

INSIDE THIS ISSUE

Issue 189 November 2019

- | | | | |
|--|--|--|--|
| 01 Message from the President | 8 December 2019; Membership Committee News; | 10 Family Doctors' Column: Hammers & Nails | 14 MSK Column: Musculoskeletal Ultrasound in Family Medicine |
| 02 Message from the President (Con't.), College News: | 05 Board of Vocational & Training Standards News; Meeting Highlights | 12 News Corner: Artificially sweetened soft drinks – a wiser and healthier pick? | 16 Board of Education News |
| 02 Classified Advertisement | | | 20 College Calendar |
| 04 The 42nd HKCFP AGM; Cancellation of HKCFP 42nd Annual Dinner on | 07 QA & A Committee News | 13 College News: Young Doctors Committee News | |

Message from the President

The Annual Conference of the Royal Australian College of General Practitioners (RACGP) - GP19, "Your patients, your community, your solutions", was held from 24 - 26 October, 2019. Under the warm sunshine, primary care doctors and healthcare personnel from different countries gathered at the Adelaide Convention Centre in the capital city of the state of South Australia, Adelaide, for the Conference. The Conference had a wide variety of presentations and symposia, from the traditional auditorium style presentations to the interactive case study discussions, sharing with the delegates on topics ranging from updates related to general practice, new directions of tackling high prevalence acute and chronic primary care problems to research and development in primary healthcare. Participants were able to find the most enjoyable and inspiring ways to learn and to exchange with colleagues from different primary care systems around the world. Likewise, I was able to meet up and interact with representatives and colleagues from the international community of sister Colleges. Associate Professor Dr. Mohammad Husni Jamal, President of Academy of Family Physicians of Malaysia (AFPM), and I were invited to present on how our Continuing Professional Development (CPD) programmes in our localities have evolved over the years. Our presentations were delivered during the International College Case Study session in the afternoon on 24 October 2019. And the host of the session was our dear friend, Dr. Mark Miller, former RACGP Censor-in-Chief. My given topic was, "The CPD programme in Hong Kong and its contribution to a 'Healthy GP' and 'Healthy Patient'", while that of Associate Professor Dr. Mohammad Husni Jamal was, "The role of Academy of Family Physicians of Malaysia (AFPM) in the enhancement of primary



Dr. David Chao, President of HKCFP (left) and Dr. Harry Nespolon, President of RACGP (right)

care in Malaysia". Hong Kong and Malaysia have our similarities and differences in terms of demographics trends, disease patterns, family doctors' training, assessment and funding systems. But we both face a tremendous amount of increase in healthcare burden due to ageing populations and increasing prevalence of non-communicable diseases in our communities. Therefore, we can learn from each other and reflect on different models of care being delivered in our two localities. After the presentation, I attended the National Awards Ceremony and witnessed Dr. Mark Miller being awarded the Rose Hunt Award 2019. The Rose-Hunt Award is the highest accolade awarded by

(Continued on page 2)

Message from the President (Con't)

(Continued from page 1)



Dr. David Chao and GP19 delegates from Hong Kong—Ms. WY Chan, Dr. KS Chan, Dr. SW Chan, Dr. David Chao, Dr. PY Siu, Ms. YS Hui (left to right)

the RACGP and is awarded to a Fellow or a member of the RACGP who has rendered outstanding service in the promotion of the objectives of the RACGP, either by individual patient care, organisation, education, research or any other means. Many congratulations to Dr. Mark Miller! Previous Award recipients include Professor Michael Kidd, Professor John Murtagh, Associate Professor Morton Rawlin, Dr. Neil Spike, Dr. Elizabeth (Beth) Jane, Dr. Wesley (Wes) Fabb, and Dr. David Game, just to list a few of our familiar names.

Our Conjoint OSCE took place on 27 October 2019 at Pamela Youde Nethersole Eastern Hospital. Again, I would like to express my heartfelt gratitude to all our examiners for their dedications and contributions in the preparation and execution of the examination and to our secretariat for their great efforts in keeping the OSCE running smoothly on that day. Of course, all of these would not have been made possible without the continuing support by the RACGP and the great leadership of our Board of Conjoint Examination Chairman, Dr. Chan Hung Chiu Peter. I would also like to wish all the candidates the best of luck and every success in the examination.

The bright sky, the earlier sunsets, the dry air and the slight temperature drop give us a hint that

autumn is here. Besides being the best time for hiking, picnic and barbecue, it is also a good time to get prepared for the winter influenza season. Influenza can potentially give rise to serious complications. For better personal protection from the seasonal influenza, the public should receive seasonal influenza vaccination (SIV) in a timely manner. The Vaccination Subsidy Scheme (VSS) and Government Vaccination Programme (GVP) 2019/20 have been launched on 9 October 2019 and 23 October 2019 respectively. The Government continues to provide subsidised or free seasonal influenza vaccinations and pneumococcal vaccinations to eligible Hong Kong residents. As the first point of contact for the patients in the community, family doctors are well placed to provide the seasonal influenza vaccinations. So, please keep it up!



Happy gathering – Dr. David Chao with Professor John Murtagh at GP19

Dr. David V K CHAO
President

Classified Advertisement

General Practitioners Required

Experienced doctors (part-time / full time) are cordially invited to join our Clinics for **DAY/NIGHT** sessions (**Tai Wai & Shek Mun**). Retired Doctors are welcome. Please send CV to hr@pro-medics.hk



Hong Kong Obesity Society
香港肥胖學會

4th Annual Symposium Debunking the Myth of Weight Management

Date: February 29, 2020 (Saturday)

Time: 12:30 - 16:30

Venue: Star Room, Level 42, Cordis Hotel, Hong Kong
(Langham Place 555 Shanghai Street, Mongkok, Kowloon, Hong Kong)

Speaker Highlights

Prof Joseph PROIETTO (Australia)
Mr Terence Kam Ho CHAU (Hong Kong)
Dr Terry Ho Yan TING (Hong Kong)
Dr Adrian WONG (Hong Kong)

Registration Fee

Early Bird: HK\$300
Non-Members: HK\$500
Members: Free

Important Dates



Opening of Online Registration:

14 October 2019

Early Bird: Before 31 December 2019

Registration Deadline: 25 January 2020

Online Registration: www.hkobesity.org

Is one diet better than another? Paleo diet? Atkins diet?

What is HIIT? Does it help?

What kind of exercise is the best?

How do I motivate myself to lose weight?



Diamond Sponsor:  **MSD**

Gold Sponsor:  **astellas**  **AstraZeneca**
阿斯利康  **Boehringer**
Ingelheim  **Lilly**  **MERCK**  **novo nordisk**

CME in application

Contact

Tel: (852) 2374 1268 | Fax: (852) 2396 6465 | Email: info@hkobesity.com | Address: Unit 3C, Worldwide Centre, 123 Tung Chau Street, KLN

The 42nd HKCFP Annual General Meeting

The 42nd Annual General Meeting (AGM) of The Hong Kong College of Family Physicians will be held on **8 December 2019, Sunday** with the following details.

Updated Time : **13:00**

Venue : Rooms 903-4, 9/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong

Admission : Members only

Cancellation of HKCFP 42nd Annual Dinner on 8 December 2019 (Sunday)

Dear Members,

On behalf of the College, in view of unforeseen circumstances due to the recent social activities, and uncertainty regarding transportation for members and guests arriving or leaving the Hong Kong Academy of Medicine in Wong Chuk Hang throughout the evening for the dinner, after deliberation in recent Council meeting, we regret to inform you that the 42nd Annual Dinner scheduled on 8 December 2019 (Sunday) has been cancelled.

