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## Message from the President

Normally, June is the month for schools' end of year examinations. But this year, we are still experiencing the ongoing effects of the COVID-19 pandemic, here and around the world. I would like to thank you all for continuing to contribute actively towards the “early testing and detection” approach adopted by Centre of Health Protection (CHP), Department of Health. My last email communication to you on 1 June happened to coincide with the latest communication issued by CHP ([https://www.chp.gov.hk/files/pdf/letters\\_to\\_doctors\\_20200601.pdf](https://www.chp.gov.hk/files/pdf/letters_to_doctors_20200601.pdf)) appealing to doctors to arrange COVID-19 test for all patients presenting with any symptoms, irrespective of their travel history and clinical severity, and travel history is not a prerequisite for offering COVID-19 testing. Since then, I gathered that the total number of Deep Throat Saliva (DTS) specimens received by the Enhanced Laboratory Surveillance Programme has been on the rise, which is very encouraging and important for the aforementioned strategy to work properly. A recent review of the early COVID-19 data suggested that the prevalence of asymptomatic SARS-CoV-2 infection might be a significant factor in the rapid progression of the COVID-19 pandemic. (<https://www.acpjournals.org/doi/10.7326/M20-3012>) Therefore, there is no room for complacency and we should all continue to stay vigilant and help to break the transmission chain for disease containment by performing COVID-19 testing as indicated. Together, we fight the virus!

This year, the World No Tobacco Day (31 May 2020) has the spotlight on protecting children and young people from exploitation by the tobacco industry. According to World Health Organisation (WHO), over

40 million young people aged 13-15 have already started to use tobacco. Therefore, educating the youth is vital because nearly 9 out of 10 smokers start before age 18. WHO recently launched a new toolkit for school students alerting them about the tactics employed to lure them to be tobacco users. (<https://www.who.int/news-room/detail/29-05-2020-stop-tobacco-industry-exploitation-of-children-and-young-people>) From a government press release related to the Smoking (Public Health) (Amendment) Bill, it is regrettable to learn that the Bills Committee has recent made a decision to cease its work on the Bill, which could have prevented the invasions by electronic cigarettes (e-cigarettes) and heated tobacco products (HTPs) into Hong Kong. WHO has stated that both e-cigarettes and HTPs are harmful to health and smoking products containing nicotine are addictive. Furthermore, a recent review on the available evidence related to COVID-19 hospital admissions suggested that smoking was associated with increased severity of disease and death in hospitalised COVID-19 patients. (<https://www.who.int/publications/i/item/smoking-and-covid-19>) With the well-established harms associated with tobacco use and second-hand smoke exposure, WHO recommends that tobacco users to quit. Proven interventions to help smokers quit include quit lines for counselling, mobile text-messaging cessation programmes, nicotine replacement



*(Continued on page 2)*

## Message from the President (Con't)

*(Continued from page 1)*

therapies and approved medications. Just a quick reminder that in the International Classification of Primary Care (ICPC) disease coding system authored by the WONCA International Classification Committee, the code for "Tobacco Abuse" is P17. Let's continue to join hands in preventing people in the community to become smokers, help our patients to quit and make our society a tobacco-free society!

Each year, our College organises several career talks about Family Medicine as a specialty for interested colleagues, interns and medical students alike. The forthcoming one would be on 11 June from 6pm to 9pm, thanks to our Young Doctors' Committee for being in charge of this talk. Due to the current pandemic, it would be held online for the first time but the popularity has been unchanged as we have already received 150 registrations at the time of writing. We would be sharing with the audience about the training structure and processes, the various career options and future developments of Family Medicine as a discipline. In case you want to know a bit more about what is on offer by Family Medicine, but unable to make it this time, please watch out for our future announcements for talks in other parts of the year.

To carry on about training, our College has been running Continuing Medical Education/Continuing Professional Development programmes to suit

every taste, be it for colleagues who are new to the field or those who just want to have an update on various topics related to family practice. The Diploma in Family Medicine (DFM) is a well-established one year part-time programme for medical practitioners, providing updates in clinical knowledge and practical skills relevant to daily clinical practice through a pragmatic and structured approach. The DFM is a quotable qualification recognised by the Medical Council of Hong Kong. For colleagues who may prefer a simpler course structure due to time constraints or other reasons, the Certificate Course of Essential Family Medicine is a newly designed course which also forms part of the DFM curriculum, should the colleagues wish to pursue DFM in due course, is the perfect solution. Both of these courses are taught by experienced clinicians in the field and are now open for enrolment for the 2020-2021 academic year. Please refer to the corresponding announcements or contact the College secretariat via the usual channels. Just in case you did not realise, being a member of the HKCFP would entitle you to a substantial discount on the regular fees. Do join the HKCFP big family if you have not done so. Again, please contact our helpful secretariat for more details.

**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 **April – May 2020**:

### Associate Membership (New Application)

Dr. CHAN Cheuk Lok  
Dr. CHEONG Tsz King  
Dr. LEE Kin Lun  
Dr. LEUNG Kai Kong

陳卓洛  
張子敬  
李健倫  
梁啟剛

### Resignation of Associate Membership

Dr. LO Hui Ying, Edmund  
Dr. MUI Ellen Hoi-ling

羅煦英  
梅凱菱

## Meeting Highlights

### Online Seminar on 14 May 2020

Dr. Fok Wai Ming, Specialist in Neurology, delivered a lecture on "Update Management on Neuropathic Pain" on 14 May 2020.



Dr. Au Yeung Shiu Hing (left, Moderator) presenting a souvenir to Dr. Fok Wai Ming (right, Speaker)

### Online Seminar on 27 May 2020

Dr. WONG Lo Lo, Louise, Specialist in Psychiatry, delivered a lecture on "Common Mood Disorders in General Practice" on 27 May 2020.



Dr. Tsui Hing Sing (left, Moderator) presenting a souvenir to Dr. WONG Lo Lo, Louise (right, Speaker)

### Online Dermatology Seminar on 30 May 2020

Dr. LUK Chi Kong, David, Specialist in Paediatrics, delivered a lecture on "Interesting cases in Paediatric Dermatology" on 30 May 2020.



Dr. Lam Wing Wo (right, Moderator) presenting a souvenir to Dr. LUK Chi Kong, David (left, Speaker)

### Online Seminar on 2 June 2020

We would like thank Dr. Rashid Lui, Specialist in Gastroenterology and Hepatology lecture for delivering his "Hepatocellular Carcinoma (HCC): A Deadly Cancer That is Crucial to Prevent and Manage Early" on 2 June 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](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](mailto:membership@hkcfp.org.hk)

Fax : 2866 0616



## Board of Vocational Training and Standards News

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

To those who will complete Basic Training,

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

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

Basic Training Subcommittee  
Board of Vocational Training and Standards

## Quality Assurance & Accreditation Committee News

### Important news

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

Dear College Members,

**RE: MCHK CME Programme for Practicing Doctors who are not taking CME Programme for Specialists** (Ver. May 2020)

We are pleased to remind you that our College members who are registered with Hong Kong Academy of Medicine (HKAM) as their MCHK CME administrator via HKCFP will have their associated administrative charge waived starting from January 2017. For **new registrant OR** those who would like to switch their MCHK CME Administrator to HKAM via the College (**with current cycle start date 1 July only**) **starting from 1<sup>st</sup> July 2020**, they must submit Registration Consent Form to College Secretariat before **26 June 2020 (Friday)**, and the processing of MCHK CME record will be facilitated accordingly.

