



THE HONG KONG
COLLEGE OF
FAMILY PHYSICIANS

FP Links

Issue 153
November 2016

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Message from the President



Here comes two pieces of great news from WONCA World Council in Rio, Brazil.

I am extremely delighted to let you know Dr. Donald Li, our past President has been elected as President-Elect (2016-2018) and he will be the President from 2018 – 2020 of the World

Organisation of Family Doctors (WONCA). Dr. Li has dedicated all his life to improving standards of patient care and Family Medicine training. He excels in his various roles as a care provider, a decision maker, a medical educator and an academic and community leader. The College is very honoured to have Dr. Donald Li as a World Leader. After the late President Dr. Peter Lee, this is the second time the College enjoys this honour. We take this opportunity to congratulate Dr. Donald Li on his well-deserved achievement.

Also, our heartiest congratulations to Dr. Gene Tsoi on his successful election as the Vice President (2016 – 2018) of WONCA Asia Pacific Region. We are confident that Dr. Tsoi will continue to encourage more comprehensive development of Family Medicine and Primary Care in Asia Pacific Region. We wish Dr. Tsoi great success and all the best for the new role.



Dr. Gene Tsoi (3rd from right)



Dr. Donald Li (left) and Prof. Michael Kidd (right)

Sunday 30th October 2016 was our 30th Conjoint Fellowship Examination with the Royal Australia College of General Practitioners. What a milestone! Dr. Kaye Atkinson and Dr. Chris Hughes, Censors of RACGP were the visiting External Examiners 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 examiners and all the College secretarial staff worked tirelessly as a team to run a very smooth and successful examination. My heartfelt thanks to every single one of them who spent the weekend with us 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 Examiner for running the Examination superbly with all their hard work, experience and dedication. We are still waiting for the final results. Good luck to all the candidates.

(Continued on page 2)



Message from the President

(Continued from page 1)



Post Conjoint Examination Dinner

On 29th October, I was a guest at the Annual Scientific Meeting of the Resuscitation Council of Hong Kong. The Chairlady of this Council was Dr. Mary Kwong. One thing that really interested me was the new Automated External Defibrillator (AED) on display. They are leaner and easy to function. Most of the shopping malls in Hong Kong are installed with AED for emergency use. When I

spoke to Dr. Kaye Atkinson the following day, she mentioned all clinics in Australia were installed with AED regardless whether the clinic is in urban or rural areas. We should all contact Mary to update our CPR and get a discount on AED!

This year we have 9 candidates running for the 7 Council members vacancies. We have a good mix of Family Physicians from private practice, Department of Health, Hospital Authority and University health clinic. The ballot papers will be opened on 16th November 2016. We will announce the outcome at the next AGM.

Please mark down on your diary our next AGM will be on Sunday 4th December 2016 followed by Annual Dinner. Do come and meet up with the old folks and have an enjoyable evening.

Dr. Angus MW CHAN
President

39th HKCFP Annual General Meeting

The 39th Annual General Meeting (AGM) of The Hong Kong College of Family Physicians will be held on **4 December 2016**, Sunday with the following details.

Time : 17:00
Venue : James Kung Room, 2/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen
Admission : Members only

39th HKCFP Annual Dinner

The College 39th Annual Dinner will be held on 4 December 2016, Sunday

Time : 19:00 Annual Dinner Reception
19:30 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 between Admiralty MTR station and HKAM Jockey Club Building would be arranged and reserved on a first-come-first-serve basis. Details would be announced in due course.

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. Teresa Liu or Ms. Windy Lau on Tel: 2871 8899, or email to teresaliu@hkcfp.org.hk or windylau@hkcfp.org.hk.



HKCFP 40th Anniversary Celebration in 2017

2017 is the 40th Anniversary of our College, the Hong Kong College of Family Physicians (HKCFP). This marks a significant milestone of Family Medicine and Primary Care development in Hong Kong, truly deserving a great round of applauds and celebration.

The Hong Kong College of Family Physicians (formerly known as the Hong Kong College of General Practitioners, 1977 - 1997) was first established in 1977 by a group of highly motivated and dedicated general practitioners who have joined hands together in developing and enhancing the standards for quality Family Medicine practice in Hong Kong.

Over the last four decades, the HKCFP has provided a highly effective and efficient platform for College members and Fellows to update their clinical knowledge and skills, to continue their professional development, and for training up generations of family physicians serving the patients in the community through a well-structured vocational training programme and various continuing medical education programmes. Not only does the College excel in providing training and continuing professional development, but also in Family Medicine assessment and examination at various levels, including the Certificate, Diploma, and Fellowship examinations. The standard of the College's vocational training programme and Examination have gained wide international recognition over the years. In fact, the College Fellowship Examination has been conjoint with that of our sister College, the Royal Australian College of General Practitioners (RACGP), since 1987. The HKCFP was also one of the fifteen original Foundation Colleges of the Hong Kong Academy of Medicine when the Academy was established in 1993.

In celebration of our 40th Anniversary in 2017, a series of exciting and innovative events would be organised throughout the year to continue serving the College members and Fellows as well as raising the public awareness on the importance of quality family practice in the community. You may have noticed that we have already kick-started the programmes with the 40th Anniversary Logo Competition recently. Important highlights of the celebration activities would include the HKCFP 40th Anniversary Publication, the Anniversary Conference, and the Annual College Dinner, just to name a few.

On behalf of the HKCFP 40th Anniversary Celebration Organising Committee, I would like to cordially invite you all to participate in the forthcoming celebration activities and share the joyfulness of this highly commemorative year together. More details about the celebration events would be announced soon. So, please stay tuned and enjoy!

Dr. David CHAO

Chairman, HKCFP 40th Anniversary Celebration Organising Committee



"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 November 2016 to 14th December 2016, Dr. King 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. 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. KING CHAN



DR. LAU HO LIM

Membership Committee News

The Council approved, on recommendation of the Chairlady of the Membership Committee, the following applications for membership in **September - October 2016**:

Associate Membership (New Application)

Dr ZHANG Dingzuan	張 鈺 鈞
Dr NGAN William	顏 偉 廉
Dr YAU Chi Yan	丘 志 仁
Dr YAU Tang Fai	邱 騰 輝

Associate Membership (Reinstatement)

Dr LEUNG Kwai Chiu	梁 貴 超
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Withdrawal of Full Membership

Dr CHUNG Ming Lit (passed away)	鍾 明 烈
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Specialty Board News

The Specialty Board is pleased to announce that the following candidates have successfully passed the Exit Examination of HKCFP in 2016.

Dr. Cheng Kit Wing	*Dr. Lai Sum Yin
Dr. Chou Chun Wing Stephen	Dr. Lee Kam Pui
Dr. Fong Ting	Dr. Lee Wing Po
Dr. Fu Siu Saap Michelle	Dr. Wong Sum Lok
Dr. Ho Chung Yu	

The Outstanding Candidate for Exit Exam 2016 is Dr. Lai Sum Yin.

Congratulations to you all!

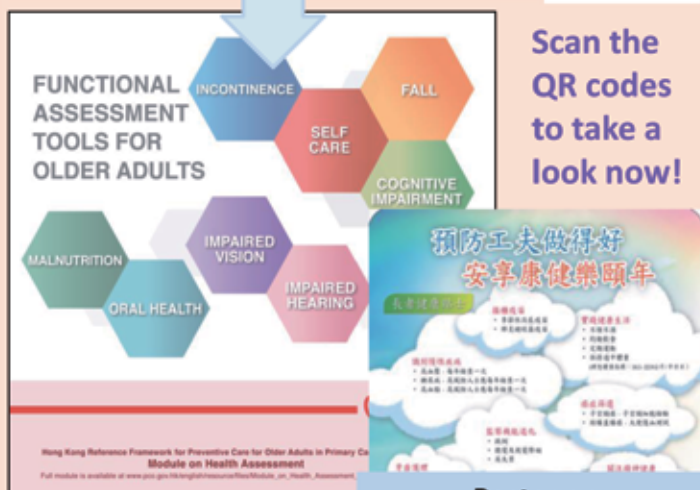
Wendy Tsui

Dr. Wendy Tsui
Chairlady, Specialty Board

Congratulations!

Cue Cards for Health Assessment

A quick reference on functional assessment tools derived from the **Module on Health Assessment** of the Hong Kong Reference framework for Preventive Care for Older Adults in Primary Care Settings.



Scan the QR codes to take a look now!