The decision to cancel the Annual Dinner, which is one of the most important events of the College was not an easy one, but the safety of our members and guests always comes first. We sincerely apologize for any inconvenience this may cause and we look forward to welcoming you to the Annual Dinner again next year.

For enquiries, please call our administrative staff, Ms. Teresa Liu or Ms. Windy Lau at 2871 8899 or by email to teresaliu@hkcfp.org.hk or windylau@hkcfp.org.hk.

Thank you.

Yours faithfully,

Dr. Welchie WK KO
Chairman, Internal Affairs Committee, HKCFP

Membership Committee News

The Council approved, on recommendation of the Chairlady of the Membership Committee, the following applications for membership in **September - October 2019**:

Associate Membership (New Application)

Dr LIU Shao Haei

劉少懷

Dr TSO Sau Lin

曹秀蓮

Dr TEOH Sim Chuan, Timothy

張新村

Dr WONG Hau Ching, Kelly

黃巧程

Dr YUNG Wang Tat, Brian

容宏達

Board of Vocational Training and Standards News

Board of Vocational Training and Standards News

The coming Hong Kong Primary Care Conference would be named as "4th AMM-AMS-HKAM Tripartite Congress cum 53rd Singapore – Malaysia Congress of Medicine & Hong Kong Primary Care Conference 2019" and take place at the Hong Kong Academy of Medicine Jockey Club Building, Wong Chuk Hang, Hong Kong from 6- 8 December 2019.

All basic trainees are required to attend at least TWO Hong Kong Primary Care Conferences organized by the Hong Kong College of Family Physicians in the four-year training programme.

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

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

Please contact Ms. Charlotte Cheung or Ms. Kathy Lai at 2871 8899 for details.

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 annual checklist to the Board of Vocational Training and Standards either by registered post OR in-person on or **BEFORE 31 January 2020 (Friday)**. Late submission **WILL NOT** be accepted.

The training experience of 2019 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

Meeting Highlights

Certificate Course on Community Geriatrics for Primary Care Doctors

The 2nd session of the Certificate Course on Community Geriatrics for Primary Care Doctors was held on 12 October 2019. Dr. Cheng Yee Lan, Elaine, Specialist in Geriatric Medicine and Ms. Becky Chan, Nurse Consultant (Continence), KE Cluster, Hospital Authority, delivered a lecture on "Common Urinary Disorders and Incontinence in Older Adults".



From left to right: Dr. Kathy Tsim (Moderator), Ms. Becky Chan (Speaker), Dr. Cheng Yee Lan, Elaine (Speaker), Dr. Mary Kwong and Dr. Alvin Chan (Chairman of Board of Education).

CME Lecture on 17 October 2019

Dr. Tong Chun Yip, Peter, Specialist in Endocrinology, Diabetes & Metabolism, delivered a lecture on "Latest Update on Insulin + Prandial GLP1-RA combo in T2DM Management" on 17 October 2019.



Dr. Aster Lau (left, Moderator) presenting a souvenir to Dr. Tong Chun Yip, Peter (right, Speaker)

CME Lecture on 25 October 2019

Prof. Alistair Scott HALL, Consultant in Cardiology, Head of Division of Epidemiology, Leeds Medical School,

University of Leeds, United Kingdom, delivered a lecture on "Achieving Targets and Enhancing Adherence: A New Era in the Hypertension Management" on 25 October 2019.



Dr. Au Yeung Shiu Hing (left, Moderator) presenting a souvenir to Prof. Alistair Scott Hall (right, Speaker)

CME Dinner Lecture on 30 October 2019

Dr. Philip Alan McFarlane, Specialist in Nephrology, Assistant Professor, Department of Medicine, University of Toronto, Canada, delivered a lecture on "Declaring The New Chapter in Diabetes Management" on 30 October 2019.



Dr. King Chan (left, Moderator) presenting a souvenir to Dr. Philip Alan McFarlane (right, Speaker)

CME Dinner Lecture on 7 Nov 2019

Prof. Shaun Goodman, Chair, Division of Cardiology Research Committee, Cardiology, University of Toronto; Professor, Department of Medicine, University of Toronto, Canada, delivered a lecture on "Atrial Fibrillation: Practical Management and Considerations at Your Fingertips" on 7 November 2019.



Dr. Catherine Chen (left, Moderator) and Dr. Mary Kwong (right, Council member) presenting a souvenir to Prof. Shaun Goodman (middle, Speaker)

Annual Refresher Course 2019

The 1st session of the Annual Refresher Course were held on 3 November.

Dr. Tan Ping Yi Victoria, Specialist in Gastroenterology & Hepatology, delivered a lecture on "The Evolving Prevalence of GERD and Functional Dyspepsia in Hong Kong: What Are the Clinical Issues and Solutions??" and Dr. Yeung Chi Kin, Specialist in Endocrinology, Diabetes & Metabolism delivered a lecture on "Personalized treatment for Type 2 Diabetes Patients" on 3 November 2019.



Dr. Robert Tsui (left, Moderator) presenting a souvenir to Dr. Tan Ping Yi Victoria (right, Speaker)



Dr. Robert Tsui (left, Moderator) and Dr. Alvin Chan (right, Chairman, Board of Education) presenting a souvenir to Dr. Yeung Chi Kin (middle, Speaker)

Quality Assurance & Accreditation Committee News

HKCFP Additional Accreditation and Report on CME/CPD Missing Points for Year 2019

Dear Members,

The credit point score of year 2019 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 **29 February 2020**.

1. Application for Additional Accreditation

The application of Additional Accreditation for the **year 2019** 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 **2019 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: 29 February 2020

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

For those applying for additional accreditation, 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 **29 February 2020** as late application will **NOT** be processed. The QA&A Committee reserve 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. Cherry Ma 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,

With the current QA Cycle (2017-2019) which will be finalized by the end of this year, please kindly check your updated report by visiting the College website at <http://www.hkcfp.org.hk/>

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 CME activities organized by our College alone, and
- iii) Category 5, related to pre-accredited CME activities organized by other professional institutions themselves or in collaboration with our College. Examples of this category include accredited educational events organized 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 2019, 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 the 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; including 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 the HKCFP Exit Examination
- IV. Being a CPR instructor of the Assessment Enhancement Course organized by the College
- V. Being a moderator or speaker of pre-accredited activities
- 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 theses

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 activity, 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.

You can download all the relevant forms from our website: http://www.hkcfp.org.hk/pages_5_84.html. For any enquiry please contact our Secretariat (Mr. John Ma or Ms. Cherry Ma) at 2871 8899 or email to cmecpd@hkcfp.org.hk at your convenience.

Yours sincerely,

Dr. King Chan
Chairman, Quality Assurance & Accreditation Committee

Quality Assurance & Accreditation Committee News (Con't)

Important news

Please ignore this message if you are a HKAM Fellow, or have already chosen HKAM via College as your MCHK CME administrator.

