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Message from the President

In a bid to tackle the rapidly rising healthcare service demands due to the escalating number of people found to be COVID-19 positive in the community, I recently attended a meeting of healthcare organisations coordinated by the Food and Health Bureau. In the meeting, I reported that the HKCFP has been fully supporting the fight against the virus over the last two years and would strive to continue to do so for as long as it takes until the pandemic is over. We have disseminated the COVID-19 information and related materials regularly through various HKCFP channels including our College website, Facebook, email messages, newsletters, as well as through the media like the radio, television, and newspapers, helping our members and the public to keep track on the developments of the pandemic. Our family doctor colleagues have been actively making contributions towards combating COVID-19 in many different ways, be it in the frontline helping to detect cases early, providing COVID-19 vaccinations, looking after COVID-19 patients, providing telecase, or in the management level planning and organising Community Isolation Facilities, Designated Clinics, hotline services, etc. Each and everyone one of us are trying our best to contribute in fighting the 5th wave of the COVID-19 pandemic in Hong Kong. I also reiterated the importance of having "one family doctor for each citizen in Hong Kong", which is most essential in times like this. Family doctors who know their patients well and have built up long term rapport with their patients can help to look after and support their patients more efficiently and effectively. This is the way to go.

As COVID-19 infected cases are mounting, HKCFP members are cordially invited to provide further urgent support to services in fighting against COVID-19, including clinical support in Community Isolation Facilities for elderly and other people, for people under quarantine or isolation at home, medical hotlines, COVID-19 vaccination at RCHes and as outreach team, etc. The deadline of the first round of responses via an online link using Google form is set on 13 March 2022, but the exercise is anticipated to be ongoing until further notice. Details are enclosed in my email to members entitled "Urgent Appeal for Concerted Efforts to Combat COVID-19". Let us join hands in fighting against COVID-19 in the 5th wave of the pandemic! I look forward to receiving your staunch support as always!



In order to further enhance the community support for confirmed COVID-19 patients and implement a triage system to prioritise hospital services for patients in critical condition, at the time of writing, the Hospital Authority has activated a total of 23 Designated Clinics across Hong Kong. The Designated Clinics, led by family doctors and supported by the primary care teams, aim to provide diagnosis and treatment for confirmed cases in the community presenting with relatively mild symptoms of infection, especially among the high risk patients, e.g. the elderly aged 70

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Message from the President (Con't)

(Continued from page 1)

or above, children aged 5 or below, women at 28 or more weeks of pregnancy, and immunocompromised patients such as organ transplant recipients and those with immune system disorders or long-term use of immunosuppressive drugs. The operation of Designated Clinics demonstrates the important gatekeeping role of family doctors in the healthcare system, especially during a crisis in the pandemic. The swift activation of Designated Clinics requires strong support from the senior management, clinical leadership, teamwork, rapid mobilisation of resources and rearrangements of General Outpatient Clinics and Family Medicine Services within a very short space of time. Salute to all who are involved!

In the March issue of the Hong Kong Practitioner, we have the privilege of inviting Professor Doris Young to share with us on her experience and views on our College's exit examination in the form of an editorial. After serving as our external examiner for the HKCFP Exit Examination over the last 15 years, Professor Young reflects on the changes and advancements implemented over that period under her great leadership, ensuring the high standard of our Exit Examination. And she also shares her vision on the potential options that may be considered for the future Exit Examination. Don't miss out on the forthcoming editorial.

Please keep well and stay safe.

Dr. David V K CHAO
President

Membership Committee News

The Council approved, on recommendation of the Chairlady of the Membership Committee, the following application for membership in **December 2021 – January 2022**:

Associate Membership (New Application)

Dr. LAI Cheuk Hei	黎卓熙
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Transfer to Fellowship

Dr. CHAN Kam Sheung	陳錦嫦
Dr. CHAN Ki Fung, Dickson	陳祺峯
Dr. CHAN Kwan Ho	陳軍浩
Dr. CHANG Hsu Wei	張煦璋
Dr. CHANG Ting Ting	張婷婷
Dr. CHAU Yiu Shing	巢耀城
Dr. CHOI Sze Wai, Michelle	蔡思慧
Dr. CHOW Hoi Kei, Jessica	周愷琦
Dr. CHU Pui Yan	朱佩恩
Dr. CHUANG Chi Kit	莊志傑
Dr. CHUNG Hiu Yeung	鍾曉陽
Dr. FAN Siu Wai	范小蔚
Dr. HUN Pek I	禰碧儀
Dr. LAM Kang	林庚
Dr. LAM Wai Yiu	林煒堯
Dr. LEUNG Wai Lun	梁瑋麟
Dr. LO Wan Shun, Kara	勞雲迅
Dr. LO Yuen Man	勞婉文

Dr. LUK Sze Wan, Candy	陸詩韻
Dr. MA Man Ki	馬汶琪
Dr. NG Tsz Chung	伍子聰
Dr. PANG Sze Ching, Esther	彭詩情
Dr. SIU Wing Yee	蕭穎怡
Dr. SO Lok Ping	蘇樂平
Dr. WONG Chung Ming	黃宗明
Dr. YEUNG Lok Ki	楊樂祺

Transfer to NON-HKSAR Fellowship

Dr. LAI Wing Yiu	黎永耀
Dr. LAU Pui Lam, Patrick	劉沛霖
Dr. LO Tsz Yan	盧芷欣

Resignation of Full Membership

Dr. LAU Pui Kay	劉培基
Dr. NG Hee Liang	黃喜良
Dr. WONG Wing Sang, Bernard	王榮生

Resignation of Associate Membership

Dr. CHEUNG Chik Wan	張織雲
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Resignation of Non-HKSAR Membership

Dr. WALKER Peter Alan	
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HKCFP Family Medicine Career Talk 2022



Scan to register:

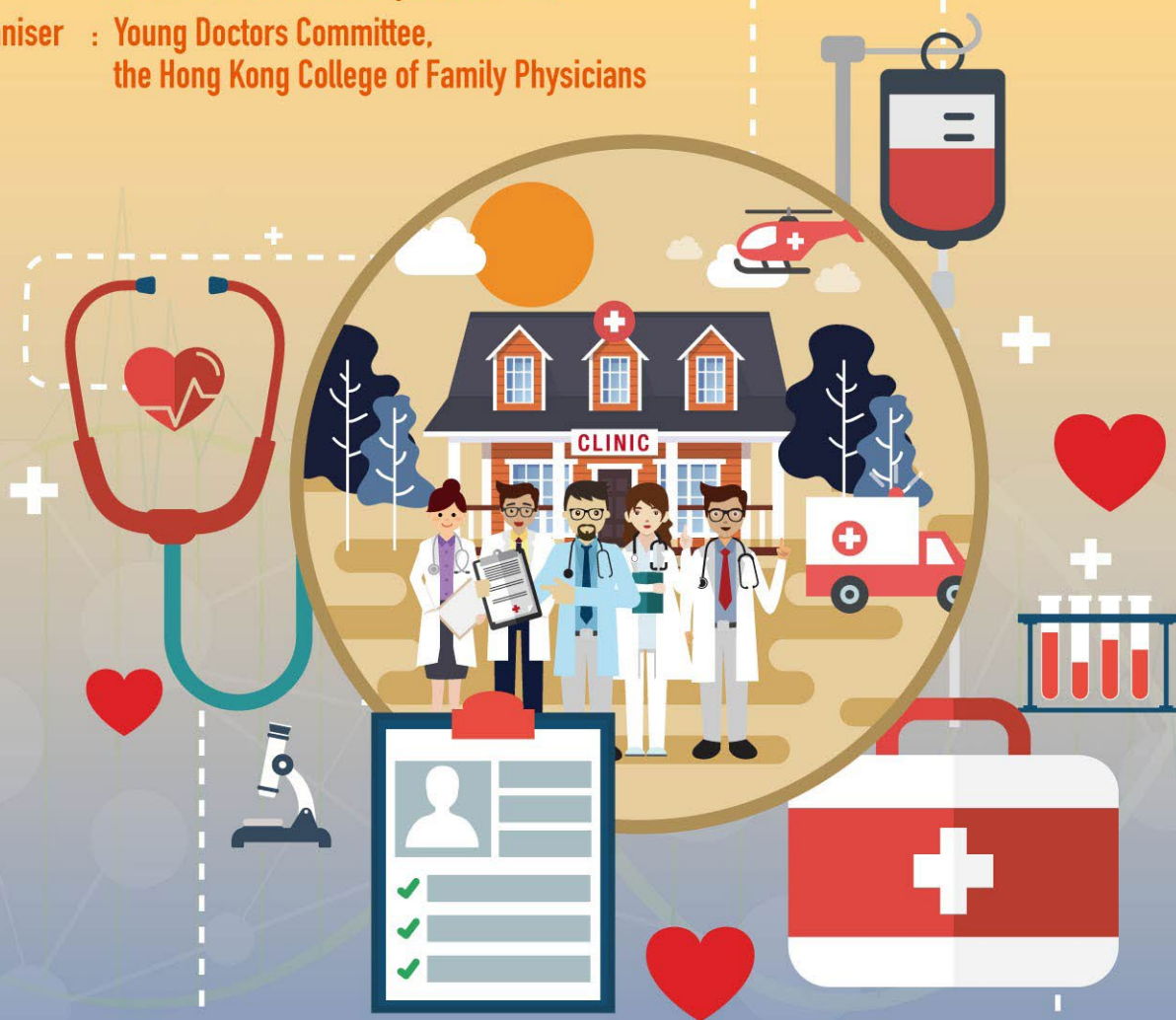


Date : 27 May 2022 (Friday)

Time : 18:30 - 21:00

Link to Zoom would be provided later.

