

INSIDE THIS ISSUE

Issue 228 February 2023

- | | | | |
|---|--|---|---|
| <p>01 Message from the President</p> <p>02 Message from the President (Con't), College News:</p> <p>02 Board of Vocational Training & Standards News</p> <p>03 QA&A Committee News</p> <p>04 Board of Conjoint Examination News</p> | <p>06 DFM 2023-2024</p> <p>08 HKPCC 2023</p> <p>11 Family Doctors Column: Very Brief Advice on Smoking Cessation (VBA)</p> <p>12 News Corner: Keto Diet: Should We Recommend it for Diabetics?</p> <p>13 After Hours: 海旁緩跑路線分享</p> | <p>14 College News:</p> <p>14 家庭醫生的日常</p> <p>15 The HKCFP Awards for the Best Research and Best Trainee Research of 2022; HKCFP Research Fellowship 2023</p> <p>17 Meeting Highlights</p> <p>18 Membership Committee News</p> | <p>19 Learning Points from Board of Education: Online Seminar on Dermatology – The 85th Meeting on 7 January 2023</p> <p>21 Board of Education News</p> <p>24 College Calendar</p> |
|---|--|---|---|

Message from the President

The Hong Kong Academy of Medicine (HKAM) held a media tea reception on 3 February 2023 to celebrate the Chinese New Year and to share the Academy's latest developments and plans with media guests. It was commenced by Prof. Gilberto Ka-Kit Leung, the President of the Academy, highlighting the various ways that the HKAM has been actively supporting the development of Hong Kong's healthcare system and implementing measures to help alleviate the challenge of manpower shortage. After that it was my turn as the President of the Hong Kong College of Family Physicians (HKCFP) to share on the training perspectives of family doctors in relation to the Government's recent launching of the Primary Healthcare Blueprint. I reiterated that "Family Doctors for All" can achieve multiple functions. Family Doctors, as "specialists in people", provide accessible continuing comprehensive whole-person patient-centred care to people of all ages throughout the different stages in life ("from cradle to grave"), helping individuals and families to manage acute and chronic problems, providing anticipatory and preventive care, and coordinating multi-disciplinary care for people according to their needs throughout their life journey. With a population of 7.5 million, Hong Kong needs at least 3,750 trained family doctors to maintain a quality primary healthcare system based on the ratio of family doctors to population in China (1 : 2,000). Assuming 40 years of service for each family doctor, we would need to train at least 100 family doctors per year to provide sustainable healthcare services. To complement the roll-out of the Primary Healthcare Blueprint, the HKCFP continues to provide various training and continuing medical education



Dr. David Chao sharing on HKCFP's training support for family doctors in line with the Primary Healthcare Blueprint

programmes to assist family doctors in primary care in maintaining and improving their knowledge and standards. Dr. Fei-chau Pang, the President of Hong Kong College of Community Medicine, shared that the Primary Healthcare Blueprint is a prevention-focused, community-based system that promotes the concept of 'family doctor for all' and enhances primary healthcare services. The reception was concluded by an interactive questions and answers session.

The control of cannabidiol (CBD) as a dangerous drug under the Dangerous Drugs Ordinance (DDO) (Cap. 134) has come into effect on 1 February, 2023. (<https://www.info.gov.hk/gia/general/202301/31/P2023013100299.htm>) Trafficking and sales of substances in contravention of the law will be subject to a maximum penalty of life imprisonment and a fine of \$5 million. Possession and consumption of substances in contravention of the DDO will be punishable by a maximum penalty of seven years' imprisonment and a fine of \$1 million. (<https://www.nd.gov.hk/en/CBD.html>) CBD comes from cannabis

(Continued on page 2)

Message from the President (Con't)

(Continued from page 1)

plants. Cannabis has tetrahydrocannabinol (THC), which is a strictly controlled dangerous drug and can lead to hallucinations, addiction, depression, etc., and even psychosis. According to the experts, it is difficult to isolate pure CBD from cannabis. However, CBD products contain trace amounts of THC, which can be harmful. CBD can also naturally decompose into THC under normal storage conditions, and it can be used to produce THC.

