

THE HONG KONG COLLEGE OF FAMILY PHYSICIANS



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Message from the President

The 35th Fellowship Conferment and Diploma Presentation Ceremony and the 32nd Dr. Sun Yat Sen Oration of the Hong Kong College of Family Physicians was held at the Hong Kong Academy of Medicine Jockey Club Building on 14 August 2022. We are thankful that Adjunct Prof. Karen Price, the President of the Royal Australian College of General Practitioners, has delivered her welcome speech online during the Ceremony. Many a times, Prof. Price has reiterated RACGP's strong support towards further strengthening the collaborations between our two Colleges, in enhancing the quality of Family Medicine training and assessment in Australia and in Hong Kong. And we look forward to working closely with the RACGP in the years to come. I would like to congratulate our new Honorary Fellow, Conjoint Fellows, successful candidates of the Exit Examination and Diplomates of Family Medicine as the Conferment Ceremony is a very special occasion to recognise their hard work and dedications over the years and to celebrate their great achievements. There were over two hundred participants attending this year's Conferment Ceremony.

As the issues relating to population ageing are mounting, the healthcare burden of degenerative conditions is also on the rise. And Osteoarthritis (OA) of the knee is a common encounter in primary care practice. The Hong Kong College of Orthopaedic Surgeons recently issued a position statement on the management of Osteoarthritis of the knee. (https://www.hkcos.org.hk/Position-statement.asp) The statement has put forward various aspects of management of the condition, from non-surgical

interventions which include non-pharmaceutical management and pharmaceutical management, to surgical interventions. It provides a timely and succinct reference for clinicians who would be managing patients



affected by this degenerative condition.

In response to the recent resurgence of the COVID-19 fifth wave cases, the Tele-health Hub of Hospital Authority (HA) has been upgraded to provide tele-consultation service which has gone live since July 2022. This new mode of service has been integrated into HA Designated Clinics system serving COVID-19 confirmed patients via HAGo. It provides an alternative to the traditional face-to-face consultation service aiming at relieving the anticipated rise in service demand due to the rebound of cases seen recently. Patients seeking the new tele-consultation service should be clinically stable with mild or minimal symptoms.

The Centre of Health Protection (CHP) of the Department of Health has reported that the World Health Organisation (WHO) had declared the multicountry/place monkeypox outbreak as a Public Health Emergency of International Concern in July 2022. (https://www.chp.gov.hk/en/features/105683. html) Monkeypox is caused by the monkeypox virus. It could be spread to humans through infected animals, infected humans, or contaminated materials. In

(Continued on page 2)

Message from the President (Con't)

(Continued from page 1)



HKCFP 45th Anniversary gift

previous monkeypox outbreaks, the case fatality has been between 1-10%. In addition, the CHP has also appealed for vigilance against Malaria after a surge of imported cases has been recorded within the recent month. (https://www.chp.gov.hk/files/pdf/letters_to_private_hospitals_20220805.pdf)

Malaria is caused by a group of Malaria parasites commonly found in tropical and sub-tropical cares. Transmission is via a female anopheline mosquito that gets infected by biting an infected person. It then passes on the disease when it bites another person. Malaria could also be transmitted through contaminated blood or blood products. The WHO advises people travelling to malaria-endemic places to have chemoprophylaxis.

In celebration of the 45th Anniversary of our College, we have ordered a set of surgical masks with College logos. For your advanced information, these masks would be sent out to College members in September. Happy 45th birthday to HKCFP!

Please keep well and stay safe.

Dr. David V K CHAO

President

Specialty Board News

Pre-Exit Examination Workshop – For 2023 Exit Examination (Hybrid Event)

The Specialty Board is pleased to announce the Pre-Exit Examination workshop on Exit Examination of Vocational Training in Family Medicine. The workshop will give participants an insight into the preparation of the Exit Examination. ALL candidates who are preparing to sit for the Exit Examination 2023 are strongly encouraged to attend. Clinical supervisors, FM Trainers and Examiners are also welcome via ZOOM.

Date : 26 August 2022 (Friday)

Time : 7:00 – 9:00 p.m.

Speakers: Segment Coordinators of Specialty Board

Participants: 1. For Higher Trainees and Potential candidates of Exit Exam

- 2. For all Exit Examiners, Exit Trainee Examiners, Clinical Supervisors and Mentors of candidates
- * Demonstration videos for CSA segment will only be shown to potential candidates who physically attend the seminar. The video will not be shared and uploaded online.
- * Limited seats are available at the venue. Priority will be given to potential candidates of the 2023 Full Exit Exam

For registration, please submit the registration form online or contact the board secretaries, Mr. John MA or Ms. Alky YU by email to exit@hkcfp.org.hk.

Yours Sincerely,

Dr. Wendy Tsui Chairlady, Specialty Board



Enrolment

Board of Vocational Training and Standards News

Basic Training Introductory Seminar

A Basic Training Introductory Seminar will be held in October 2022 for all newly enrolled basic trainees, existing trainees and clinical supervisors. The seminar is designed to help basic trainees and supervisors understand and get more information of our training programme.

Details of the seminar are as follows:

Speakers : Dr. Fok Peter Anthony (Chairman of Basic Training Subcommittee)

Dr. Yiu Yuk Kwan (Chairman of Board of Vocational Training and Standards)

Date : 6 October 2022 (Thursday)

Time : 8:00 p.m.

Venue : 802, 8/F Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai

In case of escalating situation of COVID-19, the seminar would be rescheduled or changed to online platform. Further announcement will be made in due course.

In order to facilitate the administration arrangement on social distancing measures in consideration of the COVID-19 pandemic, registration is REQUIRED. Please fill up the form via scanning the QR code:



Reminder: Submission of Application for Certification of Completion of Basic Training

To those who will complete basic training,

You are advised to apply for the Certificate of Completion of Basic Training within 3 months upon the completion of the four-year Basic Vocational Training. Please submit the application and training logbook to the college office during office hours. Late submission will be charged an annual training fee.

