wanchai
21 July 2018 (Sat) 2:30 – 5:30 p.m.	<b>Viva Practice: Enhance Interprofessional Communication</b>	Duke of Windsor Social Service Building, Wanchai
25 August 2018 (Sat) 2:30 – 5:30 p.m.	<b>Problem Solving Skills</b>	Duke of Windsor Social Service Building, Wanchai
6 October 2018 (Sat) 2:30 – 6:00 p.m.	<b>Mock Exam</b>	HKAM Jockey Club Building, 99 Wong Chuk Hang Road

## Certificate Course on Bringing Better Health to Our Community 2018

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

Dates	: 26 May, 30 June, 28 July, 25 August, 22 September 2018 (Saturdays)
Time	: 1:00pm - 2:00 pm Registration & Refreshment 2:00pm - 4:00 pm Lecture & Discussion
Venue	: Lecture Theatre, G/F, Block M, Queen Elizabeth Hospital
Course Fee	: Free
Accreditation	: HKCFP: 2 CME Points for each session (Cat 5.2) ; MCHK: 2 CME Points for each session (Pending)
Capacity	: 100 doctors

### Programme Schedule

Dates	Topics	Speakers
26 May 2018 (Sat) 2:00 - 4:00pm	<b>Case Sharing on Child Abuse</b>	<b>Dr Kwong Hon Kei</b> <i>Resident Specialist, Department of Family Medicine &amp; General Outpatient Clinic, Queen Elizabeth Hospital</i>
	<b>Approach to Suspected Child Abuse</b>	<b>Dr Loung Po Yee</b> <i>Associate Consultant, Department of Paediatrics, Queen Elizabeth Hospital</i> <b>Dr Andy KWOK</b> <i>Resident, Department of Paediatrics, Queen Elizabeth Hospital</i>
	<b>Hyperlink to Social Support to Family with Child Abuse</b>	<b>Ms Karre Chung</b> <i>Assistant Social Work Officer, Medical Social Services, Kwong Wah Hospital</i>
30 June 2018 (Sat) 2:00 - 4:00pm	<b>New AHA Hypertension Guideline</b>	<b>Dr Chan Kam Tim</b> <i>Specialist in Cardiologist, Consultant, Department of Medicine, Queen Elizabeth Hospital</i>
	<b>Role of Ambulatory blood Pressure Monitoring in Kowloon Central Cluster GOPC</b>	<b>Dr Ho Ka Ming, Ken</b> <i>Associate Consultant, Department of Family Medicine &amp; General Outpatient Clinic, Queen Elizabeth Hospital</i>
	<b>Practical Tips on Home Exercise for Hypertension</b>	<b>Ms Intonia Chow</b> <i>Senior Physiotherapist, Department of Physiotherapy, Queen Elizabeth Hospital</i>
28 July 2018 (Sat) 2:00 - 4:00pm	<b>Not to be Missed Eye Disease in Primary Care Setting</b>	<b>Prof Jason Yam</b> <i>Assistant Professor &amp; Undergraduate Teaching Coordinator, Director, CUHK Jockey Club Children Eye Care Programme, Head of Pediatric Ophthalmology &amp; Strabismus Service, Hong Kong Eye Hospital</i> <i>Department of Ophthalmology and Visual Sciences, Faculty of Medicine, The Chinese University of Hong Kong</i>
	<b>Non-contact Tonometer Result? How to Interpret</b>	<b>Ms Chan Yau Chun, Yammy</b> <i>Optometrist, Department of Family Medicine &amp; General Outpatient Clinic, Queen Elizabeth Hospital</i>
	<b>Update on Management of Refractory Error in Children, What a GP Should Know</b>	<b>Prof Jason Yam</b> <i>Assistant Professor &amp; Undergraduate Teaching Coordinator, Director, CUHK Jockey Club Children Eye Care Programme, Head of Pediatric Ophthalmology &amp; Strabismus Service, Hong Kong Eye Hospital</i> <i>Department of Ophthalmology and Visual Sciences, Faculty of Medicine, The Chinese University of Hong Kong</i>
25 August 2018 (Sat) 2:00 - 4:00pm	<b>Management of Patient with Knee Pain (Sport Injury &amp; Degeneration)</b>	<b>Dr Yip Sin Chuen, Paul</b> <i>Associate Consultant, Department of Orthopedics and Traumatology, Queen Elizabeth Hospital</i>
	<b>Allied Health Service for Knee Pain Management</b>	<b>Dr David Chan</b> <i>Associate Consultant, Department of Family Medicine &amp; General Outpatient Clinic, Queen Elizabeth Hospital</i>
	<b>Practical Tips on Home Exercise for Knee Pain</b>	<b>Ms Poon Wai Yee, Margaret</b> <i>Senior Physiotherapist, Department of Physiotherapy, Queen Elizabeth Hospital</i>
22 September 2018 (Sat) 2:00 - 4:00pm	<b>GOLD 2018 Guideline &amp; Smoking Cessation</b>	<b>Dr Mok Yun Wing, Thomas</b> <i>Consultant, Department of Respiratory Medicine, Kowloon Hospital</i>
	<b>COPD-6 &amp; Early Detection of COPD in Primary Care</b>	<b>Ms Lai Fung Sim, Phoebe</b> <i>Advanced Practice Nurse, Department of Family Medicine &amp; General Outpatient Clinic, Queen Elizabeth Hospital</i>
	<b>Model of COPD Care in Kowloon Central Cluster GOPCs</b>	<b>Dr Choi Chuen Ming, Clarence &amp; Dr Man Fung Yi, Phoebe</b> <i>Resident Specialist, Department of Family Medicine &amp; General Outpatient Clinic, Queen Elizabeth Hospital</i>