Poster on Health Tips for Elderly

Want to get the Cue Cards and Poster?
Please call / email to
Primary Care Office:
Telephone Number: 3576 3431
Email address: pco@dh.gov.hk



QA & A Committee News

CME/CPD Compliance

Dear Friends and Colleagues,

This message just acts as a reminder to all our Members and Fellows to obtain adequate points of CME/CPD when there is still about 2 months to the end of the 3 year QA cycle (2014 – 2016).

To ensure you can obtain the CME Certificate every year, do remember that you have acquired **30 CME/CPD points**; and for the QA Certificate every the 3 years, it requires **no less than 60 CME points** and **at least 30 CPD points**, in a 3 year cycle. All HKAM Fellows are required to obtain the minimum of 90 points, including **at least 15 CPD points** and **no less than 75 CME points**, in a 3-year cycle.

For members who enrolled in HKCFP/RACGP Reciprocal Recognition Programme and considered to practice in Australia, please be reminded that attending one Cardiopulmonary resuscitation (CPR) course is required by RACGP. Please view the RACGP website <http://www.racgp.org.au/education/> for details.

There are also many enquiries concerning the way to gain CPD points, the following lists the examples of gaining CPD points for members' and fellows' reference:

- Continuous Professional Development (CPD) Logs
 - I. self-appraisal activities on lectures, seminars and workshops organized by the Board of Education
 - II. reading journal articles published in the HK Practitioner or HK Medical Journal
 - III. Evidence Based Practice (EBP) report with the reference to a journal article published in the HK Practitioner, the HK Medical Journal, or in an indexed or refereed Medical Journal
 - IV. Practice Audit, Review and Appraisal; including Clinical Audit, Evidence-Based Medical Protocol and Preventive Care Audit
 - V. Structured learning activities, such as Portfolio For Self Learning Plan
- Activities related to Teaching, Educational Development and Research
 - I. Teaching / Tutoring medical students in family medicine
 - II. Clinical supervisor of vocational trainees in Family Medicine
 - III. Acting as examiner for the Conjoint HKCFP / RACGP Fellowship Examination or HKCFP Exit Examination
 - IV. Being a CPR instructor of the Assessment Enhancement Course organize by the College
 - V. Being a moderator or speaker
 - VI. Being a chairperson / speaker of the pre-approved small discussion group
 - VII. Research work related to the field of General Practice / Family Medicine
 - VIII. Publishing journal articles, books or theses
- Activities related to Professional Development, such as demonstration of competence in family medicine by completing a course of study and passing the Conjoint HKCFP/RACGP Fellowship Examination, Specialty Board Exit examination, the basic life support(CPR) assessment organized by the College, diploma examinations organized by the College, passing professional examination (Membership / Fellowship, etc) or academic examination (Diploma / Master Degree, etc) relevant to General Practice/Family Medicine
- Activities related to Quality Development; including participating in a quality assurance activity, exercise, workshop or clinical attachment organized by the College

All the forms can be downloaded from our website: http://www.hkcfp.org.hk/pages_5_84.html. You may also refer to the "The Regulation for Award of Quality Assurance" at http://www.hkcfp.org.hk/Upload/Documents/QA/Regulations_2014-2016.pdf for more detail information.

Thank you.



HKCFP Additional & CME / CPD Accreditation for year 2016

Dear Members,

The credit point score of 2016 QA&A Programme is going to be finalized at the end of year 2016. Please kindly check your updated report by visiting the College website at <http://www.hkcfp.org.hk/>.

If you wish to apply for Additional Accreditation or you find any CME/CPD points missing from your CME report, you could apply for CME accreditation by sending the application(s) as listed below:

1. Application for Additional Accreditation

For Educational Activities **under items 3.7, 3.8, 3.13, 3.14 and items 5.3 to 5.6**, members have to apply in writing with \$300 administration fee to the QA&A Committee. Details must be submitted for special consideration, e.g. attendance record, photocopies of events, transcripts or published articles.

The application of **Additional Accreditation** for the year January to December 2016 is now open. It is only for the activity which **had NOT been accredited** by QA&A Committee before the activity started. You are recommended to submit the application form for additional accreditation with required supporting documents.

Application form can be downloaded from college website: <http://www.hkcfp.org.hk> → Quality Assurance & Accreditation → CME Accreditation → For Members (Additional Accreditation) → Download the Additional Accreditation Application Form (Word format).

2. Application for CME/CPD Accreditation

This application is only for the activity which **had been accredited** by QA&A Committee before the activity started.

If the credit points are missing from your credit point score report, please fill in the attached "Application Form for CME/CPD Accreditation of Pre-accredited Activity" with the supporting documents.

Application can be downloaded from college website: <http://www.hkcfp.org.hk> → Quality Assurance & Accreditation → CME Accreditation → For Members (report on CME/CPD points missing from pre-accredited activity) → Download the "Report on CMECPD missing points from pre-accredited activity" (Word format).

Details must be submitted for special consideration, e.g. attendance record, photocopies of events, transcripts or published articles.

Please submit the application form (for both Additional and CME/CPD Accreditation) by:

- Mail to The Hong Kong College of Family Physicians, Rm 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen; OR
- Email to : cmecpd@hkcfp.org.hk ; OR
- Fax at 2866 0616

Application deadline: 28 February 2017

Late submission **will NOT be accepted and NO addition** can be made from the date onwards. The supporting documents must be evidence of attendance or submission for accreditation.

The QA&A Committee has the final right in deciding the number of "Credit Points" awarded for each activity.

Should you have any question on CME/CPD, please contact Mr. John Ma or Ms. Natalie Ho at 2871 8899 or email to cmecpd@hkcfp.org.hk.

Thank you so much for your support for the 2016 QA&A Programme.

Dr. King Chan
Chairman, Quality Assurance & Accreditation Committee

Classified Advertisement

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



Board of Vocational Training and Standards 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 31 January 2017 (Tuesday)**. Late submission will not be accepted.

The training experience of 2016 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. Charlotte Cheung at 2871 8899.

Basic Training Subcommittee
Board of Vocational Training & Standards

Meeting Highlights

Interest Group in Neuro-musculoskeletal Medicine

Dr. Lau Shun, Specialist in Radiology and Dr. Wai Man Wah, Andrew, Specialist in Radiology, delivered a lecture on "Radiological Approach for Common Musculoskeletal Problems in Primary Care" on 8 October 2016.



Dr. Au Chi Lap (left, Moderator) having a photo with Dr. Lau Shun (middle, Speaker) and Dr. Wai Man Wah, Andrew (right, Speaker) during the lecture on 8 October 2016

CME Lecture on 12 October 2016

Prof. Roger McIntyre, Professor of Psychiatry and Pharmacology, University of Toronto, Canada, delivered a lecture on "Cognition in Major Depressive Disorder: A Systemically Important Functional Index (SIFI)" on 12 October 2016.



Dr. Stephen Foo (left, Censor) presenting the souvenir to Prof. Roger McIntyre (right, Speaker) during the lecture on 12 October 2016

CME Lecture on 20 October 2016

Prof. Lulu C. Bravo, Professor of Pediatric Infectious and Tropical Diseases, University of the Philippines Manila, Philippines, delivered a lecture on "Real Faces of Meningococcal" and Prof. Chen Po-Yen, Director, Section of Infectious Disease, Department of Pediatrics, Taichung Veterans General Hospital, Taiwan, delivered a lecture on "Dengue & Japanese Encephalitis (JE) Overview in Asian Countries" on 20 October 2016.



Dr. Tsui Hing Sing, Robert (left, Moderator) and Dr. Stephen Foo (right, Censor) presenting the souvenir to Prof. Lulu C. Bravo (middle, Speaker) during the lecture on 20 October 2016



Dr. Tsui Hing Sing, Robert (left, Moderator) and Dr. Stephen Foo (right, Censor) presenting the souvenir to Prof. Chen Po-Yen (middle, Speaker) during the lecture on 20 October 2016

CME Lecture on 15 October 2016

Dr. Cheung Wai Him, Specialist in Psychiatry, delivered a lecture on "Tobacco Dependence – Exploring Methods for Smoking Cessation and Reviewing Smoking Cessation Approaches for Patients with Mental Illness" on 15 October 2016.



