

THE HONG KONG COLLEGE OF FAMILY PHYSICIANS



INSIDE THIS ISSUE

- 01 Message from the President
- 02 Message from the President (Con't), College News:
 - 02 Specialty Board News
 - 03 HKCFP Family Medicine Career Talk 2020
- 04 DFM (HKCFP) 2020-2021
- 06 CCEFM 2020 2021
- 07 FP Links Committee News; HKPCC 2020 Chairman Message
- 08 HKPCC 2020 Announcements
- 13 Family Doctors Column: 我書,故我在——「疫境中的幾篇日誌」
- 14 News Corner: Antiseptic for Coronaviruses
- 16 College News:
 - 16 World Family Doctor Day 2020
 - 18 Membership Committee News; Meeting Highlights
- **Issue 195** May 2020
- 19 HKCFP Trainees Research Fund 2020/ HKCFP Research Seed Fund 2020
- 20 Board of Education News
- 24 College Calendar

Message from the President

The World Family Doctor Day (WFDD) is to be celebrated on 19 May each year when the important role and contribution of family doctors in health care systems around the globe are to be acknowledged. As family doctors, we pride ourselves in providing personal, comprehensive and continuing health care for all of our patients throughout the different stages in life. The 2020 WFDD Theme proposed by WONCA is, "Family doctors on the front line", which describes our role perfectly in the current COVID-19 crisis. We stand firm in the community looking after patients in need, we go to quarantine and triage stations to help screening the patients, and we follow up the patients for their medical, social and psychological needs in their own environment where they are familiar with.

To celebrate family doctors' contribution towards the current crisis on this special occasion, we have compiled various video clips and photographs collections with the help of our College Council and our members. We would be showing these compilations while celebrating the WFDD with WONCA member organisations and various medical institutions in different localities. In addition, these video clips would also be shown in our College's usual channels, e.g. College website, Facebook, etc. Happy World Family Doctor Day 2020 to all!

As the world is still fighting fiercely against the SARS-CoV-2 virus and trying to contain the pandemic, there are some initial advances in identifying useful treatment for the disease. The US Food and Drug Administration (FDA) recently issued an emergency use authorisation for the investigational antiviral drug remdesivir for the treatment of suspected

or laboratory-confirmed COVID-19 in adults and children hospitalised with severe disease. Despite the limited information available about the safety and effectiveness of using remdesivir to treat people infected with SARS-CoV-2



virus, the investigational drug was shown to shorten the time to recovery in some patients in a clinical trial. Also announced recently was a multicentre, prospective, open-label, randomised, phase 2 trial in adults with COVID-19 who were admitted to six hospitals in Hong Kong revealed that early triple antiviral therapy with interferon beta-1b, lopinavirritonavir, and ribavirin was safe and superior to lopinavir-ritonavir alone in alleviating symptoms and shortening the duration of viral shedding and hospital stay in patients with mild to moderate COVID-19. At around the same time, World Health Organisation (WHO) reported that many heads of states and global health leaders met and made an unprecedented commitment to work together to accelerate the development and production of new vaccines, tests and treatments for COVID-19 worldwide. Dr. Tedros Adhanom Ghebreyesus, WHO Director-General said, "We will only halt COVID-19 through solidarity". We must indeed continue to work together closely as a global community to overcome this crisis.

Talking about prevention, it is one of the essential elements of primary care practice and family doctors are most appropriately placed to guide people in the

(Continued on page 2)

Message from the President (Con't)

(Continued from page 1)



Dr. David Chao with Prof. James

community to have better preventive activities so that they stay healthy in the community. Professor James Dickinson, Professor of Departments of Family Medicine and Community Health

Sciences, University of Calgary and a former member of the Canadian Task Force on Preventive Health Care has written an editorial in the forthcoming June issue of the Hong Kong Practitioner journal entitled, "What prevention works in medical practice - a Canadian perspective". Professor Dickinson discussed on topics related to effective prevention and shared his expertise and experience on the practical tips in conducting preventive guidance for people in the community.

Just a quick update on our annual Hong Kong Primary Care Conference scheduled to be held from 12 - 13 September 2020. Many thanks to the hard work and dedication by the Organising Committee lead by Dr. Lorna Ng. various facets of the Scientific Programme are being finalised and details would be released in due course.

The HKCFP Research Committee has just announced our two annual research funds open for application, namely The Trainees Research Fund and the Research Seed Fund. The Trainees Research Fund and The Research Seed Fund are open to all registered HKCFP trainees and members respectively. The submission deadline is 29th October 2020. For application details, please refer to the corresponding announcement.

Please continue to collect deep throat saliva (DTS) specimens from patients with symptoms to support the surveillance of COVID-19. The updated simplified procedures for private doctors are in the latest CHP announcement. (https://www.chp.gov.hk/files/pdf/ letters to doctors 20200513.pdf)

Dr. David V K CHAO

President

Specialty Board News

The Specialty Board is pleased to announce that the following candidates have successfully passed the Full Exit Examination of HKCFP in 2020.

Dr. Chan Pui Chuen

Dr. Chui Winnie Wan Ying

Dr. Kwok Yip Tung Tony

Dr. Tin Yuen Ying

Dr. Chan Pui Kwan Dr. Chen Hing Han Dr. Fong Chui Ying Dr. Han Jinghao

Dr. Lau Lai Na Dr. Xu Shaowei

Dr. Cheng Wai Fat

Dr. Ho Shu Wan

Dr. Cheuk Yau Chun

Dr. Ho Tsz Bun

Dr Luk Chun Wa

Outstanding Candidate of Exit Exam 2020

Specialty Board is pleased announce that Dr. Chui Winnie Wan Ying has achieved outstanding performance in all segments and will be awarded the Outstanding Candidate this year.

hierdy loui

Dr. Wendy Tsui Chairlady, Specialty Board



Special Badge for Fellows of **HKAM** in Family Medicine

HKCFP Family Medicine Career Talk 2020

H K C F P

Date : 11 June 2020 (Thursday)

Time : 18:30 - 21:00

Link to Zoom would be provided later.

Organiser : Young Doctors Committee,

the Hong Kong College of Family Physicians





Content:

- Training & Development of Family Medicine in Hong Kong
- Life and career path of family physicians in different settings
- Interactive small group sharing by family physicians with participants

Registration:

- Free-of-charge
- Please scan the QR code to register via Google form

For other enquiry,

please contact Ms. Erica So or Ms. Kathy Lai through email YDC@hkcfp.org.hk or telephone at 2871 8899.

