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Issue 223 September 2022

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## Message from the President

As we are aware, alcohol is a toxic and psychoactive substance which can induce dependence behavior among its users. Nowadays, alcoholic beverages frequently accompany social occasions in society, overlooking the health and social damage caused by drinking. According to World Health Organisation (WHO) statistics, alcohol consumption contributes to 3 million deaths each year globally as well as to the disabilities and poor health of millions of people worldwide. The use of alcohol is responsible for 5.1% of the global burden of disease, accountable for 7.1% and 2.2% of the global burden of disease for males and females respectively. Alcohol is the leading risk factor for premature mortality and disability among those aged 15 to 49 years, accounting for 10 percent of all deaths in this age group. Disadvantaged and especially vulnerable populations have higher rates of alcohol-related death and hospitalization ([https://www.who.int/health-topics/alcohol#tab=tab\\_1](https://www.who.int/health-topics/alcohol#tab=tab_1)). There is also a causal relationship between the use of alcohol and a range of mental and behavioural disorders, other non-communicable conditions and injuries (<https://www.who.int/news-room/fact-sheets/detail/alcohol>).

The Department of Health has recently developed a new series of self-help resources for people who drink alcohol and guides for helping this population to change their drinking habits (<https://www.change4health.gov.hk/en/alcoholfails/toolkits.html#2>). In addition, there are toolkits for

facilitating primary care professionals to deliver alcohol screening and brief interventions to their patients, helping them to change their drinking habits in a more convenient way. Family doctors are encouraged to make use of the resource materials in helping patients to cut down and quit their alcohol consumption in the daily clinical practice.



The Annual Scientific Conference of the Royal Australian College of General Practitioners (RACGP) GP22 will take place from 25<sup>th</sup> to 27<sup>th</sup> November at the Melbourne Convention and Exhibition Centre. As usual, the Conference offers a dynamic programme with a range of clinical and research sessions for all attendees. This year, delegates can choose to attend in-person and spend three days upskilling and networking with colleagues from Australia and around the world. RACGP has also announced that digital registration is being planned for later in the year and would include access to the digital program specifically tailored for digital attendees. Please stay tuned for their updates (<https://www.racgp.org.au/gp22/gp22-home>).

Hypertension (HT) is one of the high prevalence chronic conditions affecting over 1 in 5 worldwide and more than a quarter of those living in Hong Kong

(Continued on page 2)

## Message from the President (Con't)

(Continued from page 1)

between the ages of 15-84. It is also one of the most common chronic conditions encountered in primary care practice. Studies have revealed that HT is one of the major cardiovascular risk factors which needs to be addressed properly and in a timely manner in order to reduce the related risks in morbidity and potentially mortality. In this month's Hong Kong Practitioner (HKPract), our College Journal, we have an article on the application of ambulatory blood

pressure monitoring in primary care clinics in Hong Kong by Wong et al. highlighting the indications and applications of ambulatory blood pressure monitoring (ABPM) in the daily clinical practice. It is a useful reference for primary care doctors and makes for an interesting read.

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 applications for membership in **July - August 2022**:

### New Application

#### Associate Membership

Dr. CHAN Hei Wai, Venus	陳 曦 蔚
Dr. CHAN Lok Hin	陳 樂 軒
Dr. CHUI Yuen Ting, Megan	徐 婉 婷
Dr. FOCK Hoi Hei, Surena	霍 愷 希
Dr. HUEN Jason Chiusan	禰 朝 生
Dr. LEUNG Cheuk Lam, Charlie	梁 卓 琳
Dr. LI Ting Kwan	李 婷 琨
Dr. LIU Yin Ming	廖 延 銘
Dr. MAN Estelle	文 雅 靖
Dr. MAN Wai Ying	文 慧 盈
Dr. NG Kam Man	吳 錦 汶
Dr. NG Kwan Chun	吳 君 駿
Dr. PONG Hiu Yan	龐 曉 欣
Dr. TANG Yeung On	鄧 仰 安
Dr. WONG Wing Kwan	黃 永 焜
Dr. WONG Wing Shan	黃 穎 珊

#### Student Membership

Miss CHU Pui Yan, Jasmine	朱 佩 欣
Mr. TAM Timothy Tin Yue	譚 天 裕
Miss TANG Ho Ka	鄧 可 嘉
Mr. WONG Ho Sum	黃 灝 森

### Transferral

#### From Student to Associate Membership

Dr. HA Kwan Tsun	夏 鈞 俊
Dr. LAM Gin Hou, Alan	林 鍵 浩
Dr. LAU Choi Yee	劉 彩 儀
Dr. LEE Wai Chun	李 維 俊
Dr. OR Wing Yin	柯 穎 妍
Dr. TSOI Tsz Ying	蔡 子 盈

### Resignation

#### Student Membership

Mr. LAM Ho Ting	林 浩 廷
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### Withdrawal

#### Fellowship

Dr. TANG Hiu Wai	鄧 曉 煒
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## HKCFP Council Meeting Attendance Summary 2021/2022

