

# Message from the President

25<sup>th</sup> October 2015 Sunday was our 29<sup>th</sup> Conjoint Fellowship Examination with the Royal Australia College of General Practitioners. Dr. Mark Miller, Censor-in-Chief and Dr. Chris Hughes, Censor were the visiting External Examiners from RACGP this year. I would like to thank the RACGP for her never failing support and advice. On the day of the OSCE examination, there were over 100 enthusiastic examiners and all the College secretarial staff worked tirelessly as a team to run a very successful examination. My heartfelt thanks to every single one of them that spared the weekend with their love ones for the College mission. I would also like to congratulate the Board of Conjoint Examination under the leadership of Dr. Chan Hung Chiu and Dr. Ip Pang Fei, Chief Examiners for running the Examination superbly with all their hard work, experience and dedication.



Dr. Miller and Dr. Hughes had highlighted so many pressures faced by General Practice in Australia- the freezing of Medicare patient rebate, the review of Medicare Benefit Schedule, the uncertainty of proposed eHealth performance incentive payment and training and many more challenges from the Australia Medical Council. We have also exchanged views on the future accreditation exercise in Hong Kong. Hopefully we will see our Australian colleagues again soon and I am already looking forward to our 30<sup>th</sup> Anniversary of Conjoint Examination.

On the Halloween day, not the spooky night, I witnessed Hong Kong Academy of Medicine signing a memorandum of understanding with the National Health and Family Planning Commission on future cooperation. Minister Li Bun had stressed the importance of GP training in the Mainland and she appreciated all the assistance Hong Kong provided to future GP training and assessment programmes in the Mainland. So all the fluent Putonghua speakers of this College, I have marked you down!



Welcome dinner with RACGP Censors

As President, I feel one of my major duties is to meet up with our "precious" trainees, the future of our College. Dr. David Chao has kindly arranged me to visit the trainees at the seven clusters. I am here to listen, to answer, and to implement any measures that help our future generation. So don't be surprised to see me at one of your training meetings.



President met up with KEC and KCC FM trainees in UCH in October

## IMPORTANT Notice: Change of HKCFP Secretariat Telephone Number

Dear Members,

Please note the contact information of the College Secretariat as follows:

Tel : **+852 2871 8899**

Fax : +852 2866 0616 / +852 2866 0981

Email : [hkcfp@hkcfp.org.hk](mailto:hkcfp@hkcfp.org.hk)

Address : Rooms 803-4, HKAM Jockey Club Building,  
99 Wong Chuk Hang Road, Aberdeen

Thank you for your kind attention.

The Secretariat, HKCFP

THE HONG KONG  
COLLEGE OF  
FAMILY PHYSICIANS



# Family Physicians Links

ISSUE 141  
November 2015

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## “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 15<sup>th</sup> November 2015 to 14<sup>th</sup> December 2015, Dr. Alvin Chan and Dr. Lau Ho Lim 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 the College Secretariat by phone: 2871 8899, by fax: 2866 0616, or by email: [hkcfp@hkcfp.org.hk](mailto: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. Alvin Chan



Dr. Lau Ho Lim

## The 38<sup>th</sup> HKCFP Annual General Meeting

The **38<sup>th</sup> Annual General Meeting (AGM)** of The Hong Kong College of Family Physicians will be held on **6 December 2015, Sunday**.

**Time** : 18 : 00 hrs

**Venue** : Rm 903-4, 9/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen

**Admission** : HKCFP members only

## The 38<sup>th</sup> HKCFP Annual Dinner

**The College’s 38<sup>th</sup> Annual Dinner will be held on 6 December 2015, Sunday.**

**Time** : 19 : 00 hrs Annual Dinner Reception  
19 : 30 hrs Chinese-style Dinner

**Venue** : Run Run Shaw Hall, 1/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Hong Kong

College Members, Fellows and their spouses are welcome to register for the Annual Dinner free of charge on a first-come-first-serve basis until all the available seats are filled.

Complimentary transportation would be arranged between Admiralty MTR station and HKAM Jockey Club Building on a first-come-first-serve basis until all the seats are filled. Pre-registration for transportation is required. Confirmation of availability of complimentary transportation would be sent to individual registrants at a later stage.

Time	From	To
18 : 30	Admiralty MTR Station Exit A, Admiralty Centre	HKAM Jockey Club Building
22 : 30	HKAM Jockey Club Building	Admiralty MTR Station Exit A, Admiralty Centre

To register for the **Annual General Meeting** and/or **Annual Dinner** and/or **complimentary transportation**, please contact Ms. Crystal Yung or Ms. Wing Yeung on Tel: 2871 8899, or email [crystaljung@hkcfp.org.hk](mailto:crystaljung@hkcfp.org.hk) or [wingyeung@hkcfp.org.hk](mailto:wingyeung@hkcfp.org.hk). Thank you.

## Finance Committee News - Policy of Reissue of Duplicate Receipt

Dear College Members,

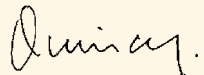
We would like to remind you that you can login to the College website Member Corner to check and download your own debit note and official receipt.

In order to be more environmentally-friendly, please kindly note that hard copy of receipt has not been issued since November 2012. Certification of payment will only be made upon request for the following segments, with an administration fee of HK\$300 per segment/item subject to be charged:

- (a) Conjoint Fellowship Examination Segments;
- (b) Exit Fellowship Examination Segments;
- (c) Diploma in Family Medicine Modules and Examination Segments;
- (d) Vocational Training Annual Subscription.

For any enquiries, please contact College Secretariat Ms. Priscilla Li at 2871 8899 or email to priscillali@hkcfp.org.hk.

Thank you for your support.



Dr. Yuen Shiu Man  
Honorary Treasurer

## Membership Committee News

The Membership Committee approved, on the recommendation of the Chairlady of the Membership Committee, the following applications for membership for **Sept - Oct 2015** :

### Associate Membership (New Application)

Dr Feng Longyin	馮龍胤
Dr Li Minru	李敏如
Dr Lim Martina	林星彤

Dr Mak Ho Yan, Queenie  
Dr Sun Kwok Fung

麥可人  
孫國楓

### Full Membership (Reinstatement)

Dr Lee Big Kau, Judy

李碧球

Framework@PC provides **evidence-based recommendations** for management of patients in primary care setting



Document on **Clinical Audit (Diabetes and Hypertension)** has been released. It is also available in the Framework@PC Mobile App

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Available on the App Store | GET IT ON Google play

Don't miss it! Get it now!

## BVTS News

### Reminder: Submission of Annual Checklist for Basic Training

To all Basic Trainees,

Please be reminded that all basic trainees must submit the annual checklist to the Board of Vocational Training and Standards either by registered post OR in-person on or **BEFORE 29<sup>th</sup> January 2016 (Friday)**. Late submission will not be accepted.