Organiser : Young Doctors Committee,
the Hong Kong College of Family Physicians



Content:

- Training & Development of Family Medicine in Hong Kong
- Life and career path of family physicians in different settings
- "Q&A session" and "Tips to apply Family Medicine training post"

Registration:

- Free-of-charge
- Please scan the QR code to register via Google form

For other enquiry,
please contact Ms. Agnes Kwong or Ms. Kathy Lai
through email YDC@hkcfp.org.hk or
telephone at 2871 8899.

Diploma in Family Medicine (HKCFP) 2022 - 2023

The Board is pleased to announce that the Diploma Course in Family Medicine (DFM) organized by The Hong Kong College of Family Physicians will commence in July 2022.

The course consists of FIVE modules. Modules I & II will be delivered by Local Distance Learning. Modules III, IV & V consist of lectures, seminars, tutorials, workshops and clinical attachments. The whole course requires ONE year of part-time study.

Details of the course are as follows:

1. Objectives:

- i) To provide knowledgeable, pragmatic and structured teaching in Family Medicine for medical practitioners
- ii) To encourage professional development of practising medical practitioners and to provide an intermediate step to fellowship qualifications in Family Medicine
- iii) To improve standards and quality in the practice of Family Medicine

2. *Syllabus:

The course consists of FIVE compulsory modules. Doctors who have graduated from the course are expected to have acquired:

- i) Current concepts about nature of Family Medicine
- ii) Knowledge and skills in consultation, counselling and problem solving
- iii) Knowledge and skills in common practice procedures and emergency care required for good quality family practice
- iv) Understandings towards the role of Family Doctors as gatekeepers of the health-care system and in providing cost-effective primary care to the community

Module I – Principles of Family Medicine (Distance Learning)

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

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

Aims:	1. Enhance consultation, communication and problem solving skills 2. Understand the diagnostic formulation process in Family Medicine
Contents:	Four clinical scenarios. Each clinical scenario is further divided into several questions covering different areas in general practice

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

Aims:	1. Strengthen knowledge in Family Medicine 2. Understand the potential growth of Family Medicine 3. Develop research and teaching skills in Family Medicine
Contents:	Practice Management, Care of Elderly, Chronic Disease Management, Anticipatory Care, Clinical Audit & Research, Mental Health, Musculo-skeletal Problems, Evidence Based Medicine & Critical Appraisal

*Module IV – Clinical Updates (Updates and Clinical Attachment)

Aims:	Acquire in-depth knowledge and practical skills in selected specialties
Contents:	<u>THREE</u> update seminars plus ONE attachment in selected specialty

*Module V – Practical Family Medicine (Practical Workshops)

Aims:	Enhance practical and communication skills in Family Medicine by Practical Workshops in selected areas including CPR, Consultation Skills, Counselling Skills, Women's Health, Orthopaedic Injection and Musculo-Skeletal Medicine
Contents:	Four compulsory and two elective Practical Workshops in selected areas including Advanced Primary Care Life Support (APCLS), Consultation Skills, Counselling Skills, Women's Health, Orthopaedic Injection and Musculo-Skeletal Medicine

**Modules III – V would be scheduled on Saturday and Sunday afternoons.*

3. Articulations:

The Course allows (up to a fixed maximum percentage of the Course units) articulations or cross recognition of previous Family Medicine training programmes that provide learning units equivalent to that of the above syllabus. Participants who wish to apply for such articulations have to submit evidence of relevant training together with their applications. The granting of articulations is however, completely at the discretion and decision of the Board of DFM.

4. *Schedule:

The whole course requires ONE year of part-time study.

July to October 2022	Module I
October to December 2022	Module II
July 2022 to April 2023	Module III, IV & V
April / May 2023	Final Examination

**The schedule might be affected due to unexpected circumstances and the format might change to online platform if necessary. Announcement would further be made in case there is a change of schedule and/or format.*

5. Admission Requirement:

Registered Medical Practitioner with Bachelor's Degree in Medicine.

6. Teaching Staff:

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

7. Teaching Medium:

English

(Cantonese may be used in some seminars, workshops and clinical attachments)

8. Course Fees:

Whole course:

HK\$39,800 for members of HKCFP

HK\$79,600 for non-members

(A discount of HK\$5,000 for early bird applications on or before 31 May 2022)

Individual Modules:	Members	Non-members
Module I (Distance Learning – Principles of Family Medicine)	\$5,000	\$10,000
Module II (Distance Learning – Common Problems in Family Medicine)	\$5,000	\$10,000
Module III (Structured Lectures & Seminars)	\$5,100	\$10,200
Module IV (Updates & Clinical Attachment)	\$5,000	\$10,000
Module V (Practical Workshops)	\$6,500	\$13,000
Examination	\$12,300	\$24,600
Administration Fee	\$5,000	\$10,000

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

9. Awards/Credits:

- A Diploma in Family Medicine issued by HKCFP will be awarded to candidates who have satisfied all the requirements and have passed all the required assessments and the Final Examination.
- The Diploma is a **Quotable Qualification** of the Medical Council of Hong Kong.
- Up to 50 CME and 10 CPD credit points will also be awarded to candidates upon satisfactory completion of the Course by the QA & A Committee of HKCFP.

10. Application Procedure:

Applications are now open.

A completed application form must be returned to The Hong Kong College of Family Physicians with the following:

- Photocopy of the current Annual Practising Certificate;
- A recent photo of the applicant (passport size);
- A signed "Disclaimer of Liability";
- An administration fee for application of HK\$1,000 by crossed cheque payable to "HKCFP Holdings and Development Limited". This fee is non-refundable;
- A Course Fee of HK\$39,800 (or HK\$79,600 for non-members) by crossed cheque payable to "HKCFP Holdings Development Limited". This fee is non-transferable and non-refundable.

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

Information and application forms can be obtained from the College or can be downloaded at the College website (<http://www.hkcfp.org.hk>). Members who were not admitted in the course in 2021 have to send in their application again if they want to study the course this year. Please contact the College secretariat, Ms. Alky Yu at 2871 8899 for any queries.

11. Application Deadline: 30 June 2022**Comments From Former DFM Graduates**

- "The Content is useful in daily practice. I can have hands-on practical skills. I can polish my communication skills during the lectures & workshops."
- "I can understand the role of Family Physicians as gatekeepers of health-care system and better know about their role in the society. I also acquire the skills on critical appraisal."
- "There are sessions of clinical updates for updating knowledge. Module I, II & III could help improve my knowledge. Module I, II & III could improve my understanding of Family Medicine. The sessions in consultation are invaluable in improving my communication skills."

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



APCLS Training Workshop



Women's Health Workshop



Orthopaedic Injection Workshop



Musculoskeletal Workshop

THIRTY-SIXTH CONJOINT HKCFP/RACGP FELLOWSHIP EXAMINATION FINAL ANNOUNCEMENT

The Board of Conjoint Examination is pleased to announce the following information on the Thirty-sixth Conjoint Fellowship Examination with the Royal Australian College of General Practitioners to be held in 2022.

(1) REQUIREMENTS AND ELIGIBILITY

All candidates **MUST** be FULL OR ASSOCIATE members of BOTH HKCFP AND RACGP* at the time of application for the Examination and at the time of the Conjoint Examination.

(*Documentary evidence is required with the application – including a valid RACGP number.)

(Note : All candidates are required to have renewed their RACGP membership for the year 2022/2023 on or before 31 July 2022. Failure to comply with the above may result in denial of admission to the Examination.)