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)

Air	ms:	Learn concepts of Family Medicine Understand the role of a Family Doctor and scope of Family Medicine					
Co	ntents:	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)

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

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

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

Module IV - Clinical Updates (Updates and Clinical Attachment)

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

Module V - Practical Family Medicine (Practical Workshops)

Aims:	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
Contents:	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 on 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 June 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:

- i) 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.
- ii) The Diploma is a Quotable Qualification of The Medical Council of Hong Kong.
- iii) 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:

- i) Photocopy of the current Annual Practising Certificate;
- ii) A recent photo of the applicant (passport size);
- iii) A signed "Disclaimer of Liability";
- iv) An administration fee for application of HK\$1,000 by crossed cheque payable to "HKCFP Holdings and Development Limited". This fee is non-refundable:
- v) 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: EXTENDED to 31 July 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









Orthopaedic Injection Workshop

Musculoskeletal Workshop

HKCFP CERTIFICATE COURSE IN ESSENTIAL FAMILY MEDICINE 2020-2021

The HKCFP Certificate Course in Essential Family Medicine (CCEFM) is designed to meet with the training needs of practicing primary care doctors who would like to refresh or update their clinical knowledge and skills relevant to family medicine practice. The curriculum of this course also forms part of the well-established HKCFP Diploma in Family Medicine (DFM) course. Our teaching faculty are experienced clinicians working in primary care, in secondary care and in academia. The course has been designed to enhance the course participants' competencies in daily Family Medicine practice in the community.

1. OBJECTIVES:

- . To provide knowledgeable, pragmatic and structured training in Family Medicine for medical practitioners
- ii. To encourage professional development of practising medical practitioners
- iii. To improve standards and quality in Family Medicine practice by adopting holistic patient-centered care via an integrated care approach

2. SYLLABUS:

The CCEFM consists of THREE segments, including Modules III, IV (FM attachment + Update) and parts of Module V in the Diploma in Family Medicine (DFM). Doctors who have graduated from the CCEFM are expected to have acquired the following essential concepts and course contents:

- i. The role of Family Doctors and in providing cost-effective primary care to the community
- i. The essential knowledge and skills on common problems encountered in Family Medicine
- iii. Enhancement in the consultation and problem solving skills
- iv. Acquiring the knowledge and skills in common practice procedures related to family practice

3. AWARDS/CREDITS:

- i. After completion of all the components and course requirements (max. within TWO years), a certificate will be awarded to the successful candidates
- ii. The completed modules and credits can be accredited towards the quotable HKCFP DFM course, if the candidates would like to enroll into DFM course subsequently
- iii. 25 CME and 5 CPD credit points will also be awarded by HKCFP.

4. COURSE CONTENT:

Segment I - Essentials of Family Medicine (Structured Seminars)

Objectives:

- Strengthen knowledge in Family Medicine
- Understand the potential growth of Family Medicine
- Enable the evidence-based family medicine practice

Contents:

Anticipatory Care, Elderly Care and related issues, Chronic Disease Management, Common Musculoskeletal Problems, Evidence Based Medicine & Critical Appraisal, Mental Health, Practice Management; and Clinical Audit, Research & Teaching in Family Medicine.

Segment II - Problem Solving and Clinical Updates

Objectives:

- Acquire in-depth knowledge by clinical scenario/stimulated cases in our daily Family Medicine practice
- * Transfer the practical skills and hand-on experience by interactive learning methods led by Family Medicine Fellows

Contents

A site visit plus scenario based training including Diagnostic Challenges on Common Symptoms, Problem-based Learning on Chronic Disease, Motivational Interviewing, Child Health, Women's Health, Aging and End-of-Life and Common Musculoskeletal Problems.

Segment III - Practical Family Medicine (Practical Workshops)

Objectives:

- Enhance practical and communication skills in Family Medicine by practical workshops in selected areas
- * Transfer the practical skills and hand-on experience by interactive learning methods led by Family Medicine Fellows

Contents

Consultation Skills and Orthopaedics Injection

5. ADMISSION REQUIREMENTS:

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 sessions in the course)

8. COURSE FEES:

Administration fee for application HK\$ 1,000 plus

Enrol for the complete Certificate Course HK\$ 22,000 for members HK\$ 44,000 for Non-members

Enrol for individual session:

Single session from Segment I and Segment II HK\$ 1,700 for members HK\$ 3,400 for Non-members Single Session from Segment III HK\$ 2,200 for members HK\$ 4,400 for Non-members

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

9. APPLICATION PROCEDURES:

Application is now open.

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

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

Successful applicants will be notified by an official letter of admission after the application deadline.

Information and application forms can be obtained from the College or can be downloaded at the College Website (http://www.hkcfp.org.hk). Please contact the College secretariat, Ms. Alky Yu at 2871 8899 for any queries.

Application Deadline: 31 July 2020

FP Links Committee News

Time to Go Green

The Hong Kong College of Family Physicians always encourages the use of the electronic copy to replace printed copy in order to reduce paper consumption. Since 2009, all issues of Family Physicians Links (FP Links) have been accessible from college website http://www.hkcfp.org.hk/fplinks_40.html

To be in line with the College's Go Green policy, College members would be recommended to obtain our FP Links ONLINE from now on.

Members who would like to stop receiving physical copies of FP Links in future, please scan the QR code and unsubscribe from our hard copy database. Mailing of FP Links will be discontinued from the following month (i.e. June) onwards.

Please join us together in reducing paper consumption and helping conserve natural resources!

For enquiries, please contact the College Secretary Angel at 2871 8899.

HKCFP Secretariat

The Hong Kong College of Family Physicians

Address: Rooms 803-4, HKAM Jockey Club Building,

99 Wong Chuk Hang Road, Aberdeen

Email : membership@hkcfp.org.hk

Fax : 2866 0616



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 even through our world's most trying of times. 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



OO

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



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 at the same time period;
- (4) The paper had not been awarded in other competitions in the past.

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. *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 https://goo.gl/forms/A0fnrtAQU4woUycu1 to complete the submission form and send your full research paper to https://goo.gl/forms/A0fnrtAQU4woUycu1 to complete the submission form and send your full research paper to https://goo.gl/forms/A0fnrtAQU4woUycu1 to complete the submission form and send your full research paper to https://goo.gl/forms/A0fnrtAQU4woUycu1 to complete the submission form and send your full research paper to https://goo.gl/forms/A0fnrtAQU4woUycu1 to complete the submission form and send your full research paper to https://goo.gl/forms/A0fnrtAQU4woUycu1 to complete the submission form and send your full research paper to https://goo.gl/forms/A0fnrtAQU4woUycu1 to complete the submission form and send your full research paper to https://goo.gl/forms/A0fnrtAQU4woUycu1 to complete the submission form and send your full research paper to https://goo.gl/forms/A0fnrtAQU4woUycu1 to complete the submission form and send your full research paper to https://goo.gl/forms/A0fnrtAQU4woUycu1 to complete the submission form and send your full research paper to https://goo.gl/forms/A0fnrtAQU4woUycu1 to https://goo.gl/forms/A0fnrtAQU4woUycu1 to

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.