Dear College Members,

RE: MCHK CME Programme for Practicing Doctors who are not taking CME Programme for Specialists (Ver. Sept 2019)

We are pleased to remind you that our College members who are registered with Hong Kong Academy of Medicine (HKAM) as their MCHK CME administrator via HKCFP will have their associated administrative charge waived starting from January 2017. For new registrants or those who would like to switch their MCHK CME Administrator to HKAM via the College (for the cycle starting in January) **starting from 1st January 2020**, they must submit Registration Consent Form to the College Secretariat before **20th December 2019 (Friday)** and the processing of MCHK CME record will be facilitated accordingly.

Interested members who are currently not registered with HKAM should note:

1. MCHK registrants will have to liaise with their current CME Administrator (HKMA, DU, DH) for the necessary procedures in relation to change of the CME Administrator.
2. Change of CME Administrator from 'other CME Administrator' to 'HKAM via HKCFP' can be arranged after **ONE Cycle Year of programme has completed**, given that HKAM was not the administrator of your previous MCHK CME Cycle.
3. Overseas Conferences: please submit Attendance Record within one month upon completion of the conference.
4. Self-study: please submit details of the programme within one month upon completion of the self-study.
5. Retrospective submission cannot be accredited outside the said time frame. In case of any discrepancy of accredited CME Points between HKCFP and 'other Administrators', the HKCFP has the final decision on the final accredited CME Points.

As our College is required to report the CME Points to HKAM every 6 months, MCHK CME registrants **MUST** sign on the respective MCHK CME attendance record sheet for CME record purposes. **To help the College Secretariat to distinguish College members from others, please identify yourself by entering your HKCFP membership number or simply putting "HKCFP" in the column of HKAM.** MCHK CME record may not be updated if one fails to update MCHK CME Administrator in a timely fashion.

The above arrangement is for our College members only. The required Registration Consent Form can be downloaded at www.hkcfp.org.hk > Download > 'Quality Assurance & Accreditation'. Please return the completed form to our College Secretariat at cmecpd@hkcfp.org.hk before the captioned deadline to facilitate the necessary arrangement. As usual, late submissions may not be processed.

HKCFP Secretariat

Reciprocal Recognition of Quality Assurance and Continuing Professional Development (QA&CPD) Programmes Between the HKCFP and the RACGP

Dear Members,

Members of the Royal Australian College of General Practitioners, who live and work in Hong Kong and fulfill the requirements of the HKCFP Certificate of Quality Assurance, shall be deemed to fulfill the minimum requirements of the RACGP QA&CPD Programme by reciprocal recognition between the two programmes. Please refer to http://www.hkcfp.org.hk/pages_5_81.html for the regulations for award of the HKCFP Certificate of Quality Assurance.

For more detail information regarding the RACGP QA&CPD 2017-19 Programme, please visit:

<https://www.racgp.org.au/education/professional-development/qi-cpd>

Doctors who wish to enroll with the reciprocal arrangement for the 2017-2019 trienniums should complete and return the attached application form to the College Secretariat on or before **29 February 2020** with an administration fee of HK\$300 **(Non-refundable)**. Please note that the reciprocal recognition is for the Programme but not for each individual education activity. Only those who fulfill the related requirements shall be deemed to fulfill the RACGP requirements for the 2017-2019 Triennium. RACGP has the final authority of deciding whether your QA&CPD requirements are fulfilled.

For any enquiry, please feel free to contact Mr. John Ma or Ms. Cherry Ma by email to cmecpd@hkcfp.org.hk. Thank you.

Yours sincerely,

Dr. King Chan
Chairman, Quality Assurance & Accreditation Committee

Hammers & Nails

Dr. John-Hugh Tam, Specialist in Family Medicine

As a doctor working in a small community hospital's Family Medicine Clinic in Hong Kong, I have to admit that life is not always easy. Day in, day out, people and problems encountered could get quite hectic and mind-boggling to the extent that it makes me feel lost and exhausted, yet in the midst of the cases attended, there was one that left me with some inspirational thoughts that I would like to share with all of you through this platform...



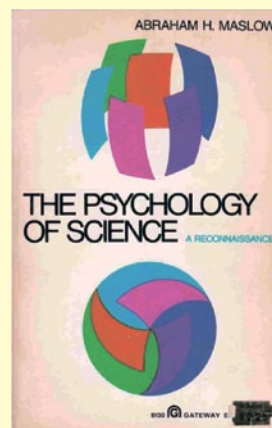
Our team had met a 60 years old carpenter, Mr. A, who presented to the clinic with right upper back (scapular) "muscle soreness" that was dull in character, insidious onset for a month and was unrelated to trauma and constitutional symptoms. Despite self-trials of over the counter pain medications, the pain did not subside and continued to linger. The pain was progressing in a worsening trend to the extent that affecting his sleep. In terms of social history, Mr. A was a smoker of a pack of cigarettes per day for 40 years and he did not report of any chest symptoms such as cough and shortness of breath. Physical examination initially done yielded no positive findings, with palpation found no masses at the neck & back, whilst full active range of motions at the neck & shoulders were demonstrated.

Due to the clinical instinct of the initial attending doctor that "things were just not right", Mr. A's pain was not taken lightheartedly and had been immediately offered further investigations, namely X-Ray of shoulder, cervical and thoracic spine. The radiological report returned after 2 weeks with an alarming result saying "a large (~5cm) opacity at the right apical region, worrisome of right apical tumour", after which Mr. A was called back and was attended to by me. After putting the pieces of the puzzle together, everything started to make

perfect sense in front of me, with the gnawing pain that continuously bothered Mr. A identified to be caused by a large Pancoast tumour and its related brachial neuralgia, whilst it was the sole presenting clinical symptom to this rare diagnosis. Mr. A was urgently referred to chest clinic for timely management as a result.

The case described above, though a sad one, was very inspiring to me as a Family Physician. I am very thankful to be surrounded by a team of equally dedicated colleagues striving constantly through the challenges that face us daily. From the doctors who initially attended Mr. A, I could see their perfect demonstration on how we should handle each of our presenting problems, namely the comprehensive history and physical examination, the logical thinking on differential diagnosis and the selective use of supportive investigations, all of which being the core essence of our family medicine training and the safety net that prevent us from missing a very important diagnosis.

This also reminded me of a famous proverb originated from the American psychologist Abraham Maslow from his book "The Psychology of Science", published 1966:



"If all you have is a hammer, everything looks like a nail"
 「如果你手上只有槌子，任何事物看起來都像釘子。」