Dr. Au-Yeung Shiu Hing (left, Moderator) presenting the souvenir to Dr. Cheung Wai Him (right, Speaker) during the lecture on 15 October 2016

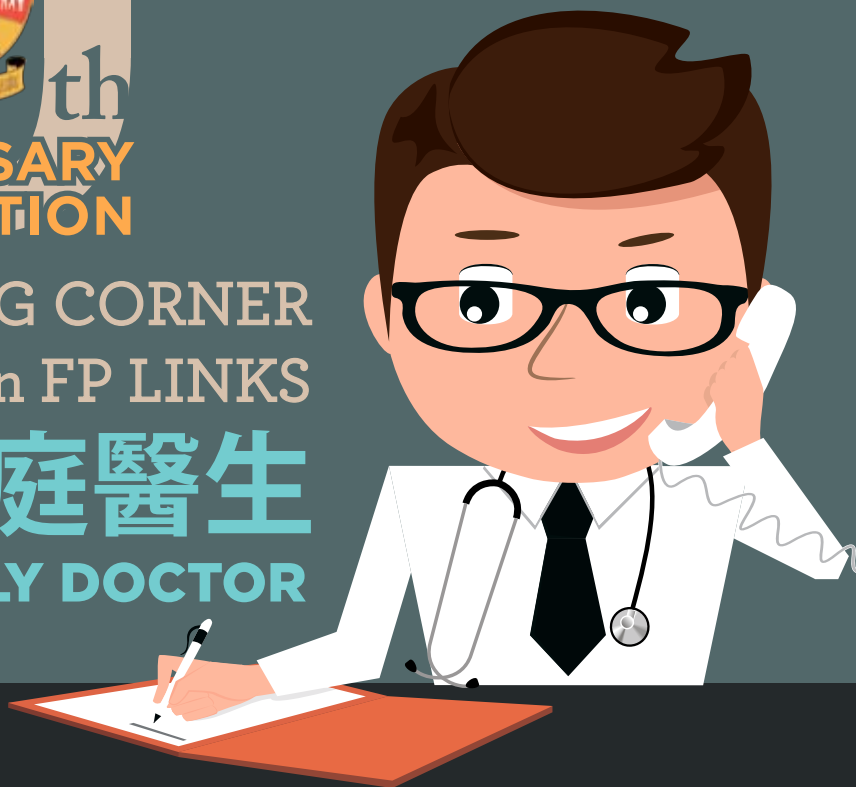


40th ANNIVERSARY CELEBRATION



WRITING CORNER
in FP LINKS

我是家庭醫生
I AM A FAMILY DOCTOR



2017 marks the 40th Anniversary of the Hong Kong College of Family Physicians. Writing Corner in FP Links is now open for submission. College Members and Fellows are invited to write on the topic “I am a Family Doctor” (我是家庭醫生). Submissions can be related to case sharing, interesting encounters, reflections and aspirations as a family doctor.

The selected articles would be published in FP Links and College website during the period of HKCFP 40th Anniversary year according to the tentative schedule below:

Submission Deadlines	FP Links Publication Schedule (maybe subject to change without notice)
30th November 2016	January - March 2017 Issues
28th February 2017	April - June 2017 Issues
31st May 2017	July - September 2017 Issues
31st August 2017	October - December 2017 Issues

Selection Panel :

- To be appointed by the 40th Anniversary Celebration Organizing Committee.
- The decision of the 40th Anniversary Celebration Organizing Committee is final.

Submission details :

- Articles must be the original work(s) of the doctor.
- Articles must be submitted by electronic format. The word count should NOT exceed 500 words (English or Chinese). All submissions must be in Microsoft Word format.
- Each member could submit **ONE** piece of article for this event.
- The copyrights of the submitted articles would be transferred to the Hong Kong College of Family Physicians.

For submission and enquiry please contact:

Mr. Jeff Cheng Administrative Executive

The Hong Kong College of Family Physicians

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

Tel: +852 2871 8899

Fax: +852 2866 0616

Email: jeffcheng@hkcfp.org.hk



THE HONG KONG COLLEGE OF FAMILY PHYSICIANS

SOUVENIRS ORDER FORM

(The form is available at www.hkcfp.org.hk)

(Please complete and return this form by email to membership@hkcfp.org.hk or fax to (852) 2866 0616)

Tie		Scarf	
			

Item	Quality	Size	Price (HK\$) (Non-member)	Price (HK\$) (Member)	Quantity	Sub Total (HK\$)
Tie	100% Silk	8.5 x 147cm	HK\$100	HK\$90		
Scarf	100% Silk	74 x 74 cm	HK\$150	HK\$135		
(All Prices not include postage fee)						Grand Total:

Delivery Method (please ✓ as appropriate)			
<input type="checkbox"/>	Self-Collection from College	<input type="checkbox"/>	Wong Chuk Hang Office (Office Hour: Mon – Fri, 9:00 – 17:30)
		<input type="checkbox"/>	Wan Chai Office (please contact the Secretariat at 2871 8899)
<input type="checkbox"/>	Local Posting Service* (Less than 1kg)	<input type="checkbox"/>	HK\$25 (Local Mail)
		<input type="checkbox"/>	HK\$38 (Local Registered Mail)

*Subject to standard postal rate of Hong Kong Post Office for further weight increments

Contact Details
Name :
Tel :
Email :
Member ID :
Delivery Address :

Total Price	
Souvenirs	HK\$
Delivery Charges	HK\$
Total to-pay	HK\$

Payment Method
<ul style="list-style-type: none"> Full payment by crossed-cheque payable to: The Hong Kong College of Family Physicians
Cheque No.:
Bank:
Please mail the cheque to: The Hong Kong College of Family Physicians, Room 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong.



Updates on Zika Virus Infection

Zika virus is a mosquito-borne virus that was first isolated from a Rhesus monkey in 1947. It was subsequently isolated from humans in 1952 in Uganda. Zika virus disease had been reported in Africa, Asia, the Pacific and recently America.

Clinical features

Most Zika virus infections are asymptomatic. The symptoms of Zika virus infection include skin rash, fever, conjunctivitis, muscle or joint pain and general malaise. These symptoms are usually mild and last for a few days.

The current major concern is the association with adverse pregnancy outcome (**microcephaly**) and neurological and autoimmune complications such as **Guillain-Barré syndrome** (GBS). The World Health Organization has concluded that Zika virus infection during pregnancy is a cause of congenital brain abnormalities, including microcephaly, and that Zika virus is a trigger of GBS.

Apart from GBS, acute disseminated encephalomyelitis (a disease of the central nervous system) was recently found to be one of the neurologic manifestations possibly resulted from Zika virus.

Mode of transmission

Zika virus is mainly transmitted to humans through the bite of an infected Aedes mosquito. It has also been found in human semen and transmission by sexual contact has been confirmed. Other modes of transmission such as blood transfusion and perinatal transmission are possible.

Incubation period

Symptoms typically begin 2-7 days after the bite of an infected mosquito.

Investigations

In public setting, for patients with clinical features and travel to an affected area within 14 days, blood and urine test for Zika virus RT-PCR testing together with blood test for Dengue virus serology will be ordered.

Management

There is no specific medication for Zika virus infection and the mainstay of treatment is symptomatic relief and prevention of dehydration.

Prevention

At present, there is no effective vaccine against Zika virus infection. To prevent Zika virus infection, the public should pay attention to protection from **mosquito bites** and **sexual transmission** of Zika virus.

A. General measures on preventing mosquito-borne diseases:

1. Wear loose, light-coloured, long-sleeved tops and trousers, and use DEET-containing insect repellent on exposed parts of the body and clothing.
2. Take additional preventive measures when engaging in outdoor activities:
 - Avoid using fragrant cosmetics or skin care products
 - Reapply insect repellents according to instructions

3. Pregnant women and children of 6 months or older can use DEET-containing insect repellent.

4. When travelling abroad:

- If going to affected areas, travelers, especially persons with immune disorders or severe chronic illnesses, should arrange a consultation with doctor at least 6 weeks before the trip, and have extra preventive measures to avoid mosquito bites
- During the trip, if travelling in rural affected areas, carry a portable bed net and apply Permethrin (insecticide) on it. Permethrin should NOT be applied to skin.
- Travellers who return from affected areas should apply insect repellent for at least 21 days after arrival at Hong Kong. If feeling unwell eg having fever, should seek medical advice promptly.

B. Prevention of sexual transmission:

1. Travellers should consider not having sex during travel to affected areas, or else condom should be used
2. Travellers returning from affected areas should consider abstinence from sex for at least 6 months upon return, or else condom should be used
3. Pregnant woman should not have sex with her partner who had travelled to affected areas, or else condom should be used throughout the pregnancy

C. Advice to **pregnant women** and women preparing for pregnancy:

- They should not travel to areas with ongoing Zika virus transmission. Use of mosquito repellent containing DEET during travel and returning from these areas for a period of at least 21 days.
- Pregnant women are advised to attend antenatal follow-up regularly and tell the attending doctor history of recent travel
- Pregnant women should observe for symptoms of Zika virus infection and seek medical advice as soon as possible if feeling unwell
- Pregnant women should abstain from sex with her partner who had travelled to affected areas, or else condom should be used throughout the pregnancy

2,3,4,6 rule For public **returning** from Zika affected areas :

Seek medical advice immediately upon having compatible symptoms (rash, fever, conjunctivitis and muscle or joint pain) within **2** weeks.

