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Message from the President

Happy New Year! It is my great honour to have the precious opportunity to continue serving our beloved College, The Hong Kong College of Family Physicians, as the new President of the College.

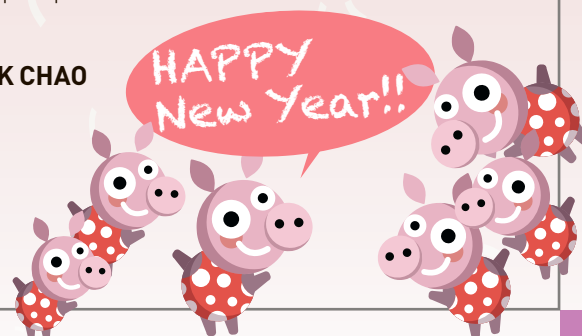
I have been a Council Member of the College during the period 1998 – 2008, then I rejoined the Council from 2010 onwards. Over the years, I had the privilege of serving the College and her members in many different roles, for example, I was the Vice-President (Education & Examinations) and the Chairman of Education Committee (Academy of Medicine Affairs) since 2014, Chairman of Internal Affairs Committee since 2012 and Chairman of Editorial Board from 2000 – 2008 and then again since 2011. I also chaired the Research Committee and Quality Assurance Committee from 1998 – 2002. More recently, I helped to organise the celebration activities of our College's 40th Anniversary as Chairman of the HKCFP 40th Anniversary Celebration Organising Committee in 2017.

For colleagues and friends who may not be too familiar with me, the following is a brief introduction of my professional development. I received my undergraduate medical training in the United Kingdom and completed the General Practice Vocational Training before taking up a full-time academic post in the Department of Community and Family Medicine (the predecessor of the Jockey Club School of Public Health and Primary Care) at the Chinese University of Hong Kong. After spending a few years in private practice, I was subsequently recruited by the Hospital Authority to kick start the Family Medicine training programme. Currently, I am the Chief of Service and Consultant of the Department of Family Medicine and Primary Health Care, United Christian Hospital and Tseung Kwan O Hospital of Kowloon East Cluster, Hospital Authority. I am also an Honorary Associate Professor of both the University of Hong Kong and the Chinese University of Hong Kong. So, it can be said that I have done the perfect rotation in Family Medicine, spanning the academia, the private sector, and the public service setting.

On 16th December 2018, we had our Annual General Meeting and annual dinner at the Hong Kong Academy of Medicine building. We are very grateful for your kind participation. I would like to express our sincere gratitude towards the previous council members, namely Dr. Mark SH CHAN, Dr. Ruby SY LEE, Dr. Dana SM LO and Dr. Gene WW TSOI. They have contributed a lot to our College work in the past years. It gives me great pleasure in welcoming Dr. Cecilia YM FAN to our team of Executives as the new Vice-President (Education & Examinations). I would also like to welcome our new council members, including Dr. Ken KM HO, Dr. Eric MT HUI, Dr. Welchie WK KO, Dr. Maria KW LEUNG, Dr. Yim Chu LI and Dr. Matthew MH LUK. Of course, we are very much obliged to our team of Censors, Professor Cindy LK LAM, Dr. Stephen KS FOO and Professor Donald KT LI, who will continue to guide us despite their very busy schedules. The same applies to our serving Executives and Council members. We are also very grateful towards all Boards and Committees for their great work and achievements over the year. Last but not least, we are most grateful towards our excellent secretariat for their dedication throughout the year.

I look forward to working with you in further advancing our discipline of Family Medicine. May I take this opportunity to wish everyone and your family a very healthy and prosperous New Year in 2019!

Dr. David V K CHAO
President



Call for Nominations – HKCFP Honorary Fellowship 2019

Dear Members,

Nominations are called for the HKCFP award of Honorary Fellowship for 2019.

This is an award to be conferred for persons of distinction or members of the community who have rendered distinguished services, directly or indirectly, to the College or to the advancement of general / family practice.

The candidate may be nominated to the Council through the Nomination Committee as chaired by the President for election to Honorary Fellowship. Such election will require 80% of the Council members present and vote in favour of the admission in Council Meeting February 2019.

Please kindly fill up the nomination form with details, and submit to **President Dr. David Chao directly via email** to DavidChao@hkcfp.org.hk on or before **24 January 2019 (Thursday)**.

The nomination form is available at www.hkcfp.org.hk → **DOWNLOAD** → Others, or please contact Ms. Erica So EricaSo@hkcfp.org.hk to get a form.

Thank you.

Dr. William Wong
Honorary Secretary

The Composition of HKCFP Council 2019

Following the 41st HKCFP Annual General Meeting and the 445th Council meeting on Sunday, 16 December 2018, the following new Executives and Council Members were elected:

Dr. David VK CHAO	President
Dr. Cecilia YM FAN	Vice-President (Education and Examinations):
Dr. William CW WONG	Honorary Secretary
Dr. Billy CF CHIU	Honorary Treasurer
Dr. Simon CL AU	Council Member
Dr. King KH CHAN	Council Member
Dr. Ken KM HO	Council Member
Dr. Eric MT HUI	Council Member
Dr. Welch WK KO	Council Member
Dr. Maria KW LEUNG	Council Member
Dr. LI Yim Chu	Council Member
Dr. Matthew MH LUK	Council Member

Congratulations! We extend our heartiest welcome to the above successful candidates.

We would like to thank Dr. Mark CHAN, Dr. Ruby LEE, Dr. Dana LO and Dr. Gene TSOI for their invaluable contributions to the College in the past years.

The Composition of the Council 2018 - 2019 is as follows:

President	Dr. David VK CHAO
Vice-President (General Affairs)	Dr. LAU Ho Lim
Vice-President (Education & Examinations)	Dr. Cecilia YM FAN
Honorary Secretary	Dr. William CW WONG

Honorary Treasurer
Immediate Past President
Council Members

Dr. Billy CF CHIU
 Dr. Angus MW CHAN
 Dr. Simon CL AU
 Dr. Edmond CW CHAN
 Dr. Alvin CY CHAN
 Dr CHAN Hung Chiu
 Dr. King KH CHAN
 Dr. Ken KM HO
 Dr. Eric MT HUI
 Dr. Welchie WK KO
 Dr. Mary BL KWONG

Dr. Maria KW LEUNG
 Dr LI Yim Chu
 Dr. LIANG Jun
 Dr. Matthew MH LUK
 Dr. Lorna V NG
 Dr. NGAN Po Lun
 Dr. Wendy WS TSUI
 Prof. Samuel YS WONG
 Dr. YIU Yuk Kwan

Board of Censors

Prof. Cindy LK LAM (*Chief Censor*)
 Dr. Stephen KS FOO
 Prof. Donald KT LI

Mr. Anthony WK CHOW has been re-appointed as **Honorary Legal Advisor** and **Mr. CF CHEUNG** has been re-appointed as **Honorary Auditor**.

The Chairmen of various Boards and Committees 2018 - 2019 are as follows:

Chairmen of Various Boards

Board of Conjoint Examination	Dr. CHAN Hung Chiu
Board of Diploma in Family Medicine	Dr. Simon CL AU
Board of Education	Dr. Alvin CY CHAN
Board of Professional Development and Services	Dr. LAU Ho Lim
Board of Vocational Training & Standards	Dr. YIU Yuk Kwan
Editorial Board	Dr. David VK CHAO
Specialty Board	Dr. Wendy WS TSUI
Board of Censor	Prof. Cindy LK LAM (<i>Chief Censor</i>) Dr. Stephen KS FOO Prof. Donald KT LI

Chairmen of Various Committees

Business Management Committee	Dr Billy CF CHIU
Education Committee (AM affairs)	Dr Cecilia YM FAN
External Affairs Committee	Dr David VK CHAO
Finance Committee	Dr Billy CF CHIU
FP links Committee	Dr Wendy WS TSUI
Hong Kong Primary Care Conference	Dr William CW WONG Dr Lorna V NG (<i>Co-Chair</i>)
House Management Committee	Dr LAU Ho Lim
Internal Affairs Committee	Dr Welchie WK KO
Membership Committee	Dr Maria KW LEUNG
Public Education Committee	Dr NGAN Po Lun
Quality Assurance & Accreditation Committee	Dr King KH CHAN
Research Committee	Prof Samuel YS WONG
Web and Computer Committee	Dr Matthew MH LUK
Young Doctors Committee	Dr Edmond CW CHAN (<i>Co-Chair</i>) Dr Loretta WY CHAN (<i>Co-Chair</i>)

Dr. William CW WONG
 Honorary Secretary

4th AMM-AMS-HKAM Tripartite Congress cum 53rd Singapore – Malaysia Congress of Medicine & Hong Kong Primary Care Conference 2019 on 6 – 8 December 2019

Our Hong Kong Primary Care Conference this year will not happen at the usual time slot in June 2019. In fact we are very privileged to be invited by the Hong Kong Academy of Medicine to co-host the Tripartite Congress from 6 – 8 December 2019 (Friday – Sunday) at Wong Chuk Hang.

The official name of the conference is “4th AMM-AMS-HKAM Tripartite Congress cum 53rd Singapore – Malaysia Congress of Medicine & Hong Kong Primary Care Conference 2019”. The organisers are Academy of Medicine of Malaysia (AMM), Academy of Medicine, Singapore (AMS), Hong Kong Academy of Medicine (HKAM) and Hong Kong College of Family Physicians (HKCFP). The conference’s name sounds very cumbersome, however it illustrates the in depth cooperation of the three Academies and our College. Malaysia and Singapore commenced the conjoint annual event back in 1967 and Hong Kong joined the Congress in 2010. According to the arrangement, the Tripartite Congress will happen every three years and will only station in Hong Kong once every nine years.

The three Academies have much in common in many areas. We have very similar changing demographic trends and disease patterns. We share the same principles in medical training, both at the undergraduate and postgraduate levels. Most important of all, we have the same colossal demand in primary healthcare. This conference will be an opportunity for our members to share their knowledge and experience with our friends in South East Asia and to make contacts that may lead to future collaborations.

The theme this year is “People-centred Care: Towards Value-Based Innovations”. Our College has recommended the waste reduction initiative by the Environmental Protection Department and taken note of the Ditch Disposable HKU movement in our planning and running of the Tripartite Congress.

This is only the second time that the three Academies formally organise a joint Congress in Hong Kong. I look forward to seeing you all at this memorable event co-host by us in December 2019.

Dr. Angus MW Chan

Co-chairman, 4th AMM-AMS-HKAM Tripartite Congress cum

53rd Singapore – Malaysia Congress of Medicine & Hong Kong Primary Care Conference Organising Committee

Membership Committee News

2019 Annual Subscription Fee Payment Arrangement

Dear College Members,

To encourage early payment, it is decided by the College Council that members who settle the annual subscription fee on or before 28 February 2019 will enjoy 10% off the annual subscription rate.

