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## Message from the President

As Hong Kong is fighting hard during the ongoing COVID-19 battle, the number of patients confirmed with the diagnosis has soared up to approaching 900 in the recent weeks. This is pushing the manpower, the hospital services and the health care system to their limits. Understandably, the government is trying her best to identify various means to increase the necessary supplies, quarantine, diagnostic, isolation, treatment and related capacities quickly. In parallel, it can be reasonably anticipated that there would be a building up of patients being returned to the community after hospitalisation and patients with chronic diseases unable to attend the usual follow-up appointments in the public sector due to various situational reasons. This group of patients need to be cared for in the community setting for their physical, social, and psychological aspects, especially during the current outbreak situations, to relieve the already heavily burdened hospital services. They could be encouraged to contact their family doctors in the community for various health care needs because family doctors have already built up rapport with the patients and hence are in the best position to continue looking after the patients in the community. I would say this again that our family doctors are one of the major community stakeholders in the fight against disease outbreaks. We are ready and most willing to help out and play our parts in the current crisis! Let the family doctors in the community join hands with the government and the society as a whole to combat against COVID-19!

In addition to individuals practising strict hand hygiene and wearing surgical mask, one of the other

important elements in reducing the infection risks is social distancing. To that end, our College Council has made a collation of photos of Council members in March and put it on our College website and Facebook, appealing to the public to practise social distancing, with the slogan "I stay at work for you, you stay at home for us". We truly hope that everyone in Hong Kong can work together to get the situations under control as soon as possible, for the sake of all of us.



As more information is emerging from around the globe on the SARS-CoV-2, since January 2020, there is a collection of links to relevant literature in our College website ([http://www.hkcfp.org.hk/pages\\_10\\_2095.html](http://www.hkcfp.org.hk/pages_10_2095.html)) which is being constantly updated, in case you had not visited our website recently. The link to the WHO website will lead you to rich information on various aspects of SARS-CoV-2. For example, the WHO has issued their first practical manual on setting up and managing a severe acute respiratory infection (SARI) treatment centre and a SARI screening facility in health-care facilities. (<https://www.who.int/publications-detail/severe-acute-respiratory-infections-treatment-centre>)

Due to the current pandemic, the WONCA APR Conference in New Zealand originally scheduled in April this year has been postponed to 5 – 7 November, 2020. Let us continue to work together and overcome

*(Continued on page 2)*

## Message from the President (Con't)

*(Continued from page 1)*

the crisis in time for more international learning and professional development opportunities towards the end of the year. In the meantime, our College secretariat is arranging additional technical support for members who may be less familiar with using online platform for CME purposes and hence may encounter difficulties in joining our College's new online CME activities in the interim ([http://www.hkcfp.org.hk/pages\\_5\\_2097.html](http://www.hkcfp.org.hk/pages_5_2097.html)). Hopefully, the technical assistance could be helpful to members in need. Further details will be announced soon.

According to previous experience in fighting against major disease outbreaks similar to the current one, our Family Medicine trainees may volunteer or are requested to help performing duties to support other specialties. Our College, together with the other Colleges of Hong Kong Academy of Medicine, has come to a general agreement that a deployment to support other specialties for upto 4 weeks would be regarded as recognised training. Detailed announcement is on its way.

A happy Doctors' Day to everyone! In case you had not realised, the Doctors' Day or National Doctors' Day is a day designated to celebrate and recognise the contributions of doctors towards the healthcare of individuals and societies. The date does vary from country to country though, e.g. 30<sup>th</sup> March in Australia and United States, 3rd March in Canada. Doctors are known to be hard workers with strong resilience. In the United States, an average doctor is reported to work 1.5 times more years than the average American does. Doctors work well under pressure, are industrious, and are attentive towards the patients. These unique qualities are of utmost importance in the current COVID-19 crisis. Please do join me to give a great round of applause to all doctors serving the communities and keep up with your excellent work!

**Dr. David V K CHAO**  
President

## Membership Committee News

The Council approved, on recommendation of the Chairlady of the Membership Committee, the following applications for membership in **February – March 2020**:

### Associate Membership (New Application)

Dr. LAM Chun Yin, Jeffrey	林 俊 彦
Dr. LO Chun Hong	羅 俊 匡

### Transfer from Associate Membership to Fellowship

Dr. CHAN Kiu Pak Kilpatrick	陳 翹 百
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### Withdrawal of Non-HKSAR Fellowship

Dr. HO Pui Kun	何 培 焜
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## Meeting Highlights

### Online Seminar Series on 31 March

The Online Seminar Series was held on 31 March 2020. Dr. Liu King Lok, Specialist in Orthopaedic Surgery, delivered a lecture on "Common Paediatric Orthopaedic Problems".



From left to right:  
Dr. Lorna Ng (Moderator), Dr. Liu King Lok (Speaker) and Dr. Alvin Chan (Chairman, Board of Education)





**HKCFP**  
  
**香港家庭醫學學院**  
 The Hong Kong College of Family Physicians

讓我為您  
 緊守崗位  
**I STAY AT WORK  
 FOR YOU**  
 請您為香港  
 靜心留家  
**YOU STAY AT HOME  
 FOR US**

## Diploma in Family Medicine (HKCFP) 2020 - 2021

The Board is pleased to announce that the Diploma Course in Family Medicine (DFM) organized by The Hong Kong College of Family Physicians will commence in July 2020.

The course consists of FIVE modules. Modules I & II will be delivered by Local Distance Learning. Modules III, IV & V consist of lectures, seminars, tutorials, workshops and clinical attachments. The whole course requires ONE year of part-time study.

Details of the course are as follows:

### 1. Objectives:

- i) To provide knowledgeable, pragmatic and structured teaching in Family Medicine for medical practitioners
- ii) To encourage professional development of practising medical practitioners and to provide an intermediate step to fellowship qualifications in Family Medicine
- iii) To improve standards and quality in the practice of Family Medicine

### 2. \*Syllabus:

The course consists of FIVE compulsory modules. Doctors who have graduated from the course are expected to have acquired:

- i) Current concepts about nature of Family Medicine
- ii) Knowledge and skills in consultation, counselling and problem solving
- iii) Knowledge and skills in common practice procedures and emergency care required for good quality family practice
- iv) Understandings towards the role of Family Doctors as gatekeepers of the health-care system and in providing cost-effective primary care to the community

#### Module I – Principles of Family Medicine (Distance Learning)

<b>Aims:</b>	1. Learn concepts of Family Medicine 2. Understand the role of a Family Doctor and scope of Family Medicine
<b>Contents:</b>	Definition of Family Physicians, Family Physicians' Functions, Core Values of Family Medicine, Consultation, Future of Family Medicine

#### Module II – Common Problems in Family Medicine (Distance Learning)

<b>Aims:</b>	1. Enhance consultation, communication and problem solving skills 2. Understand the diagnostic formulation process in Family Medicine
<b>Contents:</b>	Four clinical scenarios. Each clinical scenario is further divided into several questions covering different areas in general practice

#### Module III - Essentials of Family Medicine (Structured Seminars and Tutorials)

<b>Aims:</b>	1. Strengthen knowledge in Family Medicine 2. Understand the potential growth of Family Medicine 3. Develop research and teaching skills in Family Medicine
<b>Contents:</b>	Practice Management, Care of Elderly, Chronic Disease Management, Anticipatory Care, Clinical Audit & Research, Mental Health, Musculo-skeletal Problems, Evidence Based Medicine & Critical Appraisal

#### Module IV - Clinical Updates (Updates and Clinical Attachment)

<b>Aims:</b>	Acquire in-depth knowledge and practical skills in selected specialties
<b>Contents:</b>	THREE update seminars plus ONE attachment in selected specialty

#### Module V - Practical Family Medicine (Practical Workshops)

<b>Aims:</b>	Enhance practical and communication skills in Family Medicine by Practical Workshops in selected areas including CPR, Consultation Skills, Counselling Skills, Women's Health, Orthopaedic Injection and Musculo-Skeletal Medicine
<b>Contents:</b>	Four compulsory and two elective Practical Workshops in selected areas including Advanced Primary Care Life Support (APCLS), Consultation Skills, Counselling Skills, Women's Health, Orthopaedic Injection and Musculo-Skeletal Medicine

Module III & V will be scheduled in Saturday and Sunday afternoons.