The 13th Hong Kong Primary Care Conference (HKPCC) will be held from 23 to 25, June 2023. The theme of this year's conference is "Flourishing Primary Care: Family Doctor for Everyone". Our HKCFP annual conference will continue to offer an exciting and diverse programme comprising plenary sessions, seminars, workshops and discussion



Q&A session (left to right): Dr. David Chao, Prof. Philip Li, Prof. Gilberto Leung, Dr. Yu-fat Chow and Dr. Fei-chau Pang

forums. You are cordially invited to submit abstracts to our clinical case competition as well as full research paper and free paper competitions. Please mark your diaries and we look forward to welcoming you to the HKPCC 2023!

Dr. David V K CHAO
President

Board of Vocational Training and Standards News

Reminder: Submission of Annual Checklist / Logbook for Completion of Higher Training

To all Higher Trainees,

Please be reminded that all Higher trainees must submit the **ORIGINAL** annual checklist to the Board of Vocational Training and Standards either by registered post or in-person on or before **28th February 2023 (Tuesday)**. Late submissions **WILL NOT** be accepted.

The training experience of 2022 will not be accredited if the trainee fails to submit the checklist on or before the deadline.

For the application for certification of completion of higher training, please make sure that the application form and checklist for completion of higher training are completed and returned together with the original copy of your training logbook on or before **28th February 2023 (Tuesday)**.

Reminder: Enrolment of Higher Training

Basic trainees who have completed their 4-year basic vocational training and attained a higher qualification in Family Medicine can be enrolled into the higher training programme.

For those who prepare to sit for the Exit Examination in 2025, please submit the application for higher training on or before **28th February 2023 (Tuesday)** in order to meet the requirement for sitting the Exit Examination. The application form can be downloaded from the College website.

Higher Training Subcommittee

Should you have any inquiries regarding vocational training, please feel free to contact Ms. Maggie Cheung and Ms. Kathy Lai at 2871 8899 or email to BVTs@hkcfp.org.hk.

Board of Vocational Training & Standards, HKCFP

Quality Assurance & Accreditation Committee News

HKCFP Additional Accreditation and Report on CME/CPD Missing Points for Year 2022

Dear Members,

The credit point score of year 2022 for HKCFP QA Programme is going to be finalized. Please kindly check your updated report by visiting the College website at https://www.hkcfp.org.hk/cme_mchkcme_report.aspx.

If you wish to apply for Additional Accreditation or you find any CME/CPD points missing from your CME report, please apply for CME accreditation by sending the application(s) on or before **28th February 2023**.

1. Application for Additional Accreditation

The application of Additional Accreditation for the **year 2022** is now open for those activities **without prior accreditation** by QA&A Committee. For Educational Activities **under items 3.7, 3.8, 3.13, 3.14 and items 5.2 to 5.6 in QA Regulation 2020-22**, please apply in writing with relevant supporting documents and \$500 administration fee (**non-refundable**) by cheque to QA&A Committee.

Please submit the application for additional accreditation with relevant supporting documents at your earliest convenience. **Relevant supporting documents are mandatory for accreditation, e.g. attendance records, photocopies of events, transcripts or published articles.** Kindly note that each application will be handled independently upon receipt of the application. Submission of additional information for the application, if any, will incur new charges.

2. Application for reporting CME/CPD missing points from Pre-Accredited Activities

This application is only for the activities held **in 2022 with prior accreditation** by the QA&A Committee, i.e. before the activities took place. If such credit points are missing from the CME Report, please return the **“Report on CME/CPD missing points from Pre-Accredited Activity”** together with relevant supporting documents (e.g. attendance records, photocopies of events, transcripts or published articles) to us.

Application Deadline: 28th February 2023

All forms can be downloaded at: http://www.hkcfp.org.hk/pages_5_82.html

For those applying for additional accreditation, please send a cheque payable to “HKCFP Education Ltd” **by post** to: Room 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong

Please ensure your mail items bear sufficient postage before posting.

Application Form and Supporting Documents can be submitted by post to the above mentioned mailing address, **OR** by email to: cmecpd@hkcfp.org.hk

Please observe the application deadline as late applications will **NOT** be processed. The QA&A Committee reserves the right to finalize the number of Credit Points to be awarded for each activity according to relevant supporting documents submitted for accreditation. Should you have further questions, please contact Mr. John Ma and Ms. Iris Ip at 2871-8899 or by email to cmecpd@hkcfp.org.hk.