Council Members	Position	Term	2022 <i>[Dec 2021 - Aug 2022]</i>	2021 <i>[Dec 2020 - Nov 2021]</i>
Dr. David VK CHAO	President	Dec 2020-Dec 2022	8/8	11/11
Dr. LAU Ho Lim	Vice-President (General Affairs)	Dec 2021-Dec 2023	8/8	10/11
Dr. Cecilia YM FAN	Vice-President (Education and Examinations)	Dec 2020-Dec 2022	6/8	10/11
Dr. Billy CF CHIU	Honorary Treasurer	Dec 2020-Dec 2022	1/8	7/11
Dr. William CW WONG	Honorary Secretary	Dec 2020-Dec 2022	7/8	9/11
Dr. Angus MW CHAN	Immediate Past President	Dec 2020-Dec 2022	7/8	10/11
Dr. AU Chi Lap	Member	Dec 2020-Dec 2023	7/8	11/11
Dr. Edmond CW CHAN	Member	Dec 2019-Dec 2022	8/8	10/11
Dr. Alvin CY CHAN	Member	Dec 2019-Dec 2022	7/8	11/11
Dr. CHAN Hung Chiu	Member	Dec 2019-Dec 2022	8/8	11/11
Dr. CHAN King Hong	Member	Dec 2020-Dec 2023	8/8	8/11
Dr. HO Ka Ming	Member	Dec 2021-Dec 2024	8/8	11/11
Dr. Eric MT HUI	Member	Dec 2021-Dec 2024	8/8	7/11
Dr. KO Wai Kit	Member	Dec 2021-Dec 2024	7/8	11/11
Dr. Mary BL KWONG	Member	Dec 2019-Dec 2022	8/8	10/11
Dr. Maria KW LEUNG	Member	Dec 2021-Dec 2024	8/8	10/11
Dr. LI Yim Chu	Member	Dec 2021-Dec 2024	7/8	10/11
Dr. Matthew MH LUK	Member	Dec 2021-Dec 2024	8/8	11/11
Dr. Lorna V NG	Member	Dec 2020-Dec 2023	7/8	10/11
Dr. NGAN Po Lun	Member	Dec 2020-Dec 2023	8/8	11/11
Dr. Wendy WS TSUI	Member	Dec 2019-Dec 2022	4/8	9/11
Dr. Marcus MS WONG	Member	Dec 2019-Dec 2022	4/8	10/11
Prof. Samuel YS WONG	Member	Dec 2020-Dec 2023	6/8	9/11
Dr. YIU Yuk Kwan	Member	Dec 2020-Dec 2023	8/8	10/11
Dr. Esther YT YU	Member	Dec 2019-Dec 2022	8/8	11/11

## The 35<sup>th</sup> Hong Kong College of Family Physicians Conferment Ceremony and the 32<sup>nd</sup> Dr Sun Yat Sen Oration

### Dr. Ko Wai Kit, Welchie

Chairman, Internal Affairs Committee, HKCFP

The 35<sup>th</sup> Fellowship Conferment Ceremony of the Hong Kong College of Family Physicians (HKCFP) and the 32<sup>nd</sup> Dr. Sun Yat Sen Oration were successfully held on the 14 August 2022 (Sunday) at the Hong Kong Academy of Medicine Building in Wong Chuk Hang.

As one of the most important events of the College, we are honoured by the presence of government officials, representatives from universities, sister colleges from overseas, Hong Kong Academy of Medicine and local specialty colleges in celebrating the joyful success of our Conjoint Fellows and our successful candidates of Exit Examination and Diploma in Family Medicine (DFM) on this auspicious occasion.

The ceremony was declared officially opened by Our College President, Dr. David Chao, after the introduction of the Official Platform Party made by our Public Orator, Dr. Maria Leung. Although Adjunct Prof. Karen Price, President of the Royal Australian College of General Practitioners (RACGP) was unable to join us in person due to travel restrictions, she joined the ceremony online to represent our Australian sister college to give a welcoming speech and to confer the new Fellows of RACGP.

The Honorary Fellowship of the HKCFP went to Dr. Angus Chan, Immediate Past President of HKCFP for his tremendous support and contribution towards the development of primary care over the years. This year, there were 27 and 28 doctors conferred as HKCFP Fellows and RACGP Fellows respectively; 16 and 25 doctors awarded the Exit Examination Certificate and Diploma in Family Medicine correspondingly. Congratulations and a warm welcome to you all again for joining our family as Fellows and specialists in Family Medicine. Presentation of various awards were also done on stage. The ceremony was concluded by the inspiring 32<sup>nd</sup> Dr. Sun Yat Sen Oration delivered by Prof. Lau Chak Sing, Dean of the Li Ka Shing Faculty of Medicine of the University of Hong Kong and also the Immediate Past President of the Hong Kong Academy of Medicine, with the title, "I will give to my colleagues, and students the respect ... that is their due".

All these would not have happened without the most efficient secretariat support led by Ms. Erica So, especially Ms. Teresa Liu, Ms. Windy Lau and Ms. Alky Yu and a tremendous helpers team to ensure the smooth running of the occasion, including the Coordinator, Dr. Edmond Chan; the Marshalling Officers, Dr. David Cheng, Dr. Thomas Dao, Dr. Peter Anthony Fok and Dr. Desmond Ho; and the Ushers, Dr. Stephen Chou, Dr. Tsang Pui Lim, Dr. Jenny Wang and Dr. Derek Ying. We would like to thank all new fellows, diplomates, awardees and College officials for staying behind for the group photo taking session after the ceremony.

