

Hospital-based Basic Training

SUMMARY OF HOSPITAL BASED BASIC TRAINING

(Please indicate time spent in each area in months)

Terms	Total time spent (Period)	Remarks
<i>Example:</i>	<i>3 months (1-3/2016)</i>	
Internal Medicine		
Surgery		
A & E		
Paediatrics		
Obstetrics		
Gynaecology		
Psychiatry		
Geriatrics		
Eye		
E.N.T.		
Orthopaedics		
Anaesthetics		
Dermatology		
Infectious Disease		
Pathology		
Oncology/Hospice		
GENERAL PRACTICE		
(i) Supervised		
(ii) Unsupervised		
OTHERS (specify)		

EMERGENCY SKILLS COMPETENCIES

Trainees must complete:

- A. A Cardiopulmonary Resuscitation (CPR) course and possess a valid certificate within the first 3 months of commencing in Family Medicine training; and
- B. Fulfil Emergency Medicine training requirements on Page 14

Date	Course taken	Organiser(s)

Remarks:

- 1) For those who wish to apply for Fellowship Examination, trainee must complete training in the early management of trauma and Advanced Primary Care Life Support (APCLS).
- 2) Please note there may be additional requirement for election for FHKCFP and/or ICFRACGP.

HOSPITAL-BASED TRAINING INTRODUCTION

Objectives

Trainees should be able to provide holistic patient care through the acquisition of a broad experience. Trainees should achieve explicit objectives set out in each hospital specialties training if applicable.

Exposure

Trainees should develop an ***in-depth understanding*** and ***gain experience*** in the common conditions listed in corresponding specialties that are more frequently encountered in the primary care setting.

Trainees should be ***competent*** in the ***diagnosis, assessment, management*** of these conditions in the primary care setting.

For conditions that need specialist care, trainees should be competent in appropriate referral and should also have a basic understanding of the possible management of such conditions after referral.

Skills

Trainees should acquire a level of competence in performing simple diagnostic and therapeutic procedures in a primary care setting.

Priority Skills:

Trainees should be ***competent*** in the basic skills of each specialty.

Optional Skills:

Trainees should have a ***basic understanding*** of the optional skills of each specialty.

INTERNAL MEDICINE

Objectives

Extensive knowledge of common chronic illnesses, including current literature, international guidelines and current trend of management. The list includes the following.

- Diabetes mellitus
- Hypertension
- Hyperlipidaemia
- Coronary artery disease
- Atrial fibrillation
- Heart failure
- Stroke
- Asthma
- Chronic obstructive pulmonary disease (COPD)
- Thyroid disease
- Hepatitis
- Gout
- Peptic ulcer

Exposure

Cardiovascular

Hypertension, ischaemic heart disease, heart failure, arrhythmias, peripheral vascular diseases. Valvular heart diseases, infective endocarditis, cardiomyopathy.

Endocrinology

Diabetes mellitus including diabetic ketoacidosis, hypoglycaemia, thyroid diseases, lipid disorders, obesity. Hypothalamus/pituitary/adrenal diseases, fluid and electrolyte disorders, phaeochromocytoma, diabetes insipidus, Addison's disease.

Gastroenterology and Hepatology

Dyspepsia, Gastrointestinal (GI) ulcers, gastroenteritis, Gastro-oesophageal Reflux Disorder (GERD), Irritable bowel disease, GI bleeding, cancers, jaundice, cirrhosis, hepatosplenomegaly. Pancreatic diseases, liver failure, drug overdose, nutritional disorders.

Respiratory Medicine

Asthma, COPD, chest infections, cancers, bronchiectasis, obstructive sleep apnoea (OSA), Tuberculosis (TB), pleural effusion, pneumothorax.