Should you have any enquiries, please contact Ms. Maggie CHEUNG or Ms. Kathy LAI at 2871 8899.

Basic Training Subcommittee
Board of Vocational Training and Standards

Reminder: Application for Recommendation for Exit Examination 2023

To all Higher Trainees,

For those who prepare to sit for the 2023 Full Exit Examination, please submit the application letter and the checklist for recommendation for Exit Examination before **30 September 2022.** Late applications **WILL NOT** be entertained.

Should you have any enquiries, please contact Ms. Maggie CHEUNG or Ms. Kathy LAI at 2871 8899.

Higher Training Subcommittee Board of Vocational Training and Standards

Board of Diploma in Family Medicine (DFM) News

The Board of DFM is pleased to announce that the following candidates have successfully passed the Clinical Examination of the 20th Diploma Course in Family Medicine 2021-2022.

Dr. CHAK Shu Kwan Alex Dr. FONG Wai Dr. LI Chi Dr. WONG Yee Hang Arthur

Dr. CHAN Chun Man Dr. HUEN Lok Lam Dr. LI Wing Hei Dr. WU Kit Wah

Dr. CHAN Ka Ming Dr. LAI Chi Lun Dr. LUK Hoi Yee Dr. YONG Hun Yue Rosalind

Dr. CHAN Ka Wai Dr. LAM Ming Yin Alison Dr. LUK Wai Kwok Dr. YU Kwun Nam

Dr. CHAN Kwan Yee Katy* Dr. LAM Po Yan Richard Mieski Dr. MAK Shen Rong Sharon

Dr. CHEONG Shao Nean Dr. LEE Angela Wai Kay Dr. POON Mimi

Dr. CHU Yee Ting Dr. LEUNG Cheuk Yiu Dr. SIU Ka Hin

*passing with distinction

Congratulations to all successful candidates!

Dr. Au Chi Lap Chairman, Board of DFM



UNIVERSITY HEALTH SERVICE

Medical Officer (Ref. 22051615-IE)

The University Health Service (UHS) of The Hong Kong Polytechnic University is a community-based Family Medicine training centre, as accredited by The Hong Kong College of Family Physicians. UHS provides primary care to students, staff members and their dependants and other eligible users. The University invites applications for the Medical Officer post in UHS. Duties: provide primary health care, health counselling, promote health education and perform administrative Qualifications: registrable with The Medical Council of Hong Kong and fluency in spoken English and Cantonese. A higher qualification in Internal Medicine, Emergency Medicine and/or Family Medicine is an advantage. Doctors enrolled in vocational training in Family Medicine are also welcome. Please visit http://www.polyu.edu.hk/uhs/en for more information about UHS. Post specification and online application are available on PolyU's career website (https://jobs.polyu.edu.hk/management). Application closing date: Consideration of applications will commence on 29 August 2022 until the position is filled.

PolyU is an equal opportunity employer committed to diversity and inclusivity. All qualified applicants will receive consideration for employment without regard to gender, ethnicity, nationality, family status or physical or mental disabilities.

FP Links Committee News

Time to Go Green

The Hong Kong College of Family Physicians always encourages the use of the electronic copy to replace printed copy in order to reduce paper consumption. Since 2009, all issues of Family Physicians Links (FP Links) have been accessible from college website http://www.hkcfp.org.hk/fplinks_40.html

To be in line with the College's Go Green policy, College members would be recommended to obtain our FP Links ONLINE from now on.

Members who would like to stop receiving physical copies of FP Links in future, please scan the QR code and unsubscribe from our hard copy database. Mailing of FP Links will be discontinued from the following month onwards.

Please join us together in reducing paper consumption and helping conserve natural resources!

For enquirie, please contact the College Secretary at 2871 8899.

HKCFP Secretariat

The Hong Kong College of Family Physicians

Address: Rooms 803-4, HKAM Jockey Club Building,

99 Wong Chuk Hang Road, Aberdeen

Email: membership@hkcfp.org.hk

Fax : 2866 0616



Membership Committee News

The Council approved, on recommendation of the Chairlady of the Membership Committee, the following applications for membership in **June - July 2022**:

New Application

Associate Membership			
Dr. HO Shun Ying	何	舜	英
Dr. LAI Pui Ching, Joyce	黎	珮	澄
Dr. LAU Hiu Fung, Hugo	劉	曉	峰
Dr. LI Chun Fai	李	俊	輝
Dr. TONG Tin Yan, Emily	唐	天	恩
Non-HKSAR Membership			
Dr. KU lo Weng	古	耀	榮
Dr. PANG Yi Yin	彭	伊	嬿
Student Membership			
Miss CHAN Wai Yin	陳	蔚	然
Miss CHENG Pui Ki, Melanie	鄭	珮	麒
Miss CHEUNG Chi Yan	張	至	恩
Miss HO Ching Ting	何	靜	婷
Mr. HO Chun Ning, Gene	賀	俊	寧
Miss KWOK Jane	郭	蓁	蓁
Miss LAM Wai Sum, Janice	林	慧	心
Miss LAU Shi Wa	劉	\pm	
Miss LAU Tsz Ying	劉	祉	
Miss LI Sin Ting	李	倩	婷
Miss LIAO Pak Yiu	廖	栢	瑤
Miss LOUIE Janine Ming-Rui	雷	明	睿
Miss MUI Tsz Yin, Charlotte	梅	梓	絃
Miss SHAM Pui Sze	岑		思
Mr. SUNG Tsz Wang		子	
Miss TSUI Lok Yi		樂	宜
Mr. UY Wilson Wing Yiu	黃	永	耀

Transferral

Mr. WONG Ching Him Miss WONG Hei Nga Mr. WONG Wang Chun

Student to	Associate	Members	hip

Dr. TSE Ping Yu, Clarice	謝	娉	瑜
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黄 宏

Resignation

Associate Membership

7 too o clate i leilinger o liip			
Dr. KONG Siu Ming	江	少	明
Dr. LI Ting Bong, Thomas	李	定	邦
Dr. TSUI Tsz Kwan	徐	梓	筠