Last but not least, I would like to take this opportunity to thank all the guests once again for their cooperation and understanding in observing all infection control measures.



Dr. Alvin Chan, Dr. Libby Lee, Dr. David Chao, Dr. Ronald Lam and Dr. Ngan Po Lun (from left to right)



Prof. Lau Chak Sing (left) with Prof. Cindy Lam (right)





Prof. Gilberto Leung, Prof. Joseph Lau, Prof. Lau Chak Sing, Dr. David Chao, Prof. Donald Li, Dr. Leong Heng Tat and Dr. David Lam (from left to right)



Dr. David Lam, Dr. David Chao and Dr. Angus Chan (from left to right)



Dr. Ronald Lam, Prof. Philip Li, Prof. Joseph Lau and Prof. Donald Li (from left to right)



Dr. So Hing Yu, Dr. David Chao and Dr. Ngai Chi Man (from left to right)



Dr. Ko Wai Kit, Dr. Law Chun Bon, Dr. Yiu Yuk Kwan and Dr. Pang Fei Chau (from left to right)



Dr. Clara Wu (left) with Prof. Joseph Lau (right)



Dr. Alvin Kwok, Dr. Ruby Lee and Dr. Alexander Chan (from left to right)



Prof. Cindy Lam (left) with Dr. Katherine Leung (right)



Prof. Hung Chi Tim (left) with Dr. Eric Hui (right)



Dr. Law Chun Bon (left) with Dr. Leong Che Hung (right)



Dr. Willson Li (left) with Dr. Yiu Yuk Kwan (right)



# PHOTO GALLERY



Dr. David Lam, Prof. Cindy Lam and Dr. Law Chun Key (from left to right)



Dr. David Chao (left) with Dr. Cissy Choi (right)



HKCFP Council Members  
Dr. Ngan Po Lun, Dr. Matthew Luk, Dr. Ken Ho and Dr. Esther Yu (from left to right)



HKCFP Council Members  
Dr. Eric Hui, Dr. Lau Ho Lim, Dr. William Wong, Dr. Yiu Yuk Kwan and Dr. Ngan Po Lun (from left to right)



Dr. Chan Hung Chiu (left)  
with Dr. Cecilia Fan (right)



Platform guests and Council members taking a group photo



The Marshalling Officers, Dr. Peter Anthony Fok (left) and Dr. David Cheng (right) leading the Officiating Procession into the hall



Group photo of platform guests on stage





Dr. David Chao delivering the welcoming speech on behalf of HKCFP



Dr. Angus Chan (right) receiving the HKCFP Honorary Fellowship from Dr. David Chao (left)



Dr. Chang Hsu Wei (left) receiving the Dr. Peter C. Y. Lee Best Candidate Award in Fellowship Examination 2021 from Dr. David Chao (right)



Dr. Leung Lai Man (left) receiving the Outstanding Candidate Award in Exit Examination 2022 from Dr. David Chao (right)



Dr. Emily Tse (left) receiving the Best Research Award 2021 from Dr. David Chao (right)



Dr. Rita Chan (left) receiving the Best Trainee Research Award 2021 from Dr. David Chao (right)



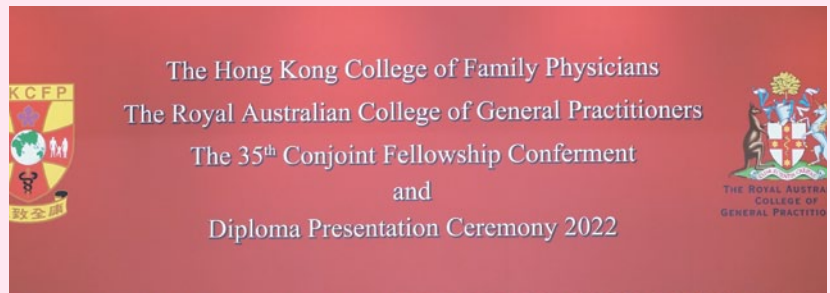
Dr. Chuang Chi Kit (left) receiving the Research Fellowship Award 2022 from Dr. David Chao (right)



Prof. Lau Chak Sing delivering the 32<sup>nd</sup> Dr. Sun Yat Sen Oration



Dr. David Chao (right) presenting the Dr. Sun Yat Sen Oration gold medallion to Prof. Lau Chak Sing (left)



Dr. Loletta So (middle) taking a group photo with graduates and research award winner from the Hong Kong East cluster



# PHOTO GALLERY



Dr. William Wong (6<sup>th</sup> from the left), Dr. Ko Wai Kit (3<sup>rd</sup> from the left) and Prof. Cindy Lam (5<sup>th</sup> from the left) taking a group photo with graduate, research award winner and colleagues from the Hong Kong West cluster



Dr. Li Yim Chu (4<sup>th</sup> from the left) and Dr. Ken Ho (5<sup>th</sup> from the left) taking a group photo with graduates and colleagues from the Kowloon Central cluster



Dr. Deacons Yeung (5<sup>th</sup> from the left) and Dr. David Chao (6<sup>th</sup> from the left) taking a group photo with graduates and colleagues from the Kowloon East cluster



