

Message from the President

February is the month of joy as Chinese celebrate the Spring Festival. However, we are deeply saddened by the loss of Dr. Pun Chiu On, the late husband of our long serving Council member, Dr. Mary Kwong. Dr. Pun was the President of the Hong Kong College of Cardiologists and he had been instrumental in helping our CPR Subcommittee for years. I can vividly remember the kind and gentle Dr. Pun when we met at the College's annual dinner a few years back. My thoughts and prayers are with Mary and her family. Please accept our deepest condolences.

Recently the Hong Kong Medical Association has resolved to set up a task force on exploring the possibility of establishing a College on Primary Care. Promoting Family Medicine and Primary Care together with improving the quality of Primary Care for the public has always been the prime mission of The Hong Kong College of Family Physicians. Furthermore, as one of the constituent statutory Colleges under the Hong Kong Academy of Medicine, we strive to improve the health of the public through establishing standards for the training, certification, continuous medical education and professional development of Primary Care doctors, promoting research in Primary Care and collaboration with other specialties.

While we welcome endeavours to promote Primary Care, we cannot support the idea of establishing a new College of Primary Care because of, but not exclusive to, the following reasons:

- 1) The Hong Kong College of Family Physicians has always been promoting Primary Care and its professional development in Hong Kong. There is no justification to form another body with duplicating roles.
- 2) The Hong Kong College of Family Physicians is the statutory Academy College charged with the duty to assure the standard and provide training in Family Medicine and Primary Care. We have already in place a variety of medical educational programmes to cater for the different levels of needs of education for primary care doctors, from Certificate of Family Medicine programme, Diploma In Family Medicine course, a Fellowship examination for assessing standards, up to a recognized training pathway to specialist level in Family Medicine. All registered doctors in Hong Kong are welcome to take part in the aforementioned programmes.

We welcome any organisation to support our educational programmes and we are happy to liaise with them in jointly developing other Primary Care educational programmes under the umbrella of the Hong Kong Academy of Medicine.

The Board of Diploma in Family Medicine has been running a certificate course in Shunde, Guangdong. We have received very positive feedback from Shunde. The course uses role play

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THE HONG KONG
COLLEGE OF
FAMILY PHYSICIANS



Family Physicians Links

ISSUE 133
March 2015

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Message from the President

and small group discussion to enhance the learning. They view the enthusiasm of the tutors as contagious and the learning atmosphere is lively. Well done to Dr. Simon Au and his team.

Not long after this, we received another great feedback from the Health Committee in Henan, China. Their members had attended the Cross Strait Conference 2014 in Hong Kong. If you still remember, everyone was given a book 家庭醫生 100篇 published by the College. The conclusion of this book is the strengthening the training and services of primary care will enhance the trust of general public towards primary care doctors and shift the congestion and burden from hospitals

back to the rightful community clinics. This will in turn build a strong foundation for a successful healthcare pyramid. I take my hat off and salute Henan! Well done to Dr. Mark Chan, Dr. Ngan Po Lun and their team in publishing this book. If you don't have a copy, please contact the College Secretariat.



Dr. CHAN MW Angus
President

"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 March 2015 to 14th April 2015, Dr. David Chao and I 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. Tony Lee

Membership Committee News

The Membership Committee approved, on recommendation of the Chairlady of the Membership Committee, the following applications for membership in **Feburay 2015** :

From Associate Membership to Fellowship

Dr. Chau Hoi Ki Samantha	鄒 凱 琪
Dr. Cheng Hei Wan	鄭 曦 雲
Dr. Cheng Long Yee	鄭 朗 兒
Dr. Cheuk Tat Sang	卓 達 生
Dr. Cheung Kwok Chiu Stephen	張 國 釗
Dr. Cho Yin Fan	曹 燕 芬
Dr. Kwong Lok See	鄺 樂 詩
Dr. Lau Ka Kin	劉 家 堅
Dr. Lee Yan Chi Vivien	李 恩 慈
Dr. Tam, Wing Yi Cherry	譚 穎 兒

Dr. Tse Sut Yee
Dr. Tse Tung Wing George
Dr. Tsui Wing Hang
Dr. Wong Kwai Sheung
Dr. Yu Man Sun

謝 雪 兒
謝 東 榮
徐 穎 珩
黃 桂 嫦
余 文 申

Associate membership (New Application)

Dr. Chan Chun Chun Enoch
Dr. Chan Man Ting
Dr. Tam Kwan wai
Dr. Wong Wing Fung

陳 祈 進
陳 蔓 婷
譚 君 偉
黃 永 鋒

HKCFP Photography Club

On 4 January 2015, a group of HKCFP members gathered for the first time to snap around on a lovely Sunday morning! It is our pleasure to have our College President Dr. Angus Chan, and Vice-presidents Dr. HL Lau and Dr. David Chao to share with us on photography and beyond. Our group walked through the Sheung Wan region, took nice pictures, and chatted along. The HKCFP Photography Club look forward to seeing many more of you in coming function!



Legend of the left lower photo:

Back row (from left to right): Dr. KL Chow, Dr. Christina Cheuk, Dr. MK Lee, Dr. Geoffrey Lau, Dr. Anthony Lai, Dr. David Wong and Mrs. Rachel Wong, Dr. HY Wong and Dr. Tim Lo

Front row (from left to right): Dr. Tony Ng, Dr. CM Lau, Dr. Angus Chan, Dr. HL Lau and Dr. David Chao

Classified Advertisements

Position Vacants

Invites applicants for full time/part time position in Evangel Hospital and general outpatient clinics in Kowloon.

Please send your C.V. and enquiry to cplusclinic@gmail.com
Dr. Billy Chui.

Urgently Needed

Doctor (GP) for small private practice in TST.

Early partnership option for **suitable candidate**.

Will consider short/long term employment as well as part-time or full-time.

Please contact Christine on 9819-2335 or send CV to drsjlevy@gmail.com.

TWENTY- NINTH CONJOINT HKCFP/RACGP FELLOWSHIP EXAMINATION THIRD (FINAL) Announcement

The Board of Conjoint Examination is pleased to announce the following information on the Twenty-ninth Conjoint Fellowship Examination with the Royal Australian College of General Practitioners to be held in 2015.

(1) REQUIREMENTS AND ELIGIBILITY

All candidates **MUST** be at the time of application for the Examination and at the time of the Conjoint Examination:

1. FULL OR ASSOCIATE members of BOTH HKCFP AND RACGP*
2. FULLY REGISTERED with the Hong Kong Medical Council*
(*Documentary evidence is required with the application - including a valid RACGP number.)
(Note : All candidates are required to renew their RACGP membership for the year 2015/2016 before 31 July 2015. Failure to comply with the rule may result in denial of admission to the Exam.)