The early-bird policy is applicable to all payment methods including Paypal (will be released soon), cheque and cash. Members who join the autopay scheme for membership subscription would also enjoy the early-bird rate.

Members please refer to the Debit Note for detailed instruction and also please note the following timeline of important dates:

- | | |
|----------------------------------|---|
| Early-bird rate | - on or before 28 February 2019 according to postal mark if send by cheque.
Post-dated cheque or incorrect cheque is not accepted. |
| Normal rate | - from 1 March to 30 June 2019 |
| Deadline of payment | - 30 June 2019 |
| Termination of membership | - 1 July 2019 |

Should you have any inquiry or question, please do not hesitate to contact the Secretariat by phone to 2871 8899 or email to membership@hkcfp.org.hk.

Thank you for your support to the College.

Yours Sincerely,
Membership Committee

The 41st Annual General Meeting and 41st Annual Dinner of the Hong Kong College of Family Physicians

Dr. David VK Chao, Chairman, Internal Affairs Committee 2018

The 41st Annual General Meeting (AGM) and 41st Annual Dinner of the Hong Kong College of Family Physicians were successfully held on 16th December 2018, Sunday at the Run Run Shaw Hall of the Hong Kong Academy of Medicine, thanks to the tremendous support by our members, fellows and guests. The evening was started with the AGM going through the various important operational matters related to the College, followed by the Council meeting to confirm the chairmanship of various boards and committees for the coming year.

The Annual Dinner commenced right after that. We were most grateful to have Prof. Rosie Young and Prof. Doris Young, our Honorary Fellows, joining us for the dinner. We would like to express our special thanks to Dr. Judy Cheng, Dr. Heidi Fung and Dr. Matthew Luk for being the MCs of the Annual Dinner and leading us through a very enjoyable evening, and we would also like to thank Dr. Lo Ling for being our volunteer photographer again this year.

I would like to thank all the collaborating partners, the College Council and all Boards and Committees, College Fellows and Members, and the secretariat for their unfailing support to make 2018 a very successful year for all. Also, we thanked Dr. Mark Chan, Dr. Ruby Lee, Dr. Dana Lo and Dr. Gene Tsoi, the retired Council Members, for their past invaluable contributions towards the College. The secretariat staff received the gift coupons as tokens of appreciation for their hard work over the year. Then, various boards and committees proposed a vote of thanks to all members and fellows for their continuing support.

This year, the entertainment programme included the "Guess the songs" game, bingo game and music performances by the wonderful performing teams. The saxophone duet by Dr. John Chung and Dr. Raymond Yeung was most impressive. The splendid and energetic singing performance by our in-house live band FM² 醫家樂隊 was most admirable. FM² is formed by members of Young Doctors Committee, including Dr. Chloe Chan, Dr. Tse Sut Yee, Dr. Aldo Wong and Dr. Vincent Yiu, and we were very pleased to have Dr. Raymond Yeung joining their performance on stage.

Thanks to the thoughtful generousities of our council members, friends and related organisations, the lucky draw as another highlight of the evening was carried out successfully to conclude the annual dinner. We would like to take this opportunity to thank all the colleagues and secretariat staff who have helped to make the evening a very enjoyable occasion for all. We look forward to meeting you all in the annual dinner next year!

This would conclude my duties as the Chairman of the Internal Affairs Committee in 2018. I would like to thank Dr. Welchie Ko for his kind support in taking up the Chairmanship of Internal Affairs Committee from 2019 and I wish him every success in the future.

The 41st Annual General Meeting and 41st Annual Dinner of the HKCFP held on 16 December 2018 (Sunday)



Dr. Lau Ho Lim (2nd from the left) chairing the HKCFP 41st AGM before handing over to the new President, Dr. David Chao



The 2018-2019 new College Executives (left to right): Dr. William Wong (Honorary Secretary), Dr. Lau Ho Lim (Vice-President, General Affairs), Dr. David Chao (President), Dr. Cecilia Fan (Vice-President, Education and Examinations) and Dr. Billy Chiu (Honorary Treasurer)

PHOTO GALLERY

Censors and Council Members with Prof. Rosie Young at the dinner reception

(From left to right): Dr. Lorna Ng, Dr. Edmond Chan, Dr. Liang Jun, Dr. David Chao, Dr. Mary Kwong, Dr. Cecilia Fan, Prof. Rosie Young, Prof. Cindy Lam, Dr. Stephen Foo, Dr. Lau Ho Lim, Dr. Billy Chiu, Dr. Angus Chan and Dr. William Wong



A welcoming speech by the New President, Dr. David Chao



Dr. David Chao presenting the souvenir to Dr. Ruby Lee on behalf of the College, thanking her contributions towards the College in the past years



Front row (from left to right): Dr. Ruby Lee, Prof. Rosie Young, Prof. Cindy Lam, Prof. Doris Young, Dr. Stephen Foo, Dr. John Chung, Dr. Andrew Ip and Dr. Wai Heung Wah

Back row (from left to right): Dr. Eric Hui, Dr. Siu Ping Cheong, Dr. Liang Jun, Dr. Welchie Ko, Dr. Lau Ho Lim, Dr. David Chao, Dr. Simon Au, Dr. Angus Chan, Dr. Cecilia Fan, Prof. Samuel Wong, Dr. Wendy Tsui, Dr. Alvin Chan and Dr. William Wong



Toasting proposed by the President, Dr. David Chao (13th from the left), with Council Members and guests



Council Members with Past Presidents and distinguished guests on stage



A warm welcome by the MCs of the dinner, Dr. Judy Cheng (left), Dr. Matthew Luk (middle) and Dr. Heidi Fung (right)



Board of Diploma in Family Medicine Chairman, Dr. Au Chi Lap (5th from the right) and members and staff of the Board



Dr. Alvin Chan (15th from the left), Chairman of Board of Education and members and staff of the Board took a group photo with pharmaceutical companies' representatives



Board of Conjoint Examination Chief Examiner, Dr. Ip Pang Fei (11th from the right), members, examiners and staff of the Board took a group photo with Conjoint Examination successful candidates



Specialty Board Chairlady, Dr. Wendy Tsui (9th from the left), External Examiner, Prof. Doris Young (10th from the left) and members and staff of the Board with successful candidates

PHOTO GALLERY



Editorial Board Chairman, Dr. David Chao (5th from the left), with members and staff of the Board



Chairman of Board of Professional Development Services, Dr. Lau Ho Lim (4th from the left), with members and staff of the Board



Chairlady of Board of Vocational Training and Standards, Dr. Yiu Yuk Kwan (6th from the left), with members and staff of the Board



Chairlady of the Hong Kong Primary Care Conference Organising Committee, Dr. Lorna Ng (9th from the right), with members and staff of the Organising Committee



FP Links Committee Chairlady, Dr. Wendy Tsui (4th from the left), with members and staff of the Committee



Dr. David Chao (1st from the right) and Dr. Angus Chan (1st from the left) presenting a Long Service Award to College secretariat staff, Ms. Erica So (2nd from the left) and Ms. Crystal Yung (2nd from the right)



The marvelous saxophone duet performance by Dr. John Chung (left) and Dr. Raymond Yeung (Right)



Dr. David Chao (middle) presenting the souvenirs to Dr. John Chung (left) and Dr. Raymond Yeung (right)



Dr. Stephen Foo was drawing numbers for the bingo game



The Music Band, FM² 醫家樂隊 formed by the Young Doctors Committee.

From left to right: Dr. Tse Sut Yee, Dr. Vincent Yiu, Dr. Chloe Chan and Dr. Aldo Wong



Music performance by FM² and Dr. Raymond Yeung



Censor and Council members were invited to sing on stage with FM²



Dr. David Chao (1st from the right) presenting souvenirs to Dr. Raymond Yeung, Dr. Vincent Yiu, Dr. Aldo Wong, Dr. Chloe Chan and Dr. Tse Sut Yee (from left to right)



Our MCs of the dinner, Dr. Matthew Luk (2nd from the left), Dr. Heidi Fung (middle), Dr. Judy Cheng (2nd from the right), with Dr. David Chao (1st from the left) and Dr. Angus Chan (1st from the right)



Dr. David Chao (left) presenting a souvenir to our volunteer photographer, Dr. Lo Ling (right)



Prof. Cindy Lam, Chief Censor (right), presenting the lucky draw prize to the winner, Dr. Welchie Ko (left)



Dr. Stephen Foo, Censor (right) presenting the lucky draw prize to the winner, Dr. Alexander Lai (left)



Dr. Angus Chan, the Immediate Past President (right) presenting the lucky draw prize to Dr. Judy Cheng (left)



Dr. William Wong, Honorary Secretary (left) presenting the lucky draw prize to Dr. Susanna Hung (right)



Dr. Lau Ho Lim, Vice President (General Affairs) (right), presenting the lucky draw prize to the winner, Dr. Clarence Choi (left)



Dr. David Chao, President (left) presenting the 1st Lucky Draw Prize to the winner, Dr. Raymond Yeung (right)



College Executives, MCs and volunteer photographer with College Staff

(From left to right): Ms. Kathy Lai, Mr. John Ma, Ms. Katie Lam, Ms. Suki Lung, Ms. Crystal Yung, Ms. Erica So, Dr. Lau Ho Lim, Dr. David Chao, Dr. Angus Chan, Ms. Alky Yu, Ms. Teresa Liu, Ms. Windy Lau, Ms. Charlotte Cheung, Dr. Judy Cheng, Dr. Heidi Fung and Dr. Lo Ling

Board of Conjoint Examination News

Successful Candidates List

The Board of Conjoint Examination is pleased to announce that the following candidates have passed the clinical segment of the 32nd Conjoint Examination 2018. (Passing rate: 73.5%)

Dr. Au-Yeung Kevin Yik Hin	Dr. Lau Ka Man	Dr. Tsang Pui Lim	Dr. Lam Ting
Dr. Chan Wing Yi	Dr. Lee Shek Hang	Dr. Tseung Kwan Hang	Dr. Maurellet Juan-Domingo
Dr. Chen Liujing	Dr. Ng Hoi Yee	Dr. Tsui Sau In	Dr. Tam Kwan Wai
Dr. Choi Man Kei	Dr. Ngai Ming Leon	Dr. Yau King Sun	Dr. Yen Pang Fei
Dr. Chow Pui Yin Melody	Dr. Poon Wing Kwan	Dr. Yeung Ka Yu Doogie	
Dr. Hou Jing	Dr. Pun Yat Hei	Dr. Yip Hoi Man	
Dr. Lai Joyce Ho Yan	Dr. Suen Victoria Gee Kwang	Dr. Yuen Chi Hang	

Congratulations to you all !