Rheumatology

Rheumatoid arthritis, crystal arthropathies, Systemic Lupus Erythematosus (SLE) Polymyositis and dermatomyositis, temporal arteritis, polymyalgia rheumatica, seronegative spondyloarthritis, degenerative arthritis

Haematology

Anaemia, Thrombocytopaenic/idiopathic, thrombocytopenic purpura, Disseminated intravascular coagulation (DIC), lymphoma, leukaemia, anti-coagulation therapy

Neurology

Dementia/ Cognitive impairment, stroke, Parkinson's disease, Bell's palsy, epilepsy. Guillain-Barre syndrome, myasthenia gravis,

meningitis/encephalitis, headache

Renal Medicine	Diabetic renal disease, urinary tract infection, nephrolithiasis, nephritis, renal failure.
Palliative Medicine	Pain control
Geriatric/Rehabilitation Medicine	Fall prevention, incontinence.
Infectious Diseases	Antibiotic use, travel medicine, malaria, syphilis, tetanus, fungal infections.
Infections	Human immunodeficiency virus (HIV) infection/ Acquired immune deficiency syndrome (AIDS), sexually transmitted diseases, parasitic infections, common viral infections.
Others	Alcoholism and related diseases.

Skills

Priority Skills

- Electrocardiogram (ECG)
- Venepuncture/arteriopuncture
- Cardiopulmonary Resuscitation (CPR)
- Lumbar puncture
- Plain X-rays, Computerized Tomography (CT) and Magnetic Resonance Imaging (MRI) scans – indications and interpretations.

Optional Skills

- Bone marrow/trephine biopsy
- Echocardiogram
- Endoscopy
- Exercise ECG
- Liver/renal/lung biopsy
- Setting up central line
- Peritoneal dialysis
- Lung functions tests
- Aspiration and injection of joints
- Interpretation of images: contrast radiology, ultrasonogram (USG)
- Microscopic examination of urine

OBSTETRICS AND GYNAECOLOGY

Exposure

A. Gynaecology

- Menstrual disorders: amenorrhea, oligomenorrhea, menorrhagia, dysfunctional uterine bleeding, post-menopausal bleeding, dysmenorrhea
- Vulvar diseases: leukoplakia, carcinoma, vulvar lumps and ulcers, etc.
- Cervix and Uterine diseases: fibroid, prolapse, cervical ectropion, and cancer, etc.
- Polycystic ovarian syndrome
- Vaginal discharge and pruritus vulvae
- Sexually transmitted diseases and pelvic inflammatory disease
- Subfertility
- Contraception
- Menopause and hormonal replacement therapy (HRT)
- Ovarian diseases: cysts, tumours
- Endometriosis
- Infertility and basic theory of In Vitro Fertilization (IVF)
- Urinary incontinence
- Common gynaecological malignancies
- Trophoblastic disease

B. Obstetrics

- Normal pregnancy, labour, delivery and puerperium
- Complications of early pregnancy: abortion, ectopic pregnancy
- Hyperemesis gravidarum
- Medical and surgical problems complicating pregnancy
- Pre-eclampsia and eclampsia
- Gestational diabetes
- Breast feeding
- Common drugs used in pregnancy women
- Postpartum depression
- Intrauterine growth retardation
- Ante-partum haemorrhage
- Fetal distress
- Multiple pregnancy
- Premature labour
- Mal-presentation

Skills

Priority skills

A. Gynaecology

- Pelvic examination
- Vaginal swab
- Pap smear
- Pregnancy test
- Contraceptive methods
- Insertion and removal of uncomplicated IUCD
- Insertion and removal of ring pessary
- Removal of cervical polyp
- Interpretation of basic USG

B. Obstetrics

- Premarital and pre-pregnancy counselling
- Diagnosis of pregnancy
- Antenatal care of normal pregnancy
- Normal labour management
- Interpretation of CTG
- Post-natal examination
- Family planning
- Counselling on breast feeding