\*\*\* 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 the Certificate Course on the following date(s) (Please  as appropriate) (Fax: 2866 0616 / Email: education@hkcfp.org.hk)

26 May 2018     30 June 2018     28 July 2018     25 August 2018     22 September 2018

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.

**7 July 2018**
**Saturday**
**Board of Education Interest Group in Dermatology**

Aim	To form a regular platform for interactive sharing and discussion of interesting dermatological cases commonly seen in our daily practice	
Theme	<b>Dermatology Case Studies</b>	
Speaker	<b>Dr. Lam Yuk Keung</b> Specialist in Dermatology & Venereology	
Co-ordinator & Chairman	<b>Dr. Lam Wing Wo</b> The Hong Kong College of Family Physicians	
Time	1:00 p.m. – 2:00 p.m. Lunch 2:00 p.m. – 4:00 p.m. Theme Presentation & Discussion	
Venue	5/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong	
Admission Fee	Members Free Non – members HK\$ 300.00 HKAM Registrants HK\$ 150.00	
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	<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>	


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

Sponsored by  
**Galderma Hong Kong Limited**

**11 July 2018**
**Wednesday**
**The Evolution of HIV Treatment Guidelines**

Chairman	<b>TBC</b> The Hong Kong College of Family Physicians	
Time	7:00 p.m. – 7:30 p.m. Registration 7:30 p.m. – 8:30 p.m. Lecture and Discussion 8:30 p.m. – 10:00 p.m. Dinner	
Venue	Crystal Ballroom, Holiday Inn Golden Mile Hong Kong, 50 Nathan Road, Tsim Sha Tsui, Kowloon	
Admission Fee	College Fellow, Full or Associate Members Free Other Categories of Members HK\$ 350.00 Non-Members HK\$ 450.00	
Accreditation	All fees received are non-refundable and non-transferable. 2 CME points HKCFP (Cat. 4.3) 2 CME points MCHK Up to 2 CPD points [Subject to submission of satisfactory report of Professional Development Log]	
Language	Lecture will be conducted in English.	
Registration	<b>Registration will be first come first served. Please reserve your seat as soon as possible.</b>	