The training experience of 2015 will not be accredited if the trainee fails to submit the checklist on or before the deadline.

Should you have any enquiries, please feel free to contact Ms. Carmen Tong or Ms. Odelia Cheng at 2871 8899.

Basic Training Subcommittee  
BVTS

## Classified Advertisements

Invites applicants for full time doctor in Evangel Hospital. Please send your C.V. and enquiry to [hr@evanhosp.org.hk](mailto:hr@evanhosp.org.hk).

Well established, International Accredited Medical Practice requires: General Practitioner with an interest in nutritional medicine Interested parties please email CV with contact details to [linda@otandp.com](mailto:linda@otandp.com) or ring 852-28662270 for further information.



# HONG KONG SANATORIUM & HOSPITAL **PET/MR (MOLECULAR MR) SYMPOSIUM 2015**

DATE 15 December 2015 (Tuesday)  
TIME 18:00 – 22:30  
VENUE Ballroom, JW Marriott Hotel Hong Kong

PROGRAMME	18:00	Cocktail
	19:00	Introduction
	19:05 – 19:40	<b>PET/MR Clinical Use in Whole-body Oncology</b> Prof. PD Dr. med. Lale UMUTLU Vice Chair, Department of Diagnostic and Interventional Radiology and Neuroradiology University Hospital Essen, Germany
	19:40 – 20:15	<b>Application of the mMR to Pediatrics and the Neurosciences</b> Prof. Robert C MCKINSTRY, MD, PhD, FACR. Professor of Radiology and Pediatrics, Washington University in St. Louis, USA
	20:15 – 20:30	Q&A
	20:30 – 22:30	Dinner

Chairpersons:

Dr. Gladys LO

Head, Department of Diagnostic & Interventional Radiology

Dr. Garrett HO

Department of Nuclear Medicine & Positron Emission Tomography

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[www.hksh-hospital.com/petmr-registration](http://www.hksh-hospital.com/petmr-registration)

**REGISTRATION IS ON A FIRST COME, FIRST SERVED BASIS**

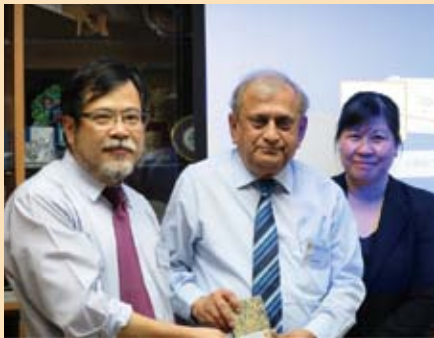
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**SIEMENS**

## Meeting Highlights

### Interest Group in Mental Health

Dr. Kent Samuel, General Practitioner, delivered a lecture on "Sexual Health, a Subject Neglected by Family Doctors!" on 3 October 2015.



Dr. Chan Suen Ho, Mark (left, Moderator) presenting a souvenir to Dr. Kent Samuel (middle) and Mrs Kent (right) during the lecture on 3 October 2015

### CME Lecture on 5 October 2015

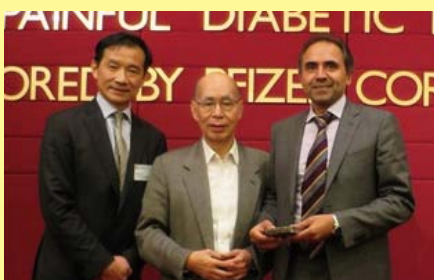
Prof. Gianfranco Parati, Specialist in Cardiology and Internal Medicine, Professor of Cardiovascular Medicine, Department of Clinical Medicine and Prevention, University of Milano-Bicocca, Milan, Italy, delivered a lecture on "Optimizing BP Management — Highlights from European Society of Hypertension (ESH) 2015" on 5 October 2015.



Dr. Li Yim Chu (3<sup>rd</sup> from the left, Moderator), Dr. Kwong Bi Lok, Mary (4<sup>th</sup> from the left, Council Member), Dr. Stephen Foo (middle, Censor), Dr. Chan King Hong (3<sup>rd</sup> from the right, FM COS, KCC), Prof. Gianfranco Parati (4<sup>th</sup> from the right) and the representatives of Sponsor during the lecture on 5 October 2015

### CME Lecture on 6 October 2015

Prof. Rayaz Malik, Professor of Medicine and Consultant Physician, Division of Cardiovascular Medicine, Manchester Royal Infirmary and University of Manchester, UK, delivered a lecture on "Painful Diabetic Neuropathy: Looking beneath the surface" on 6 October 2015.



Dr. Tsui Hing Sing (left, Moderator) and Dr. Stephen Foo (middle, Censor) presenting a souvenir to Prof. Rayaz Malik (right)

### CME Lecture on 20 October 2015

Dr. Tsang Man Wo, Specialist in Endocrinology, Diabetes & Metabolism, delivered a lecture on "Updated Perspectives in the Treatment of Osteoporosis: Who, What and How" on 20 October 2015.



Dr. Stephen Foo (right, Censor) and Dr. Ko Siu Hin (left, Moderator) presenting a souvenir to Dr. Tsang Man Wo (middle)

### CME Lecture on 27 October 2015

Dr. Fu Kam Fung, Kenneth, Specialist in Urology, delivered a lecture on "A Step Forward towards Better BPH Management" on 27 October 2015.



Dr. Au-Yeung Shiu Hing (left, Moderator) presenting a souvenir to Dr. Fu Kam Fung, Kenneth (right)

### Interest Group in Neuro-Musculoskeletal Conditions

Dr. Au Chi Lap, Simon, Co-ordinator of Interest Group in Neuro-musculoskeletal, delivered a lecture on "Use of MSK Ultrasound in Daily Practice" on 31 October 2015.



Dr. Au Chi Lap, Simon (speaker) delivering the lecture



## The Seven Wonders of the World

Junior high school students in Chicago were studying the Seven Wonders of the World. At the end of the lesson, the students were asked to list what they considered to be the Seven Wonders of the World. Though there was some disagreement, the following received the most votes:

1. Egypt's Great Pyramids
2. The Taj Mahal in India
3. The Grand Canyon in Arizona
4. The Panama Canal
5. The Empire State Building
6. St. Peter's Basilica
7. China's Great Wall

While gathering the votes, the teacher noted that one student, a quiet girl, hadn't turned in her paper yet. So she asked the girl if she was having trouble with her list. The quiet girl replied, "Yes, a little. I couldn't quite make up my mind because there were so many." The teacher said, "Well, tell us what you have, and maybe we can help."

The girl hesitated, then read, "I think the Seven Wonders of the World are:

1. to touch...
2. to taste...
3. to see...
4. to hear... (She hesitated a little, and then added...)
5. to feel...
6. to laugh...
7. and to love.