Dr. Law Chun Bon (9<sup>th</sup> from the left) and Dr. Luk Wan (8<sup>th</sup> from the left) and Dr. Edmond Chan (7<sup>th</sup> from the left) taking a group photo with graduates and colleagues from the Kowloon West Cluster



Prof. Philip Li (3<sup>rd</sup> from the left), Dr. Maria Leung (4<sup>th</sup> from the left) and Dr. Eric Hui (1<sup>st</sup> from the right) taking a group photo with graduates from the New Territories East cluster



Dr. Ng Yeung Shing (middle) taking a group photo with graduates from the New Territories West cluster





Council members taking a group photo with new HKCFP & RACGP Fellows



Council members taking a group photo with successful Exit Examination candidates





Council members taking a group photo with DFM diplomates



Dr. Maria Leung (4<sup>th</sup> from the right, Public Orator) and Dr. Ken Ho (2<sup>nd</sup> from the right) taking a group photo with Conferment helpers Dr. David Cheng, Dr. Peter Anthony Fok, Dr. Jenny Wang, Dr. Desmond Ho, Dr. Tsang Pui Lim, Dr. Thomas Dao, Dr. Maria Leung, Dr. Derek Ying, Dr. Ken Ho and Dr. Stephen Chou (from left to right)



## 殘疾人士院舍防疫抗疫分享

註冊護士 冼艷清 聖雅各福群會復康服務、雅逸居及雅逸綜合服務隊

自2020年初Covid-19新冠病毒病開始在香港蔓延，至今已維持了兩年多。為在集體居住的環境中做好感染控制，在疫情肆虐下仍不間斷為院友（會員）提供全面的照顧，實有賴團隊成員的努力、跨專業協作，不同部門、團體和社會人士的支持，以下和大家分享院舍在防疫方面的工作。

### (1) 疫情下院舍的應對措施

#### (1.1) 活動形式新常態，減少感染機會

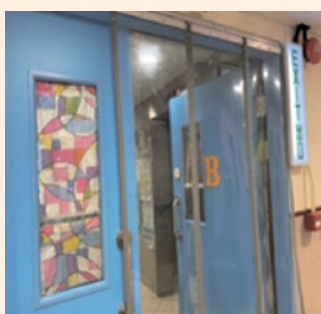
在疫情下會員暫停外出活動，長時間留在院舍抗疫，小組活動需改為室內或網上形式進行，會員都很開心能透過視像與導師或義工們見面問好（圖一）。



導師或義工網上活動（圖一）

#### (1.2) 家屬和義工一配合活動及探訪安排

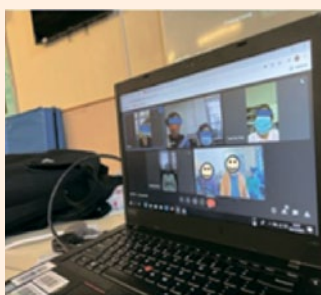
- 會員要遵守社交距離，自然減少了彼此間互動的機會，與家屬會面的機會和探訪安排也受到限制。第五波疫情稍為緩和，社會福利署於5/2022中旬開始實施院舍有限度探訪，院舍於大門設置透明屏風（圖二），便利家屬進行隔門探訪（圖三），並為會員送上喜愛的食物及愛心湯水。此外，亦安排視像連繫（圖四）緩解會員和家屬的思念之情。



大門設置透明屏風（圖二）



家屬隔門探訪（圖三）



進行視像面聯繫（圖四）

- 教會義工們更定期與會員進行視像團契（圖五），為會員提供心靈慰藉。



教會義工視像團契（圖五）

#### (1.3) 職員一持續努力不懈，嚴謹遵守及執行各項防疫措施

- 疫情持續至今，有賴各職員緊守崗位，分開個別用膳；即使在工餘時亦同樣保持良好抗疫意識，限制自己的社交活動，減少和外界不必要的接觸。
- 加強職員培訓及考核，有助團隊一起做好抗疫工作，包括考核防疫護理技巧（圖六），如：洗手、穿脫防護衣物（圖七）；善用交更會議持續更新疫情資訊等。



考核防疫護理技巧（圖六）



穿脫防護衣物（圖七）

- 院舍除定期进行消毒塗層噴灑外，職員也加強清潔及消毒小組活動共用物資（圖八），並透過個別訓練，提升會員的個人衛生意識，如配戴口罩、使用酒精搓手液。



清潔及消毒小組共用物資（圖八）

### (2) 疫情在院舍爆發的應變措施

院舍於2/2022下旬出現會員確診個案，總共有90%會員及50%職員染疫，衛生署安排原址檢疫。

#### (2.1) 職員方面：

- 安排輪值住宿予未受感染職員，確保當值人手穩定，亦減低職員回家傳染家人的擔憂。

- 所有職員嚴守各項防疫措施，每天上班前探熱及進行2019冠狀病毒病原快速測試，結果呈陰性才可上班。

- 另闢職員用膳區，餐桌上加設透明膠板(圖九)，減少飛沫傳播及交叉感染。



餐桌加設透明膠板(圖九)