Apply DEET-containing insect repellent for at least **3** weeks.

Defer blood donation for at least **4** weeks.

Consider abstinence from sex for at least **6** months upon return, or else condom should be used.

Compiled by Dr. SIN Ming Chuen



Over-the-counter medicines – Issues to consider discussing with your patients

Dr. John-Hugh Tam, Specialist in Family Medicine

Over-the-counter (OTC) medicines are medicines your patients can buy without a doctor's prescription. They usually are used for treatment of minor ailments or prevention of health problems, such as allergies, constipation, cold and flu (influenza), and nausea, etc.



Though these OTC medicines can often be causally obtained from local stores and pharmacies in the community, there may be associated concerns that your patients might not have thought of, namely:

A) Risk of adverse unnecessary side effects:

OTC medicines usually have low risk of adverse effects when used occasionally and properly by adults who are generally healthy. They may, however, pose greater risks for some people, namely very young children, pregnant ladies, older adults, or those with other concurrent medical conditions (e.g. renal and liver impairment) due to different rates of drug absorption, metabolism and eliminations, from which the “standard adult dosage” may not always be applicable to their general use.

Some of these drugs may also directly affect certain disease control e.g. ephedrine from common OTC cold remedies can itself transiently affect glucose / blood pressure control of your diabetic / hypertensive patients.

B) Risk of polypharmacy and drug-drug interactions:

Many OTC drugs are not uncommonly presented as bulk “packages” or combinations of many active ingredients. The more drugs your patients are concurrently taking at a time, the higher risk of drug-drug interactions, e.g. ephedrine from common OTC cold remedies may interact with amitriptyline thus affecting blood pressure of your depressive patients; ephedrine may also increase the risk of seizures on patients concurrently taking tramadol for pain control. Whereas for diabetic patients on drug treatment, there is a moderate risk of drug interactions between ephedrine and diabetic drugs hence affecting the effectiveness of glucose control. Furthermore, many might have forgotten that alcohol, strictly speaking being a drug itself, may also cause interaction with certain drugs leading to undesirable effects.

Same case also applies to patients on regular usage of certain dietary supplements. Though usually perceived by the public as being “healthy”, “natural” and “harmless”, they are not always the case as drug-drug interaction also applies. For example, drugs for HIV/AIDS, heart disease, depression, treatments for organ transplants, and birth control pills are less effective when taken with St. John's wort, a herbal supplement. Another example goes to vitamin E supplements and ginkgo biloba (also a herbal supplement), as they are found with some blood-thinning effect and may increase the potential for internal bleeding or stroke in patients concurrently using warfarin and aspirin. There were also reports in the past that ginseng can exacerbate hypoglycemia in diabetic patients. Hence depending on the medications involved, the results can be serious.

C) Risk of addiction?

Example on this may include the codeine component of some cold remedies. If chronically taken, codeine may induce tolerance and addiction (how long it takes to get addicted will vary by person, but some reported addiction may arise



as early as usage for a couple of weeks). It is also worthwhile to take note that misuse of this may also impair physical (such as causing constipation, and slowing down of heart rate causing dizziness) and/or mental abilities (such as confusion, irritation, antagonism, agitation or even hallucinations in extreme cases) of your patients, and these effects are potentially hazardous to those who drive and operate machinery if the dose taken is large.

Foreign OTC Drugs as “Souvenirs”?

In Hong Kong, it is not uncommon to see your patients receiving foreign OTC medicines from their friends as “gifts” and “souvenirs” after overseas vacations. There may be many reasons behind this habit, the commonest of which being the reputation of some of these products being “effective” and “speedy” in symptoms relief, hence creating the “myth” that they are “wonder drugs”. As doctors, have you ever pondered what some of these products may contain? In order to quench my curiosities, I have tried to do a little research on some of these products.



Let's take a look at the drug label of one of the best-selling Japanese OTC cold remedies, which being one of the commonest requested souvenirs for those who travelled to Japan. On the packaging, as we can see, is solely jam-packed with Japanese characters and hence making it more challenging for the usual Hongkongers to understand what is contained inside (especially when most of the words are in Katakana, the syllables which signify translation from foreign words). With some efforts to digest these translations, I have finally realised what is contained in this box:

■ 成分・分量

本剤は、3包 (1包 1.2g) 中に次の成分を含有しています。

成分	分量	はたらき
クレマスチンフマル酸塩 (ジメチルエフェドリン塩酸塩)	1.34mg	かぜのアレルギー症状 (鼻水、くしゃみ等) を持続的におさえます
ベラドンナ総アルカロイド	0.3 mg	鼻水をおさえます
ブロムヘキシシン塩酸塩	12 mg	せきの原因の1つであるたんを出しやすくします
トラネキサム酸	420 mg	炎症のもと【プラスミン】をおさえ、のどのはれや痛みをしずめます
アセトアミノフェン	900 mg	熱を下げ、頭痛、関節の痛みをやわらげます
ジヒドロコデイン塩酸塩	60 mg	気管支をひろげ、せきをしずめます
ジヒドロコデインリン酸塩	24 mg	せき中絶に働き、せきをしずめます
無水カフェイン	60 mg	頭痛をやわらげます
ベンゾチアミン (ビタミンB1誘導体)	24 mg	かぜによって消耗した体力の回復を促します

添加物: D-マンニトール、トウモロコシデンプン、CMC-α、アスバクリウム塩、フェニルアラニン化合物、ヒドロキシプロピルセルロース、無水クエン酸、トメントール

- クレマスチン (Clemastine: an anti-histamine that is used to treat allergy and nasal congestion, may cause intense drowsiness and side effects like other anti-histamines.)
- ベラドンナ総アルカロイド (Belladonna alkaloids: plant extract that contains atropine, used to reduce respiratory secretions and suppress cough, may cause mouth dryness, palpitation and dizziness due to its sympathomimetic effect. It may also cause visual blurriness and make narrow-angle glaucoma worse.)
- ブロムヘキシシン (Bromhexine, a mucolytic agent used in the treatment of respiratory disorders associated with viscid or excessive mucus.)
- トラネキサム酸 (Tranexamic acid, a competitive inhibitor of plasmin activation, with the manufacturer's claim for suppressing inflammations of the throat such as tonsillitis.)
- アセトアミノフェン (Acetaminophen: also known as paracetamol, for pain relief and fever.)
- エフェドリン (Ephedrine: With its sympathetic effect on the respiratory tract, it acts as a decongestant and bronchodilator. However, it is also associated with common side effects such as elevated blood pressure, palpitations, insomnia, anxiety symptoms, retention of urine, etc. It also can cause a lot of drug-drug interactions as described in the section above.)
- ジヒドロコデイン (Dihydrocodeine: opioid analgesics prescribed for pain or severe dyspnea, or as an antitussive. It can, however, as with other opioids, causes tolerance, physical and psychological dependence with repeated use. Though in Japan, Dihydrocodeine is available without a prescription, it is important to note that in Hong Kong, this drug



is regulated under Schedule 1 of Hong Kong's Chapter 134 Dangerous Drugs Ordinance. Hence it can only be used legally by health professionals and for university research purposes. A pharmacist can only dispense Dihydrocodeine when furnished with a doctor's prescription. Anyone who supplies the substance without a prescription can be fined HKD\$10000. The penalty for trafficking or manufacturing the substance is a HKD\$5,000,000 fine and life imprisonment. Possession of the substance for consumption, without a licence from the Department of Health, is illegal and carries a HKD\$1,000,000 fine and/or 7 years imprisonment.)

- カフェイン (Caffeine: with the manufacturer's claim for treating headache.)

As illustrated in this case, this foreign OTC medicine contains 8 active ingredients for treating common cold. Many of us after knowing the constituents may start to ask if all of them are really necessary in suppressing the usual mild symptoms that our patients present in a daily situation, whilst their use may potentially lead to polypharmacy, unnecessary drug side effects and other risks as previously discussed. Notwithstanding this, due to the packaging of foreign medicines having absence of an easily understandable ingredients and instruction table, users may never exactly know what they are taking and may risk the chance of misuse or overdosing. Whilst for our patients bringing this kind of drugs back to Hong Kong, they may strictly speaking risk themselves from breaking the law due to the drug itself containing a dangerous drug component and this product is not yet a registered drug item in our locality.