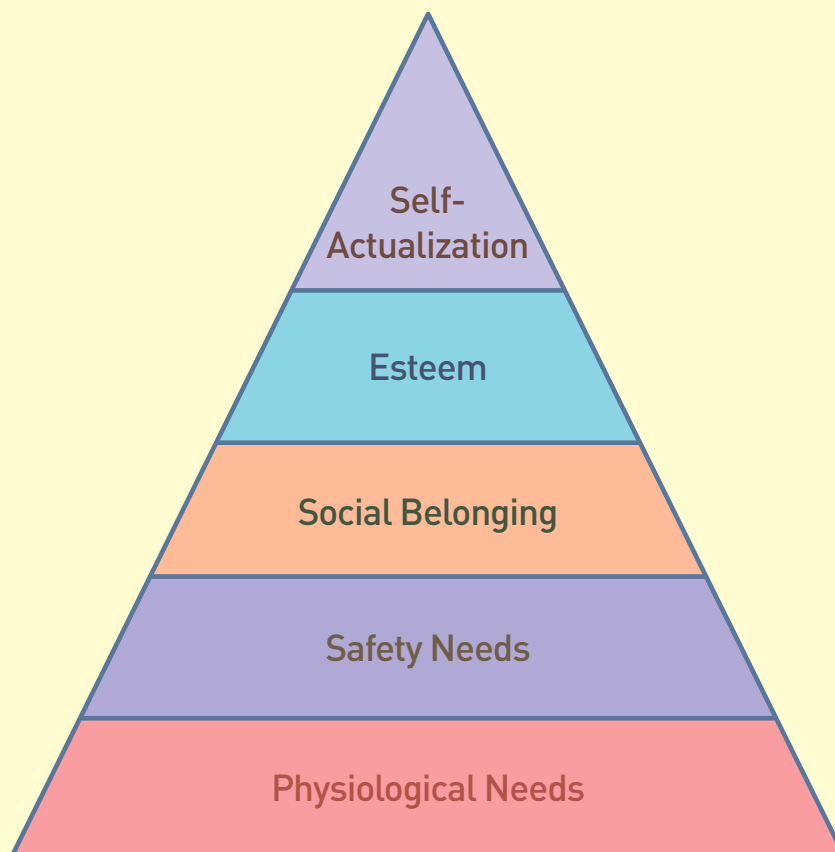
Which warns us that if we regard all similar clinical presentations with a single track of mind, we may end up with a confirmation bias to believe that it is the answer to everything; whilst on the contrary, the key to the hypothetical-deductive method of clinical problem solving is to always keep a broad and open mind when attending our patients, with the readiness to revision of diagnosis if the clues do not fit. Whilst for all problems seen, it is always important to think logically under the directions of:

- 🌐 **Most common diagnosis**
- 🌐 **Other serious / important conditions to rule-out**
- 🌐 **Less common alternative diagnoses**

I hope my sharing can help you refresh your minds as it did for me (especially for the trainee colleagues working hard on the long FM training pathway). 共勉之。

More about Abraham Maslow:

Abraham Maslow (1908-1970) was one of the founders of humanistic psychology with his focus on happiness. He is most well-known for his "hierarchy of needs" (需求層次理論), a theory saying that as humans, we have five categories of needs: **physiological**, **safety**, **love**, **esteem**, and **self-actualization**, whilst higher needs in the hierarchy begin to emerge when people feel they have sufficiently satisfied the previous need.



Besides the quote about "hammers and nails" as mentioned above, he is also famous for a series of ideas and quotes from his published works which are equally inspiring to the modern world we are living in. Here are a few examples:

Quotes on Human Nature

- ✦ "When people appear to be something other than good and decent, it is only because they are reacting to stress, pain, or the deprivation of basic human needs such as security, love, and self-esteem." (Toward a Psychology of Being, 1962)
- ✦ "It seems that the necessary thing to do is not to fear mistakes, to plunge in, to do the best that one can, hoping to learn enough from blunders to correct them eventually." (Motivation and Personality, 1954)

Quotes on Self-Actualization

- ✦ "Musicians must make music, artists must paint, poets must write if they are to be ultimately at peace with themselves. What human beings can be, they must be. They must be true to their own nature. This need we may call self-actualization. (Motivation and Personality, 1954)
- ✦ "If you plan on being anything less than what you are capable of being, you will probably be unhappy all the days of your life." (Toward a Psychology of Being, 1962)
- ✦ "Self-actualizing people have a deep feeling of identification, sympathy, and affection for human beings in general. They feel kinship and connection as if all people were members of a single family." (Motivation and Personality, 1954)

Artificially sweetened soft drinks – a wiser and healthier pick?

When we were kids, many of us yearned to have soft drinks for their addictive taste and pleasure they bring. Even as we grow up, we cannot shake ourselves of them and still enjoy them in various occasions like hotpot, wedding banquets etc.

Know it or not, what is the history of ‘soft drinks’? Originally this term was used to distinguish the flavored drinks from hard liquor, or distilled spirits which were popular in the old days.¹

Back in the medieval Middle East, a variety of fruit-flavored soft drinks were already made and often sweetened with ingredients such as sugar, syrup and honey.²

The first marketed soft drinks appeared in the 17th century as a mixture of water and lemon juice sweetened with honey. In 1676 the Compagnie de Limonadiers was formed in Paris for the sale of these products and vendors carried tanks on their backs from which they dispensed cups of lemonade.¹



To meet the growing health consciousness of the modern society, soft drinks with reduced sugar or artificial sugar have been developed and their advent seems to bring us a healthier choice, but do they really make a difference?

Going back to science, we look at a cohort study recruiting 521 330 subjects between 1992 and 2000 from 10 European countries, namely Denmark, France, Germany, Greece, Italy, the Netherlands, Norway, Spain, Sweden and the United Kingdom. Exclusion criteria were applied and a total of 451 743 participants were finally included. Male to female ratio was 28.9% to 71.1%.³

Using country-specific validated questionnaires or personal interviews at baseline enrollment, consumption of total soft drinks was recorded by the subjects in terms of amount and frequency. This exposure was also subdivided into sugar-sweetened and artificially sweetened soft drink. 1 glass was quantified as approximately 250mL with typical glass sizes in each centre. At the same time, lifestyle questionnaires were used to gather information on other factors e.g. smoking habits, physical activities, etc.³

Vital status as well as the cause and date of death were collected through record linkages from around 2009 to 2013, with a mean follow up of 16.4 years. Loss to follow up was low at 1.5%. The underlying reasons of death were grouped into common causes: cancer, circulatory diseases and digestive diseases. For a more in-depth look, they were further divided into specific ones, e.g. ischemic heart disease, cerebrovascular disease.

The data received were then analyzed using Cox proportional hazards regression model with age as the primary time metric. Multivariable models were also adjusted for other factors e.g. smoking status, BMI etc. The association between soft drink consumption and mortality was evaluated as well across subgroups of smoking status, BMI, physical activity and alcohol consumption.³

The result turns out to be somewhat alarming. Consumers of 2 or more glasses per day of total soft drinks (HR1.17, 95%CI 1.11-1.22; P<0.001), sugar-sweetened soft drinks (HR 1.08, 95%CI 1.01-1.16; P=0.004) and artificially sweetened soft drinks (HR 1.26; 95%CI 1.16-1.35; P<0.001) are found to have a higher all-cause mortality (vs consumers of <1 glass per month). This was consistent across both sexes. Higher risks were observed with >125mL per day for artificially sweetened soft drinks and >225mL per day for sugar-sweetened soft drinks, with a non-linear J-shaped association.³

Other significant associations between various mortality risk and sugar consumption:³

Mortality risk due to specific causes	Positive association with
Circulatory disease	- ≥2 glasses/day of total soft drinks and artificially sweetened soft drinks
Ischemic heart disease	- Total soft drinks (≥1 glass/day vs <1 glass/month) - Artificially sweetened soft drinks
Cerebrovascular disease	- Total soft drinks
Digestive disease	- Total soft drinks and sugar-sweetened soft drinks (≥1 glass/day vs <1 glass/month)
Colorectal cancer	- Total soft drinks (≥1 glass/day vs <1 glass/month)
Parkinson’s disease	- Total soft drinks (≥1 glass/day vs <1 glass/month)
No association of total, sugar-sweetened and artificially sweetened soft drink intake with overall cancer death risk, breast cancer and prostate cancer	

You may ask, would the rise be associated with the overweight/obesity attributed to the excessive sugar intake itself? Sensitivity analyses were carried out with BMI excluded from the multivariable model to see if there is any mediating role of adiposity for the association between soft drinks and mortality. Results were found to be unaltered between the multivariable models with or without BMI adjustment. It is further supported by positive association with total, sugar-sweetened and artificially sweetened soft drinks among participants with healthy weight (BMI < 25).³



Though this is one of the most large-scale studies ever conducted to look into the impact of soft drinks on health and mortality risk, some of the findings are not consistent with its counterparts. But it certainly serves as an alarm on the health consequences of soft drinks, regardless of type. Seriously more worrisome for artificially sweetened soft drinks, as they could turn out to be a false reassurance for those who choose them.