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

- (a) **CATEGORY I CANDIDATES** are graduate doctors (FULLY OR LIMITED registered with the Hong Kong Medical Council) who are undergoing or have completed a fully approved vocational training programme as outlined in the College's Handbook for Vocational Training in Family Medicine.

After satisfactory completion of two years of approved training, Category I candidates or trainees may apply to sit the Written Examination, both the two segments of which must be taken at the same attempt. After satisfactory completion of four years of supervised training, Category I candidates may apply to sit the Clinical Examination.

(Note: All Category I candidates who are current vocational trainees and apply to sit the Written Examination **MUST** submit evidence of completion of at least 15 months of approved training by 31 March 2022, together with the application. Those current vocational trainees who apply for the Clinical Examination **MUST** submit evidence of completion of at least 39 months of approved training by 31 March 2022, together with the application. Candidates who have already completed vocational training **MUST** submit evidence of completion of vocational training, together with the application.

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

- (b) **CATEGORY II CANDIDATES** are doctors who are FULLY registered with the Hong Kong Medical Council and have been predominantly in general practice in Hong Kong for not less than **five** years by 30 June 2022, provided that the experiences should be within the most recent 10 years.

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

(Please note: All successful candidates applying for the award of the RACGP Fellowship will be subjected to the decision of the RACGP.)

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

The eligibility of candidates of both Categories I and II is subject to the final approval of the Board of Conjoint Examination, HKCFP.

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

(2) FORMAT AND CONTENTS

- A. Written Examination
Applied Knowledge Test (AKT)*, and
Key Feature Problems (KFP)

**Note: Multiple Choice Questions (MCQ) has been renamed as Applied Knowledge Test (AKT) from Conjoint Exam 2018, with no major change on the exam format.*

- B. Clinical Examination
Objective Structured Clinical Examination (OSCE)

(3) PRE-REQUISITE FOR CLINICAL SEGMENTS

All candidates applying to sit for the Clinical Examination of the Conjoint Fellowship Examination **MUST** possess a Advanced Primary Care Life Support (APCLS) certificate issued by the HKCFP*. The validity of this certificate must cover the time of the Clinical Examination.

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

*Note: In regarding the APCLS certificate issued by the HKCFP, the APCLS training and examination workshop for 2022 will be held on 27 March tentatively. Details regarding the workshops/examinations can be referred to the News of Board of Education in FP Links. Please register with our College secretariat at 2871 8899 if you do not hold a valid APCLS certificate issued by HKCFP and intend to sit for the Conjoint Examination 2022. *(Kindly note that the schedule of APCLS session might be affected due to COVID-19. Announcement would further be made in case there is a change of schedule.)*

(4) CRITERIA FOR A PASS IN THE EXAMINATION

A candidate will be required to pass the entire Written Examination in one sitting. That is, if one fails the Written Examination, both the AKT and KFP segments have to be re-taken. Successful Written Examination result can be retained for three years (until the Clinical Examination of 2025).

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

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

(5) APPLICATION AND EXAMINATION FEES

Application forms are available from the College Secretariat at Room 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. You may also download the application forms from our College website, <http://www.hkcfp.org.hk>. Please note that the deadline for application is **7 April 2022 (Thursday)**.

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

Application Fee: \$3,000*

Examination Fee:

- | | |
|---|----------|
| • Full Examination (Written + Clinical) | \$33,000 |
| • Written Examination | \$16,500 |
| • Clinical Examination | \$16,500 |

Please make the cheque payable to **"HKCFP Education Limited"**. If a candidate applied for the Full Examination **but failed in the Written Examination, the Clinical Examination fee (\$16,500) would be refunded.**

(6) REFUND POLICY

If a candidate wishes to withdraw from the examination, and written notice of withdrawal is received by the College 60 days or more prior to the date of the examination, he will receive a refund of \$33,000 (for the whole examination), \$16,500 (for the written examination) or \$16,500 (for the clinical examination). The application fee of \$3,000 will not be refunded.

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

All fees paid are not transferable to subsequent examinations.

(7) IMPORTANT DATES

- | | |
|---------------------------|--|
| • 7 April 2022 (Thursday) | Closing Date for Applications |
| • 21 August 2022 (Sunday) | Conjoint Examination – Written Examination (KFP) |
| • 28 August 2022 (Sunday) | Conjoint Examination – Written Examination (AKT) |
| • [Date to be confirmed] | Conjoint Examination – OSCE |

(8) ELECTION TO FELLOWSHIP

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

Entry forms for Fellowship, Membership and Associateship of the Hong Kong College of Family Physicians and the Royal Australian College of General Practitioners are available from respective College website (www.hkcfp.org.hk / www.racgp.org.au). For further information, you may also contact the HKCFP Secretariat, Room 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. Tel: 2871 8899, Fax: 2866 0616.



Dr. Chan Hung Chiu

Chairman

Board of Conjoint Examination

The HKCFP Awards for the Best Research and Best Trainee Research of 2021

The Research Committee of the Hong Kong College of Family Physicians is calling for The Award for The Best Research of the Year 2021. All members and fellows of the College are invited to participate and submit their research papers to the Research Committee for selection.

Following ‘The HKCFP Award for the Best Research’, the Research Committee is pleased to organize an additional award, ‘The HKCFP Award for the Best Trainee Research’, specifically for the trainees of HKCFP or within 3 years of completion of vocational training.

Both the abovementioned Awards will be presented at the Conferment Ceremony in 2022.

Please note that each applicant can only apply either one of the above Awards

Entry and assessment criteria are listed below.

Entry Criteria:

For Best Research Paper:

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

For Best Trainee Research Paper:

1. The principal investigator has to be a trainee of the Hong Kong College of Family Physicians, or within 3 years of completion of vocational training.
2. For higher trainees who are submitting their Exit Examination research project for this award, they must have submitted their project to the Specialty Board and have passed the research segment of the Exit Examination.
3. The research must be original work of the investigator(s).
4. The research should have been conducted in Hong Kong.
5. The research must have been completed.
6. The paper should be presented under the standard headings of Abstract, Introduction, Methodology, Results, Discussion and Conclusion. References should be listed in full at the end in Vancouver format.

Assessment Criteria:

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

Each research project submitted will be assessed according to the seven criteria listed above by a selection panel. Each criterion may attract a different weighting to be decided by the selection panel. Please indicate the research award that you applied for, i.e. “The HKCFP Award for the Best Research of 2021” or “The HKCFP Award for the Best Trainee Research of 2021”, on your research project upon submission, and send your submission either

By post to Research Committee, HKCFP, Rm 803-4, 8/F, HKAM Jockey Club Building,
99 Wong Chuk Hang Road, Aberdeen, Hong Kong

Or, **by email** to research@hkcfp.org.hk

DEADLINE OF SUBMISSION: 31 March 2022

Supported by HKCFP Foundation Fund

HKCFP Research Fellowship 2022

Introduction

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

Eligibility

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

Selection criteria

Application will be judged on*:

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

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

How to apply

1. Application form, terms and conditions of the Fellowship can be downloaded from www.hkcfp.org.hk or obtained from the College Secretariat, HKCFP at Rm 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. Tel: 2871 8899 Fax: 2866 0616
2. Applicants must submit:
 - The completed application form;
 - The signed terms and conditions of the HKCFP Research Fellowship;
 - Curriculum vitae from the principal investigator;
 - Curriculum vitae from the co-investigator(s) (no more than two pages) AND,
 - Curriculum vitae from the supervisor.
3. Applications close on: **31 March 2022**. Late applications will not be accepted.
4. Applications can be either sent:

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

Or, **by email** to research@hkcfp.org.hk

Supported by HKCFP Foundation Fund

Assessment Enhancement Course (AEC) Sharing by Category II Candidates

Category II Candidate's experience in Part II Exam

Dr. So Lok Ping, Valerie

I am so pleased and honored to be invited to share my experience in preparing for Part II of the Conjoint exam. Passing the exam is not as difficult as you think. Cat II candidates might be far away from clinical exam for some time: you might not know how or when to start, or what you should read. However, I can reassure you that you will surely pass if you have a good plan and stick to it. :)

There are 2 parts in the conjoint exam: Part I is the written exam and Part II is the clinical exam. Being able to pass both part I and part II exam together in the same year is good, while sometimes it might not be feasible. I am a part-time doctor working in GOPC, as well as a mother of my two kids (3 and 5). It has been a while since I last touched a clinical exam. To balance my different roles and get myself ready for exam, I set out a 2-year plan to finish the 2 parts of exam.