### 3. Articulations:

The Course allows (up to a fixed maximum percentage of the Course units) articulations or cross recognition of previous Family Medicine training programmes that provide learning units equivalent to that of the above syllabus. Participants who wish to apply for such articulations have to submit evidence of relevant training together with their applications. The granting of articulations is however, completely at the discretion and decision of the Board of DFM.

### 4. \*Schedule:

The whole course requires ONE year of part-time study.

July to September 2020	Module I
October to November 2020	Module II
July 2020 to May 2021	Module III, IV & V
April / May 2021	Final Examination

### 5. Admission Requirement:

Medical Practitioner with Bachelor's Degree in Medicine.

### 6. Teaching Staff:

A panel of experienced academic medical professionals in Family Medicine, hospital specialists and experienced Fellows or Trainers of HKCFP will be invited to teach in the programme.



## 7. Teaching Medium:

English  
(Cantonese may be used in some seminars, workshops and clinical attachments)

## 8. Course Fees:

Whole course:

Administration fee for application: HK\$1,000

HK\$38,000 for members of HKCFP

HK\$76,000 for non-members

**(A discount of HK\$5,000 for early bird applications on or before 30 May 2020)**

Individual Modules:	Members	Non-members
Module I (Distance Learning – Principles of Family Medicine)	\$4,900	\$9,800
Module II (Distance Learning – Common Problems in Family Medicine)	\$4,900	\$9,800
Module III (Structured Lectures & Seminars)	\$4,800	\$9,600
Module IV (Updates & Clinical Attachment)	\$4,800	\$9,600
Module V (Practical Workshops)	\$6,200	\$12,400
Examination	\$11,800	\$23,600
Administration Fee	\$5,000	\$10,000

**All fees must be paid upon application and before commencement of the course. Fees paid are NON-TRANSFERABLE and NON-REFUNDABLE.**

## 9. Awards/Credits:

- A Diploma in Family Medicine issued by HKCFP will be awarded to candidates who have satisfied all the requirements and have passed all the required assessments and the Final Examination.
- The Diploma is a **Quotable Qualification** of The Medical Council of Hong Kong.
- Up to 50 CME and 10 CPD credit points will also be awarded to candidates upon satisfactory completion of the Course by the QA & A Committee of HKCFP.

## 10. Application Procedure:

**Applications are now open.**

A completed application form must be returned to The Hong Kong College of Family Physicians with the following:

- Photocopy of the current Annual Practising Certificate;
- A recent photo of the applicant (passport size);
- A signed "Disclaimer of Liability";
- An administration fee for application of HK\$1,000 by crossed cheque payable to "HKCFP Holdings and Development Limited". This fee is non-refundable;
- A Course Fee of HK\$38,000 (or HK\$76,000 for non-members) by crossed cheque payable to "HKCFP Holdings Development Limited". This fee is non-transferable and non-refundable.

Every successful applicant will be notified by an official letter of admission.

Information and application forms can be obtained from the College or can be downloaded at the College website (<http://www.hkcfp.org.hk>). Members who were not admitted in the course in 2019 have to send in their application again if they want to study the course this year. Please contact the College secretariat, Ms. Alky Yu at 2871 8899 for any queries.

## 11. Application Deadline: 30 June 2020

### Comments From Former DFM Graduates

- "The Content is useful in daily practice. I can have hands-on practical skills. I can polish my communication skills during the lectures & workshops."
- "I can understand the role of Family Physicians as gatekeepers of health-care system and better know about their role in the society. I also acquire the skills on critical appraisal."
- "There are sessions of clinical updates for updating knowledge. Module I, II & III could help improve my knowledge. Module I, II & III could improve my understanding of Family Medicine. The sessions in consultation are invaluable in improving my communication skills."

*\*Course syllabus and schedule may be subject to change without prior notification*



APCLS Training Workshop



Women's Health Workshop



Orthopaedic Injection Workshop



Musculoskeletal Workshop



# World Family Doctor Day 2020

## Family doctors on the front line

### “First in, last out”

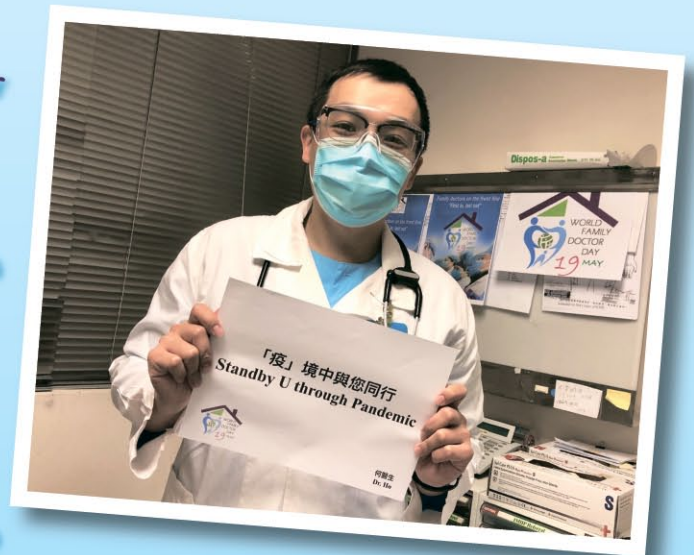
We are fighting hard against the pandemic-COVID19. College is planning to compile a video by collecting photos from College members and fellows on our front line for the World Family Doctor Day 2020 to show support in our difficult time. You are welcome to send a photo to support our patients, our colleagues, our societies and our World to fight against COVID19.

College members and fellows are invited to return one photo (with or without message).

About 20 photos will be collected into a video clip, and the video will be put at HKCFP homepage and facebook page on 19/5/2020 World Family Doctor Day.

### Submission details:

- Each member could submit ONE photo for this event
- The photo must be submitted by electronic format
- The message should not exceed 20 words (English or Chinese)
- Wordings may be fine tuned by Panel
- Copyright of the submitted photo would be transferred to the Hong Kong College of Family Physicians
- Please kindly hide your name in the photo
- Final selection of photos are at the discretion of the Panel



### Selection panel:

To be appointed by Public Education Committee

### Submission deadline

## 30 April 2020

For submission and enquiry, please contact  
HKCFP Ms. Windy Lau or Ms. Kathy Lai at 28718899 or  
email: [windylau@hkcfp.org.hk](mailto:windylau@hkcfp.org.hk) or [kathylai@hkcfp.org.hk](mailto:kathylai@hkcfp.org.hk)







Due to the outbreak of COVID-19, the Asia Pacific Regional WONCA Conference 2020 have been confirmed to rescheduled to 5-7 November 2020 (Thursday - Saturday).

Please visit the official website <http://www.woncanz2020.com/wonca20> for updates.

FAMILY MEDICINE LEADING THE WAY TOWARDS AN ADVANCED WORLD OF EQUITY, QUALITY AND COMPASSION

## Web & Computer Committee News

### Online Training Session for using 'GoToWebinar'

Dear College Members,

Owing to the recent outbreak of COVID-19, the College has started arranging CME event regularly since March through online platform ("GoToWebinar") to facilitate members to maintain their CME/CPD requirement.

In consideration of some members who may not be familiar with the format of online CME being used, the College Secretariat is going to pilot some small group (up to 10 participants) training sessions to answer members' questions in relation to registration and attending our online seminars.

Please check your email regularly for the details of the Training Session.

Also, members are suggested to check the step-by-step instructions for attending "GoToWebinar" through different devices at [http://www.hkcfp.org.hk/pages\\_5\\_2097.html](http://www.hkcfp.org.hk/pages_5_2097.html)

For any other enquiry or registration assistance, please contact the College secretariat at 2871 8899 or by email to [wcc@hkcfp.org.hk](mailto:wcc@hkcfp.org.hk)

**HKCFP Secretariat**

## Hong Kong Primary Care Conference 2020 Chairman Message

On behalf of the Hong Kong College of Family Physicians and Hong Kong Primary Care Conference 2020 Organizing Committee, it is with immense pleasure that I invite you all to our 10th annual hallmark conference, to be held on 12-13 September 2020 at the Hong Kong Academy of Medicine Jockey Club Building, Aberdeen, Hong Kong.