The room was so quiet, you could have heard a pin drop.

Do you agree with her list?

<http://www.inspirationpeak.com/shortstories/sevenwonders.html>

(本欄資料由 心靈綠洲—個人成長及危機處理中心 提供，特此鳴謝。)

\*醫院管理局「總部臨床心理服務」轄下的「心靈綠洲—個人成長及危機處理中心」，專為醫管局員工提供各種心理支援、培訓課程及個人成長等服務，旨在加強員工的抗逆力，促進身心健康。

## The lead poisoning incident in Hong Kong - what Family Physicians should know, with links to learn more

### Introduction:

Recently there has been a huge public health concern over the incident of lead tainting drinking water in some public housing estates and schools. As family physicians we help the community by identifying potential patients with lead poisoning, doing proper investigations for patients with suspected exposure, triaging cases for referral to medical centres for treatment, as well as educating to the public to alert them of their own potential risk of having lead poisoning. We also need to equip ourselves with updated information on lead poisoning. As the situation is still evolving, we will try to provide useful sources and links for easy updates and on-going referencing.

Lead poisoning can cause harmful effect to humans. It is known that high levels of lead exposure are dangerous however recent evidence also shows that chronic low-level exposure can also have adverse effects in both adults and children. It is believed that children under the age of six are more susceptible to the toxic effects of lead than are adults because they have an incomplete blood-brain barrier that permits the entry of lead into the developing nervous system. They have higher prevalence of iron deficiency, which is associated with lead poisoning because it may permit increased absorption of lead from the gastrointestinal tract.

### Source of lead exposure:

Natural source: lead is a natural heavy metal commonly found in air, soil, dust, food and water.

Artificial source: relatively high concentrations of lead might be found in paint, cosmetics and herbal medicines.

For our situation of contaminated water, it can occur in a number of ways after entering the inside service system of a building. Contamination can occur from old and worn-out internal service systems, and based on the experience of other countries, excessive lead in water can also be caused by the inadvertent illegal use of substandard pipes and fittings.

### Clinical features:

#### • In children:

Low exposure: myalgia/ paresthesia, mild fatigue, irritability, lethargy, occasional abdominal discomfort

Moderate exposure: arthralgia, general fatigue, difficulty concentrating, muscular exhaustibility, tremor, headache, diffuse abdominal pain, vomiting, weight loss, constipation

High exposure: paresis/ paralysis, encephalopathy, colic, lead line (blue-black) on gingival tissue

#### • In adults:

High blood pressure; abdominal pain; constipation; joint pains; muscle pain; declines in mental functioning; pain, numbness or tingling of the extremities; headache; memory loss; mood disorders; reduced sperm count, abnormal sperm, miscarriage or premature birth in pregnant women

### Diagnosis of lead poisoning:

By whole blood lead level testing

	<18 years old, pregnant and lactating women	Adults
Elevated blood lead level	≥ 5mcg/dl	≥ 10mcg/dl
High Blood lead level	>44mcg/dl	>50mcg/dl

Hair and urine tests for lead are not suitable for screening and diagnosis.

### Where to consult and refer:

Clinicians can consult the Hong Kong Poison Information Centre (HKPIC) (Tel: 2772 2211) or the Prince of Wales Hospital Poison Treatment Centre (PWHPTC) (Tel: 2632 6209) for advice on clinical evaluation and management.

The Department of Health has set up a hotline for members of the public who suspect they are suffering from lead poisoning on 2125 1122, which operates from 09:00-21:00hrs daily.

### References and useful links:

1. CHP on incident of lead poisoning: <http://www.chp.gov.hk/en/content/40434.html>
2. HA on incident of lead poisoning: [http://www.ha.org.hk/visitor/ha\\_visitor\\_index.asp?Content\\_ID=227420&Lang=ENG&Dimension=100&Parent\\_ID=10000&Ver=HTML](http://www.ha.org.hk/visitor/ha_visitor_index.asp?Content_ID=227420&Lang=ENG&Dimension=100&Parent_ID=10000&Ver=HTML)
3. Water Supplies Department: Hong Kong's water supply - reducing lead in drinking water [http://www.wsd.gov.hk/filemanager/en/content\\_523/hk\\_water\\_supply\\_booklet\\_e.pdf](http://www.wsd.gov.hk/filemanager/en/content_523/hk_water_supply_booklet_e.pdf)  
[http://www.wsd.gov.hk/filemanager/tc/content\\_523/hk\\_water\\_supply\\_booklet\\_c.pdf](http://www.wsd.gov.hk/filemanager/tc/content_523/hk_water_supply_booklet_c.pdf)
4. World Health Organization (WHO): <http://www.who.int/mediacentre/factsheets/fs379/en/>
5. U.S. Centers for Disease Control and Prevention: <http://www.cdc.gov/lead/>  
<http://www.atsdr.cdc.gov/substances/toxsubstance.asp?toxid=22>  
<http://www.cdc.gov/nceh/lead/publications/books/plpyc/contents.htm>
6. Guidelines for the identification and management of lead exposure in pregnant and lactating women <http://www.cdc.gov/nceh/lead/publications/leadandpregnancy2010.pdf>
7. U.S. Environmental Protection Agency: <http://www2.epa.gov/lead>
8. American College of Obstetricians and Gynaecologists: Committee Opinion on Lead Poisoning During Pregnancy and Lactation <http://www.acog.org/-/media/Committee-Opinions/Committee-on-Obstetric-Practice/co533.pdf?dmc=1&ts=20151012T0435304537>
9. Australian Government - National Health and Medical Research Council: <http://www.nhmrc.gov.au/health-topics/lead-blood-levels>
7. UK Government: <https://www.gov.uk/government/publications/lead-properties-incident-management-and-toxicology>
8. UpToDate on lead poisoning (need subscription): <http://www.uptodate.com/contents/search?search=lead+poisoning&x=0&y=0>
9. Mayo Clinic on Lead Poisoning: <http://www.mayoclinic.org/diseases-conditions/lead-poisoning/basics/definition/con-20035487>

Compiled by Dr. CHEUK Christina

## 我的故事：「我為甚麼要立志成為家庭醫學專科醫生？」

Dr. John-Hugh Tam, Specialist in Family Medicine

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

### 1) 迷失的時期

自小其實很喜歡繪畫，曾想當一個設計師。但自從有一天想通了，當人家的設計師，就得依從人家的框框辦事。對於喜歡獨立思考去把每件事想通和辦好的我，那可能不是我想要的那種生活，而且當興趣變成了工作時，失去了自由再反加了壓力，我會否從此毀掉了自己唯一的興趣？結果在英國讀中學時最終決定把繪畫和藝術置於一旁，讓它成為我的終生興趣算了。