Dr. Peter CY Lee Best Candidate Award 2018

Dr. Tsang Pui Lim, who had passed the Conjoint HKCFP/RACGP Fellowship Examination at one setting and achieved the best overall performance, will be awarded the Dr. Peter CY Lee Best Candidate Award 2018.

Congratulations to Dr. Tsang!

Our Heartfelt Thanks to all Examiners & Case-writers

Examiners

The Board of Conjoint Examination would like to take this opportunity to thank all the following examiners for their active participation in various segments of the Conjoint Examination this year.

Dr. Au Tai Kwan Eva	Dr. Chau Kai Man	Dr. Ho Kin Sang
Dr. Au Yeung Shiu Hing	Dr. Cheng Michael	Dr. Ho Yiu Keung, Steven
Dr. Bien Tse Fang, Barry	Dr. Cheuk Christina	Dr. Hui King Wai
Dr. Chan Hung Chiu	Dr. Cheung Hard King	Dr. Hui Kwun Sue, Wilson
Dr. Chan Hung Wai, Patrick	Dr. Cheung Kwok Leung	Dr. Hui Ming Tung, Eric
Dr. Chan Ka Lok, Carroll	Dr. Cheung Man Ha	Dr. Hung Lok Lam Susanna
Dr. Chan Kin Ling	Dr. Cheung Mei Yee	Dr. Hung Wai Yin
Dr. Chan King Hong	Dr. Cheung Pui Shan, Cindy	Dr. Ip Pang Fei
Dr. Chan Kit Chi, Kitty	Dr. Cheung Sze Man	Dr. Ip Sui Wah
Dr. Chan Kwok Wai	Dr. Cheung Wai Keung, Paul	Dr. Kam Sze Man, Silvia
Dr. Chan Man Hung	Dr. Cheung Yau Ling, Florence	Dr. Kan Chi Ho
Dr. Chan Man Li	Dr. Cheung Ying Man	Dr. Ko Wai Kit
Dr. Chan Mei Tak	Dr. Ching Kam Wing	Dr. Kong Che Wan
Dr. Chan Ming Wai, Angus	Dr. Choi Chuen Ming, Clarence	Dr. Kung Kenny
Dr. Chan Sze Luen, David	Dr. Chui Siu Hang, Billy	Dr. Kwan Ka Mei, Betty
Dr. Chan Tat, Eddie	Dr. Fan Wai Man, Anita	Dr. Kwan Sin Man
Dr. Chan Wan Wai	Dr. Fan Yuen Man, Cecilia	Dr. Kwok Chung Hon, Michael
Dr. Chan Wan Yee, Winnie	Dr. Fang Oi Sze, Elsie	Dr. Kwong Bi Lok, Mary
Dr. Chan Wing Yan	Dr. Fok Peter Anthony	Dr. Lai Tat Chau, Douglas
Dr. Chan Yin Hang	Dr. Foo Kam So, Stephen	Dr. Lam Hiu Lam
Dr. Chan Ying Ho, Andrew	Dr. Fung Yuk Kwan	Dr. Lam Hon Man
Dr. Chan Yuen Yan	Dr. Ho Ka Ming	Prof. Lam Lo Kuen, Cindy
Dr. Chao Vai Kiong, David	Dr. Ho Kam Wai	Dr. Lam Paul

Dr. Lam Tak Man, Catherine
 Dr. Lam Wing Kwun
 Dr. Lam Wing Wo
 Dr. Lau Ho Lim
 Dr. Lau Kam Tong
 Dr. Lau Kin Sang, Kinson
 Dr. Lau Po Shan
 Dr. Lau Tai Wai
 Prof. Lee Albert
 Dr. Lee Chun Kit, Tony
 Dr. Lee Ka Ling, Glenn
 Dr. Lee Man Kei
 Dr. Lee Siu Yin, Ruby
 Dr. Leung Chun Yin, Daniel
 Dr. Leung Gin Pang
 Dr. Leung Kwan Wa, Maria
 Dr. Leung May Heng, Sandy
 Dr. Leung To Fung
 Dr. Leung Tsi Mei, Violet
 Dr. Li Yim Chu
 Dr. Lo Chun Hung, Raymond
 Dr. Lo Sze Mon, Dana
 Dr. Lui Luen Pun, Benny
 Dr. Ng Ching Luen

Dr. Ng Mei Po
 Dr. Ng Mei Yee
 Dr. Ngai Bernard
 Dr. Ngai Ka Ho
 Dr. Pang Siu Leung
 Dr. Shek Chun Chiu
 Dr. Shek Hon Wing
 Dr. Shuen Chuen Kwok, Mariana
 Dr. Sin Ka Ling
 Dr. Siu Pui Yi
 Dr. So Ching Yee, Gloria
 Dr. Tam Ho Shan
 Dr. Tam John Hugh
 Dr. Tam Ka Wae, Tammy
 Dr. Tam Kit Ping
 Dr. Tam Wah Kit
 Dr. To Kit Yuk, Dorothy
 Dr. Tong Leon George
 Dr. Tong Po Hei
 Dr. Tse Hing Choi
 Dr. Tse Kwok Ki, Keith
 Dr. Tse Tung Wing, George
 Dr. Tsim Koon Lan
 Dr. Tsoi Lai To, Sammy

Dr. Tsoi Wai Wang, Gene
 Dr. Tsui Hoi Yee
 Dr. Wan King Tung
 Dr. Wong Chak Tong
 Dr. Wong Chi Kwong, Roger
 Dr. Wong Chi Lung
 Dr. Wong Kwok Ho
 Dr. Wong Mong Sze, Marcus
 Dr. Wong Nai Ming
 Dr. Wong Oi Yee, Amy
 Dr. Wong Pak Hoi
 Dr. Wong Pak Kin
 Dr. Wong Suk Ching
 Dr. Wu Shui Chi, Nerrissa
 Dr. Wu Tsz Yuen
 Dr. Yau Lai Mo
 Dr. Yeung Sau Ying
 Dr. Yeung To Ling, Solomon
 Dr. Yeung Wai Man
 Dr. Yip Wing Ki
 Dr. Yiu Yuk Kwan
 Dr. Young Sui Wah
 Dr. Yu Sze Kai Frances
 Dr. Yuen Fu Lam

Case- writers

We would like to particularly thank the following examiners for their contributions in writing up examination questions and cases in various segments of the Conjoint Examination this year.

Dr. Bien Tse Fang, Barry
 Dr. Chan Man Hung
 Dr. Chan Wan Yee, Winnie
 Dr. Chan Wing Yan
 Dr. Chan Yin Hang
 Dr. Chao Vai Kiong, David
 Dr. Cheng Michael
 Dr. Cheung Hard King
 Dr. Cheung Pui Shan, Cindy
 Dr. Chui Siu Hang, Billy
 Dr. Fan Yuen Man, Cecilia
 Dr. Ho Ka Ming

Dr. Ip Pang Fei
 Dr. Ip Sui Wah
 Dr. Kung Kenny
 Dr. Lam Tak Man, Catherine
 Dr. Lam Wing Kwun
 Dr. Lau Ho Lim
 Dr. Lau Kam Tong
 Dr. Lau Kin Sang, Kinson
 Dr. Lee Ka Ling, Glenn
 Dr. Leung Kwan Wa, Maria
 Dr. Ng Mei Po
 Dr. Sin Ka Ling

Dr. Siu Pui Yi
 Dr. So Ching Yee, Gloria
 Dr. Tam Ho Shan
 Dr. Tsoi Lai To, Sammy
 Dr. Wong Chak Tong
 Dr. Wong Chi Kwong, Roger
 Dr. Wong Chi Lung
 Dr. Wu Tsz Yuen
 Dr. Yau Lai Mo
 Dr. Yeung Wai Man

The Board of Conjoint Examination is also extremely grateful for all their contributions and continual support throughout the past many years.



Dr. Chan Hung Chiu
 Chairman
 Board of Conjoint Examination

THIRTY-THIRD CONJOINT HKCFP/RACGP FELLOWSHIP EXAMINATION FIRST Announcement

The Board of Conjoint Examination is pleased to announce the following information on the Thirty-third Conjoint Fellowship Examination with the Royal Australian College of General Practitioners to be held in 2019.

(1) REQUIREMENTS AND ELIGIBILITY

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

1. FULL OR ASSOCIATE members of BOTH HKCFP AND RACGP*
2. FULLY REGISTERED with the Hong Kong Medical Council*

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

(Note : All candidates are required to renew their RACGP membership for the year 2019/2020 before 31 July 2019. Failure to comply with the rule may result in denial of admission to the Exam.)

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

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

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

Note: All Category I candidates who are current vocational trainees and apply to sit the Written Examination **MUST** submit evidence of completion of at least 15 months of approved training by 31 March 2019, together with the application. Those current vocational trainees who apply for the Clinical Examination **MUST** submit evidence of completion of at least 39 months of approved training by 31 March 2019, together with the application. Candidates who have already completed vocational training **MUST** submit evidence of completion of vocational training, together with the application.

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

- (b) **CATEGORY II CANDIDATES** are doctors who have been predominantly in general practice for not less than **five** years by 30 June 2019.

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

For successful Category I candidates who have enrolled in the vocational training program before 31 December 2018, and who apply for the award of RACGP Fellowship before 1 March 2027, will remain entitled to be awarded FRACGP. All other successful candidates are eligible to apply for the award of International Conjoint RACGP Fellowship (ICFRACGP).

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

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

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

(2) FORMAT AND CONTENTS

- A. Written Examination
Applied Knowledge Test (AKT)*, and
Key Feature Problems (KFP)

**Note: Multiple Choice Questions (MCQ) has been renamed as Applied Knowledge Test (AKT) from Conjoint Exam 2018, with no major change on the exam format.*

- B. Clinical Examination
Objective Structured Clinical Examination (OSCE)

(3) PRE-REQUISITE FOR CLINICAL SEGMENTS

All candidates applying to sit for the Clinical Examination of the Conjoint Fellowship Examination **MUST** possess a APCLS (Advanced Primary Care Life Support) certificate issued by the HKCFP*. This validity of this certificate must span the time at which the application for the Examination is made AND the time of the Clinical Examination.

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

Note: In regarding the APCLS certificate as issued by the HKCFP, the APCLS workshops & examinations for 2019 will be held on **23 - 24 February 2019 and **30 - 31 March 2019** respectively. Details regarding the workshop / examination can be referred to the News of Board of Education (on pg. 28). Please register with our College*

secretariat at 2871 8899 IMMEDIATELY if you do not hold a valid APCLS certificate issued by HKCFP and intend to sit for the Conjoint Examination 2019.