In the blink of an eye, this annual event has flourished throughout a decade of scientific exchanges, professional networking and academic excellence. It continues to evolve and grow with more exciting changes coming soon.

This year's theme, "2020 Vision: Health for All" envisions our unfailing efforts in aspiring to provide the ideal healthcare for everyone. With formidable challenges ahead, we, as family physicians and healthcare providers, should also keep ourselves healthy in order to help our patients and community stay healthy. We will continue to cultivate the scientific and human contributions we can make to shape a future that embraces progress, while keeping our core values that empower us to attain our ultimate goal of health for all.

I welcome you all to yet another inspiring and rewarding experience with this forthcoming conference. I would also like to take this opportunity to invite our members to join the Full Research Paper, Free Paper and Clinical Case Presentation competitions which are now open for submission!

Sincerely yours,

Dr. Lorna Ng  
Chairlady, Organizing Committee  
Hong Kong Primary Care Conference 2020





Hong Kong  
Primary Care  
Conference

The Hong Kong College  
of Family Physicians

# Hong Kong Primary Care Conference 2020 “2020 Vision: Health for All”

12 -13 September 2020 (Saturday – Sunday)

Hong Kong Academy of Medicine Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong

## Full Research Paper Competition

We cordially invite your participation in the **Full Research Paper Competition** of the HKPCC 2020. The Competition is a long-standing tradition of the College's Annual Conference to promote and recognize well-designed and innovative research which bears potential impact on clinical practice or development of primary care. This year, we will have TWO Awards:

### AWARDS

**Best Research Paper Award**

**Best Trainee Research Paper Award**

The HKPCC 2020 Organizing Committee will invite renowned scholars as judges to review the participating papers.

Each awardee will be presented a **Certificate of Award** at the opening ceremony of the HKPCC 2020.

### ELIGIBILITY AND AUTHOR GUIDELINES

To be eligible for participation in the Full Research Paper Competition, **the first author of the paper must meet ALL of the following conditions:**

- (1) The author must be a member of the HKCFP and register at the Conference;
- (2) The author completes the majority of the research and writing for the paper;
- (3) The author has not used the paper to apply for other awards.

The participating paper should be a full-length article. It should include a structured abstract of no more than 250 words. The text should contain 2,000 - 3,000 words, organized as **INTRODUCTION, METHODOLOGY, RESULTS and DISCUSSION**. It should consist of no more than 5 illustrations (tables/figures). Only electronic versions will be accepted. The full paper should be typed in 12 point size in Microsoft Word format.

For **Best Trainee Research Paper Award**, additional eligibility applies:

- (1) The first author must be a trainee of HKCFP or within 3 years of completion of vocational training;
- (2) For higher trainees who are submitting their Exit Examination research project for this Competition, they must have submitted their project to the Specialty Board and have passed the research segment of the Exit Examination.

### AWARD SELECTION CRITERION

Each paper will be evaluated against the following criteria:

- (1) Academic rigor of the paper (e.g. originality, methodology, organization and presentation).
- (2) Relevance and impact to primary care (e.g. importance of the topic and the impact of the findings on the practice or development of primary care).

### HOW TO SUBMIT

Please **download the Full Research Paper Submission Form from College's Website** <http://www.hkcfp.org.hk>.

**By Email** – Attach the full research paper with the completed “Full Research Paper Submission Form” and send to [hkpcc@hkcfp.org.hk](mailto:hkpcc@hkcfp.org.hk). *All entries will be acknowledged on receipt.*

**Online Submission** – Please go to <https://goo.gl/forms/A0fnrtAQU4woUycu1> to complete the submission form and send your full research paper to [hkpcc@hkcfp.org.hk](mailto:hkpcc@hkcfp.org.hk).

For enquiries, *please do not hesitate to contact our Conference secretariat, Ms. Suki Lung or Ms. Crystal Yung, at 2871 8899 or by email* [hkpcc@hkcfp.org.hk](mailto:hkpcc@hkcfp.org.hk).

### SUBMISSION DEADLINE

14 May 2020 (Thursday)

*“We look forward to receiving your research articles!”*





# Hong Kong Primary Care Conference 2020

## “2020 Vision: Health for All”

12 -13 September 2020 (Saturday – Sunday)

Hong Kong Academy of Medicine Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong

## Free Paper Competition

Apart from the Full Paper Competition, we also have the **Free Paper Competition** which sees many pioneering research ideas, pilot studies and thought provoking case studies, commentaries and stimulating discussions. The Free Paper Competition is one of the highlights of the HKPCPC and can be in the form of **ORAL** presentation or **POSTER** presentation. We look forward to your active participation in the Free Paper Competition.

### AWARDS

**Best Oral Presentation Award.**

**Outstanding Poster Presentation Award.**

Both the winners will receive a **Certificate of Award**.

### Author Guidelines

- The presentation of the free paper can be in the form of **ORAL** presentation or **POSTER** presentation. (The details of oral or poster presentation will be announced later.)
- Electronic version is preferred for abstracts. Abstract should be typed in 12-point size in Microsoft Word format. Handwritten abstracts will NOT be accepted.
- The abstract must not exceed 300 words, and should be organized as follows: **TITLE, AUTHOR(S), INTRODUCTION, METHOD, RESULTS and CONCLUSION**. Commentaries and discussion papers need not to follow the above format apart from the TITLE and AUTHOR(S).
- Authors' full names and affiliations must be specified. Surnames should be printed in bold.
- All abstracts must be submitted in English. All accepted abstracts must be presented in English.

### ELIGIBILITY REQUIREMENTS

To be eligible for participation in the free paper presentation, **the first author of the paper must meet ALL of the following conditions:**

- (1) The author must register at the Conference.
- (2) The author completes the majority of the research and writing for the paper.
- (3) The author has not used the paper to apply for other awards.
- (4) Only **ONE** designated presenter can present the accepted abstract. Co-authors are welcome to register and attend the session of the Conference.
- (5) The Organizing Committee will have the right of final decision on the acceptance of an abstract.

### AWARD SELECTION CRITERIA

For the **Best Oral Presentation Award**, each oral presentation will be evaluated against the following criteria:

- (1) Quality and thoroughness of research methods used to generate findings;
- (2) Quality of visual presentation if applied;
- (3) Relevance, innovation and impact to primary care.

For the **Best Poster Presentation Award**, each poster will be evaluated against the following criteria:

- (1) Quality of visual presentation (poster layout);
- (2) Quality and thoroughness of research methods used to generate findings;
- (3) Relevance, innovation and impact to primary care.

### HOW TO SUBMIT

Please **download the Abstract Submission Form from College's Website** <http://www.hkcfp.org.hk>.

**By Email** – Attach the abstract with the completed “Abstract Submission Form” and send to [hkpcc@hkcfp.org.hk](mailto:hkpcc@hkcfp.org.hk). *All entries will be acknowledged on receipt.*

**Online Submission** – Please go to <https://goo.gl/forms/5BqR1SvZ2VhwAXZw2>, to complete the submission form and submit your abstract.

For enquiry, please do not hesitate to contact our Conference secretariat, Ms. Suki Lung or Ms. Crystal Yung, at 2871 8899 or by email [hkpcc@hkcfp.org.hk](mailto:hkpcc@hkcfp.org.hk).

### SUBMISSION DEADLINE

14 May 2020 (Thursday)



# Hong Kong Primary Care Conference 2020

## “2020 Vision: Health for All”

12 -13 September 2020 (Saturday – Sunday)

Hong Kong Academy of Medicine Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong

## Clinical Case Presentation Competition

Following the success of the Clinical Case Presentation Competition in past HKPCCs since 2012, the Organizing Committee of the upcoming HKPCC 2020 is honored to organize the competition again this year!

The Presentation can be in the form of individual or group presentation with up to 5 people per group. The details of the competition are listed as below. We look forward to your active participation in the Clinical Case Presentation Competition.