Reference:

1. <https://www.britannica.com/topic/soft-drink>
2. https://en.wikipedia.org/wiki/Soft_drink
3. Association Between Soft Drink Consumption and Mortality in 10 European Countries. Mullee A, Romaguera D, Pearson-Stuttard J, et al. JAMA Intern Med. 2019 Sep 3. doi: 10.1001/jamainternmed.2019.2478. [Epub ahead of print]

**Compiled by Dr. Cheng Chun Sing David
Specialist in Family Medicine**

Young Doctors Committee News

HKCFP YDC MENTORSHIP PROGRAMME 2019/20

A Mentee's Perspective on the Mentorship Programme:

Dr. Wong Chiu Lun, Aldo
Basic Trainee, Kowloon West Cluster,
Hospital Authority

Being a resident trainee, I am thankful for being part of the mentorship programme which gives me the opportunities to learn from my mentor, Dr. Loretta Chan, who is a family medicine specialist and also a private general practitioner.

Lessons can only be learnt through experience. This explains why mentors are so treasurable who can give guidance to our career pathways and advise on overcoming hurdles most commonly encountered during the beginning of our training. Treating me with a full lunch in a burger shop during her afternoon break, Dr. Chan shared her experience in treating patients from all walks of life. We discussed how the advances in medical technology and the improvement in clinical settings enhanced the quality of care provided for our patients. She has also offered me some practical advice on maintaining a good work-life balance.

I am grateful for the chance to visit Dr. Chan's clinic and attach to her consultations. Her passion in working as a family physician is truly inspiring. Her rapport with patients is strongly built and I have learnt the significance in caring for patients from the



biopsychosocial perspective. After the attachment, I got more familiar with the vaccination programme in Hong Kong and different vaccinations targeted for children, women and elderly available in the private sector respectively. I also gained some up-to-date medical knowledge on various antidepressants, anti-diabetic agents and topical drugs used for treating different dermatological conditions.

In conclusion, this has been a rewarding experience. I am privileged to have a mentor who can provide useful guidance to me and also acts as a peer whom I can share my goals with. I highly value this mentorship programme and strongly recommend it to my fellow colleagues.

A Mentor's Perspective on the Mentorship Programme:

Dr. Chan Wing Yan, Loretta
Mentor, Private Practice

When the mentorship programme was first launched in 2017, one of the goals was to connect the trainees and the more experienced College members in private practice. As this programme was new to us, we faced a lot of difficulties and challenges over the last two years. Thank you for the tolerance, support and feedback from our mentors. We have adjusted the programme and now we are catering for the community based trainees instead of new trainees. And we hope that our mentors could take this opportunity to share both their clinical and life experiences with the mentees at the very beginning of their career life. This helps mentees understand more about their strengths and weaknesses. For mentors, this gives a chance to be up to date to the current curriculum. Mentor and mentee



relationship is like a journey to a better place. Mentoring not only helps building the strength of an individual but also benefits the whole profession with guidance to the young doctors from the experienced mentors. And in the long run, we could build a stronger team of family doctors in the community!

Musculoskeletal Ultrasound in Family Medicine

Dr. Lai Wai Wah, Mark
 FHKAM(FM), MScSH&HS (CUHK), PGDipMSM (Otago)

Calcified tendinitis is a common problem and is caused by the deposition of calcium hydroxyapatite crystals within the tendon. Women at 40 – 60 years old are the most commonly affected. According to Resnick¹, calcified tendinitis can occur in any tendon in our body, including shoulder, hip, hand, wrist, foot, ankle and neck. The shoulder is the most commonly affected and 80% calcification is found in supraspinatus, 15% in infraspinatus and 5% in subscapularis².

The cause of calcified tendinitis is not completely understood. Many possible mechanisms were postulated, including degenerative change³, local hypoxia⁴ and a predictable reparative process⁵.

According to Uhtuoff and Sarkar⁶, there are four stages in the disease cycle, pre-calcific, calcific, resorptive and post-calcific⁷. In the chronic formative/pre-calcific phase, the transient hypoxia, caused by repeated microtrauma results in an increase proteoglycans levels and which in turns induces tenocytes metaplasia into chondrocytes. Calcium deposits will result. This phase may extend for few years and the patients are usually asymptomatic. In the acute resorptive phase, increased vascularization and the infiltration of macrophage are found at the periphery of the calcium deposits. The inflammatory reaction releases a lot of cytokines and prostaglandins which cause significant edema and severe pain. Therefore, we usually encounter patients with calcified tendinitis at its resorptive phase.

A 45 year old lady attended my clinic and complained of right shoulder pain for 1 month. She consulted bonesetter, acupuncturist, general practitioner and emergency physician, but no treatment offered was effective. The pain was severe and affecting her sleep. She had difficulty in moving her shoulder and the pain affected her daily activities including wearing clothes and washing hairs. She did not have any history of trauma or injury. She enjoys good past health and is not taking any steroid medication.

Examination showed that there was no significant shoulder joint swelling and no scar was found. Her right shoulder was so painful and restricted passive and active movements in abduction, internal rotation and external rotation. The abduction was only 30 degrees, external rotation and internal rotation were only 20 degrees. Neer's test was positive, Hawk's test was positive and Empty Can test was positive. Neck movement was normal and Spurling's test was negative.

From the above history, the diagnosis may be frozen shoulder or rotator cuff pathologies. However, the management will be different. Management of frozen shoulder is mainly conservative and supportive for 1-2 years. You can prescribe anti-inflammatory medications to her to reduce the pain and refer her for physiotherapy.

As a family physician with special interest in musculoskeletal medicine, ultrasound of her right shoulder was done to see the underlying rotator cuff. The ultrasound pathology was shown in **Figure 1**.

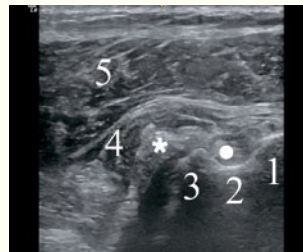


Figure 1 Calcified Subscapularis Tendon

Remarks:

1. greater tuberosity of humerus
2. bicipital groove of humerus
3. lesser tuberosity of humerus
4. subscapularis tendon (long axis)
5. deltoid muscles
- * calcification in subscapularis tendon
- bicipital tendon (short axis)

The ultrasound picture showed that there was calcium deposits inside the subscapularis and the tendon was swollen. The diagnosis of her right shoulder pain was right calcified subscapularis tendinitis.

With the proper and correct diagnosis, various treatments can be used. Conservative treatments including NSAIDs and physiotherapy can be offered. Ultrasound guided minimal invasive intervention is another, quick and effective option to control the pain and improve the range of movement. Operative treatment, like, arthroscopic calcium removal is also one of the methods.