(4) CRITERIA FOR A PASS IN THE EXAMINATION

A candidate will be required to pass the entire Written Examination in one sitting. That is, if one fails the Written Examination, both the AKT and KFP segments have to be re-taken. Successful Written Examination result can be retained for three years (until the Clinical Examination of 2022).

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

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

(5) APPLICATION AND EXAMINATION FEES

Application forms are available from the College Secretariat at Room 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. You may also download the application forms from our College website, <http://www.hkcfp.org.hk>. Please note that the deadline for application is **10 April 2019 (Wednesday)**.

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

Application Fee: \$3,000*

[*Note: For candidates who are first sitting for the OSCE exam and have passed the Written Examination in 2016, provided that the administration fee for the whole Conjoint Examination had been previously settled, only the Clinical Examination fee of \$15,000 would be applied, that is, application fee of \$3,000 would NOT be applied.]

Examination Fee:

- | | |
|---|----------|
| • Full Examination (Written + Clinical) | \$30,000 |
| • Written Examination | \$15,000 |
| • Clinical Examination | \$15,000 |

Please make the cheque payable to **"HKCFP Education Limited"**. If a candidate applied for the Full Examination **but failed in the Written Examination, the Clinical Examination fee (\$15,000) will be refunded.**

(6) REFUND POLICY

If a candidate wishes to withdraw from the examination, and written notice of withdrawal is received by the College 60 days or more prior to the date of the examination, he will receive a refund of \$30,000 (for the whole examination), \$15,000 (for the written examination) or \$15,000 (for the clinical examination). The application fee of \$3,000 will not be refunded.

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

All fees paid are not transferable to subsequent examinations.

(7) IMPORTANT DATES

- | | |
|-----------------------------|--|
| • 10 April 2019 (Wednesday) | Closing Date for Applications |
| • 11 August 2019 (Sunday) | Conjoint Examination – Written Examination (KFP) |
| • 18 August 2019 (Sunday) | Conjoint Examination – Written Examination (AKT) |
| • [Date to be confirmed] | Conjoint Examination – OSCE |

(8) ELECTION TO FELLOWSHIP

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

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



Dr. Chan Hung Chiu
Chairman, Board of Conjoint Examination

Board of Vocational Training and Standards News

Reminder: Enrolment of Higher Training

Basic trainees who have completed 4-year basic vocational training and attained a higher qualification in Family Medicine can be enrolled into the higher training programme.

For those who prepare to sit for the Exit Examination in 2021, please submit the application for higher training on or before **28 February 2019 (Thursday)** in order to meet the requirement for sitting the Exit Examination. The application form is available from the College Secretariat and can be downloaded from the College web site.

Higher Training Introductory Seminar

A Higher Training Introductory Seminar will be held on 23 February 2019 for all newly enrolled higher trainees, existing trainees and clinical supervisors. The seminar is designed to help higher trainees and supervisors to understand and get more information of our training programme.

Details of the seminar are as follows:

- Speakers : Dr. Fung Hoi Tik, Heidi (Chairlady, Higher Training Subcommittee),
Dr. Lui Luen Pun, Benny (Deputy Chairman, Higher Training Subcommittee)
- Date : 23 February 2019 (Saturday)
- Time : 2:30 – 4:30 p.m.
- Venue : Rm 903-4, 9/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong

Reminder: Submission of Annual Checklist / Logbook for Completion of Higher Training

To all Higher Trainees,

Please be reminded that all higher trainees must submit the original copy of annual checklist to the Board of Vocational Training and Standards either by registered post OR in-person on or **BEFORE 28 February 2019 (Thursday)**. Late submission **WILL NOT** be accepted.

The training experience of 2018 **WILL NOT** be accredited if the trainee fails to submit the checklist on or before the deadline.

For the application for certification of completion of higher training, please make sure that the application form and checklist for completion of higher training are completed and returned together with the original copy of your training logbook on or before **28 February 2019 (Thursday)**.

Should you have any enquiries, please feel free to contact Ms. Charlotte Cheung and Ms. Kathy Lai at 2871 8899.

Higher Training Subcommittee
Board of Vocational Training and Standards

Reminder: Submission of Annual Checklist for Basic Training

To all Basic Trainees,

Please be reminded that all basic trainees must submit the original copy of annual checklist to the Board of Vocational Training and Standards either by registered post OR in-person on or **BEFORE 31 January 2019 (Thursday)**. Late submission **WILL NOT** be accepted.

The training experience of 2018 **WILL NOT** be accredited if the trainee fails to submit the checklist on or before the deadline.

Should you have any enquiries, please feel free to contact Ms. Charlotte Cheung and Ms. Kathy Lai at 2871 8899.

Basic Training Subcommittee
Board of Vocational Training and Standards

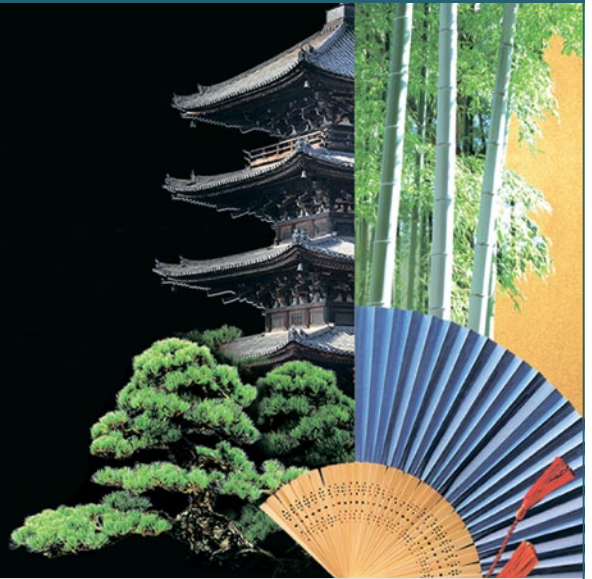
WONCA Announcement

WONCA

Asia Pacific Regional Conference

Kyoto, Japan

15 – 18 May 2019 (Wednesday – Saturday)



Dear Members,

The WONCA Asia Pacific Regional Conference 2019 will be yet another opportunity for family doctors to gather and share research and practice experiences. It is a very good occasion to foster closer ties among Family Medicine organisations as well as individual doctors.

The College Council has decided to support a conference sponsorship scheme with a maximum of HKD7,000 for each successful applicant with a presentation to attend the captioned conference. Upon accepting the conference sponsorship, the successful applicants are required to -

- (a) put the logo of the College in all of the Presentation materials, such as PowerPoints, Posters,.. etc.
- (b) uphold and promote to the best of their abilities the aims and objectives of the College;
- (c) observe the provisions of the Articles of Association and such Regulations and By-laws of the College;
- (d) take part in the College official functions by invitation if any during the Conference;
- (e) submit a written report (around 1000 words) with photos within one month after the conference.

All sponsorship decisions are subject to the approval of the Council and that will be final.

The sponsorship scheme is open to all members. Interested members can download and complete the application form at <http://www.hkcfp.org.hk> → DOWNLOAD → Others and return the completed form to the Secretariat by **20 February 2019 (Wednesday)**.

For further information, please visit the Conference official website at <http://www.c-linkage.co.jp/woncaaprc2019kyoto/abstracts.html>

Thanks,

Dr. William WONG
Honorary Secretary, HKCFP

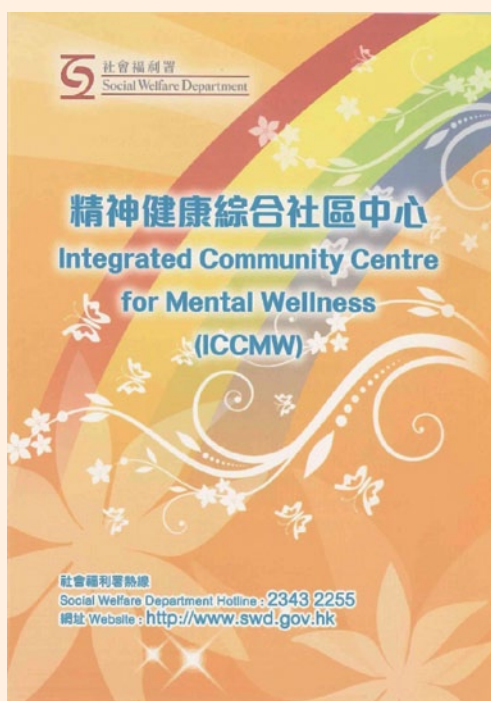
Local Community Resources: Integrated Community Centre for Mental Wellness (ICCMW)

Dr. John-Hugh Tam, Specialist in Family Medicine

Many of us should have the experience of encountering patients or their families that require mental health support in the community settings, and I wonder if any of you have ever got lost during the search of the social support needed? Here is an apparent source of help that you can look into, the Integrated Community Centre for Mental Wellness (in short the ICCMW, 「精神健康綜合社區中心」).

What is the ICCMW?

To enhance the social support and re-integration of the ex-mentally ill persons into the community, the Social Welfare Department (SWD) has implemented the Integrated Community Centre for Mental Wellness (ICCMW) in all the districts across the territory since October 2010. These centres are run by various non-government organisations (e.g. New Life Psychiatric Rehabilitation Association, Caritas Hong Kong, Tung Wah Group of Hospitals, etc.). Through the one-stop and integrated service mode, the ICCMW provides one-stop, district-based and accessible community support and social rehabilitation services ranging from early prevention to risk management for discharged mental patients, persons with suspected mental health problems, their families / carers and residents living in the serving district through a single-entry point.



The ICCMW provides the following range of services:

- ✦ Drop-in services
- ✦ Outreaching services
- ✦ Casework counseling
- ✦ Therapeutic and supportive group work services
- ✦ Networking services, including social and recreational activities
- ✦ Day training
- ✦ Outreaching occupational therapy training services
- ✦ Public education programmes on mental health
- ✦ Referral to the Community Psychiatric Service of the Hospital Authority for clinical assessment or psychiatric treatment

The target groups of ICCMW are those living in the district, including:

- ✦ Discharged patients with mental conditions aged 15 or above
- ✦ Persons with suspected mental health problems aged 15 or above
- ✦ Family members / carers of the above persons
- ✦ Residents with interest in understanding and improving their mental health

Application Procedures

- ✦ Self-application (i.e. individuals can approach these centres without a referral); or
- ✦ Referral by doctors, social workers, allied health workers or government departments.
- ✦ The application is free of charge.

An example of how ICCMW may play its part:

Dr. A encounters Mrs. Chan, a middle-aged housewife living with family in a public housing unit. Mrs. Chan comes alone today asking for opinion about her husband's condition and she is concerned about him. After asking further history, Dr. A understands that Mr. Chan, who is not a patient in the clinic, also had no prior contacts with mental health services.