Hence along with all these concerns, there may be issues that are worthwhile to remind your patients if they present themselves to your clinic discussing these foreign OTC medicines:

- The usage of OTC medicines is usually safe but not completely risk free. If this kind of medicines are needed during a vacation, it is best to prepare a "traveller's drug pouch" and get them ready before the trip (e.g. to buy them before leaving Hong Kong. The usual drug list may include 1) paracetamol, 2) anti-diarrheal drugs, 3) antihistamines, 4) insect repellent, 5) simple adhesive bandages such as "Band-Aid" in case of simple cuts, and other items will depend on the nature of the trip. Furthermore, for patient on chronic medications, it is best for them to have sufficient quantity for the trip, and to keep them in their original, clear labelled containers

in case of being checked by custom officers during travel).

- If unfortunately your patients are falling sick during travel, it is still best for them to consult for local medical advice. In case that this is not feasible and purchase of medicine OTC being the only solution, try to choose medicine with packages in understandable languages as far as possible, and to read the package thoroughly for its drug indications, usage instructions and ensure the drugs are not expired before usage. Should any side effects arise or if they are feeling unwell upon using these drugs, stop using them immediately and to look for further medical advice.
- As discussed earlier in this article, overseas OTC medicines are NOT the "ideal souvenirs" to share with friends, as:
- Medicines that suits your patients may not also be suitable for their friends and relatives (since your patients may not exactly ascertain about their friends' and relatives' physical and medical conditions), and
- They may never be totally sure about the legality of the contents due to differences in drugs regulations across different countries (as certain drug ingredients that are legal overseas may be considered illegal in Hong Kong, e.g. dangerous drugs and some herbal medicinal products that contains rare or endangered species ingredients).



As a conclusion, just as the common Chinese saying that, "小心駛得萬年船", or in English colloquial terms that "caution is the parent of safety". The more we can remind our patients in terms of drug usage safety, the closer we can help them make a step further towards a healthier lifestyle.



2016 Resuscitation Council of HK (RCHK)

Cardiopulmonary resuscitation (CPR) skills are essential for all healthcare professionals. CPR saves lives and it would be beneficial if more general public also acquire this skills. It is with this vision that the Resuscitation Council of Hong Kong (RCHK) is promoting bystanders CPR. As a founding member of RCHK, we are delighted to share with you the opening speech by Dr. Mary Kwong, Chairlady of RCHK in the 5th Annual Scientific Meeting of RCHK.

Chairlady's Speech by Dr. Mary BL Kwong 2016

Dr. WM Ko (高永文), Prof. TL Wang (王宗倫), distinguished guests, Colleagues, friends, ladies and gentlemen:

Welcome and appreciated very much, for your attending our 5th Annual Scientific Meeting (ASM), in Academy Building, in a nice sunny Saturday afternoon, especially good for outdoor activity.

Special welcome to Prof. Wang, from Taiwan, Chairman of Resuscitation Council of Asia (RCA); He has just talked to us about "Challenges and Innovations in Establishing Role of RCA in (ILCOR) International Liaison Committee on Resuscitation". He elaborated more on the theme of today's ASM: "The Road Ahead for Resuscitation in Asia - 2016". RCHK has been the associated member of RCA since 2012 and has been endorsed as full member of RCA since February this year. We are now in a big family. RCHK will support RCA in these Challenges and Innovations.

I would also like to thank our speakers Dr. Raymond HW Chan (陳漢鏘), Dr. KS Cheung (張健碩), Dr. Simon WC Sin (洗維正), to share their studies with us: **Pre-Hospital 12 lead ECG & 24-7 PPCI** (Primary Percutaneous Coronary Intervention) and **CPR - Pushing to the Limit** by using mechanical CPR machine and early starting of Extra-Corporeal Membrane Oxygenation (ECMO) in the casualty A&E Department. Dr. NS Mok (莫毅成), advisor of (SADS) Sudden Arrhythmia Death Syndromes HK Foundation, will talk to us about **Fighting Sudden Death in the Young**.

Out-of-hospital cardiac arrest (OHCA) means cardiac arrest outside hospital - is common in Hong Kong, but the rate of survival to hospital discharge is very low, **2.3%**, based on more than 5000 victims admitted into hospitals, reported in an internal audit 2013. Compare to data in 2005, which was 0.8% in one regional hospital¹. We are improving from 0.8% to 2.3%. Are we **satisfied** with this improvement? **Of course Not**, compare to the reports in United State, rate of survival to hospital discharge, ranged from **40 to 71%** if bystander CPR was provided and defibrillation occurred within 3-5 min of collapse². These explain WHY there is a big difference? To improve HK data from 2.3% to 40%, almost 20 folds, it is vital. 1st is to cultivate the public to do **Immediate Bystander CPR**; 2nd is to apply automated external defibrillator (**AED**) **within 3-5 minutes**.

In the year 2014, a telephone survey of Hong Kong citizens, based on 1,013 respondents, showed that only 21% had received CPR training³. We are very disappointing, even though, we all RCHK Institution members are working very hard to promote CPR training and AED practice to the public. Starting with the students, inclusion of CPR knowledge and training in the School Curriculum or as part of extracurricular activities for all students, may be another better way to cultivate the public.

"Good Samaritan" law will improve the willingness of bystanders to do immediate CPR if bystanders, who perform CPR and AED in emergency cases, are protected. Shenzhen's government has passed the "Good Samaritan" law⁴, but HK, not yet.

Neurological damaged survival, due to brain anoxia, is a big burden to the family and community, Neurological damaged survival, can be dramatically decreased, if we could further shorten the time interval between cardiac arrest and defibrillation to **< 3 minutes**. Every minute of delay to defibrillation, leads to a 9% decrease in neurological intact survival. Public access defibrillation (PAD) has to be considered in Hong Kong in the future.

Mobile apps and **social media** helping us to locate the nearest AED, and to notify nearby rescuer to come to the rescue, facilitate *"Chain of survival"* proposed by America Heart Association, which implies early recognition of sudden cardiac arrest (SCA), early activation of the emergency services, early cardiopulmonary resuscitation,



early defibrillation and In-hospital - early advanced life support and early surgical intervention, such as PPCI if needed. Survival rate of victim of SCA will be greatly improved⁵.

Promoting CPR to the Community is one of the main objectives of RCHK. This year we have.

1. **CPR Marathon “馬拉松2016”**, conducting “chest compression only CPR” for 1,000,000 (one million) compressions, organized by the Hong Kong Society for Emergency Medicine and Surgery, was held successfully on 10 January 2016.
2. Another community project **“Large-scale Training Lesson of First Aid, CPR & AED”** involving approximately 1000 participants. **“千人齊習急救創紀錄”** organized by the College of Cardiology, was successfully held on 10 October 2016, just 2 weeks ago.
3. **The Jockey Club 'Heart-safe School' Project (JCHSS)** organized by Hong Kong College of Cardiology, supported by HK Jockey Club, Education Bureau HK, has successfully equipped 1,001 schools with AED.

Through their dedicated work, we can increase public awareness, promote Bystander CPR and AED. I would like to take this opportunity to express my sincere thanks to them and to all our Institutional members, for their tremendous support, their valuable contributions to build Hong Kong an international safer city, both for tourists and local people.

We, all here, are devoted “To preserve life through continuous improvement of resuscitation standards and practice”. My slogan in Cantonese is **“心肺復甦，分秒必爭，全民要學，人人要做。”** I translate in English as follow: **“Every second counts in Resuscitation. Everyone must Learn and must Act immediately in witness SCA.”**

Wish you all enjoy the symposium this afternoon.

Thank you.

Reference:

1. Wai AKC, Cameron P, Cheung CK, Mak P, Rainer TH. Out-of-hospital cardiac arrest in a teaching hospital in Hong Kong: descriptive study using the Utstein style. *Hong Kong J Emerg Med* 2005;12:148-155.
2. Drezner JA, Toresdahl BG, Rao AL, et al. Outcomes from sudden cardiac arrest in US high schools: a 2-year prospective study from the National Registry for AED Use in Sports. *Br J Sports Med*. 2013;47:1179-1183
3. Chair SY, Hung SY, Lui JCZ, Lee DTF, Shiu IYC, Choi KC. Public knowledge and attitudes towards cardiopulmonary resuscitation in Hong Kong: telephone survey. *Hong Kong Med J* 2014;20:126-133.
4. Shenzhen's Good Samaritan law can be model for nation. Comment, insight and opinion, *South China Morning Post* (updated: 4 August, 2013). Website: <http://www.scmp.com/comment/insight-opinion/article/1294184/shenzhens-good-samaritan-law-can-be-model-nation>. Accessed on 5 July 2016.
5. Sakai T, Iwami T, Kitamura T, Nishiyama C, Kawamura T, Kajino K, Tanaka H, Marukawa S, Tasaki O, Shiozaki T, Ogura H, Kuwagata Y, Shimazu T. Effectiveness of the new 'Mobile AED Map' to find and retrieve an AED: A randomised controlled trial. *Resuscitation*. 2011;82(1):69-73.