Optional Skills

A. Gynaecology

- Basic ultrasound procedure
- Dilatation and curettage
- Endometrial sampling

B. Obstetrics

- Basic ultrasound procedure
- Manual removal of placenta
- Twin delivery
- Low forceps delivery
- Assist Caesarean section
- Postpartum sterilization
- Assisted vacuum extraction
- Assisted breech delivery
- Repair of episiotomy
- Evacuation of vulval/vaginal haematoma

PAEDIATRICS

Exposure

A. Community Paediatrics: (care of a well child – from birth to adolescence)

- Health education and promotion
- Immunisation
- Home safety
- Family dynamics, social problems
- Nutrition including breastfeeding
- Normal and abnormal growth and development
- Child abuse
- Dental health
- Common behavioural problems – recurrent abdominal pain, school phobia

B. Common Paediatric Diseases:

GI and Hepatology	Recurrent vomiting Abdominal pain (acute and recurrent) Dietary intolerance Enteric infections Breast-feeding and other feeding problems Constipation Dehydration
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Infectious Diseases	Fevers Paediatric exanthema, scarlet Tuberculosis Common bacterial and viral infections Parasitic infections Kawasaki disease
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Nephrology	Urinary tract infection Vesico-ureteric infection reflux Enuresis Nephrotic syndrome Post-streptococcus glomerulonephritis
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Neonatology	Neonatal jaundice G6PD deficiency Examination of newborn Neonatal screening
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Respiratory Medicine	Upper Respiratory Tract Infection (URTI) and coryza Asthma Allergic rhinitis Foreign body inhalation and ingestion Bronchiolitis Croup Pneumonia Epiglottitis Otitis media OSA Chest deformity
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Neurology	Febrile convulsion Meningitis/encephalitis
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	Disables and handicaps Epilepsy Cerebral palsy Headache Developmental delay
Orthopaedics	Normal and abnormal gait with age Flat feet, Intoeing, Painful knees and hips Scoliosis
Dermatology	Eczema Body and head lice Seborrhoeic dermatitis Scabies Birth marks
Adolescent Medicine	Normal and abnormal sexual development Disorders of menstruation Sexual education and contraception
Haematology	G6PD deficiency Anaemia: thalassaemia, iron and B12 deficiency Thrombocytopenic purpura Leukaemia
Cardiology	Common congenital heart diseases
GI and Hepatology	Failure to thrive Mal-nutritional states Hepatitis and hepatosplenomegaly
Endocrinology and Metabolic Disorders	Common growth disorders DM and Impaired Glucose Tolerance (IGT) Thyroid diseases Fluid and electrolyte imbalance
Psychiatry	Autism Attention deficit and hyperactive disorder Eating disorder Mood disorder
Autoimmune	SLE Juvenile rheumatoid arthritis
Others	Henoch-Schonlein Purpura Sudden infant death syndrome Normal and abnormal growth and development

Skills

Priority Skills

- Blood sampling
- Setting up IV drips

- Collection of urine sample (clean catch, bag, catheterisation)
- Microscopy of urine sample
- Examination of newborns and babies
- Developmental screening and assessment
- Use and interpretation of various growth charts
- Interpretation of basic chest and abdominal X rays films

Optional Skills

- Lumbar puncture
- Collection of urine sample (Suprapubic tapping)

SURGERY

Exposure

- Acute abdomen
- Thyroid mass and other neck swellings
- Breast lump
- Varicose veins and other peripheral vascular disorders
- Leg ulcers
- Biliary obstruction and gallstone diseases
- Upper gastrointestinal diseases and malignancies
- Colorectal diseases and malignancies
- Rectal haemorrhage
- Peri-anal conditions
- Skin lumps and bumps
- Hernia and complications
- Other abdominal masses and malignancies
- Surgical haematuria and related urinary tract malignancy
- Testis and epididymis diseases
- Benign prostatic hypertrophy and related prostate diseases
- Urolithiasis
- Erectile dysfunction
- Post-operative care of surgical wounds