Starting a year ago, Mrs. Chan started to notice her husband displaying bizarre behaviours, to the extent he started to delude that "the neighbours were harming

the family by putting poisons into drinking water". He also repeatedly smelt a "bad odour" that other family members could not feel at all. Subsequently, Mr. Chan became socially withdrawn and stayed most of the time at home. He also started to "take revenge" against the neighbours by making noise at home every night.



Owing to the concerns raised and the suspicion of Mr. Chan suffering from a mental illness, Mrs. Chan had tried to bring her husband to seek medical attention but the idea was strongly resisted by Mr. Chan due to denial of his symptoms. Dr. A had referred Mrs. Chan to seek help from an ICCMW. One week later, a social worker from the ICCMW made a home visit to Mr. Chan. Mr. Chan strongly denied being mentally ill but agreed to be helped by a social worker, as he felt being troubled by a number of social problems in which the "harassment" by the neighbours was the most threatening. The ICCMW social worker engaged Mr. Chan by exploring his distress, and found that he was having conflicts with his sons who were indulged in video games after school. Mr. Chan became less distressed after being listened to and supported by the ICCMW social worker who arranged his sons to attend a youth centre after school.


As the clinical manifestations are suggestive of a psychotic disorder, the social worker of the ICCMW referred Mr. Chan to the Community Psychiatric Services (CPS). A joint home visit by the ICCMW social worker and

a case manager of CPS was conducted. Mr. Chan was eventually persuaded to attend a psychiatric SOPC and received the needed treatment after being diagnosed with schizophrenia. During the acute phase of his psychotic illness, monitoring of delusion and medication compliance were the major areas of needs, and Mr. Chan's care had subsequently been passed from the outreach service by ICCMW to a Community Psychiatric Nurse (CPN) in the CPS, who would continue to act as a case manager. The CPS case manager accompanied Mr. Chan to attend subsequent follow-up visit in the SOPC. Half a year later, Mr. Chan had his persecutory delusion subsided, and he was adherent to the psychiatric medications.



With the psycho-education by the case manager, Mr. Chan gained insight to the mental illness, and he accepted the need of maintenance antipsychotic treatment and stress management to prevent relapse. The case manager also provided family intervention from which the other family members learned how to communicate with Mr. Chan, and to identify early signs of relapse. Mr. Chan had interest in Chinese calligraphy and started to attend a calligraphy class in ICCMW, through which he had made some new friends. An expanded social network improved his self-esteem and sense of well-being. Despite taking maintenance antipsychotic medications, Mr. Chan has achieved recovery in which he regained control on his life and found meaning from it; he was able to perform well in his chosen family roles.

Link for more information:

 Integrated Community Centre for Mental Wellness - http://www.swd.gov.hk/en/index/site_pubsvc/page_rehab/sub_listofserv/id_iccmw/

Supplements Really Work? - Vitamin D and Omega-3 Fatty Acids



A question of thoughts for you. One day at the end of a consultation, the patient took out various bottles of supplements from his/her bag and asked you 'Doctor, may I have a question? Could I take these supplements? My relative has brought me a few bottles from abroad, they say it is good to take them for a better health...'

A clinical scenario that is so familiar, isn't it? Then what would be your answer?

It is a common practice to take some vitamin, mineral and/or herbal supplementation. This sort of supplementation is also heavily advertised in the mass media, illustrating how much benefits they would provide. But have we ever wondered, is it evidence based?

Now one more piece of evidence is here to back up our answer, regarding Vitamin D and omega-3 fatty acid supplements.

A nationwide, randomized, placebo-controlled trial, with a 2 by 2 factorial design of vitamin D3 (cholecalciferol) at a dose of 2000 IU per day and marine n-3 (also called omega-3) fatty acids at a dose of 1g per day for the prevention of cancer and cardiovascular disease among men 50 year of age or older and women 55 years of age or older has been conducted in the United States^{1,2}.

The study involves 25,871 participants, with 5,106 of whom being black participants. They were followed up for a median period of 5.3 years (range: 3.8 to 6.1 years). The primary end points included invasive cancer of any type and major cardiovascular events (a composite of myocardial infarction, stroke, or death from cardiovascular causes). The secondary end points included site-specific cancers, death from cancer and additional cardiovascular events.

Results showed supplementation with omega-3 fatty acids or Vitamin D did NOT lead to a lower incidence of the primary end points of cardiovascular events (hazard ratio of omega-3 fatty acid: 0.92; vitamin D: 0.97) and invasive cancer of any type (hazard ratio of omega-3 fatty acid: 1.03; vitamin D: 0.96)^{1,2} when compared with the placebo group.

A result worth attention is lower incidence of myocardial infarction and of death from myocardial infarction with omega-3 fatty acids than with placebo (hazard ratio: 0.72 and 0.5 respectively) and the lower mortality from cancer with vitamin D than with placebo (hazard ratio after analysis excluding the 1st 2 years of follow-up: 0.75)^{1,2}. But these findings have to be 'interpreted with caution' as stated at an editorial of the New England Journal of Medicine³. Same reasons included lack of correction for multiple comparisons, absence of similar observations in other large randomized trials of omega-3 fatty acids, and the likelihood of secondary end points failing when subsequently tested as primary ones in adequately powered randomized trials³.

Next time when asked on the same question about vitamin D or omega-3 fatty acids, there is no more doubt, because it is scientific evidence that gives you the answer.



References:

1. Manson JoAnn E., Cook Nancy R., Lee I-Min, Christen William, Bassuk Shari S., Mora Samia, Gibson Heike, Gordon David, Copeland Trisha, D'Agostino Denise, Friedenberg Georgina, Ridge Claire, Bubes Vadim, Giovannucci Edward L., Willett Walter C., Buring Julie E.. (2018) Vitamin D Supplements and Prevention of Cancer and Cardiovascular Disease. N Engl J Med DOI: 10.1056/NEJMoa1809944.
2. Manson JoAnn E., Cook Nancy R., Lee I-Min, Christen William, Bassuk Shari S., Mora Samia, Gibson Heike, Albert Christine M., Gordon David, Copeland Trisha, D'Agostino Denise, Friedenberg Georgina, Ridge Claire, Bubes Vadim, Giovannucci Edward L., Willett Walter C., Buring Julie E.. (2018) Marine n-3 Fatty Acids and Prevention of Cardiovascular Disease and Cancer. N Engl J Med DOI: 10.1056/NEJMoa1811403.
3. Keaney John F., Rosen Clifford J.. (2018) VITAL Signs for Dietary Supplementation to Prevent Cancer and Heart Disease. N Engl J Med DOI: 10.1056/NEJMe1814933.



Compiled by Dr. Cheng Chun Sing, David

Joint Meeting for Interest Group in Mental Health & Psychiatry (62nd meeting) and 8th Interest Group in Medical Humanities held on 1 December 2018

Dr. Chan Suen Ho, Mark and Dr. Lo Sze Mon, Dana (Coordinators)
Board of Education, The Hong Kong College of Family Physicians

Topic : **Traditional Chinese Culture and Medical Humanities - Case Discussion on Filial Piety 中國傳統孝道於醫學人文案例展示**

Speaker : **Dr Lo Sze Mon, Dana**
Specialist in Family Medicine

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

Attendance : 11

Speaker Biography:

Dr. Dana Lo is currently the Senior Medical Officer, University Health Service of The Hong Kong Polytechnic University. Apart from having medical education background, Dr. Lo also acquires Master of Guidance and Counselling. Her special interest includes clinical management of mental health problems among young people, as well as health education and wellness promotion in the University community. Dr. Lo has been active in promoting medical humanities in both Mainland and Hong Kong. She is the Honorary professor of the First affiliated hospital of Xi An medical school 西安醫學院第一附屬醫院, editorial board member of the World Journal of Chinese Doctors 世界華人醫師雜誌, and advisory panel member of RTHK 香港電台節目顧問團成員. Her publications include "Stories in Medical Humanities": 【醫學人文札記】(明窗出版2017), and "Fight against school bullying - Diary of the ugly duckling" 【醜小鴨的抗欺凌日誌】(萬里出版2018). She is the first author of "A systematic review of burnout among doctors in China: a cultural perspective" [Lo et al. Asia Pac Fam Med (2018) 17:3], and 「從文化觀點剖析中國醫生的燃竭現象」(世界華人醫師雜誌2017年9月第二卷第3期). Dr Lo is also the script writer of several drama, including the Forum Theatre of Medical Humanities 「醫學人文論壇劇場之燃竭好醫生」 in 2017.

Content of the meeting:

According to the Hong Kong Mental Morbidity Survey 2010-2013, the prevalence of common mental disorders among Chinese adults aged between 16 and 75 was 13.3%, with the most common disorders being mixed anxiety and depressive disorder, followed by generalized anxiety disorder, etc. Behind these medical diagnoses, what are the recurrent themes causing mental disturbances, esp. among young people in the Chinese context? An experienced counselor or doctor should not underestimate the underlying cultural impact in the structuring of these recurrent themes and mental conditions during the counseling process. Enhancing psychosocial competence, spiritual reflection and taking traditional Chinese culture into consideration during medical counseling are important to tailor made management of patients in our locality.

Dr. Lo is familiar with the integration of Filial Piety concept to medical counselling in general practice. She has been invited to conduct lectures in 上海, 南寧 and 西安 on this topic for sharing with family doctors in China in the past year. In this interest group meeting, Dr Lo introduced Filial Piety 「孝道」, which is an important concept in Confucius teaching, well documented in "Classic of Filial Piety" 【孝經】. The concept of filial piety in Chinese culture is deeply rooted in Chinese and may not cease with age progression. Through a case discussion about a young student with depression, presented with 10 years of suicidal ideation, the role of filial piety in relation to depression management in general practice, with a focus on counseling approach tailor made to patients with Chinese culture, was discussed.

The audience actively participated in the discussion sessions. Some doctors observed that Filial Piety has been the source of stress for mental disturbances in the Chinese context, such as enmeshed

relationship or excessive emotional attachment to parents. Dr. Lo acknowledged that some parents usually have their own marital discord, with their child triangulated within the strangulated relationship according to Bowen's theory. This limits the grown up child to develop own adult life as they cannot be freed from the family of origin. Moreover, some young people do not want to have conflicts with parents, they are used to following parents' instructions in choosing their academic programme in tertiary institutions. Although this received the blessings from parents, they clearly know that they have no interest in it. As a result, they are prone to develop a sense of "worthlessness" which is one important symptom of depression, whenever the future roadmap is not that smooth as expected.