Termination

rermination			
Affiliate Membership			
Ms. HUI Yun Ho	許	潤	好
Ms. YEUNG Wai Yee	楊	慧	儀
Full Membership			
Dr. LI Ping Chit	李	炳	哲
Dr. MA Che Kwan, Louis	馬	子	軍
Fellowship			
Dr. TONG Moon Tong	湯	滿	堂
Dr. TSE Wing Man	謝	穎	雯
Associate Membership			
Dr. AU Kam Wah	品	錦	華
Dr. BHENDE Kalpana Avinash			
Dr. BUT Lucille Caitlin	畢	志	晴
Dr. CHAN Cheuk Lok	陳	卓	洛
Dr. CHAN Chim Yiu	陳	佔	耀
Dr. CHAN Leong Ting	陳	亮	廷
Dr. CHENG Ka Yan, Catherine	鄭	嘉	恩
Dr. CHEONG Tsz King	張	子	敬
Dr. CHEUNG Chun Lam	張	鎮	林
Dr. HUNG Fung	洪		鋒
Dr. JIANG Yu	蔣		宇
Dr. KELLY Sara Jane	祈	樂	容
Dr. KWOK Man Wah	郭	文	華
Dr. KWOK Yu Nien, Colin	郭	宇	餋
Dr. KWONG Kam Tim, William	鄺	錦	添
Dr. LAM Mei	林		薇
Dr. LAM Wai Kwong	林	偉	光
Dr. LAU Ka Fai, Tony	劉	家	輝
Dr. LEUNG Ka Wing, Karen	梁	嘉	穎
Dr. LEUNG Kai Kong	梁	啟	剛
Dr. LEUNG Man Keung	梁	文	強
Dr. LEUNG Mei Tak	梁	美	德
Dr. LEUNG Sau Chun	梁	寸	真
Dr. LO Cheuk Yin		卓	- 1
Dr. NG Hoi Ling, Helen	吳		鈴
Dr. NG Kar Lai	吳	家	麗
Dr. POON Man Kay	潘	文	基
Dr. SCHRADER Hans Franciscus Jozef			

Membership Committee News (Con't)

Associate Membership (Con't)

Dr. SHUM Po Ying	岑	寶	瑩
Dr. SIU Sheung Yan, Patty	邵	上	恩
Dr. SZE Ngai Lam, Katherine	施	毅	林
Dr. SZE Tin Kap	施	天	級
Dr. TOA Wai Lung	陶	偉	龍
Dr. TONG Man Chiu	湯	敏	超
Dr. TSANG Chun Au	苗	振	鲰
Dr. TSANG Ho Yim	苗	灝	嚴

Dr. TSANG Tsz Lok, Charlotte	並目	子	洛
Dr. WONG Lo Lo, Louise	黄	璐	璐
Dr. WONG Ping Kwan	王	秉	鈞
Dr. YIP Wan Ha	葉	韻	霞
Dr. YUNG Wang Tat, Brian	容	宏	逹

Non-HKSAR Membership

Dr. AU Tak Wai	品	德	偉
Dr MACEEM Ouroachi			

Dr. WASEEM Qureeshi

Dr. ZHU Yan Yan 朱 燕 燕

The Diary of a Family Doctor【家庭醫生的日常】

《驚恐》

冼銘全醫生

26歲男士,情緒很低落和焦慮,由同事轉介過來 跟進。

我 : 「最近有咩令你好難受?」

男士:「最近女朋友提出分手。已經一齊兩年啦,一齊咗就應該一世唔分開,所以佢咁提出嘅我真係接受唔到,雖然佢一直對我好苛刻。」這個想法如果出自上兩代的人,我可以理解。但出自一位年輕男士,就有點特別了。這類想法也隱約透出某些性格特質,和他的家庭及成長一定有關。

我 : 「你有幾多兄弟姊妹?」

男士:「我係獨仔。」

我 : 「細個時父母對你點樣?」

男士:「爸爸成日打我,好細個開始已經打。媽媽都有打但係冇爸爸打得咁緊要。一有唔啱佢哋心意嘅就打。到10幾歲我有返咁上下大隻佢先打我唔過。」他現在身形魁梧,但藏着的是一顆驚恐的心。

: 「你一定經歷好多難受同不安。你點睇你

父母?」

男士:「佢哋啲情緒都唔好,我都唔知點樣幫佢

吧。」

我:「你又擔心父母又對佢哋憎恨,又愛又恨 呢種感覺真係好難受喎!」 **男士**: 「係呀,但父母冇得揀。以前我一聽到佢返屋企開門鎖嘅聲我就開始心跳同氣促, 之後就成日無端端有嗰啲心跳嘅attack。我 咁多年一直唔知可以點處理呢啲感覺。」

我 : 「而家父母點樣?」

男士:「佢哋而家喺英國,感覺佢哋年紀大咗好 似成熟咗,唔再暴躁,會關心我喺香港嘅 生活。我原諒咗佢哋。」

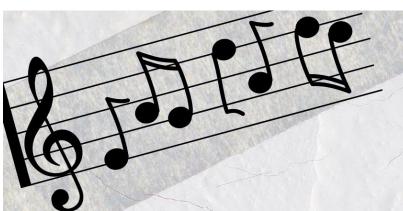
我:「咁就好,你依家可以做番自己喇!你一直以來經歷的是驚恐症(panic disorder)。人類需要「緊張」去保護自己,但太多緊。就會令神經系統紊亂因而產生很多病徵。你試吓由今日開始,與慢慢深呼吸同放鬆。」 一下,數值,然後感受佢,慢慢深呼吸同放鬆的。 一下,個是醒。慢慢呢啲發作會減少。而你最近經歷嘅係適應問題(adjustment problem),有啲係來自你嘅單一想法,試下學習一下,問吓自己想要乜嘢,容許自己有選擇,容許一切都有改變。」

我到了SSRI,於的了到包量了SSRI,你的多解難他他括。,大説我 O 我感,的人人,大説我 O 我感,的人人。手力內內。

The Diary of a Family Doctor家庭醫生的日常

We welcome articles on interaction with patients in your daily practice.
Submissions up to 400 words in English or 600 words in Chinese are always welcome.
Email: FPLinks@hkcfp.org.hk

我



YOUNG DOCTORS COMMITTEE, HKCFP



Online Live Music

By our music band FM²
Theme: Love & Care

ZOOM 6-7:15 PM 21 AUG 2022

This virtual event aims to support doctors who have been working hard to combat against the outbreak of COVID 19.