當時十多歲的我，也會像很多時下的年青人，對於很多事和前景都很容易迷失，也不知應該立志做什麼。在十六歲那年的暑假，我在中學的師兄（他當時已畢業成為眼科醫生）介紹下，回到了香港一間大學醫院當暑期義工，做了兩個月的內窺鏡部接待員。在內窺鏡部，每天早上的工作包括為病人登記，處理化驗報告，也有機會和各部門的醫生談話。他們很好很友善，明白我的來意後，不僅讓我觀摩他們的內窺鏡檢查程序，也給予機會入手術室看手術（我記得我見過的第一個手術是治療十二指腸潰瘍的laparoscopic vagotomy，即腹腔鏡迷走神經切除手術，當年是1995年。自從大家對peptic ulcer的病理有paradigm shift以及triple therapy在世上興起後，此種手術的流行度現已大減）。久而久之，從他人的生活中，我發現其實行醫可以令自己見識到很多不同的事，應該是很有趣的生活，所以最後報名入中大讀醫科，最後也有幸被取錄。

在大學讀醫科的頭三年，每年都會見到有些同學因不適應此科最後選擇轉系。而同時間，亦有一些同學開始憧憬自己將會想做個怎樣的醫生時，我卻還沒有任何確實的方向，感到很迷茫。

### 2) 遇到兩位好「師傅」

我深信從大學教育中，從課堂及書本上便可得到大部分的知識。但說到經驗、做人的處事方式和德行等，是應該從「師徒制」的實習部分培養出來的。我很高興擁有過這些學習的機會。

我們大學四年級的「家庭醫學課」除了課堂和習作外，還包括了一些clinical attachments。在機緣際遇下，我被派到兩位「師傅」的診所去觀摩他們的工作。這兩位師傅，各有不同的處事方式，也有不同的

專長。縱然如此，從我眼中的他們，都是友善，令病人覺得可靠，為人設想和知識廣博的人。而正正也因為他們是家庭醫生，所以不同階層、年齡、性別、身份的人也願意去找他們去解決問題和分享自己的事。在他們的日常的診症中，我也看見了病人對他們的respect(尊重)和rapport(良好關係)。

從他們的影子中，我看見了自己可走的方向和前路，我也想成為一個這樣的「家庭醫生」。就這樣，我決定了自己的人生。

### 3) 專科訓練的路

相信各同胞也會同意，要完成家庭醫學的專科訓練絕對不是一件容易的事。自2003年（沙士的那一年）醫科畢業及完成了一年的實習醫生生活後，我有幸能留在醫管局接受家庭醫學的專科訓練（回想「那些年」職位較近年短缺，能找到一份心儀的工作也不是一件容易的事呢！）。

家庭醫學的專科訓練絕不比其他專科訓練遜色。我們要接受不少於六年的在職專科訓練（首兩年在各醫院專科工作的hospital-based basic training，隨後兩年在社區裡，家庭醫學門診的community-based basic training，及於中期的家庭醫學學院院士試完成後的兩年higher training）。以上全部完成才可以再「上戰場」經終極考核（Exit Assessment），獲「家庭醫學專科醫生」，即“Specialist in Family Medicine”的資格。



家庭醫學初級訓練時的 weekly educational seminar (攝於聖母醫院)



縱使訓練的道路很艱辛，要「過五關斬六將」，其間的時光也是非常寶貴的體驗。和其他專科比較，家庭醫學更着重全面 (comprehensive)、連續性 (continuity)、及與人協調 (coordinative) 的全人照顧 (holistic care)。從訓練當中我不單止能加深和鞏固自己的醫學知識，令自己能夠一天比一天有信心去完成每天的診症；於這幾年的工作機會中，我從接觸得到的各式各樣病人和醫院/診所各崗位的同事們令我更明白和他人相處的應有態度，令我更懂得從他人的角度設想，急別人所急 (即大家在診症時着重的 “I.C.E.”，也就是大家常說的英式諺語 “think in others’ shoes”)，及明白團體合作的重要性。所以整體來說，我們專科獨有的訓練令我變了一個比以前更能幹的醫生；而比這更重要的是，我也從中變成更成熟的人。更難能可貴的是，我也從專科訓練的過程中認識了一班在日常工作及專科考試期間互相扶持的好朋友、好同事。



專科訓練的快樂時光：和同事與嘉賓攝於2011年，長沙灣普通科門診所慶祝

#### 4) 現在的我會怎樣想？

正所謂「人生有幾多個十年？」，當了十一年的家庭醫生及完成了專科訓練和考試的我沒有後悔我行過的路。至今我仍覺得我選擇的道路是正確的。



攝於2012年在香港醫學專科學院院士頒授儀式。

當一個家庭醫生會令我明白到，我或許無法過一些非常奢華豐裕的生活，而我亦需要持續地努力工作才可照顧我愛的家人，但我感覺到生活是有意義的。而我過去十一年在工作上，也曾經令一些病人生活得更正面和快樂。我也曾有幸實行過自己 primary care 的身份，以自己有限的知識，替數個病人診斷過一些及早發現有轉機的隱疾，令他們免除自己的厄運。從他們當中，我也累積了經驗和令自己成長了。

我亦希望各個和我共同每天在工作崗位上奮鬥的同袍們也沒有感覺到迷失和氣餒，繼續向自己定立的目標前進。雖然我沒有自己的信仰，但我心仍相信世事皆有定數。之前的一個星期天聽了句頗有意思的說話，想藉此和大家分享：

*“The only difference between stumbling blocks and stepping stones is the way you use them.”*

(解：「踏腳石」跟「絆腳石」的差別，取決於我們使用的方式。)

我覺得這句說話很有意義。我希望我未來的工作和努力，可化為我身邊病人的「踏腳石」，使他們向自己的健康前進，而不是成為他們的「絆腳石」，令他人感覺困惑。我亦希望當我們為別人刪除他們的「絆腳石」時，我們也同時為自己的路立下「里程碑」 (milestones)。

共勉之。

P.S.: 非常感謝在大學讀書時遇到的那兩位「師傅」：傅鑑蘇醫生和曹慶生醫生。你們當年的指導，銘記於心。

## Interest Group in Mental Health & Psychiatry in Primary Care - The 46<sup>th</sup> Meeting on 3<sup>rd</sup> Oct 2015

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

**The 46<sup>th</sup> Meeting of the Interest Group in Mental Health & Psychiatry in Primary Care was held on 3<sup>rd</sup> Oct 2015. Dr. Samuel Kent, Family Physician, was the speaker.**

**Meeting Theme : Sexual Health, The Subject Neglected by Family Doctors!**

**Attendance : 27**

**The speaker :** Dr. Samuel Kent (Acharya Samirkant) graduated from MBBS in 1973 at Gujrat, India; and studied DFM (CUHK) and Diploma in Advance Medicine (CUHK). Dr. Kent has experience in general practice and hospital services in the UK, and spent years in General Psychiatry, St. George's Hospital and the Princess Alexandra Hospital, Harlow, UK.