Yours sincerely,

Dr. Li Yim Chu

Chairlady, Quality Assurance & Accreditation Committee

THIRTY-SEVENTH CONJOINT HKCFP/RACGP FELLOWSHIP EXAMINATION SECOND ANNOUNCEMENT

The Board of Conjoint Examination is pleased to announce the following information on the Thirty-seventh Conjoint Fellowship Examination with the Royal Australian College of General Practitioners to be held in 2023.

(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 renew their RACGP membership for the year 2023/2024 before 31 July 2023. Failure to comply with the rule may result in denial of admission to the Exam.)

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.

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 2023, 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 2023, 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 2023, 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:

For Category I candidates who have enrolled in the vocational training program before 31 December 2018, they will remain entitled to be awarded FRACGP, provided all requirements for Fellowship are met. All other candidates are eligible to apply for the award of International Conjoint RACGP Fellowship (ICFRACGP).

All successful candidates applying for the award of the RACGP Fellowship will be subject to the decision of the RACGP. Starting from 2022, Category II candidates who enroll for conjoint exams will be eligible for the ICFRACGP (but not FRACGP) provided other Fellowship requirements are met. After 2023 no Category II candidate will be eligible for the award of ICFRACGP.

However, up to the present moment, the Category II doctors are still eligible to sit for our HKCFP college exam and be awarded FHKCFP similar to previous years provided all HKCFP Fellowship requirements are met.)

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 is subject to the final approval of the Board of Conjoint Examination, HKCFP.

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

(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 APCLS (Advanced Primary Care Life Support) 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 dates of APCLS workshops & examinations for 2023 will be confirmed in due course. Please register with our College secretariat at 2871 8899 IMMEDIATELY if you do not hold a valid APCLS certificate issued by HKCFP and intend to sit for the Conjoint Examination 2023.

(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 2026).

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 **13 April 2023 (Thursday)**.

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

Application Fee: \$3,000*

Examination Fee:

- | | |
|---|----------|
| • Full Examination (Written + Clinical) | \$34,500 |
| • Written Examination | \$17,250 |
| • Clinical Examination | \$17,250 |

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 (\$17,250) 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 \$34,500 (for the whole examination), \$17,250 (for the written examination) or \$17,250 (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

- | | |
|---------------------------------------|--|
| • 13 April 2023 (Thursday) | Closing Date for Applications |
| • 13 August 2023 (Sunday) (tentative) | Conjoint Examination – Written Examination (KFP) |
| • 20 August 2023 (Sunday) (tentative) | 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 both College website (www.hkcfp.org.hk / www.racgp.org.au). 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

Diploma in Family Medicine (HKCFP) 2023 - 2024

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 2023.

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 2023	Module I
October to December 2023	Module II
July 2023 to April 2024	Module III, IV & V
May 2024	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\$42,000 for members of HKCFP

HK\$84,000 for non-members

(A discount of HK\$5,000 for early bird applications on or before 31 May 2023)

Individual Modules:	Members	Non-members
Module I (Distance Learning – Principles of Family Medicine)	\$5,300	\$10,600
Module II (Distance Learning – Common Problems in Family Medicine)	\$5,300	\$10,600
Module III (Structured Lectures & Seminars)	\$5,400	\$10,800
Module IV (Updates & Clinical Attachment)	\$5,300	\$10,600
Module V (Practical Workshops)	\$6,800	\$13,600
Examination	\$13,000	\$26,000
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 Education Limited". This fee is non-refundable;
- A Course Fee of HK\$42,000 (or HK\$84,000 for non-members) by crossed cheque payable to "HKCFP Education 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 2022 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.

The eligibility of candidates is subject to the final approval of the Board of Diploma in Family Medicine.

11. Application Deadline: 30 June 2023**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



**Hong Kong
Primary Care
Conference**

The Hong Kong College
of Family Physicians

**Hong Kong Primary Care Conference
2023**

**Flourishing
Primary Care:
Family Doctor
for Everyone**

**23 - 25
June 2023**
(Fri – Sun)



**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2023

“Flourishing Primary Care: Family Doctor for Everyone”

23rd - 25th June 2023 (Friday - Sunday)

It gives me immense pleasure to invite you on behalf of the Hong Kong College of Family Physicians and the 2023 Organizing Committee to the 13th Hong Kong Primary Care Conference which will be held from 23rd to 25th of June 2023.