In addition, they must be EITHER CATEGORY I OR CATEGORY II CANDIDATES*

- (a) **CATEGORY I CANDIDATES** are graduate doctors who are undergoing or have completed a fully approved vocational training programme as outlined in the College's Handbook for Vocational Training in Family Medicine. After satisfactory completion of two years of approved training, Category I candidates or trainees may apply to sit the Written Examination, both the two segments of which must be taken at the same attempt. After satisfactory completion of four years of supervised training, Category I candidates may apply to sit the Clinical Examination.

(Note : All Category I candidates who are current vocational trainees and apply to sit the Written Examination **MUST** submit evidence of completion of at least 15 months of approved training by 31 March 2015, together with the application. Those current vocational trainees who apply for the Clinical Examination **MUST** submit evidence of completion of at least 39 months of approved training by 31 March 2015, together with the application. Candidates who have already completed vocational training **MUST** submit evidence of completion of vocational training, together with the application.

Part-time trainees must submit evidence of completion of their vocational training by the time of the Written Examination before they can apply to sit the examination.)

- (b) **CATEGORY II CANDIDATES** are doctors who have been predominantly in general practice for not less than five years by 30 June 2015.

Category II candidates may opt to only sit for the Written Examination at the first and subsequent application.

Enquiries about eligibility to sit the examination should be directed to the Chairman of the Board of Conjoint Examination.

The eligibility of candidates of both categories is subject to the final approval of the Board of Conjoint Examination, HKCFP.

Application will not be processed unless all the documents are submitted with the application form.

(2) FORMAT AND CONTENTS

- A. Written Examination
Key Feature Problems (KFP), and
Applied Knowledge Multiple Choice Questions (MCQ)
- B. Clinical Examination
Objective Structured Clinical Examination (OSCE)

(3) PRE-REQUISITE FOR CLINICAL SEGMENTS

All candidates applying to sit for the Clinical Examination of the Conjoint Fellowship Examination **MUST** possess a CPR (Competence in Cardiopulmonary Resuscitation) certificate issued by the HKCFP. This validity of this certificate must span the time at which the application for the Examination is made **AND** the time of the Clinical Examination.

Application will not be processed unless the pre-requisite is fulfilled.

(4) CRITERIA FOR A PASS IN THE EXAMINATION

A candidate will be required to pass the entire Written Examination in one sitting. That is, if one fails the Written Examination, both the KFP and MCQ segments have to be re-taken. Successful Written Examination result can be retained for three years (until the Clinical Examination of 2018).

The Clinical Examination can only be taken after successful attempt of the Written Examination. If one fails the Clinical Examination, all the OSCE stations have to be re-taken.

A candidate has to pass both the Written and the Clinical Examinations in order to pass the Conjoint HKCFP/ RACGP Fellowship Examination.

(5) APPLICATION AND EXAMINATION FEES

Application forms are available from the College Secretariat at Room 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. You may also download the application forms from our College website, www.hkcfp.org.hk Please note that the deadline for application is **15 April 2015**.

For both **CATEGORY I** or **CATEGORY II CANDIDATES**:

- Full Examination (Written + Clinical)	\$28,000
- Written Examination	\$8,080 plus Administrative Fee \$9,040
- First attempt on Clinical Examination	\$10,880
- Subsequent attempt on Clinical Examination	\$10,880 plus Administrative Fee \$9,040

Please make the cheque payable to **"HKCFP Education Limited"**. If a candidate applies for the Full Examination and **fails the Written Examination, the fee (\$10,880) paid for the Clinical Examination will be refunded**.

(6) REFUND POLICY

If a candidate wishes to withdraw from the examination, and written notification of withdrawal is received by the College 60 days or more prior to the date of the examination, he will receive a refund of \$18,960 (for the whole examination), \$8,080 (for the written examination) or \$10,880 (for the clinical examination). The administration fee of \$9,040 will not be refunded.

No refund of any amount will be given if written notice of withdrawal is received by the College within 60 days of the date of the examination.

All fees paid are not transferable to subsequent examinations.

(7) IMPORTANT DATES

- | | |
|--|--|
| • 15 April 2015 (Wednesday) | Closing Date for Applications |
| • 30 August 2015 (Sunday) | Conjoint Examination – Written Examination (MCQ) |
| • 6 September 2015 (Sunday) | Conjoint Examination – Written Examination (KFP) |
| • 25 October 2015 (Sunday) (tentative) | Conjoint Examination - OSCE |

(8) ELECTION TO FELLOWSHIP

Members should be aware that passing the Conjoint Fellowship Examination does NOT equate with election to the Fellowship of either the Hong Kong College of Family Physicians or the Royal Australian College of General Practitioners. Those wishing to apply for Fellowship of either or both College(s) should ensure that they satisfy the requirements of the College(s) concerned.

Entry forms for Fellowship, Membership and Associateship of the Hong Kong College of Family Physicians and the Royal Australian College of General Practitioners are available from both College website (www.hkcfp.org.hk / www.racgp.org.au). You may also contact the HKCFP Secretariat, Room 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. Tel: 2528 6618, Fax: 2866 0616.



Dr. Chan Hung Chiu
Chairman
Board of Conjoint Examination

Diploma in Family Medicine (HKCFP) SECOND Announcement

The Board is pleased to announce that the Diploma Course in Family Medicine (DFM) organized by The Hong Kong College of Family Physicians will commence in July 2015.

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 studies.

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 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)

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

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

Aims:	1. Enhance consultation, communication and problem solving skills 2. Gain knowledge in common and chronic diseases in Family Medicine
Contents:	Selected topics from Clinical Psychology, Diabetes Mellitus, Low Back Pain, COPD, Atopic Eczema, Elbow Mass, Facial Rashes, Health Psychology, Allergic Rhinitis, Urethritis, Urine Incontinence, etc.