Skills

Priority Skills

- Suturing of cut or laceration wound
- Incision and drainage of a superficial abscess
- Excision of simple lumps e.g., sebaceous cyst
- Wedge excision of ingrown toenail
- Banding of hemorrhoids
- Proctoscopy

Optional Skills

- Circumcision
- Endoscopy
- Removal of rectal polyp
- Bedside USG of abdomen
- Herniorrhaphy
- Appendicectomy

DERMATOLOGY

Exposure

- Eczema and contact dermatitis
- Urticaria
- Acne
- Benign skin conditions: seborrhoeic wart, hypertrophic scar, keloid, pyogenic granuloma etc.
- Viral disorders of the skin
- Fungal disorders of the skin
- Bacterial infections of the skin
- Infestations of the skin
- Drug eruptions
- Hair and nail problem
- Cutaneous manifestation of systemic diseases
- Pigmentary disorders
- Psoriasis
- Pityriasis rosea and lichen planus
- Solar damage and skin cancer
- Developmental disorders of the skin
- Skin manifestations of insufficient or abnormal circulation
- Disorders of the sebaceous, sweat and apocrine glands
- Bullous disorders of the skin

Skills

Priority skills

- Skin scrapings for microscopy
- Skin biopsy
- Use of ultra-violet/Wood's light
- Cauterisation

Optional Skills

- Cryotherapy
- Skin testing for allergy (skin patch and prick test)
- Phototherapy
- Laser surgery

EMERGENCY MEDICINE

Exposure

- Recognition, resuscitation, stabilisation, evaluation and care of critically ill or injured patients
- Arrangement of appropriate management plan, including admission, follow-up, referral or discharge
- Prehospital care of acutely ill or injured patients
- Management of episodic, undifferentiated physical and behavioral conditions

Skills

Priority Skills

- The basic knowledge and skills to handle a wide variety of minor or critical events presenting to the Emergency Department
- Basic and advanced life support (adult and paediatric)

Optional Skills

- Knowledge of emergency medical system, including pre-hospital care Management aspects of an Emergency Department
- Community disaster management
- Initiation of pre-hospital care in a field situation

Please refer to the prerequisite for Basic Training on Page 3 - ***Emergency Skills Competencies***.

OPHTHALMOLOGY

Exposure

- Red eyes
- Foreign bodies/chemicals in the eye
- Corneal ulcer
- Glaucoma
- Cataract
- Eye infections: viral, bacterial, parasitic
- Floaters
- Dry eyes
- Squints
- Refractive errors
- Orbital swellings
- Inequality/dilatation of pupils
- Visual field defects
- Loss of vision: sudden, subacute and gradual
- Retinal detachment
- Eye involvement in systemic diseases
- Minor trauma
- Use of different eye drop medications

Skills

Priority Skills

- General ophthalmic examination
- Use of the ophthalmoscope
- Visual function tests: visual acuity, color vision tests, visual field examination
- Recognition of refractive errors by pinhole test
- Care of contact lenses
- Gross fluorescein test
- Non-contact tonometry examination
- Removal of superficial corneal and other foreign bodies
- Meibomian cyst, stye and their first-line treatment
- Retinophotography