Audience can request songs at the last part of the show.

ast part of members

Register before the event

Two Cases with Heart Murmur

Dr. Thomas Dao,

Coordinator, Point-of-care Ultrasound Interest Group, Board of Education, HKCFP
Associate Consultant, Department of Family Medicine and Primary Health Care, Kowloon West Cluster

Dr. Patrick Tsai, Resident, Department of Family Medicine and Primary Health Care, Kowloon West Cluster

In this issue of the POCUS corner, we are going to illustrate how bedside echocardiography could help to differentiate and pick up some important cardiac structural abnormalities. We will be showing two cases of undiagnosed congenital heart diseases seen in our general outpatient clinic presented with different cardiac symptoms.

Case 1

Mr. Tai is a 71-year-old gentleman with history of hypertension, diabetes, hyperlipidemia and stage Illa chronic kidney disease. His chronic medications include amlodipine, atenolol, losartan, glipizide, empagliflozin and simvastatin. He complained of ankle swelling for 6 months with no recent adjustment of his medication regime. He did not have other symptoms of congestive heart failure such as dyspnea on exertion, orthopnea or paroxysmal nocturnal dyspnea. He did not have angina. Physical examination showed bilateral pitting ankle edema with varicose veins. On cardiac auscultation, a localized pansystolic murmur was heard at left lower sternal border at grade 3/6. Electrocardiogram and chest X-ray were unremarkable.

Bedside echocardiogram was done to delineate the nature of heart murmur. The systolic functions of both left and right ventricles were normal. There was a small 3.8mm perimembranous ventricular septal defect (VSD) noted (Fig 1a-1c) with left to right shunt. There was no significant hemodynamic disturbance. Small VSD without significant shunting, progressive aortic regurgitation or history of infective endocarditis (IE) could be managed conservatively without surgery¹. He was referred to cardiologist to continue follow-up. He was also advised to maintain a good oral health and have regular dental care as VSD is predisposing factor for IE. According to the latest guideline, antibiotics prophylaxis is not necessary for VSD (acyanotic congenital heart disease) prior to dental procedures².

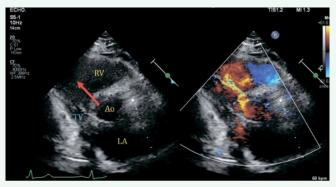


Figure 1a: Parasternal short-axis view showing an abnormal jet (red arrow) flowing from aorta (Ao) to right ventricle (RV).

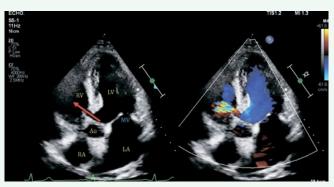


Figure 1b: Apical 5-chamber view showing an abnormal jet (red arrow) flowing from left ventricle (LV) to right ventricle (RV).



Figure 1c: Zoomed view on ventricular septal defect measuring 3.8mm.

Video link: https://youtu.be/vlIWZGCp5Ck



Case 2

Ms. Choy is a 16-year-old lady with good past health. She had past medical history of allergic rhinitis, scarlet fever in 2011 and alopecia areata. She was not on any chronic medication. She complained of palpitation for 3 months after she received the 2nd dose of BioNTech vaccination in March 2022. Each episode lasted for 5-10 minutes with no associated dizziness or syncope. She did not have angina. There were no symptoms of thyrotoxicosis, anemia or congestive heart failure. Her exercise tolerance was normal. She could go hiking for 3 hours without any dyspnea. Physical examination showed no pallor or cyanosis. On cardiac auscultation, there was fixed splitting of 2nd heart sound. A localized ejection systolic murmur was heard at left upper sternal border with grade 2/6. Electrocardiogram (ECG) showed ventricular rate 76 beats/ min with incomplete right bundle branch block (RBBB).



Fig 2a: 12-lead ECG showing incomplete RBBB.

Bedside echocardiogram was done to look for structural abnormality over the right heart. The systolic functions of both left and right ventricles were normal. The right ventricle was grossly enlarged (Fig 2b-c). Normally the right heart should be smaller than left heart on apical 4 chamber view (Fig 2c). There was a secundum atrial septal defect (ASD) noted with left to right shunt (Fig 2c-d). She was referred to Pediatrician for further management and imaging. Small ASD can be closed percutaneously while a large ASD requires open-heart surgery¹. It is important as a family physician to watch out for rarer causes of palpitation, particularly with heart murmur and abnormal ECG changes. It is also crucial to recognize that any cardiac symptoms from an adolescent could be the first presentation of an undiagnosed congenital heart diseases like an ASD. If the ASD is left untreated, serious complications including pulmonary hypertension, right ventricular failure and Eisenmenger syndrome could occur.



Figure 2b: Parasternal long-axis view showing a grossly dilated right ventricle (RV).

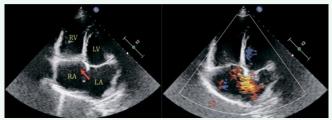


Figure 2c: Apical 4-chamber view showing right ventricle (RV) is larger than left ventricle (LV), and an abnormal jet (red arrow) flowing from left atrium (LA) to right atrium (RA).

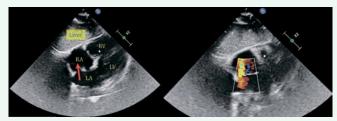


Figure 2d: Subcostal 4-chamber view showing the ASD jet (red arrow) from left atrium (LA) to right atrium (RA).