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**13 July 2018**
**Friday**
**Innovative Smoking Cessation Therapy Methodology**

	<b>Dr. Lai, Chih-Kuan</b> <i>A Smoking Cessation Physician from Taipei Veterans General Hospital, Taiwan</i>	
Chairman	<b>TBC</b> The Hong Kong College of Family Physicians	
Time	6:00 p.m. – 6:30 p.m. Registration 6:30 p.m. – 8:00 p.m. Lecture and Discussion 8:00 p.m. – 9:30 p.m. Dinner	
Venue	The Ballroom I & II, Level 7, 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\$ 800.00	
Accreditation	All fees received are non-refundable and non-transferable. 2 CME points HKCFP (Cat. 4.3) 2 CME points MCHK Up to 2 CPD points [Subject to submission of satisfactory report of Professional Development Log]	
Language	Lecture will be conducted in English.	
Registration	<b>Registration will be first come first served. Please reserve your seat as soon as possible.</b>	



Sponsored by  
**GlaxoSmithKline Consumer Healthcare (Hong Kong) Limited**

**14 July 2018**
**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>Workshop on Satir Family Therapy for Family Doctors 「家庭如何塑造人」工作坊</b>	
Speaker	<b>Miss Wong Ka Yan, Angela</b> Approved Counselling Supervisor of the Hong Kong Professional Counselling Association	
Moderator	<b>Dr. Lau Wai Yee, Aster</b> The Hong Kong College of Family Physicians	
Time	2:30 p.m. – 4:00 p.m. Lecture & Theme Presentation 4:00 p.m. – 4:30 p.m. Discussion	
Venue	8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong	
Admission Fee	Members Free Non – members HK\$ 300.00 HKAM Registrants HK\$ 150.00	
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 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.

### June's session:

Date	29 June 2018 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	<b>"Common Facial Skin Diseases: Acne, Rosacea"</b> by Dr. Lam Yuk Keung, Wallace
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.

Register  
Online

### July's session:

Date	27 July 2018 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	<b>"Management of Urticaria - An Update"</b> by Dr. Johnny Chan
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.

Register  
Online

## 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>5 July 2018</b> 1:00 – 3:00pm	Lecture Theatre, G/F, Block K, United Christian Hospital, 130 Hip Wo Street, Kwun Tong, Kowloon	<b>Update on Injectable Diabetes Mellitus Treatment</b> Dr. TSANG Man Wo [Consultant, Department of Medicine & Geriatrics, United Christian Hospital]	Ms. Polly Tai Tel: 3949 3430 or Ms. Cordy Wong Tel: 3949 3087

## Structured Education Programmes

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

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
<b>4 July 2018 (Wed)</b>			
2:00 – 5:00 p.m.	Seminar room, G/F, Block A, Queen Elizabeth Hospital	<b>Introduction to FM</b> Dr. Leung To Fung <b>Requirement of QA, CME, CPD, and Other Postgraduate Study in FM &amp; General Practice</b> Dr. Ho Ka Ki	Ms. Mandy Leung Tel: 3506 8613
2:30 – 5:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	<b>Vocational Training Programme for Family Medicine in Hong Kong</b> Dr. Ng Kai Man	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Room 21, Kwun Tong Community Health Centre	<b>Origin &amp; Development of FM in HK &amp; Overseas</b> Dr. Luk Sze Wan, Candy & Dr. Yau Chi Yan, Davy	Ms Polly Tai Tel: 3949 3430
3:45 – 5:45 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	<b>Principles of FM: Functions of Family Physicians</b> Dr. Tik Tsz Ling, Nicola	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>Introduction of Family Medicine</b> Dr. Leung Shuk Yun	Ms. Carmen Kwong Tel: 2632 4371
<b>5 July 2018 (Thu)</b>			
4:30 – 6:00 p.m.	Room 614, 6/F, Ambulatory Care Centre, Tuen Mun Hospital	<b>The Use of Over the Counter Health Supplements</b> Dr. Chan Ka Ho & Dr. Hung Chi Bun	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2 <sup>nd</sup> Floor, Pamela Youde Nethersole Eastern Hospital	<b>Review of Family Medicine Training</b> Dr. Wong Man Ying, Michelle	Ms W L Kwong Tel: 2595 6941