SUBMISSION DEADLINE

22 June 2020 (Monday)

"We look forward to receiving your research articles!"



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 HKPCC 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 (and the presenting author if applicable) must register at the Conference.
- (2) The author completes the majority of the research.
- [3] The author has not submitted the same paper to other conference at the same time period.
- (4) The paper has not been granted any award(s) in the past.
- (5) Only **ONE** designated presenter can present the accepted paper. Co-authors are welcome to register and attend the session of the Conference.
- (6) The Organizing Committee will have the right of final decision on the acceptance of an abstract.
- * If the paper has been granted any award(s) in the past, the paper can be submitted for presentation only and will be automatically excluded from award competition.

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 **Outstanding 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. 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.

SUBMISSION DEADLINE

22 June 2020 (Monday)



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" 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.

ENTRY FORM, PRESENTATION PROPOSAL SUBMISSION DEADLINE

22 June 2020 (Monday)

PRESENTATION MATERIAL SUBMISSION DEADLINE

27 August 2020 (Thursday)



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	12 September 2020 (Saturday)					
TIME						
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	Cof	fee Break and Poster Presentation - Pa	art 1			
17:20 - 18:35	Free Paper - Workshop 1 Discussion Forum Oral Presentation Exercise Prescription for Sleep Competition Disordered 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 Wh East Meets West	Pain Management When		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.

我書,故我在 — 「疫境中的幾篇日誌」

譚仲豪醫生,家庭醫學專科醫生

在忙碌的生活中,我偶爾會靜下來沉澱一下思緒,把 經歷過的寫下來。這些就是最近發生的事,在此與大 家分享一下心聲。

28/1/2020 (農曆年初四)

農曆新年假期過後「開工」的第一天。我給同事們派發了「開工利是」,口中的祝福語句再不是去年的「恭喜發財」,「新年快樂」。眼見疫情迫在眉睫,我只能祝願每位同事都「健康、平安」,希望各位都能齊齊整整,平平安安過每一日。

為求避免上班時衣服被答言,把病毒帶回家於多天。,把病毒帶回家從今衣。,診所同事們都從今衣。,於與四身藍色工作服回身藍色工作的與一身藍色工作的與一身於 2003 年 SARS 的 同萬分未不受樣,也不安。,我也不完是怎麼樣,我也不完是怎麼樣,我也不清楚。



80多歲的婆婆今天前來覆診長期病。這位婆婆,我對她的印象特別深刻,因為她每次見到我都顯得彬彬有禮,很合作,很尊重醫生。

婆婆突然不好意思,細聲並害羞地說:「我知我不應該這樣問....(幾秒沉默)你們可否多給我一個口罩作備用?聽説你們醫護人員的口罩連自己都不足夠,但是我四出尋訪也買不到,現在只能待在家中不敢出街買菜....」

正所謂「人心肉做」,那一刻,我心裡感覺很不舒服, 眼眶裡恍惚有滴淚。我不想把情緒顯露出來,因為這 樣做只會令這位婆婆感到尷尬。我深深感受到婆婆對 我的一份尊重,我也想回饋她應有的尊嚴。

之後的連續幾天,陸陸續續都有病人於診症後對我 送上祝福,及「加油」。原來周遭還有很多診所外面的 人會明白我們上班時的壓力和辛勞,感覺很感動。

10/2/2020

近日因應新型冠狀病毒疫情細閱過一些醫學文獻。對疫情認識多了,心中的顧慮比之前稍為減退,但警惕的心仍在,不敢掉以輕心。



來卸下裝束、徹底洗手、為病人寫轉介信給及填寫呈報表,最後再致電將病者轉送往隔離病房作進一步檢查.....發現要處理一個疑似個案極不容易,很費時但仍不敢於任何細節上鬆懈。

一切過後,再翻查病人記錄,病人對新型冠狀病毒 (nCoV)的測試呈陰性,心中為他舒了一口氣。

20/2/2020

社區中口罩短缺的情況仍然持續。曾有位叔叔於診症完結後對我説:「你們的口罩夠用嗎?我袋裡有一些可分給你。」心中頓然感覺到一陣暖流。我婉拒了叔叔的好意,並希望他能把多出的與身邊的其他人分享。



助,「雖然做事不應望回報,但世事往往就是這樣玄!你今天為別人伸出援手,可能冥冥中你也間接幫助了自己」。多年來我一直都是單純地這樣想。

在百忙中,我亦開始騰空整理手頭上有關新型肺炎(COVID-19)的資訊與文獻,把它們撮成一些可以令公眾明白的信報文章及可給予同事分享的FP Links Articles,希望能為大家都做點有意義的事。(後記:借此機會,我很想多謝College的Public Education Committee與FP Links Editorial Board各成員多年來的通力合作與支持。有賴各朋友給予機會,令這一系列文章能夠成功面世,無言感激。)

我們家庭醫生站在社區中的抗疫最前線。我們都只是常人,遇見前所未見的敵人,也會感到懼怕、擔憂及徬徨。我們手上亦沒有甚麼昂貴藥物、高端醫療儀器或高規格生化保護裝備去應付眼前一切。反之,同袍們手中的「劍與盾」就是我們一直堅信的實證會(evidence-based medicine),以及與病人之間一直珍珍症中與好互信關係(rapport)。希望從日常診症中與病人的大小互動,能使大眾理解更多,於風高浪急的疫情中準備得更好,以及於身邊的人抱恙時能給予第一手支援,這就是我們的初心。

認識我的朋友應該也曾見過我電郵中附帶的座右銘:

"Ne pas faire les choses à moitié"

(French Proverb: "If something is worthy to be done, it's worth to be well done")

共勉之。



Antiseptic for Coronaviruses

COVID-19 pandemic is a public health issue affecting everyone every day. There is no specific antiviral treatment and no vaccination available, making prevention and isolation our best options.

To prevent environmental spread of the virus, cleaning and disinfection are both important:

Cleaning refers to the removal of germs, dirt, and impurities from surfaces. It does not kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.

Disinfecting refers to using chemicals, for example, EPA-registered disinfectants, to kill germs on surfaces. This process does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface after cleaning, it can further lower the risk of spreading infection.

For disinfectant, international and local authority both suggest 70% ethanol to be used as hand rub. How about chlorhexidine, povidone iodine or commonly used benzalkonium chloride? Do they have any role?

First of all, we need to define the standard of effective antiseptic-disinfectant. In the European Standard on virucidal antiseptic-disinfectant activity testing, a product is considered to be effective if it induces a loss of infectivity of at least 4 \log_{10} in viral titers during an accurate contact time (reduce 99.99%). In United States, it specifies reduction of 3 \log_{10} (Reduce 99.9%).