The theme of this year's conference is “Flourishing Primary Care: Family Doctor for Everyone”. The recent release of the Primary Care Blueprint by the Hong Kong government has highlighted the importance of a robust primary healthcare system more than ever. The HKSAR Chief Executive's 2022 Policy Address has shown a strong commitment to revamping the healthcare system from a treatment-oriented, hospital-based structure to a prevention-focused, community-based system, by investing additional resources to promote primary healthcare. Furthermore, it also advocates the promotion of “Family Doctor for All” concept as the essential foundation for sustainable people-centric primary healthcare in the community. Over the years, our College has always been a strong proponent of “Everyone should have a Family Doctor” concept as local and international studies have shown that healthcare systems with strong primary healthcare teams led by Family Doctors have proven to be more cost effective and sustainable.

Our annual hallmark conference will continue to captivate our participants with exciting yet diverse arrays of plenary sessions, seminars, workshops and discussion forums. Our workshops will resume the face to face mode to allow more interactive hands-on learning. Due to recent relaxation of COVID 19 restrictions in Hong Kong, we are pleased to announce that our Saturday afternoon session and dinner symposium will be on hybrid mode to allow face to face engagement enhancing human connection experience. Furthermore, I warmly invite you to submit abstracts to our signature clinical case competition as well as full research paper and free paper competitions.

I welcome you all to yet another inspiring and rewarding experience in this coming conference.

Sincerely yours,

Dr. Lorna Ng
Chairlady, Organizing Committee
Hong Kong Primary Care Conference 2023



**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2023 “Flourishing Primary Care: Family Doctor for Everyone”

23rd - 25th June 2023 (Friday - Sunday)

Full Research Paper Competition

We cordially invite your participation in the **Full Research Paper Competition** of the HKPCC 2023. 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 New Investigator Research Paper Award

The HKPCC 2023 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 **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 2023 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.

AWARD

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

QR Codes for further competition details:

Full Research Paper Competition	Free Paper Competition	Clinical Case Presentation Competition
		

For enquiries, please do not hesitate to contact our Conference Secretariat, Ms. Carol Pang or Ms. Nana Choy, at 2871 8899 or by email hkpcc@hkcfp.org.hk.

COMPETITION SUBMISSION DEADLINE

14 March 2023 (Tuesday)

“We look forward to receiving your research articles!”

Keto Diet: Should We Recommend it for Diabetics?

Diet control is long known to be one of the key measures to improving diabetic control. There is a variety of dietary plans, but in essence carbohydrate and sugar intake should be cut down. One of the examples is keto diet (KD), which is literally high in fat, moderate in protein and low in carbohydrates. In principle, this looks beneficial to sugar control among diabetic patients, but is this really the case?

The major concept of KD is to reduce the amount of carbohydrate intake, such that the body would switch to using fat as a source of energy. Ketone is the fuel substance resulting from the break-down of fat and that is why it is called ketogenic, or keto diet. Presumably this will bring the sugar level down and in turn, the demand on the body to secrete insulin for glucose control.

Though there are variations, a typical KD usually consists of a framework of the following food categories:¹

1. Low carb leafy vegetables
2. Eggs
3. Dairy products
4. Meat
5. Fish and shellfish
6. Berries
7. Healthy fat e.g. avocado, nuts, seeds

As to whether we should recommend this dietary pattern to diabetic patients, evidence is rather conflicting.

In 2021, a systematic review of literature² was conducted in PubMed, Embase, and the Cochrane Central database covering 2011 to 2021 according to the PRISMA guidelines. It reviewed a total of 14 studies, including 12 clinical trials and 2 retrospective or observational studies. The conclusion was ketogenic diet seemed to be quite promising in enhancing glucose control among type 2 diabetes mellitus (DM) patients, with support from committed dietitians and doctors.