**11 July 2018 (Wed)**

2:00 – 5:00 p.m.	Room 7, 8/F, Yau Ma Tei GOPC	<b>Complaint Management</b> Dr. Hui Sau Wei, Alice & Dr. Chan Kiu Pak, Kilpatrick <b>Community Resource: Occupational Therapist (Musculoskeletal)</b> Ms. Carol Hui (Occupational Therapist)	Ms. Mandy Leung Tel: 3506 8613
2:30 – 5:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	<b>Principle of Family Medicine</b> Dr. Chan Yuen Ching	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	IPMOE cum Meeting Room, B4/F, Block S, United Christian Hospital	<b>Consultation Process, Models of Consultation</b> Dr. Hui Yuk Ting, Candy & Dr. Chan Ki Fung Dickson	Ms Polly Tai Tel: 3949 3430
3:45 – 5:45 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	<b>Updates in Childhood Immunisation/ Vaccination</b> Dr. Dora Chiu	Ms. Cherry Wong Tel: 2589 2337

**12 July 2018 (Thu)**

4:30 – 6:00 p.m.	Room 614, 6/F, Ambulatory Care Centre, Tuen Mun Hospital	<b>Evidence Base Medicine: Interpretation of Spirometry and Management of COPD</b> Dr. Chang Ting Ting & Dr. Ip Chung Ho	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2 <sup>nd</sup> Floor, Pamela Youde Nethersole Eastern Hospital	<b>Common Symptom Complaint – Cough</b> Dr. Yuen Man Ki, Vivian	Ms W L Kwong Tel: 2595 6941

**18 July 2018 (Wed)**

2:00 – 5:00 p.m.	Room 7, 8/F, Yau Ma Tei GOPC	<b>Bowel Cancers Screening</b> Dr. Chiu Ho Ching & Dr. Lee Wing Lam	Ms. Mandy Leung Tel: 3506 8613
2:30 – 5:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	<b>Principle of Medical Ethics with Case Illustration</b> Dr. Yip Pui Leung	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	IPMOE cum Meeting Room, B4/F, Block S, United Christian Hospital	<b>Update on Management of Parkinsonism</b> Dr. Martina Lim & Dr. Wong Yu Man, Tracy	Ms Polly Tai Tel: 3949 3430
3:45 – 5:45 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	<b>Drug Incidents in GOPC</b> Dr. Pang Sze Ching, Esther	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>Depression, Dementia and Delirium</b> Dr. Lau Sin Mei, Mimi	Ms. Carmen Kwong Tel: 2632 4371

**19 July 2018 (Thu)**

4:30 – 6:00 p.m.	Room 614, 6/F, Ambulatory Care Centre, Tuen Mun Hospital	<b>Pre-travel Consultation e.g. Infections Issues/ High Altitude Sickness/ Diving etc.</b> Dr. Hong Sze Nga & Dr. Tsui Felix	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2 <sup>nd</sup> Floor, Pamela Youde Nethersole Eastern Hospital	<b>Community Resources for Patients with Dementia</b> Dr. Lo Ka Man, Michelle and Dr. Lim Foonlian	Ms W L Kwong Tel: 2595 6941

**25 July 2018 (Wed)**

2:00 – 5:00 p.m.	Room 7, 8/F, Yau Ma Tei GOPC	<b>Patient Communication Workshop</b> Dr. Ho Ka Ming	Ms. Mandy Leung Tel: 3506 8613
2:30 – 5:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	<b>Interpretation of ECG: Common Benign Changes</b> Dr. Zhang Dingzuan	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	IPMOE cum Meeting Room, B4/F, Block S, United Christian Hospital	<b>Health Care Delivery System in Singapore</b> Dr. Lai Hoi Lin, Cindy & Dr. Chang Hsu Wei	Ms Polly Tai Tel: 3949 3430
3:45 – 5:45 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	<b>Trainee Feedback Meeting</b> Dr. Stephen Chou	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>Evidence Based Medicine</b> Dr. Ng Yui Wing & Dr. Kong Ka Ming	Ms. Carmen Kwong Tel: 2632 4371