The Guest of Honour for the meeting, Dr. Ko Wing Man, BBS, JP, Secretary for Food and Health (front row, 5th from left) and Dr. Mary Kwong, Chairman of the Resuscitation Council of Hong Kong (front row, middle), together with speakers and other guests.



Chronic Disease Management & Quality Improvement Training Course for Primary Care Doctors 2016-2017



Cardiovascular problems, geriatric problems and psychological conditions are the common chronic diseases that primary care doctors would encounter daily. The Primary Care Office (PCO) of Department of Health and the Hong Kong College of Family Physicians (HKCFP) are pleased to jointly organize the Chronic Disease Management (CDM) Training Course for Primary Care Doctors to update their knowledge and enhance the skills in better managing patients with common chronic conditions.

The course objectives are to:

- ❖ Promote adoption of the reference frameworks published by PCO since 2010
- ❖ Provide up-to-date information on chronic disease management in primary care
- ❖ Provide training & opportunity for primary care providers to perform clinical audit in order to improve the quality of patient care

Course Outline

The course consists of 3 Sunday afternoon symposiums and 1 community centre visit with the following details:

Theme and Dates	Topics	Speakers
Preventive Care <i>18 December 2016, Sunday</i>	Colorectal Cancer Screening	Prof. Wong Chi Sang, Martin <i>Director, CUHK Jockey Club Bowel Cancer Education Centre The Chinese University of Hong Kong</i>
	Elderly Preventive Care	Dr. Chan Suen Ho, Mark <i>General Practitioner, Private Practice</i>
Chronic Diseases <i>8 January 2017, Sunday</i>	Updates on Hypertension Management	Prof. Tse Hung Fat <i>William MW Mong Professorship in Cardiology, Chair of Cardiovascular Medicine, Department of Medicine, The university of Hong Kong</i>
	Clinical Audit - From Design to Implementation	Prof. Lam Lo Kuen, Cindy <i>Danny D B Ho Professor in Family Medicine Head, Department of Family Medicine and Primary Care, The University of Hong Kong</i>
Mental Health <i>22 January 2017, Sunday</i>	Managing Common Mental Health Conditions in Primary Care	Dr. Chu Wai Sing, Daniel <i>Specialist in Family Medicine</i>
Community Centre visit	Diabetes Hongkong:	17 or 18 January 2017 (Tue or Wed) 2:00 – 3:00pm
	HK Alzheimer's Disease Association:	Tsuen Wan Centre: 21 February 2017 (Tue) or Tseung Kwan O Centre: 23 February 2016 (Thu) 2:00 – 3:00pm

Venue for symposiums : Jade Ballroom, 2/F, Eaton Hotel, 380 Nathan Road, Jordan, Kowloon

Time : 1:00p.m. - 2:00p.m. Registration & Lunch
2:00p.m. - 4:00p.m. Lecture & Discussion

Accreditation : 2 CME points HKCFP (pending)
2 CME points MCHK (pending)
Up to 2 CPD points [Subject to submission of satisfactory report of Professional Development Log]

Award:

1. Participants who have attended **75% or more** of all sessions (including the site visit) will be awarded a "Certificate of Attendance" by HKCFP and PCO.
2. An elective course will be offered to participants who have obtained the certificate of attendance, and have completed and returned the clinical data collection sheet.

Interested participants, please turn over for the registration





香港家庭醫學學院
THE HONG KONG COLLEGE OF FAMILY PHYSICIANS
Co-organized with
PRIMARY CARE OFFICE, DEPARTMENT OF HEALTH
衛生署 基層醫療統籌處



Chronic Disease Management & Quality Improvement Training Course for Primary Care Doctors 2016-2017

REGISTRATION FORM

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

Fax : 2866 0616 / Tel: 2871 8899

I would like to attend the CDM symposium(s) and / or site visit on the following Date(s) (Please ☒ as appropriate)

1 st Symposium on Preventive Care	2 nd Symposium on Chronic Diseases	3 rd Symposium on Mental Health
<input type="checkbox"/> 18 December 2016 (Sun)	<input type="checkbox"/> 8 January 2017 (Sun)	<input type="checkbox"/> 22 January 2017 (Sun)

Venue for Symposiums : Jade Ballroom, 2/F, Eaton Hotel, 380 Nathan Road, Jordan, Kowloon

Time : 1:00 – 2:00pm Registration and Lunch
2:00 – 4:00pm Lecture and Discussion

Site Visit (Max. 15 participants for each site visit)

Diabetes Hongkong Time: 2 - 3pm		HK Alzheimer's Disease Association Time: 2 - 3pm	
Rooms 2001-02, 20/F, Times Tower, 928-930 Cheung Sha Wan Road, Kowloon		Tsuen Wan Centre Shop 11-20, G/F Waterside Plaza, 38 Wing Shun Street, Tsuen Wan, NT	Tseung Kwan O Centre Unit 321-326, 3/F, Sau Lam House, Tsui Lam Estate, Tseung Kwan O, NT
<input type="checkbox"/> 17 Jan 2017 (Tue)	<input type="checkbox"/> 18 Jan 2017 (Wed)	<input type="checkbox"/> 21 Feb 2017 (Tue)	<input type="checkbox"/> 23 Feb 2017 (Thu)

Personal Particulars:

Name : _____
Surname (BLOCK LETTERS) Given Name Name in Chinese

HKCFP Member ID (if applicable) : _____ Primary Care Directory Enrollee: Yes / No

Correspondence Address : _____

Mobile : _____ Office Telephone : _____ Email : _____

Current Practice:

Private : ☐ Solo ☐ Group
Government : ☐ HA ☐ Department of Health ☐ Other Institutions (Please specify _____)

NOTES:

1. Priority would be given to PCD enrollees. In case of over-subscription, the organisers reserve the right of final decision to allocate places.
2. Please return the completed form to the secretariat by fax to 2866 0616 or by post to Rooms 803 - 4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Hong Kong for registration.
3. If application is successful, applicant will receive confirmation email sent to your email address provided above.
4. 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.
5. Private video recording is not allowed.

For registration or enquiry, please call the College secretariat, Ms. Teresa Liu or Mr. Jeff Cheng at 2871 8899 or email to teresaliu@hkcfp.org.hk / jeffcheng@hkcfp.org.hk.



- Activities are supported by HKCFP Foundation Fund.
- 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.

36th Annual Refresher Course 2016

*** 2nd Announcement ***

The 36th Annual Refresher Course (ARC) will be held from 20 November to 11 December 2016. 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 form **within 2 weeks** of the completion of the Refresher Course (**latest by 31 December 2016**). 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 program 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 2016. 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 18 November 2016.

Luncheon Lectures

Date	22 November (Tue)
Topic	Diabetes Management
Speaker	How to prevent your patients from Diabetic Nephropathy?
Speaker	Dr. Yung Chee Unn, Jonathan
Sponsor	Sanofi Hong Kong Limited
Date	24 November (Thu)
Topic	Colorectal Cancer Screening
Speaker	Updates on Colorectal Cancer Screening - Role of the Primary Care Doctor
Speaker	Prof. David Weller
Date	29 November (Tue)
Topic	AF Screening
Speaker	Management of Atrial Fibrillation in Primary Care
Speaker	Dr. Chan Chi Kin
Sponsor	Bayer Healthcare Limited
Date	1 December (Thu)
Topic	Eye
Speaker	Common Eye Symptoms - Masquerade of the Devil
Speaker	Dr. Cheng Chi On, Andy
Sponsor	Santen, DKSH Hong Kong Limited
Date	6 December (Tue)
Topic	Mental Health
Speaker	Update of Clinical Management of Depressive Disorder
Speaker	Dr. Lee Yiu Ki
Sponsor	Otsuka Pharmaceutical (HK) Limited