Systemic reviews show that ultrasound guided lavage/ barbotage for calcified tendinitis is a safe technique with high success rate and low complication rate⁸. Low-quality evidence suggests that ultrasound-guided lavage with a corticosteroid injection is more effective than shockwave therapy in the treatment of rotator cuff calcific tendinopathy⁹. Video 1 is the sonographic video for lavage. The needle can be visualized and accurately placed to the lesion for lavage and injection. Video 2 shows the calcium deposits is being lavaged and whitish chalky calcium is coming out into the syringe.



Video 1



Video 2

In conclusion, musculoskeletal ultrasound is becoming more popular and is widely used in many countries. It is very useful in making a correct diagnosis and increases the accuracy for needle interventions.

Reference:

1. Resnick D., *Diagnosis of Bone and Joint Disorders*. Philadelphia, PA:Saunders; 2002
2. Bianchi S. & Martinoli C., *Ultrasound of Musculoskeletal System*. Springer; 2007
3. Gohlke F. Early European contributions to rotator cuff repair at the turn of the 20th century. *J Shoulder Elbow Surg* 2011; 20: 352-357
4. Flemming DJ, Murphey MD, Shekitka KM et al (2003) Osseous involvement in calcific tendinitis: a retrospective review of 50 cases. *AJR Am J Roentgenol* 181:965-972
5. Uhtuoff HK. Calcifying tendinitis, an active cell-mediated calcification. *Virchows Arch A Pathol Anat Histol* 1975; 366: 51-58
6. Uhtuoff HK, Sarkar K, Maynard JA. Calcifying tendinitis: a new concept of its pathogenesis. *Clin Orthop Relat Res* 1976; (118)
7. Uhtuoff HK, Sarkar K, *Baillieres Clin Rheumatol*. 1989 Dec;3(3):567-81. Calcifying tendinitis.
8. Gatt DL, Charalambous CP. Ultrasound-guided barbotage for calcific tendinitis of the shoulder: a systematic review including 908 patients. *Arthroscopy*. 2014 Sep;30(9):1166-72
9. Lafrance S, Doiron-Cadrin P, Saulnier M, et al., Is ultrasound-guided lavage an effective intervention for rotator cuff calcific tendinopathy? A systematic review with a meta-analysis of randomised controlled trials, *BMJ Open Sport & Exercise Medicine* 2019;5:e000506. doi: 10.1136

THE HONG KONG COLLEGE OF FAMILY PHYSICIANS BOARD OF EDUCATION

- 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.

39th Annual Refresher Course 2019

The 39th Annual Refresher Course (ARC) will be held from 3 November to 1 December 2019. There will be five Luncheon Lectures and four Workshops. 2 CME points will be awarded for each Luncheon Lecture and 3 CME points for each Workshop according to Category 4.5. MCQs will be distributed for each session of the Refresher Course if available, i.e. there are a maximum total of 9 MCQ papers. The MCQ answers have to be returned to the College Secretariat on the original question forms **within 2 weeks** of the completion of the Refresher Course (**latest by 15 December 2019**). A member will be awarded 1 extra CME point for a score of over 60% for each MCQ paper. Up to 2 CPD points (Continuous Professional Development) will also be awarded for each session (subject to submission of satisfactory report of Professional Development Log); a maximum of two points can be scored for each session.

As it is a history for such an educational program to be held continuously for quarter a century in Hong Kong, those who have attended 70% or more of all the sessions of the Refresher Course will be awarded a "Certificate of Attendance". Members who have attended the ARC for ten consecutive years or more will be awarded one free admission. Subsequently, members can enjoy another free admission after every five consecutive years of paid ARC attendance. Please call the College Secretariat to confirm your previous enrollment.

Registration is now open. As the number of seats are limited, it will be offered on first come, first served basis. **Please also note that admission fees are not refundable.** Ten free registrations for each Lecture and Workshop will be offered to student members who wish to apply for free registration, please call Ms. Katie Lam at 2871 8899 or by email to education@hkcfp.org.hk.

Sunday Workshops (Venue: Cordis Hotel, 555 Shanghai Street, Mongkok, Kowloon)

Time : 1:00 p.m. – 2:00 p.m. Registration and Lunch 2:00 p.m. – 3:30 p.m. Lectures and Discussion

Date	Topics and speakers	Speakers and Moderators	Meeting Room
3 Nov (Sun)	DM and GERD 1. The evolving prevalence of GERD and Functional Dyspepsia in Hong Kong: What are the Clinical Issues and Solutions? 2. Personalized treatment for Type 2 Diabetes Patients <i>Sponsored by Takeda Pharmaceutical HK Limited</i>	1. Dr. Tan Ping Yi Victoria 2. Dr. Yeung Chi Kin <i>Moderator: Dr. Robert Tsui</i>	Shanghai Room, Level 8
10 Nov (Sun)	Angina and Hypertension 1. Approach to chest pain in primary care, & management update on Angina 2. Combination therapy for Hypertension <i>Sponsored by Servier Hong Kong Limited</i>	1. Dr. Ho Kwok Tung 2. Dr. Wong Man Lok <i>Moderator: Dr. Chan King Hong</i>	
24 Nov (Sun)	DM and Cardiac 1. The role of Dual Antiplatelet Therapy (DAPT) – From evidence to practice 2. The revolution of cardiovascular-renal-metabolic management with T2DM <i>Sponsored by AstraZeneca HK Limited</i>	1. Dr. Kok Ying Lung 2. Prof Kong Pik Shan Alice <i>Moderator: Dr. Chan Chi Wai</i>	
1 Dec (Sun)	Pre-DM and Hypertension 1. To treat or not to treat – What is the cut-off for treatment in the era of prediabetes? 2. Hypertension management – Are we misunderstanding beta-blockers? <i>Sponsored by Takeda Pharmaceutical HK Limited</i>	1. Dr. Yuen Mae Ann, Michele 2. Dr. Lau Chun Leung <i>Moderator: Dr. Bea Lau</i>	

Luncheon Lectures (Venue: Cordis Hotel, 555 Shanghai Street, Mongkok, Kowloon)

Time : 1:00 p.m. – 2:00 p.m. Registration and Lunch 2:00 p.m. – 4:30 p.m. Lectures and Discussion

Date	Topics and speakers	Speakers and Moderators	Meeting Room
12 Nov (Tue)	Asthma Grab your AIR - New Approach on Asthma Management <i>Sponsored by AstraZeneca HK Limited</i>	Prof. Eric Bateman <i>Moderator: Dr. Robert Tsui</i>	Star Room, Level 42
14 Nov (Thu)	Renal Approach to Patients with Renal Impairment in Primary Care Setting <i>Sponsored by Sanofi-aventis Limited</i>	Dr. Chan Siu Kim <i>Moderator: Dr. Aster Lau</i>	Shanghai Room, Level 8
19 Nov (Tue)	Myeloma Latest Advances in Management of Multiple Myeloma <i>Sponsored by Amgen Holding (Asia) Limited</i>	Dr. Au Wing Yan <i>Moderator: Dr. Hung Wai Yin</i>	Star Room, Level 42
26 Nov (Tue)	Asthma Practical cues to embed international & British guidelines in daily asthma management <i>Sponsored by GlaxoSmithkline Limited</i>	Dr. Kwong Kwok Chu <i>Moderator: Dr. Au-Yeung Shiu Hing</i>	Shanghai Room, Level 8
28 Nov (Thu)	Influenza 1. Updates on management of influenza 2. Case sharing on the management of Influenza in Primary Care <i>Sponsored by Roche HK Limited</i>	1. Dr. Lo Ho Yin, Angus 2. Dr. Lee Kai Yuen <i>Moderator: Dr. Yvonne Lo</i>	

Registration Fees

Registration fees for the whole Refresher Course (including five Luncheon Lectures and four Workshops) are:

College Fellow, Full or Associate Members	: HK\$900.00
Other Categories of Members	: HK\$1,200.00
Non-members	: HK\$1,800.00

Remarks: Topics may be subject to change without prior notice. Lecture/ Workshop (s) will be conducted in English.