## (2.2) 環境方面：

- 開啟所有空氣淨化機及加大空調鮮風量，並打開窗戶保持室內空氣流通
- 每2小時用1:49漂白水清潔環境

## (2.3) 會員方面：

- 每天記錄健康狀況及最少探熱3次
- 加強營養湯水供應及補充維他命C
- 全院使用即棄餐具

## (2.4) 醫療健康支援：

- 疫情期間，有賴幾位經驗豐富的家庭醫學外展醫生為身體不適及有長期病患的會員診症，為會員健康提供了充分的保障，包括疫情肆虐期間透過視像診視病人，處方合適藥物紓緩會員的病狀等。

誠然，運用視像診視病人仍有一些技術限制，例如醫生不能為病人觸診檢查，及作其他臨床檢查，如心肺聽診檢查、腹部檢查和神經檢查等。

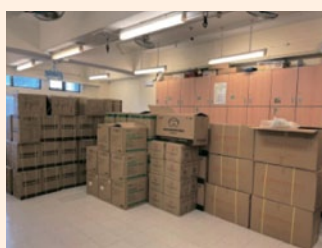
- 委派顧問醫生支援院舍諮詢，讓院舍護理組每天可以因應確診會員狀況的轉變，給予適切的護理，避免到急症室長時間輪候。

## (2.5) 機構的支援

- 在反覆的疫情下，機構參照社會福利署及衛生署指引，推出及更新多項防疫指引及措施，並因應疫情變化持續更新服務運作應變計劃，能讓團隊有具體而清晰的指引跟從和處理突發情況。
- 透過專責團隊為院舍添購各項防疫設備(圖十及圖十一)，如紅外線測體溫儀，飯檯隔板、空氣淨化機和個人防護裝備等，確保抗疫物資穩定供應。



各項防疫設備(圖十)



各項防疫設備(圖十一)

- 疫情肆虐期間，機構調動日間服務單位人手到院舍增援，照顧會員各方面的需要。

## (2.6) 社會福利署支援

- 為院舍提供各項抗疫物資及津貼，以助應對疫情，包括口罩、防疫包、塗層噴灑(圖十二及圖十三)、多輪員工檢測等



塗層噴灑(圖十二)



塗層噴灑(圖十三)

- 安排[主動評估]及為合適接種疫苗的會員接種預防冠狀病毒疫苗

## (2.7) 社會各界人士的支持

得到不少善長及團體支持打氣，向院舍捐贈防疫物資、打氣湯包(圖十四)、藥物包(圖十五)及資助輪值住宿安排等。



打氣湯包(圖十四)



藥物包(圖十五)

## (3) 疫情後的反思

- 團隊仍要時刻為下一波疫情來襲作好準備。建立正向思維，與團隊分享客觀、正面的資訊，提升團隊心理質素，欣賞個人和團隊的努力，共同齊心執行各項感染控制措施。
- 持續留意疫情發展，保持與衛生署衛生防護中心、醫院管理局家庭醫學外展醫生、社會福利署等的緊密溝通，務求適時作好應變。
- 繼續鼓勵及安排會員接種疫苗，加強個人保護。
- 第五波疫情進一步突顯院舍長期人手不足的問題。提升行業待遇及專業化，增加晉升階梯以吸引年青人加入院舍服務行列，實是首要考慮。



## Recommendations on Pancreatic Cancer Screening and Revised Recommendations on Colorectal Cancer Screening by the CEWG

The Cancer Expert Working Group on Cancer Prevention and Screening (CEWG) has recently formulated recommendations on pancreatic cancer screening and also revised the recommendations on colorectal cancer screening in Hong Kong.

### I. Pancreatic cancer

Pancreatic cancer was the 11<sup>th</sup> most common cancer in Hong Kong in 2019, and the fourth leading cause of cancer deaths in 2020. There has been an increasing trend in the incidence and mortality of pancreatic cancer in Hong Kong. The CEWG has recommended that –

- i. For persons at average risk, screening for pancreatic cancer (including screening by serum biomarker CA19-9) is not recommended in asymptomatic persons.
- ii. For persons at increased risk, there is currently insufficient evidence to recommend screening of pancreatic cancer for persons at increased risk by any standardised protocol.

Persons with strong family history of pancreatic cancer, specific genetic syndromes, or carrying genetic susceptibility traits that put them at significantly increased risk of pancreatic cancer may consider seeking advice from doctors for individual assessment.

### II. Colorectal Cancer

Colorectal cancer (CRC) was the second most common cancer in Hong Kong in 2019, and was also the second leading cause of cancer deaths in 2019.

There is some recent scientific evidence to support the use of faecal immunochemical test (FIT) for individuals with significant family history of CRC but without hereditary bowel syndromes.

It is well known that for individuals with family history of CRC, screening by colonoscopy is recommended in view of their higher risk of developing CRC. However, colonoscopy is an invasive and expensive procedure with an established risk of complications, while FIT is a safe, simple, low-cost, comfortable, non-invasive and convenient test compared with colonoscopy, and has been demonstrated to have high sensitivity for CRC and fair sensitivity for advanced adenoma. Thus, the CEWG recommended that: **In view of its non-invasiveness, potential better compliance, and comparable sensitivities for adenocarcinoma, screening by FIT every one or two years can be adopted as an alternative after understanding the pros and cons of FIT as compared with colonoscopy.**

The Revised CEWG recommendations on colorectal cancer screening are summarised in the table below with the new information in bold.