Venue	:	Shanghai Room, Level 8, Cordis Hotel Hong Kong, 55 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	20 November (Sun)	
Topic	<u>Diabetes Management and Osteoporosis</u>	
	1. Diabetes and Brain	
	2. Postmenopausal Osteoporosis Continuum: How Do We Choose between SERMs and Bisphosphonates for Different patients?	
Speaker	1. Dr. Rose Ting	
	2. Dr. Wan Man Choi	
Sponsor	<i>Takeda Pharmaceuticals (Hong Kong) Limited</i>	
<hr/>		
Date	27 November (Sun)	
Topics	<u>Diabetes Management</u>	
	1. Management of Diabetes in Daily Practice	
	2. CV Risk Management in Diabetes	
Speakers	1. Dr. Michele Yuen	
	2. Dr. Chan Hon Wah Raymond	
Sponsor	<i>AstraZeneca Hong Kong Limited</i>	
<hr/>		
Date	4 December (Sun)	
Topics	<u>Lipid Management Update</u>	
	1. New paradigm for Double Anti Platelet Therapy (DAPT) - For who and for how long?	
	2. Lipid Management for CV Risk Reduction Review of Recent Guidelines and Studies	
Speakers	1. Dr. Wong Bun Lap	
	2. Dr. Hung Yu Tak	
Sponsor	<i>AstraZeneca Hong Kong Limited</i>	
<hr/>		
Date	11 December (Sun)	
Topics	<u>HIV & HCV</u>	
	1. Updates in HIV	
	2. Management of chronic hepatitis C – An Update	
Speakers	1. Dr. Chan Man Chun, Jacky	
	2. Dr. Tsang Tak Yin, Owen	
Sponsor	<i>LF Asia (Hong Kong) Limited</i>	
<hr/>		
Venue	:	Shanghai Room, Level 8, Cordis Hotel Hong Kong, 55 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

Registration Fees

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

FM Trainees Package:

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

36th Annual Refresher Course
20 November – 11 December 2016

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:-

20 Nov (Sun)	Diabetes Management and Osteoporosis () 1) Diabetes and Brain 2) Postmenopausal Osteoporosis Continuum: How Do We Choose between SERMs and Bisphosphonates for Different patients?
22 Nov (Tue)	Diabetes Management () How to prevent your patients from Diabetic Nephropathy?
24 Nov (Thu)	Colorectal Cancer Screening () Updates on Colorectal Cancer Screening - Role of the Primary Care Doctor
27 Nov (Sun)	Diabetes Management () 1) Management of Diabetes in Daily Practice 2) CV Risk Management in Diabetes
29 Nov (Tue)	AF Screening () Management of Atrial Fibrillation in Primary Care
1 Dec (Thu)	Eye () Common Eye Symptoms - Masquerade of the Devil
4 Dec (Sun)	Lipid Management Update () 1) New paradigm for Double Anti Platelet Therapy (DAPT) - For who and for how long? 2) Lipid Management for CV Risk Reduction Review of Recent Guidelines and Studies
6 Dec (Tue)	Mental Health () Update of Clinical Management of Depressive Disorder
11 Dec (Sun)	HIV & HCV () 1) Updates in HIV 2) Management of chronic hepatitis C – An Update

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 _____	lecture/workshop(s)

Name: _____ Member ID: _____ Date: _____

Email: _____ Telephone: _____



Board of Education Combined meeting of Interest Group in Medical Humanities And Interest group in Mental Health and Psychiatry in Primary Care

Topic & Speakers	<p>1. Renaissance of Medical Humanities 醫學人文的復興 Dr. Lo Sze Mon, Dana <i>Specialist in Family Medicine</i></p> <p>2. The Life Course approach in Mental Health 生命歷程 Dr. Chan Suen Ho, Mark <i>The Hong Kong College of Family Physicians</i></p>
Coordinator & Chairman	Dr. Chan Suen Ho, Mark The Hong Kong College of Family Physicians
Date	3 December 2016 (Saturday)
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
Meeting Summary	<p>1. The concept of Medical Humanities has few thousand years of history dated back to both the Hippocrates and ancient China. However, with the fast development of science and high technology especially in the recent century, the art in medicine seems diminishing. In response to the encouraging feedback to "Doctor's Own Mental Health: A Burn Out Doctor (Theatre of Medical Humanities)" in August this year, the coming interest group meeting will facilitate a discussion on the original aspiration of being a medical doctor, by introducing the historical background and current development of Medical Humanities.</p> <p>2. Life Course approach is gaining important influence in the modern health thinking. The speaker will review the topic with illustration in our clinical practice.</p> <p>1. 醫學人文的觀念源遠流長，可追溯至古希臘希波克拉底 (Hippocrates) 及中國的古代醫藥先賢。可惜隨著急速的科技發展，醫學的藝術情懷彷彿漸漸被遺忘了。由於今年八月份上演的「醫學人文劇場之疲勞醫生篇」反應熱烈，令人鼓舞，今期的小組聚會將會透過介紹醫學人文的歷史背景及近代發展，嘗試對行醫志業與初衷作出點滴的反思。</p> <p>2. 生命歷程概念正在對現代健康醫療思維產生重要影響。講者將在我們的臨床實踐中回顧介紹該主題。</p>
Accreditation	2 CME Points HKCFP(Cat. 4.3) 2 CPD Points HKCFP(Cat. 3.15) 2 CME Points MCHK
Admission Fee	Members : Free Non – members : HK\$ 300.00 HKAM Registrants : HK\$ 150.00 All fees received are non-refundable and non-transferable.
Enrolment	Registration will be first come first served. Please reserve your seat as soon as possible.
Remarks	<p>All members of the College are welcome and encouraged to participate in this new format.</p> <p>For registration, please contact our secretary at 2871 8899. Again, those who are experienced can share; less experienced ones can benefit from participation. Our goal is to enhance our practical skills, promote early awareness and better management of mental health problems in our community.</p>



- Activities are supported by HKCFP Foundation Fund.
- 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.

8 December 2016
Thursday
1. Role of mobile APPS in diabetes management – Real life experience in Taiwan
Ms. Erin Chung
Director, Business Development, H2 Inc.
2. How new basal insulin help DM management in private practice?
Dr. Tsang Man Wo
*Specialist in Endocrinology, Diabetes & Metabolism,
Medical Director, Clinical Services and Professional Development,
United Medical Practice*

Chairman	Dr. Au-Yeung Shiu Hing The Hong Kong College of Family Physicians	
Time	1:00 p.m. – 1:45 p.m.	Registration & Lunch
	1:45 p.m. – 3:15 p.m.	Lecture and Discussion
Venue	Marina room, 2/F, Excelsior hotel, Causeway bay	
Admission Fee	College Fellow, Full or Associate Members	Free
	Other Categories of Members	HK\$ 350.00
	Non-Members	HK\$ 450.00
	All fees received are non-refundable and non-transferable.	
Accreditation	2 CME points HKCFP (Cat. 4.3) 2 CME points MCHK Up to 2 CPD points (Subject to submission of satisfactory report of Professional Development Log)	
Language	Lecture will be conducted in English.	
Registration	Registration will be first come first served. Please reserve your seat as soon as possible.	



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10 December 2016
Saturday
Board of Education Interest Group in Neuro-musculoskeletal Medicine

Aim	To form a regular platform for sharing and developing knowledge and skill in Neuro-musculoskeletal medicine	
Theme	Common shoulder problems and managements from MSK ultrasound perspectives	
Speakers	Dr. Lau Shun Specialist in Radiology Dr. Wai Man Wah, Andrew Specialist in Radiology	
Co-ordinator & Chairman	Dr. Au Chi Lap The Hong Kong College of Family Physicians	
Time	1:00 p.m. – 2:00 p.m.	Lunch
	2:00 p.m. – 4:00 p.m.	Theme Presentation & Discussion
Venue	2/F, The Chinese Club Building, 21-22 Connaught Road, Central, Hong Kong	
Admission Fee	Members	Free
	Non – members	HK\$ 300.00
	HKAM Registrants	HK\$ 150.00
	All fees received are non-refundable and non-transferable.	
Accreditation	2 CME points HKCFP (Cat. 4.3) 2 CPD points HKCFP (Cat. 3.15) 2 CME points MCHK	
Language	Lecture will be conducted in English and Cantonese.	
Registration	Registration will be first come first served. Please reserve your seat as soon as possible.	
Note	Participants are encouraged to present own cases for discussion. Please forward your cases to the co-ordinator via the College Secretariat 2 weeks prior to meeting.	



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

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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.

November's session:

Date	25 November 2016 (Friday)	
Time	2:30 p.m. – 3:30 p.m.	
Topic	"Managing Diabetes – Beyond Cardiovascular Safety: Evidence of Renal Benefit" – Dr. SP Chan	
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.	