Since 1981, Dr. Kent has been the Managing Director in his own finance brokerage business in London for nearly 10 years. In 1992, Dr. Kent moved to Hong Kong and worked as a General Practitioner in Tuen Mun. Dr. Kent has had a lifelong interest in family medicine, continuing his education with a special interest in sexual health, and has authored the book "Understanding Sex Problems, The Key To A Happy Marriage!" published in 2005.

### Learning Points

It has been some years since we invited Dr. Samuel Kent to speak on this most relevant topic. We previously had both a Professor and Sex Health Therapist speak to us, and now we are able to have the perspective of a family physician.

Dr. Samuel Kent coined the topic "Sexual Health, The Subject Neglected By Family Doctors!" and started with evidence about the need for an increased awareness about sexual health, followed by answering the question why most family doctors avoid addressing sexual health issues, and finally a section on The Way Ahead, Education, Research and potential leadership by the HKCFP.

It is not common for family doctors to enquire about sexual health at the time of first consultation. Yet we all enquire about hypertension, diabetes, BPH, alcohol, smoking, Hepatitis B. The reason we all know well, is that because these problems are all relevant and has a high prevalence [hypertension 24%; Diabetes 9%, B.P.H. 50% at the aged, Smoking among male 16% and among female 4%].

### The honest answer

Is there anybody here who is not or has never been interested in sex?

Bogaert of the Department of Community Health Sciences at Brock University surveyed Canadians and found 99% out of 18,000, were interested in having a sexual relationship.

### 70% are not satisfied.

Read S, King M, and Watson J of the University Department of Psychiatry, Royal Free Hospital School of Medicine, London, answered this question, "Are people satisfied with their sex lives?" and in their paper "Sexual. paper "Sexual dysfunction in primary medical care: prevalence, characteristics and detection by the general practitioner.", they looked at prevalence of sexual dysfunction in primary medical care and concluded that 68% of women and 75% of men were not satisfied with their sex lives, and reported at least one problem with sexual health.

The National Research Council of Milan, looked at prevalence of sexual dysfunction among middle-aged and older adults in 29 countries, collected samples from 27,500 men and women and found 28% of men and 39% of women had encountered at least one episode of sexual dysfunction.

Edward O. Lauman, John H. Gagnon, Robert T. Michael, and Stuart Michaels authored "The Social Organization of Sexuality. Sexual Practice in the U.S." (The University of Chicago Press 1994). The Social Organization of Sexuality reports the complete results of the nation's most comprehensive representative survey of sexual practices in the general adult population of the United States. This highly detailed portrait of sex in America and its social context and implications established a new and original scientific orientation to the study of sexual behavior.

### Premature ejaculation

It is persistent or recurrent ejaculation with minimum sexual stimulation before, upon or shortly after penetration or before one wishes it. According to the D.S.M. IV. criteria, its prevalence is 27% - 36%.

### Impotence

Feldman HA (1994) found 22% of men by the age of 40 started suffering from some degrees of sexual dysfunction.

### Sexual dysfunction and diabetes mellitus

A six-year follow-up study.

Type-I Diabetics:

34% of male suffer from E.D., 31% have low sex desire, 24% of female with reduced lubrication.

Type-II Group:

52% of male had a certain degree of sexual dysfunction, 28% had low sexual desire, 31% had erectile dysfunction

## What is the health seeking behaviour?

Only 1 out of 9 diabetes sufferers seeks help for sexual dysfunction, and it usually takes them at least 6 years before presenting for the first time.

We have now looked at the prevalence rates of some of the major sexual dysfunctions.

We seldom / do not enquire about sexual health, therefore we are neglecting the subject of sexual health.

We need to take careful and detailed history of sexual dysfunction.

## Why do we not enquire about sexual health?

The reasons for not consulting physicians included: perception of the subject as a taboo, lack of time, the perceived lack of cost effectiveness, lack of training and communication difficulties.

## Where do we go from here?

We need to become proactive, innovative, courageous, and research-oriented.

Dr. Kent suggested several roles for HKCFP: organising training courses, perhaps an interest group in sex health, and also the big potential for research. For example, studies could look at answering this first question:

How to approach patients and attempt to break barriers?  
Would the use of a standard questionnaire help?

## Questionnaire

1. Do you agree that everybody wants to be happy?  
Yes / No
2. Do you agree that good relationship between man and woman is an important factor which can bring happiness to couple? Yes / No
3. Does a satisfying sexual relationship play an important role in establishing and maintaining good relationship in between man and woman?  
Yes / No
4. Do you think people have knowledge about sex problems? Yes / No
5. Do you think people know what causes weak sexual performance? Yes / No
6. Do you think people with sex problems are too shy to talk to their doctors about their problems?  
Yes / No
7. Do family doctors have a duty to help to improve sexual health of their patients? Yes / No
8. Would you like to make an appointment with your doctor to discuss any problem related to sexual health? Yes / No

## Conclusion

Dr. Kent shared with the audience his dream, "To bring happiness to the lives of Hong Kong people", advocating this mission to take care of physical, psychological, emotional and sexual problems of our patients.

I see a solo practitioner working on a fundamental element of human life, an area most of us are just beginning to face and there is much to learn.

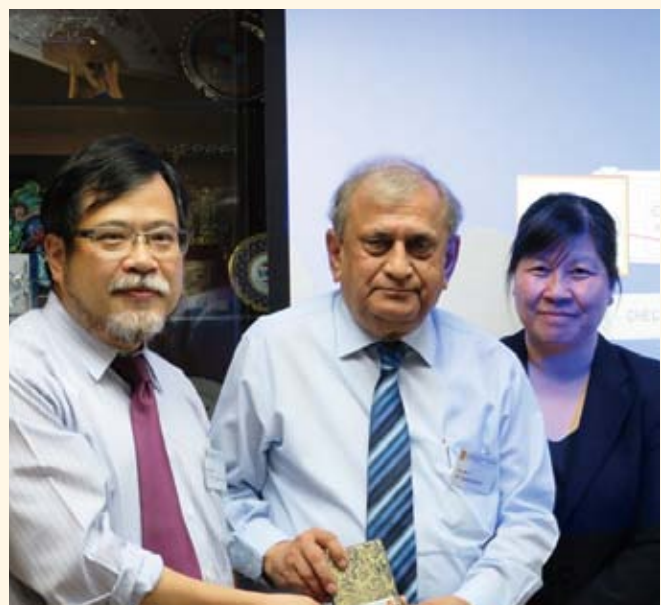
## References

Feldman HA, Goldstein I, Hatzichristou DG, et al. (1994), Impotence and its medical and psychosocial correlate: results of the Massachusetts Male Aging Study. *Journal of Urology*; 151(1): 54-61

Jensen (1981a). Jensen, S.B. (1986), *Archives of Sexual Behavior*; 15: 271 - 284

## Next meeting

The next meeting for the Interest group will be on 5 Dec 2015 (Saturday). Dr. Cheng Chi Man will speak on "How I find Buddhist studies useful in my practice." 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 2871 8899.) Again, those who are experienced can share, and 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.