However, another systematic review in 2022³ advised a more cautious approach. It identified 69 randomized controlled trials of at least 6 months duration comparing efficacy and safety of very low carbohydrate (VLC) or KDs (≤ 50 g carbohydrate or $\leq 10\%$ total energy from carbohydrate per day) with a control diet (carbohydrate above the VLC/KD threshold) in adults with pre-diabetes or type 2 DM. The primary outcome variable was glycated haemoglobin (HbA1c) after 12 months. Despite that VLC/KD may help reduce HbA1c and triglyceride level in those with pre-diabetes or type 2 DM, there was limited evidence of an advantage over other more common and less restrictive strategies. More well-designed studies are

probably needed to provide more solid evidence. Another study made a comparison between following a KD and a Mediterranean diet for 12 months in 33 type 2 diabetics⁴, but HbA1c values did not differ between the diets, despite both of them improving the values throughout the study.

KD doesn't come without possible adverse outcomes either. As it involves high fat content, inevitably it leads to an increased risk of dyslipidemia and subsequent higher cardiovascular risk⁵. This dietary strategy may also lead to some short-term bodily discomfort and long-term health problems like nutritional deficiencies⁵. Besides, certain groups of people are considered unsuitable to follow a KD, such as pregnant or lactating ladies and those taking SGLT-2 inhibitors⁵.

Practically KD is hard to follow for a long period of time⁵, due to its restrictive nature. Some studies show that low carb diets could improve glycemic control and aid weight loss, but studies typically only lasted 6–12 months⁵. Overall, dropout rates in the keto diet groups could be as high as 54%⁵. Therefore, doubts arise on whether KD can be so readily kept to maintain DM control in the long run.

Currently health authorities in the United States do not advise adopting KD to help manage DM, while the American Diabetic Association (ADA) also has no recommendation of one diet over another.

At the end of the day, before more concrete evidence is available about the long-term benefits and safety of KD, DM patients should just follow a healthier and well-balanced diet that suits their lifestyle.

Reference:

1. <https://www.medicalnewstoday.com/articles/keto-grocery-list>
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Compiled by Dr. David Cheng

Very Brief Advice on Smoking Cessation (VBA)

Dr. John-Hugh Tam, Specialist in Family Medicine

Our Local Situation

- From the latest local statistics, some 650 000 people in Hong Kong still smoke every day. Although the prevalence of daily smokers in Hong Kong has continued to drop to around 10% lately, in recent years, the downward trend has slowed down.
- Smoking is the leading preventable cause of mortality in our population.
 - Lung cancer caused the highest mortalities from 2009 to 2017 among all cancers;
 - Heart and cerebrovascular diseases ranked the third and the fourth in the number of deaths from all causes in 2019, respectively.
 - Every year over 6 100 and 600 people are killed by active smoking and secondhand smoke respectively.
- In spite of the substantial risk, more than 60% of daily smokers in Hong Kong have neither attempted nor wanted to quit. Only 3% of current smokers have ever used smoking cessation services. The World Health Organization recommends all healthcare professionals to deliver brief smoking cessation advice to patients in order to motivate smokers to quit.



What is VBA?

Past evidence suggested that brief advice by physicians increases abstinence rate at 6-month by 66% compared with no advice. As an alternative to conventional smoking cessation advice by physicians which can occupy between 3 – 10 minutes duration, VBA is a clinical intervention, initially developed in the UK, which identifies smokers, advises them on the best method of quitting and supports subsequent quit attempts. As VBA can be as brief as 30 seconds, it is considered to be a potential alternative and more practically feasible during the busy daily consultations, and it has been scientifically proven both overseas and locally to be effective in motivating smokers to quit and increasing tobacco abstinence rate.

VBA is a three-step model comprising only the key elements “ASK, ADVISE, ACT” and is designed to be used opportunistically with patients by health care workers in almost any situation with a smoker.



Figure: Flow chart on VBA (Source: TACO, DH)

In Hong Kong, it is also known as the “Ask, Advice and Offer Referral” workflow.

It is very interesting to note that VBA emphasizes heavily on “offering of support” instead of the traditional approach of “advice to stop smoking”, and it differs from the traditional “WHO 5A's model” for smoke cessation advice as it lacks the “assess” component, i.e. it does not even involve checking on how much our patients smoke and their readiness to change before giving advice, yet it is claimed that “the very act of delivering VBA will prompt many of our patients to trigger a quit attempt whether or not they were thinking about it before they saw us”. VBA is noted to be more effective when delivered repeatedly and routinely at every clinic visit. Locally, the University of Hong Kong has developed an AWARD model for VBA, comprising the “Ask, Warn, Advise, Refer and Do-it-again” components.