### COMPETITION OUTLINE

- (1) Target participants: Doctors, nurses, physiotherapists, clinical psychologists, occupational therapists, dieticians, podiatrists and any other allied health professionals.
- (2) Presentation materials: Any kind of clinical cases relevant to primary care.
- (3) Presentation format: In the form of individual presentation, role-play, drama or any other possible format for 15 minutes. Either individual or group presentation with up to 5 people per group is acceptable.
- (4) The Organizing Committee has the right of final decision on acceptance of the cases for the presentation.

### AWARDS

The Best Presentation Award winner will receive a **Certificate of Award**.

### ELIGIBILITY REQUIREMENTS

To be eligible for participation in the Clinical Case Presentation Competition, the presenter must meet ALL the following conditions:

- (1) The presenter must register at the Conference.
- (2) The presentation should be the original work of the participants.
- (3) The candidates should have submitted their presentation proposals prior to the Conference.

### AWARD SELECTION CRITERIA

Each presentation proposal should state the theme, outline of presentation, format (e.g. role-play, drama, video), language and rundown. Each presentation will be evaluated against the following criteria -

- (1) Quality of presentation.
- (2) Content of presentation: Relevance and impact to primary care, presentation skills and time management, enhancement to patient care in daily practice and useful take home message.

### HOW TO SUBMIT

- **The entry form can be downloaded from our Conference Website:** <http://www.hkcfp.org.hk>.
- **By Email** – Attach the completed entry form and the presentation proposal and send to "[hkpcc@hkcfp.org.hk](mailto:hkpcc@hkcfp.org.hk)" All entries will be acknowledged on receipt.
- **Online Submission** - Please go to <https://goo.gl/forms/oGA7lRzL6sFygPan2> to complete the entry form and submit your presentation proposal.
- The presentation material should be submitted prior to the Conference **on or before 27 August 2020 (Thursday)**.
- If you have any questions concerning the "Clinical Case Presentation", please contact our Conference secretariat, Ms. Suki Lung or Ms. Crystal Yung, at 2871 8899 or by email [hkpcc@hkcfp.org.hk](mailto:hkpcc@hkcfp.org.hk).

### ENTRY FORM, PRESENTATION PROPOSAL SUBMISSION DEADLINE

14 May 2020 (Thursday)

### PRESENTATION MATERIAL SUBMISSION DEADLINE

27 August 2020 (Thursday)



# Hong Kong Primary Care Conference 2020

## “2020 Vision: Health for All”

**12 -13 September 2020 (Saturday – Sunday)**

Hong Kong Academy of Medicine Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong

### Scientific Programme at-a-glance

DATE TIME	12 September 2020 (Saturday)		
14:00 - 15:00	Registration and Welcome Drinks		
15:00 - 15:30	Opening Ceremony		
15:30 - 16:15	Plenary I		
16:15 - 17:00	Plenary II		
17:00 - 17:20	Coffee Break and Poster Presentation - Part 1		
17:20 - 18:35	Discussion Forum	Free Paper - Oral Presentation	Workshop 1 Exercise Prescription for Sleep Disorder Breathing
18:45 - 21:00	Dinner Symposium		

DATE TIME	13 September 2020 (Sunday)			
08:15 - 09:00	Registration			
09:00 - 10:15	Workshop 2 Pain Management When East Meets West	Seminar A Patient Engagement: Strategies to Improve Health among Ethnical Minority Patients in Hong Kong	Clinical Case Presentation Competition	
10:15 - 10:35	Coffee Break and Poster Presentation - Part 2			
10:35 - 11:50	Workshop 3 Expressive Arts Therapy for Yourself and Your Patient	Seminar B Advanced Technology in Primary Care	Seminar C Clinical Update on Gynaecological Disease Management in Primary Care	Seminar D Clinical Update on LUTS and Prostate Cancer
11:50 - 12:35	Plenary III			
12:40 - 14:00	Lunch Symposium			

#### Disclaimer

Whilst every attempt will be made to ensure all aspects of the conference mentioned will take place as scheduled, the Organizing Committee reserves the right to make changes to the programme without notice as and when deemed necessary prior to the Conference.

*(Supported by HKCFP Foundation Fund)*



## Cough Etiquette

Dr. John-Hugh Tam, Specialist in Family Medicine

In the midst of the ongoing novel coronavirus (COVID-19) pandemic, we are getting more vigilant and aware nowadays on cough as presenting symptom. Cough (and sneeze) are protective reflexes with fast expulsion of air from the respiratory tract in order to clear off fluids, irritants, foreign particles and microbes, and despite being our natural defensive bodily responses, they are also well known to be means of how infectious respiratory diseases (IRD) can be transmitted, via droplets originating in the respiratory system of an infected individual to others.



Figure: Before the era of cough etiquette - slogans by the Urban Council to discourage members of the public on spitting, was well known to locals in Hong Kong since 1972.

As part of the effort to prevent transmission of droplet-spread epidemic & pandemic-prone diseases in health care facilities<sup>1,2,3</sup>, The World Health Organization (WHO) had since 1999 started to recommend some basic infection control precautions known as non-pharmaceutical interventions (NPI). These ideas had subsequently been further consolidated and “cough etiquette” was first introduced by Bone A, et al. 2000<sup>4</sup>, with the original recommendations being “turning head and covering mouth when coughing, using clothes or spittoons to spit into”, which was somewhat very different from the advice we have today.

After the era of SARS Coronavirus (SARS-CoV) in 2003 as well as the H5N1 avian influenza epidemics in 2005, recommendations on cough etiquette had been further modified and emphasised by many other health agencies such as The European Centre for Disease Prevention and Control (ECDC) in 2006<sup>5</sup> as well as The Centers for Disease Control and Prevention (CDC) in US in 2007<sup>6</sup>, namely:

### The CDC 2007 recommendations on respiratory hygiene/cough etiquette

- 🌐 Covering the mouth and nose during coughing and sneezing,
- 🌐 Using tissues to contain respiratory secretions with prompt disposal into a no-touch receptacle,
- 🌐 Offering a surgical mask to persons who are coughing to decrease contamination of the surrounding environment, and
- 🌐 Turning the head away from others and maintaining spatial separation, ideally >3 feet, when coughing.

### With further addition by the CDC in 2009<sup>7</sup>

- 🌐 Use the nearest waste receptacle to dispose of the tissue after use,
- 🌐 Perform hand hygiene.

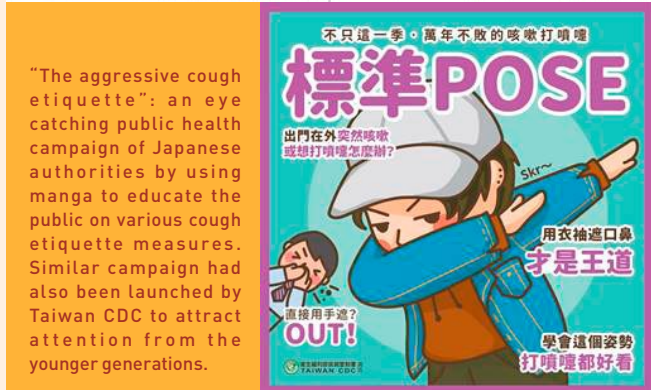
Whilst some agencies also started to further recommended “cough or sneeze into elbow / arm rather than hand”<sup>8,9</sup> as means to minimise the chance of hand contamination from the cough and sneeze and the subsequent contact transmission.

Thus all these key points now serve as the backbone to the hygiene etiquette recommendations from many international agencies, with some minor variations in details. You may also check and read about some of them at the links below:

- 🌐 *Recommendations to the public from Centre for Health Protection, Hong Kong*
  - [https://www.chp.gov.hk/files/her/maintain\\_cough\\_manners.pdf](https://www.chp.gov.hk/files/her/maintain_cough_manners.pdf)
- 🌐 *Latest recommendations from The Centers for Disease Control and Prevention (CDC) in US*
  - [https://www.cdc.gov/healthywater/hygiene/etiquette/coughing\\_sneezing.html](https://www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html)
- 🌐 *Australia*
  - <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/good-hygiene-for-coronavirus-covid-19>
- 🌐 *UK, from the National Health Service (NHS)*
  - <http://www.nipcm.hps.scot.nhs.uk/chapter-1-standard-infection-control-precautions-sicps/print?section=1070>

🌐 *Japan, public advice from the Ministry of Health, Labour and Welfare*

○ <https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000187997.html>



“The aggressive cough etiquette”: an eye catching public health campaign of Japanese authorities by using manga to educate the public on various cough etiquette measures. Similar campaign had also been launched by Taiwan CDC to attract attention from the younger generations.