Video link:

https://youtu.be/g1zQrniEd6M



In summary, atrial or ventricular septal defects could present as incidental finding if the defect is small and does not cause any significant hemodynamic disturbances, or present with heart failure symptoms when the ventricular function is impaired. Bedside echo could augment our physical examination and patients could have a timely referral for further assessment by cardiologists. Our POCUS interest group is going to organize some workshops on cardiac and abdominal ultrasound later this year. Stay tuned!

Abbreviation used in the figures:

LA – Left atrium ; RA – Right atrium ; LV – Left ventricle ; RV – Right ventricle ; Ao – Aorta

MV – Mitral valve ; TV – Tricuspid valve

Reference:

- KK Stout et al. 2018 AHA/ACC Guideline for the Management of Adults With Congenital Heart Disease. Circulation. 2019;139:e698–e800
- WR Wilson et al. Prevention of Viridans Group Streptococcal Infective Endocarditis: A Scientific Statement From the American Heart Association. Circulation. 2021;143:e963–e978

Family Doctors Column

Case Sharing: What if the PCR results are Equivocal?

Dr. John-Hugh Tam, Specialist in Family Medicine

Background Scenario:

Ms. A, a 46-year-old hospital supportive staff with unremarkable past health, attended our staff clinic complaining of 2 days' history of upper respiratory symptoms with mainly mild cough, runny nose and mild sore throat. There was no associated fever, shortness of breath, chest discomfort, loss of taste and smell. She was otherwise well.

On enquiry, she did not report of any past history of COVID infection nor any related contact history. As a staff serving Hospital Authority, she also claimed to have done Rapid Antigen Test (RAT) daily, from which recent tests (including the one done that very morning) all turned out to be negative. Physical examination also showed unremarkable finding.

I have also checked in Ms. A's vaccination history, from which she had already completed 3 doses of BioNTech vaccines with last dose received around 1 month ago.

In view of the clinical presentation, I supplied Ms. A with appropriate symptomatic treatment, as well as ordering of investigation, namely deep throat saliva (DTS) test for reverse-transcription polymerase chain reaction (RT-PCR) assay for SARS-CoV-2 virus.

Ms. A had her sample submitted in the same afternoon and our laboratory had been very efficient to return the result within 24 hours, with result showing:

• RT-PCR for SARS-CoV-2: Equivocal result

Due to the uncertain result, the attending Dr. who received the report proceeded with repeating the test once more immediately. Again, the second test had been done on the immediate day after the initial consultation, returning with "equivocal" result again....

So how might this be?

In view of the diagnostic dilemma, I have contacted the on-duty microbiologist for her opinion after explaining the clinical situation. From which I had received the comment that equivocal test results mean the results "could not be interpreted as positive or negative because they are below the limit of detection". There are many reasons for this and may include:

- There is an immune response but it's not strong enough to give a positive result, i.e. with a sample of "very high cycle threshold (CT) value", which may be due to:
 - Very early (e.g. pre-symptomatic detection) or late stage of infection
 - Suboptimal sample collection
 - Lower respiratory tract disease only
 - RNA detection from a long-resolved infection
- Analytical false positive.

How to resolve the situation?

After discussion with the microbiologist, I have learnt that despite the possibilities raised, only clinical evaluation the patient can tell which of these is likeliest. The best way to distinguish what Ms. A is concurrently undergoing is to correlate back to the clinical picture with further serial monitor her of DTS. Since Ms. A was at the beginning of her acute symptoms, and with background knowledge of known rapid progress of the disease course of COVID, further "serial repeat" of DTS (i.e. after 24-48 hours) would help give a clearer conclusion (e.g. to distinguish true acute COVID-19 infection with pre-symptomatic detection vs symptoms from an unrelated infection/condition), such that:

- If DTS becomes "not detected", or remains "equivocal": then chance of a concurrent early stage infection is low, and we would regard Ms. A "not as a case of current COVID-19 infection" and the presenting symptoms would be from an unrelated infection/ condition (** Also, the chance of "lower respiratory tract disease only" mentioned above would be unlikely as patient did present with URI symptoms).
- Yet, if the DTS re-test turns into "detected", then treat as active infection and act accordingly.

Our team had taken her advice and re-ordered a new DTS for Ms. A after a 2 days' wait. She was also given advice on proper sampling methods for DTS to rule out the chance of suboptimal sample collection. At the same time she was also reminded on general hygiene measures and to stay vigilant on her clinical symptoms and any condition change.

Finally, further serial results still remained equivocal, and we regarded Ms. A NOT as a case of concurrent COVID infection, possibly due to an unrelated infection/condition, whilst her equivocal results might have been due to a past-resolved subclinical infection. During subsequent follow-up, Ms. A's upper respiratory symptoms had already resolved at follow-up a week afterwards.

Further Reference:

- Kortela E, Kirjavainen V, Ahava MJ, Jokiranta ST, But A, Lindahl A, Jääskeläinen AE, Jääskeläinen AJ, Järvinen A, Jokela P, Kallio-Kokko H, Loginov R, Mannonen L, Ruotsalainen E, Sironen T, Vapalahti O, Lappalainen M, Kreivi HR, Jarva H, Kurkela S, Kekäläinen E. Reallife clinical sensitivity of SARS-CoV-2 RT-PCR test in symptomatic patients. PLoS One. 2021 May 21;16(5):e0251661. doi: 10.1371/ journal.pone.0251661. PMID: 34019562; PMCID: PMC8139477.
- Congrave-Wilson Z, Lee Y, Jumarang J, et al. Change in Saliva RT-PCR Sensitivity Over the Course of SARS-CoV-2 Infection. JAMA. 2021;326(11):1065–1067. doi:10.1001/jama.2021.13967
- 3. https://www.muscpathlab.org/clinical-labs/covid-19-testing/molecular-diagnostic-tests/equivocal-results

Telecommunications - Experience Sharing in NTEC FM and more

Introduction

Although COVID-19 has sadly made a negative impact on our socio-economical growth, it indeed has impacted us in a positive way in terms of our development in medical telecommunications. During this pandemic we have extended our use of telecommunication in a versatile way.