On the other hand, Dr. Lo observed that the emotional attachment to parents serves as a strong protective factor for the suicide prevention in Chinese students with depression. Students believe that if their bodies are damaged, their parents will feel heartbroken. As highlighted in volume 9 of "Filial Piety Classics", "The body, hair and skin, all have been received from the parents, and so one doesn't dare damage them - that is the beginning of Filial Piety." 【卷九 孝經】: 「身體髮膚, 受之父母, 不敢毀傷, 孝之始也。」 For those who have interest in applying the concept of Filial Piety to counseling in general practice, please refer to an article written by the speaker 「我想起爸媽」 published in 「世界華人醫師雜誌」2017年第2卷第4期. For those who would like to know more about counseling to young people in general practice, please refer to a newly published article written by colleagues of the University Health Service, The Hong Kong Polytechnic University: "Common Mental Health Challenges in a University Context in Hong Kong: a Study Based on a Review of Medical Records" (<https://doi.org/10.1007/s11482-018-9673-5>). Dr Lo also recommended watching 「相逢在黑夜的海上」, one of the episodes from RTHK TV series 「我的家庭醫生 3」 at: <http://www.rthk.hk/tv/dtt31/programme/myfamilydoctor2018/episode/502959>.

To the best of Dr. Lo's knowledge, this is the first TV program talking about burnout 燃竭 among young family doctors, and how can the burnout doctor be encouraged by a young patient who suffered from depression with suicidal thought during the counseling process.



Theme picture of 中國傳統孝道於醫學人文案例展示 (acknowledgement to Ms. Teresa Ma)



Dr. Mark Chan (right) presenting a souvenir to Dr. Dana Lo (left, speaker)

Next meeting

The 63rd meeting for the Interest Group in Mental Health Psychiatry in Primary Care will be held on 2 February 2019. Dr. Chan Hoi Chung, Samuel will be the speaker. The topic will be on "Pearls of Sport Psychology for Family Physicians".

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

Quality Assurance & Accreditation Committee News

HKCFP Additional Accreditation and Report on CME/CPD Missing Points for Year 2018

Dear Members,

The credit point score of year 2018 for HKCFP QA Programme is going to be finalized. Please kindly check your updated report by visiting the College website at <http://www.hkcfp.org.hk/>.

If you wish to apply for Additional Accreditation or you find any CME/CPD points missing from your CME report, Please apply for CME accreditation by sending the application(s) on or before **28 February 2019**.

1. Application for Additional Accreditation

The application of Additional Accreditation for the year 2018 is now open for those activities **without prior accreditation** by QA&A Committee. For Educational Activities **under items 3.7, 3.8, 3.13, 3.14 and items 5.2 to 5.6 in QA Regulation 2017-19**, please apply in writing with relevant supporting documents and \$500 administration fee (**Non-refundable**) by cheque to QA&A Committee.

Please submit the application for Additional Accreditation with relevant supporting documents at your earliest convenience. Relevant supporting documents are mandatory for accreditation, e.g. attendance records, photocopies of events, transcripts or published articles. Kindly note that each application will be handled independently upon receipt of the application. Submission of additional information for the application, if any, will incur new charges.

2. Application for reporting CME/CPD missing points from Pre-Accredited Activities

This application is only for the activities held in 2018 **with prior accreditation** by QA&A Committee, i.e. before the activities took place. If such credit points are missing from the CME Report, please return the **“Report on CME/CPD missing points from Pre-Accredited Activity”** together with relevant supporting documents (e.g. attendance records, photocopies of events, transcripts or published articles) to us.

Application Deadline: 28 February 2019

All forms can be download at: http://www.hkcfp.org.hk/pages_5_82.html.

Please send a cheque payable to “HKCFP Education Ltd” **by post** to: Room 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong.

Please ensure your mail items bear Sufficient Postage before posting.

Application Form and Supporting Documents can be submitted by post to above mentioned mailing address, **OR** by email to: cmecpd@hkcfp.org.hk

Please observe the application deadline of **28 February 2019** as late application will **NOT** be processed. The QA&A Committee reserves the right to finalize the number of “Credit Points” to be awarded for each activity according to relevant supporting documents submitted for accreditation. Should you have further question(s), please contact Mr. John Ma or Ms. Natalie Ho at 2871-8899 or by email to cmecpd@hkcfp.org.hk.

Yours sincerely,

Dr. King Chan
Chairman, Quality Assurance & Accreditation Committee

Quality Assurance & Accreditation Committee News (Con't)

CME/CPD Compliance

Dear Colleagues,

As the credit point score of 2018 QA&A Programme will be finalized shortly, the committee wishes to highlight that Colleagues **must engage in ALL categories of activities** in order to fulfill the QA Certificate 2017-2019 criteria, briefly summarized as follows:

- (1) A minimum of 90 points in total, including **at least 30 CPD points**.
- (2) A maximum of 45 credit points will be counted for each category of educational activities
- (3) Participants must engage in **ALL** categories of activities

For Point (2) and (3) above, the 'categories' are referring to

- i) Category 3, related to CPD activities,
- ii) Category 4, related to activities organized by our College alone, and
- iii) Category 5, related to pre-accredited activities organized by other professional institutions themselves or in collaboration with our College. Examples of this category include accredited educational events by the Hong Kong Medical Association, The Universities, the Hospital Authority, and the Primary Care Office / Department of Health.

Please see the "Regulations for Award of Quality Assurance 2017-19 (QA)" for more details: http://www.hkcfp.org.hk/pages_5_81.html

To obtain CME Certificate 2018, Members should obtain at least 30 Credit Points in either CME or CPD, or both. In particular, **HKAM Fellows** are required to obtain a minimum of 90 points, including **at least 15 CPD points** in a 3-year cycle (2017-2019).

Another point to highlight is the various ways to gain CPD points, listed below for your reference:

1. Continuous Professional Development (CPD) Logs
 - I. Self-appraisal activities on lectures, seminars and workshops organized by the Board of Education (For Activities that are applicable to submit CPD Log, Corresponding Sentence **"Up to 2 CPD Points (Subject to Submission of Satisfactory report of Professional Development Log)"** will be included in the Board of Education News published in FP links)
 - II. Specify journal article published in the HK Practitioner or HK Medical Journal (**HK Practitioner:** Update Article, Original Article, Discussion Paper, Internet; **HK Medical Journal:** Original Article, Review Article, Medical Practice)
 - III. Evidence Based Practice (EBP) report corresponding to a journal article published in the HK Practitioner, the HK Medical Journal, or in an indexed or refereed Medical Journal
 - IV. Practice Audit, Review and Appraisal; include Clinical Audit, Evidence-Based Medical Protocol and Preventive Care Audit
 - V. Structured Learning Activities, such as Portfolio For Self Learning Plan
2. Activities related to Teaching, Educational Development and Research
 - I. Teaching / Tutoring medical students in Family Medicine
 - II. Clinical supervisor of vocational trainees in Family Medicine
 - III. Acting as examiner for the Conjoint HKCFP / RACGP Fellowship Examination or HKCFP Exit Examination
 - IV. Being a CPR instructor or the Assessment Enhancement Course organized by the College
 - V. Being a moderator or speaker
 - VI. Being a chairperson / speaker of pre-approved small discussion group(s)
 - VII. Research work related to the field of General Practice / Family Medicine
 - VIII. Publishing Journal articles, books or thesis
3. 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.
4. Activities related to Quality Development, including participation in a quality assurance activities, exercise, workshop or clinical attachment organized by the College. Active Learning Mode (ALM) has been introduced since 2016 to facilitate active learning at selected seminars involving skill and knowledge transfer, and participants may gain CPD points when assessment criteria by pre- and post- activity MCQs are fulfilled.

Please kindly login to the College website <http://www.hkcfp.org.hk/> to check on your latest CME/CPD report. You can also download all the relevant forms from our website: http://www.hkcfp.org.hk/pages_5_84.html. For more details, please refer to the "The Regulation for Award of Quality Assurance 2017-2019" 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.org.hk at your convenience.

Thank you.

Dr. King Chan
Chairman, Quality Assurance & Accreditation Committee

Report of Musculoskeletal Workshop in World WONCA SEOUL 2018



Dr. Regina Sit

for Health Care and Excellence (NICE), as well as one international guideline from the Osteoarthritis Research Society International (OARSI). We also updated the participants with new recommendation from British Medical Journal 2015 and Lancet 2017 on the use of paracetamol in knee osteoarthritis. The messages on both pharmacological and non-pharmacological strategies were well received by the participants.

(ii) Knee pain and knee biomechanics:

Knee pain is commonly referred to as the result of pathological conditions such as degeneration and arthritis. In recent years, greater understanding of movement and function has emerged based on the inter-linking anatomy, biomechanics, neurophysiology, motor control, pathology, pain mechanisms, and behavior influences. Incorrect hip function, foot deformity, abnormal Q-angle and muscle imbalance of the lower limbs all contribute to the development of knee pain and knee osteoarthritis. In this workshop, we spent 30 minutes to revisit knee anatomy and to introduce the concept of knee biomechanics, which were essential for focused biomechanical interventions.

(iii) Focused manual maneuver and exercise prescription:

Biomechanical interventions are one the recommended non-surgical treatment for KOA. Manual therapy is recommended as an adjunctive therapy to exercise for osteoarthritis. In this workshop, we used 45 minutes to demonstrate an evidence-based patellar mobilization therapy and focused exercise prescriptions. In manual therapy demonstration, we focused on correcting the laterally displaced patella in patient with patellofemoral osteoarthritis. In the exercise demonstration, we stressed on the importance of tailoring the exercise to elderly participants, who are at risk of injuries during exercise training. We used the theory of muscle firing instead of muscle strengthening, which was a safer approach for a degenerated knee. We

Summary of teaching activities:

Approved aims and objectives:

The workshop titled "Knee Pain and Knee Osteoarthritis" was conducted on the 20th October 2018 in the COEX Convention and Exhibition Centre, Seoul. In this one and a half hours' workshop, we went through 3 important topics including: (i) a brief update on the guidelines for knee osteoarthritis; (ii) knee pain and knee biomechanics and (iii) focused manual therapy and exercise prescription. We had a total of 44 international participants who were all primary care physicians.

Estimated completed aims and objectives:

(i) Knee osteoarthritis guidelines:

Knee osteoarthritis are commonly diagnosed and managed by primary care physicians. Guidelines and recommendations published by different groups can help physicians to determine the best evidence-based treatment. In this workshop, we used 15 minutes to go through three commonly used states-specific guidelines from the European League Against Rheumatism (EULAR), the American College of Rheumatology (ACR) and the National Institute

focused on the training of the 2 major muscles in knee osteoarthritis, namely the rectus femoris and vastus medialis oblique muscles. Participants were given time to have the hands-on practice of these simple bedside knee joint mobilization and targeted exercise prescription.