COVID-19 is rather new and lacks extensive study, but we can try to predict its characteristics using the data of other human coronaviruses. After the outbreak of COVID-19, G. Kampf et al. did a literature review about this issue. The result is as follows:

"In suspension tests, ethanol (78 - 95%), 2-propanol (70 - 100%), the combination of 45% 2-propanol with 30% 1-propanol, glutardialdehyde (0.5 - 2.5%), formaldehyde (0.7 - 1%) and povidone iodine (0.23 - 7.5%) readily inactivated coronavirus infectivity by approximately 4 log₁₀ or more. Sodium hypochlorite required a minimal concentration of at least 0.21% to be effective. Hydrogen peroxide was effective with a concentration of 0.5% and an incubation time of 1 min. Data obtained with benzalkonium chloride at reasonable contact times were conflicting. Within 10 min a concentration of 0.2% revealed no efficacy against coronavirus whereas a concentration of 0.05% was quite effective. 0.02% chlorhexidine digluconate was basically ineffective.

In carrier tests, ethanol at concentrations between 62% and 71% reduced coronavirus infectivity within 1 min exposure time by 2 - 4.0 \log_{10} . Concentrations of 0.1 - 0.5% sodium hypochlorite and 2% glutardialdehyde were also quite effective with >3.0 \log_{10} reduction in viral titre. In contrast, 0.04% benzalkonium chloride, 0.06% sodium hypochlorite and 0.55% ortho-phtalaldehyde were less effective."

From the result above, ethanol 70% showed promising result while Povidone iodine is also effective in suspension test. However, benzlkonium chloride and chlorhexidine were not quite effective. Sodium hyochlorite (at least 0.21%) and glutardialdehyde were also effective but use is limited in environmental cleaning due to skin irritation.

Reference

G. Kampf et al. / Journal of Hospital Infection 104 (2020) 246 -251

Table 1: Inactivation of coronavirus by different types of biocidal agents in suspension tests

Biocidal agent	Concentration	Virus	Strain / isolate	Exposure time	Reduction of viral infectivity (log ₁₀)
Ethanol	95%	SARS-CoV	Isolate FFM-1	30 s	≥ 5.5
	85%	SARS-CoV	Isolate FFM-1	30 s	≥ 5.5
	80%	SARS-CoV	Isolate FFM-1	30 s	≥ 4.3
	80%	MERS-CoV	Strain EMC	30 s	> 4.0
	78%	SARS-CoV	Isolate FFM-1	30 s	≥ 5.0
	70%	MHV	Strains MHV-2 and MHV-N	10 min	> 3.9
	70%	CCV	Strain I-71	10 min	> 3.3
2-Propanol	100%	SARS-CoV	Isolate FFM-1	30 s	≥ 3.3
•	75%	SARS-CoV	Isolate FFM-1	30 s	≥ 4.0
	75%	MERS-CoV	Strain EMC	30 s	≥ 4.0
	70%	SARS-CoV	Isolate FFM-1	30 s	≥ 3.3
	50%	MHV	Strains MHV-2 and MHV-N	10 min	> 3.7
	50%	CCV	Strain I-71	10 min	> 3.7
2-Propanol and 1-propanol	45% and 30%	SARS-CoV	Isolate FFM-1	30 s	> 4.3
	1070 and 0070	SARS-CoV	Isolate FFM-1	30 s	≥ 2.8
Benzalkonium chloride	0.2%	HC _o V	ATCC VR-759 (strain 0C43)	10 min	0.0
	0.05%	MHV	Strains MHV-2 and MHV-N	10 min	> 3.7
	0.05%	CCV	Strain I-71	10 min	> 3.7
	0.00175%	CCV	Strain S378	3 d	3.0
Didecyldimethyl ammonium chloride	0.0025%	CCV	Strain S378	3 d	> 4.0
•	0.002370	MHV	Strains MHV-2 and MHV-N	10 min	0.7-0.8
Chlorhexidine digluconate	0.02%	CCV	Strain I-71	10 min	0.3
Sodium hypochlorite	0.02 %	MHV	Strain MHV-1	30 s	o.s ≥ 4.0
Soulum hypochionile	0.21%	MHV	Strains MHV-2 and MHV-N	10 min	2.3-2.8
	0.01%	CCV		10 min	2.3-2.0 1.1
			Strain I-71		
	0.001%	MHV	Strains MHV-2 and MHV-N	10 min	0.3-0.6
	0.001%	CCV	Strain I-71	10 min	0.9
Hydrogen peroxide	0.5%	HC ₀ V	Strain 229E	1 min	> 4.0
Formaldehyde	1%	SARS-CoV	Isolate FFM-1	2 min	> 3.0
	0.7%	SARS-CoV	Isolate FFM-1	2 min	> 3.0
	0.7%	MHV		10 min	> 3.5
	0.7%	CCV	Strain I-71	10 min	> 3.7
	0.009%	CCV		24 h	> 4.0
Glutardialdehyde	2.5%	SARS-CoV	Hanoi strain	5 min	> 4.0
	0.5%	SARS-CoV	Isolate FFM-1	2 min	> 4.0
Povidone iodine	7.5%	MERS-CoV	Isolate HCoV-EMC/2012	15 s	4.6
	4%	MERS-CoV	Isolate HCoV-EMC/2012	15 s	5.0
	1%	SARS-CoV	Hanoi strain	1 min	> 4.0
	1%	MERS-CoV	Isolate HCoV-EMC/2012	15 s	4.3
	0.47%	SARS-CoV	Hanoi strain	1 min	3.8
	0.25%	SARS-CoV	Hanoi strain	1 min	> 4.0
	0.23%	SARS-CoV	Hanoi strain	1 min	> 4.0
	0.23%	SARS-CoV	Isolate FFM-1	15 s	≥ 4.4
	0.23%	MERS-CoV	Isolate HCoV-EMC/2012	15 s	≥ 4.4

SARS = Severe Acute Respiratory Syndrome; MERS = Middle East Respiratory Syndrome; MHV = mouse hepatitis virus; CCV = canine coronavirus; HCoV = human coronavirus.