Dr. Chan Suen Ho, Mark (left, Moderator) presenting a souvenir to Dr. Kent Samuel (middle) and Mrs Kent (right)

- 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.

## 35<sup>th</sup> Annual Refresher Course 2015

### \*\*\* 2<sup>nd</sup> Announcement \*\*\*

The 35<sup>th</sup> Annual Refresher Course (ARC) will be held from 22 November to 13 December 2015. There will be five Luncheon Lectures and four Workshops.

2 CME points will be awarded for each Luncheon Lecture and 3 CME points for each Workshop according to Category 4.5. MCQs will be distributed for each session of the Refresher Course, i.e. there are a total of 9 MCQ papers. The MCQ answers have to be returned to the College Secretariat on the original question forms **within 2 weeks** of the completion of the Refresher Course (**latest by 31 December 2015**). A member will be awarded 1 extra CME point for a score of over 60% for each MCQ paper. Up to 2 CPD points (Continuous Professional Development) will also be awarded for each session (subject to submission of satisfactory report of Professional Development Log); a maximum of two points can be scored for each session.

As it is a history for such an educational programme to be held continuously for quarter a century in Hong Kong, those who have attended 70% or more of all the sessions of the Refresher Course will be awarded a "Certificate of Attendance".

Members who have attended the ARC for ten consecutive years or more will be awarded one free admission. Subsequently, members can enjoy another free admission after every five consecutive years of paid ARC attendance. Please call the College Secretariat to confirm your previous enrollment.

Registration is now open and must be made before 18 November 2015. As the number of space is limited, it will be offered on first come first served basis. **Please also note that admission fees are not refundable.** Ten free registrations for each Lecture and Workshop will be offered to student members who wish to apply for free registration, please call Ms. Cherry Chan at 2871 8899 before 17 November 2015.

Registration form could be found on Page 13.

### Luncheon Lectures

Date	24 November (Tues)
Topic	<b>Diabetic Obesity</b> Practical Management of Diabetic Obesity
Speaker	Prof. Stephan Jacob
Sponsor	AstraZeneca Hong Kong Limited
Date	26 November (Thurs)
Topics	<b>Hypertension</b> Ambulatory Blood Pressure Monitoring (ABPM)
Speaker	Dr. Wong Man Lok
Sponsor	Sanofi Hong Kong Limited
Date	1 December (Tues)
Topics	<b>Mood and Sleep</b> Revisit on pain, mood and sleep
Speaker	Dr. Lee Wing King
Sponsor	Pfizer Corporation Hong Kong Limited
Date	3 December (Thurs)
Topics	<b>Orthopaedic</b> Ailments of the foot and ankle region – advances in management
Speaker	Dr. Tse Lung Fung
Sponsor	A. Menarini Hong Kong Limited
Date	8 December (Tues)
Topics	<b>New Management on Diabetes Mellitus</b> SGLT2i - a new novel mechanism for individualized management of type 2 diabetes
Speaker	Dr. Tso Wai Kwan, Annette
Sponsor	Janssen Pharmaceutical Hong Kong

Venue	: Shanghai Room, Level 8, Cordis Hotel Hong Kong (formerly known as Langham Place Hotel), 555 Shanghai Street, Mongkok, Kowloon
Time	: 1:00 p.m. – 2:00 p.m. Buffet Lunch 2:00 p.m. – 3:00 p.m. Lecture 3:00 p.m. Discussion

### Sunday Workshops

Date	22 November (Sun)
Topics	<b>Latest Management on Haemorrhoidal Disease and Depression Workshop</b> 1. Update in the Management of Haemorrhoidal Disease 2. A Better Management of Depressed Patients
Speakers	1. Dr. Cheung Yui Shan Hester 2. Dr. Tung Fu Yin
Sponsor	Servier Hong Kong Ltd.
Date	29 November (Sun)
Topics	<b>Cardiovascular Workshop</b> 1. Duration of Double Anti-Platelet Therapy - What's the Evidence 2. Update of Dyslipidemia and Arrhythmia Management
Speaker	1. Dr. Hung Yu Tak 2. Dr. Chan Chi Kin
Sponsor	AstraZeneca Hong Kong Limited
Date	6 December (Sun)
Topics	<b>Mood Disorder Workshop</b> 1. Using Psychiatric Drugs in family practice: Monotherapy or Polypharmacy? 2. Mental Disorder in General Practice 3. Case studies
Speakers	1. Prof. Tang Siu Wa 2. Dr. David Wong 3. Dr. Law Sai On
Sponsor	Lundbeck Hong Kong
Date	13 December (Sun)
Topics	<b>Osteoporosis and DM Workshop</b> 1. Which agent and for how long? Postmenopausal women without fragility fracture in young vs older patients 2. T2DM treatment – A pathophysiological approach
Speakers	1. Dr. Ho Yiu Yan, Andrew 2. Dr. Chan Wing Bun
Sponsor	Takeda Pharmaceuticals (Hong Kong) Limited
Venue	: Shanghai Room, Level 8, Cordis Hotel Hong Kong (formerly known as Langham Place Hotel), 555 Shanghai Street, Mongkok, Kowloon
Time	: 1:00 p.m. – 2:00 p.m. Buffet Lunch 2:00 p.m. – 4:15 p.m. Lectures 4:15 p.m. – 4:30 p.m. Discussion
<b>Registration Fees:</b>	
Registration fees for the whole Refresher Course (including five Luncheon Lectures and four Workshops) are:	
College Fellow, Full or Associate Members	: HK\$900.00
Other Categories of Members	: HK\$1200.00
Non-members	: HK\$1800.00
Spot admission fee for each Luncheon Lecture or Workshop is:	
College Fellow, Full or Associate Members	: HK\$250.00
Other Categories of Members	: HK\$350.00
Non-members	: HK\$450.00
<b>FM Trainees Package:</b>	
Full Course	: HK\$600.00
Sunday Workshops	: HK\$400.00 for 4 Workshops
Each Luncheon lecture or workshop	: HK\$150.00
Remarks: Topics may be subject to change without prior notice. Lecture/ Workshop (s) will be conducted in English	



## THE HONG KONG COLLEGE OF FAMILY PHYSICIANS

35<sup>th</sup> Annual Refresher Course  
22 November – 13 December 2015

### REGISTRATION FORM

H.K.C.F.P.