Part I is scheduled in August, and my information search and gathering was done in January: Pastest for MRCP, Check, past papers, some books or updated guidelines. When everything is ready, I started reading and practicing the questions in mid-March. Forming a study group to prepare for different topics in each week is also a good approach. Past-papers are important because it mainly served the purpose of getting yourself into the exam mode. The actual questions in Part I are particularly long, it takes time to read and comprehend what they are asking. If you overlook the information or misunderstand the questions, you will not get any marks. Do time yourself when you are practicing the past-papers. People who could not finish all the questions mostly failed. Therefore, good reading skills are crucial. Check (you can easily access it via RACGP website under your account) is a good choice, you can practice reading long paragraphs, update your knowledge and also get to know about the practice in Australia, which might facilitate you to practise there in the future.

Passing part I sets up a good knowledge base for Part II. Two courses are important for Part II: ACPLS course (first aid

course organized by HKCFP) and AEC (organized by HKCFP before exam). You must pass ACPLS before you sit for Part II exam. All the staff in the course would definitely help you to pass it, no worries. AEC is particularly important; it serves multiple purposes: 1. knowing what and how you will be examined; 2. knowing the standard of your peers; 3. getting peers (both Cat I and Cat II) to form study group; 4. providing chances to practise with different tutors and different partners.

Getting motivated peers is particularly important. They will organize regular practice meetings, invite tutors and more importantly cheer you up and drag you out when you just want to lay back or give up. I am always distracted at home and too busy at work; there was no way I could study by myself. I feel blessed to have formed a study group with Dr. Ricky Chan, who is always so motivated and eager to organize practices and invite tutors.

Chances to practise with different tutors and partners are precious. Different doctors from different backgrounds are good at different aspects: public health, surgery, private practice and other clusters. During our practice, we were like 不同門派，華山論劍. We were not fighting to be the top Kung-fu master, but we shared our knowledge and skills, and determined the best way to manage different complaints and presentations.

I would like to acknowledge my colleague and seniors in GOPCs for teaching and practising with me, as well as all tutors of AEC course. I would also like to send my great gratitude to Dr. Ng Mei Po who has practiced with me on a weekly base over last year; and also Dr. Florence Lai, who has facilitated us to contact different tutors in forming the Cat II study group. Thanks to all tutors who have ever attended our Cat II practice in 2021 and gave us precious advice.

Cheers to all the candidates in the coming exams! Wish all of you a big success!

Sharing on AEC

Dr. Ng Tsz Chung, Cyrus

As a private general practitioner, I decided to join the HKCFP/RACGP Conjoint Examination last year, as a Category II candidate. After leaving Hospital Authority and working in private, I enjoy working as a GP. But time-to-time, I doubt my ability, as I did not receive any formal family medicine training. By participating the exam, there will be an opportunity for me to revise and consolidate my practice. This is a big challenge! I cannot believe I can make it finally and I am happy to share my own experience.

The college offers the pre-examination Assessment Enhancement Course (AEC) to all candidates. It was held monthly from April to September last year.

It is essential for candidates, particularly we Cat II candidates, to attend this course. The course provided us a general idea of the OSCE, covering different aspects of questions that would appear in the exam, including consultation skills, physical examination techniques and viva practices. In the monthly sessions, we will be provided opportunities to practice cases written by tutors. With strict timing, we will do as if we are taking a real exam, in which we will be able to have a better time management to cover all the essential points. Tutors are incredibly helpful in correcting our mistakes and provide useful feedbacks. Without a doubt, the only way to improve our skills is by practicing. Try to

be active and don't hesitate to ask tutors if you have questions! Definitely you will get more than you imagined!

We could get not only more practices in AEC, but also chances to meet other candidates. With the kind introduction by tutors, we formed a study group with other Cat II candidates. Apart from the monthly AEC sessions, we actively meet and practice together at other times. In the beginning, we were in a mess! We could not take comprehensive history, had limited knowledge in disease management, and had poor time control. We were most grateful to our volunteer tutors who spent their rest day during weekends to guide us in our practice sessions. They gave us constructive feedbacks and shared their personal experience with us. We were inspired, our skills were sharpened, soon we developed our own framework. Practice makes perfect. We were eventually able to grasp the important pieces of information and managed the cases confidently within the time.

At the beginning, when we had little idea about the OSCE, we used to practice cases in past AECs. However, during practice, we sometimes may fall into the trap of following the "marking scheme" written by the case writer, without genuine digesting and understanding the knowledge behind. Personally I realized that writing our own new cases is even more beneficial and

encouraging! Throughout the time in preparing the case, we can learn step by step from history, physical exam, investigations and finally management of the case complaints. The time spent will certainly be longer, but the knowledge we gain will be much more consolidated and long-lasting! I highly recommend candidates to write up their own cases for practice.

Moreover, we were lucky to have a proactive and highly motivated. He was always the first to call for a practice session. It was always not easy to gather group mates together in our busy clinic lives. I sometimes felt lazy and tired, thinking of delaying practice. However, with our leader's encouragement, I dare not to let go and lag behind. In several months time, we were there not only for exam practice, but also for psychological support. A good friendship has already developed among us. Believe me; there hardly be another occasion in your life when you fight for the same goal with your soul mates!

Finally I highly recommend candidates for the coming OSCE to join the AEC. It will certainly broaden your horizon not only in terms of exam preparation, but also beneficial to your daily practice. Looking back after passing the exam, I would never forget the time when we were together. Wish you good luck!

You will gain much more than fellowships - Sharing of a category II candidate

Dr Poon Kwok Ming, Paul

As category II candidates, we all have different reasons and aims for sitting the conjoint exam. Our characteristics, or you may call them weaknesses, are that we are not under a structured training program, our backgrounds are diverse, and our work histories differ. However, these apparent disadvantages can actually be our strengths indeed. Although we do not start on the same ground with our category I fellow candidates, we do have a fair chance of crossing the finishing line together.

As for study guide and exam preparation, I highly recommend articles in FP Links written by our category II predecessors, especially Dr Maurellet's sharing in Issue 181 (March 2019). Those are valuable wisdom and vividly practical tips, where you can find all the ingredients of a pass. Personally, I took most of the advice and followed the recipe, which turned out to work nicely. In short, it is "practice, practice and practice", particularly for the OSCE.

Joining the AEC course was the cornerstone of my exam journey. Though it sounds like a sales promotion, I have to say that "You won't regret it! It offers great value for money!" You would get to know the game rules and tactics in the OSCE, practice on some well-written sample questions, receive instant feedback from tutors, and learn from your own and others' mistakes. The AEC mock exam was also very well organized and could closely resemble the settings and vibe in the real OSCE. That said, it is certainly not enough to rely only on the course. The other great merit of the course is that it brings together a group of candidates who are motivated and taking the exam seriously. That is also where you can find your high-quality study buddies.

I cannot imagine how I would have dealt with the exam if I had not joined my study group. For category II candidates who would otherwise fight the battle alone, a study group is

exceptionally important. To me, it served several functions, and the most critical one was to urge you on when you were bothered by just too much other stuff in work and in life. I can guarantee that, if you are in a really good study group, you will get exhausted by the practices, especially in the last few weeks before the OSCE. We did like practicing until near midnight and 2-3 times per week.

What's more, the synergism can be powerful. In my group, we might be lucky that our various experiences and strengths were aptly complementary. We shared work on study topics and mock question setting. In this way, we leveraged on our mixed backgrounds and skill sets to improve the efficiency of our revisions that have saved each of us a lot of time. Psychologically, having a bunch of study buddies fighting together and supporting each other reminded me of the good old days in schools. You may well earn a group of dear friends that you would cherish no less than the fellowships.

The support and helping hands from other HKCFP fellows were equally amazing and, to certain extent, unexpected. We are deeply grateful for the tutors spending their after work hours with us, without pay of course, and we all know how priceless these leisure times are to doctors. This is not my first fellowship exam but the assistance from other fellows of this college just took me by surprise, particularly when we were not enrolled in a training program. Therefore, to potential category II candidates, please rest assured that you will not feel abandoned.

Finally, I believe that we, doctors, are all familiar with exam tactics. If you are like me who had not sat an exam for ages, don't worry, all you need is to sharpen your exam senses again and you will find that they are still there. My another reward from the conjoint exam is realizing that "I can still do it!"

Change in the mode of health care program delivery under COVID-19 pandemic

Ms. Yeung Wai-yee (Advanced Practice Nurse, Family Medicine & Primary Health Care, Hong Kong West Cluster)



Dietitian performed the class via ZOOM

COVID-19 changed the world. All face-to-face nurse and allied health services especially health classes under the Department of Family Medicine and Primary Health Care in Hong Kong West Cluster were stopped. Communication software for instance ZOOM is widely used in video conference to keep our continuity of care. One of the good examples is "ZOOM" Weight Management Program. This is the first time that we collaborated with multi-disciplinary colleagues including Physiotherapist, Dietitian, Clinical Psychologist and Prosthetics & Orthotics therapist to provide online health counseling.