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

Aims:	1. Strengthen knowledge in Family Medicine 2. Understand the potential growth of Family Medicine 3. Develop research and teaching skills in Family Medicine
Contents:	Practice Management, Care of Elderly & Chronic Illnesses, Anticipatory Care, Clinical Audit & Quality Assurance, Introduction to Family Therapy, Research & Teaching in Family Medicine, Evidence Based Medicine and Critical Appraisal

Module IV - Clinical Updates (Updates and Clinical Attachment)

Aims:	Acquire in-depth knowledge and practical skills in selected specialized areas including Medicine, Surgery, Geriatrics, ENT, Orthopaedics & Traumatology, Accident & Emergency Medicine, and Infectious Diseases
Contents:	<u>THREE</u> Update seminars and <u>ONE</u> clinical attachment on selected specialties including Medicine, Surgery, Geriatrics, ENT, Orthopaedics & Traumatology, Accident & Emergency Medicine, and Infectious Diseases (subject to availability)

Module V - Practical Family Medicine (Practical Workshops)

Aims:	Enhance practical and communication skills in Family Medicine by Practical Workshops in selected areas including CPR, Consultation Skills, Counselling Skills, Women's Health, Orthopaedic Injection and Musculo-Skeletal Medicine
Contents:	<u>4 compulsory and 2 elective</u> Practical Workshops in selected areas including CPR, Consultation Skills, Counselling Skills, Women's Health, Orthopaedic Injection and Musculo-Skeletal Medicine

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

3. Articulations:

The Course allows (up to a fixed maximum percentage of the Course units) articulations or cross recognition of previous Family Medicine training programmes that provide learning units equivalent to that of the above syllabus. Participants who wish to apply for such articulations have to submit evidence of relevant training together with their application. 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 studies.

June to September 2015	Module I
November 2015 to January 2016	Module II
July 2015 to May 2016	Module III, IV & V
May 2016	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:
HK\$30,000 for members of HKCFP
HK\$60,000 for non-members

(A discount of HK\$3,000 for early birds who apply on/before May 17, 2015)

Individual Module:	Members	Non-members
Module I (Distance Learning – Principles of Family Medicine)	\$4,000	\$8,000
Module II (Distance Learning – Common Problems in Family Medicine)	\$4,000	\$8,000
Module III (Structured Lectures & Seminars)	\$3,000	\$6,000
Module IV (Updates & Clinical Attachment)	\$3,200	\$6,400
Module V (Practical Workshops)	\$5,000	\$10,000
Examination	\$9,000	\$18,000
Administration Fee	\$4,000	\$8,000

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 assessment 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 at satisfactory completion of the Course by the QA & A Committee of HKCFP.

10. Application Procedure:

Application is 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 application fee of HK\$200 by crossed cheque payable to "HKCFP Holdings and Development Limited". This fee is non-refundable;
- A Course Fee of HK\$30,000 (or HK\$60,000 if non-member) by crossed cheque payable to "HKCFP Holdings and Development Limited". This fee is non-refundable unless the application is unsuccessful.

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

Information and application forms are obtainable at the College or can be downloaded at the College website (<http://www.hkcfp.org.hk>). Members who were not admitted in the course in 2014 have to send in their application again if they want to study the course this year. Please contact the College secretariat, Mr. John Lee at 2528 6618 for any queries.

11. Application Deadline: June 21, 2015

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 improving my knowledge. Module I, II & III could improve my understanding of Family Medicine. Sessions in consultation are invaluable in improving my communication skills.

Dr. Au Chi Lap
Chairman
The Board of DFM

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

#Cantonese and English will be used as the language for teaching and examination.



CPR Training Workshop



Women's Health Workshop



Orthopaedic Injection Workshop



Musculoskeletal Workshop

Certificate Course in Family Medicine (HKCFP) SECOND Announcement

The Board is pleased to announce that the Certificate Course in Family Medicine (CFM) organized by The Hong Kong College of Family Physicians will commence in July 2015.

The course consists of **THREE** Segments. Segment I and Segment II will be delivered by Local Distance Learning. Segment III consists of workshops. The whole course requires FIVE months of part-time studies.

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 practicing medical practitioners and to provide an intermediate step to attain diploma qualifications in Family Medicine
- iii) To improve standards and quality in the practice of Family Medicine

2. *Syllabus:

The course consists of **THREE** compulsory segments. Doctors graduated from the course are expected to have acquired:

- i) Current concepts about nature of Family Medicine
- ii) Knowledge and skills in consultation
- iii) Knowledge and skills in some common practice procedures required in family practice
- iv) Understanding towards the role of Family Doctors as gatekeepers of the health-care system and in providing cost-effective primary care to the community

Segment I – Principles of Family Medicine (Distance Learning)

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

Segment II - Common Problems in Family Medicine (Distance Learning)

Aims:	1. Enhance consultation, communication and problem solving skills 2. Gain knowledge in common and chronic diseases in Family Medicine
Contents:	Selected topics from Clinical Psychology, Diabetes Mellitus, Low Back Pain, COPD, Atopic Eczema, Elbow Mass, Facial Rashes, Health Psychology, Allergic Rhinitis, Urethritis, Urine Incontinence, etc. (Subject to selection)

Segment III - Practical Family Medicine (Practical Workshops)

Aims:	Enhance practical skills and consultation skills in Family Medicine by Practical Workshops in some selected areas
Contents:	Orthopaedic Injection and Consultation Skills

3. *Schedule:

The whole course requires FOUR months of part-time studies.

July to October 2015	Segment I & II
1-day workshop in October 2015	Segment III

4. Admission Requirement:

Medical Practitioner with Bachelor's degree in Medicine

5. Teaching Staff:

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

6. Teaching Medium:

English

7. Course Fees:

HK\$9,000 for members of HKCFP

HK\$18,000 for non-members

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

8. Awards/ Credits:

- i) A Certificate in Family Medicine issued by HKCFP will be awarded to candidates who have satisfied all the requirements.
- ii) 10 CME credit points will also be awarded to candidates at satisfactory completion of the Course by the QA & A Committee of HKCFP.

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 application fee of HK\$200 by crossed cheque payable to "HKCFP Holdings and Development Limited". This fee is non-refundable;
- v) A Course Fee of HK\$9,000 (or HK\$18,000 if non-member) by crossed cheque payable to "HKCFP Holdings and Development Limited". This fee is non-refundable unless the application is unsuccessful.

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

Information and application forms are obtainable at the College or can be downloaded at the College Website (<http://www.hkcfp.org.hk>).

Please contact the College secretariat, Mr. John Lee at 2528 6618 for any queries.