Room 803-4, HKAM Jockey Club Building,  
99 Wong Chuk Hang Road, Aberdeen, Hong Kong

Dear Sir / Madam,

I am a Member/ Non-Member of the Hong Kong College of Family Physicians.

Enclosed please find a cheque (made payable to "HKCFP Foundation Fund") of HK\$ \_\_\_\_\_  
being payment in full for the above. **(All Fees received are non-refundable and non-transferable.)**

#### The whole course:-

Five Luncheon Lectures and Four Workshops (Including Fee for Certificate of Attendance)	College Fellow, Full or Associate Members	: HK\$900.00	( )
	Other Categories of Members	: HK\$1200.00	( )
	Non-members	: HK\$1800.00	( )
	FM Trainees	: HK\$600.00	( )

#### Spot admission:-

22 Nov (Sun)	<b>Latest Management on Haemorrhoidal Disease and Depression Workshop</b> 1) Update in the Management of Haemorrhoidal Disease 2) A Better Management of Depressed Patients	( )
24 Nov (Tues)	<b>Diabetic Obesity</b> Practical Management of Diabetic Obesity	( )
26 Nov (Thurs)	<b>Hypertension</b> Ambulatory Blood Pressure Monitoring (ABPM)	( )
29 Nov (Sun)	<b>Cardiovascular Workshop</b> 1) Duration of Double Anti-Platelet Therapy - What's the Evidence 2) Update of Dyslipidemia and Arrhythmia Management	( )
1 Dec (Tues)	<b>Mood and Sleep</b> Revisit on pain, mood and sleep	( )
3 Dec (Thurs)	<b>Orthopaedic</b> Ailments of the foot and ankle region – advances in management	( )
6 Dec (Sun)	<b>Mood Disorder Workshop</b> 1) Using Psychiatric Drugs in family practice: Monotherapy or Polypharmacy? 2) Mental Disorder in General Practice 3) Case studies	( )
8 Dec (Tues)	<b>New Management on Diabetes Mellitus</b> SGLT2i - a new novel mechanism for individualized management of type 2 diabetes	( )
13 Dec (Sun)	<b>Osteoporosis and DM Workshop</b> 1) Which agent and for how long? Postmenopausal women without fragility fracture in young vs older patients 2) T2DM treatment – A pathophysiological approach	( )

College Fellow, Full or Associate Members	: HK\$250.00	X _____	lecture/workshop(s)
Other Categories of Members	: HK\$350.00	X _____	lecture/workshop(s)
Non-members	: HK\$450.00	X _____	lecture/workshop(s)
FM Trainee	: HK\$400.00	for 4	Sunday workshops
	HK\$150.00	X _____	luncheon lecture(s)

Name: \_\_\_\_\_ Member ID: \_\_\_\_\_

Email: \_\_\_\_\_ Tel: \_\_\_\_\_ Date: \_\_\_\_\_

## 5 December 2015 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
Theme	<b>How I find Buddhist studies useful in my practice</b>
Speaker	<b>Dr. Cheng Chi Man</b> General Practitioner
Co-ordinator & Chairman	<b>Dr. Chan Suen Ho, Mark</b> The Hong Kong College of Family Physicians
Time	2:00p.m. - 4:00p.m. Theme Presentation and 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	<b>Registration will be first come first served. Please reserve your seat as soon as possible.</b>
Note	<b>Participants are encouraged to present own cases for discussion. Please forward your cases to the Coordinator via the College secretariat 2 weeks prior to meeting.</b>

## 12 December 2015 Saturday

Board of Education Interest Group in Counseling	
Aim	(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	<b>Family Therapy</b>
Speaker	<b>Dr. Fung Wai Ching, Aurelius</b> Specialist in Paediatrics
Co-ordinator & Chairman	<b>Dr. Lau Wai Yee, Aster</b> 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	<b>Registration will be first come first served. Please reserve your seat as soon as possible.</b>
Note	<b>Participants are encouraged to present own cases for discussion. Please forward your cases to the Coordinator via the College secretariat 2 weeks prior to meeting.</b>

## Monthly Video Viewing Session

Monthly video viewing session 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.

### November's session:

Date	27 November 2015 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	<b>"Emerging Role of DPP-4 inhibitor and TZD Combination in the Management of Type 2 Diabetes: a Pathophysiologically Sound Treatment" – Prof. Bernard Charbonnel</b>
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
<b>12 December 2015</b> 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	<b>Update in dementia</b> Dr. Stanley Tam AC(Med), HKBH	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
<b>2 December 15 (Wed)</b>			
2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	<b>Briefing on KEC Community Psychiatric Services</b> Ms. Sze-to Wai Lun <b>Comprehensive Social Security Assistance (CSSA) Scheme</b> Dr. Chan Yin Yue	Ms. Cordy Wong Tel: 3949 3087
2:15 – 4:45 p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	<b>Diabetic Management Part 2 : Use of Insulin</b> Dr. So Lok Ping	Ms. Eliza Chan Tel: 2468 6813
5:15 – 7:15 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	<b>Handling Complaint Cases in Consultations</b> Dr. Joyce Lai	Ms Cammy Chow 2589 2339
5:30 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	<b>Critical Appraisal</b> Dr. Han Jing Hao	Ms. Crystal Law Tel: 2632 3480

## 3 December 15 (Thu)

4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	<b>Update Management of Psoriasis in Primary Care</b> Dr. Wong Man Kin & 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	<b>Sterilization and Disinfection in FM clinic</b> Dr. Lui How Mui	Ms. Kwong Tel: 2595 6941
2:15 – 5:15 p.m.	Auditorium, G/F, Hospital Main Block, Tseung Kwan O Hospital	<b>Introduction of Community Resources</b> Dr. Pun Yat Hei & Dr. Wong Koon Yin Yvonne	Ms. Cordy Wong Tel: 3949 3087

## 9 December 15 (Wed)

2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	<b>Update on Management of Parkinsonism</b> Dr. Chan So Wai Sara, Dr. Fong Wai	Ms. Cordy Wong Tel: 3949 3087
2:15 – 4:45 p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	<b>Community Resources for Elderly with Memory/Cognitive Decline</b> Dr. Yuen Ching Yan & Dr. Chung Ka Chun	Ms. Eliza Chan Tel: 2468 6813
5:15 – 7:15 p.m.	Multi-function Room, NAHC clinic, G/F, Tsan Yuk Hospital	<b>Current Management of Asthma in Adults</b> Dr. Jamie Lam	Ms. Cammy Chow 2589 2339