Whilst there were also some research and literature reviews on the effectiveness behind each of these advice. Some of the samples you may read at the links below at:

🌐 *Paper published by Zayas et. al. in 2013<sup>10</sup> discussing the effectiveness on cough etiquette advice - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3846148/>*

🌐 *Literature review by NHS Scotland in 2015<sup>11</sup> on cough etiquette / respiratory hygiene - [https://hpspubsrepo.blob.core.windows.net/hps-website/nss/2594/documents/1\\_sicp-lr-cough-etiquette-v2.0.pdf](https://hpspubsrepo.blob.core.windows.net/hps-website/nss/2594/documents/1_sicp-lr-cough-etiquette-v2.0.pdf)*

Interestingly, literature appears to show that many of these steps of cough etiquette, despite not being evidence supported to significantly reduce infection spread (i.e. did not block the release and dispersion of a variety of different diameter droplets to the surrounding environment, meaning that they did not block droplets expelled as aerosol when coughing as mentioned in Zayas’ paper), comments were given that they are still being “preferable to unobstructed coughing or sneezing” (referring to the NHS Scotland

report). Whilst the NHS Scotland report also once again highlighted that on the other hand, systematic review evidence indicated that hand hygiene can reduce the spread of respiratory viruses, reminding us its importance during our daily practice.

### Additional Discussion: How about multiple layer masking?

Occasionally, we may have seen some people wearing multiple layers of surgical masks in hope of better protection, and I have tried to read up about this as well. A 2005 paper<sup>12</sup> published by Department of Anaesthesia and Intensive Care of Prince of Wales Hospital revealed that, although greater filtration was afforded by multiple surgical masks (i.e. with 40% additional filtration factor when two surgical masks were worn and an approximate doubling in the filtration factor when five surgical masks were worn compared with a single surgical mask), the absolute filtration factor remained low and well below the minimum fit factor of 100 required for a N95 respirator (i.e. even at the best combination of five surgical masks scored only a fit factor of 13.7). For this reason, the article concluded that even multiple surgical masks are not a suitable alternative to N95 masks as ambient particles are poorly filtered in this way.

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## How to remain physically active during the pandemic days?

### Background

During our consultations as Family Physicians, we often have discussions about engaging in physical activity and staying active, either as part of the disease management or as anticipatory advices. This is evidence-supported with countless health benefits and as previously discussed in many exercise-related topics in the FP Links, we are all recommended<sup>1</sup> to participate in a programme of regular exercises, which beyond activities of daily living, to improve and maintain physical fitness and health, whilst most healthy adults should engage in moderate-intensity cardiorespiratory exercise training for >30 minutes per day on >5 days per week for a total of >150 minutes per week.

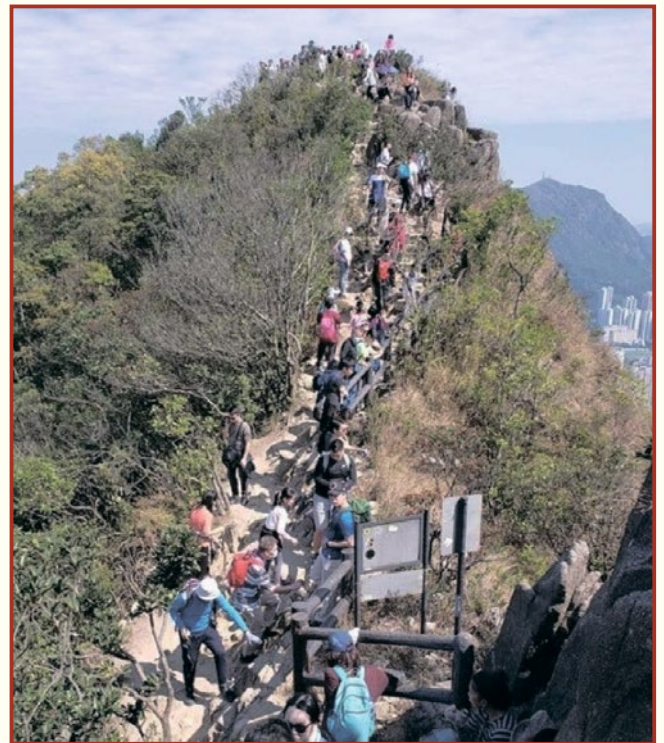
To elaborate further about physical activity and as guidance on the types and amounts of physical activity to improve a variety of health outcomes for multiple population groups, The U.S. Department of Health and Human Services has released updated guidelines on physical activity through The Journal of the American Medical Association (JAMA) in November 2018<sup>2</sup>. Here is the summary of points discussed in the article:

- 🌐 Preschool-aged children (3 through 5 years) should be physically active throughout the day to enhance growth and development.
- 🌐 Children and adolescents aged 6 through 17 years should do 60 minutes or more of moderate-to-vigorous physical activity daily.
- 🌐 Adults should do at least 150 minutes to 300 minutes a week of moderate-intensity, or 75 minutes to 150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. They should also do muscle-strengthening activities on 2 or more days a week.
- 🌐 Older adults should do multicomponent physical activity that includes balance training as well as aerobic and muscle-strengthening activities.
- 🌐 Pregnant and postpartum women should do at least 150 minutes of moderate-intensity aerobic activity a week.
- 🌐 Adults with chronic conditions or disabilities, who are able, should follow the key guidelines for adults and do both aerobic and muscle-strengthening activities.
- 🌐 Recommendations emphasize that moving more and sitting less will benefit nearly everyone. Individuals performing the least physical activity benefit most

by even modest increases in moderate-to-vigorous physical activity. Additional benefits occur with more physical activity. Both aerobic and muscle-strengthening physical activity are beneficial.

### Home-based options?

Easier said than done, despite the variety of physical activities options available (e.g. moderate-intensity activities such as walking briskly at 2.5-4mph & cycling, or vigorous-intensity activities such as jogging, running, or participating in a strenuous fitness class, etc.), many of us have cut down outdoor activities nowadays and have chosen to spend more time at home to avoid crowds, as recommended by the Government to fight against the novel coronavirus (COVID-19 / SARS-CoV-2) pandemic and the #IStayHomeFor campaign, and certain citizens are under the mandatory 14 days home quarantine.



**What if outdoor options may NOT be ok? Photo demonstrating jam packed hiking routes as many opted to “go out for some fresh air” on weekends during the COVID-19 pandemic, leading to overcrowding.**

During work, I have started to hear from patients asking if there are indoor home-based physical activities we may pursue during the home staying days. Despite no fixed answers to the question above and not aiming to completely replace outdoor exercises, we have tried teaming up to explore some practical “stay active at home” ideas that are suitable to recommend to patients across a span of different ages:



## (i) Ideas for Children and Adolescents

### Active Video Games (AVGs)

As an adjunct in home settings to promote physical activities and engagement in children & adolescents, some literature<sup>3,4,5</sup> has mentioned AVGs as a feasible option and classified this as a light to moderate-intensity physical activity. From observation, these AVGs are usually designed to be fun and attractive and involve the players' constant physical movement (e.g. in form of dancing, limbs and whole bodily movement, changing and maintaining certain postures, etc.) to activate computer responses for winning and achievements. There are many available game console options on the market nowadays.