10. Application Deadline: June 21, 2015

Dr. Au Chi Lap
Chairman, The Board of DFM

Chronic diseases in Hong Kong

With increasing prevalence, aging and rapid growth of the population, more people in Hong Kong are suffering from common chronic diseases like hypertension and diabetes. However, there are several challenges that we need to tackle here. Firstly the issue of under-diagnosis. Even in the 21st century, unfortunately, the rule of halves still hold true. Take the example of diabetes, the well-known prevalence for diabetes is 10% of the population. However, according to the Thematic Household Survey (THS) Report No.50, the prevalence for patients with diabetes diagnosed and known to the patients was only 5%. The situation for hypertension is similar - its disease prevalence was as high as 27%, but only 11% patients knew that they were having the problem. This is also echoed by the CUHK Cohort Study in 2012 which reported that **54% of patients were unaware that they had hypertension.**

Secondly, the challenge of managing these chronic patients. In the same THS No. 50, we see that many chronic patients are not under proper care. It stated that for those with known chronic diseases only **48.9% patients were on western drugs, and 12.1% patients had no regular follow up at all.** Interestingly, for those with regular follow up, 77.2% were followed up in the public sector, **9.4% in the private sector** and 1.4% were followed up in both public and private sectors.

Thirdly, the biggest potential challenge, perhaps, is what the clever readers will spot out from the above data, the over – reliance on the public system which has been fully utilized already. This is evident by the long waiting time in the Specialist Out-patient Clinics (SOPC), and the nearly 100% quota utilization of the General Out-patient Clinics (GOPC) of the Hospital Authority (HA). Therefore, who could take care of the extra 1 million chronic patients who are undiagnosed? The answer is obvious, not the SOPCs, not even the GOPCs, but all the primary care doctors in the community. In fact, **primary care physicians are well placed to take care of these patients**, as pointed out by EH Wagner, 2003, *"The defining features of primary care (that is, continuity, coordination and comprehensiveness) are well suited to care of chronic illness."*

Recognising these challenges, the Primary Care Office (PCO) of the Department of Health has published two important Reference Frameworks for Diabetes Care and Hypertension Care for Adults in the Primary Care Setting, respectively. The PCO and the Hong Kong College of Family Physicians (HKCFP) have also jointly organized a series of training programmes to update the knowledge and enhance the skills of primary care doctors in better managing patients with common chronic conditions. Three identical symposia focused on updating disease management, introducing the Reference Frameworks and clinical audit, were held since mid of 2014. Furthermore, a chronic disease training course is being organized in March 2015 for the primary care doctors as well. More similar training courses would certainly be organized in the near future so as to empower more colleagues to fight against the common chronic diseases for the betterment of the public.

Compiled by Dr. Alvin CY Chan

“家庭醫學兩代情” 之二 — 林永和醫生、陳穎欣醫生

馮凱滴醫生、蕭珮儀醫生 (九龍東聯網 - 家庭醫學及基層健康科)



林永和醫生、陳穎欣醫生

問：最初為何成為家庭醫生？

林：我 1991 年畢業，當時家庭醫學並不普及，畢業後在瑪麗醫院接受兒科培訓，模式與家庭醫生有些相似，因為都是以家庭為單位，加上我特別欣賞人與人之間的關係，在機遇下於 1993 年嘗試在西環開舖，其實當時並沒有清楚的家庭醫生概念，做的都是街坊生意，之後持續進修及至 2002 年，正式成為香港家庭醫學學院院士。

陳：我 2000 年畢業，當時 FM 剛剛在 HA 開始擴展，那年大約有 60 個 FM 職位，而我想選擇 FM 是因為受到 undergrad 的 FM attachment 影響，當時跟的 FM 醫生後來亦成為我 higher training 的 trainer。

問：你們是如何認識？當時對對方的印象如何？

林：在我開業不久，Loretta（指陳穎欣醫生）一家五口陸陸續續開始睇我，不久我就成為她的家庭醫生，而認識的 Loretta 當時大約讀 F.5，印象中 Loretta 並不是常常看醫生，但記得她讀書好叻好勤力，家人之間的關係十分密切，因為她的家人在睇醫生的時候會常提及或問及其他家庭成員的事情。

陳：我年幼時住西環邨，當時全家人都睇在爸爸工作地點附近的醫生，只記得他是一個很年長的醫生，但過了不久這個醫生退休，於是媽媽決定在居住的地方附近另覓醫生，在誤打誤撞的情況下就睇了林醫生。當時爸爸媽媽對林醫生的印象是一個新醫生，好年輕，好長氣，查家宅，

問好多問題，睇好耐不過幾好同好細心，同平時的醫生有些不同，因除了看病之外，亦會談及其他的事情。回想起最初中六中七揀科的時候，我原本想讀藥劑，但同學們想一起讀醫科，於是媽媽建議我問林醫生的意見，記得他說“女孩子讀醫科不是太好，太辛苦了，男孩子讀會比較適合一點。”其實病人能夠與醫生談及這些較私人的問題，都是基於那份密切的關係。

林：其實過往二十多年都有十多個病人最終成為醫生，而其中 Loretta 選擇家庭醫學，在社區前線服務，更份外開心。

問：你們之後何時再相遇？

林：我於 1997 年開始有份參與 HKU 家庭醫學的教學，之後我積極參與 Board of Education，常作 seminar 的 moderator，於 2002 年的一個 seminar 中與 Loretta 相遇，之後邀請 Loretta 出席一個電台訪問邵幗華的《精靈一點》，接著我們在 Public Education Committee 有更多機會共事與接觸。

問：由醫生與病人的關係，轉變成為同行，那次相遇以後你們可有互相影響？

林：Loretta 當時對 Musculoskeletal Medicine 和 Mental Health 較感興趣，而我當時亦有進修 Family Therapy，所以大家會互相交流經驗，討論不同情況下對病人的處理方法，例如有次談及在診所遇上急性心肌梗塞的病人時該如何應付。

陳：那次相遇後，因著林醫生可以於 Public Education Committee 認識一群志同道合的同行，雖然大家的年紀和背景不同，但價值觀相似，任何事都可以有商有量，亦不會怕被搶生意。無論是醫學知識或是時事政治，我們都無所不談，例如近期便討論會否佩帶黃絲帶。而我的病人有時也會看林醫生，不論是經正式轉介，或是靠口碑推介。

林：College 提供了平台促進我們的交流。我們都是 Public Education Committee 的成員，會透過報章專欄分享行醫的所見所聞。現時我開始

淡出 Public Education Committee 的工作，很慶幸有 Loretta 等醫生接棒。Loretta 早前為港台節目《我的家庭醫生》的拍攝提供了醫學指導，亦參加了該節目的推廣活動。雖然我沒有親身參與，但當知道推廣活動十分成功時也很高興，因為好像見證了他們的成長。早前我退任 Council member 時，便提名 Loretta 參選，希望可以由一位熱心的醫生接任。