Nurse interviewed the patient for assessment and explanation



Clerical staff taught patient how to install mobile APPS in their Smart Communication

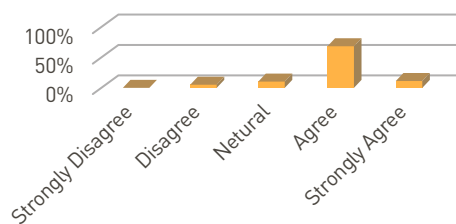
The "ZOOM" class was held at Nurse and Allied Health Clinic (C&W) in January 2021 and the preparatory work was started in December 2020. The content of the program was revised and condensed. During initial assessment, the patient was taught how to use the mobile APPS before the "ZOOM" class. Patients would also attend P&O session for foot printing and assessment on the same day. The results would be discussed in the "ZOOM" class. Furthermore, patients would record their diet plan in a one day. All of these learning materials could promote active participation and interaction during the "ZOOM" class.



The nurse also provided initial assessment such as BMI, BP/P monitor, waist and hip measurement. Further, the nurse would explain the program and distributed the lecture material to patients at the same day. Patients just came once then all the other activities would be carried through online video conferencing system.

Total 10 batches of the "ZOOM" classes have finished. There were 87 participants with 51 females and 36 males. The majority were 40 – 70 year-old which accounted for more than 75% of the participants. The total attendance was 78.3% for CP session, 91.7% for dietitian session, and 82.1% for PT and P&O session. When participants completed the "ZOOM" program, a google evaluation form would be sent out. There were total 15 questions which were divided into six parts: perceived ease of use (Picture 1), perceived usefulness (Picture 2), attitude to use (Picture 3), usage satisfaction (Picture 4), willingness to continue use (Picture 5) and other comment.

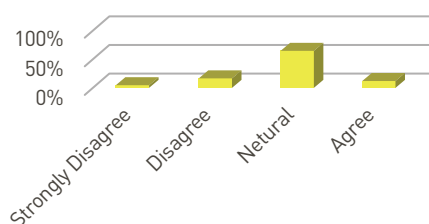
Perceived ease of use



(Picture 1)

■ Perceived ease of use

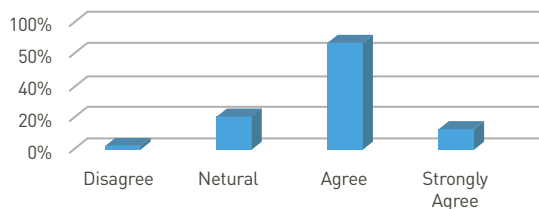
Perceived usefulness



(Picture 2)

■ Perceived usefulness

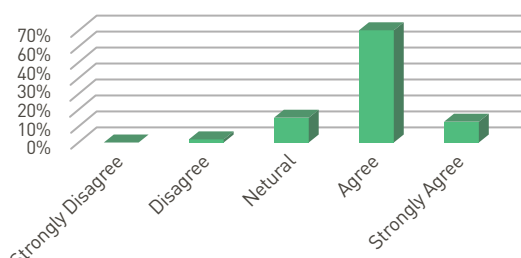
Attitude to use



(Picture 3)

■ Attitude to use

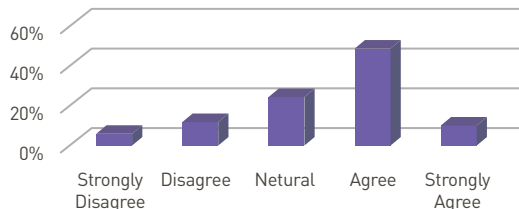
Usage Satisfaction



(Picture 4)

■ Usage Satisfaction

Willingness to continue use



(Picture 5)

■ Willingness to continue use

如果可以的話，可以加一點有用嘅筆記給我們在重溫就會好好多。
Online 不及實體，互動更快更貼切。

So far so good

I prefer class of face to face, due to if I am in office always have some disturb, I know that is my own problem. Thank you



Digital information network during the "ZOOM" class

The program result showed effectiveness and is encouraging. Many participants agreed that "ZOOM" was not difficult to use and handle. They could easily operate the function such as chat room, raise hand...etc. Lots of them expressed that the support of online conferencing equipment is adequate and was appreciated. The content of the program through online system was clear and various therapists could help them know more about management of their weight. Although the "ZOOM" program was good and acceptable during pandemic of COVID-19, majority of the participants still prefer face-to-face class which could be more interactive. They felt better to share on the spot without disturbance. To conclude, online video conferencing system was a rapidly growing health care delivery modality in recent years. The development of video conferencing system as a tool made health care more convenient, accessible, and cost-effective.

Impact Beyond Respiratory Infection – Neurological Consequences of COVID -19

Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) is a respiratory virus that has been wreaking havoc on our populations worldwide in the past couple of years. Growing body of evidence suggests the virus not only attacks our respiratory system, but also affects other organ systems. In the spotlight here is our neurological system.

A constellation of neurologic complications including confusion, stroke and neuromuscular disorders are noted to happen among some patients during acute COVID -19.¹ But that is not the end. A term called 'Long COVID' is now available that describes a bunch of neurologic symptoms that may persist for months after infection, such as impaired concentration, headache, sensory disturbances, depression and even psychosis.¹ Similar neurologic manifestations were also reported in other studies for patients over 6 weeks and 6 months after acute infection.^{2,3} Many people who experience these lingering symptoms are less than 50 years old and were healthy and active prior to the illness.¹ Moreover, a majority of them only suffered from mild initial disease, as they were never hospitalized at the acute phase. So one should not be misled into the thinking that mild disease or young people are not vulnerable.

The underlying pathophysiological mechanism of neurologic manifestations is not yet well understood. Evidence points to immune activation and inflammation within the central nervous system (CNS) at the acute stage, as supported by an up-regulation of immune cells e.g. activated T cells, natural killer cells and increase in interleukin-1 and 2 in cerebrospinal fluid (CSF).¹ However, viral RNA are not readily detectable in CSF from almost all of the living COVID-19 patients with neurologic manifestations.¹ One possible reason can be a transient infection of brain at the very early stage¹, but the exact reason is still unknown.

Another impact related to neurologic problem is the diffuse endothelial inflammation and coagulopathy provoked by the infection.¹ If severe in the acute

phase, this would cause some florid cerebrovascular events (CVA) for those with vulnerabilities.¹ Subtler forms of vascular dysfunction may cause thrombotic microangiopathy in the brain without apparent CVA symptoms, as suggested by findings in high-field magnetic resonance exam of the brain tissues.¹

For 'Long COVID', the symptoms are rather heterogeneous and the search for the mechanism behind is challenging. Whether it is related to an ongoing immune activation process or endothelial dysfunction from the acute infection remains a hot topic for research. Study in a UK Biobank cohort found focal regions of brain atrophy in individuals after documented COVID-19, compared to those without.¹ Positron emission tomography imaging studies also revealed reduced metabolic activity in the brain of 'Long COVID' patients.¹ These imaging abnormalities hinted that long lasting neuronal or brain damage may really occur and the consequences of COVID-19 infection shouldn't be underestimated.

Although no evidence is available yet about the COVID-19 vaccines' efficacy in preventing or altering the course or severity of neurological complications¹, their overall efficacy of mitigating the illness and mortality rate are well proven. As family doctors, we should always try to promote COVID-19 vaccinations among our patients as appropriate, in particular the elderly and those with chronic diseases.

References

1. Spudich, Serena, and Avindra Nath. "Nervous System Consequences of Covid-19." *Science*, vol. 375, no. 6578, 2022, pp. 267–269., <https://doi.org/10.1126/science.abm2052>.
2. Graham, Edith L., et al. "Persistent Neurologic Symptoms and Cognitive Dysfunction in Non-Hospitalized Covid-19 'Long Haulers.'" *Annals of Clinical and Translational Neurology*, vol. 8, no. 5, 2021, pp. 1073–1085., <https://doi.org/10.1002/acn3.51350>.
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Complied by Dr. David Cheng

ABOUT GUNPLA MODELLING

(Part I)

Dr. Ngai Ho Yin, Allen

I was invited to write up this article because when colleagues and friends are talking about me, besides musculoskeletal medicine and tennis, they always think about my gundam models!