For asymptomatic population at average risk	For persons at increased risk
<p>Individuals aged 50 to 75 years should consider screening by one of the screening methods including:</p> <p>ø annual or biennial faecal occult blood test (FOBT); or</p> <p>ø sigmoidoscopy every 5 years; or</p> <p>ø colonoscopy every 10 years</p>	<ol style="list-style-type: none"> <li>For carriers of mutated gene of Lynch Syndrome, the CEWG recommends screening for colorectal cancer (CRC) by colonoscopy every one to two years from age 25 onwards.</li> <li>For carriers of mutated gene of familial adenomatous polyposis (FAP), the CEWG recommends screening by sigmoidoscopy every two years from age 12.</li> <li>For individuals with one first degree relative diagnosed with CRC at or below 60 years of age, or more than one first degree relatives with CRC irrespective of age at diagnosis, and without hereditary bowel syndromes, screening for CRC by colonoscopy every five years beginning at the age of 40 or ten years prior to the age at diagnosis of the youngest affected relative, but not earlier than 12 years of age is recommended. <b>As an alternative, the individuals at increased risk may consider Faecal Immunochemical Test (FIT) every one or two years after understanding the pros and cons of FIT as compared with colonoscopy.</b></li> </ol> <p>Recommendation on genetic testing for CRC:</p> <p>For CRC patients with identifiable genetic mutations, two-tier screening by genetic testing followed by endoscopic examination can be offered to their family members to reduce the number of unnecessary investigations, as well as to reduce the risk of potential complications.</p>

(Acknowledgement to the Centre for Health Protection, Department of Health, HK SAR)

#### References:

- Centre for Health Protection. Letter to Doctors on 29 July 2022 - Recommendations on Pancreatic Cancer Screening and Revised Recommendations on Colorectal Cancer Screening.
- Cancer Expert Working Group on Cancer Prevention and Screening (CEWG). Recommendations on Prevention and Screening for Pancreatic Cancer for Health Professionals. June 2022.
- Cancer Expert Working Group on Cancer Prevention and Screening (CEWG). Recommendations on Prevention and Screening for Colorectal Cancer for Health Professionals. June 2022

**Compiled by Dr. Yeung Wai Man**

## Meeting Highlights

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

The 3<sup>rd</sup> session of Certificate Course in Ophthalmology for Primary Care Doctors 2022 was held on 28 August 2022.

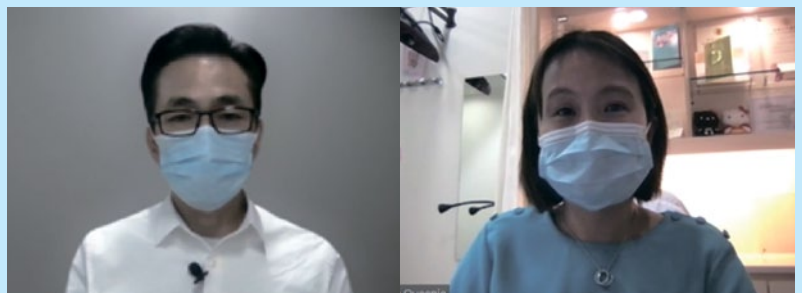
Dr. KAM Ka Wai, Specialist in Ophthalmology, delivered a lecture on "Emergency Eye Condition" on 28 August 2022.



Dr. DAO Man Chi, Thomas (left, Moderator) presenting a souvenir to Dr. KAM Ka Wai (right, Speaker).

### Online Seminar on 11 August 2022

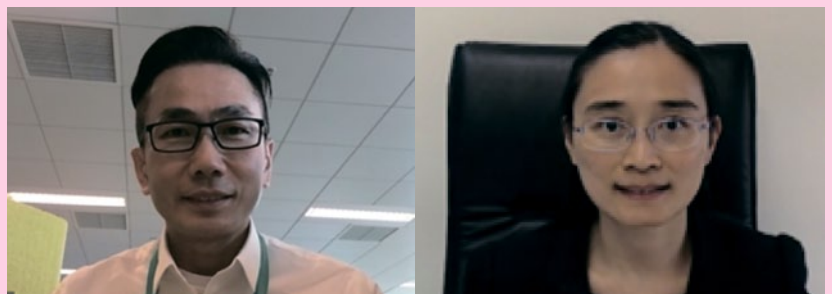
Dr. WONG Ho Yan Queenie, Specialist in Obstetrics & Gynaecology, delivered a lecture on "Female Fertility Preservation".



A screenshot taken on 11 August 2022  
Dr. CHAN Ka Shing, Ricky (left, Moderator) and Dr. WONG Ho Yan Queenie (right, Speaker)

### Online Seminar on 19 August 2022

Dr. TSO Wai Kwan Annette, Specialist in Endocrinology, Diabetes & Metabolism, delivered a lecture on "Managing Dyslipidemia in Diabetic Patients with Metabolic Syndrome".