December's session:

Date	30 December 2016 (Friday)	
Time	2:30 p.m. – 3:30 p.m.	
Topic	"Role of HMB on healthy Aging" – Dr. Yip Wai Man	
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
10 December 2016 2:15 – 4:15 p.m.	Training Room II, 1/F, OPD Block, Our Lady of Maryknoll Hospital, 118 Shatin Pass Road, Wong Tai Sin, Kowloon	Palliative care- between hospital and community Dr. CHAN Tsz Mim, Jasmine (Palliative medicine specialist, OLMH)	Ms. Clara Tsang Tel: 2354 2440
15 December 2016 1:00 – 3:00 p.m.	Conference Room, G/F, Block K, UCH, 130 Hip Wo Street, Kwun Tong, Kowloon	Paediatric Immunisations Update Dr. Patrick CHEUNG Chi Hung (Consultant, P&AM, UCH)	Ms. Polly Tai Tel: 3949 3430 or Ms. Cordy Wong Tel: 3949 3087

Structured Education Programmes

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

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
1 December 16 (Thu)			
4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Gynecological Prevention (Excluding Contraception) Dr. So Chi Kin & 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	Updates in Management of Diabetes Mellitus Dr. Wong Hang Fai Ricky	Ms. Kwong Tel: 2595 6941
7 December 16 (Wed)			
2:00 – 5:00 p.m.	Conference Room 3, G/F, Block M, Queen Elizabeth Hospital	1) Introduction to dietetics service in primary care 2) Introduction to RAMP-DM service in primary care Ms. Bonnie Cheng & Dr. Li Yim Chu	Ms. Mandy Leung Tel: 3506 8613
2:15 – 4:45 p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	Community Resources for Cardiac Rehabilitation Dr. Pang Kwan & Dr. Zhang Dingzuan	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Update on use of antibiotic in General Practice Dr. Lee Shek Hang Henry, Dr. Pun Yat Hei	Ms. Polly Tai Tel: 3949 3430
4:45 – 6:45 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	Medical system in other parts of the world (Singapore) Dr. Charles Ngai	Ms. Cammy Chow Tel: 2589 2339
5:30 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Emergency Management of Dental Trauma in GP Dr. Jessical Han Jing Hao	Ms. Carmen Kwong Tel: 2632 4371
8 December 16 (Thu)			
4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Community Resources for Cancer Patients Dr. So Lok Ping & Dr. Lee Sik Kwan	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Pathological Gambling and related Community Resources Dr. Wong Ka Yan	Ms. Kwong Tel: 2595 6941



14 December 16 (Wed)

2:00 – 5:00 p.m.	Conference Room 3, G/F, Block M, Queen Elizabeth Hospital	Evidence based medicine Dr. Xu Shaowei & Dr. Siu Wing Yee	Ms. Mandy Leung Tel: 3506 8613
2:15 – 4:45 p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	Psychiatric Emergency Care in General Practice Dr. Wang Amy Yang	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Approach to patients with suicidal risk Dr. Wong Hong Kiu Queenie & Dr. Yau Chi Yan Davy	Ms. Polly Tai Tel: 3949 3430
4:45 – 6:45 p.m.	Multi-function Room, NAHC clinic, G/F, Tsan Yuk Hospital	Emergency Care in trauma cases with fractures Dr. C F Chan	Ms. Cammy Chow Tel: 2589 2339
5:30 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Public private interface (e-HR, health voucher) Dr. Maria Leung	Ms. Carmen Kwong Tel: 2632 4371

15 December 16 (Thu)

4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Approach to LOC and the Emergency Care Dr. Chan Yin Yue & Dr. Yiu Chung Ting	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Clinical Psychologist in Family Medicine 4 Dr. Sin Ming Chuen	Ms. Kwong Tel: 2595 6941

21 December 16 (Wed)

2:00 – 5:00 p.m.	Room 7, 8/F, Yau Ma Tei GOPC	1) Updated management of GOUT 2) Health care delivery system in HK Dr. Yeung Fun Na & Dr. Kam Ngar Yin, Irene	Ms. Mandy Leung Tel: 3506 8613
2:15 – 4:45 p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	How to Conduct a Research? Dr. Ng Kai Man	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Counselling and Drug Treatment for Smoking Cessation Dr. Wong Tseng Kwong & Ms. Fong Ming Yiu	Ms. Polly Tai Tel: 3949 3430

22 December 16 (Thu)

4:00 – 6:00 p.m.	Rm 614, 6/F, Ambulatory Care Centre, Tuen Mun Hospital	IMHP Case Sharing by GOYO Clinic Dr. Chu Tsun Kit	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Common symptom complaint - palpitations Dr. Chiu Yuen Man	Ms. Kwong Tel: 2595 6941

28 December 16 (Wed)

2:00 – 5:00 p.m.	Conference Room 3, G/F, Block M, Queen Elizabeth Hospital	Patient's right, responsibility & performance pledge Dr. Ying Gard Ching, Derek & Dr. Lau Ka Man	Ms. Mandy Leung Tel: 3506 8613
2:15 – 4:45 p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	Application of Evidence Based Medicine: Use of Vaccine in Primary Care Setting Dr. Ho Shu Wan & Dr. Ng Ngai Mui	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Update of management of Osteoporosis Dr. Surn Gee Kwang Victoria & Dr. Hui Yuk Ting Candy	Ms. Polly Tai Tel: 3949 3430
4:45 – 6:45 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	Drug incidents in GOPC Dr. Chris Chau	Ms. Cammy Chow Tel: 2589 2339

29 December 16 (Thu)

4:00 – 6:00 p.m.	Rm 614, 6/F, Ambulatory Care Centre, Tuen Mun Hospital	Applying FM Principles in Caring of Cancer Patients Dr. Lau Lai Na & Dr. Jor Hon Man	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Common symptom complaint - chest pain Dr. Lo Yuen Man	Ms. Kwong Tel: 2595 6941



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 Nov	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. HKCFP Council Meeting	18	19 2:30 – 5:30 p.m. DFM Module III Introduction to Family Therapy 2:30 – 6:00 p.m. CPR Instructor Workshop
20 1:00 – 4:30 p.m. ARC 2016	21	22 1:00 – 3:30 p.m. ARC 2016	23 2:15 – 7:30 p.m. Structured Education Programme	24 2:15 – 7:30 p.m. Structured Education Programme 1:00 – 3:30 p.m. ARC 2016	25 2:30 – 3:30 p.m. Video Session	26 2:30 – 4:30 p.m. Exit Exam PA Standardization Workshop 2:15 – 4:15 p.m. Interest Group in EBM
27 1:00 – 4:30 p.m. ARC 2016	28	29 1:00 – 3:30 p.m. ARC 2016	30 2:15 – 7:30 p.m. Structured Education Programme	1 Dec 2:15 – 7:30 p.m. Structured Education Programme 1:00 – 3:30 p.m. ARC 2016	2	3 2:00 – 4:00 p.m. Interest Group in Mental Health
4 1:00 – 4:30 p.m. ARC 2016 2:00 – 5:00 p.m. Exit Exam Research & CSA Standardization Workshop 5:00 p.m. HKCFP Annual General Meeting 5:45 p.m. HKCFP Council Meeting 7:00 p.m. HKCFP Annual Dinner	5	6 1:00 – 3:30 p.m. ARC 2016	7 2:15 – 7:30 p.m. Structured Education Programme	8 2:15 – 7:00 p.m. Structured Education Programme 1:00 – 3:30 p.m. CME Lecture	9	10 2:30 – 5:30 p.m. DFM Module III Research & Teaching in FM 1:00 – 4:00 p.m. Interest Group in MSK Medicine 2:00 – 4:00 p.m. Seminar on the eHRSS
11 1:00 – 4:30 p.m. ARC 2016	12	13	14 2:15 – 7:30 p.m. Structured Education Programme	15 2:15 – 7:00 p.m. Structured Education Programme	16	17 2:30 – 5:30 p.m. DFM Module III Practice Management
18 1:00 – 4:30 p.m. CDM Course – Lunch symposium	19	20	21 2:15 – 7:30 p.m. Structured Education Programme	22 2:15 – 7:00 p.m. Structured Education Programme 9:00 p.m. Board of Conjoint Examination Meeting	23	24
25	26	27	28 2:15 – 7:30 p.m. Structured Education Programme	29 2:15 – 7:30 p.m. Structured Education Programme	30 2:30 – 3:30 p.m. Video Session	31

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Contact and Advertisement Enquiry Ms. Alky Yu

Tel: 2871 8899 Fax: 2866 0616

E-mail: alkyu@hkcfp.org.hk

The Hong Kong College of Family Physicians

Room 803-4, 8th Floor, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Hong Kong



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