I started making gundam models when I was 6 years old. I believe a lot of male colleagues around my age might watch this famous mechanic animation 40 years ago. As a child, I liked gundam very much. It was designed from an ancient Japanese warrior: its face looks like a warrior helmet,

it has two beam sabers carrying at its back, and it always carries a big shield. Its design was totally different from any other robots at that time, making it like real robot soldier participating in future wars. Its story was complicated, involving a lot of politics which a child at my age could hardly understand. Nevertheless, owning a gundam toy should be every boy's dream at that time. My mom bought me a gundam toy when I was 6 years old. However, the outlook of that expensive toy was far from what appeared in TV. Once I was window-shopping with my mom, I saw a very realistic 1/144 model being displayed in a model shop. I asked my mom to buy that model for me. And finally I was successful to persuade her to buy that \$9 model home.

However, after going back home and I opened the box, the model did not have any colour on it! I had to paint it myself and assemble it using a lot of glue. And you should know the result: my work was far from the beautiful pictures printed on the box! My mom then told me "Dearest son, the box is misleading. It only attracts naive boys like you. It's impossible to make such a \$9 model as beautiful as that shown on that box!" I didn't believe what my mom said, for I had seen a beautiful one being displayed in that model shop. So, I decided to learn how to make a gundam model as beautiful as it was illustrated on the box. And that's the beginning of my journey of gunpla-building.....



My first gundam toy (photo from google): appearance deviated a lot from animation



The first 1/144 Gundam model launched in 1980. HK\$9 at that time. But huge difference between box illustrations and the reality!

Why Not Buying Finished Toys – Matters of Obsession!

Nowadays, you can buy finished products easily in the market. And the quality of the finished toys are already very good. As a doctor, I believe most of us can afford to buy those toys without much financial difficulty. However, to me, building my own model always brings me more satisfaction. The finished work is unique, as I can modify the model's proportion, appearance, colours, etc. in the ways that I want. Moreover, as you have built increasing numbers of models, I guarantee you will find your techniques improving continuously, and your final work will catch the eyes of others.



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1/100 MG Wing Gundam Proto Zero
Modelled by Dr. Allen Ngai

MG 1/100 Wing Gundam Proto Zero. Upper one belongs to original box illustration. Lower photo belongs to my work, with colour re-design and additional panel-line crafting

Learning Curve

When I was in primary and secondary school, I used to hand-paint my models using water-based aqueous hobby color. At that time, buying an airbrush was very expensive and my family could not afford it. So you can

imagine the models I finished were very rudimentary. And I had a lot of frustrations, too. During the 5 years in medical school, I almost stopped making models because of study. And it was after my graduation from medical school in 1998 I picked up modelling again. I bought my first airbrush and air-compressor after I received my first-month salary in internship training. Although handling an airbrush was another expert field, I could start building "up-to-my standard" models.



My first airbrush bought during medical internship: Tamiya 0.3mm double-action airbrush bought in 1998 is still being used by me today

After passing the conjoint examination in 2003, I could spend more time in building gundam models. Since then, I have never ever stopped that. In 2004, I attended a modelling course conducted by a professional modeller who won a trophy in Asia Gunpla Modelling Competition – Ray sir. Ray sir inspired me a lot through his 10-session teaching, advancing my skills including colour-spraying, polishing, and modification to a next level. Afterwards, like our professional training in medicine, I have done tons of self-learning through reading Japanese modelling magazine (like medical journals!), searching experts' websites and viewing numerous video demonstrations through YouTube.



Master Grade 1/100 Gundam ver. Ka built in 2004, my finished homework after Ray sir's 10 teaching sessions



Some of my modelling textbooks and "journals"

to be continued

The Diary of a Family Doctor【家庭醫生的日常】

誰能明白我的「痛」 譚仲豪醫生

在滂沱大雨的一天，志華（化名）渾身濕透到診所求醫。眼前的志華，神情憂傷，臉上沾上的是淚還是雨，我已分不清楚。志華激動地哭訴：「醫生，我每天也活得很痛苦，也不知該向誰求救！為何我天生與他人不同？是我做錯了什麼？」

20歲的志華是大學工程系的三年級生。自中學時期，志華已發現自己與其他男生不同，正當「死黨」們開始對鄰校的校花產生興趣時，他心儀的對象正就是鄰班那高個子、五官標緻的籃球隊隊長。經歷幾年反覆的內心掙扎後，他漸漸接受了自己的同性戀傾向是與生俱來，亦改不掉，也藏不住。在大學一年級的那年，志華的初戀萌芽了，對象是位大他四歲的廚師——家威。

二人兩情相悅的快樂時光維持了兩年，但好景不常，這關係在一個月前被家威的媽媽發現了。在長輩的壓迫下，家威不得不和志華分手。志華嘗試到訪查問究竟，卻得來一碗閉門羹。家威媽媽更對他破口大罵：「難道你不懂什麼是『人要臉，樹要皮』？家威一向很乖巧，他不可能會『攬男人』，你纏著我的兒子只會給他壞影響！我們家絕不歡迎你！」志華頓覺無地自容，並漸漸感到無助和迷惘。

憶起小時候的「八卦雜誌」及電視劇情節總把同性戀者定型成為怪異的人，而友人常津津樂道地邊看邊笑。負面的回憶促使志華不敢把心中鬱結訴說他人，怕因此成為眾人的笑柄。儘管失戀後心中空乏，他也不敢顯露自己的愁緒，害怕當他最敬愛的父母發現箇中原因後對他指指點點，也怕會傷兩老的心，令他們失望。

無發釋懷的志華連夜失眠，連最愛的足球也不感興趣、美食當前也沒胃口。他每天仍硬著頭皮，像行屍走肉的如常出門、上課、吃飯後再回家。究竟在大學講堂中，教授說過什麼？大考和畢業論文應怎準備？那題算式要怎樣計算？志華全都記不清，他已無法集中精神繼續學習。腦海一片空白的志華，卻憶起與家威的關係好比數學書中那對曾經漸近、繼而相遇、最後從此無限分離的拋物線，低落的情緒亦告吹失控了...

在醫學角度上，志華正經歷失戀帶來的傷痛和一系列抑鬱症狀。與人不同的性取向雖給志華崎嶇難行的心路歷程，但本質上，同性戀並不是病。自1987年起，美國精神病學協會（The American Psychiatric Association）把同性戀從《精神疾

病診斷與統計手冊》（DSM）中完完全全移除，意味著它已在30年間被去病理化（depathologised）——不是疾病、人格障礙、精神疾病或情緒問題。反之，這只是性行為表現的其中一種。聽畢志華的經歷後，同理心令我明白到傳統文化和價值觀給他的巨大壓力，我亦感受到他心中那份說不出的矛盾、無奈和悲痛。

我明白到要解開志華的心結絕非易事。除了使用藥物去控制失眠等抑鬱症狀外，我亦深信「心病還需心藥醫」。作為全面的家庭醫生，我們深信「家」是病人康復的重要元素；以志華的情況而言，「家人的愛」也是一條打開心鎖的重要鑰匙。在志華的同意下，我邀請了志華的父母一同前來覆診商討病情。

外表嚴肅的志華爸爸，在一陣沉默過後，溫柔地開腔，道出了他的感受：「志華，你已長大成人了。有個像你一樣孝順的兒子，我和媽媽已心滿意足。把你養成人，其實我已經盡了我當父親的責任。我只寄望你將來能做個有用的人，服務社會。作為人父，我當然也希望你能像我一樣，有兒女伴你終老。但倘若不可能，我也希望你能健康快樂，平平安安地生活走你的路。」

志華驚愕地回答：「噢？難道你不會介意我的事嗎？」

志華爸爸：

「這些事我一早已知！你是我的兒子，或多或少，我也能感受到。見你近日心不在焉，其實我們也很擔心你。不過你平時不多談及自己，我們也不會主動討論。愛並沒有罪——我覺得其實愈了解此事的人愈應該寬容面

對，並希望大眾將來會更明白和接納不同的人 and 不同的愛。你是我們最疼愛的兒子，一起回家吧！媽媽今晚煮了你最喜歡的糖醋魚。」

從志華的故事，我親身見證了父母對兒女那份無私的大愛和接納，亦深深被感動。我很多謝我的工作能讓我見識了這一切。

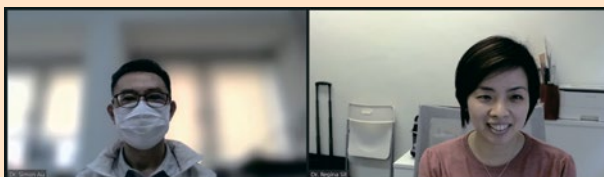
The Diary of a Family Doctor 家庭醫生的日常

Submission of articles to The Diary of a Family Doctor with up to 600 words in Chinese or 400 words in English are always welcome. Gift vouchers will be given as token of appreciation if the articles are selected for publication.
Email: FPLinks@hkcfp.org.hk

Meeting Highlights

Online Neuro-musculoskeletal Seminar on 29 January 2022

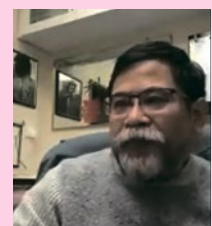
Dr. Sit Wing Shan, Regina, Specialist in Family Medicine; Associate Professor of Practice in Family Medicine, JC School of Public Health and Primary Care, Faculty of Medicine, the Chinese University of Hong Kong, delivered a lecture on "Evidenced-based Management of Knee Pain in Primary Care, Patellar mobilization and Prolotherapy".