陳：記得那年的 Council 競選激烈，十一人競逐六個議席。當選後深深體會到選票的力量，推動我要積極參與會議，不可辜負選民的期望，同時成為 Council member 後視野也擴闊了。



二〇一四年七月公共教育委員會同工聚會合照



學院自〇七年以來出版的中文書籍，兩位醫生均有參與編輯及供稿的工作

問：現時林醫生仍是 Loretta 的家庭醫生嗎？

林：Loretta 的媽媽和弟弟雖然已經搬家，仍間中會過來做身體檢查。二十多年來見證了他們踏入不同的人生階段，大家互相分享生活經歷，這便是 continuing care 的樂趣。

問：家庭醫學需要新血加入，以持續發展。可否分享你們培訓醫學生的經驗？

陳：當我還是學生時，家庭醫學的訓練有限，低年級時在課堂裡學習溝通技巧的理論，高年級時在病房所學的主要是病症的診斷，鮮有機會

實踐溝通技巧。現時港大醫學院有新的培訓計劃，安排醫科生由一年級開始連續三年每年一次去同一個診所觀察醫生如何與病人建立良好關係。不論他們將來從事任何專科，跟病人有好的溝通是非常重要的。

林：除單對單的教學模式以外，我選擇了電台和報紙等媒體去傳授知識，因希望有更大的影響力。港大醫學院今年有一個關於家庭的新課程，我可以學以致用，以 Family Therapy 的理念講解 Working with family。由於反應不俗，教學時間相應增多，需要騰出診症時間應付。然而能夠讓知識代代相傳，滿足感非金錢可取代。

問：你們覺得家庭醫學的發展有什麼轉變，對將來有何展望？

林：從前家庭醫學的定位不夠清晰，隨著醫管局增加招聘家庭醫生，以及基層醫療統籌處的成立，家庭醫學的發展得到重視。

陳：不過現時家庭醫生培訓人數又不斷下跌，今年只有 27 人考 Part II，相信畢業生人數回升時情況會有所改善。另外亦希望透過教授醫學生時灌輸家庭醫學的概念，吸引更多有心人投身家庭醫生的行列。

林：另外當家庭醫生考取專科資格後可以考慮發展個人專長，好似我以往看情緒病時大多以藥物治療為主，但學習 Family Therapy 後便懂得從家庭的角度解決問題。最後要鼓勵大家善用 College 這平台，參與各籌委會例如 Public Education Committee 和 Board of Education，透過策劃活動促進知識交流。只要各位醫生多做一點，家庭醫學的發展前景便會更好。



The HKCFP Award for the Best Research of 2014

The Research Committee of the Hong Kong College of Family Physicians is calling for The Award for The Best Research of the Year 2014. All members and fellows of the College are invited to participate and submit their research papers to the Research Committee for selection. The Award will be presented at the Conferment Ceremony in 2015.

Entry and assessment criteria are listed below:

Entry Criteria:

- 1. The principal investigator has to be a Member or a Fellow of the Hong Kong College of Family Physicians.*
- 2. The research must be original work of the investigator(s).*
- 3. The research should be conducted in Hong Kong.*
- 4. The research must have been completed.*
- 5. The paper should be presented under the standard headings of Abstract, Introduction, Methodology, Results, Discussion and Conclusion. References should be listed in full at the end in Vancouver format.*

Assessment Criteria:

- 1. How relevant are the topic and findings to Family Medicine?*
- 2. How original is the research?*
- 3. How well is the research designed in the methodology?*
- 4. How well are the results analyzed and presented?*
- 5. How appropriate are the discussion and conclusion(s) drawn?*
- 6. How useful are the results for patient care in the discipline of Family Medicine?*
- 7. How much effort is required to complete the research study?*

Each research project submitted will be assessed according to the seven criteria listed above by a selection panel. Each criterion may attract a different weighting to be decided by the selection panel. Please send your submission to: Research Committee, HKCFP, Rm 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong.

DEADLINE OF SUBMISSION: 31 March, 2015

HKCFP Research Fellowship 2015

Introduction

The HKCFP Research Fellowship was established by the Hong Kong College of Family Physicians to promote research in Family Medicine. The Grant is up to the value of HK\$ 100,000. Applicants are expected to have regular contact with a nominated supervisor with Master or equivalent degree or above.

Eligibility

Applicants for the HKCFP Research Fellowship must be active Fellow, Full member or Associate Member of the HKCFP. New and emerging researchers are particularly encouraged to apply. However, full-time academic staff of Universities would not be eligible to apply.

Selection criteria

Applications will be judged on*:

- Training potential of applicants
- Relevance to Family Medicine and community health
- Quality
- Value for money
- Completeness (incomplete or late applications will not be assessed further)

** Please note that new researchers and those at an early stage of their research careers are defined as those who have not led a major research project or have fewer than 5 years of research experience.*

How to apply

1. Application form, terms and conditions of the Fellowship can be downloaded from www.hkcfp.org.hk or obtained from the College Secretariat, HKCFP at Rm 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. Tel: 2528 6618 Fax: 2866 0616.
2. Applicants must submit:
 - The completed application form;
 - The signed terms and conditions of the HKCFP Research Fellowship;
 - Curriculum vitae from the principal investigator;
 - Curriculum vitae from the co-investigator(s) (no more than two pages) AND,
 - Curriculum vitae from the supervisor.
3. Applications close on: **March 31, 2015**. Late applications will not be accepted.
4. Applications can be either sent:

By post to Chairman, Research Committee, The Hong Kong College of Family Physicians, Rm 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong; Or,

by email to johnlee@hkcfp.org.hk

HKCFP Trainees Research Fund 2015 / HKCFP Research Seed Fund 2015

The Research Committee of HKCFP is proud 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\$5,000). 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 open to all HKCFP members when a maximum of \$10,000 award will be made to the successful applicant to assist the conduction of 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.

Assessment Criteria for both funds:

1. Academic rigor of the paper (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: johnlee@hkcfp.org.hk

Please indicate the research funding title e.g. “HKCFP Trainees Research Fund 2015/ HKCFP Research Seed Fund 2015” on your research project upon submission.

Submission Deadline: 31st August 2015

Interest Group in Mental Health & Psychiatry in Primary Care - The 43rd Meeting on 7 Feb 2015

Dr. Chan Suen Ho Mark (Co-ordinator), Board of Education

The 43rd Interest Group in Mental Health & Psychiatry in Primary Care Meeting was held on 7th Feb 2015. Dr. Lee Wing King, Consultant psychiatrist, is the speaker.