Limitless communications via video conferencing and webinar among different parties

Thanks to the advanced online technology, we have adopted so many different video conferences and webinars in the past two years. Although in person interaction is not yet feasible, we still keep our medical knowledge and information updated. During the pandemic we had experienced even more interactions between different parties in different regions:

- Weekly teaching seminar for Family Medicine (FM) trainees
- Online case sharing sessions/ educational seminar among FM and different departments from

different hospitals e.g. Medicine, Orthopaedics and Traumatology

- Lunch case conference in FM department
- Hospital Authority convention in webinar setting
- Online New Territories East Cluster (NTEC) staff forum
- Educational forums from universities
- Hong Kong Primary Care Conference



HA convention



Inter-departmental online meeting



NTEC staff forum



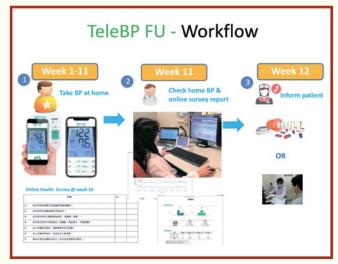
Educational forums from universities



Hong Kong Primary Care Conference

More convenient delivery of care by doctor via tele-monitoring of vital signs

We had undergone a pilot study on "TeleBP follow up" in our cluster, aiming to test if tele-monitoring system can be a safe, feasible and acceptable way to replace some of the physicians' consultations for stable hypertensive patients in General Outpatient Clinics (GOPCs). Gratefully we had a positive result on that, we have found that tele-monitoring system can help to reduce the frequency of physician consultations while the blood pressure control is non-inferior to usual care. This pilot study is a first and important milestone on future larger RCT studies and even a breakthrough in our consultation model. This study is currently under review at Journal of Medical Systems.



TeleBP FU pilot study in FM NTEC

More convenient delivery of care by allied health services via - Tele-Rehabilitation and Tele-Care

HA Go App provides us an excellent platform for patient care by allied health during pandemic era. Various kinds of allied care service in our department have been suspended intermittently during various COVID19 waves. Physiotherapists and occupational therapists from our department have tried to adopt HA Go's online resources on patients e.g. back pain care, brief rehab advice for chronic obstructive pulmonary disease patients. Not only can our allied health staff monitor patients' compliance to prescription relatively easily through the system, they can also prescribe and schedule exercise programmes, deliver electronic leaflets and exercise videos to patients via the App. More functions are to come in near future by various departments.







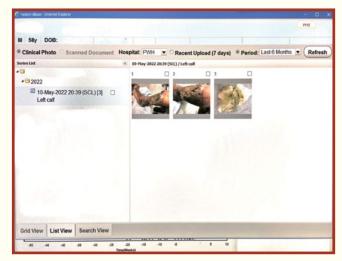




HA Go Applications

Better collaboration among healthcare providers via patient album

There is a huge demand on wound care by nurses in GOPCs. Precise documentation and timely communication with doctors on wound treatment is essential for better patient management.



Clinical photo uploaded to patient's medical record through mobile tablet during wound dressing session

During wound dressing sessions, we would use a mobile tablet with camera function in relatively routine ways, especially in complicated cases. We could upload patient's clinical photo into his/her own HA medical record system. The use of mobile tablet with camera could assist wound assessment during wound dressing sessions to facilitate better management especially in difficult wound cases. If the cases need further intervention such as referrals to other departments (dermatology/ surgical/ medical/ ORT), these clinical photos could definitely help other specialties in triaging the severity for appointment making.

Summary

With the growth of telecommunications we could see a:

More comprehensive primary care

More easily accessible medical service

More timely delivery of care

Less costs on transport especially for patients living in remote areas

Less distance between patients and medical resources

We are happy to see and looking forward to further development on telecommunications in family medicine.

Compiled by Dr. Christina Cheuk

BOARD OF EDUCATION NEWS

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 month with the details below:

Online Seminars

Date and Time	Topics	Speakers	Moderators
3 Sept (Sat) 2:00 – 3:00 p.m.	Online Dermatology Seminar: Trainees Dermatology Cases Presentation Organized by Interest Group in Dermatology	FM Trainees	Dr. LAM Wing Wo
6 Sept (Tue) 2:00 – 3:00 p.m.	Online Seminar: Common Foot and Ankle Problems in General Practice Sponsored by Viatris Healthcare Hong Kong Limited	Dr. TAI Hei Yan, Diane Specialist in Orthopaedics and Traumatology	Dr. AU YEUNG Shiu Hing
16 Sept (Fri) 2:00 – 3:00 p.m.	Online Seminar: Cardiovascular Risk Control: Updated Management of Hypertension and Atrial Fibrillation Sponsored by Pfizer Corporation Hong Kong Limited	Dr. FUNG Chi Yan, Raymond Specialist in Cardiology	Dr. LAM Wing Wo
19 Sept (Mon) 2:00 – 3:00 p.m.	Online Seminar: The Diagnosis and Treatment of Major Short Stature Disorders and Local Case Sharing Sponsored by Merck Pharmaceutical (HK) Limited	Dr. FU Chun Cheung Antony Specialist in Paediatric Endocrinology	твс
29 Sept (Thu) 2:00 – 3:00 p.m.	Online Seminar: Should Beta-blocker Be Used in COPD Patients? Sponsored by Merck Pharmaceutical (HK) Limited	Prof. SIU Chung Wah David Specialist in Cardiology	Dr. AU YEUNG Shiu Hing

QR Codes for registration

3 September 2022	6 September 2022	16 September 2022	19 September 2022	29 September 2022
(Sat)	(Tue)	(Fri)	(Mon)	(Thu)

Accreditation:

September

3, 6, 16, 19 and 29 : 1 CME Point HKCFP (Cat. 4.3) (pending) 1 CME Point MCHK

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

Online Monthly Video Session

Date and Time	Торіс
26 August (Fri) 2:30 – 3:30 p.m.	"Intensifying Blood Pressure Control" by Dr. Lau Chun Leung
30 September (Fri) 2:30 – 3:30 p.m.	"Approach to Chest Pain in Primary Care & Management Update on Angina" by Dr. Ho Kwok Tung, Gordon

BOARD OF EDUCATION NEWS

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 : Online Events

- 1. In case of over-subscription, the organizer reserves the right of final decision to accept registration.
- 2. 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 preregistration list and attended the lecture.
- 3. 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).
- 4. 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.
- 5. 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)
- 6. Please be reminded to check the system requirements beforehand to avoid any connection issues.
- 7. Due to copyright issue, please note private recording of the lecture is prohibited.
- 8. Registration will be closed 3 days prior to the event.