**26 July 2018 (Thu)**

4:30 – 6:00 p.m.	Room 614, 6/F, Ambulatory Care Centre, Tuen Mun Hospital	<b>Complaint System of Medical Council</b> Dr. Chan Chi Ho & Dr. Kwok Vincci	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2 <sup>nd</sup> Floor, Pamela Youde Nethersole Eastern Hospital	<b>Management of Patients Using RAPRIOP</b> Dr. Fong Pak Yiu, Hugo	Ms W L Kwong Tel: 2595 6941

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 <b>Jun</b>	18	19	20 <b>2:15 – 7:30 p.m.</b> Structured Education Programme	21 <b>2:15 – 7:00 p.m.</b> Structured Education Programme <b>8:30 p.m.</b> HKCFP Council Meeting	22	23 <b>2:00 – 9:00 p.m.</b> HKPCC 2018
24 <b>9:00 a.m. – 2:00 p.m.</b> HKPCC 2018 <b>5:00 p.m.</b> The 31 <sup>st</sup> Fellowship Conferment Ceremony and the 29 <sup>th</sup> Dr. Sun Yat Sen Oration, HKCFP	25	26	27 <b>2:15 – 7:30 p.m.</b> Structured Education Programme	28 <b>2:15 – 7:00 p.m.</b> Structured Education Programme <b>9:00 p.m.</b> Board of Conjoint Examination Meeting	29 <b>2:30 – 3:30 p.m.</b> Video Session	30 <b>2:00 – 4:00 p.m.</b> Certificate Course on Bringing Better Health to Our Community 2018 <b>4:00 – 5:00 p.m.</b> Intercollegiate Basketball Tournament (HKCEM vs HKCFP)
1 <b>Jul</b>	2	3	4 <b>2:15 – 7:30 p.m.</b> Structured Education Programme	5 <b>2:15 – 7:00 p.m.</b> Structured Education Programme	6 <b>8:30 p.m.</b> DFM Introductory Session	7 <b>1:00 – 4:00 p.m.</b> Interest Group in Dermatology <b>5:00 – 6:00 p.m.</b> Intercollegiate Basketball Tournament (HKCEM vs HKCFP)
8	9	10	11 <b>2:15 – 7:30 p.m.</b> Structured Education Programme <b>7:00 – 10:00 p.m.</b> Dinner Symposium	12 <b>2:15 – 7:00 p.m.</b> Structured Education Programme	13 <b>6:00 – 9:30 p.m.</b> Dinner Symposium	14 <b>2:30 – 4:30 p.m.</b> Interest Group in Counselling <b>4:00 – 5:00 p.m.</b> Intercollegiate Basketball Tournament (HKCFP vs HKCOS)
15	16	17	18 <b>2:15 – 7:30 p.m.</b> Structured Education Programme	19 <b>2:15 – 7:00 p.m.</b> Structured Education Programme <b>8:30 p.m.</b> HKCFP Council Meeting	20	21 <b>2:30 – 5:30 p.m.</b> AEC
22	23	24	25 <b>2:15 – 7:30 p.m.</b> Structured Education Programme	26 <b>2:15 – 7:00 p.m.</b> Structured Education Programme <b>9:00 p.m.</b> Board of Conjoint Examination Meeting	27 <b>2:30 – 3:30 p.m.</b> Video Session	28 <b>2:00 – 4:00 p.m.</b> Certificate Course on Bringing Better Health to Our Community 2018 <b>5:00 – 6:00 p.m.</b> Intercollegiate Basketball Tournament (HKCFP vs COHK)



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