Spot admission fee for each Luncheon Lecture or Workshop is:

College Fellow, Full or Associate Members	: HK\$250.00
Other Categories of Members	: HK\$350.00
Non-members	: HK\$450.00

FM Trainees Package:

Full Course	: HK\$600.00
Sunday Workshops	: HK\$400.00 for 4 Workshops
Each Luncheon lecture or workshop	: HK\$150.00

THE HONG KONG COLLEGE OF FAMILY PHYSICIANS
39th Annual Refresher Course
3 November – 1 December 2019

REGISTRATION FORM

H.K.C.F.P.
 Room 803-4, HKAM Jockey Club Building,
 99 Wong Chuk Hang Road, Aberdeen, Hong Kong
Fax: 2866 0616 / **Email:** education@hkcfp.org.hk / **Tel:** 2871 8899

Important Notice:

In case we have a sudden change, e.g. cancellation on our schedule, announcement would be made on College website (www.hkcfp.org.hk) and registered participants would be notified by email and SMS.

For those who have yet registered and are planning to register on the spot, you're strongly advised to check the College website for the latest arrangement (if any) before heading to Cordis Hotel.

Dear Sir / Madam,

I am a Member/ Non-Member of the Hong Kong College of Family Physicians.

Enclosed please find a cheque (made payable to **"HKCFP Foundation Fund"**) of HK\$ _____ (cheque no: _____) being payment in full for the above. **[All Fees received are non-refundable and non-transferable.]**

The whole course:-

Five Luncheon Lectures and Four Workshops (Including Fee for Certificate of Attendance)	College Fellow, Full or Associate Members	: HK\$900.00	()
	Other Categories of Members	: HK\$1200.00	()
	Non-members	: HK\$1800.00	()
	FM Trainees	: HK\$600.00	()

Spot admission:-

3 Nov (Sun) Venue: Shanghai Room, Level 8	DM and GERD 1) The evolving prevalence of GERD and Functional Dyspepsia in Hong Kong: What are the clinical issues and solutions? 2) Personalized treatment for Type 2 diabetes patient	()
10 Nov (Sun) Venue: Shanghai Room, Level 8	Angina and Hypertension 1) Approach to chest pain in primary care, & management update on Angina 2) Combination therapy for Hypertension	()
12 Nov (Tue) Venue: Star Room, Level 42	Asthma Grab your AIR - New approach on asthma management	()
14 Nov (Thu) Venue: Shanghai Room, Level 8	Renal Approach to patients with renal impairment in primary care setting	()
19 Nov (Tue) Venue: Shanghai Room, Level 8	Myeloma Latest advances in management of Multiple Myeloma	()
24 Nov (Sun) Venue: Shanghai Room, Level 8	DM and Cardiac 1) The role of Dual Antiplatelet Therapy (DAPT) – From evidence to practice 2) The revolution of cardiovascular-renal-metabolic management with T2DM	()
26 Nov (Tue) Venue: Star Room, Level 42	Asthma Practical cues to embed international & British guidelines in daily asthma management	()
28 Nov (Thu) Venue: Shanghai Room, Level 8	Influenza 1) Updates on management of influenza 2) Case sharing on the management of Influenza in Primary Care	()
1 Dec (Sun) Venue: Shanghai Room, Level 8	Pre-DM and Hypertension 1) To treat or not to treat – What is the cut-off for treatment in the era of prediabetes? 2) Hypertension Management – Are we misunderstanding beta-blockers?	()

College Fellow, Full or Associate Members	: HK\$250.00	X _____	lecture/workshop(s)
Other Categories of Members	: HK\$350.00	X _____	lecture/workshop(s)
Non-members	: HK\$450.00	X _____	lecture/workshop(s)
FM Trainee	: HK\$400.00	for 4	Sunday workshops
	HK\$150.00	X _____	lecture/workshop(s)

Name: _____ Member ID: _____ Date: _____

Email: _____ Telephone: _____

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12 December 2019

Thursday

Osteoarthritis management - does patient has adequate pain relief?

Dr. Ho Ka Ki, Leo

Specialist in Orthopaedics & Traumatology

Chairman	Dr. Tsui Hing Sing, Robert The Hong Kong College of Family Physicians	
Time	1:00 p.m. – 2:00 p.m.	Registration and Lunch
	2:00 p.m. – 3:30 p.m.	Lecture and Discussion
Venue	Star Room, Level 42, Cordis Hotel, 555 Shanghai Street, Mongkok, Kowloon	
Admission Fee	College Fellow, Full or Associate Members Other Categories of Members Non-Members	Free (\$50 Enrollment deposit is required) HK\$ 500.00 HK\$ 600.00
	All fees received are non-refundable and non-transferable.	
Accreditation	2 CME point HKCFP (Cat. 4.3) 2 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.	
Registration	Registration will be first come first served. Please reserve your seat as soon as possible.	

Register Online

Sponsored by

A. Menarini Hong Kong Limited

14 December 2019

Saturday

Board of Education Interest Group in Medical Humanities

Aim	To form a regular platform for sharing and developing knowledge and skill in the medical humanities	
Theme	Mood problems encountered in Hong Kong 2019	
Speaker	Dr. Leung Wai Ching Specialist in Psychiatry	
Coordinator & Chairman	Dr. Chan Suen Ho, Mark The Hong Kong College of Family Physicians	
Time	Part A: 2:00 p.m. to 3:30 p.m.	Lecture
	Part B: 3:30 p.m. to 4:00 p.m.	Discussion
Venue	8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wan Chai, Hong Kong	
Admission Fee	Members Non – members HKAM Registrants	Free HK\$ 300.00 HK\$ 150.00
	All fees received are non-refundable and non-transferable.	
Accreditation	2 CME points HKCFP (Cat. 4.3) 2 CPD points HKCFP (Cat. 3.15) 2 CME points MCHK	
Language	Lecture will be conducted in English and Cantonese.	
Registration	Registration will be first come first served. Please reserve your seat as soon as possible.	
Note	Participants are encouraged to present own cases for discussion. Please forward your cases to the 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

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.