COLLEGE NEWS

Meeting Highlights

Certificate Course in Ophthalmology for **Primary Care Doctors 2022 co-organized** with The College of Ophthalmologists of Hong Kong (COHK)

The 1st and 2nd sessions of Certificate Course in Ophthalmology for Primary Care Doctors 2022 were held on 3 and 31 July 2022.

Dr. HO Wing Lau, Specialist in Ophthalmology, delivered a lecture on "Instruments and Recent Advances for Fundal Examination & Optic Disc" and "Approach to fundus photo interpretation" on 3 July 2022.



Dr. YUEN Shi Yin, Nancy (left, Course Director, COHK) and Dr. CHAN Chung Yuk, Alvin (right, Chairman of Board of Education) presenting a souvenir to Dr. HO Wing Lau (middle, Speaker).



Meeting Highlights (Con't)



Dr. NG Siu Chun, Danny, Specialist in Ophthalmology, delivered a lecture on "DM Retinopathy, Vascular & Macular Diseases" on 31 July 2022.

Dr. CHEN Xiao Rui, Catherine (left, Moderator) presenting a souvenir to Dr. NG Siu Chun Danny (right, Speaker).

Online Seminar on 8 July 2022

Dr. NG Yuet Tao, Dorothy, Specialist in Obstetrics & Gynaecology, delivered a lecture on "Management of Infertility in Primary Care".



A screenshot taken on 8 July 2022 Dr. LO Yuen Chung, Yvonne (left, Moderator) and Dr. NG Yuet Tao, Dorothy (right, Speaker)

Online Seminar on 15 July 2022

Dr. CHAN Man Hong, Helen, Specialist in Haematology and Haematological Oncology, delivered a lecture on "Advancing the Management of Myelofibrosis for Primary Care Doctors".



Dr. CHAN Ka Shing, Ricky (left, Moderator) presenting a souvenir to Dr. CHAN Man Hong, Helen (right, Speaker).

Online Seminar on 4 August 2022

Dr. FOK Wai Ming, Joshua, Specialist in Neurology, delivered a lecture on "Headaches You Don't Want to Miss".



A screenshot taken on 4 August 2022 Dr. CHAN Ying Ho, Andrew (left, Moderator) and Dr. FOK Wai Ming, Joshua (right, Speaker)

HKCFP Trainees Research Fund 2022 / HKCFP Research Seed Fund 2022

The Research Committee of HKCFP is pleased to continue to offer the two research funds, The Trainees Research Fund and the Research Seed Fund.

The Trainees Research Fund will be opened to all registered HKCFP trainees and is made of four awards (each up to HK\$10,000). It is envisaged it will help trainees especially (but not limited to) those doing research projects as their exit examination. Those who have funding support elsewhere will not be considered.

The Research Seed Fund is open to all HKCFP members when a maximum of HK\$25,000 award will be made to the successful applicant to assist the conduction of a research project.

Winners of the award will receive 50% of the approved grant up front and the remainder 50% upon completion of the project.

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

Assessment Criteria for both funds:

- 1. Academic rigor of the research project (e.g. originality, methodology, organisation and presentation);
- 2. Relevance and impact to family medicine & primary care (e.g. importance of the topic and the impact of the findings on the practice or development of the discipline); and
- 3. Overall budget

Each research project submitted will be assessed according to the above assessment criteria set by the selection panel. Please send your submission to:

Research Committee, HKCFP

803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong by post or by email: research@hkcfp.org.hk

Please indicate the research funding title e.g. "HKCFP Trainees Research Fund 2022" or "HKCFP Research Seed Fund 2022" on your research project upon submission.

Submission Deadline: 26th October 2022

Supported by HKCFP Foundation Fund

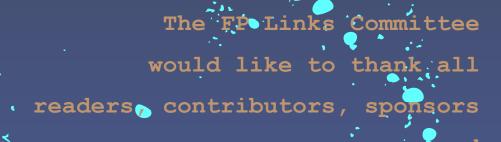
BOARD OF EDUCATION NEWS

Structured Education Programmes

Free to members

HKCFP 2 CME points accreditation (Cat 4.3)