Reflections:

The workshop was interactive and fulfilled my teaching goals. My teaching is guided by some core principles: the subject matter must be relevant to the learner and be communicated in a stimulating and involving manner. I believe learner-oriented teaching promotes learning that is both purposeful and enduring. One must start by gauging the needs of learners, tailoring the approach and continuing to assess progress toward reaching a mutual learning goal. Practicing physicians have many demands placed on their time and they always devote more energy to the learning process if they can see the benefits of what I can teach them. Therefore, when I delivered the workshop, I chose a topic which was highly relevant to their daily clinical practice. I allowed a healthy level of anxiety by asking questions and letting them struggle a bit for the answers. I wanted to know their commitment and the process through which they arrived at their

answers. I believe successful learners evolve from having a case repertoire to which they can connect their clinical experiences and literature knowledge, and practicing physicians should assume substantial responsibility in the learning process.

Overall I had a very enthusiastic group of primary care physicians in the workshop. They asked a lot of burning questions and the learning atmosphere was excellent. Participants used their digital devices to take picture of slides which they thought are important, and they video-taped the live demonstrations of manual therapy and exercise prescriptions. Similar to other Continuous Medical Education (CME) programmes, I believe the workshop had fulfilled the goals of improving knowledge of physicians. Finally, I believe each teaching session is an experiment, blending unique learning needs and teaching methods. Assessment and evaluations are an integral part of the learning process. Therefore, I would like to add some kind of teaching evaluations and feedback in the coming workshops. Without looking back at what we have done, we will not be informed on how to do better. Continuous refinement of the teaching process is important for every teacher.



Live demonstrations of manual therapy and exercise prescriptions

The HKCFP Award for the Best Research of 2018

The Research Committee of the Hong Kong College of Family Physicians is calling for The Award for The Best Research of the Year 2018. All members and fellows of the College are invited to participate and submit their research papers to the Research Committee for selection. The Award will be presented at the Conferment Ceremony in 2019.

Entry and assessment criteria are listed below:

Entry Criteria:

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

Assessment Criteria:

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

Each research project submitted will be assessed according to the seven criteria listed above by a selection panel. Each criterion may attract a different weighting to be decided by the selection panel. Please send your submission either

By post to Research Committee, HKCFP, Rm 803-4, 8/F, HKAM Jockey Club Building,
99 Wong Chuk Hang Road, Aberdeen, Hong Kong;

Or, **by email** to CrystalYung@hkcfp.org.hk

DEADLINE OF SUBMISSION: 29th March, 2019

Supported by HKCFP Foundation Fund

HKCFP Research Fellowship 2019

Introduction

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

Eligibility

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

Selection criteria

Application potential will be judged on*:

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

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

How to apply

1. Application form, terms and conditions of the Fellowship can be downloaded from www.hkcfp.org.hk or obtained from the College Secretariat, HKCFP at Rm 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. Tel: 2871 8899 Fax: 2866 0616
2. Applicants must submit:
 - The completed application form;
 - The signed terms and conditions of the HKCFP Research Fellowship;
 - Curriculum vitae from the principal investigator;
 - Curriculum vitae from the co-investigator(s) (no more than two pages) AND,
 - Curriculum vitae from the supervisor.
3. Applications close on: **29th March, 2019**. Late applications will not be accepted.
4. Applications can be either sent:

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

Supported by HKCFP Foundation Fund

Meeting Highlights

CME Lecture on 12 Decemer 2018

Prof. TANG Siu Wa, Emeritus Professor of Psychiatry, University of California, Irvine, CA, USA and Director, Institute of Brain Medicine, delivered a lecture on “Changing Treatment Goal in Neuropsychiatric Disorders” on 12 December 2018.



Dr. Au Yeung Shiu Hing (left, Moderator), presenting a souvenir to Prof. TANG Siu Wa (right, Speaker) during the lecture.

Annual Refresher Course 2018

The 4th to 9th session of the Annual Refresher Course were held on 2, 4, 6, 9, 11 and 16 December respectively.

Dr. Ting Zhao Wei, Rose, Specialist in Endocrinology, Diabetes & Metabolism, delivered a lecture on “DECLARE: The Implication to Primary Care Physician” and Dr. Cheung Ling Ling, Specialist in Cardiology, delivered a lecture on “Key Updates in Oral Anti-platelet Therapy – from Studies & Guidelines to Real Life Clinical Practice” on 2 December 2018.



Dr. Tsui Hing Sing, Robert (left, Moderator) and Dr. Mary Kwong (right, Council Member), presenting a souvenir to Dr. Ting Zhao Wei, Rose (middle, Speaker) during the lecture.



Dr. Tsui Hing Sing, Robert (left, Moderator) and Dr. Mary Kwong (right, Council Member), presenting a souvenir to Dr. Cheung Ling Ling (middle, Speaker) during the lecture.

Dr. Wong Ting Chi, Vanessa, Specialist in Psychiatry, delivered a lecture on “Recent Advance in Management of Depression” on 4 December 2018.



Dr. Ma Ping Kwan, Danny (right, Moderator) and Dr. Stephen Foo (left, Censor), presenting a souvenir to Dr. Wong Ting Chi, Vanessa (middle, Speaker) during the lecture.

Dr. Tang Chi Ho, Eric, Specialist in Otorhinolaryngology, delivered a lecture on “Update on Guidelines for Management of Allergic Rhinitis” on 6 December 2018.



Dr. Tsui Hing Sing, Robert (right, Moderator) and Dr. Stephen Foo (left, Censor), presenting a souvenir to Dr. Tang Chi Ho, Eric (middle, Speaker) during the lecture.

Dr. Lee Kin Tong, Specialist in Cardiology, delivered a lecture on “Advancing The Angina Treatment Paradigm” and Dr. Cheung Chi Yeung, Specialist in Cardiology, delivered a lecture on “New Opportunities for Treating Systolic Hypertension through Fixed-dose Combinations” on 9 December 2018.



Dr. Tsui Hing Sing, Robert (left, Moderator) and Dr. Mary Kwong (right, Council Member), presenting a souvenir to Dr. Lee Kin Tong (middle, Speaker) during the lecture.



Dr. Tsui Hing Sing, Robert (left, Moderator) and Dr. Mary Kwong (right, Council Member), presenting a souvenir to Dr. Cheung Chi Yeung (middle, Speaker) during the lecture.

Dr. Li Shi Ngan, Carol, Specialist in Emergency Medicine, delivered a lecture on "CPR Knowledge Update" on 11 December 2018.



Dr. Lo Yuen Chung, Yvonne (right, Moderator) and Dr. Chan Hung Chiu (left, Council Member), presenting a souvenir to Dr. Li Shi Ngan, Carol (middle, Speaker) during the lecture.

Prof. Ngan Kai Cheong, Roger, Specialist in Clinical Oncology, delivered a lecture on "An Update of New Developments and Toxicities of Different Modalities of Cancer Therapies - Targeted Therapy, Immunotherapy, Radiotherapy, Chemotherapy"; Dr. Leung Kwok Cheung, Alex, Specialist in Clinical Oncology, delivered a lecture on "How Family Physicians can Co-manage with Oncologists in Patients with Breast Cancer & Prostate Cancer"; Dr. Law Chi Ching, Specialist in Clinical Oncology, delivered a lecture on "How Family Physicians can Co-manage with Oncologists in Patients with Colorectal Cancer"; and Dr. Wong Kam Hung, Specialist in Clinical Oncology, delivered a lecture on "How Family Physicians can Co-manage with Oncologists in Patients with Lung Cancer" on 16 December 2018.



Dr. Tong Siu Man (left, Moderator) and Dr. Tsui Hing Sing (right, Member of Board of Education), presenting a souvenir to (2nd from the left to right) Dr. Wong Kam Hung (Speaker), Dr. Law Chi Ching (Speaker), Dr. Leung Kwok Cheung, Alex (Speaker) and Prof. Ngan Kai Cheong, Roger (Speaker) during the lecture.

Interest Group in Medical Humanities

Dr. Chu Wai Chi, Rodney, Assistant Professor, Department of Applied Social Sciences, The Hong Kong Polytechnic University, delivered a lecture on "Medical Sociology for Family Physicians" on 15 December 2018.



Dr. Dana Lo (left, Coordinator), presenting a souvenir to Dr. Chu Wai Chi, Rodney (right, Speaker) during the lecture.

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- 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.

Advanced Primary Care Life Support (APCLS) Training and Examination Workshop 2019

As required by the Royal Australian College of General Practitioners (RACGP), CPR training course needs to have advance component on airway management, neck support and automated external defibrillation (AED) on top of basic life support. In order to align with our Sister College (RACGP) and in achievement of reciprocal recognition in Conjoint Fellowship Examination and Quality Assurance Certificate, the CPR Subcommittee of the Board of Education is pleased to announce that an enhanced CPR course, the Advanced Primary Care Life Support (APCLS) had been launched since 2017.

APCLS course materials have been endorsed by HKCFP Council in 2015 and the Resuscitation Council of Hong Kong (RCHK) in 2016. The course aims to widen the scope of our existing CPR training course by adding several important elements: use of automated external defibrillator (AED), use of airways adjuncts and dealing with initial trauma care through use of neck support.

TWO APCLS Training and Examination Workshops will be held in 2019 (**23-24 February 2019 and 30-31 March 2019**).

As no one is guaranteed to pass in the first attempt, members who plan to sit for the 2019 Conjoint Examination are strongly advised to register in our APCLS session. Members are reminded that a valid HKCFP APCLS Certificate is a pre-requisite for enrolment of the Conjoint Examination. Members who plan to sit for the 2018 Conjoint Examination are also reminded to check the validity of their HKCFP APCLS Certificate to make sure that it is valid at the time of application and also at the time Clinical Examination. HKCFP APCLS certificates are valid for 2 years.

1st Announcement: January College News

23 - 24 February 2019 / 30-31 March 2019
Saturday and Sunday

APCLS Training and Examination Workshop

Time	2:00 p.m. - 6:00 p.m.
Venue	8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong
Talks	1. Advanced Primary Care Life Support-Principles and Techniques 2. Advances in CPR and use of Automated External Defibrillator (AED) 3. Use of Airway Insertion and Cervical Injury Management 4. Updates in Guidelines
Training	Hands-on training, supervised by HKCFP APCLS Instructors
Accreditation	3 CME Points HKCFP [Cat. 4.4] 3 CPD Points HKCFP [Cat. 3.11] for passing the APCLS Examination
Co-organizer	Resuscitation Council of Hong Kong
Capacity	36 doctors

Admission Fee:

Members and Non-members
(Attend Training and Examination Workshop) **HK\$900.00***

**Those who have attended the Annual Refresher Course on 11 Dec 2018, a HK\$250 discount would be offered.*

Members with Expired APCLS certificate issued by HKCFP
(Attend Training and Examination Workshop) **HK\$500.00**

All cheques should be made payable to "HKCFP Education Ltd".