A screenshot taken on 29 January 2022
Dr. Au Chi Lap (left, Moderator) and Dr. Sit Wing Shan, Regina (right, Speaker)

Online Medical Humanities Seminar on 5 February 2022

Dr. CHAN Suen Ho Mark, Family Physician in private practice; Coordinator of Mental Health and Psychiatry Interest Group, delivered a lecture on "The Influential Writer Series IV: Dr Viktor Frankl, Logotherapy in a Nutshell".



A screenshot taken on 5 February 2022
Dr. Chan Suen Ho, Mark (Speaker)



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Full Research Paper Competition

We cordially invite your participation in the **Full Research Paper Competition** of the HKPCC 2022. The Competition is a long-standing tradition of the College's Annual Conference to promote and recognize well-designed and innovative research which bears potential impact on clinical practice or development of primary care. This year, we will have TWO Awards:

AWARDS

Best Research Paper Award

Best Novice Research Paper Award

The HKPCC 2022 Organizing Committee will invite renowned scholars as judges to review the participating papers. Both winners will receive a **Certificate of Award** and will be invited to present their research papers at the conference.

Free Paper Competition

Apart from the Full Paper Competition, we also have the **Free Paper Competition** which sees many pioneering research ideas, pilot studies and thought-provoking case studies, commentaries and stimulating discussions. The Free Paper Competition is one of the highlights of the HKPCC and can be in the form of an **ORAL presentation** or **POSTER presentation**. We look forward to your active participation in the Free Paper Competition.

AWARDS

Best Oral Presentation Award.

Outstanding Poster Presentation Award.

Both the winners will receive a **Certificate of Award**.

Clinical Case Presentation Competition

Following on from the success of the previous years' HKPCC Clinical Case Presentation Competition, the Organizing Committee of the upcoming HKPCC 2022 is honored to organize the competition again this year!

The Presentation can be in the form of individual or group presentation with up to 5 people per group. The details of the competition are listed as below. We look forward to your active participation in the Clinical Case Presentation Competition.

AWARDS

The Best Presentation Award winner will receive a **Certificate of Award**.

QR Codes for further details

Full Research Paper Competition	Free Paper Competition	Clinical Case Presentation Competition
		

For enquiries, please do not hesitate to contact our conference secretariat, Ms. Agnes Kwong or Ms. Crystal Yung, at 2871 8899 or by email hkpcc@hkcfp.org.hk.

COMPETITION SUBMISSION DEADLINE

17 March 2022 (Thursday)

“We look forward to receiving your work!”

ASSESSMENT ENHANCEMENT COURSE (AEC) FOR FAMILY PHYSICIANS 2022

Please note the schedule of AEC sessions might be affected due to the outbreak of COVID-19 and the format might change to online platform if necessary. Announcement would further be made in case there is a change of schedule and/or format. Thanks.

Organizer	: Assessment Enhancement Sub-committee, Board of Education, HKCFP
Tutors	: Family Medicine Specialists, Fellows of HKCFP and RACGP
Supervisor	: Dr. Chan Chi Wai
Co-ordinator	: Dr. Lai Sheung Siu
Objectives	: <ol style="list-style-type: none"> 1. To improve clinical knowledge, problem solving and consultation skills through different workshops 2. To improve physical examination technique and clinic procedural skills through hands-on experience 3. To provide opportunity for inter-professional communication and social network expansion through self-help groups 4. To improve time management through simulated examination
Venue	: HKCFP Wan Chai office, Duke of Windsor Social Service Building and HKAM Jockey Club Building
Date	: 6 months' course starting from April 2022
Course Structure	: The course will consist of 4 main components: <ol style="list-style-type: none"> 1. Seminars 2. Workshops 3. Self-help Group Support 4. Mock Exam Seminars and Workshops will be arranged on Saturday afternoons (2:30 p.m. to 5:30 p.m.)
Accreditation	: Up to 15 CME points (Category 4.4) & 5 CPD points (Category 3.15) for the whole course
Course Fee	: Members : HK\$3,400 (Whole course) HK\$950 (Spot admission for each seminar or workshop only) All cheques payable to "HKCFP Education Ltd" All Fees received are non-refundable and non-transferable.
Capacity	: 50 doctors maximum
Enrolment	: Enrolment is now open. Registration form is available at College website: http://www.hkcfp.org.hk/pages_9_463.html . Please return the completed application and the cheque to the Secretariat for processing. Please contact the Secretariat, Ms. Teresa Liu or Ms. Windy Lau by email to education@hkcfp.org.hk or call 2871 8899 for details. Successful applications will be informed by email later.
Disclaimer	: All cases and answers are suggested by our tutors only. They are not standard answers for examination.
Remarks	: <ol style="list-style-type: none"> 1. Post-AEC training course (optional) will be organized for category 2 candidates who have enrolled in AEC if there is sufficient enrolment. 2. Please note the schedule of AEC sessions might be affected due to the outbreak of COVID-19 and the format might change to online platform if necessary. Announcement would be made in case there is a change of schedule and/or format.

Assessment Enhancement Course 2022 Timetable for Workshop

Date	Topics	Venue
23 April 2022 (Sat) 2:30 – 5:30 p.m.	Introduction	Room 802, Duke of Windsor Social Service Building, Wan Chai, Hong Kong
21 May 2022 (Sat) 2:30 – 5:30 p.m.	Approach to Physical Complaints	
11 June 2022 (Sat) 2:30 – 5:30 p.m.	Viva Practice: Enhance Interprofessional Communication	
16 July 2022 (Sat) 2:30 – 5:30 p.m.	Problem Solving Skills	
13 August 2022 (Sat) 2:30 – 5:30 p.m.	Proper Physical Examination & Common Clinic Procedures	
4 September 2022 (Sun) 2:30 – 6:00 p.m.	Mock Exam	HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Hong Kong

The Board of Education is pleased to let you know that there would be some online seminars to be conducted via the Zoom webinar platform in the coming months with the details below:

Online Seminars

Date and Time	Topics	Speakers	Moderators
2 Apr (Sat) 2:00 – 4:00 p.m.	Online Mental Health Seminar: 青少年心理健康需要與社區服務支援模式 Please note the lecture and presentation would be in Cantonese. <i>Organized by the Mental Health & Psychiatry Interest Group Interest Group</i>	鄭婷婷姑娘 香港青少年服務處 社工督導 李安妮姑娘 賽馬會平行心閣 - 香港青少年服務處 註冊社工	Dr. Chan Suen Ho, Mark
26 Apr (Tue) 2:00 – 3:00 p.m.	Diagnosis and Treatment of Onychomycosis in 2022 <i>Sponsored by Main Life Corporation Limited</i>	Dr. Chan Yung <i>Specialist in Dermatology and Venereology</i>	Dr. Lo Yuen Chung, Yvonne

QR Code for registration



Accreditation : 2 Apr : 2 CME Points HKCFP (Cat. 4.3)
2 CME Points MCHK (pending)
26 Apr : 1 CME Point HKCFP (Cat. 4.3)
1 CME Point MCHK (pending)

Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log)

Online Monthly Video Session

Date and Time	Topic
25 Mar (Fri) 2:30 – 3:30 p.m.	"Skin Care and New Treatment Options for Atopic Dermatitis" by Dr. Chan Yung
29 Apr (Fri) 2:30 – 3:30 p.m.	"An approach to patients with Renal impairment in Primary Care Setting" by Dr. Chan Siu Kim

QR Code for registration



Accreditation : 1 CME Point HKCFP (Cat. 4.2)
1 CME Point MCHK (pending)

Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log)

***CME points would be given for self-study at online recorded CME lectures only if participating doctors have not attended the same live CME lectures and completed the relevant quiz.**

Admission Fee : Member Free
(For all online seminars) Non-member HK\$ 100.00 for each session

For non-members, please contact the secretariat for registration details. All fees received are non-refundable nor transferable.