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
Thursday, 01 Se	eptember 2022		
16:00 - 18:00	Activities Room, 3/F, Yan 0i General Outpatient Clinic	Emergency Management of Frostbite and Chilblains Dr. Chung Pak Yin & Dr. Ho Tsz Bun	Ms. Eliza Chan Tel: 2468 6813
Wednesday, 07	September 2022		
14:30 - 17:00	Room 13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Approach to Pelvic Pain in Women and Men Dr. Chiu Kwan Ki & Dr. Chan Hoi Ho	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Health Maintenance Organisation (HMO) in Hong Kong Dr. Anthea Wong & Dr. Yeung Chin Fung	Ms. Emily Lau Tel: 3506 8610
15:30 - 17:30	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Diabetes Update Dr. Wong Wing Kwan, Leo & Dr. Chan Lok Hin, Thomas	Mr. Alex Kwok Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital	Advance Care Planning: What, Why, Who, When and How Dr. Christopher Lum	Ms. Cherry Wong Tel: 2589 2342
Thursday, 08 Se	eptember 2022		
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Outpatient Clinic	Community Resources for Orthopedic Patients Dr. Chan Ching & Dr. Jor Hon Man	Ms. Eliza Chan Tel: 2468 6813
Wednesday, 14	September 2022		
14:30 - 17:00	Room 13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Approach to Chest Discomfort in Primary Care Dr. Tiffany Woo & Dr. Lee Wai Chun	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Lecture Theatre, G/F, Block M, QEH	Complaint and Feedback Management Dr. Ng Chi Ho & Dr. Chan Hue Yan, Stephanie	Ms. Emily Lau Tel: 3506 8610
15:30 - 17:30	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Contraception Dr. Ng Ka Wai, Will & Dr. Tang Yeung On	Mr. Alex Kwok Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital	Introduction of Medical Social Service and Community Resources Dr. Rosita Wong	Ms. Cherry Wong Tel: 2589 2342
Thursday, 15 Se	eptember 2022		
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Outpatient Clinic	Skin Procedure in Primary Care Setting Dr. Lo King Yan & Dr. Fan Siu Wai	Ms. Eliza Chan Tel: 2468 6813
Wednesday, 21	September 2022		
14:30 - 17:00	Room 13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Practical Procedures in Primary Care Clinic and Family Medical Specialist Clinic & Future Development Dr. Wan Kwong Ha	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Smoking Cessation Dr. Joshua Ma & Dr. Kwan Oi Lam, Natalie	Ms. Emily Lau Tel: 3506 8610
15:30 - 17:30	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Visit to DHC Ms. Chung Hau Yee, Harriet	Mr. Alex Kwok Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital	Physiotherapy and Update Dr. Esther Pang	Ms. Cherry Wong Tel: 2589 2342
Thursday, 22 Se	eptember 2022		
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Outpatient Clinic	Doctor Patient Relationship Dr. Tsang Kam Wah & Dr. Ng Mei Po	Ms. Eliza Chan Tel: 2468 6813
Wednesday, 28	September 2022		
14:30 - 17:00	Room 13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Traditional Chinese Medicine in HK and How Does it Affect our Practice Dr. Wong Tsz Yan	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Common Symptoms in Orthopaedics (2) (Trigger Finger, Wrist Pain, Other Overuse Syndrome etc, Injection Technique) Dr. Yu Lok Kwan & Dr. Chan Chi Ying, Queenie	Ms. Emily Lau Tel: 3506 8610
15:30 - 17:30	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Emergency ENT Problem Dr. Yiu Sze Wa, Sarah & Dr. Leung Wai Chung, Rachel	Mr. Alex Kwok Tel: 5569 6405
Thursday, 29 Se	eptember 2022		
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Outpatient Clinic	How Can Primary Care Help in the Respond to COVID-19 in Hong Kong and Singapore Dr. Yung Hiu Ting & Dr. Ip Chung Ho	Ms. Eliza Chan Tel: 2468 6813



the College Secretariat for their tremendous support.

Wishing you all

HAPPY MID-AUTUMN FESTIVAL

The FP Links Committee

COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 a.m. – 1:00 p.m. Conjoint Exam – AKT Segment 2:00 – 4:00 p.m. Opthalmology Course	29	30	2:00 – 7:30 p.m. Structured Education Programme	1 Sap 4:00 - 6:00 p.m. Structured Education Programme	2	3 2:00 – 3:00 p.m. Interest Group in Dermatology 2:30 – 5:30 p.m. DFM Musculoskeletal Workshop
2:00 – 6:00 p.m. Assessment Enhancement Course Mock Exam	5	6 2:00 – 3:00 p.m. Online Seminar	7 2:00 – 7:30 p.m. Structured Education Programme	8 4:00 – 6:00 p.m. Structured Education Programme 9:00 p.m. Board of Conjoint Examination Meeting	9	10
11	12	13	2:00 – 7:30 p.m. Structured Education Programme	15 4:00 – 6:00 p.m. Structured Education Programme	16 2:00 – 3:00 p.m. Online Seminar	17 2:30 – 5:00 p.m. DFM FM Clinical Skills Enhancement
18 2:00 – 4:00 p.m. <i>Opthalmology Course</i>	19 2:00 – 3:00 p.m. Online Seminar	20	2:00 – 7:30 p.m. Structured Education Programme	22 4:00 – 6:00 p.m. Structured Education Programme 8:30 p.m. HKCFP Council Meeting	23	2:30 – 5:30 p.m. DFM Counselling Skills Workshop
2:00 – 4:00 p.m. Opthalmology Course	26	27	28 2:00 – 7:30 p.m. Structured Education Programme	29 2:00 – 3:00 p.m. Online Seminar 4:00 – 6:00 p.m. Structured Education Programme	30 2:30 – 3:30 p.m. Video Session 8:00 p.m. Specialty Board Meeting	1 Ost
2	3	4	5 2:00 – 7:30 p.m. Structured Education Programme	6 4:00 – 6:00 p.m. Structured Education Programme 8:00 p.m. Basic Training Introductory Seminar	7	2:30 – 6:00 p.m. DFM Module III Structured Seminar & Module II Tutorial Session

FP LINKS EDITORIAL BOARD 2022



Back row (from left to right): Dr. Sin Ming Chuen, Dr. Chan Man Li, Dr. David Cheng, Dr. Sze Hon Ho, Dr. Ho Ka Ming, Dr. Fok Peter Anthony, Dr. Yip Tsz Hung, Dr. Alfred Kwong and Dr. Alvin Chan 2nd row (from left to right): Dr. Maria Leung, Dr. Heidi Fung, Dr. Cheuk Christina, Dr. Leung Lok Hang, Prof. Martin Wong, Dr. John Tam and Dr. Yeung Wai Man

Front row (from left to right): Dr. Law Tung Chi, Dr. Tsui Hiu Fa, Dr. Judy Cheng, Dr. Catherine Ng, Dr. Wendy Tsui, Dr. Natalie Yuen, Dr. Anita Fan and Dr. Natalie Siu

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Green : Community & Structured Education Programmes

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