All fees received are non-refundable and non-transferable.

Applicant please fill in the registration form available from College website: http://www.hkcfp.org.hk/pages_9_463.html. Successful candidates will be awarded an APCLS Certificate valid for 2 years, which is also accredited by the Resuscitation Council of Hong Kong. Please contact Ms. Katie Lam at 2871 8899 for registration on/ before **19 February 2019 (Tuesday) for February session** and **22 March 2019 (Friday) for March session**.

LATE APPLICATIONS WILL NOT BE ENTERTAINED.

Conjoint application deadline: 10 April 2019

*** REMARKS:** 1. You are not allowed to take the APCLS training workshop and examination during your pregnancy. 2. Priority will be given to candidates, who have applied 2019 Conjoint HKCFP/RACGP Fellowship Examination and the Diploma of Family Medicine Examination (2018-19).

2 February 2019

Saturday

Board of Education Interest Group in Mental Health & Psychiatry

Aim	(1) To form a regular platform for sharing and developing knowledge and skill in the management of mental health (2) To form a regular platform for sharing and developing knowledge and skill in the medical humanities
Theme	Pearls of Sports Psychology for Family Physicians
Speakers	Dr. Chan Hoi Chung, Samuel General Practitioner
Co-ordinator & Chairman	Dr. Chan Suen Ho, Mark The Hong Kong College of Family Physicians
Time	Part A 2:15 pm to 3:45 pm Lecture Part B 3:45 pm to 4:15 pm 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
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All fees received are non-refundable and non-transferable.

Accreditation 2 CME points HKCFP [Cat. 4.3]
2 CPD points HKCFP [Cat. 3.15]
2 CME points MCHK

Language Lecture will be conducted in English and Cantonese.

Registration **Registration will be first come first served. Please reserve your seat as soon as possible.**

Note **Participants are encouraged to present own cases for discussion. Please forward your cases to the Coordinator via the College secretariat 2 weeks prior to meeting.**

Participants are expected to take an active role in discussion during the workshop. Participants will be awarded CME for attendance in Part A of workshop and CPD for Part B.

Register Online

19 February 2019

Tuesday

Casting New Light in Diabetes Journey from Basal Initiation to Intensification

Dr. Chan Nor, Norman

*Specialist in Endocrinology, Diabetes & Metabolism
Honorary Associate Professor, Department of Medicine & Therapeutics,
The Prince of Wales Hospital, The Chinese University of Hong Kong*

Chairman	Dr. Ho Ka Ming, Ken The Hong Kong College of Family Physicians	
Time	6:45 p.m. – 7:15 p.m. 7:15 p.m. – 8:25p.m. 8:25 p.m. – 9:30 p.m.	Registration Lecture and Discussion Dinner
Venue	Shanghai Room I, Level 8, Cordis Hotel, Mongkok, Hong Kong	

Admission Fee	College Fellow, Full or Associate Members Other Categories of Members Non-Members	Free (\$50 Enrollment deposit is required) HK\$ 550.00 HK\$ 650.00
Accreditation	All fees received are non-refundable and non-transferable.	
Language	1 CME point HKCFP [Cat. 4.3] 1 CME point MCHK Up to 2 CPD points (Subject to submission of satisfactory report of Professional Development Log)	
Registration	Lecture will be conducted in English. Registration will be first come first served. Please reserve your seat as soon as possible.	

Register Online

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Monthly Video Viewing Session

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

January's session:

Date	25 January 2019 (Friday)	
Time	2:30 p.m. - 3:30 p.m.	
Topic	"Start right in hypertension management for reducing cardiovascular events" by Prof. Claudio Borghi	
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.	

Register Online

February's session:

Date	22 February 2019 (Friday)	
Time	2:30 p.m. - 3:30 p.m.	
Topic	"Management of Atrial Fibrillation in Primary Care" by Dr. Chan Chi Kin, William	
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.	

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
16 February 2019 2:15 – 4:15 pm	Training Room II, 1/F, OPD Block, Our Lady of Maryknoll Hospital, 118 Shatin Pass Road, Wong Tai Sin, Kowloon	Sports nutrition Ms. Nga Sze LAM Dietitian, OLMH	Ms. Clara Tsang Tel: 2354 2440

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Structured Education Programmes

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

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
13 February 2019 (Wed)			
2:00 – 5:00 p.m.	Room 7, 8/F, Yau Ma Tei GOPC	Update on Management of Chronic Disease (HT, DM, CVA) Dr. Chan Kiu Pak, Kilpatrick & Dr. Lo Chak Yui	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	Approach to Hirsutism Dr. Lam Wai Yiu	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Auditorium, G/F, Hospital Main Block, Tseung Kwan O Hospital	Eating Disorder Dr. Leung Hilching, Eunice & Dr. Ma Man Ki, Katelyn	Ms Polly Tai Tel: 3949 3430
5:00 – 7:00 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Daily Management of Patients Using RAPRIOP Dr. Esther Pang	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	How to Handle Difficult Case and Breaking Bad News Dr. Fung Pak Kei	Ms. Carmen Kwong Tel: 2632 4371
14 February 2019 (Thu)			
4:30 – 6:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	Cleaning, Disinfection and Sterilization in a Clinic Dr. Tsui Sau In & Dr. Ip Chung Ho	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2 nd Floor, Pamela Youde Nethersole Eastern Hospital	MPS Casebook Discussion - Common Pitfalls in Daily Practice Dr. Chan Wei Kwan, Rita	Ms W L Kwong Tel: 2595 6941
20 February 2019 (Wed)			
2:00 – 5:00 p.m.	Room 7, 8/F, Yau Ma Tei GOPC	Consultation Process, Models of Consultation and Introduction to Leicester Assessment Package (LAP) Dr. Law Man Fong & Dr. Noh Young Ah Consultation Enhancement (Video Consultation) Dr. Jiao Fangfang	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	Better Patient Communication Dr Fung Hoi Tik Heidi	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Auditorium, G/F, Hospital Main Block, Tseung Kwan O Hospital	Management of Menopausal Symptoms Dr. Wong Yu Man, Tracy & Dr. Luk Sze Wan, Candy	Ms Polly Tai Tel: 3949 3430
5:30 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Abnormal Vaginal Bleeding Dr. Lau Sin Mei, Mimi & Dr. Leung Wai Yan, Viola	Ms. Carmen Kwong Tel: 2632 4371
21 February 2019 (Thu)			
4:30 – 6:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	Health Care System in Cuba Dr. Chung Ka Chun & Dr. Hong Sze Nga	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2 nd Floor, Pamela Youde Nethersole Eastern Hospital	Management of Common Skin Problems in Primary Care Dr. Lee Ying Cheung, Jacky	Ms W L Kwong Tel: 2595 6941
27 February 2019 (Wed)			
2:00 – 5:00 p.m.	Conference Room 3, G/F, Block M, Queen Elizabeth Hospital	Immunisation Dr. Wong Hin Hei, Henry & Dr. Li Chun Ying, Janice	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	Update on Cervical Smear and HPV Vaccine Dr. Chan Cheuk Ming	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Auditorium, G/F, Hospital Main Block, Tseung Kwan O Hospital	Health Problems of Doctors & Management of Burnout Dr. Yau Chi Yan, Davy & Dr. Hui Yuk Ting, Candy	Ms Polly Tai Tel: 3949 3430
5:00 – 7:00 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Evidence-Based Medicine Dr. Nicola Tik	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	Exercise Prescription and Stretching Exercise Dr. Choi Yue Kwan	Ms. Carmen Kwong Tel: 2632 4371
28 February 2019 (Thu)			
4:30 – 6:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	Approach to Abnormal Uterine Bleeding for Non-pregnant Women Dr. Chan Ching & Dr. Hsu Kwok Fai	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2 nd Floor, Pamela Youde Nethersole Eastern Hospital	Breastfeeding Dr. Chiu Yuen Man	Ms W L Kwong Tel: 2595 6941

香港家庭醫學學院 仝人恭賀



COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 Jan	14	15	16 1:00 – 3:30 p.m. Chronic Disease Management Training Course for Primary Care Doctors 2019 2:15 – 7:30 p.m. Structured Education Programme	17 2:15 – 7:00 p.m. Structured Education Programme 6:30 – 9:30 p.m. CME Dinner Lecture 8:30 p.m. Council Meeting	18	19 2:30 – 5:30 p.m. DFM Module III - Research & Teaching in FM
20	21	22	23 1:00 – 3:30 p.m. Chronic Disease Management Training Course for Primary Care Doctors 2019 2:15 – 7:30 p.m. Structured Education Programme	24 2:15 – 7:00 p.m. Structured Education Programme	25 2:30 – 3:30 p.m. Video Session	26 2:30 – 5:30 p.m. DFM Module V - Consultation Skills Workshop II
27	28	29	30 2:15 – 7:30 p.m. Structured Education Programme	31 12:15 – 7:00 p.m. Structured Education Programme 9:00 p.m. Board of Conjoint Examination Meeting	1 Feb	2 2:00 – 4:00 p.m. Interest Group in Mental Health 2:30 – 5:00 p.m. DFM Module IV
3	4	5	6	7	8	9
10	11	12	13 2:15 – 7:30 p.m. Structured Education Programme	14 2:15 – 7:00 p.m. Structured Education Programme	15	16 2:30 – 5:30 p.m. DFM Module III - Practice Management
17 2:30 – 4:30 p.m. Certificate Course on End-of-life Care for Primary Care Doctors	18	19 6:30 – 9:30 p.m. Dinner Symposium	20 2:15 – 7:30 p.m. Structured Education Programme	21 2:15 – 7:00 p.m. Structured Education Programme 9:00 p.m. Board of Conjoint Examination Meeting	22 2:30 – 3:30 p.m. Video Session	23 2:00 – 6:00 p.m. Advanced Primary Care Life Support (APCLS) Training and Examination Workshop 2019 2:30 – 4:30 p.m. Higher Training Introductory Seminar
24 2:00 – 6:00 p.m. Advanced Primary Care Life Support (APCLS) Training and Examination Workshop 2019	25	26 9:00 p.m. Board of DFM Meeting	27 2:15 – 7:30 p.m. Structured Education Programme	28 2:15 – 7:00 p.m. Structured Education Programme 8:30 p.m. Council Meeting	1 Mar	2

Membership annual subscription fee early-bird rate deadline

FP LINKS EDITORIAL BOARD 2018

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