A screenshot taken on 19 August 2022  
Dr. CHAN Ka Shing, Ricky (left, Moderator) and Dr. TSO Wai Kwan Annette (right, Speaker)

### Online Seminar on 20 August 2022

Dr. HO Hok Kung, Specialist in Paediatric Immunology, Allergy & Infectious Disease, delivered a lecture on "Early Intervention of Atopic Dermatitis as a Preventive Strategy for Progression of Food Allergy".



A screenshot taken on 20 August 2022  
Dr. CHOW Chung Mo (left, Moderator) and Dr. HO Hok Kung (right, Speaker)



## The Diary of a Family Doctor【家庭醫生的日常】

### 用愛心說誠實話

方翠瑩醫生

陳女士(化名)大約60歲,是家庭主婦,在診所覆診糖尿病。她的糖化血紅素(HbA1c)超過8,她說有食藥,飲食很清淡,但家務繁重,沒有時間運動。陳女士跟我訴苦,一家六口的家務由她一人擔當,丈夫、兒子和兒媳要工作,她還要幫忙照顧兩個孫,從早上忙到夜晚,真的很辛苦。

聽後我也有點同情她,便鼓勵她說:「湊孫真的很困身,但照顧子女始終是父母的責任,你作為祖母最多幫助一下。家庭每個成員也有份,你留一些家務給其他家人分擔吧。」

「他們不會做的,我的新抱很懶惰,她入門後連一隻碗也沒有洗過,飯後只會坐著看電視。」

「婆媳關係有時也很難解決...你兒子呢?他會否幫忙一下?」

「他從小到大也不用做家務,也不會做。有時...他還會罵我打我...」

「吓,怎麼可能這樣?」我有點驚訝。

「可能都是我以前縱容他吧...」

「哦,是否你重男輕女?從少他什麼也不用做,有人服侍,像個少爺仔,長大後更加不會做了。這都是你以前種的因,現在的結果,是你自己有份造成的。」

「對呀,我自己有份做成的...」她也認同。

我半打趣半認真地建議:「家人那麼懂享受,為何你不對自己好一些?不如你試試飯後不洗碗,坐下看電視休息,至少你要表態一下,讓他們知道你有多辛勞。」

「但我自己又按耐不住,最終還是自己做。」

「那是你自己的選擇,不能怨天尤人了。」

「唉,係我自己攞嚟嘅...」

我以為被我教訓一頓後,她會對我反感,誰知她竟然問下次是否也會見到我。她說:「我喜歡你,有啲句講啲句!」

聖經教導人「唯用愛心說誠實話」,箴言也提到「一句話說得合宜,就如金蘋果在銀網子裡。」出於愛心的真話好像一面鏡子,讓人看清事實;

有智慧在適當的時候說適當的話,是很美好的。

願造物主賜給我們這樣的智慧。

### 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



## UNIVERSITY HEALTH SERVICE

### Medical Officer (Ref: 22051615)

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 health care to students, staff members and their dependants and other eligible members. The University invites applications for the Medical Officer post in UHS. Duties: provide primary health care / health counselling, promote health education and perform administrative duties. Qualifications: registrable with the Medical Council of HKSAR and fluent 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 30 September 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.*

## 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 about 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 an escalating situation of COVID-19, the seminar would be rescheduled or changed to online platform. Further announcements 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 complete the form via scanning the QR code:



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### 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

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### 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



## 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](mailto: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: 26<sup>th</sup> October 2022**

Supported by HKCFP Foundation Fund

# BOARD OF EDUCATION NEWS

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

## Online Seminar

Date and Time	Topic	Speaker	Moderator
11 Oct (Tue) 2:00 – 3:00 p.m.	<b>Online Seminar: High Heart Rate and Atrial Fibrillation</b> <i>Sponsored by Merck Pharmaceutical (HK) Limited</i>	<b>Dr. WONG Man Lok</b> <i>Specialist in Cardiology</i>	<b>Dr. CHAN Ying Ho, Andrew</b>

### QR Code for registration

11 October 2022 (Tue)



#### Accreditation :

11 October : 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 Sessions

Dates and Time	Topics
30 September (Fri) 2:30 – 3:30 p.m.	<b>“Approach to Chest Pain in Primary Care &amp; Management Update on Angina” by Dr. HO Kwok Tung, Gordon</b>
28 October (Fri) 2:30 – 3:30 p.m.	<b>“Common Neurological Problems in Primary Care” by Dr. CHU Yim Pui, Jonathan</b>

### QR Codes for registration

30 September 2022 (Fri)

28 October 2022 (Fri)



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](mailto: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 pre-registration 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.



## Structured Education Programmes

Free to members

HKCFP 2 CME points accreditation (Cat 4.3)