Meeting Theme : **Advance Update and Clinical Application in Mood Disorder**

Attendance : 76 people

The Speaker : Dr. Wing-king Lee, FRCPsych (UK), FHKCPsych, FHKAM (psychiatry), Consultant Psychiatrist, is well known to our colleagues as he is very active in promoting mental health education. He is Clinical Associate Professor (hon) and supervisor of master programmes both with the Chinese University of Hong Kong and the University of Hong Kong. Dr. Lee has numerous publications in international peer-reviewed journals; her research interests include: psychopharmacology, neuroscience, schizophrenia, bipolar disorder and depression. Dr. Lee is also the Chairman of Board of Examiners of The Hong Kong College of Psychiatrists.

Learning points

Comorbid pain and mood disorders with insomnia are inseparable twins, pain, mood disorders and sleep disorders share similar pathophysiology.

In DSM-IV, the pain disorder diagnoses assume that some pain symptoms are associated solely with psychological factors, some with medical diseases or injuries, and some with both. There is a lack of evidence that such distinctions can be made with good reliability and validity, and a large body of research has demonstrated that psychological factors influence all forms of pain. Most individuals with chronic pain attribute their pain to a combination of factors, including somatic, psychological, and environmental influences.

In Scar hypothesis (pre-existing depression re-activated by pain leading to another depressive episode), Key Mechanisms in the development of

Chronic Pain are the alpha-2-delta linked Calcium Channels in Neuropathic Pain (NeP).

Neurobiology of Pain & Depression

Alternations in noradrenergic & serotonergic function in the CNS have been implicated in the pathophysiology of both depression & chronic pain.

Pain impulses are transmitted from the peripheral nervous system to the CNS via primary afferent fibers, a-delta & C-fibers. Primary afferent fibers enter the spinal cord via the dorsal horn, and such impulses can be altered by release of excitatory glutamate or inhibitory GABA peptides.

Pain, stress & depression

Pain & depression had oxidative stress with activated inflammatory processes.

Inflammatory processes are at work in depression, with elevated levels of pro-inflammatory cytokines including interleukin-6 (IL-6), prostaglandin E2 (PGE2), tumor necrosis factor (TNF)- α .

Chronic inflammatory changes are known to occur in major depression. There is increase in pro-inflammatory cytokines, acute phase proteins, IL-6, C-reactive protein and Tumour Necrosis factor (TNF) in both the blood and the CSF.

Stress-induced increase in corticotrophin releasing factor (CRF) plays a role.

Pain and depression share similar pathophysiology with common neurotransmitters

e.g. Serotonin and Norepinephrine, Glutamate, GABA with common treatment response by serotonin nor-epinephrine reuptake inhibitors (SNRI), such as desvenlafaxine and a TNF inhibitor, Etanercept, with adjunctive treatment with NSAIDs, particularly Celecoxib.

Pathways and neurotransmitters regulating sleep

The major structure is Amygdala – linking anxiety symptoms to circuits to neurotransmitters via GABA Mechanism and action of Alpha-2-Delta Ligands.

While in circadian rhythm system, the pathways and neurotransmitters promote wakefulness. From Ventro-lateral pre-optic nucleus of the hypothalamus, via

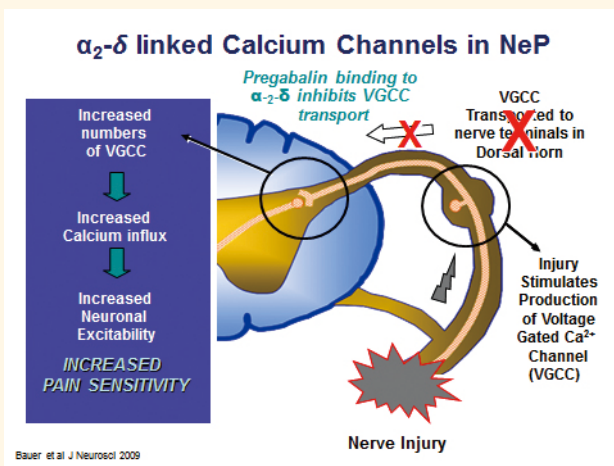
GABA, galanin, inputs are sent to all the arousal pathways to damp down the arousal process, allowing sleep. The sleep pathway can in turn be inhibited by the arousal pathway.

Pain, sleep and anxiety disorders share similar pathophysiology and common neurotransmitters; Serotonin and norepinephrine, Glutamate, GABA.

Identifying and treating mood and sleep disturbances will improve the prognosis of treatment of chronic pain.

Voltage gated calcium channels (VGCC)

In Hypothalamic-pituitary-adrenal axis disturbances, there are overlapping brain areas and circuits with new common treatment response by alpha-2-delta ligand.



Thus, with this mechanism of Pain Modulation comes the Pharmacological Treatments by Alpha-2-delta ligands: Antidepressants –TCA and Serotonin norepinephrine reuptake inhibitor (SNRI); BUT, note (SSRI) is NOT useful for painful physical symptoms (PPS) of depression or chronic pain.

Major international guidelines

Guideline*	1 st line recommendations	2 nd line recommendations
The European Federation of Neurological Societies (EFNS)	Pregabalin, gabapentin, TCAs, SNRIs, lidocaine (topical)	Tramadol, opioids, capsaicin
American Academy of Neurology 2011	Pregabalin	Gabapentin, duloxetine, venlafaxine, sodium valproate, amitriptyline, tramadol, oxycodone, capsaicin
The International Association for the Study of Pain (IASP) 2010	Pregabalin, gabapentin, TCAs, SNRIs, lidocaine (topical)	Opioid analgesics, tramadol
The Canadian Pain Society (CPS) 2007	Pregabalin, TCAs, gabapentin	SNRIs, lidocaine, topical
Middle East Region Consensus Guidelines 2010	Pregabalin, TCAs, lidocaine (topical)	SNRIs, opioids
French-speaking Maghreb 2011	Pregabalin, gabapentin, TCAs, lidocaine (topical)	SNRIs, tramadol

*Guidelines did not distinguish between peripheral and central neuropathic pain.
PDN, painful diabetic neuropathy; TCAs, tricyclic antidepressants; ER, extended release; SNRIs, serotonin/norepinephrine reuptake inhibitors. Venlafaxine is not approved for the treatment of neuropathic pain.