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

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

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

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

HKCFP Secretariat



## Quality Assurance & Accreditation Committee News (Con't)

### CME/CPD Compliance

Dear Colleagues,

Please be reminded to your updated report by visiting the College website regularly at <http://www.hkcfp.org.hk/>

The committee wishes to highlight that Colleagues **must engage in ALL categories of activities** in order to fulfill the **QA Certificate 2020-2022 criteria**, briefly summarized as follows:

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

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

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

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

To obtain **CME Certificate 2020**, Members should obtain at least **30 Credit Points** in either CME or CPD or both.

In particular, **HKAM Fellows** are required to obtain the minimum of 90 points, including **at least 15 CPD points** in a 3-year cycle (2020-2022); with maximum allowed set for sub-categories 3.01 & 3.03c.

For Member who planned to apply reciprocal recognition, please read the RACGP QI&CPD Handbook 2020-2022:

<https://www.racgp.org.au/getattachment/d0f40b8e-2f67-485a-a085-a06e0b2d6682/Handbook-for-general-practitioners.aspx>

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

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

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

## 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 August 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 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:

- 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: 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*



APCLS Training Workshop



Women's Health Workshop



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 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:

- i. 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
- ii. 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
Or			
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**

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





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



Online  
Registration:

## Registration Information

<b>A) Conference Registration</b> Registration to the conference is required.			Member: HK\$100 Non-member: HK\$1000
<b>B) Workshop Registration</b> First come first served. Please prepare a separate cheque(s). Cheques will be returned to unsuccessful registrants. • CPD application for workshop participants in progress.			
<b>12 September (Saturday)</b>	<b>17:20 – 18:35</b>	<b>Workshop 1:</b> Exercise Prescription for Sleep Disordered Breathing	HK\$500 
<b>13 September (Sunday)</b>	<b>09:00 – 10:15</b>	<b>Workshop 2:</b> Pain Management When East Meets West • Workshop 2: practice-in-pairs for pain management manipulations (participants are advised to register in pairs.) • Partner must register separately. • Please provide the name of your partner to college secretary at <a href="mailto:hkpcc@hkcfp.org.hk">hkpcc@hkcfp.org.hk</a> after registration. • Solo participants are also welcome, however, priority would be offered to participants who enrolls with a partner.	HK\$500 per participant 
	<b>10:35 – 11:50</b>	<b>Workshop 3:</b> Expressive Arts Therapy for Yourself and Your Patient	HK\$500 
<b>C) Symposium Registration</b> • Seats for symposia is limited. Registrants are required to send the 'Enrolment Deposit cheque' for symposia enrolment. • At the back of the cheque: please write down your name and the symposium that you wish to be enrolled in. • Please prepare a separate cheque as enrolment deposit for each individual symposium, e.g. if you will enroll in all symposia, you will need three separate cheques. • The respective cheque(s) would be returned upon attendance at the registration counter. For non-attendees, the enrolment deposit cheque(s) will go by default towards our administration fees.			
<b>12 September (Saturday)</b>	<b>18:45 – 21:00</b>	<b>Dinner Symposium</b>	HK\$50 Enrolment Deposit
<b>13 September (Sunday)</b>	<b>12:40 – 14:00</b>	<b>Lunch Symposium</b>	HK\$50 Enrolment Deposit

### D) Complimentary Transportation

Complimentary transportation for participants would be provided during the conference with details as follows. **Pre-registration for transportation is required.**

Date	Origin	Destination	Time
12 September	Wong Chuk Hang MTR	HKAM Jockey Club Building	14:00 – 14:30*
	HKAM Jockey Club Building	Wong Chuk Hang MTR	21:15
13 September	Wong Chuk Hang MTR	HKAM Jockey Club Building	8:30 – 9:00*

\*Circular coach service would be provided within the mentioned periods.

### Payment Method

#### Pay by cheque

- Please complete the registration form and send crossed cheque(s) payable to “HKCFP Education Ltd” to the Conference Secretariat.
- Please use **SEPARATE** cheques for payment of conference, workshop(s) registration fees, symposium deposit, etc.

#### Pay by PayPal

- Payment information would be sent to you within 5 working days after your submission of registration.

#### Pay by Tele-transfer

- For overseas delegates only.
- Payment information would be sent to you within 5 working days after your submission of registration.
- All bank charges and related transaction fees should be borne by the remitter of the funds.

### Refund Policy

- The Organizing Committee is continuously monitoring the COVID-19 situation. If deemed necessary, the organizers may take the conference **ONLINE**. We will review the programme arrangement in a timely manner.
- Withdrawal of registration **on or before 31 July 2020: Full refund** after deduction of all bank charges and related transaction fees
- Withdrawal of registration **after 31 July 2020: No refund** will be accepted.
- All Workshops (1, 2 & 3) will be cancelled if the conference is conducted **ONLINE**. Registration fee for Workshop(s) will be refunded under this circumstances.
- All refunds, including unsuccessful workshop registration, symposium deposit etc. would be arranged within 8 weeks after the Conference. All bank charges and related transaction fees if any would be deducted from the amount of the refund payment.

For inquiries, please contact the Conference Secretariat on (852) 2871 8899 or via email to [hkpcc@hkcfp.org.hk](mailto:hkpcc@hkcfp.org.hk).

### 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 (Prof. David S.C. HUI) Update on Community Outbreak of COVID-19		
16:15 - 17:00	Plenary II (Prof. Cindy L.K. LAM) Promote Mental Health and Wellness at All Times		
17:00 - 17:20	Coffee Break and Poster Presentation - Part 1		
17:20 - 18:35	Discussion Forum COVID-19 Global Pandemic: Unity in Meeting the Challenge	Free Paper - Oral Presentation Competition	Workshop 1 Exercise Prescription for Sleep 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 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 (Prof. Terry Y.S. LUM) Building a Healthier Community: The Effectiveness of the JC JoyAge Non-pharmacological Intervention for Community Dwelling Older Adults with Depression			
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)



## COVID-19 CHP Interview - “Diamond Princess Evacuation Mission”

Author & Interviewer : Dr. Leung Lok Hang, Will (Associate Consultant, Department of Family Medicine & Primary Health Care, Kowloon West Cluster, Hospital Authority, HKSAR)

Guest : Dr. Ma Siu Keung, Edmond (Associate Consultant, Infection Control Branch, Centre for Health Protection, Department of Health, HKSAR)

Venue : The Centre for Health Protection (CHP)



Dr. Will Leung (left) and Dr. Edmond Ma (right) at the Centre for Health Protection (CHP)

The Coronavirus Disease (COVID-19) Pandemic has been permeating throughout the world. The high infectivity of the virus made the outbreak control a daunting challenge for Hong Kong dating back to the beginning of the Year of the Rat in late January 2020. The Centre for Health Protection (CHP), established in 2004, contributed significantly to safeguard our public health by disease surveillance, infection control, laboratory support, risk communication and health promotion during the COVID-19 Pandemic.