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
<b>Wednesday, 05 October 2022</b>			
14:30 - 17:00	Room 13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	<b>Colorectal Cancer in HK</b> Dr. Lam Yat Hei	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Lecture Theatre, G/F, Block M, QEH	<b>Common Symptoms in Orthopaedics (2) (Trigger Finger, Wrist Pain, Other Overuse Syndrome etc, Injection Technique)</b> Dr. Yan Dorcas & Dr. Yeung Pui Sze	Ms. Emily Lau Tel: 3506 8610
15:30 - 17:30	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	<b>Delusion Disorder and Psychosis</b> Dr. Siu Yuen Tung, Viviana & Dr. Ge Shicong, George	Mr. Alex Kwok Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital	<b>Journal Club</b> All trainees*	Ms. Cherry Wong Tel: 2589 2342
<b>Thursday, 06 October 2022</b>			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	<b>Negligence Treatment: Legal and Ethical Issue</b> Dr. Leung Ching & Dr. Leung Lai Man	Ms. Eliza Chan Tel: 2468 6813
<b>Wednesday, 12 October 2022</b>			
14:30 - 17:00	Room 13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	<b>How to Apply the Motivational Interviewing and Share Decision Making in the Daily Consultation</b> Dr. Yam Hei Tung	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Lecture Theatre, G/F, Block M, QEH	<b>Community Resource : Substance Abuse (Alcohol, Smoking, Drug etc)</b> Dr. Chau Kei Wai & Dr. Chow Hiu Cheong	Ms. Emily Lau Tel: 3506 8610
15:30 - 17:30	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	<b>Organ Transplant</b> Dr. Jerrold Lee	Mr. Alex Kwok Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital	<b>Management of Common Fractures in OPD Setting</b> Dr. Ludwig Tsoi	Ms. Cherry Wong Tel: 2589 2342
<b>Thursday, 13 October 2022</b>			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	<b>GOPC Operation Manual</b> Dr. Tsang Lai Ting & Dr. Wong Fai Ying	Ms. Eliza Chan Tel: 2468 6813
<b>Wednesday, 19 October 2022</b>			
14:30 - 17:00	Room 13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	<b>Applying Family Medicine Principles in Chronic Disease Management</b> Dr. Chan Hoi Ho	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	<b>Emergency Infectious Disease</b> Dr. Yu Kwun Nam & Dr. Lam Wai May, Josephine	Ms. Emily Lau Tel: 3506 8610
15:30 - 17:30	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	<b>Headache and Dizziness</b> Dr. Tong Hiu Tung, Christy & Dr. Wong Wing Kwan, Leo	Mr. Alex Kwok Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital	<b>Updates in Management of CAD</b> Dr. Eric Chan	Ms. Cherry Wong Tel: 2589 2342
<b>Thursday, 20 October 2022</b>			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	<b>Image of Professionalism as a Primary Care Physician</b> Dr. Lam Ka Wai & Dr. Kum Chung Hang	Ms. Eliza Chan Tel: 2468 6813
<b>Wednesday, 26 October 2022</b>			
14:30 - 17:00	Room 13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	<b>Dementia and Related Problems and Management</b> Dr. Lee Wai Chun	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Lecture Theatre, G/F, Block M, QEH	<b>Consultation Enhancement (Physical Examination: Back and Video Consultation)</b> Dr. Yu Xiaoxia & Dr. Fock Hoi Hei, Surena	Ms. Emily Lau Tel: 3506 8610
15:30 - 17:30	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	<b>Common Rheumatology Symptom: Multiple Joint Pain</b> Dr. Yiu Sze Wa, Sarah & Dr. Leung Wai Chung, Rachel	Mr. Alex Kwok Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital	<b>Alternative Medicines in Hong Kong</b> Dr. Chloe Cheung	Ms. Cherry Wong Tel: 2589 2342
<b>Thursday, 27 October 2022</b>			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	<b>Quality Assurance Activities in FM / GOPC</b> Dr. Ko Pak Long & Dr. Hsu Kwok Fai	Ms. Eliza Chan Tel: 2468 6813

# COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 <b>Sep</b>  2:00 – 4:00 p.m. Ophthalmology 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 <b>Oct</b>
2  2:00 – 4:00 p.m. OSCE Rehearsal	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	8  2:30 – 6:00 p.m. DFM Module Structured Seminar & Module II Tutorial Session
9	10	11 2:00 – 3:00 p.m. Online Seminar	12 2:00 – 7:30 p.m. Structured Education Programme	13 4:00 – 6:00 p.m. Structured Education Programme	14	15 2:30 – 5:30 p.m. DFM Module Structured Seminar
16 2:00 – 4:00 p.m. Ophthalmology Course	17	18	19 2:00 – 7:30 p.m. Structured Education Programme	20 4:00 – 6:00 p.m. Structured Education Programme 8:30 p.m. HKCFP Council Meeting	21	22  OSCE Exam - Day 1
23  OSCE Exam - Day 2	24	25	26 2:00 – 7:30 p.m. Structured Education Programme	27 4:00 – 6:00 p.m. Structured Education Programme	28 2:30 – 3:30 p.m. Video Session 8:00 p.m. Specialty Board Meeting	29 2:00 – 3:00 p.m. Online Dermatology Seminar 2:30 – 5:30 p.m. DFM Module Structured Seminar
30	31	1 <b>Nov</b>	2 2:00 – 7:30 p.m. Structured Education Programme	3 4:00 – 6:00 p.m. Structured Education Programme	4	5 2:00 – 4:00 p.m. Interest Group in Dermatology 2:30 – 5:00 p.m. DFM FM Clinical Skills Enhancement 2

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

## 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  
2<sup>nd</sup> 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

### Contact and Advertisement Enquiry

Tel: 2871 8899 Fax: 2866 0616 E-mail: [FPLinks@hkcfp.org.hk](mailto:FPLinks@hkcfp.org.hk)

The Hong Kong College of Family Physicians

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

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