1. Jolliffe M, Crook G, Barton P, et al. (2011) The pharmacological management of neuropathic pain. Eur J Neurol 20:1171-1184.
2. Dworkin RH, Cohen J, et al. (2010) Recommendations for the pharmacological management of neuropathic pain: an update from the American Academy of Neurology. Neurology 74:2838-2844.
3. Hsieh CL, et al. (2011) The pharmacological management of chronic neuropathic pain: consensus statement published in the Canadian Pain Society. Pain Res Manag 2011:1-11.

Neurobiology

Major international guidelines

FINDING A NEW EQUILIBRIUM IN MAJOR DEPRESSIVE DISORDER

Pregabalin is a Ligand to the α₂δ subunit of voltage sensitive calcium channels ; indicated for the treatment of peripheral neuropathic pain in adults and as Add-on therapy for partial seizure with or without secondary generalization; Generalized Anxiety Disorder (GAD) and Central Neuropathic Pain, all are approved in Europe and HK . And only Pregabalin is FDA approved for diabetic peripheral neuropathy and post herpetic neuralgia.

Pregabalin versus gabapentin

Pregabalin has BOTH pharmacodynamic (greater potency) and pharmacokinetic superiorities- greater bioavailability (90%), more rapid absorption (peak: 1 hr) and linear dose-response relationship; greater potency and analgesic activity; generally well tolerated with the most common adverse effects reported being dizziness, somnolence and peripheral edema.

Antidepressants for chronic pain

Antidepressants have direct pain-mitigating effects, which is independent of effects on mood.

Take-home messages

1. Inseparable twins - comorbid pain and mood disorders (anxiety, depression) with insomnia; with similar pathophysiology
2. Need to identify and treat mood disorders (anxiety, depression) and sleep disturbances to improve the prognosis of chronic pain treatment
3. Alpha-2-delta ligands and antidepressants (SNRIs and TCAs) are recommended by international guidelines for the treatment of pain and comorbid mood disorders and sleep disturbances
4. Pain & GAD: consider Alpha-2-delta ligands, SNRIs
5. Pain & MDD: consider SNRIs and TCAs
6. Pain & sleep disturbances: consider Alpha-2-delta ligands

The session ended with an active Q and A session and we are grateful to have one of the most informed psychiatrists to enlighten us.

Next meeting

The first weekend of April 2015 will be Public Holiday. The next meeting will be on 6th June 2015, and the details will be announced in the May issue of the FP Links.

ASSESSMENT ENHANCEMENT COURSE (AEC) FOR FAMILY PHYSICIANS 2015

Organizer	:	Assessment Enhancement Sub-committee, Board of Education, HKCFP
Tutors	:	Family Medicine Specialists, Fellows of HKCFP and RACGP
Supervisors	:	Dr. Tam Chung Yin, Janet and Dr. Chan Chi Wai
Co-ordinator	:	Dr. Lai Sheung Siu
Objectives	:	<ol style="list-style-type: none"> 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	:	7 months' course starting from April 2015
Course Structure	:	<p>The course will consist of 4 main components:</p> <ol style="list-style-type: none"> 1. Seminars 2. Workshops 3. Self-help Group Support 4. Mock Exam <p>Seminars and Workshops will be arranged on Saturday afternoons (2:30 p.m. to 5:30 p.m.)</p>
Accreditation	:	Up to 15 CME points (Category 4.4) & 5 CPD points (Category 3.15) for the whole course
Course Fee	:	<p>Members : HK\$3,200 (Whole course) HK\$900 (Spot admission for each seminar or workshop only)</p> <p>All cheques payable to "HKCFP Education Ltd" All Fees received are non-refundable and non-transferable.</p>
Capacity	:	50 doctors maximum
Enrolment	:	Enrolment is now open. Please call the College Secretariat, Ms. Teresa Liu or Mr. John Lee, at 2528 6618 for details. Successful applications will be informed later.
Disclaimer	:	All cases and answers are suggested by our tutors only. They are not standard answers for examination.
Remarks	:	Post-AEC training course will be organized for category 2 candidates who have enrolled in AEC.

Assessment Enhancement Course 2015 Timetable for Workshop

Date	Topics	Venue
25 April 2015 (Sat) 2:30 – 5:30 p.m.	Introduction	Duke of Windsor Social Service Building, Wanchai
16 May 2015 (Sat) 2:30 – 5:30 p.m.	Approach to Physical Complaints	Duke of Windsor Social Service Building, Wanchai
13 June 2015 (Sat) 2:30 – 5:30 p.m.	Proper Physical Examination Common Clinic Procedures	Duke of Windsor Social Service Building, Wanchai
18 July 2015 (Sat) 2:30 – 5:30 p.m.	Viva Practice: Enhance Interprofessional Communication	Duke of Windsor Social Service Building, Wanchai
15 August 2015 (Sat) 2:30 – 5:30 p.m.	Problem Solving Skills	Duke of Windsor Social Service Building, Wanchai
19 September 2015 (Sat) 2:30 – 6:00 p.m.	Mock Exam	HKAM Jockey Club Building, 99 Wong Chuk Hang Road

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

18 April 2015 Saturday

Board of Education Interest Group in EBM

Aim	1) Short review of development of EBM 2) How medical evidence is appraised 3) How to apply EBM in daily practice	
Theme	Evidence based practice — How to get reliable evidence at point of care within two minutes	
Speakers	Dr. Lau Kin Sang, Kinson and Dr. Lee Wan Tsi, Francis	
Co-ordinator & Chairman	Dr. Chan Suen Ho, Mark The Hong Kong College of Family Physicians	
Time	2:15 p.m. – 3:00 p.m.	Lectures
	3:00 p.m. – 4:15 p.m.	Discussion and Demonstration
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 Discussion will be in English or bilingual	
Registration	Registration will be first come first served. Please reserve your seat as soon as possible.	
Note	Please bring along your mobile internet device if available.	

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.

March's session:

Date	27 March 2015 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	Management of Insomnia & the use of Hypnotics – Dr. Chiu Siu Ning
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.