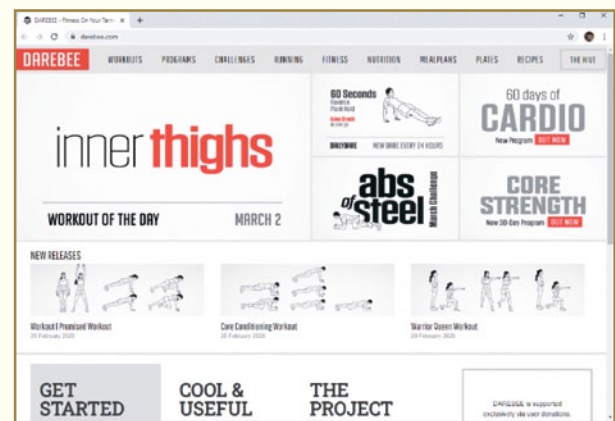
AVGs have the potential to engage children and adolescents in maintaining physical activity

## (ii) Ideas for Adults

### High Intensity Interval Training (HIIT)

As previously discussed in the FP Links in August 2017 (for further details and related evidence / reference, please refer to the article), HIIT consists of combinations of aerobic and resistance training in a high-intensity, limited rest design, aiming at promoting strength development for all major muscle groups of the body, recruitment of large muscle groups to create the appropriate resistance and aerobic intensity, as well as creating a balance of strength throughout the body. There are numerous sample training programmes available online which you may refer your patients to take a look on the internet, for example:

- Darebee (<https://www.darebee.com/>) – A comprehensive site with a bank of HIIT and related exercise materials to choose from. Highly recommended on their “workout of the day” for those who yearn for surprises and variety on a day-to-day basis.



- Johnson & Johnson 7 Minute Workout App (<https://7minuteworkout.jnj.com/>) and Seven App by Perigee (<https://seven.app/>) – some free apps samples for those who love access to handy information in hand round the clock, with videos or pictures in display as visual cues and synchronized sound/voice guidance during the training, somewhat acting as a virtual personal trainer.

You might also have heard some mentioning about Tabata training, which is a form of HIIT. Compared with the usual HIIT programmes, it consists of even higher intensity exercises in shorter intervals (20 seconds), and very short rest periods (10 seconds). But as discussed in prior article, in view of the intensity of exercise, those with known medical condition should seek clearance from their family doctor prior to embarking on such a programme.

### Yoga

With limited living space in Hong Kong, mat yoga which only requires a small area to carry out has become a popular choice for community dwellers. Not only is yoga a form of physical exercise which consistently challenges the performers' muscles power and balance, it is also a stress-relieving and spiritual exercise. Yoga is suggested to improve both the participant's physical and psychological health, hence helps promote better quality of life<sup>6,7</sup>. There are various styles of yoga with different emphasis for participants to choose from based on individual training needs. The followings are some video demonstrations on several styles of yoga for beginners.

- ✦ Hatha Yoga (哈達瑜伽): <https://youtu.be/GWg-siH2VEA>
- ✦ Ashtanga Yoga (阿斯湯伽瑜伽): <https://youtu.be/1Krp4W0TIAU>
- ✦ Vinyasa Yoga (串聯體位): <https://youtu.be/HmZfwoUU3WQ>

## Getting busy with your housework

As non-recreational physical activities, housework and chores are certainly feasible options if there are no better alternatives to consider at home, with the additional benefit of enhancing environmental cleanliness during the pandemic. Despite doing household chores alone may not be sufficient to meet the activity guidelines, they would help our patients to stay active during the day. To give you a rough idea, with example reference to a 150-pound (68.1kg) person, these are the estimated calories burned depending on different activities pursued<sup>8,9</sup>.

Types of chores	Calories per hour
Carpet sweeping, sweeping floors	345
Mopping	375
Cleaning, house or cabin, general	300
Cleaning, light (Including dusting, straightening up, changing linen, carrying out trash)	225
Cleaning, heavy or major, vigorous effort (Including washing car, washing windows, cleaning garage)	300
Washing dishes while standing	195
Washing dishes and clearing dishes from table with some walking	225
Vacuuming	375
Cooking or food preparation (Including use of manual appliances while standing or sitting)	150
Ironing	195
Scrubbing floors on hands and knees (including scrubbing bathroom, bathtub)	420
Standing - bathing dog	375

American Heart Association's official website, [www.heart.org](http://www.heart.org) has also written a passage about ideas of getting the whole family involved through turning household chores into games, you can read up about it here from the link below:

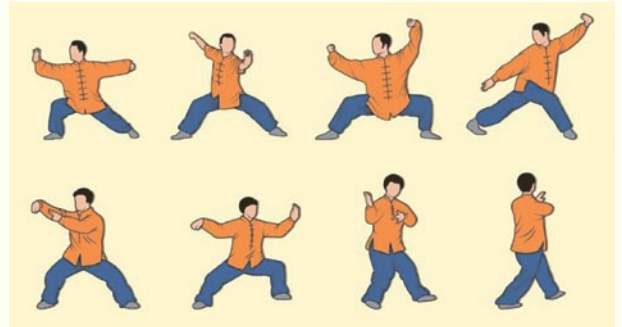
✦ <https://www.heart.org/en/get-involved/advocate/federal-priorities/physical-activity/physical-activity-around-the-house>

### (iii) Ideas for Older Adults

#### Tai Chi Exercises

As previously discussed in the FP Links in September 2018 (for further details and related evidence / reference, please refer to the article).

The multicomponent nature of Tai Chi exercises helps to improve flexibility, balance control, muscle strength and hence would be the perfect options for the elderly. Here are some related moves you may recommend your patients to have a look at and try:



#### 醫院管理局智友站 - 「防跌太極十式」

##### 第一部分

<http://www21.ha.org.hk/smartpatient/SPW/zh-HK/Video/?guid=db0ed84b-c2fe-4236-8ced-3e7246b52abf>

##### 第二部分

<https://www21.ha.org.hk/smartpatient/SPW/zh-HK/Video/?guid=b47e3aa9-e4a9-4801-b786-1896a810df91>

#### Chair Exercise

Frail elderly people often express difficulty in performing exercise due to worries about falling during exercise and limited mobility level. Chair exercises allow frail seniors to carry out exercise in a safe and effective way. Chair-based exercise was found to be able to improve physical status and attenuate physical frailty status<sup>10</sup>. Seated exercise can include aerobic, strengthening and stretching components. Chair aerobic falls into low to moderate level, depending on exercise difficulties<sup>11,12</sup>. Strengthening exercise helps improve sarcopenic condition and decreases the elderly person's sense of fatigue. Improving flexibility further improves their balance. Infusing exercise with music and rhythm energizes the elderly to engage in a regular exercise regime, hence helps in disease control. Numerous demonstration videos of chair exercise are available online, here are some of the examples.



- + 高齡者健康操 [https://youtu.be/\\_w50TfdCmKU](https://youtu.be/_w50TfdCmKU)
- + 長者肌肉鍛練運動 <https://youtu.be/TKbE5frmcMs>
- + 靜態伸展運動 <https://youtu.be/ox005-MS4nA>

## Finally, reminders for safe physical activities

The Nov 2018 US guideline had also reminded that to do physical activity safely and reduce risk of injuries and other adverse events, people should:

- 🌐 Understand the risks, yet be confident that physical activity can be safe for almost everyone.
- 🌐 Choose types of physical activity that are appropriate for their current fitness level and health goals, because some activities are safer than others.
- 🌐 Increase physical activity gradually over time to meet key guidelines or health goals. Inactive people should “start low and go slow” by starting with lower-intensity activities and gradually increasing how often and how long activities are done.
- 🌐 Protect themselves by using appropriate gear and sports equipment, choosing safe environments, following rules and policies, and making sensible choices about when, where, and how to be active.
- 🌐 Be under the care of a health care provider if they have chronic conditions or symptoms. People with chronic conditions and symptoms can consult a health care professional or physical activity specialist about the types and amounts of activity appropriate for them.



During the current COVID-19 pandemic, we should also discourage/advise abstinence from exercises for those with active respiratory symptoms and/or ongoing febrile illnesses, as it was generally well-recognized that exercising during an infectious illness in general may exacerbate symptoms, prolong the length of illness and increase the risk of potentially serious complications

such as myocarditis<sup>13-15</sup>, and to remind our patients to always be ready to consult medical practitioner before exercises if necessary.