Optional Skills

- Dilatation of lacrimal duct
- Basic use of slit lamp examination

ORTHOPAEDIC AND TRAUMATOLOGY

Exposure

- Shoulder problem: impingement syndrome, painful arc syndrome, frozen shoulder
- Back and neck pain – Red flag sign and symptoms
- Osteoarthritis and degenerative joint disease
- Degenerative spine disease: cervical spondylosis, cervical radiculopathy and myelopathy, lumbar spondylosis, prolapsed intervertebral disease, cord compression
- Joint infection: pyogenic and T.B
- Rheumatological disorders
- Gout and pseudogout
- Repetitive stress injury: carpal tunnel syndrome, De Quervain disease, tennis elbow, plantar fasciitis
- Joint dislocation and injury
- Simple fractures and Complications of fractures
- Peripheral nerve disorder and other entrapment syndromes
- Metabolic bone disease: Osteoporosis, Osteomalacia
- Flat foot, kyphoscoliosis
- Others: Bone tumours, neuromuscular diseases, haemophilia and related conditions, osteonecrosis and osteochondritis.
- Common paediatric orthopaedic conditions: e.g., pes planus, pes cavus, knock knee, bow leg
- Immediate management of open wounds and amputated digits
- Physiotherapy in common orthopaedic problems: strengthening/stretching exercises, shoulder/knee class
- Occupational therapy in common orthopaedic problems: walking aids, braces, vocational and home assessment
- Orthotics and prosthesis: use of orthopaedic appliances

Skills

Priority Skills

- Examination of musculoskeletal system
- Injections of joints, trigger fingers and other soft tissue injection, such as tenosynovitis, plantar fasciitis
- Reduction of simple fracture and dislocations
- X-ray, CT, MRI, isotope scans: indications, limitations, interpretations
- Basic orthopaedic operations: carpal tunnel release, excision of lumps

Optional Skills

- Arthroscopy
- Nerve conduction tests
- Electromyography
- Wedge excision of ingrown toenail

OTORHINOLARYNGOLOGY (ENT)

Exposure

Ear

- Painful ears
- Discharging ears
- Fluid in the middle ear
- Tinnitus
- Deafness
- Dizziness and vertigo

Nose

- Rhinitis
- Sinusitis
- Epistaxis
- Nasal obstruction

Throat

- Throat infections
- Hoarseness of voice
- Lumps in the neck

Others

- Dysphagia
- Facial nerve palsy
- Foreign bodies in the ear, nose and throat
- ENT tumours: nasopharyngeal carcinoma, acoustic neuroma, etc
- Sleep apnoea
- Salivary gland swelling

Skills

Priority Skills

- Use of auroscope
- Ear syringing
- Hearing tests especially tuning fork tests
- Examination of the nose

Optional Skills

- Laryngoscopy: direct and indirect
- Removal of foreign bodies from the ear, nose and throat
- Interpretation of pure tone audiogram
- Nasal packing for epistaxis

PSYCHIATRY

Objectives

In the management of common general adult psychiatric problems in the primary care setting, trainees should undertake the following.

- Develop a bio-psychosocial approach to patients with psychiatric problems, rather than focus on individual diseases.
- Formulate and diagnose common general adult psychiatric illnesses through history taking, mental state and physical examinations, and perform relevant and necessary investigations as appropriate.
- Perform risk assessment and to seek help when indicated.
- Prescribe appropriately.
- Ensure continuity of care through regular follow up, timely communication and liaison with psychiatric team.

Exposure

- Affective disorder: mania, depression, bipolar affective disorder
- Neurotic, stress related and somatoform disorder: anxiety disorder, panic disorder, obsessive-compulsive disorder, insomnia, dissociative disorder, somatoform disorder
- Non-organic sleep disorder
- Non-organic psychotic disorder: Schizophrenia, schizoaffective disorder, delusional disorder, acute and transient psychotic disorder
- Substance misuse
- Personality disorder
- Organic mental disorder
- Psychiatric emergency: suicidal patient, violent patient, abusive parents and neglect
- Dementia

Skills

Priority Skills

- Interview technique
- Psychiatric history taking
- Mental state assessment and examination
- Formulate, diagnose and treat common general adult psychiatric illnesses
- Counselling
- Appropriate use of community resources
- Effective communication and share-care with psychiatry team
- Procedure for hospitalisation under the Mental Health Ordinance

Optional Skills

- Rehabilitation care of psychiatric patients with severe chronic disability
- Other psychotherapy: cognitive behavioral therapy, mindfulness, group psychotherapy etc.
- Electro-convulsive therapy