Table 2: Inactivation of coronavirus by different types of biocidal agents in carrier tests

Biocidal agent	Concentration	Virus	Strain / isolate	Volume / material	Organic load	Exposure time	Reduction of viral infectivity (log ₁₀)
Ethanol	71%	TGEV	Unknown	50 μl / stainless steel	None	1 min	3.5
	71%	MHV	Unknown	50 μl / stainless steel	None	1 min	2.0
	70%	TGEV	Unknown	50 μl / stainless steel	None	1 min	3.2
	70%	MHV	Unknown	50 µl / stainless steel	None	1 min	3.9
	70%	HCoV	Strain 229E	20 µl / stainless steel	5% serum	1 min	> 3.0
	62%	TGEV	Unknown	50 µl / stainless steel	None	1 min	4.0
	62%	MHV	Unknown	50 µl / stainless steel	None	1 min	2.7
Benzalkoniumchloride	0.04%	HCoV	Strain 229E	20 µl / stainless steel	5% serum	1 min	> 3.0
Sodium hypochlorite	0.5%	HCoV	Strain 229E	20 µl / stainless steel	5% serum	1 min	> 3.0
	0.1%	HCoV	Strain 229E	20 µl / stainless steel	5% serum	1 min	> 3.0
	0.06%	TGEV	Unknown	50 µl / stainless steel	None	1 min	0.4
	0.06%	MHV	Unknown	50 µl / stainless steel	None	1 min	0.6
	0.01%	HCoV	Strain 229E	20 µl / stainless steel	5% serum	1 min	< 3.0
Glutardialdehyde	2%	HCoV	Strain 229E	20 μl / stainless steel	5% serum	1 min	> 3.0
Ortho-phtalaldehyde	0.55%	TGEV	Unknown	50 µl / stainless steel	None	1 min	2.3
	0.55%	MHV	Unknown	50 μl / stainless steel	None	1 min	1.7
Hydrogen peroxide	Vapor of unknown concentration	TGEV	Purdue strain type 1	20 µl / stainless steel	None	2-3 h	4.9-5.3*

TGEV = transmissible gastroenteritis virus; MHV = mouse hepatitis virus; HCoV = human coronavirus; *depending on the volume of injected hydrogen peroxide.

Compiled by Dr. Yip Chun Kong, Sam

World Family Doctor Day 2020

Dr. Ho Ka Ming Ken, Specialist in Family Medicine Vice-chairman, Public Education Committee, HKCFP

World Family Doctor Day (WFDD) – 19th May - was first declared by WONCA in 2010 and it has become a day to highlight the role and contribution of family doctors in health care systems around the world. The event is a wonderful opportunity to acknowledge the central role of our specialty in the delivery of personal, comprehensive and continuing health care for all of our patients. It's also a chance to celebrate the progress being made in Family Medicine and the special contributions of family doctors globally.

The 2020 World Family Doctor Day Theme is "Family doctors on the front line. First in, last out!" Every year many of our colleagues across the globe celebrated the day by organising a variety of events and activities.

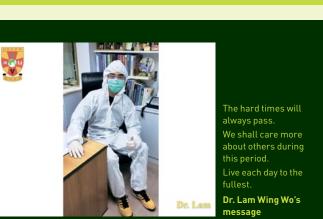
In 2020, we are fighting hard against the pandemic-COVID-19. Our College has collected photos from College members and fellows on our front line for the World Family Doctor Day 2020 to show support to our

patients, our colleagues, our societies and our World to fight against COVID-19. And the photos would be complied into a video on our College Facebook and website to celebrate the World Family Doctor Day.

Besides, College has been invited by 海峽兩岸醫藥衛生交流協會全科醫學分會 to participate in this year WFDD celebration on 19th May 2020 together with many family doctors in various locations in China. College has prepared a video to introduce the history, international connections and our successful history in WONCA to our family doctors colleagues in Mainland. The theme of the video is "the standard and quality of care provided to patients in an epidemic depends heavily on training, standard setting, information sharing, preparedness and provision of holistic care all along".

Below would be some photos and messages of our colleagues:









多關顧身邊有需要的人,就是在抗疫艱難之時帶來光明。家庭醫生的本分自當如此。 Caring for people around you will bring the light in the hardest time of pandemic. And that's the duty of a family doctor!

Dr. Ngan Po Lun's message

COLLEGE NEWS



縱有疾風起,人生 勿言棄! 面對疫境,勿忘健 康生活,時刻保持 警惕,嚴防新冠肺

Let's stay active with vigilance and persistence against the COVID-19 pandemic.

炎。

Dr. J

Dr. Tam John Hugh's message



Tough times never last, but tough people do.

~Robert H Schuller

Dr. Peter Anthony Fok's message



家庭醫生站在抗疫前線,就讓我們攜手一起渡過這 怎「疫」增!

Dr. Loretta Chan Wing Yan's message



疾風知勁草!

17年前我們攜手戰 勝SARS,今次定能 合力跨過難關!

Dr. Chung Sze Pok's message



能參與北大嶼山醫院/亞博館檢測中心COVID-19抗疫工作是開心及有意義

我們要齊心抗疫, 為自己、身邊人、 社會及世界各盡本分,就能克服困難,

Dr. Yeung Wai Man's message



Thanks Prof. Donald Li for the participation in the video to celebrate WFDD2020 in Mainland



Thanks Prof. Cindy Lam for the participation in the video to celebrate WFDD2020 in Mainland



Thanks Dr. Lau Ho Lim for the participation in the video to celebrate WFDD2020 in Mainland

Membership Committee News

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

Associate Membership (New Application)

Dr. CHAK Shu Kwan, Alex 翟 樹 鈞

Re-apply Associate Membership

Dr. WONG Yin Ki, Clement

黄 彦 淇

Resignation of Associate Membership

Dr. KWONG Wai Yan, Wayne

鄜 偉 殷

Resignation of Non-HKSAR Membership

Dr. Fernando Merlyn Edward

傅 林 達

Meeting Highlights

Online Seminar Series

4 sessions of Online Seminar Series were successfully held on 2 April, 7 April, 15 April and 23 April 2020 respectively.

Dr. Leung Yu Lung, Dexter, Specialist in Ophthalmology, delivered a lecture on "Ophthalmology Made Easy" on 2 April 2020.



From left to right:
Dr. Au Yeung Shiu Hing (Moderator), Dr.
Leung Yu Lung, Dexter (Speaker) and Dr.
Alvin Chan (Chairman, Board of Education)

Prof. Leung Yu Hung, Specialist in Haematology & Haematological Oncology, delivered a lecture on "Essential Update on Lymphoma" on 15 April 2020.



From left to right: Dr. Lorna Ng (Moderator), Prof. Leung Yu Hung (Speaker) and Dr. Alvin Chan (Chairman, Board of Education)

Dr. Chan Tao, Specialist in Radiology, delivered a lecture on "Update on Use of Medical Imaging for Screening Diseases" on 7 April 2020.



Dr. Alvin Chan (left, Chairman, Board of Education) presenting a souvenir to Dr. Chan Tao (right, Speaker)

Dr. Wong Hoi Tung, Specialist in Neurosurgery, delivered a lecture on "Neurosurgical Intervention for Common Nonneurological Conditions" on 23 April 2020.