## Financial / Commercial conflict of interest

🌐 None declared.

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## Quality Assurance & Accreditation Committee News

### CME/CPD Compliance

Dear Colleagues,

The **new QA Cycle (2020-2022)** has already started, as usual please check your CME report **regularly** by visiting the College website at <http://www.hkcfp.org.hk/>

The committee wishes to highlight to colleagues the changes on HKCFP QA Certificate, HKCFP CME Certificate and HKAM Fellow for cycle 2020-2022:

#### 1. HKCFP QA Certificate 2020-2022

Maximum point set for Subcategories (3.01, 3.02, 3.03a-c, 3.04, 3.09, 3.10)

(Please see the below table)

Please see the "Regulations for Award of Quality Assurance 2020-22 (QA)" for more detail of the CME requirements: [http://www.hkcfp.org.hk/pages\\_5\\_81.html](http://www.hkcfp.org.hk/pages_5_81.html)

#### 2. HKAM Fellow

Maximum point set for Subcategories (3.01 & 3.03c)

(Please see the below table)

#### 3. CME Certificate

No Change

The maximum points allowed of the subcategories mentioned above were set in previous cycles, and would be executed in 2020-2022 cycle:

Sub-Category	Point Allocation
3.01 (Teaching Medical Students in University)	Maximum 5 CPD points for each 'recognized' university per year; Maximum 15 CPD Points allowed in the three year cycle*
3.02 (Clinical Supervisor)	Maximum 5 CPD Points allowed per year
3.03a (DFM Examiner)	Maximum 5 CPD Points allowed per year
3.03b (Conjoint Examiner)	Maximum 5 CPD Points allowed per year
3.03c (Exit Examiner)	Maximum 10 CPD Points allowed per year
3.04 (CPR Instructor)	Maximum 5 CPD Points allowed per year
3.09 (Passing Conjoint Exam)	Maximum 10 CPD Points allowed per year
3.10 (Passing Exit Exam)	Maximum 10 CPD Points allowed per year

\*Starting from 2020-2022 cycle, **ONLY CPD points** would be accredited for teaching medical students in Universities.

For any enquiry please contact our QA&A Secretariat (Mr. John Ma) at 2871 8899 or email to [cmecpd@hkcfp.org.hk](mailto:cmecpd@hkcfp.org.hk) at your convenience.

Yours sincerely,

Dr. King Chan  
Chairman, Quality Assurance & Accreditation Committee



香 港 大 學  
THE UNIVERSITY OF HONG KONG

**Clinical Assistant Professor  
in the Department of Family Medicine and Primary Care  
(Ref.: 499770)**

Applications are invited for appointment as **Clinical Assistant Professor in the Department of Family Medicine and Primary Care** (Ref.: 499770), to commence as soon as possible, on a four-year fixed-term basis, with the possibility of renewal.

The Department of Family Medicine and Primary Care aims to produce doctors to practise medicine of the highest standard and in the best interests of their patients and the community, and to inspire them to strive for and achieve academic excellence. It is the mission of the Department to promote quality primary care through education, patient-centred service and research in family medicine.

Applicants should possess a medical degree registrable with the Medical Council of Hong Kong, and preferably a higher qualification in general practice/family medicine. Special consideration will be given to holders of the F.H.K.A.M. (Family Medicine) or equivalent specialist qualifications in general practice/family medicine. They should have proven capacity and potential in research; demonstrate a strong commitment to excellence in clinical services and training; and have experience in undergraduate teaching. They should also be fluent in Cantonese and English (including Putonghua), although teaching, research and professional activities are conducted in English. The appointee is expected to participate in the planning and delivery of undergraduate and postgraduate programmes in Family Medicine; conduct research; develop and provide clinical services in primary care in the Department and the HKU-Shenzhen Hospital; and contribute to administrative duties in the Department and the Faculty. Information about the post can be obtained from Professor Cindy Lam at [cklam@hku.hk](mailto:cklam@hku.hk).

A highly competitive salary commensurate with qualifications and experience will be offered, in addition to annual leave and medical benefits. At current rates, salaries tax does not exceed 15% of gross income. The appointment will attract a contract-end gratuity and University contribution to a retirement benefits scheme, totalling up to 15% of basic salary. A monthly cash allowance will be offered to the successful candidate. Housing benefits will also be provided as applicable.

The University only accepts online application for the above post. Applicants should apply online at the University's career site (<https://jobs.hku.hk>) and upload an up-to-date C.V. Review of applications will start on April 1, 2020 and continue until **May 31, 2020** or until the post is filled, whichever is earlier.

*The University is an equal opportunities employer  
and is committed to equality, ethics, inclusivity, diversity and transparency*



## 抗疫在家玩桌遊

Dr. Chou Chun Wing, Stephen

今年的新冠肺炎疫情來勢洶洶，不只我們作為醫護人員的嚴陣以待，疲於奔命，全港的家長也為他們的子女停課待在家中而傷透腦筋，一方面要他們持續學習，一方面又要安排活動給他們而不至納悶在家。桌上遊戲 (Board and Card games) 是一個不錯的選擇，既可令小朋友放下電玩手機，也可增加家庭成員的溝通。

保意識，人生態度.....。在我看來這樣的盤算也太本末倒置了，忘記了玩桌遊的初心就是與人共樂。遊戲最重要是能使玩者們有所交流，與子女共歡樂的時光。雖然如此，玩桌遊的過程從閱讀說明書，守規則，與人合作，勝不驕，敗不餒的精神，總能令小朋友從中有所得著和體會。

現今的桌遊，已不只局限於大富翁、波子棋、UNO和象棋等傳統玩意，在桌遊網站 Boardgamegeek (BGG) 中，已有超過十萬個桌遊登記，每個桌遊也有它們的介紹、排名、討論和教學，專業的程度已超越了你的想像。每年在世界各地也有大型的桌遊展覽會 (就如我們的 WONCA 會議)，有每年最新的桌遊發佈和討論，較有名的是

我們可從子女的愛好入手，現今的桌遊五花八門，隨便說一個主題也有好幾個桌遊選擇，只要你能對準子女喜歡的事物，再選擇與這個主題有關的桌遊，這樣不難把子女從電玩的束縛中解放出來，一起享受親子共樂的時光。父母們能拋開繁重的工作，與子女們平等地在桌遊場上合作和比拼，互相欣賞和溝通，才是桌遊帶給你的好處。

德國的埃森桌遊展 (Spiel), 世界各地的桌遊愛好者都會定時朝聖，交換心得。

市場上亦有一些有關瘟疫的輕度策略遊戲，很切合現在的疫情狀況。這是一個合作遊戲，你會與同伴扮演不同的專業人員，如醫生、防疫專家、科學家、建設人員等，各有不同的技能，一起從美國阿特蘭大的疾控中心開始，走遍世界，努力研發疫苗，把四種肆虐世界的病毒逐一消滅。過程中病毒不斷爆發，你們要在有限的時間內拯救世界，過程中你有如置身其中，又如災難片中的主角，那股張力實在使人透不過氣來。遊戲的詳細資料可到 Boardgamegeek 的網站搜查。

我們選購桌遊，首先要考慮的是遊玩人數和年齡。一般來說，選擇 2-6 人的桌遊最適合家庭遊玩。年齡通常是 5+, 8+ 和 14+, 5+ 的多數是些考反應，快速和較直接的遊戲，年紀較小的小朋友也可放心遊玩。8+ 的桌遊通常是一些輕度策略遊戲，需要動點腦筋，但也較為歡樂，這類遊戲最適合作為親子共樂和加強溝通的橋樑。其實現今的小朋友很聰明，4、5 歲已可應付 8+ 的桌遊，只要家長們略加引導，便可一起與小孩共度玩樂的時光。14+ 的桌遊加強了動腦筋的成份，時間亦會較長，比較適合桌遊愛好者和對桌遊有興趣的朋友。

我們雖然未能在現實中拯救世界，但只要我們有信心，加強防疫的意識，消除病毒便指日可待了。

(\* Photos from the web site of Boardgamegeek)