Registration Method : Please register via the registration link to be sent by email later or scan the QR code above. For enquiry about registration, please contact Ms. Katie Lam by email to education@hkcfp.org.hk or call 2871 8899. Thank you.

Notes :	On-site Events	Online Events
	<ol style="list-style-type: none"> All participants are required to fill-in all required information in the registration form and indicate their COVID-19 vaccination status. All information provided will be kept confidential and will not be disclosed to other parties. All participants must use the "LeaveHomeSafe" mobile application (LHS) before entering the venue. All participants are required to fill-in all information as stated on the health declaration form. The form would be sent later upon successful registration. On-site temperature check for each participant would be done before entering the venue. Participants with symptoms of fever (higher than 38 °C) and/or respiratory symptoms (e.g. cough, shortness of breath etc.) are not allowed to take part in the event and should seek medical attention promptly. All participants are required to put on surgical masks properly throughout the event. Please bring sufficient surgical masks for replacement if necessary. Please maintain good personal hygiene and use the alcohol handrub available on-site if needed. 	<ol style="list-style-type: none"> In case of over-subscription, the organizer reserves the right of final decision to accept registration. The link to join the webinar SHOULD NOT be shared with others as it is unique to each individual who has completed prior enrolment procedures. If additional attendee(s) is/are found using the same unique link to join the webinar with you, all attendees joining the lecture via your unique link would be dismissed. You can only login with one device at a time. CME point(s) would only be given to those on the pre-registration list and attended the lecture. Please note you can just attend ONE CME activity at a time. If it's found you are attending more than one CME activity simultaneously by the CME administrator later, you may NOT be able to receive the CME point(s). Members who have attended less than 75% of the length of the online lecture may not be able to receive CME. Final decision would be subject to the approval of the related Board / Committee. Please be reminded to complete and submit the *MCQs or survey after the session for HKCFP and MCHK CME point(s) accreditation. (*MCQs/ True or False Questions; 50% or above of correct answers are required) Please be reminded to check the system requirements beforehand to avoid any connection issues. Due to copyright issue, please note private recording of the lecture is prohibited. Registration will be closed 3 days prior to the event.

Structured Education Programmes

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

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
Wednesday, 06 April 2022			
14:30 - 17:30	Online at Yau Ma Tei GOPC/ East Kowloon GOPC/ Hung Hom Clinic/ Queen Elizabeth Hospital	Disinfection: Procedures and Equipment in Clinic Setting Dr. Tso Sau Lin & Dr. Ng Chi Ho	Ms. Emily Lau Tel: 3506 8610
14:30 - 17:00	Room 13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Clinical Approach to Limb Numbness with Case Illustration Dr. Tiffany Woo	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Online - Zoom	How to Break Bad News Dr. Chow Wing Man & Dr. Yang Tsz Ching, Kelly	Ms. Judy Yu / Ms. Cordy Wong Tel: 3949 3043 / 3949 3087
17:30 - 19:30	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Better Patient Communication Part 2 Dr. Wong Kwok Hoi & Dr. But Lucille Caitlin & Dr. Leung Wai Chung, Rachel	Mr. Alex Kwok Tel: 5569 6405
Thursday, 07 April 2022			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Function before Form - Hospital Design for the New Era Dr. Lam Wai Yiu & Dr. Ip Chung Ho	Ms. Eliza Chan Tel: 2468 6813
Wednesday, 13 April 2022			
14:30 - 17:30	Online at Yau Ma Tei GOPC/ East Kowloon GOPC/ Hung Hom Clinic/ Queen Elizabeth Hospital	Requirement of QA, CME, CPD, and other Postgraduate Study in FM & General Practice Dr. Lo Chak Yui & Dr. Chan Hue Yan, Stephanie	Ms. Emily Lau Tel: 3506 8610
14:30 - 17:00	Room 13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Dental Service in Hong Kong Dr. Chiu Kwan Ki	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Online - Zoom	Compliance and Patient Centered Care Dr. Fung Wai Yee & Dr. Chung Yi On, Shalom	Ms. Judy Yu / Ms. Cordy Wong Tel: 3949 3043 / 3949 3087
17:30 - 19:30	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Cases From Medical Protection Dr. Tong Hiu Tung, Christy & Dr. Leung Wai Chung, Rachel	Mr. Alex Kwok Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital	Occupational Therapy- Cognitive and Pressure Injury Management Dr. Matthew Lee	Ms. Cherry Wong Tel: 2589 2337
Thursday, 14 April 2022			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Common Sport-related Injury in Primary Care - Traumatic or Overuse in Upper Limb Dr. Lam Sze Yan & Dr. Ho Chung Yu	Ms. Eliza Chan Tel: 2468 6813
Wednesday, 20 April 2022			
14:30 - 17:30	Online at Yau Ma Tei GOPC/ East Kowloon GOPC/ Hung Hom Clinic/ Queen Elizabeth Hospital	Common Symptoms in Medicine and Geriatrics (3) (Arthralgia, Ankle Edema) Dr. Li Chun Ying, Janice & Dr. Lam Wai May, Josephine	Ms. Emily Lau Tel: 3506 8610
14:30 - 17:00	Room 13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Cleaning, Disinfection and Sterilization in a Clinic Dr. Chan King Hang	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Online - Zoom	Trauma and Stressor-Related Disorders Dr. Lui Tsz Yin & Dr. Nicole Wong	Ms. Judy Yu / Ms. Cordy Wong Tel: 3949 3043 / 3949 3087
17:30 - 19:30	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Critical Appraisal Dr. Li Kwok Ho, Eric & Dr. Ng Ka Wai, Will	Mr. Alex Kwok Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital	Nurse Led Clinic- SCCC Dr. Pang Sze Ching Esther	Ms. Cherry Wong Tel: 2589 2337
Thursday, 21 April 2022			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	How to Upkeep the role of Family Physician in Gate Keeping and Professional Communication Dr. Chan Yin Yue & Dr. Jor Hon Man	Ms. Eliza Chan Tel: 2468 6813
Wednesday, 27 April 2022			
14:30 - 17:30	Online at Yau Ma Tei GOPC/ East Kowloon GOPC/ Hung Hom Clinic/ Queen Elizabeth Hospital	Patient Education Dr. Yu Kwun Nam & Dr. Yeung Chin Fung	Ms. Emily Lau Tel: 3506 8610
14:30 - 17:00	Room 13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Approach of Breaking Bad News in Consultation Dr. Wong Tsz Yan	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Online - Zoom	Smoking Cessation Dr. Chen Tsz Ting & Dr. Jessica Cheung	Ms. Judy Yu / Ms. Cordy Wong Tel: 3949 3043 / 3949 3087
17:30 - 19:30	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Common Geriatric Psychiatric Problems Dr. Mak Ho Yin & Dr. Ng Ka Wai, Will	Mr. Alex Kwok Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital	Psychological and Psychiatric Symptoms in Children Dr. Ada Lee	Ms. Cherry Wong Tel: 2589 2337
Thursday, 28 April 2022			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Clinical Approach to the Patient's Complaint - Shortness of Breath with Cases Illustration Dr. Hsu Kwok Fai & Dr. Ho Tsz Bun	Ms. Eliza Chan Tel: 2468 6813

The FP Links Editorial Board would
like to thank all
readers, contributors, sponsors and
the College Secretariat for their
tremendous support.

Wishing you all



Happy
Easter

The FP Links Committee

COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Mar	28	29	30 2:00 – 7:30 p.m. Structured Education Programme	31 4:00 – 6:00 p.m. Structured Education Programme 9:00 p.m. Board of Conjoint Examination Meeting	1 Apr	2 2:00 – 4:00 p.m. Online Mental Health Seminar
3	4	5	6 2:00 – 7:30 p.m. Structured Education Programme	7 4:00 – 6:00 p.m. Structured Education Programme	8	9
10	11	12	13 2:00 – 7:30 p.m. Structured Education Programme	14 4:00 – 6:00 p.m. Structured Education Programme	15	16
17	18	19	20 2:00 – 7:30 p.m. Structured Education Programme	21 4:00 – 6:00 p.m. Structured Education Programme 8:30 p.m. HKCFP Council Meeting	22	23 2:00 – 5:30 p.m. Assessment Enhancement Course
24	25	26 2:00 – 3:00 p.m. Online Seminar	27 2:00 – 7:30 p.m. Structured Education Programme	28 4:00 – 6:00 p.m. Structured Education Programme 9:00 p.m. Board of Conjoint Examination Meeting	29 2:30 – 3:30 p.m. Video Session	30
1 May	2	3	4 2:00 – 7:30 p.m. Structured Education Programme	5 4:00 – 6:00 p.m. Structured Education Programme	6	7

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

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