“What a meaningful yet unforgettable experience!” Dr. Edmond Ma, a Specialist in Public Health Medicine, flashed back vividly during his Diamond Princess operation.

Diamond Princess, a cruise ship that captivated the world, had over three thousand passengers quarantined on board. Over a hundred passengers from Hong Kong were stuck on the cruise in February. The Government decided to evacuate Hong Kong residents from the cruise.

“When I was on my way to Chun Yeung Estate for scheduled quarantine centre duties, I received an urgent call to participate in the excavation exercise and needed to rush to join other members at the airport. What a surprise!” Dr. Ma then dashed towards Chek Lap Kok meeting up colleagues for a special operation on Diamond Princess Evacuation.

Time is of essence. In a matter of hours, colleagues from Department of Health, Hospital Authority and Immigration Department had to work on site to execute the evacuation plan. From confirmation of passengers’ identities to seating arrangement on the chartered flight, every minute detail had to be considered diligently and carefully in order to minimize the risk of cross-infection and to ensure smooth

logistics. “Seating arrangement, set up of donning and doffing areas within the flight was of paramount concern, in addition to compliance of hand hygiene of all passengers, crew members and other government officers. All these measures are crucial to reduce transmission risk. We also liaised with our flight captain to keep our aircraft’s engines on despite touching ground in order to maintain an optimal airflow.”

Dr. Ma escorted the second batch of passengers back from Japan to hometown safely, disembarkation mission accomplished! What happened behind the scene? “As there were many passengers involved, the Japanese authority devoted lots of time and effort in verifying fitness to go, as passengers could not be cleared for evacuation unless they had no coronavirus symptoms and were neither confirmed nor suspected infected patients.” Till the very last hours before the scheduled departure time of our chartered flight, the passenger list had been updating continuously to ensure we could pick up as many returnees as possible. At the very last moment we realized our pilot’s flying hours was on the tick: we gotta go now otherwise the whole flight had to be cancelled. Finally, there was no near miss and we managed to return as a whole, just in time!”

Quarantine brought love and care in the time of swine flu at Hong Kong hotel: a title of a news report from the Guardian in May 2009 eleven years ago enlightened us: we need love and care all the more during Pandemic. “I used the PA system on



Dr. Ma: Words to passengers on the way home



Check-in-and-go!

the flight to say a few words, in Cantonese, to our Hong Kong passengers on board our chartered flight, to reassure and keeping in touch with them. The people we were bringing home felt the warmth and much appreciated our empathetic words.” Dr. Ma recalled with passion. Officers briefed the returnees about quarantine arrangements and checked their body temperature before they deplaned. Passengers were taken to Chun Yeung Estate by pre-arranged coaches to undergo a fourteen-day quarantine.

Recalling February 21, 2020 as one of the most memorable birthdays, Dr. Ma humbly he felt deeply honoured to participate in such an ad-hoc overseas evacuation mission. “The mission was very meaningful to me, to returnees whom we helped, and to Hong Kong. Back in 2003, I was deployed to Amoy Gardens for epidemiological investigations and in 2009 I assisted in the quarantine operation in the Metropark

Hotel in Wan Chai, in face of threats from SARS and Swine Flu respectively. All these missions that have enriched my experience in combating infectious diseases are a treasure in my career in public health.”

Thanks to the CHP, our professional frontier in safeguarding Hong Kong’s Public Health. “Family Physicians are very important as our first-point-of-contact and gatekeepers of our population’s health. Let’s maintain infection control measures, be vigilant in early identification of suspected subjects, and make good use of the deep throat saliva test.” Dr. Ma stressed the importance of early identification and containment to prevent further spread of the novel coronavirus in the community. There is always light at the end of the tunnel.

**Reference:**

<https://www.info.gov.hk/gia/general/202002/20/P2020022000311.htm>



Touch ground!

## Alert on 2 Commonly-used Medications

Recently there are changes in the alert for 2 commonly-used medications: Montelukast and Smecta.

### Montelukast (Singulair and generics)

Background: Montelukast is a prescription medicine approved to prevent asthma attacks and for long-term treatment of asthma in adults and children 1 year and older. It is also approved to prevent exercise-induced asthma in patients 6 years and older. Also, it is approved to help control the nasal symptoms of seasonal outdoor allergies in patients 2 years and older, and year-round indoor allergies in those 6 months and older. It works by blocking leukotrienes to reduce symptoms of asthma and allergic rhinitis.

New change: In April 2020 The U.S. Food and Drug Administration (FDA) is strengthening existing warnings about serious behaviour and mood-related changes with Montelukast.

From the date of FDA approval in Feb 1998 through May 2019, there was an increase in reporting of neuropsychiatric events around the time of the initial communication from FDA in 2008, and FDA continued to receive report of serious neuropsychiatric events with Montelukast. Most reported events occurred during Montelukast treatment, but some occurred after discontinuation.

The behavioural and mood-related changes may include:

- agitation, including aggressive behavior or hostility
- attention problems
- bad or vivid dreams
- depression
- disorientation or confusion
- feeling anxious
- hallucinations
- irritability
- memory problems
- obsessive-compulsive symptoms
- restlessness
- sleepwalking
- stuttering
- suicidal thoughts and actions
- tremor
- trouble sleeping
- uncontrolled muscle movements

What we should do:

- Ask history of psychiatric illness before initiating Montelukast
- For patients with asthma, we should consider the benefits and risks of mental health side effects before

prescribing.

- For patients with allergic rhinitis, only prescribe Montelukast to those who have inadequate response or intolerance to alternative therapies.
- Advise all patients of the risk of neuropsychiatric events including suicidal thoughts when prescribing Montelukast.

### Diocahedral smectite/ Diosmectite (Smecta)

Background: Smecta contains natural elements and acts as an intestinal adsorbent in the treatment of several gastrointestinal diseases, including infectious and non-infectious acute and chronic diarrhoea.

New change: In March 2020 the Singapore Health Sciences Authority (HSA) announces the alert to healthcare professionals that the indication of Smecta is restricted for treatment of acute diarrhoea to children 2 years of age and above and in adults, and to recommend against the use of Smecta in pregnant and breastfeeding women.

Elements such as lead occur naturally in soil and trace amounts of these elements can be found in food and water. Naturally occurring diosmectite (the clay from which Smecta is produced) contains trace amounts of lead too. In compliance with international guideline, the product owner of Smecta has conducted a data review and a clinical study which did not find evidence of any actual risk related to lead in adult patients with chronic diarrhoea treated with Smecta for 5 weeks. Other data developed by the product owner confirmed the safety profile of Smecta in the children population with treatment duration of up to 7 days. As a precautionary measure and taking into consideration the lack of data in pregnancy and breastfeeding, it is decided that Smecta is restricted to treatment of acute diarrhoea to children 2 years of age and above and in adults, and to recommend against its use in pregnant and breastfeeding women.

We should pay attention to the new contraindications and always balance the risk of possible adverse effects against the benefit of treatment.

### Reference

FDA

<https://www.fda.gov/drugs/drug-safety-and-availability/fda-requires-boxed-warning-about-serious-mental-health-side-effects-asthma-and-allergy-drug>

Singapore Health Sciences Authority

<https://www.hsa.gov.sg/announcements/dear-healthcare-professional-letter/smecta-restriction-of-treatment-of-acute-diarrhoea-to-children-2-years-of-age-and-adults-and-recommendation-against-use-in-pregnant-and-breastfeeding-women>

**Compiled by Dr. Sin Ming Chuen**



## Case Sharing by Point-of-care Ultrasound (POCUS) Interest Group, Board of Education, HKCFP

### Case 1 - A patient presenting with upper abdominal pain:

Dr. Chan Kin Wai, Louis, Member of POCUS Interest Group, Specialist in Family Medicine

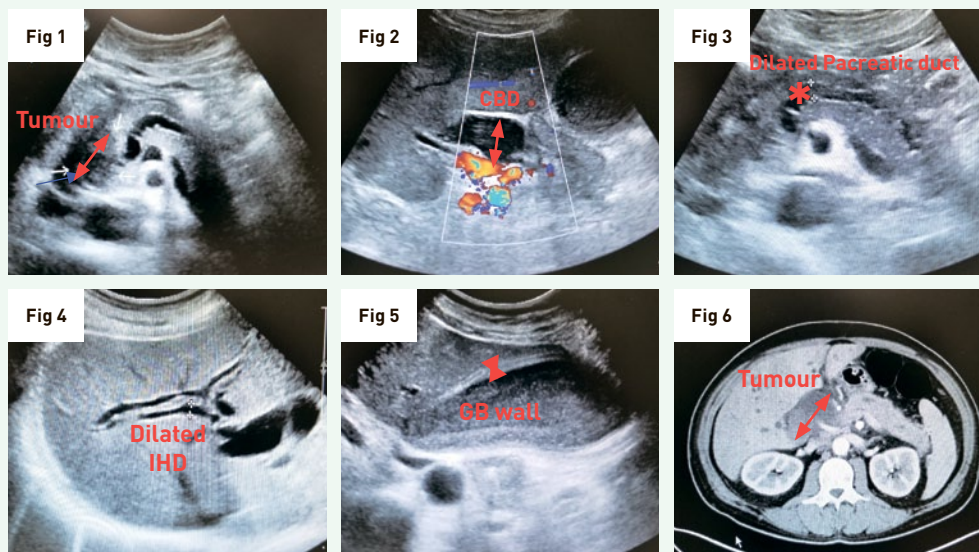
A 46 years old man was known to have ischaemic heart disease and congestive heart failure diagnosed in September 2019. He was referred to our Family Medicine Specialist Clinic, presenting with on and off **upper abdominal pain** and bloating for 2 months. He also complained of **appetite loss** and **weight loss** of 3-4 kg. On physical examination there was right upper quadrant tenderness and **bedside USG** showed a **distended Gall bladder** with a transverse diameter of 4cm. The liver was normal in size and no lesion was detected. The **common bile duct (CBD) measured 6.7mm** which was borderline increased for his age. The pancreas could not be adequately visualized due to bowel gas. As the CBD was enlarged and the gall bladder was distended, distal obstruction has to be excluded. He was arranged to have CT scan in the private sector and was arranged a follow up in 4 weeks' time.

However the patient did not arrange the CT scan. When our doctor followed up him in December 2019, he complained

of increase in the severity of the **abdominal pain** and had further symptoms of jaundice, **tea coloured urine** and further **weight loss** of 6-7 kg. Bedside USG showed hepatomegaly, dilated Gall bladder, and **dilated common bile duct up to 16.7 mm**. The pancreas could not be fully visualized due to bowel gas.

The patient was referred to AED of Caritas Medical Centre immediately. USG scan was performed by radiologist showing a **pancreatic head tumour** of 2.8cm (fig 1) obstructing the CBD resulting in **CBD dilatation** (fig 2) and obstructing the **pancreatic duct resulting in pancreatic duct dilatation** (fig 3), **intrahepatic duct dilatation** (fig 4) as well as **Gall bladder distension** (fig 5) and the pancreatic tumour was later confirmed by CT scan (fig 6).

He was planned for surgical curative treatment after cardiac consultation for medical fitness for the surgery.



#### Ultrasound techniques:

The pancreas has a higher echogenicity than the liver and the kidneys. It lies posterior to the stomach and duodenum, and it is sometimes obscured by the gas shadow. Therefore a variety of techniques are needed to have a better examination of the pancreas. We usually start scanning the epigastrium in transverse plan, using the left lobe of the liver as an acoustic shadow. Using the splenic vein as an anatomical marker, the body of the pancreas can be identified anterior to this.

If it is obscured by bowel gas, try to press the ultrasound probe with graded compression against the abdomen to displace the gas. Sometimes the pancreatic head can also be obscured by the duodenal gas. We can ask the patient

to turn with left side up, which moves the duodenal gas up towards the tail of the pancreas. If we still cannot visualize the pancreas, try either asking the patient to perform the Valsalva manoeuvre with abdominal protrusion, or filling the stomach with a water load (by drinking a glass of water) to create an acoustic window through which the pancreas can be seen.

#### Take home message:

The clinical presentation of pancreatic cancer can be vague and non-specific. Pancreas is a deep abdominal structure which is frequently obscured by bowel gas shadow. If it is clinically suspicious, even if the USG shows a negative finding, we should consider proceeding to CT abdominal scan.

## Case 2 - Bedside Echocardiography for Atrial Fibrillation

Dr. Dao Man Chi, Thomas, Coordinator of POCUS Interest Group, Specialist in Family Medicine

Atrial fibrillation (AF) is an important disease that carries significant morbidity and mortality due to increased thromboembolic risk. The prevalence of AF in Hong Kong was around 0.77% in a community screening programme done in 2016 in Hong Kong. With the ageing population, it is estimated to increase to 1.1% in 2030<sup>1,2</sup>. It is the most common sustained arrhythmia encountered in clinical practice. The causes for AF are diverse, such as cardiovascular abnormalities, hyperthyroidism, electrolyte disturbances, postoperative state, side effects from medications, etc. Echocardiogram is essential as part of the initial workup and to guide management<sup>3</sup>. Here we present a case of using bedside echocardiogram to look for structural cause of AF.

Mr. Chan is 74 years old with a history of hypertension, diabetes and hypercholesterolemia since 2000. He was

diagnosed to have AF in 2018 during a pre-operative workup for tongue ulcer operation. He was followed up in general outpatient clinic. Clinically he did not have chest pain, palpitation or shortness of breath. He did not have any echocardiogram done before. Physical examination was unremarkable except for mild ankle oedema. Electrocardiogram was done (Fig 1) and showed AF and incomplete right bundle branch block (RBBB). RBBB may be associated with various heart diseases such as ischaemic heart disease, myocarditis, hypertension, congenital heart disease, cor pulmonale, and pulmonary embolism<sup>4</sup>. In AF with RBBB, we are interested in using bedside echocardiography to evaluate the right heart function and detect any congenital heart disease, particularly the presence of atrial septal defect (ASD).

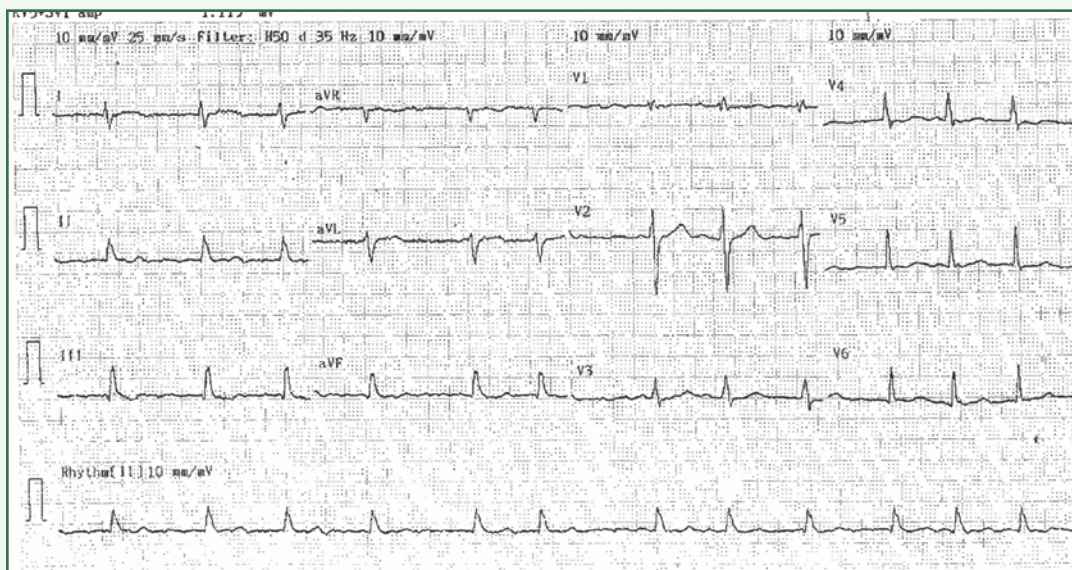


Fig 1. Electrocardiogram showing incomplete RBBB (RSR' pattern in V1 and QRS duration <120ms)

### Finding in Bedside Echocardiography

The systolic functions of left ventricle (LV) and right ventricle (RV) were preserved. There was biatrial and RV dilatation. LV septal flattening during diastolic phase was observed, suggestive of RV volume overload (Fig 2A and 2B). In the evaluation of heart valves, there were mild degree of tricuspid (Fig 3) and aortic regurgitation (Fig 4). A small ASD was detected with left to right shunt (Fig 5A, 5B and 5C). The inferior vena cava diameter was normal in size with normal collapsibility. He was referred to Cardiology clinic for further assessment, monitoring and management of his newly diagnosed ASD. Long-standing ASD with significant shunting could lead to RV failure, elevated pulmonary pressure and even reversing the shunt direction causing Eisenmenger Syndrome<sup>5</sup>.

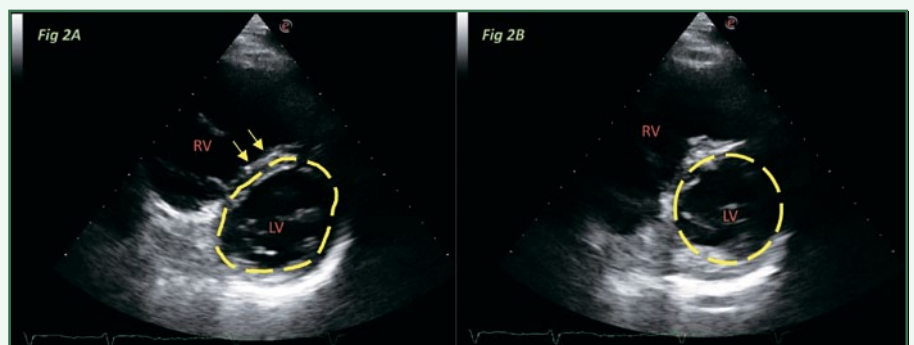
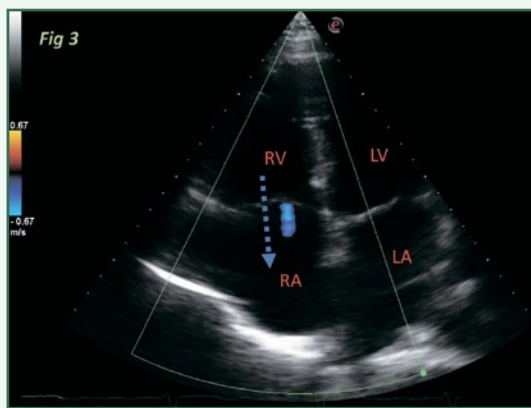


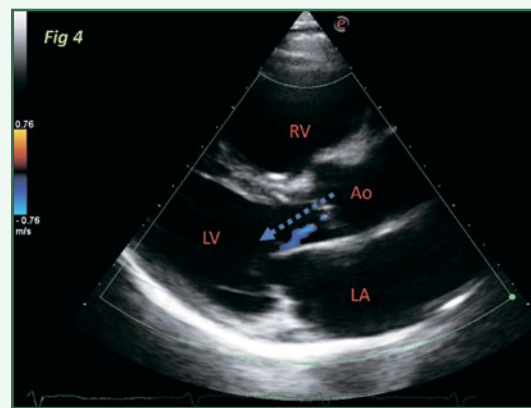
Fig 2A. Diastolic septal flattening of LV at parasternal short axis (mitral valve) view

Fig 2B. Shape of LV at systole without septal flattening (Arrow points to LV septum. Dotted area encloses to LV cavity.)

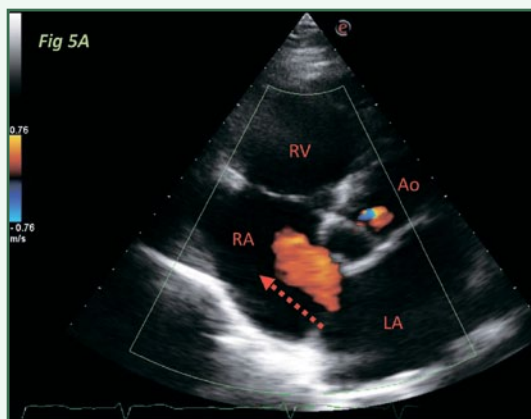




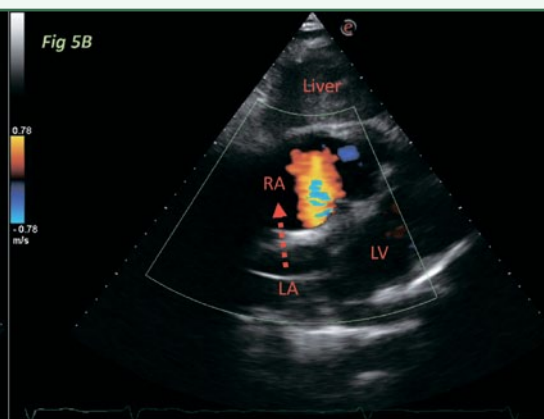
**Fig 3.** Tricuspid regurgitation at apical 4-chamber view  
[Dotted arrow direction indicates regurgitant flow at tricuspid valve]



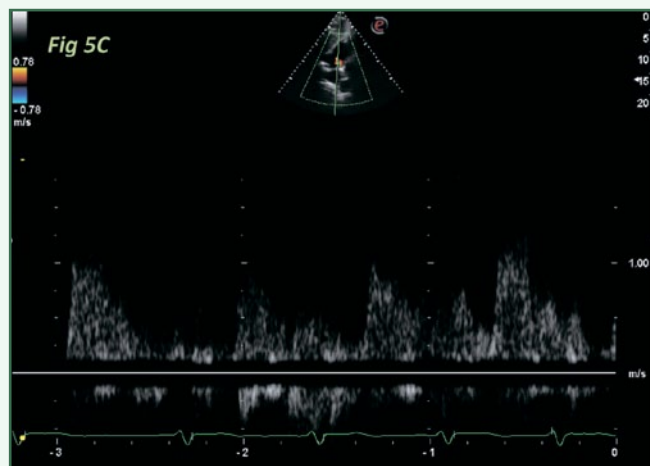
**Fig 4.** Aortic regurgitation at parasternal long axis view  
[Dotted arrow direction indicates regurgitant flow at aortic valve]



**Fig 5A.** Atrial septal defect at modified apical 5-chamber axis view



**Fig 5B.** Atrial septal defect at subcostal 4-chamber view  
[Dotted arrow direction indicates ASD flow from LA to RA]



**Fig 5C.** Doppler signal over atrial septal defect indicated left to right shunt at subcostal 4-chamber view

Abbreviation in Fig 2-5:

LA – left atrium, RA – right atrium, LV – left ventricle, RV – right ventricle, Ao – Aorta

## Echocardiography in AF

According to the European Society of Cardiology guideline for the management of AF in 2016, transthoracic echocardiogram (TTE) is a Class I recommendation for all AF patients<sup>6</sup>. Cardiac causes for AF include mitral and aortic valve diseases, rheumatic heart disease, various types of cardiomyopathies, and in this case, ASD. TTE can provide much useful information for patients with

AF, including LA size (for prognostication), assessment of systolic and diastolic functions, identify valvular heart diseases and to rule out congenital heart diseases. The findings in TTE could be useful in determining the management and prognosis.

Due to the recent COVID-19 outbreak, we are suspending the POCUS workshops temporarily. The POCUS interest group is actively reviewing the situation, and we hope to organize one when the condition allows in the near future. Please stay tuned for the future POCUS workshops including cardiac ultrasound!

## References:

1. Chan NY, Choy CC. Screening for atrial fibrillation in 13 122 Hong Kong citizens with smartphone electrocardiogram. *Heart*. 2017;103(1):24-31.
2. Chan NY. Systematic Screening for Atrial Fibrillation in the Community: Evidence and Obstacles. *Arrhythm Electrophysiol Rev*. 2018;7(1):39-42.
3. Wheeler R, Masani ND. The role of echocardiography in the management of atrial fibrillation. *Eur J Echocardiogr*. 2011;12(10):i33-38.
4. Fernandez-Lozano I, Brugada J. Right bundle branch block: are we looking in the right direction? *Eur Heart J*. 2013;34(2):86-88.
5. Le Gloan L, Legendre A, Iserin L, Ladouceur M. Pathophysiology and natural history of atrial septal defect. *J Thorac Dis*. 2018;10(Suppl 24):S2854-S2863.
6. Kirchhof P, Benussi S, Kotecha D, et al. 2016 ESC Guidelines for the management of atrial fibrillation developed in collaboration with EACTS. *Europace*. 2016;18(11):1609-1678.



## 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](mailto: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: 29<sup>th</sup> October 2020**

Supported by HKCFP Foundation Fund

## Online Seminar on Dermatology – The 74<sup>th</sup> Meeting on 2 May 2020

Dr. Wong Man Ho and Dr. Zhang Ding Zuan

**Theme** : Updates on the Management of Acne Vulgaris

**Speaker** : **Dr. Chan Sheung Hey Thomas**  
*Specialist in Dermatology and Venereology*

**Moderator** : **Dr. Lam Wing Wo**  
*Board of Education*

### Learning points

Acne vulgaris is a very common skin disorder in adolescents but is also seen in other age groups. Dr. Chan gave us a brief review about the pathogenesis of acne vulgaris and shared with us the updates in available treatments.

The important factors for the development of acne include excessive sebum production, keratinization defect, bacterial infection and inflammatory reaction to fatty acid. We should be aware that severe acne vulgaris can cause psychosocial problems to teenagers.

Concerning food selection, a low glycemic index, low-protein, low-fat and low-dairy diet is recommended. For skin care, Dr. Chan specifically pointed out that although poor skin hygiene sometimes can cause acne it was not the reason for most of the patients in Hong Kong. Normally, washing ones face twice a day with gentle cleanser is recommended in Hong Kong. Excessive face washing especially with irritating skin care products might worsen the skin inflammation.

The treatment for acne should be individualized, depending on the severity and type of acne. Topical medications such as topical retinoids, benzoyl peroxide, azelaic acid, and salicylic acid are recommended for mild cases with comedones. Combination of topical medications with an oral antibiotic for moderate cases and with oral isotretinoin for severe cases should be considered. Concomitant topical benzoyl peroxide should be prescribed with antibiotic treatment to decrease the risk of antibiotic resistance. The treatment options are summarized in the following table.

### Treatment algorithm for adolescents and young adults

1 <sup>st</sup> line treatment options			
Mild	Benzoyl peroxide (BP)	Topical retinoid	Topical combination therapy <ul style="list-style-type: none"> <li>• BP + antibiotic; or</li> <li>• Retinoid + BP; or</li> <li>• Retinoid + BP + antibiotic</li> </ul>

Moderate	Topical combination therapy <ul style="list-style-type: none"> <li>• BP + antibiotic; or</li> <li>• Retinoid + BP; or</li> <li>• Retinoid + BP + antibiotic</li> </ul>	Oral antibiotic + topical retinoid + BP	Oral antibiotic + topical retinoid + BP + topical antibiotic
Severe	Oral antibiotic + topical combination therapy <ul style="list-style-type: none"> <li>• BP + antibiotic; or</li> <li>• Retinoid + BP; or</li> <li>• Retinoid + BP + antibiotic</li> </ul>	Oral isotretinoin	

Besides the traditional medications, there are more new medications or new preparations available in the market. Minocycline 4% topical foam was approved as a safe and effective topical antibiotics for moderate to severe acne for adults and children aged 9 years or older by U.S. FDA in Oct, 2019. Trifarotene is a new class of topical retinoids, which selectively targets the most common retinoic acid receptors found in the skin, and is reported to be more effective than other topical retinoids with fewer side effects. Sarecycline, a novel tetracycline oral antibiotic, is effective for patients with moderate to severe acne and more convenient as a daily dose compared to other tetracyclines. It may also has less selective pressure on enteric Gram-negative bacteria, resulting in less disruption of commensal organisms and less potential for antibiotic resistance. Clascoterone 1% cream, a proposed first-in-class topical androgen receptor inhibitor, is effective for reducing acne severity and has minimal local effect at the site of application and less risk of off-target or systemic side effect.



From left to right:  
Dr. Lam Wing Wo (Moderator), Dr. Wong Man Ho and Dr. Zhang Ding Zuan

## ASSESSMENT ENHANCEMENT COURSE (AEC) FOR FAMILY PHYSICIANS 2020

Please note the AEC is now postponed due to the outbreak of COVID-19. The 1<sup>st</sup> session is tentatively to commence on 20 Jun 2020 (Sat) and 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
- Tutors** : Family Medicine Specialists, Fellows of HKCFP and RACGP
- Supervisor** : **Dr. Chan Chi Wai**
- Co-ordinator** : **Dr. Lai Sheung Siu**
- Objectives** :  
 1. To improve clinical knowledge, problem solving and consultation skills through different workshops  
 2. To improve physical examination technique and clinic procedural skills through hands-on experience  
 3. To provide opportunity for inter-professional communication and social network expansion through self-help groups  
 4. To improve time management through simulated examination
- Venue** : Duke of Windsor Social Service Building and HKAM Jockey Club Building
- Date** : 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](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](mailto: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	Room 802, Duke of Windsor Social Service Building, Wanchai
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	
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:

## Online Seminars

Dates and Time	Topics	Speakers	QR Code
4 Jul (Sat) 2:00 – 4:00 p.m.	<b>Update on Atopic dermatitis 2020</b> <i>Organized by Dermatology Interest Group</i> <i>(Sponsored by Mylan Pharmaceutical Hong Kong Limited)</i>	<b>Dr. Loo King Fan, Steven</b> <i>Specialist in Dermatology &amp; Venereology</i>	
7 Jul (Tue) 2:00 – 3:00 p.m.	<b>When to use ICS: Optimizing treatment for COPD patients</b> <i>(Sponsored by Boehringer Ingelheim HK Limited)</i>	<b>Dr. Wan Chi Kin</b> <i>Specialist in Respiratory Medicine</i>	
23 Jul (Thu) 2:00 – 3:00 p.m.	<b>NOAC in Atrial Fibrillation - Applying the relentless torrent of clinical evidence</b> <i>(Sponsored by Boehringer Ingelheim HK Limited)</i>	<b>Dr. Adrian Cheong</b> <i>Specialist in Cardiology</i>	
25 Jul (Sat) 2:00 – 4:00 p.m.	<b>Stoicism and Family Medicine</b> <i>Organized by the Interest Group in Medical Humanities</i>	<b>Dr. Wong Tsz Kau, Carl</b> <i>Family Physician</i> <b>Dr. Lo Kit Hung</b> <i>Senior Lecturer, Department of Philosophy, the Chinese University of Hong Kong</i>	

**Accreditation** : **7 Jul & 23 Jul (Thu)** : 1 CME Point HKCFP (Cat. 4.3), 1 CME Point MCHK (pending)  
**4 Jul (Sat) & 25 Jul (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
26 Jun (Fri) 2:30 – 3:30 p.m.	<b>Casting new light in diabetes journey from basal initiation to intensification</b> <i>(Bilingual presentation)</i>	<b>Dr. Chan Nor, Norman</b> <i>Specialist in Endocrinology, Diabetes &amp; Metabolism</i>	
31 Jul (Fri) 2:30 – 3:30 p.m.	<b>Thanatology for Family Physicians 你識唔識死 (Part 1)</b> <i>(Cantonese presentation)</i>	<b>Dr. Wong Tsz Kau, Carl</b> <i>Family Physician</i> <b>Dr. Lo Kit Hung</b> <i>Senior Lecturer, Department of Philosophy, the Chinese University of Hong Kong</i>	

**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)*

**Admission Fee** : Member Free  
 (for all online seminars) Non-member HK\$ 100.00 for each session  
*For non-members, please contact the secretariat for registration details. All fees received are non-refundable nor transferable.*

**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. Katie Lam by email to [education@hkcfp.org.hk](mailto:education@hkcfp.org.hk) or call 2871 8899. Thank you.

**Notes** :

- In case of over-subscription, the organiser reserves the right of final decision to accept registration.
- 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.
- CME point(s) would only be given to those on the pre-registration list and attended the lecture.
- 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.
- Please be reminded to check the system requirements beforehand to avoid any connection issues.
- Please be reminded to complete and submit the survey after the session for MCHK CME point(s) accreditation.**
- Due to copyright issue, please note private recording of the lecture is prohibited.
- Registration will be closed 3 days prior to the event.

## Structured Education Programmes

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

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
<b>2 Jul 2020 (Thu)</b>			
4:30 – 6:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	<b>Applying Principles of Family Medicine for Patients with Cognitive Impairment</b> Dr. Chan Ham & Dr. Leung Lai Man	Ms. Eliza Chan Tel: 2468 6813
<b>8 Jul 2020 (Wed)</b>			
2:00 – 5:00 p.m.	Conference Room 3, G/F, Block M, Queen Elizabeth Hospital	<b>Introduction to FM</b> Dr. Leung To Fung <b>Origin &amp; Development of FM in HK &amp; Overseas</b> Dr. Chan Kam Sheung	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	<b>Vocational Training Program for Family Medicine in Hong Kong</b> Dr. Tsang Yee Wing	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Room 21, Kwun Tong Community Health Centre	<b>Update of Management of Hyperlipidaemia &amp; IHD</b> Dr. Ma Yuen Ying Tammy & Dr. Chow Wing Man Angela	Ms. Phoebe Wong Tel: 3949 3079
5:00 – 7:00 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	<b>Principles of FM: Functions of Family Physicians</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>FM training : A Life Long Journey</b> Dr. Lee Man Kei	Mr. Alex Kwok Tel: 5569 6405
<b>9 Jul 2020 (Thu)</b>			
4:30 – 6:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	<b>Evidence Based Infection Control Measure in GOPD</b> Dr. Ko Pak Long & Dr. Cheuk Tat Sang	Ms. Eliza Chan Tel: 2468 6813
<b>15 Jul 2020 (Wed)</b>			
2:00 – 5:00 p.m.	Seminar room, G/F, Block A, Queen Elizabeth Hospital	<b>Introduction to Conjoint Fellowship Examination (Part I)</b> Dr. Tam Wah Kit <b>Journal Club (related to Emergency Care in GP setting)</b> Dr. Chan Fung Yuen	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	<b>How is Family Medicine Different from Other Specialties?</b> Dr. Lo King Yan	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Conference Room, G/F, Block K, United Christian Hospital	<b>Sexually Transmitted Disease</b> Dr. Chau Yiu Shing Sunny & Dr. Li Wing Chi Gigi	Ms. Phoebe Wong Tel: 3949 3079
5:00 – 7:00 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	<b>Management of Common Eye Disease in OPD Setting</b> Dr. Julie Lok	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>Assessment and Management of MCI and Dementia in Primary Care Setting</b> Dr. Wong Hiu Yeung Leo & Dr. Chung Hiu Yeung	Mr. Alex Kwok Tel: 5569 6405
<b>16 Jul 2020 (Thu)</b>			
4:30 – 6:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	<b>Things Need to Consider during Consultation when Deal the Patient Involved in the Riot</b> Dr. Chan Yuen Ching & Dr. Ng Kai Man	Ms. Eliza Chan Tel: 2468 6813
<b>22 Jul 2020 (Wed)</b>			
2:00 – 5:00 p.m.	Seminar room, G/F, Block A, Queen Elizabeth Hospital	<b>Approach to Abnormal Laboratory Results (Radiology) and Approach to Abnormal ECGs</b> Dr. Lai Ka Ho & Dr. Chau Kei Wai	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	<b>Different Consultation Model</b> Dr. Lam Ka Wai	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Conference Room, G/F, Block K, United Christian Hospital	<b>Practical Procedures, Disinfection and Sterilisation in Clinic Setting</b> Dr. Leung Eunice Hilching & 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>Management of Patients with Anxiety Disorders in Family Medicine</b> 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	<b>Management of Chronic Pain: Fibromyalgia, Neuropathic Pain</b> Dr. Chau Chuen & Dr. Zhao Hai Feng	Mr. Alex Kwok Tel: 5569 6405
<b>23 Jul 2020 (Thu)</b>			
4:30 – 6:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	<b>Reporting our Brothers and Sisters (Other Medical Practitioners)?</b> Dr. Leung Ching & Dr. Ho Tsz Bun	Ms. Eliza Chan Tel: 2468 6813
<b>29 Jul 2020 (Wed)</b>			
2:00 – 5:00 p.m.	Conference Room 3, G/F, Block M, Queen Elizabeth Hospital	<b>Palliative Care for Terminal Illnesses and Management of Pain</b> 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	<b>Evidence Based Management of Dyspepsia in Hong Kong</b> Dr. Sheng Wei Yang	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Conference Room, G/F, Block K, United Christian Hospital	<b>Primary Health Care in UK and USA</b> Dr. Ma Man Ki Katelyn & Dr. Lui Tsz Yin	Ms. Phoebe Wong Tel: 3949 3079
5:30 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	<b>Travel Medicine</b> Dr. Fan Vei Chen & Dr. Lee Jerrold	Mr. Alex Kwok Tel: 5569 6405
<b>30 Jul 2020 (Thu)</b>			
4:30 – 6:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	<b>Practical Procedures in Primary Care Clinic &amp; Future Development</b> Dr. Feng Longyin & Dr. Ho Chung Yu	Ms. Eliza Chan Tel: 2468 6813

The FP Links Editorial Board would  
like to thank all  
readers, contributors, sponsors and  
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tremendous support.

Wishing you all

*Happy*  
*Dragon Boat*  
*Festival* 端午節

The FP Links Committee





# COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14 <b>Jun</b>	15	16 <i>2:00 - 3:00 p.m.</i> <i>Online CME Lecture</i> <i>9:00 p.m.</i> <i>Board of DFM Meeting</i>	17 <i>2:00 - 7:30 p.m.</i> Structured Education Programme	18 <i>2:00 - 3:00 p.m.</i> <i>Online CME Lecture</i> <i>4:30 - 7:00 p.m.</i> Structured Education Programme <i>8:30 p.m.</i> <i>Council Meeting</i>	19	20 <i>2:30 - 5:30 p.m.</i> <i>Assessment Enhancement Course 2020</i>
21	22	23 <i>9:00 p.m.</i> <i>Board of Conjoint Examination Meeting</i>	24 <i>2:00 - 3:00 p.m.</i> <i>Online CME Lecture</i> <i>2:00 - 7:30 p.m.</i> Structured Education Programme	25	26 <i>2:30 - 3:30 p.m.</i> <i>Online Video Session</i>	27
28 <i>2:30 - 6:00 p.m.</i> <i>DFM Pre Exam Workshop 1</i>	29 <i>2:00 - 3:00 p.m.</i> <i>Online CME Lecture</i>	30 <i>2:00 - 3:00 p.m.</i> <i>Online CME Lecture</i>	1 <b>Jul</b>	2 <i>2:00 - 7:30 p.m.</i> Structured Education Programme	3	4 <i>2:00 - 4:00 p.m.</i> <i>Online CME Lecture</i>
5 <i>2:30 - 6:00 p.m.</i> <i>DFM Pre Exam Workshop 2</i>	6	7 <i>2:00 - 3:00 p.m.</i> <i>Online CME Lecture</i>	8 <i>2:00 - 7:30 p.m.</i> Structured Education Programme	9 <i>4:30 - 7:00 p.m.</i> Structured Education Programme	10	11
12	13	14	15 <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> <i>Council Meeting</i>	17	18 <i>2:30 - 5:30 p.m.</i> <i>Assessment Enhancement Course 2020</i>
19	20	21	22 <i>2:00 - 7:30 p.m.</i> Structured Education Programme	23 <i>4:30 - 7:00 p.m.</i> Structured Education Programme <i>2:00 - 3:00 p.m.</i> <i>Online CME Lecture</i>	24	25 <i>2:00 - 4:00 p.m.</i> <i>Online CME Lecture</i> <i>3:00 - 5:00 p.m.</i> <i>DFM Written Examination</i>
26 <i>DFM Clinical Examination</i>	27	28	29 <i>2:00 - 7:30 p.m.</i> Structured Education Programme	30 <i>4:30 - 7:00 p.m.</i> Structured Education Programme	31 <i>2:30 - 3:30 p.m.</i> <i>Online Video Session</i>	1 <b>Aug</b>

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

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The Hong Kong College of Family Physicians

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