November's session:

Date	29 November 2019 (Friday)	
Time	2:30 p.m. - 3:30 p.m.	
Topic	"Update on management of Irritable Bowel Syndrome" by Dr. Sze Wan Chee	
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

December's session:

Date	27 December 2019 (Friday)	
Time	2:30 p.m. - 3:30 p.m.	
Topic	"Prediabetes: Why and How to Treat" by Prof. Ian Campbell	
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
7 Dec 2019 2:15 – 4:15 p.m.	Lecture Halls A & B, 4/F, Block G, Wong Tai Sin Hospital, 124 Shatin Pass Road, Wong Tai Sin, Kowloon	Dental management of patients with medical diseases Dr. Chun Sing KUM UCHC SDO(Dent)/AHNH DENT SDO(DENT)	Ms. Clara Tsang Tel: 2354 2440

Structured Education Programmes

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

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
4 Dec 2019 (Wed)			
2:00 – 5:00 p.m.	Room 7, 8/F, Yau Ma Tei GOPC	Community Resource: Family Dysfunction (Violence, Extra-Marital Affairs) & Parenting Dr. Chuang Chi Kit & Dr. Yu Kwun Nam	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	SB1036, 1/F, Special Block, Tuen Mun Hospital	Mobile Phone App for Community Resources Dr. Wu Flora	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Bereavement Dr. Hui Yuk Ting, Candy & Dr. Ho Sze Ho	Ms. Phoebe Wong Tel: 3949 3079
5:00 – 7:00 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	Crash Course on Ultrasound Physics and Technique, Basic Ultrasound on Thyroid and Deep Veins of the Lower Limb Dr. Chau Ming Tak	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 Dr. Choi Yuen Kwan	Mr. Alex Kwok Tel: 5569 6405
5 Dec 2019 (Thu)			
4:30 – 6:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	Triple Diagnosis and Management Dr. Tsang Kam Wah & 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	Sharing of GP19 Dr. Chiu Yuen Man, Grace	Ms. W L Kwong Tel: 2595 6941
11 Dec 2019 (Wed)			
2:00 – 5:00 p.m.	Room 7, 8/F, Yau Ma Tei GOPC	Contraception, HRT, Pap Smear (Overview & Update) Dr. Hui Alice Sau Wei & Dr. Kelly Sara Jane	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	Emergency Cardiac and Respiratory Conditions Dr. Zhou Niman	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Conference Room, 3/F, Block P, United Christian Hospital	Women's Health Care and Services Dr. Leung Eunice Hitching & Dr. Luk Sze Wan, Candy	Ms. Phoebe Wong Tel: 3949 3079
5:00 – 7:00 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	Management of Common Rheumatological Disease in Primary Care Dr. Teresa Li	Ms. Cherry Wong Tel: 2589 2337
5:30 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Family Cycle: Retirement Dr. Wong Chi Lung	Mr. Alex Kwok Tel: 5569 6405
12 Dec 2019 (Thu)			
4:30 – 6:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	Emergency Case Handling in General Outpatient Clinic Dr. Lam Kang & Dr. Lee Sik Kwan	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2 nd Floor, Pamela Youde Nethersole Eastern Hospital	Role of Pharmacist in the Health Care Delivery System Dr. Lam Wing Ching, Nicole	Ms. W L Kwong Tel: 2595 6941
18 Dec 2019 (Wed)			
2:00 – 5:00 p.m.	Room 7, 8/F, Yau Ma Tei GOPC	Case Presentation (Ethical Dilemma, Confidentiality Issue, Medical-Legal Cases) Dr. Cheung Yuen Yan, Kathy & Dr. Lo Chak Yui Consultation Enhancement (Video Consultation) Dr. Yu Xiaoxia	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	Journal Club: Critical Appraisal of a Randomized Controlled Trial Dr. Leung Ching & Dr. Tong Wing Sze	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	O&G Emergency in General Practice Dr. Wong Yu Man, Tracy & Dr. Tsang Tsz Lok, Charlotte	Ms. Phoebe Wong Tel: 3949 3079
5:00 – 7:00 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	Allied Health Talk – Speech Therapy Dr. Carol Long	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	Emergency Care in ENT Dr. Zhao Hai Feng & Dr. Fung Yat Wang, Andrew	Mr. Alex Kwok Tel: 5569 6405
19 Dec 2019 (Thu)			
4:30 – 6:00 p.m.	F2029, 2/F, Special Block, Tuen Mun Hospital	Overseas Conference for Family Medicine and Experience Sharing Dr. Zhang Dingzuan & Dr. Ng Yeung Shing	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2 nd Floor, Pamela Youde Nethersole Eastern Hospital	Paediatric Emergencies Dr. Stephanie Poon	Ms. W L Kwong Tel: 2595 6941



The FP Links Editorial Board would like to thank all readers, contributors, sponsors and the College Secretariat for their tremendous support to the FP Links throughout the year.

Wishing you all

***Merry Christmas &
Happy New Year***

The FP Links Committee

COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 Nov 1:00 – 4:30 p.m. Annual Refresher Course	11	12 1:00 – 3:30 p.m. Annual Refresher Course	13 2:00 – 7:30 p.m. Structured Education Programme	14 4:30 – 7:00 p.m. Structured Education Programme 1:00 – 3:30 p.m. Annual Refresher Course	15	16 2:30 – 4:30 p.m. Counselling Interest Group 2:30 – 5:30 p.m. DFM Musculoskeletal Workshop
17	18	19 1:00 – 3:30 p.m. Annual Refresher Course	20 2:00 – 7:30 p.m. Structured Education Programme	21 1:00 – 3:30 p.m. Annual Refresher Course 4:30 – 7:00 p.m. Structured Education Programme 8:30 p.m. Council Meeting	22	23 2:15 – 4:15 p.m. EBM Interest Group
24 1:00 – 4:30 p.m. Annual Refresher Course	25	26 1:00 – 3:30 p.m. Annual Refresher Course 7:00 – 9:00 p.m. Refresher Course for Exit Examiners (PA Segment)	27 2:00 – 7:30 p.m. Structured Education Programme	28 1:00 – 3:30 p.m. Annual Refresher Course 4:30 – 7:00 p.m. Structured Education Programme 7:00 – 9:00 p.m. Refresher Course for Exit Examiners (CSA Segment)	29 1:00 – 3:30 p.m. CME Lecture 2:30 – 3:30 p.m. Video Session	30 1:00 – 4:00 p.m. Certificate Course on Geriatric Medicine for Primary Care Doctors 2:30 – 5:30 p.m. DFM Orthopaedic Injection Workshop
1 Dec 1:00 – 4:30 p.m. Annual Refresher Course	2	3	4 2:00 – 7:30 p.m. Structured Education Programme	5 4:30 – 7:00 p.m. Structured Education Programme	6	7 HKAM Conference & HKPCC 2019
8 HKAM Conference & HKPCC 2019 1:00 p.m. HKCFP AGM & Council Meeting	9 7:00 – 9:00 p.m. Refresher Training Course for Exit Examiners (Clinical Audit Segment)	10 7:00 – 9:00 p.m. Refresher Training Course for Exit Examiners (Research Segment)	11 2:00 – 7:30 p.m. Structured Education Programme	12 4:30 – 7:00 p.m. Structured Education Programme	13	14 2:00 – 4:00 p.m. Interest Group in Medical Humanities
15	16	17	18 2:00 – 7:30 p.m. Structured Education Programme	19 4:30 – 7:00 p.m. Structured Education Programme	20	21
22	23	24	25	26	27 2:30 – 3:30 p.m. Video Session	28

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

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Front row (from left to right): Dr. Law Tung Chi, Dr. Ken Ho, Dr. Natalie Siu, Dr. Catherine Ng, Prof. Martin Wong, Dr. Natalie Yuen, Dr. Wendy Tsui, Dr. Alfred Kwong and Dr. Judy Cheng

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