From left to right: Dr. Tsui Hing Sing (Moderator), Dr. Wong Hoi Tung (Speaker) and Dr. Alvin Chan (Chairman, Board of Education)

Online Dermatology Seminar on 2 May 2020

Dr. Chan Sheung Hey, Thomas, Specialist in Dermatology & Venereology, delivered a lecture on "Updates on the Management of Acne Vulgaris" on 2 May 2020.



Dr. Lam Wing Wo (left, Moderator) presenting a souvenir to Dr. Chan Sheung Hey, Thomas (right, Speaker)

Online Seminar: Mindfulness Meditation for Managing Stress during COVID-19

We would like to thank Prof. Wong Yeung Shan, Samuel, Professor and Head, Division of Family Medicine and Primary Healthcare, JC School of Public Health and Primary Care, Faculty of Medicine, The Chinese University of Hong Kong, for delivering a lecture on "Mindfulness Meditation for Managing Stress during COVID-19" on 18 April 2020.

HKCFP Trainees Research Fund 2020 / HKCFP Research Seed Fund 2020

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

The Trainees Research Fund will be opened to all registered HKCFP trainees and is made of four awards (each up to HK\$10,000). It is envisaged it will help trainees especially (but not limited to) those doing research projects as their exit examination. Those who have funding support elsewhere will not be considered.

The Research Seed Fund is opened to all HKCFP members which an award of up to HK\$25,000 will be made to the successful applicant to conduct a research project.

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

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

Assessment Criteria for both funds:

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

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

Research Committee, HKCFP

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

Please indicate the research funding title e.g. "HKCFP Trainees Research Fund 2020" or "HKCFP Research Seed Fund 2020" on your research project upon submission.

Submission Deadline: 29th October 2020

Supported by HKCFP Foundation Fund

ASSESSMENT ENHANCEMENT COURSE (AEC) FOR FAMILY PHYSICIANS 2020

Please note the AEC is now postponed due to the outbreak of COVID-19. The 1st session is tentatively to commence on 20 Jun 2020 (Sat) and revised scheduled as below. Please note the schedule of AEC sessions might be affected due to the outbreak of COVID-19 and the format might change to online platform if necessary. Announcement would further be made in case there is a change of schedule and/or format. Thanks.

Organizer Assessment Enhancement Sub-committee, Board of Education, HKCFP

Family Medicine Specialists, Fellows of HKCFP and RACGP **Tutors**

Supervisor Dr. Chan Chi Wai Co-ordinator Dr. Lai Sheung Siu

1. To improve clinical knowledge, problem solving and consultation skills through different workshops **Objectives**

To improve physical examination technique and clinic procedural skills through hands-on experience

To provide opportunity for inter-professional communication and social network expansion through self-

4. To improve time management through simulated examination

Venue Duke of Windsor Social Service Building and HKAM Jockey Club Building

Date 4 months' course starting from June 2020

Course Structure: The course will consist of 4 main components:

> 1. Seminars 2. Workshops

3. Self-help Group Support

4. Mock Exam

Seminars and Workshops will be arranged on Saturday afternoons (2:30 p.m. to 5:30 p.m.)

Accreditation : Up to 15 CME points (Category 4.4) & 5 CPD points (Category 3.15) for the whole course Course Fee

Members : HK\$3,400 (Whole course)

HK\$950 (Spot admission for each seminar or workshop only)

All cheques payable to "HKCFP Education Ltd" All Fees received are non-refundable and non-transferable.

Capacity 50 doctors maximum

Enrolment Enrolment is now open. Registration form is available at College website:

http://www.hkcfp.org.hk/pages 9 463.html.

Please return the completed application and the cheque to the Secretariat for processing. Please contact the Secretariat, Ms. Teresa Liu or Ms. Windy Lau by email to education@hkcfp.org.hk or call 2871 8899 for

details. Successful applications will be informed by email later.

Disclaimer All cases and answers are suggested by our tutors only. They are not standard answers for examination.

Remarks 1. Post-AEC training course (optional) will be organized for category 2 candidates who have enrolled in AEC if there is sufficient enrolment.

> 2. Please note the schedule of AEC sessions might be affected due to the outbreak of COVID-19 and the format might change to online platform if necessary. Announcement would be made in case there is a change of schedule and/or format.

Assessment Enhancement Course 2020 **Revised Timetable for Workshop**

Date	Topics	Venue		
20 June 2020 (Sat) 2:30 – 5:30 p.m.	Introduction			
18 July 2020 [Sat] 2:30 – 5:30 p.m. Approach to Physical Complaints				
15 August 2020 (Sat) 2:30 – 5:30 p.m.	Viva Practice: Enhance Interprofessional Communication	Room 802, Duke of Windsor Social Service Building, Wanchai		
29 August 2020 (Sat) 2:30 – 5:30 p.m.	Problem Solving Skills			
26 September 2020 (Sat) 2:30 – 5:30 p.m.	Proper Physical Examination & Common Clinic Procedures			
3 October 2020 (Sat) 2:30 – 6:00 p.m.	Mock Exam	HKAM Jockey Club Building, 99 Wong Chuk Hang Road		

The Board of Education is pleased to let you know that there would be some online seminars to be conducted via the GoToWebinar platform in the coming months with the details below:

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Dates and Time	Topics	Speakers	QR Code
27 May (Wed) 2:00 – 3:00 p.m.	Common Mood Disorders in General Practice (Sponsored by Pfizer Upjohn Hong Kong Limited)	Dr. Wong Lo Lo, Louise Specialist in Psychiatry	
30 May (Sat) 2:00 – 4:00 p.m.	Interesting Cases in Paediatric Dermatology Organized by Dermatology Interest Group (Sponsored by Mylan Pharmaceutical Hong Kong Limited)	Dr. Luk Chi Kong, David Specialist in Paediatrics	
5 June (Fri) 2:00 – 3:00 p.m.	Combination of Basal Insulin and GLP-1 RA in Type 2 Diabetes Mellitus Management (Sponsored by Sanofi Hong Kong Limited)	Dr. Lam King Yun, Joanne Specialist in Endocrinology, Diabetes and Metabolism	
6 June (Sat) 2:00 – 4:00 p.m.	Advances in Diagnosis and Treatment of Parkinson's Disease Organized by Mental Health Interest Group (Sponsored by Lundbeck Hong Kong Limited)	Prof. Mok Chung Tong, Vincent Specialist in Neurology Head of Neurology, Faculty of Medicine, The Chinese University of Hong Kong	
16 June (Tue) 2:00 – 3:00 p.m.	Pain Management in Orthopaedic Rehabilitation (Sponsored by Pfizer Upjohn Hong Kong Limited)	Dr. Lam Chor Yin Specialist in Orthopaedics & Traumatology	
24 June (Wed) 2:00 – 3:00 p.m.	Envisioning the Breakthrough of SGLT2 Inhibitors: Treatment of Type 2 Diabetes Mellitus Patients with Cardiovascular Disease (Sponsored by Boehringer Ingelheim HK Limited)	Dr. Hai Siu Han, Jojo Specialist in Cardiology	
29 June (Mon) 2:00 – 3:00 p.m.	Mood Disorders & Heart Diseases (Sponsored by Pfizer Upjohn Hong Kong Limited)	Dr. Mak Yiu Kwong Specialist in Cardiology	