家長選購桌遊，往往會選擇一些教育意義較強，公平競爭，沒有反面角色或壞人的遊戲，使子女從中能加強計算速度技巧，學到正確的人生觀，甚至環





## Structured Education Programmes

Free to members  
HKCFP 2 CME points accreditation [Cat 4.3]

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
<b>6 May 2020 (Wed)</b>			
2:00 – 5:00 p.m.	Room 7, 8/F Yau Ma Tei General Outpatient Clinic	<b>Other Psychiatric and Psychological disorders (somatoform disorder, PTSD etc)</b> Dr. Ho Ka Ki & Dr. Fan Yuen Shan, Patricia	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	<b>Application of Evidence Based Medicine: Urine Test Interpretation</b> Dr. Leung Ching	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Auditorium, G/F, Hospital Main Block, Tseung Kwan O Hospital	<b>Childhood and Adolescence Psychological Problems</b> Dr. Chau Yiu Shing Sunny & Dr Leung Eunice Hilching	Ms. Phoebe Wong Tel: 3949 3079
5:00 – 7:00 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	<b>Updated first aid</b> 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	<b>Healthy diet &amp; Dietary Advice for Common Chronic Diseases</b> Dr. Jerrold Lee & Dr. Chau Chuen	Mr. Alex Kwok Tel: 5569 6405
<b>7 May 2020 (Thu)</b>			
4:30 – 6:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	<b>POCT Available at Primary Care Clinic: Interpretation and Pitfalls</b> Dr. Lam Ka Wai & Dr. Tang Kin Sze	Ms. Eliza Chan Tel: 2468 6813
<b>13 May 2020 (Wed)</b>			
2:00 – 5:00 p.m.	Room 7, 8/F Yau Ma Tei General Outpatient Clinic	<b>Polypharmacy and rational prescribing</b> Dr. Chuang Chi Kit & Dr. Zhu Yin	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	<b>Psychiatric Emergencies in Primary Care Setting</b> Dr. Lo King Yan	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Auditorium, G/F, Hospital Main Block, Tseung Kwan O Hospital	<b>Common Symptoms in Gynaecology</b> Dr. Ma Yuen Ying Tammy & Dr Lui Tsz Yin	Ms. Phoebe Wong Tel: 3949 3079
5:00 – 7:00 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	<b>Problem solving skills</b> Dr. Sin Ming Chuen	Ms. Cherry Wong Tel: 2589 2337
5:30 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	<b>Management of abnormal laboratory result: tumor marker, LFT, ESR, CK etc</b> Dr. Leung Wai Yan Viola & Dr. Lau Sin Mei Mimi	Mr. Alex Kwok Tel: 5569 6405
<b>14 May 2020 (Thu)</b>			
4:30 – 6:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	<b>Health Maintenance Organizations (HMOs) and Preferred Provider Organizations (PPOs)</b> Dr. Tong Wing Sze & Dr. Lau Lai Na	Ms. Eliza Chan Tel: 2468 6813
<b>20 May 2020 (Wed)</b>			
2:00 – 5:00 p.m.	Room 7, 8/F Yau Ma Tei General Outpatient Clinic	<b>Exercise prescription and weight reduction</b> Dr. Li Janice Chun Ying & Dr. Tso Sau Lin	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	<b>How Do We Screen for Substance Abuse for Teenagers and Approach To</b> Dr. Tsang Lai Ting	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Auditorium, G/F, Hospital Main Block, Tseung Kwan O Hospital	<b>Obesity &amp; weight reduction</b> Dr. Ma Man Ki Katelyn & Dr. Tsang Tsz Lok Charlotte	Ms. Phoebe Wong Tel: 3949 3079
5:00 – 7:00 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	<b>Practice management: Clinical waste disposal (for all to attend)</b> Dr. K H Tseung	Ms. Cherry Wong Tel: 2589 2337
5:30 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	<b>Sexual Dysfunction: men, women and the couple</b> Dr. Jerrold Lee & Dr. Chau Chuen	Mr. Alex Kwok Tel: 5569 6405
<b>21 May 2020 (Thu)</b>			
4:30 – 6:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	<b>Update Management of Endocrine Disease with Cases Sharing (1) - Thyroid Disorder</b> Dr. Yu Yi Fung & Dr. Leung Lai Man	Ms. Eliza Chan Tel: 2468 6813
<b>27 May 2020 (Wed)</b>			
2:00 – 5:00 p.m.	Room 7, 8/F Yau Ma Tei General Outpatient Clinic	<b>Common symptoms in Surgery</b> Dr. Ng Ka Wing & Dr. Yu Xiaoxia	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	<b>Introduction of District Health Centre</b> Dr. Wu Flora	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Auditorium, G/F, Hospital Main Block, Tseung Kwan O Hospital	<b>Practice management</b> Dr. Chang Hsu Wei & Dr. Wong Chung Ming Tom	Ms. Phoebe Wong Tel: 3949 3079
5:00 – 7:00 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	<b>Journal Club</b> Dr. Matthew Lee	Ms. Cherry Wong Tel: 2589 2337
5:30 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	<b>Preventive Care for Men</b> Dr. Wong Hiu Yeung & Dr. Zhao Haifeng	Mr. Alex Kwok Tel: 5569 6405
<b>28 May 2020 (Thu)</b>			
4:30 – 6:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	<b>Approach of Pigmented Skin Lesion and Use of Dermoscopy in Primary Care</b> Dr. So Kwok Ho & Dr. Ho Tsz Bun	Ms. Eliza Chan Tel: 2468 6813



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Wishing you all

Happy  
**EASTER**

The FP Links Committee



# COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12 <b>Apr</b>	13	14	15 <i>2:00 - 3:00 p.m.</i> Online CME <i>2:00 - 7:30 p.m.</i> Structured Education Programme	16 <i>4:30 - 7:00 p.m.</i> Structured Education Programme <i>8:30 p.m.</i> Council Meeting	17	18 <i>2:00 - 3:30 p.m.</i> Online CME Lecture <i>2:30 - 5:30 p.m.</i> Module IV (online)
19	20	21	22 <i>2:00 - 7:30 p.m.</i> Structured Education Programme	23 <i>2:00 - 3:00 p.m.</i> Online CME <i>4:30 - 7:00 p.m.</i> Structured Education Programme	24 <i>2:30 - 3:30 p.m.</i> Online Video Session	25 <i>2:00 - 5:00 p.m.</i> DFM Consultation Skills Workshop II (online)
26	27	28	29	30	1 <b>May</b>	2 <i>2:00 - 4:00 p.m.</i> Online Seminar on Dermatology
3	4	5	6 <i>2:00 - 7:30 p.m.</i> Structured Education Programme	7 <i>4:30 - 7:00 p.m.</i> Structured Education Programme	8	9 <i>2:30 - 6:00 p.m.</i> DFM Pre Exam Workshop I
10	11	12	13 <i>2:00 - 7:30 p.m.</i> Structured Education Programme	14 <i>4:30 - 7:00 p.m.</i> Structured Education Programme	15	16 <i>2:30 - 6:00 p.m.</i> DFM Pre Exam Workshop II
17	18	19 <i>8:30 p.m.</i> Council Meeting	20 <i>2:00 - 7:30 p.m.</i> Structured Education Programme	21 <i>4:30 - 7:00 p.m.</i> Structured Education Programme	22	23
24	25	26	27 <i>2:00 - 7:30 p.m.</i> Structured Education Programme	28 <i>4:30 - 7:00 p.m.</i> Structured Education Programme	29 <i>2:30 - 3:30 p.m.</i> Online Video Session	30

## FP LINKS EDITORIAL BOARD 2020

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






Back row (from left to right): Dr. Sin Ming Chuen, Dr. Chan Man Li, Dr. David Cheng, Dr. Sze Hon Ho, Dr. Ho Ka Ming, Dr. Fok Peter Anthony, Dr. Yip Tsz Hung, Dr. Alfred Kwong and Dr. Alvin Chan  
2<sup>nd</sup> row (from left to right): Dr. Maria Leung, Dr. Heidi Fung, Dr. Cheuk Christina, Dr. Leung Lok Hang, Prof. Martin Wong and Dr. Tam John Hugh  
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