April's session:

Date	24 April 2015 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	New Treatment Update in Allergic Rhinitis – Dr. K. K. Ip Gary
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
11 April 2015 2:15 – 4:15p.m.	Training Room II, 1/F, OPD Block, Our Lady of Maryknoll Hospital, 118 Shatin Pass Road, Wong Tai Sin, Kowloon	Musculoskeletal Assessments and Rehabilitation Ms. Jane MAN, Occupational Therapist(OMLH)	Ms. Clara Tsang Tel: 2327 6852

Structured Education Programmes

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

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
1 April 15 (Wed)			
2:15 – 4:45 p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	Clinic Visit – Experiential Learning of Practice Management Dr. So Mei Kuen	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Prenatal Screening Dr. Chow Tze Ling Sylvia	Ms. Crystal Law Tel: 2632 3480
2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Approach to Psychosomatic Patients Dr. Ching Rosemary Hin Nga & Dr. Lee Ka Yun Peter	Ms. Cordy Wong Tel: 3949 3087
5:15 – 7:15 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Journal Club Dr. Lee Ling Hin	Ms. Elaine Cheung Tel: 2589 2337

2 April 15 (Thu)

2:15 – 5:15 p.m.	Auditorium, G/F, Tseung Kwan O Hospital	Approach to Psychosomatic Patients Dr. Chan So Wai Sara & Dr. Yuen Ming Wai	Ms. Cordy Wong Tel: 3949 3087
4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Setting Up Structured Care in Our Clinics Dr. Leung Hor Yee & Dr. Sung Cheuk Chung	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Common Office Procedures in FM Dr Cheng Long Yee Eva	Ms. Kwong Tel: 2595 6941

8 April 15 (Wed)

2:15 – 4:45 p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	Health Care System in Singapore Dr. Chan Ham	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Critical Appraisal Dr. Lo Alvina & Dr. Xu Shaowei	Ms. Cordy Wong Tel: 3949 3087

9 April 15 (Thu)

2:15 – 5:15 p.m.	Auditorium, G/F, Tseung Kwan O Hospital	Critical Appraisal Dr. Hou Jing & Dr. Kam Ngar Yin Irene	Ms. Cordy Wong Tel: 3949 3087
4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Public Private Interface Update (Primary Care) Dr. Lau Lai Na & Dr. Chan Ka Ho	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Common Musculoskeletal Problems in FM Dr. Cheng Long Yee Eva	Ms. Kwong Tel: 2595 6941

15 April 15 (Wed)

2:15 – 4:45 p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	Clinical Approach to Chest Pain in Primary Care Setting Dr. Tsui Sau In	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Community Resources in Family Violence Dr. Tse Wan Ying Polly	Ms. Crystal Law Tel: 2632 3480
2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Exercise Prescription Dr. Wong Hong Kiu Queenie & Dr. Lee Edna Tin Wai	Ms. Cordy Wong Tel: 3949 3087
5:15 – 7:15 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Evidence-based Medicine Dr. Chris Chau	Ms. Elaine Cheung Tel: 2589 2337

16 April 15 (Thu)

2:15 – 5:15 p.m.	Auditorium, G/F, Tseung Kwan O Hospital	Exercise Prescription Dr. Chan Wing Chi Annie & Dr. Pun Yat Hei	Ms. Cordy Wong Tel: 3949 3087
4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Common Embarrassing Complaints: Body Odor, Feet Odor, Mouth Odor, Pruritus Anus/Genitalia Dr. Li Shun Hoi & Dr. Lee Hoi Ying	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Cervical Smear Screening Dr. Michelle Lo	Ms. Kwong Tel: 2595 6941

22 April 15 (Wed)

2:15 – 4:45 p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	Content of Family Medicine 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	Case Presentation (Reproduction and Sexuality) Dr. Lau Ka Man & Dr. Leung Ching Ching	Ms. Cordy Wong Tel: 3949 3087
5:15 – 7:15 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	Allied Health Talk - Dietitian Dr. David Lee	Ms. Elaine Cheung Tel: 2589 2337

23 April 15 (Thu)

2:15 – 5:15 p.m.	Auditorium, G/F, Tseung Kwan O Hospital	Case presentation (Reproduction and Sexuality) Dr. Wong Sze Kei & Dr. Tsui Hiu Fa	Ms. Cordy Wong Tel: 3949 3087
4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Using Family Medicine Approach on Unexplained Symptoms Dr. Sze Chung Fai & Dr. Chan Chi Ho	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	How To Run A Pharmacy in FM Clinic Dr. Lui How Mui	Ms. Kwong Tel: 2595 6941

29 April 15 (Wed)

2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Common Symptoms in Paediatrics Dr. Wong Koon Yin Yvonne & Dr. Lee Shek Hang Henry	Ms. Cordy Wong Tel: 3949 3087
2:15 – 4:45 p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	Management of Emergency Neurological Condition Dr. Wan Ka Yan	Ms. Eliza Chan Tel: 2468 6813
5:15 – 7:15 p.m.	Multi-function Room, RAMP clinic, Aberdeen GOPC	Mild Cognitive Impairment & Dementia Dr. Carol Iong	Ms. Elaine Cheung Tel: 2589 2337
5:00 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Emergency Eye Problem Dr. Li Chi Lai	Ms. Crystal Law Tel: 2632 3480

30 April 15 (Thu)

2:15 – 5:15 p.m.	Auditorium, G/F, Tseung Kwan O Hospital	Common Symptoms in Paediatrics Dr. Chung Sze Ting & Dr. Cheuk Hiu Ying Angiea	Ms. Cordy Wong Tel: 3949 3087
4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Motivational Interview Dr. Lo Cheuk Wai & Dr. Wong Man Kin	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Pathological Gambling Dr. Ricky Wong	Ms. Kwong Tel: 2595 6941

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 Mar 2:00 – 6:00 p.m. CPR Examination	23	24	25 2:15 – 7:15 p.m. Structured Education Programme	26 1:00 – 3:30 p.m. PCO Workshop 2 2:15 – 7:00 p.m. Structured Education Programme 9:00 p.m. 220 th Board of Conjoint Examination Meeting	27 2:30 – 3:30 p.m. Video Session	28 2:30 – 4:30 p.m. Interest Group in Counseling
29	30	31	1 Apr 2:15 – 7:15 p.m. Structured Education Programme 8:00 p.m. 57th Specialty Board Meeting	2 2:15 – 7:00 p.m. Structured Education Programme	3	4
5	6	7	8 2:15 – 7:15 p.m. Structured Education Programme	9 2:15 – 7:15 p.m. Structured Education Programme 9:00 p.m. Board of Education Meeting	10	11 2:00 – 6:00 p.m. DFM Pre Exam Workshop
12	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 2:30 – 5:30 p.m. EBM Interest Group
19	20	21	22 2:15 – 7:15 p.m. Structured Education Programme	23 2:15 – 7:00 p.m. Structured Education Programme 9:00 p.m. Board of Conjoint Examination Meeting	24 2:30 – 3:30 p.m. Video Session	25 2:30 – 5:30 p.m. AEC 2015 2:30 – 5:30 p.m. CA & Research Introductory Workshop

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

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