## 10 December 15 (Thu)

4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	<b>Approach to Breast Mass</b> Dr. Hung Chi Bun & Dr. Leung Hor Yee	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m.	Auditorium, G/F, Hospital Main Block, Tseung Kwan O Hospital	<b>Update on Management of Parkinsonism</b> Dr. Choi Yuen Ling, Dr. Chan Wing Chi Annie	Ms. Cordy Wong Tel: 3949 3087
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	<b>Primary Care in Hong Kong</b> Dr. Sarah Chan	Ms. Kwong Tel: 2595 6941

## 16 December 15 (Wed)

2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	<b>Elements of Good Primary Health Care</b> Dr. Mak Ho Yan Queenie, Dr. Lo Alvina	Ms. Cordy Wong Tel: 3949 3087
2:15 – 4:45 p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	<b>Emergency Neurological Condition</b> Dr. Feng Longyin	Ms. Eliza Chan Tel: 2468 6813
5:15 – 7:15 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	<b>Consent and Confidentiality</b> Dr. KH Tseung	Ms. Cammy Chow 2589 2339
5:30 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	<b>Paediatric Emergency Care</b> Dr. Han Jing Hao	Ms. Crystal Law Tel: 2632 3480

## 17 December 15 (Thu)

4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	<b>Community Resources for Elderly</b> Dr. Tse Hing Choi & Dr. Li Shun Hoi	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m.	Conference Room 2, 8/F, Ambulatory Care Block, Tseung Kwan O Hospital	<b>Elements of Good Primary Health Care</b> Dr. Chan Kil Pak Kilpatrick & Dr. Lee Wing Lam	Ms. Cordy Wong Tel: 3949 3087
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	<b>Management of Numbness</b> Dr Ricky Wong	Ms. Kwong Tel: 2595 6941

## 23 December 15 (Wed)

2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	<b>Common Symptoms in Geriatrics, Part 2 (Impaired Cognitive Function)</b> Dr. Lee Ka Yun Peter & Dr. Xu Shaowei	Ms. Cordy Wong Tel: 3949 3087
2:15 – 4:45 p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	<b>Postgraduate Training in Family Medicine</b> Dr. So Lok Ping & Dr. Pang Kwan	Ms. Eliza Chan Tel: 2468 6813
5:15 – 7:15 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	<b>Common Symptom Complaints - Numbness</b> Dr. Leon Ngai	Ms. Cammy Chow 2589 2339

## 24 December 15 (Thu)

2:15 – 5:15 p.m.	Lecture Theatre, 8/F, Ambulatory Care Block, Tseung Kwan O Hospital	<b>Common Symptoms in Geriatrics, Part 2 (Impaired Cognitive Function)</b> Dr. Lee Edna Tin Wai & Dr. Chow Pui Yin Melody	Ms. Cordy Wong Tel: 3949 3087
4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	<b>Clinical Approach: Common Minor Aliments in Pregnancy</b> Dr. Kwok Vincci & Dr. Lam Siu Ping	Ms. Eliza Chan Tel: 2468 6813

## 30 December 15 (Wed)

2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	<b>Journal Club (Related to Management of Psychological Problems)</b> Dr. Lee Shek Hang & Dr. Cheuk Hiu Ying Angie	Ms. Cordy Wong Tel: 3949 3087
2:15 – 4:45 p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	<b>Health Care System in Australia</b> Dr. Tsui Sau In	Ms. Eliza Chan Tel: 2468 6813
5:15 – 7:15 p.m.	Multi-function Room, RAMP clinic, Aberdeen GOPC	<b>Refreshment of Cardiopulmonary Resuscitation</b> Dr. Desmond Ho	Ms. Cammy Chow 2589 2339

## 31 December 15 (Thu)

2:15 – 5:15 p.m.	Lecture Theatre, 8/F, Ambulatory Care Block, Tseung Kwan O Hospital	<b>Journal Club (Related to Management of Psychological Problems)</b> Dr. Lau Ka Man & Dr. Ying Gard Ching Derek	Ms. Cordy Wong Tel: 3949 3087
4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	<b>In-flight Medical Emergencies</b> Dr. Lo Cheuk Wai & Dr. Cheuk Tat Sang	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	<b>Emergency Care in FM</b> Dr. Mathew Lau	Ms. Kwong Tel: 2595 6941

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 <b>Nov</b>	16 10:00a.m. – 1:30 p.m. Meeting with Shunde Officials visiting group	17 1:00 – 3:30 p.m. CME Lecture	18 2:15 – 7:30 p.m. Structured Education Programme 6:30 p.m. HKPCC Meeting	19 2:15 – 7:00 p.m. Structured Education Programme 8:30 p.m. Council Meeting	20	21 2:30 – 5:30 p.m. DFM Module III Introduction to Family Therapy
22 1:00 – 4:30 p.m. ARC 2015	23	24 1:00 – 3:30 p.m. ARC 2015 9:00 p.m. DFM Meeting	25 2:15 – 7:15 p.m. Structured Education Programme	26 1:00 – 3:30 p.m. ARC 2015 2:15 – 7:00 p.m. Structured Education Programme	27 1:00 – 3:30 p.m. CME Lecture 2:30 – 3:30 p.m. Board of Education - Video Session	28 2:00 – 5:45 p.m. RCHK ASM 3:00 – 5:00 p.m. Photography Club Workshop
29 1:00 – 4:30 p.m. ARC 2015	30	1 <b>Dec</b> Deadline for Full Exit Exam 2016 (Re-attempt candidates) 1:00 – 3:30 p.m. ARC 2015	2 2:15 – 7:15 p.m. Structured Education Programme	3 1:00 – 3:30 p.m. ARC 2015 2:15 – 7:00 p.m. Structured Education Programme 8:30 p.m. 117th BVTS meeting	4	5 2:00 – 4:00 p.m. Interest Group in Mental Health 2:30 – 5:30 p.m. Module V Counselling Skills Workshop
6 1:00 – 4:30 p.m. ARC 2015 6:00 p.m. HKCFP Annual General Meeting 7:30 p.m. Annual Dinner	7	8 1:00 – 3:30 p.m. ARC 2015	9 2:15 – 7:15 p.m. Structured Education Programme	10 2:15 – 7:00 p.m. Structured Education Programme	11	12 2:30 – 4:30 p.m. Interest Group in Counselling
13 1:00 – 4:30 p.m. ARC 2015	14	15	16 2:15 – 7:30 p.m. Structured Education Programme	17 2:15 – 7:00 p.m. Structured Education Programme 9:00 p.m. Board of Conjoint Examination Meeting	18	19
20	21	22	23	24	25	26

## FP LINKS EDITORIAL BOARD 2015

FP LINKS EDITORIAL BOARD 2015	
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Front row (left to right): Dr. Natalie Yuen, Dr. Catherine Ng, Dr. Wendy Tsui and Dr. Anita Fan

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

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