Accreditation:

27 May, 5, 16, 24 & 29 June : 1 CME Point HKCFP (Cat. 4.3), 1 CME Point MCHK (pending) *30 May (Sat) & 6 June (Sat) : 2 CME Point HKCFP (Cat. 4.3), 2 CME Point MCHK (pending)

Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log)

Online Monthly Video Session

Dates and Time	Topics	Speakers	QR Code
29 May (Fri) 2:30 – 3:30 p.m.	Prediabetes: Why & How Should We Treat?	Dr. Francis Chow Specialist in Endocrinology, Diabetes and Metabolism	
26 June (Fri) 2:30 – 3:30 p.m.	Casting New Light in Diabetes Journey from Basal Initiation to Intensification (Bilingual presentation)	Dr. Chan Nor, Norman Specialist in Endocrinology, Diabetes & Metabolism	

Accreditation : 1 CME Point HKCFP (Cat. 4.2), 1 CME Point MCHK (pending)

Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log)

Online Seminar Series of Liver Diseases

Co-organized by by the Hong Kong College of Family Physicians and Hong Kong Association for the Study of Liver Diseases

Sponsored by Gilead Sciences Hong Kong Limited

The Board of Education is pleased to announce that the online seminar series on Liver Diseases co-organised with the Hong Kong Association for the Study of Liver Diseases (HKASLD) will be held in June 2020. The online seminars will be conducted via the GoToWebinar platform with the details below:

Dates and Time	Topics	Speakers	QR Code
2 June (Tue) 2:00 – 3:00 p.m.	Hepatocellular Carcinoma (HCC) A Deadly Cancer That is Crucial to Prevent and Manage Early	Dr. Rashid Lui Specialist in Gastroenterology and Hepatology	
4 June (Thu) 2:00 – 3:00 p.m.	Hepatitis C (HCV) We Can All Contribute to Hepatitis C Elimination	Dr. Mak Lung Yi, Loey Specialist in Gastroenterology and Hepatology	
11 June (Thu) 2:00 – 3:00 p.m.	Hepatitis B (HBV) Before A Cure is Found, What Can We Do?	Dr. Li Tat Wing, Francis Specialist in Gastroenterology and Hepatology	
18 June (Thu) 2:00 – 3:00 p.m.	Nonalcoholic Steatohepatitis (NASH) Unlocking the Next Big Puzzle	Prof. Wong Wai Sun, Vincent Specialist in Gastroenterology and Hepatology	

Accreditation 1 CME Point HKCFP (Cat. 5.2), 1 CME Point MCHK (pending)

Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log)

Admission Fee (for all online seminars) Member Free

HK\$ 100.00 for each session Non-member

For non-members, please contact the secretariat for registration details. All fees received are non-

refundable nor transferable.

Lecture will be conducted in English. Language

Registration Method: Please register via the registration link to be sent by email later or scan the QR code above.

For enquiry about registration, please contact Ms. Windy Lau or Ms. Teresa Liu by email to

education@hkcfp.org.hk or by call 2871 8899. Thank you.

Notes 1. In case of over-subscription, the organiser reserves the right of final decision to accept

2. The link to join the webinar **SHOULD NOT** be shared with others as it is unique to each individual who has completed prior enrolment procedures. If additional attendee(s) is/are found using the same unique link to join the webinar with you, all attendees joining the lecture

via your unique link would be dismissed. You can only login with one device at a time.

3. CME point(s) would only be given to those on the pre-registration list and attended the lecture. 4. Members who have attended less than 3/4 of the length of the webinar may not be able to receive CME. Final decision would be subject to the approval of the related Board / Committee.

5. Please be reminded to check the system requirements beforehand to avoid any connection issues.

6. Please be reminded to complete and submit the survey after the session for MCHK CME point(s) accreditation.

7. Due to copyright issue, please note private recording of the lecture is prohibited.

Structured Education Programmes

Free to members

HKCFP 2 CME points accreditation (Cat 4.3)

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
3 Jun 2020 (Wed)			
2:00 – 5:00 p.m.	Seminar room, G/F, Block A, Queen Elizabeth Hospital	Management of Sleeping Disorder and Eating Disorder Dr. Siu Wing Yee & Dr. Yu Kwun Nam	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	Approach to Male Sexual Dysfunction Dr. Zhou Niman	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Auditorium, G/F, Hospital Main Block, Tseung Kwan O Hospital	Difficult Patient Management 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	Introduction to Community Nurse Service Dr. Sze Hon Ho	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 Medical Care in Conflict Zone Dr. Lim Foon Lian Jacqueline & Dr. Fan Vei Chen	Mr. Alex Kwok Tel: 5569 6405
4 Jun 2020 (Thu)			
4:30 – 6:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	Approach to Urinary Incontinence in Men Dr. Tsang Kam Wah & Dr. Sung Cheuk Chung	Ms. Eliza Chan Tel: 2468 6813
10 Jun 2020 (Wed)		
2:00 – 5:00 p.m.	Seminar room, G/F, Block A, Queen Elizabeth Hospital	Palliative Care for Terminal Illnesses and Management of Pain Dr. Mak Shen Rong Sharon & Dr. Lee Kin Lun	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	Community Resources for Paediatric Patients Dr Chan Cho Shan	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Auditorium, G/F, Hospital Main Block, Tseung Kwan O Hospital	Critical Appraisal Dr. Luk Sze Wan Candy & Dr. Chen Tsz Ting	Ms. Phoebe Wong Tel: 3949 3079
5:00 – 7:00 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	Common Symptoms Complaints: Chest Pain Dr. Alex Leung	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	Common Rheumatological Symptoms: Joint Pain, Rash, Myalgia etc Dr. Leung Wai Yan Viola & Dr. Zhao Haifeng	Mr. Alex Kwok Tel: 5569 6405
11 Jun 2020 (Thu)			
4:30 – 6:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	Psychiatric Emergencies in General Practice Dr. Tong Ka Hung & Dr. Kwok Vincci	Ms. Eliza Chan Tel: 2468 6813
17 Jun 2020 (Wed]		
2:00 – 5:00 p.m.	Room 7, 8/F, Yau Ma Tei General Out- patient Clinic	Occupational Health Dr. Hui Alice Sau Wei & Dr. Lo Chak Yui	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	0&G Emergencies in General Practice Dr. Sheng Wei Yang	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Auditorium, G/F, Hospital Main Block, Tseung Kwan O Hospital	Confidentiality, Patient's Right, Performance Pledge Dr. Yau Chi Yan Davy & Dr. Chuk Man Ting Karen	Ms. Phoebe Wong Tel: 3949 3079
5:00 – 7:00 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	Introduction to VMP Service (for all to attend) Dr. Jimmy Sy	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	Medical Council: Complaints against Doctors and Disciplinary Inquiry Cases Dr. Jerrold Lee & Dr. Wong Hiu Yeung	Mr. Alex Kwok Tel: 5569 6405
18 Jun 2020 (Thu)			
4:30 – 6:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	Community Resource for Cancer/Palliative Care Dr. Zhang Dingzuan & Dr. Leung Hor Yee	Ms. Eliza Chan Tel: 2468 6813
24 Jun 2020 (Wed	1		
2:00 – 5:00 p.m.	Room 7, 8/F, Yau Ma Tei General Out- patient Clinic	0&G Emergency in General Practice Dr. Noh Young Ah & Dr. Kelly Sara Jane	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	Doctors' Wellbeing and Professional Development Dr. Ko Pak Long	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Auditorium, G/F, Hospital Main Block, Tseung Kwan 0 Hospital	Promotion of Positive Mental Health in Community Dr. Chan Ki Fung Dickson KEC DM Case Conference Ms. Maisy Mok	Ms. Phoebe Wong Tel: 3949 3079
5:00 - 7:00 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	Health Care Systems in Other Parts of The World Dr. Prudence Hou	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	Update in Hyperlipidemia Management Dr. Shen Yu Wei Teresa & Dr. Chau Chuen	Mr. Alex Kwok Tel: 5569 6405

COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24 May	25	26	27 2:00 – 7:30 p.m. Structured Education Programme 2:00 – 3:00 p.m. Online CME Lecture 8:30 p.m. Council Meeting	28 4:30 - 7:00 p.m. Structured Education Programme	29 2:30 - 3:30 p.m. Online Video Session	30 2:00 - 4:00 p.m. Online CME Lecture
31	1 Jun	2:00 - 3:00 p.m. Online CME Lecture	2:00 – 7:30 p.m. Structured Education Programme	4 2:00 - 3:00 p.m. Online CME Lecture 4:30 - 7:00 p.m. Structured Education Programme	5 2:00 - 3:00 p.m. Online CME Lecture	6 2:00 - 4:00 p.m. Online CME Lecture
7	8	9	2:00 – 7:30 p.m. Structured Education Programme	11 2:00 - 3:00 p.m. Online CME Lecture 6:30-9:30 p.m. HKCFP Career Talk 2020 (Online) 4:30 - 7:00 p.m. Structured Education Programme	12	13
14	15	16 2:00 - 3:00 p.m. Online CME Lecture	2:00 – 7:30 p.m. Structured Education Programme	18 2:00 - 3:00 p.m. Online CME Lecture 4:30 - 7:00 p.m. Structured Education Programme 8:30 p.m. Council Meeting	19	20
21	22	23	24 2:00 - 3:00 p.m. Online CME Lecture 2:00 - 7:30 p.m. Structured Education Programme	25	2:30 - 3:30 p.m. Online Video Session	27
28 2:30 - 6:00 p.m. DFM Pre Exam Workshop I	29 2:00 - 3:00 p.m. Online CME Lecture	30	1 Jul	2	3	4

FP LINKS EDITORIAL BOARD 2020



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Front row (from left to right): Dr. Law Tung Chi, Dr. Tsui Hiu Fa, Dr. Judy Cheng, Dr. Catherine Ng, Dr. Wendy Tsui, Dr. Natalie Yuen, Dr. Anita Fan and Dr. Natalie Siu

Contact and Advertisement Enquiry

Ms. Alky Yu Tel: 2871 8899 Fax: 2866 0616 E-mail: alkyyu@hkcfp.org.hk The Hong Kong College of Family Physicians Room 803-4, 8th Floor, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Hong Kong Red : Education Programmes by Board of Education

Green : Community & Structured Education Programmes

Purple : College Activities

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12 -13 September 2020 (Saturday - Sunday)

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



REGISTRATION

REGISTRATION FORM (For HKCFP members use only)

OFFICE USE	
Registration no:	

Title *: Prof.	/ Dr. / Mr. / Mrs.	,	-
Surname:		HA Cluster *: HKE/HKW/KE/KC/KW/I Given Name: HK6	CFP Member ID #:
Occupation:	Doctor / Nurs	Given Name: HK	
Contact No.:	(Office)	(Mobile)	(Fax)
Address:			
Email^:			
note the HKCFP	s would be sent by en Personal Data (Priva	nail. cy) Policy published at http://www.hkcfp.org.hk/privacy_policy.html	
REGISTRAT			Member
Conference R ◆ Regis		ference is required.	☐ HK\$100
• First	come first served	ase refer to our refund policy as below) ite cheque(s). Cheque(s) will be returned to unsuccessful re	gistrants.
12 Sep (Saturday)	17:20 – 18:35	Workshop 1: Exercise Prescription for Sleep Disordered Breathing	☐ HK\$500
13 Sep	09:00 – 10:15	Workshop 2: Pain Management When East Meets West (Please refer to the details below)	☐ HK\$500 per participant
(Sunday)	10:35 – 11:50	Workshop 3: Expressive Arts Therapy for Yourself and Your Patient	☐ HK\$500
WORKSHOE	2 2		
Workshop	2 involves practi	ce-in-pairs for pain management manipulations, participant your partner as below:	s are advised to register in pairs .
Surname:_	····	Given name:	
Partners m	uist register senar	ately	

Solo participants are also welcome, however, priority would be offered to participants who enroll in pairs.



COMPLIMENTARY SYMPOSIA



COMPLIMENTARY TRANSPORTATION^^

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

12 Sep (Saturday)	18:45 – 21:00	Dinner Symposium	HK\$50 Enrolment Deposit**		Chuk Hang MTR → HKAM: <u>14:30 -15:00</u> M → Wong Chuk Hang MTR: <u>21:15</u>
13 Sep (Sunday)	12:40 – 14:00	Lunch Symposium	HK\$50 Enrolment Deposit**	☐ Wong	Chuk Hang MTR → HKAM: <u>08:30 – 09:00</u>
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CONFEREN	CE SECRETARI	AT			
Registration: CME / CNE: Scientific: Others:	Ms. A Mr. Jo Ms. S Ms. E	nna Ho ohn Ma uki Lung rica So / Ms. Cı		Tel: Fax: Email:	
Address: H	KCFP, Room 803	-4, 8/F, HKAM	Jockey Club Building, 99 W	ong Chuk Ha	ing Road, Aberdeen, Hong Kong
Signature:					Date: