

Message from the President

On the evening of August 20, 2014, the Hong Kong Academy of Medicine (HKAM) launched the "Hong Kong Jockey Club Disaster Preparedness and Response Institute" (HKJCDPRI). This institute is a collaboration of HKAM with the Chinese University of Hong Kong, the University of Hong Kong, and the Harvard University and other institutions. It has successfully obtained HK\$270 million funding from the Hong Kong Jockey Club Charities Trust to develop an operational centre of excellence in disaster preparedness, response, and management in Hong Kong.

The HKJCDPRI is launching a five-year initiative to enhance the awareness and the ability of local professionals and the general public to cope and deal with potential disasters. The programme will train up a total of 30,000 people from the medical community, non-governmental organizations and the general public. It is equipped with a 360-degree simulation system brought in from the Netherlands which can support up to 20 persons at a time.

Disasters have tremendous impact on individuals, families and communities. I hope that with the expert training from the Institute, family physicians can better support our patients and communities during and after devastating events.



Group photo of the launching ceremony



360-degree simulation system

THE HONG KONG
COLLEGE OF
FAMILY PHYSICIANS



Family Physicians Links

ISSUE 127
September 2014

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Membership Committee News

The Membership Committee approved, on recommendation of the Chairman of the Membership Committee, the following applications for membership in **August 2014**:

Associate Membership (New Application)

Dr Chan Ham	陳 涵
Dr Chan Wing Chi Annie	陳 穎 芝
Dr Lai Joyce Ho Yan	黎 可 恩
Dr Lam Yip Cheung	林 業 翔
Dr Lee Shek Hang	李 碩 恆
Dr Pang Kit Hing	彭 結 興
Dr Pang Kwan	彭 珺
Dr So Lok Ping	蘇 樂 平
Dr Tsui Sau In	徐 秀 妍
Dr Tsang Pui Lim	曾 培 鏞

Dr Yeung Ka Yu Doogle	楊 葭 渝
Dr Yuen Ching Yan	袁 靜 茵

Associate Membership (Reinstatement)

Dr Chan Chim Yiu	陳 佔 耀
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FULL Membership (New Application)

Dr Wong Alan Yan Ho	王 欣 浩
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Non-HK Membership (New Application)

Dr Chen Qingqi	陳 慶 奇
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Staff Retirement

OUR LONGEST SERVING STAFF MEMBER HAS RETIRED

Mr Wong Ping Ki, whom we usually affectionately addressed as Ar Ki or Ki Kor, retired on the last day of August 2014. He is the longest serving staff member in our College, having worked as our Office Assistant for 34 years. In fact he has worked under each and every President in our College's history, from our Founding President Dr. Peter Lee to our incumbent Dr. Ruby Lee.

Ar Ki has witnessed the growth of our College from its childhood when it was then known as The Hong Kong College of General Practitioners, to its present mature status as one of the constituent colleges of The Hong Kong Academy of Medicine.

He has always been a hardworking and cheerful chap, and different generations of Council and Board members have benefitted from his efficiency in making sure that all those important documents arrive safe and sound and in time. In the old days when electronic means of communication and documentation were only in their infancy, Ar Ki's contribution to effective communication, particularly in confidential examination materials, among the respective doctors was enormous.

We had a farewell lunch with Ar Ki on 29 August. Dr. Stephen Foo, our Censor, represented our College to present a souvenir in the form of a gold plate as our small token of thanks to Ar Ki.

We will surely miss Ar Ki's broad smiles and warm and courteous greetings. It is not an overstatement that he is an integral part of the history of the HKCFP. We wish him endless healthy and happy years after his retirement. Those of you who would like to have a good chat with him again can look forward to our reunion in the coming Annual Dinner.

Dr Lau Ho Lim
VP, HKCFP



(From left to right) Dr. Alvin Chan, Dr. Lau Ho Lim, Ar Ki, Dr. Stephen Foo and Dr. Gene Tsoi



Dr. Stephen Foo presenting the gold plate to Ar Ki.



Ar Ki with Dr. Billy Chiu (right) and Dr. Lau Ho Lim (left).



Ar Ki taking group photo with colleagues.

Board of Vocational Training and Standards News

BVTS Sponsorship for The 2015 WONCA Asia Pacific Regional Conference – 4-8 March 2015 Taipei, Taiwan

The Board of Vocational Training and Standards is pleased to announce the following information on **The 2015 WONCA Asia Pacific Regional Conference, WONCA Taipei, Taiwan** to be held in March 2015.

Theme : Family Medicine New Horizons and Challenges
 Dates : 4-8 March 2015
 Venue : The Taipei International Convention Center(TICC)
 1 Hsin-Yi Rd., Sec.5,
 Taipei City 11049. Taiwan
 Registration Fee : Please refer to : <http://www.wonca2015taipei.com/register.php>
 Website : <http://www.wonca2015taipei.com/>

Application for sponsorship is open to all current **vocational trainees** (Basic & Higher). Please submit your application **on or before 31st October 2014** to the Chairman of the Board of Vocational Training and Standards regarding the Sponsorship for Overseas Conference.

All decisions are subject to the final approval of the Board.

For more information, please contact the secretariat at 2528 6618.

Board of Vocational Training & Standards

Final Reminder: Application for Recommendation for Exit Examination

To all Higher Trainees,

For those who prepare to sit for Exit Examination in 2015, please submit the application letter and the checklist for recommendation for Exit Examination before 30th September 2014.

Late applications will not be entertained.

Should you have any enquiries, please contact our College Secretaries at 2528 6618.

Higher Training Subcommittee
 Board of Vocational Training and Standards

37th HKCFP Annual General Meeting

13th December 2014 (Saturday)

Time : 18:00

Venue : 2/F, James Kung Function Room, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen

Admission : College Members only

Details will be announced in due course.

Classified Advertisements

Office Available

Partner/sale wanted in exclusive Central practice – mainly English speaking medical group of varying specialties with established clientele of many years. Email with telephone number to doctorinhk@gmail.com.

Clinic for Rent, no basic

Fully furnished clinic in Sham Shui Po for rent, no basic requirement, only 25% of income. Interest please call Ms. Lee 2739 9557

Positions Vacant

Accredited Private FM Clinic invites full time / part time Doctors for expanding services (Tuen Mun / Kwai Fong). FM Trainee, specialists welcomed. Basic + Profit Sharing ± Partnership. Send CV enquiry@adecmed.com (Amy CHAN) 9212 6654

Specialty Board News

2015 Full Exit Examination of Vocational Training in Family Medicine

The Specialty Board is pleased to announce the following information on the 2015 Full Examination of Vocational Training in Family Medicine.

ELIGIBILITY AND REQUIREMENT

Applicants must satisfy all of the following criteria:-

- a. Only **active** Fellows, Full or Associate Members of the Hong Kong College of Family Physicians (HKCFP) who are fully registered with the Hong Kong Medical Council may apply for the examination.
- b. Applicants must have a higher qualification in family medicine/general practice that is recognized by the Hong Kong College of Family Physicians and the Hong Kong Academy of Medicine (HKAM).
- c. Applicants must be trainees in Vocational Training in Family Medicine of the HKCFP who have had:
 - (i) Certified completion of higher training for **not more than FIVE years**, or
 - (ii) **At least 18 months of higher training in Family Medicine by August 31, 2014 approved by the Board of Vocational Training and Standards (BVTS)** of the HKCFP.
Approval of training may take up to two months. Applicants MUST apply early to BVTS for
 1. Certification of completion of higher training, or
 2. Recommendation for Exit Examination 2015.

DATES

First-attempt candidate:

Deadline of Application:	3 November 2014
Starting Date of collection period for required attachment(s) for Practice Assessment Segment:	22 September 2014
Deadline for submission of Clinical Audit Report or Research Report:	2 January 2015
Practice Assessment and Consultation Skills Assessment Examination Periods:	Period A: 1 December 2014 to 23 January 2015; or Period B: 26 January 2015 to 20 March 2015

Re-attempt candidate:

Deadline of Application:	1 December 2014
Starting Date of collection period for required attachment(s) for Practice Assessment Segment:	20 October 2014
Deadline for submission of Clinical Audit Report or Research Report:	2 January 2015
Practice Assessment and/or Consultation Skills Assessment Examination Period:	Period B: 26 January 2015 to 20 March 2015

APPLICATION & EXMINATION FEES

Application forms can be downloaded at the College website www.hkcfp.org.hk. Completed application form should be returned to:

The Specialty Board, HKCFP, Room 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Wong Chuk Hang, HK

1. A copy of the certificate of completion of higher training, or recommendation letter for 2015 Exit Examination from BVTS, HKCFP,
2. A cheque of the appropriate fee made payable to **"HKCFP Education Ltd."**, and
3. For Practice Assessment Segment: Candidate are required to submit:
 - i. **FOUR COPIES** of the all required attachments; and
 - ii. PMP Reports on or before **3 November 2014 (First-attempt candidate) / 1 December 2014 (for the re-attempt candidate who has changed the practice)**

The Examination fee for individual segment is \$3,500 for either the Clinical Audit Report or Research Report, \$7,000 each for the Practice Assessment and Consultation Skills Assessment segments, plus the administrative fee of \$8,400 for each subsequent attempt. A cheque of the appropriate fee made payable to **"HKCFP Education Ltd."** should be enclosed with the application.

All fees paid are neither refundable nor transferable.

Incomplete and ineligible applications will not be considered. An administration fee of HK\$500 will be charged for these unsuccessful applications.

FORMAT AND CONTENTS

The Exit Examination consists of three segments. . Candidates are required to take all the three segments at their first attempt of Exit Examination. From year 2013, candidate can choose to attempt either the Clinical Audit or the Research segment.

1. Clinical Audit Report **OR** Research Report
2. Practice Assessment
**** An assessment format of Part E (Investigations) in Practice Assessment Segment will be REFORMED from year 2015 onwards. For details, please refer to the Examination Guidelines.**
3. Consultation Skills Assessment

Details of the format and contents of each segment can be found in the Guidelines on 2015 Full Exit Examination which are available at the College website www.hkcfp.org.hk

Should you have any enquiries, please contact the board secretariat at 2528 6618.

Specialty Board

HKCFP Photography Club

Snap! The Hong Kong College of Family Physicians Photography Club is born!

We are pleased to announce that the HKCFP Photography Club is formed! We are a group of doctors with a passion in photography. We hope to share our joy in photography with college members and to foster a platform to gather fellow shutterbugs.

A series of activities will be coming up. Whether you are a novice or an experienced photographer, we welcome all of you! If you are keen to help run the Club, please contact us! Our first gathering will be:

Night Snap in Central

- Date : 9 Oct 2014 (Thu)
- Time : 18:00, to meet and have dinner together at IFC, Central (exact venue TBC by email)
- Activity : To start night snaps in Central at 20:00
- Expecting : Laughters, nice pictures and new freinds!
- Proposing : To share the pictures in a subsequent occasion



Group photo of 1st Photography Club meeting

Back row (from left to right): Dr. Lo Ling, Dr. Hong Tin Chak, Dr. Chow Kai Lim, Dr. Luk Man Hei Matthew, Dr. Ng Tze King Peter, Dr. Cheuk Christina, Dr. Lee Man Kei, Dr. Wu Ching Ping Mandy, Dr. Lau Yue Young Geoffrey

Front row (from left to right): Ms. Erica So, Ms. Teresa Liu, Dr. David Chao, Ms. Crystal Yung, Dr. Chan Lit Ping,

(Apologies from: Dr. Wong Ka Ki David, Dr. Cheung Tsz Ki Jackie, Dr. Tam John Hugh, Dr. Lai Siu Wai Anthony)

Interested members please email by 2 Oct 2014 to: hkcfp@hkcfp.org.hk

“Council Member-On-Duty” (CMOD) System

Dear College members,

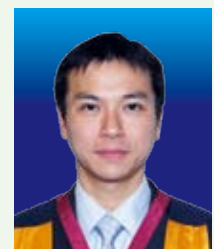
We are still providing this alternative channel of communication for you to reach us. Do let us have your ideas and comments so that we can further improve our services to all the members.

From 15th September 2014 to 14th October 2014, Dr. David Chao and Dr. Ngan Po Lun will be the Council Members On Duty. Please feel free to make use of this channel to voice your doubts, concerns, queries, and comments on anything related to our College and Family Medicine. You can reach us by contacting our College Secretariat by phone: 2528 6618, by fax: 2866 0616, or by email: hkcfp@hkcfp.org.hk. Once we receive your call or message, we will get in touch with you directly as soon as we can.

Dr. Tony C. K. Lee
Co-ordinator, CMOD System



Dr. David Chao



Dr. Ngan Po Lun

21st Hong Kong International Cancer Congress, 21 November 2014 “Translating Discoveries into Prevention and Cures”

HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong



Dear Colleagues,

The Hong Kong International Cancer Congress provides an active forum for addressing issues related to cancer strategy, care and research. Every year, prominent clinicians, leading scientists and medical oncologists are invited to share their experience and expertise in the Congress. The emphasis this year is on highlighting the importance of new advances in cancer care and practice.

As in the previous years, HKCFP has invited speakers with interests in providing palliative care and end of life care to share their experience and expertise in cancer management. This year, the HKCFP Symposium will commence from 2:30 pm to 4:00 pm on 21 November 2014 (Friday). The Symposium is entitled “**Community Palliative Care and Dying at Home**”, which comprises:

1. Dying at Home

Prof. Rodger CHARLTON, Dept of General Practice, University of Nottingham, United Kingdom

2. Are Family Physicians and Our Patients Ready for Community Palliative Care?

Dr. Tin-Chak HONG, United Christian Hospital, Hong Kong

You are cordially invited to join the Symposium and the forthcoming Congress. We are most grateful toward the organisers who have kindly provided a limited number of complimentary registrations for our College Fellows and Members and these places are available on a first-come first-served basis. Please contact the College secretariat (Ms. Windy LAU WindyLau@hkcfp.org.hk) at your earliest convenience (by 30 September 2014) for reservations. The programme at a glance is also printed in the following page for your quick reference. For more information on HKICC, please visit the website: www.hkicc.org.

Look forward to seeing you soon at the HKICC!

With Best Wishes,

Dr. David V. K. CHAO

HKCFP Representative, 21st Hong Kong International Cancer Congress

21st Hong Kong International Cancer Congress Programme at a Glance

Friday, 21 November 2014

Registration				
8:30 am	PYK Auditorium			
8:45 am				
9:00 am	PYK Auditorium			
Opening Ceremony				
HKICC Lecture				
10:00 am	Intravital Imaging for PK-PD Analysis of Anti-microtubule Drug Actions in Tumours <i>Timothy MITCHISON FRSc, Harvard Medical School, USA</i>			
10:30 am	Coffee Break			
11:00 am	<p>Drug Discovery and Innovative Treatment Targeted Immunotherapy of Cancer Stem Cells <i>Dennis A CARSON, University of California San Diego, USA</i></p> <p>Targeting Human $\gamma\delta$-T cells with Phosphoantigen Controls Epstein-Barr Virus-Induced B Cell Lymphoproliferative Disease <i>Wenwei TU, The University of Hong Kong, HK</i></p>			
12:00 pm	Lunch Break & Young Investigator Awards Competition (Venue: Function Rooms 1 & 2)			
1:30 pm	<p>CCR Lecture Cancer Heterogeneity and Drug Development <i>Charles SWANTON, University College London Cancer Institute, UK</i></p>			
2:30 pm	<table border="1"> <tr> <td> <p>Community Palliative Care and Dying at Home Dying at Home <i>Rodger CHARLTON, The University of Nottingham, UK</i></p> <p>Are Family Physicians and our Patients Ready for Community Palliative Care? <i>Tin-Chak HONG, United Christian Hospital, HK</i></p> </td> <td> <p>Public Health Perspectives in Cancer Control</p> </td> <td> <p>Cancer Pain Management Anaesthetic Techniques for Cancer Pain Management <i>Roger GOUCKE, The University of Western Australia, Australia</i></p> <p>Management of Cancer Pain in Hong Kong <i>Steven HS WONG, Queen Elizabeth Hospital, HK</i></p> <p>Use of Opioid in Cancer Pain Management <i>Timmy CW CHAN, Queen Mary Hospital, HK</i></p> </td> </tr> </table>	<p>Community Palliative Care and Dying at Home Dying at Home <i>Rodger CHARLTON, The University of Nottingham, UK</i></p> <p>Are Family Physicians and our Patients Ready for Community Palliative Care? <i>Tin-Chak HONG, United Christian Hospital, HK</i></p>	<p>Public Health Perspectives in Cancer Control</p>	<p>Cancer Pain Management Anaesthetic Techniques for Cancer Pain Management <i>Roger GOUCKE, The University of Western Australia, Australia</i></p> <p>Management of Cancer Pain in Hong Kong <i>Steven HS WONG, Queen Elizabeth Hospital, HK</i></p> <p>Use of Opioid in Cancer Pain Management <i>Timmy CW CHAN, Queen Mary Hospital, HK</i></p>
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4:00 pm	Coffee Break & Young Investigator Award & Poster Prizes Presentation Ceremony (venue: PYK Auditorium)			
4:30 pm	<table border="1"> <tr> <td> <p>Pathway Analysis and Cancer Therapeutics State-of-the-art Treatment for Locally Advanced Head and Neck Cancer <i>Jan B VERMORCKEN, University of Antwerp, Belgium</i></p> <p>Head and Neck Cancer Genome Guiding PI3K Targeted Therapy <i>Vivian WY LUI, The University of Hong Kong, HK</i></p> </td> <td> <p>A Holistic Nursing Approach to Cancer Management</p> </td> <td> <p>Gynaecological Cancer</p> </td> </tr> </table>	<p>Pathway Analysis and Cancer Therapeutics State-of-the-art Treatment for Locally Advanced Head and Neck Cancer <i>Jan B VERMORCKEN, University of Antwerp, Belgium</i></p> <p>Head and Neck Cancer Genome Guiding PI3K Targeted Therapy <i>Vivian WY LUI, The University of Hong Kong, HK</i></p>	<p>A Holistic Nursing Approach to Cancer Management</p>	<p>Gynaecological Cancer</p>
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Non-stop Journey to WONCA: WONCA APR Conference 2014, Kuching Malaysia



Dr. Chiang Lap Kin
Resident, Family Medicine and General Outpatient Department
Kwong Wah Hospital

About WONCA

WONCA is an acronym comprising the first five initials of the World Organization of National Colleges, Academies and Academic Associations of General Practitioners/Family Physicians. WONCA's short name is World Organization of Family Doctors. WONCA is the biggest and most important international organization for family medicine professionals in the world, which provides an international platform for sharing ideas, thoughts and invaluable knowledge among family doctors from around the world. Currently, WONCA has 126 Member Organizations in 102 countries with membership of about 300,000 family doctors, consisting of more than 90 per cent of the world's population.

WONCA Asia Pacific Regional Conference 2014 was held from 21 to 24 May 2014 in Kuching, Malaysia. "Nurturing Tomorrow's Family Doctors" is the theme of the conference. The diversity in both format and spectrum of scientific programme makes this conference fruitful and attractive. There were up to eight parallel sessions at each scientific programme. Family doctors from other countries and especially those doctors from developing countries are enthusiastically and actively involved in scientific activities and Q&A sessions, not only asking questions, but also voicing their own experience for sharing and open exchange. Most of them are deeply engaged in and feeling proud of being a family doctor.



Wes Fabb Oration, Professor Michael Kidd

WONCA World President, Professor Michael Kidd delivered the Wes Fabb Oration this year, entitled 'Are our universities nurturing the future family doctors'. Prof. Kidd pointed out that countries all around the world have aware of the importance of primary care and the role of family doctors in ensuring universal access to health care and quality health care outcomes. Family medicine training must allow our medical students to develop into what they need to be, to best meet the future healthcare needs of their patients and communities. The training of our future family doctors must be based in our communities, with our students as members of the primary care teams.

Hong Kong Delegates



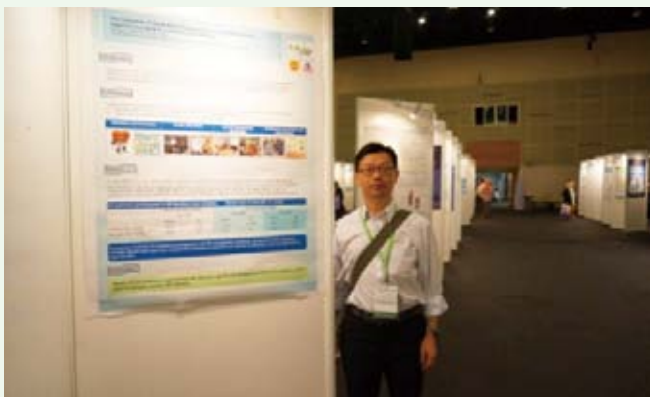
The Past President of HKCFP, Dr. John Chung

As usual, Hong Kong delegates have enthusiastically participated in WONCA Conference. A total of 25 Hong Kong delegates have 2 invited, 4 oral and 12 poster presentations. The past president of HKCFP, Dr. John CHUNG shared his experience and the structure of Family Medicine training in Hong Kong.

Academic Involvement in WONCA

Despite participating in various scientific activities, it is also my great pleasure to present my research study in this conference. "**Home Blood Pressure Monitoring among Hypertensive Patients in a Primary Care Clinic of Hong Kong: A Cross Sectional Survey**" which involved a randomly generated list of Chinese

hypertensive patients in a regional primary care clinic of Hong Kong. The study objectives are to evaluate the prevalence of HBPM and assess the competence of self blood pressure measurement among hypertensive patients in primary care setting. Subjects were invited to complete the questionnaire and those patients performing HBPM were tested on knowledge and competence on self-BP measurement with automatic BP machine. This study found that majority of patients did not receive formal instruction and training on self BP monitoring, and 44.7% of study subjects were found not competent in performing self BP measurement. It inevitably led to uncertainty, and to a certain degree, inaccuracy in BP measurement. Health care providers have to ensure the reliability and accuracy of patients' presented BP readings, especially if those readings were used to inform a clinical decision making. In conclusion, 58.5% of hypertensive patients in a primary care clinic of Hong Kong conducted home blood pressure monitoring, while 55.3% of them were concluded as competent in performing self-blood pressure measurement.



Participation in poster presentation

Evidence showed that home (self)-monitoring of blood pressure (SMBP) can lead to better blood pressure control, better adherence to treatment, and patients become more actively involved in the management of their own BP problem. A prospective follow up study involving patients carrying home BP monitoring conducted in a primary care clinic of Hong Kong showed that both the home and clinic BPs were statistically lowered.

Sociocultural Activity

Kuching is the capital of Sarawak, and is a cosmopolitan city. Whilst the population is predominantly Chinese and Malay, Kuching is home to people from virtually all of Sarawak's ethnic groups, including Bidayuh, Ibans, Melanau etc. The residents of Kuching (population approximate 650,000) enjoy living here in a relaxed manner that has not changed for 160 years. Kuching's city centre is well preserved and very compact. The perfect historic sites include

Chinatown, the Cat Statue, Tua Pek Kong Chinese Temple and the world famous Sarawak Museum.



Multi-ethnic culture performance

Bako National Park

This small peninsula is home to seven distinct rainforest ecosystems, giving rise to a remarkable diversity of animals and plant life. Bako's most famous residents are the bizarre proboscis monkeys, and it is also home to leaf monkeys, long-tailed macaque monkeys, bearded pigs, as well as many different bird species.



Photo with wild pig

WONCA APR 2015 Tai Wan, Your Destination

Having chance to participate in this major occasion of the Family Medicine profession is unforgettable memory in my life. Enroll in upcoming WONCA APR Conference, it is definitely an invaluable opportunity to share experience and to enhance network with other family doctors worldwide.

Acknowledgement

Finally, I would like to express my heartfelt gratitude to HKCFP's generous support on my journey to WONCA APR Conference.

Doctor's Health - Computer Ergonomics

Dr John-Hugh Tam, Specialist in Family Medicine

Department of Family Medicine & Primary Health Care, Kowloon West Cluster, Hospital Authority

It is obvious that the use of computer has already become an inevitable part of daily routine for a lot of medical professionals nowadays, such as the use of the Clinic Management System (CMS) at work. We often have to sit down - and type, type, type. When you've done that for months, years or decades, you would have the chance to face the pain and damage caused to your wrists, thumbs, neck and back, etc. Let's look at some of the measures we can do to avoid or reduce the pain and damage, and be an everyday healthy family physician:

Get your "right chair" and adjust it properly

The chair may be the most important component of a healthy doctor's office. Ideally it ought to be a well-designed chair which can be adjusted in terms of its position. However, no matter what adjustable chair you have, try to adjust the height of the chair so your elbows are at a slightly greater than 90 degree angle to the desk and keyboard. Now let's check how you sit.

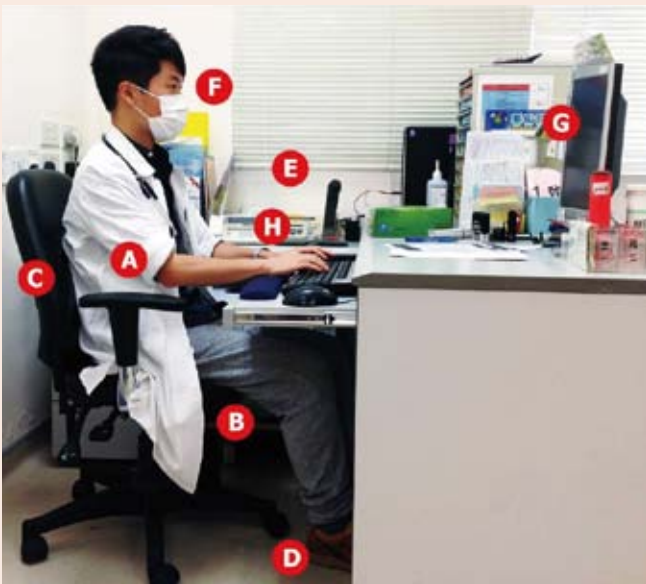


Figure 1 : Proper computer ergonomics

Healthy sitting posture

- Hips, elbows, and knees should be flexed at slightly open angle which means greater than 90 degrees (Fig.1 , point A).
- Thighs should be roughly parallel with the floor (Fig.1, point B).
- Reclining slightly takes pressure off the lower back (Fig.1, point C).
- Feet flat on a footrest or the floor (Fig.1, point D).
- Finally, try to vary your position and move around till you find it the most comfortable.

Display screen position

- Sit at arm's length from the monitor (Fig.1, point E).
- Adjust the seat till the top of monitor casing about 2-3" (5-8 cm) above eye level and center monitor in front of you (Fig.1, point F).
- No glare on screen, use an optical glass anti-glare filter where needed (Fig.1, point G).

Healthy way to use a keyboard

- Don't pound on the keys. Be gentle and use the minimum force required.
- Keep your wrists straight, don't bend up or down (Fig.1, point H).
- Keep your elbows at 90 degrees or more. Avoid over-flexing your elbows whilst typing.
- Relax your shoulders.
- Never rely on wrist rests or armrests while typing. Only use rests when you have stopped typing.
- Keep your body centered on the keyboard section you use the most, usually the alphabets. For example, try to keep the letter "v" & "b" centered with your belly.
- Use keyboard shortcuts as appropriate because some keyboard shortcuts can significantly reduce the amount of typing you need to do. Just nearly all mouse compatible programmes nowadays have keyboard shortcuts and many of the shortcuts are standardised (e.g. for PCs, copy = "Ctrl +C", paste = "Ctrl +V", etc.). Learn ten of the most used shortcuts by heart and you're on your way.



Figure 2 : "Ergonomic Keyboard"- One of the more common ergonomic keyboard designs involve a curved keyboard, slightly curving the left side clockwise, and the right side counter-clockwise, with a gap in the centre between the two sets of keys. Manufacturers often claim that they are more comfortable on your hands and wrists due to the more "natural" position of your hands during typing and hence reducing repetitive strains.

Repetitive Stress Injuries / Repetitive Strain Injuries (RSI)

It is always better to prevent injuries than to cure them

Some forms of RSIs can give long lasting consequences. It is therefore important that you treat your body well from the very beginning. Precautions include:

1. **Try to use a variety of input tools whenever possible** such as mouse, trackpad, keyboard, etc.

2. **Take short breaks between consultations** and use your breaks to stretch, massage, or just relax completely. Stretching helps reduce muscle tension (See Fig. 4 for an example of forearm and wrist stretches). In general, though, don't overstretch if it hurts.



Figure 3 : (Above) a truly bad example!

3. **Let go of the mouse** - Hold the mouse loosely, and let it go when not in use. Invest in an ergonomic mouse or a mouse with a scroll wheel, or both. Make sure the mouse is placed so you can get maximum support for your arm.

4. **Reduce double-click speed** helps reduce the strain on your fingers.

5. **Always keep warm during the cold days** as cold tendons and muscles are at a greater risk of being damaged (cold weather tends to decrease our muscles' flexibility, which increases the risk of injury).

Figure 4 : Demonstration of Stretches on the Forearm and Wrist

Use one hand to spread apart and straighten the fingers of the other hand and then stretch your wrist back gently as far as you can. Keep your elbow straight. Relax your hands.



You should feel a gentle stretch in the forearm flexors, then switch direction and stretch the forearm extensors.

Hold each stretch for at least 30 seconds to 1 minute. Can be done several times per day.

For more information about these tips, here are some links to share for reference:

The Cornell University Ergonomics Web - <http://ergo.human.cornell.edu/ergoguide.html>

University of Maryland Office Ergonomic Self Assessment - <http://www.des.umd.edu/os/erg/UMSelfEvaluation.pdf>

職業安全健康局：使用電腦之職安健 - <http://www.oshc.org.hk/download/publishings/1/1664/24.pdf>

職業安全健康局：顯示屏幕設備的職安健問與答 - <http://www.oshc.org.hk/download/publishings/1/297/16.htm>

勞工處：使用電腦工作的指南 - <http://www.labour.gov.hk/tc/public/oh/DisplayScreen.pdf>

香港職業治療學會：電腦工作間的常見毛病 - [http://www.hkota.org.hk/document/About%20Us/HA28_42%20\(Ergonomics%20in%20Computer%20Stations%20-%20Part%201\).pdf](http://www.hkota.org.hk/document/About%20Us/HA28_42%20(Ergonomics%20in%20Computer%20Stations%20-%20Part%201).pdf)

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10th Years - Decade of Success

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Indications:

- Major Depressive Disorder (MDD)
- Generalized Anxiety Disorder (GAD)
- Social Anxiety Disorder (SAD)
- Panic Disorder (PD)
- Obsessive-Compulsive Disorder (OCD)

US FDA

Approval for the treatment of MDD in Adolescents



1. IMS Health December 2011
2. HKAPI data December 2013
3. Data on file



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Lexapro®
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樂思保

尋找北極光 Aurora Borealis

極光 Aurora 一詞來源於拉丁文，是古羅馬神話的曙光女神，代表“黎明”。

古時候關於極光的傳說很多，像芬蘭拉普蘭原住民相信極光是狐狸之火，長長的綠光劃過天空，就像是狐狸的尾巴一樣。

現在極光的形成已有了合理的解釋。太陽的活動會放出無數的帶電微粒，帶電微粒到達地球附近，地球磁場迫使其中一部分沿着磁場線集中到南北兩極。當他們進入極地的高層大氣時，與大氣中的原子和分子碰撞並激發，產生光芒，形成極光。在太陽黑子多的時候，極光出現的頻率也大。太陽黑子活躍周期大約為十一年，2012 至 2013 年剛為太陽黑子活躍的高峰期。看北極光最好的月份一般是 10 月至 3 月，日子最好不要是滿月，以免月亮的光亮度影響觀賞及拍攝。較有名觀看北極光的地點有阿拉斯加、加拿大黃刀、北歐、冰島、格陵蘭等。

有關極光的預報大家可以參考這個網站：
<http://www.gi.alaska.edu/AuroraForecast>



為了一睹北極光，2014 年 1 月，我來到芬蘭的 Lake Inari。Lake Inari 在北緯約 69 度，是極光出現較頻繁的地區，而且在郊區，光害較少，可看到極光的機會也較大。雖然做好了事前的資料搜集和準備，但要看到北極光，最重要的還是 運氣！我在 Lake Inari 逗留的頭三晚都是失望而回，因為雲層太厚，什麼也看不到。到了最後一晚，皇天不負有心人，終於看見晴朗的星空了。我在結了冰的湖上等著等著，一轉頭，天邊不知何時竟然出現了一抹綠色的光芒，若隱若現的舞動著。北極光真的出現了！



地球的極光主要有紅、綠二色，因為在熱成層的氮氣和氧原子被電子撞破，發出紅色和綠色的光芒。不過肉眼所見到的極光多數只呈現淡綠色，因為我們的眼睛對綠色最敏感，對紅色最弱。但是如果用相機拍攝，並透過長時間曝光，拍攝出來就會出現紅色或紫色。



拍攝極光必須要的是三腳架和可以長曝光的相機，最好配備有大光圈的廣角鏡頭。另外，拍攝時最好把鏡頭對焦設為手動因為環境太黑，自動對焦很多時候都會對不到焦。

我就這樣欣賞了一場個多小時的絢麗極光舞蹈騷。有些人去了很多次都沒看到北極光，我才來一次就看到了，真是幸運！雖然我的手指已冷得沒知覺，連相機上的按鈕也幾乎摸不到…（1 月的芬蘭是零下二十度呢！）但可以親身體驗到這個大自然奇景，實在是不枉此行！

Compiled by Dr Chan Pui Wai

Ebola Virus Disease

Ebola virus disease (EVD) is caused by infection with Ebola virus of Filoviridae family. Ebola first appeared in 1976 in Sudan and the Democratic Republic of Congo, the latter in a village situated near the Ebola River, from which the disease took its name. The disease has appeared sporadically since then. Confirmed cases of EVD have been reported in sub-Saharan Africa. Since March 2014, new cases and deaths of EVD have been continuously reported in the West African region. As of 20th August 2014, the World Health Organization (WHO) has reported a total of 1,528 cases and 844 deaths in this region. Affected areas include Guinea, Liberia, Sierra Leone and Nigeria.

Clinical features

EVD is a severe acute viral illness often characterized by sudden onset of fever, intense weakness, muscle pain, headache and sore throat, followed by vomiting, diarrhea, rash, impaired kidney and liver function, and in some cases, both internal and external bleeding. EVD in human has a case fatality rate of up to 90%.

Mode of transmission

Ebola virus is introduced into the human population through close contact with blood, secretion, organs or other body fluid of infected animals. In Africa, infection has been documented through handling infected chimpanzees, gorillas, fruit bats, monkeys, forest antelope and porcupines found ill or dead in the rainforest. Human-to-human transmission occurs upon direct contact (through broken skin or mucous membrane) with blood, secretion, organs or other body fluid of infected people, dead bodies and indirect contact with the environment contaminated with such fluid. The incubation period of Ebola virus ranges from 2 to 21 days. People are infectious as long as their blood and secretion contain the virus.

Treatment and prevention

To prevent the disease, it is important for travellers to observe good personal and environmental hygiene, avoid unnecessary travel to affected areas, and avoid close contact with feverish or ill persons/blood or body fluid of patients/animals. Upon returning from the affected area, the health condition of the traveler should be observed very closely for 21 days. The "Interim Recommendations on Infection Control for EVD in Healthcare Setting" prepared by the Centre for Health Protection (CHP) provides recommendations on isolation of patients, use of personal protective equipment (PPE), and other infection control measures when managing the cases.

Patients meeting the reporting criteria should be isolated immediately. The medical officer should notify the CHP if a patient fulfils both the Clinical Criteria AND Epidemiological Criteria:

1. Clinical Criteria

- ✧ Sudden onset of fever ($\geq 38^{\circ}\text{C}$, 100.4°F); OR
- ✧ Having at least one of the following symptoms/signs: inexplicable bleeding, purpura, bloody diarrhea, haematuria, gum bleeding, bleeding into the eyes; OR
- ✧ Any inexplicable sudden death

AND

2. Epidemiological Criteria

One or more of the following within 21 days before the onset of illness:

- ✧ Close contact with a confirmed or probable case of EVD or his/her body fluid; OR
- ✧ Resided in or history of travel to an affected area/country

References: Centre for Health Protection, Hong Kong; World Health Organization

Compiled by Dr. Leung Wing Mun Wanmie

Interest Group in Mental Health & Psychiatry in Primary Care The 40th Meeting on 2 Aug 2014

Dr. Mark S. H. Chan (Coordinator), Board of Education

The 40th Interested Group in Mental Health & Psychiatry in Primary Care Meeting was held on 2nd August 2014. Dr. Chan Suen Ho Mark, private family physician, is the speaker.

Meeting Theme : Clinical Pharmacology as in Community Mental Health

Attendance : 48

The Speaker : Dr. Mark Chan has been the coordinator of the College Mental Health Interest Group since 2006. His qualifications include MBBS (UNSW) and Master Pain Medicine (University of Newcastle). Dr. Chan is our College fellow; he teaches students from HKU and CUHK and has more than 30 academic publications in Anesthesia, Pain, Pharmacology and Family medicine and more than 150 newspaper contributions.

Learning points

The presentation gives the personal considerations with factors from Drug, Patient, Doctor, Family and Community; with time frame of Start, During and After.

The most important concepts in clinical pharmacology are illustrated by the DRC (dose response curve), ED 50, and therapeutic index.

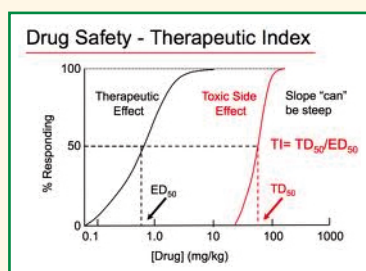


Diagram 1
DRC Showing ED₅₀, overlapping of toxic response curve and therapeutic index

This curve deals with the BIG BIG question of "Is the drug safe?"

A safer drug is a drug which has no overlapping between the Effective DRC and the Toxic DRC.

Next big question is what is an ideal drug?

As from Family physician's view are Effectiveness; Safety; Selectivity; Reversible action; Ease of Administration; Predictability; minimal drug interactions; Low cost.

Administration matters

Patient's and Carer's point: Drug factors: name/size/schedule; Route –how to take; Major drug & food related

interactions; adverse effects; Who and when to call with problems

Patient factors include: Can the patient do it; Visual acuity; Manual dexterity; Intellectual ability; Memory; Finances; Cultural attitudes.

Let's revise some Pharmacokinetic Concepts:

Rate Constants and Half-Lives: Disposition of most drugs follows first-order kinetics, which is a constant fraction of the drug being removed during a finite period of time.

This fraction is equivalent to the rate constant of the process.

Rate constants: k ; min^{-1} or h^{-1} . The absolute amount of drug removed is proportional to the concentration of the drug. i.e. conc dependent

When concentration is high, it falls faster than when it is low.

First-order kinetics applies not only to elimination, but also to absorption and distribution.

Half-Lives describe the rapidity of pharmacokinetic processes.

Half-Life = the time required for the concentration to change by a factor of 2.

Half-Life = the time required for half the quantity of a drug or other substance deposited in a living organism to be metabolized or eliminated by normal biological processes. Also called biological half-life.

Clearance is the drug's rate of elimination (by all routes) normalized to the concentration of drug C in the biological fluid where the sample taken eg blood or plasma clearance; and of unbound or free drug, depending on the concentration measured (C_b , C_p or C_u)

$$CL = \text{Rate of elimination} / C$$

$$CL = V_d \times k_{\text{elim}} \text{ where } V_d = \text{volume of distribution ; } k_{\text{elim}} \text{ is elimination rate constant}$$

$$CL = V_d \times (0.693/t_{1/2}) \text{ where } 0.693 = \ln 2 \text{ and } t_{1/2} \text{ is the drug elimination half-life}$$

Clinical Problems:

1. Concurrent administration, adverse drug reactions (ADRs): a strong relationship between drug-drug interactions, treatment failures, and costs; often preventable.

Factors 1. potency and concentration of the drugs; 2. therapeutic index balanced between efficacy and toxicity; 3. presence of active metabolites, and 4. extent of metabolism of substrate drug.

2. Impaired absorption. e.g. clozapine-constipation; laxatives-lactulose reduce absorption.
3. New: Drug transporter P-glycoprotein (Pgp) Tissue distribution of Pgp influences the effect of psychotropics, risperidone, nortriptyline, and citalopram at Blood brain barrier; also found in intestines and major site for absorption. Expression of Pgp in tissues can be induced and inhibited.
4. Metabolism: most prominent key enzyme -CYP450 system; inducers increasing hepatic metabolism require days; classic inducers are carbamazepine, phenytoin and phenobarbital.
5. Metabolic consequence of smoking cessation
Some Drugs' dose needs reduction when off smoking, e.g. clozapine, will have 50% serum concentration increase when the liver enzymes return to baseline activity without the influence of polycyclic aromatic hydrocarbons (PAH) in cigarette smoke. This can lead to serious effects, e.g. seizures.
6. Drug interactions - result in serum concentration changes, esp. drugs with a narrow therapeutic index, e.g. lithium and clozapine
7. Distribution-Protein-binding interactions due to protein-displacement are usually insignificant, as compensatory drug clearance from the larger unbound fraction of drug.
8. Elimination- Psychiatric drug interactions that result in altered elimination are rare.

Pharmacodynamic Drug Interactions

Occurs when drugs act at the same or interrelated receptor sites, resulting in additive, synergistic, or antagonistic effects at the target receptor. Most are predictable with basic understanding of the drug mechanism of action and receptor effects.

Revision of important alerts

1. Anticholinergic Intoxication

The synergistic effect of drugs. Eg tricyclic antidepressants + anti-parkinsonian agents increase anticholinergic effects of antipsychotics such as clozapine, olanzapine, and quetiapine, leading to dry mouth, blurred vision, and possibly delirium.

Amitriptyline + benztropine = pronounced constipation, heat stroke, urinary retention.

2. Serotonin Syndrome

Serotonin is involved in multiple bodily process and conditions including aggression, pain, appetite, depression, and migraine.

Potentially fatal, caused by overstimulation of 5-HT_{2A} receptor; interaction include antidepressants, opioids, CNS stimulants, 5-HT₁ agonists (triptans), dextromethorphan, and certain herbal products available OTC (e.g. St. John's wort).

3. QTc Prolongation and Torsades de Pointes (TdP)

A pharmacodynamic drug interaction, result of combining two or more drugs with established risk of prolongation of QTc interval. E.g chlorpromazine + haloperidol, at risk for malignant arrhythmias. QT interval prolongation of at least 500 milliseconds (ms) shown to correlate with an increased risk of TdP.

4. Blood Dyscrasias

Almost all classes of psychotropic agents have been reported to cause blood dyscrasias.

Leukopenia, neutropenia, thrombocytopenia, eosinophilia, anemia, agranulocytosis, and altered platelet function. Clozapine is well known, but also olanzapine, and other antidepressants.

5. Neuroleptic malignant syndrome (NMS) – Co administration of antipsychotic agents (e.g. olanzapine and conventional agents e.g. haloperidol) increase risk of seizures and adverse effects such as drowsiness, dizziness, orthostatic hypotension, anticholinergic effects and extrapyramidal symptoms.

Take Home messages:

1. most drug interactions are primarily metabolic
2. most drug interactions are predictable based on knowledge of the isoenzymes involved,
3. be aware of the most important psychiatric drug interactions
4. mechanism responsible for the interaction
5. action required to prevent a negative clinical outcome
6. become an expert in the drugs used most often in one's own practice
7. pay attention to drugs with narrow therapeutic indices and potential lethal doses
8. consult resources frequently
9. select agents that have a low degree of drug-interaction potential.

Next meeting

The next meeting for the interest group will be on 4th October 2014. Specialist psychiatrist / Physician, Dr. Lam Tat Chung, Paul (林達聰醫生) will speak on mental capacity assessment with reference to Reversed Mortgage.

All members of the College are welcome and encouraged to present their cases and problems for discussions or role play. (Please do so 2 weeks beforehand for speakers to review, contact our secretary at 2528 6618.) Again, those who are experienced can share, less experienced ones can benefit from participation. Our goal is to enhance our practical skills, promote early awareness and better management of mental health problems in our community.

Certificate Course on Osteoporosis

Sponsored by Takeda Pharmaceuticals Company Limited

Dates	:	14, 21 September, 12 & 19 October 2014 (Sundays)
Time	:	1:00pm - 2:00 pm Lunch 2:00pm - 4:00 pm Lecture & Discussion
Venue	:	5/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, H.K.
Target group	:	Primary care professionals who are interested in Osteoporosis
Course Fee*	:	HKCFP Members – Complimentary Non-HKCFP Members – HK\$240 for whole course (All cheques please made payable to "HKCFP Education Ltd" . All fees received are non-refundable and non-transferable.) *Course fee will be refunded to those who have attended 100% of all 4 lectures.
Accreditation	:	HKCFP: 2 CME points for each session (Cat 4.3) MCHK: 2 CME points for each session
Award	:	Those who have attended 75% or more of all the sessions will be awarded a "Certificate of Attendance".
Capacity	:	60 doctors

Programme Schedule

Dates	Topics	Speakers
14 Sept 2014 (Sun)	Lecture 1	Prof. LAM Tsz Ping <i>Assistant Professor (Clinical), Department of Orthopaedics & Traumatology, CUHK</i>
	Lecture 2	Mr. KWOK Wai Leung, Anthony <i>Deputy Director & Lecturer, MSc MMR Programme, Department of Orthopaedics and Traumatology, CUHK</i>
21 Sept 2014 (Sun)	Lecture 1	Dr. YIP Wai Man <i>Specialist in Geriatric Medicine, Private</i>
	Lecture 2	Dr. IP Tai Pang <i>Consultant, Department of Medicine, TWH</i>
12 Oct 2014 (Sun)	Lecture 1	Dr. CHOY Tak Kee, Dicky <i>Centre Physician, Jockey Club Centre for Osteoporosis Care and Control, CUHK</i>
	Lecture 2	Dr. LAW Sheung Wai <i>Consultant, Department of Orthopaedic & Traumatology, PWH</i>
19 Oct 2014 (Sun)	Lecture 1	Dr. LAM Siu Keung <i>Specialist in Obstetrics & Gynaecology Consultant, Prestige Medical Centre</i>
	Lecture 2	Dr. LAU Chi Yuen <i>Specialist in Orthopaedics & Traumatology, Chi Medical Centre</i>

*** Registration will be first come first served. For any enquiry, please call the College secretariat, Ms. Rosina Chan at 2528 6618. ***

REPLY SLIP

To: HKCFP, Room 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong

I am a ***Member / Non-member** of The Hong Kong College of family Physicians. **(*Please delete as appropriate)**

I would like to attend **"Certificate Course on Osteoporosis"** and enclosed please find the appropriate course fee payment.

Name: _____ Tel: _____ Date: _____

Email: _____

Refresher Course for Health Care Providers 2014/2015

Jointly organized by
 Hong Kong Medical Association
 The Hong Kong College of Family Physicians

Our Lady of Maryknoll Hospital

Venue : Training Room II, 1/F, OPD Block, Our Lady of Maryknoll Hospital
 118 Shatin Pass Road, Wong Tai Sin, Kowloon

Time : 2:15pm to 4:15pm

Dates	Topics	Speakers
13 Sept 14	ENT update - Management of Salivary Gland Diseases and Thyroid Nodules	Dr. Siu Kwan NG, Consultant (ENT), PWH
11 Oct 14	Surgical Minor Procedures in primary care	Dr. Ying Wah CHIU, SMO (SURGERY), OLMH
8 Nov 14	Work stress management workshop	Dr. Wing Wo LAM, Private family doctor
13 Dec 14	Workshop on Stress management through the lifespan	Dr. Wing Wo LAM, Private family doctor
10 Jan 15	Speech therapy in primary care	Ms. Fannie LAW, KWH/WTSH Speech Therapist
14 Feb 15	Gynaecology update for primary care	Dr. Kit Sheung CHAN, CONS (O&G), KWH
14 Mar 15	Emergencies in primary care	Dr. Wing Wo LAM, Private family doctor
11 Apr 15	Musculoskeletal assessments and rehabilitation	Ms. Jane MAN, Occupational Therapist (OLMH)
9 May15	Musculoskeletal assessments and rehabilitation	Ms. Jane MAN, Occupational Therapist (OLMH)
13 Jun 15	Primary care rheumatology	Dr. K Y YING, CONS (Med& Geri), PMH

A certificate will be presented at the end of the course for those achieving $\geq 80\%$ of attendance.

Pending CME accredited by HK College of Family Physicians 2 credit points and HK Medical Association 2 credit points (for MCHK non-specialist).

CNE points accredited by OLMH CND 2 credit points.

Limited car parking can be reserved, on first come first serve basis.

RSVP : Tel: 23542440 (Ms Clara Tsang, OLMH)

Fax: 23276852

- Please wear a surgical mask if you have respiratory tract infection and confirm that you are afebrile before coming to the meeting.
- Please wear an appropriate dress code to the hospital for the clinical attachment.
- Private Video Recording is not allowed. Members, who wish to review the lecture, please contact our secretariat.

27 September 2014 Saturday

Board of Education Interest Group in Counseling	
Aims	(1) To form a regular platform for interactive sharing and discussion of various counseling cases commonly seen in our daily practice; (2) To booster the competencies in counseling of family practitioners through case discussion and practising self awareness
Theme	Mindfulness
Speaker	Prof. Wong Yeung Shan, Samuel
Co-ordinator & Chairman	Dr. Lau Wai Yee, Aster The Hong Kong College of Family Physicians
Time	2:30 p.m. – 4:00 p.m. Theme Presentation 4:00 p.m. – 4:30 p.m. Discussion
Venue	8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong
Admission Fee	Members Free Non – members HK\$ 300.00 HKAM Registrants HK\$ 150.00 All fees received are non-refundable and non-transferable.
Accreditation	2 CME points HKCFP (Cat. 4.3) 2 CPD points HKCFP (Cat. 3.15) 2 CME points MCHK
Language	Lecture will be conducted in English and Cantonese.
Registration	Registration will be first come first served. Please reserve your seat as soon as possible.
Note	Participants are encouraged to present own cases for discussion. Please forward your cases to the Co-ordinator via the College secretariat 2 weeks prior to meeting.

Remarks: Please note that in 2014, only 3 sessions of Mental Health Interest Group will be available. It will combine with 3 sessions of Counseling Interest Group for calculation of attendance certificate for participants of year 2014.

4 October 2014 Saturday

Board of Education Interest Group in Mental Health	
Aim	To form a regular platform for sharing and developing knowledge and skill in the management of mental health
Themes	1. Assessment of Mental Capacity 2. Case Study - A Young Woman with Cognitive Decline
Speaker	Dr. Lam Tat Chung, Paul FRCP, FRCPsych, FHKAM(Medicine), FHKAM(Psych) Specialist in Psychiatry
Co-ordinator & Chairman	Dr. Chan Suen Ho, Mark The Hong Kong College of Family Physicians
Time	1:00 p.m. – 2:00 p.m. Lunch 2:00 p.m. – 4:00 p.m. Theme Presentation & Discussion
Venue	5/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong
Admission Fee	Members Free Non – members HK\$ 300.00 HKAM Registrants HK\$ 150.00 All fees received are non-refundable and non-transferable.
Accreditation	2 CME points HKCFP (Cat. 4.3) 2 CPD points HKCFP (Cat. 3.15) 2 CME points MCHK
Language	Lecture will be conducted in English and Cantonese.
Registration	Registration will be first come first served. Please reserve your seat as soon as possible.
Note	Participants are encouraged to present own cases for discussion. Please forward your cases to the Co-ordinator via the College secretariat 2 weeks prior to meeting.

HKCFP would like to thank HKMA for supporting this educational activity.

Sponsored by
Lundbeck Hong Kong

Monthly Video Viewing Session

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

September's session:

Date	26 September 2014 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	1. Medical-legal Alert on Dermatology & Cosmetic Medicine – Mr. Chris House Richards Butler 2. Pitfalls in Cosmetic Medicine in General Practice – Dr. Foo Kam So, Stephen
Admission	Free for Members
Accreditation	1 CME point HKCFP (Cat. 4.2) 1 CME point MCHK Up to 2 CPD points (Subject to submission of satisfactory report of Professional Development Log)
Language	Lecture will be conducted in English.

October's session:

Date	31 October 2014 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	1. Disturbed Behaviors and Medico-legal Consequences – Dr. Choi Kin 2. Risks and Medico-legal Problem in Mental Health – Dr. Teoh Ming Keng
Admission	Free for Members
Accreditation	1 CME point HKCFP (Cat. 4.2) 1 CME point MCHK Up to 2 CPD points (Subject to submission of satisfactory report of Professional Development Log)
Language	Lecture will be conducted in English.

Community Education Programme

Open and free to all members
HKCFP CME points accreditation (Cat 5.2)

Date/Time/CME	Venue	Topic/Speaker/Co-organizer	Registration
25 October 2014 2:15 – 3:45p.m.	Lecture Theatre, G/F, Block P, United Christian Hospital, 130 Hip Wo Street, Kwun Tong, Kowloon	Management of Low Back Pain Dr. CHAN Wai Leung (AC, O&T, UCH), Mr. Chris CHOW Hon Yuen (SPT, Physio, UCH), Ms. Agnes WONG Mei Fung (OTI, OM, UCH)	Ms. Irene Got Tel: 2527 8285

Structured Education Programmes

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

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
8 October 14 (Wed)			
2:15 – 4:45 p.m.	E1034AB, 1/F, Main Block, Tuen Mun Hospital	Management of Tinea Infection in Primary Care Dr. Lam Yip Cheung	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Obesity and weight reduction Dr. Cheuk Hiu Ying & Dr. Yeung Ka Yu Doogie	Ms. Cordy Wong Tel: 3513 3087
5:00 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Sexual Dysfunction Dr. Wong Hiu Lap	Ms. Crystal Law Tel: 2632 3480
5:15 – 7:15 p.m.	Lecture Hall, 5/F, 30 Hospital Road, Tsan Yuk Hospital	Physiotherapy service in Nurse and Allied Health clinic with detail introduction on the fall prevention program Dr. Chou Chun Wing Stephen	Ms. Elaine Cheung Tel: 2589 2479
9 October 14 (Thur)			
2:15 – 5:15 p.m.	Meeting Room 1, 1/F, Block F, UCH	ICPC Coding Dr. Lai Kit Ping Loretta	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Approach to Fatigue Dr. Leung Hor Yee & Dr. So Lok Ping	Ms. Cordy Wong Tel: 3513 3087
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Journal Club Dr. Choi Man Kei	Ms. Kwong Tel: 2595 6941
15 October 14 (Wed)			
2:15 – 4:45 p.m.	E1034AB, 1/F, Main Block, Tuen Mun Hospital	FM Training in United Kingdom Dr. Sung Cheuk Chung & Dr. Lui Lok Kwan	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Video viewing: Overview of Community Geriatric Assessment Service / Case presentation (Geriatric cases) Dr. Fung Sze Yuen & Dr. Wong Sze Kei	Ms. Cordy Wong Tel: 3513 3087
5:15 – 7:15 p.m.	Lecture Hall, 5/F, 30 Hospital Road, Tsan Yuk Hospital	Vocational Training Review Dr. Fan Wai Man Anita	Ms. Elaine Cheung Tel: 2589 2479
16 October 14 (Thur)			
2:15 – 5:15 p.m.	Auditorium, G/F, Tseung Kwan O Hospital	Journal club (menopausal symptoms) Dr. Chan So Wai Sara & Dr. Chow Pui Yin Melody	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Application of FM Principles in Dermatology Dr. Tang Kin Sze & Dr. Lo Cheuk Wai	Ms. Cordy Wong Tel: 3513 3087
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	The overview of HIV/AIDS in Hong Kong Dr. Louisa Fu	Ms. Kwong Tel: 2595 6941
22 October 14 (Wed)			
2:15 – 4:45 p.m.	E1034AB, 1/F, Main Block, Tuen Mun Hospital	Update on the Hypertension Management Dr. Tsui Sau In	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	ICPC Coding Dr. Fung Hoi Tik	Ms. Cordy Wong Tel: 3513 3087
5:15 – 7:15 p.m.	Lecture Hall, 5/F, 30 Hospital Road, Tsan Yuk Hospital	Primary Care Development in Hong Kong cum Public-Private interface updates Dr. Tsui Wing Sze Wendy	Ms. Elaine Cheung Tel: 2589 2479
5:00 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Community Resources for Dementia Patient Dr. Tin Yuen Ying	Ms. Crystal Law Tel: 2632 3480
23 October 14 (Thur)			
2:15 – 5:15 p.m.	Auditorium, G/F, Tseung Kwan O Hospital	Obesity and weight reduction Dr. Yuen Ming Wai & Dr. Chung Sze Ting	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Management of Common Mental Disorders in primary care: IMHP Case Sharing by YFS GOPC Dr. Chu Tsun Kit	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Management of Anaemia Dr. Lee Ho Ming	Ms. Kwong Tel: 2595 6941
29 October 14 (Wed)			
2:15 – 4:45 p.m.	E1034AB, 1/F, Main Block, Tuen Mun Hospital	Polypharmacy Dr. Yuen Ching Yan	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Men's health and Erectile dysfunction Dr. Lo Alvina & Dr. Ching Rosemary Hin Nga	Ms. Cordy Wong Tel: 3513 3087
5:15 – 7:15 p.m.	Lecture Hall, 5/F, 30 Hospital Road, Tsan Yuk Hospital	Promoting smoking cessation in general practice Dr. Chan Shuk Wun	Ms. Elaine Cheung Tel: 2589 2479
30 October 14 (Thur)			
2:15 – 5:15 p.m.	Auditorium, G/F, Tseung Kwan O Hospital	Men's health and Erectile dysfunction Dr. Mok Ka Yee & Dr. Lee Edna Tin Wai	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Management of Abnormal BP in Primary Care Dr. Wong Fai Ying & Dr. Kam Ka Lok	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Adolescence Health Dr. Choi Man Kei	Ms. Kwong Tel: 2595 6941

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14 Sep 1:00 – 4:00 p.m. Certificate Course on Osteoporosis	15 6:00 p.m. Research Committee Meeting	16	17 2:15 – 7:15 p.m. Structured Education Programme 9:00 p.m. Protracted Post AEC	18 2:15 – 7:00 p.m. Structured Education Programme 9:00 p.m. HKCFP Council Meeting	19 9:00 p.m. Board of Conjoint Examination Meeting	20 2:30 – 5:00 p.m. DFM Practice Management
21 1:00 – 4:00 p.m. Certificate Course on Osteoporosis	22	23	24 2:15 – 7:15 p.m. Structured Education Programme 9:00 p.m. Protracted Post AEC	25 2:15 – 7:00 p.m. Structured Education Programme 8:00 p.m. 56 th Specialty Board Meeting	26 2:30 – 3:30 p.m. Board of Education – Video Session	27 2:30 – 4:30 p.m. Interest Group in Counseling
28 2:30 – 5:00 p.m. DFM Orthopaedic Injection Workshop	29	30	1 Oct	2	3	4 1:00 – 4:00 p.m. Interest Group in Mental Health 2:30 – 5:30 p.m. AEC Mock Exam
5 2:00 – 5:00 p.m. OSCE Rehearsal	6	7	8 2:15 – 7:15 p.m. Structured Education Programme	9 2:15 – 7:00 p.m. Structured Education Programme	10	11 2:30 – 5:00 p.m. DFM Care for the Elderly & Chronic Illness
12 1:00 – 4:00 p.m. Certificate Course on Osteoporosis	13	14	15 2:15 – 7:15 p.m. Structured Education Programme	16 2:15 – 7:00 p.m. Structured Education Programme 9:00 p.m. HKCFP Council Meeting	17	18
19 1:00 – 4:00 p.m. Certificate Course on Osteoporosis	20	21	22 2:15 – 7:15 p.m. Structured Education Programme	23 2:15 – 7:00 p.m. Structured Education Programme	24	25 2:30 – 5:00 p.m. DFM MSK Workshop
26 Conjoint Examination 2014 – OSCE Exam	27	28 7:00 – 9:00 p.m. Exit Exam - Research Standardization Workshop	29 2:15 – 7:15 p.m. Structured Education Programme	30 2:15 – 7:00 p.m. Structured Education Programme	31 2:30 – 3:30 p.m. Board of Education – Video Session	1 Nov

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

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Contact and Advertisement Enquiry

Ms. Alky Yu
Tel: 2528 6618 Fax: 2866 0616
E-mail: alkyu@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