Education Resource:

The Tobacco and Alcohol Control Office, HKU School of Nursing and HKU School of Public Health have prepared an online self-directed training set, which will empower healthcare professionals (including doctors, dentists, nurses, Chinese medicine practitioners, pharmacists, dietitians and allied health professionals) to deliver a very brief advice on smoking cessation. You may learn more about the topic in the links below:

Online Material from Tobacco and Alcohol Control Office

- 極簡短戒煙建議 網上訓練 - <https://vba.livetobaccofree.hk>
- Very Brief Advice on Smoker Cessation, online training - <https://vba.livetobaccofree.hk/en/>

Whereas if you are interested to read more about VBA, you may also take a look at the training module page created by The National Centre for Smoking Cessation and Training (NCST), UK for further information.

Information page -

https://www.ncst.co.uk/publication_very-brief-advice.php

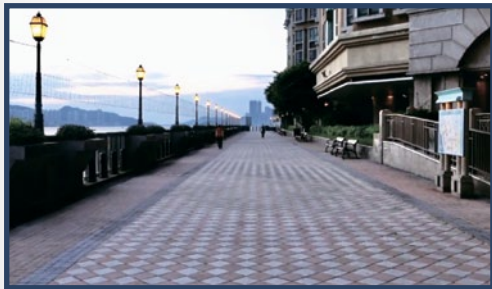
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海旁 緩跑 路線 分享

譚仲豪醫生

認識我的朋友，都會知道我有跑步的習慣。下班後抽空做運動，除可以幫助放鬆心情外，亦能夠促進健康，以身作則。今次與大家分享一條可以邊跑邊觀賞海邊美景的路線，以黃埔作起點，依海旁跑4公里，最後以尖沙咀鐘樓作終點，全程大部份路徑皆為平路，非常適合「新手上路」的運動朋友。



位於黃埔的起點



4km路線概覽



CURRENT LOCATION : THE HUNG HOM FERRY PIER
已抵達紅磡碼頭

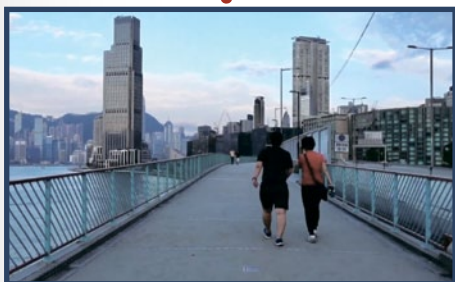
途經大環山公園及九龍海逸酒店抵達紅磡碼頭



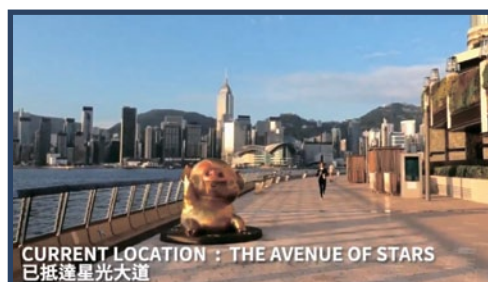
出現於碼頭的張保仔號 (Aqua Luna)



紅磡海濱長廊



依連接橋可從紅磡海濱長廊抵達尖東



CURRENT LOCATION : THE AVENUE OF STARS
已抵達星光大道

尖沙咀海濱長廊及星光大道



終點：尖沙咀鐘樓

The Diary of a Family Doctor【家庭醫生的日常】

《基層醫療是瑰寶》

冼銘全醫生

48歲女士，回來複診hypertension。她有panic disorder多年，在專科複診，也一直服用情緒藥。

女士：「最近經常頭暈。」

沒有天旋地轉的暈，沒有其他神經系統的病徵，心跳也正常。經期血量不多，最近周年檢查抽血一切正常。雖然有頭暈，但仍工作如常。

我：「最近瞓覺點樣？」

女士：「瞓得唔好。」

我：「最近有咩擔心？」

女士：「都係擔心啲子女啦，唉…」

女士已離婚多年，獨力撫養一對子女，如今女兒26歲，兒子21歲，日憂女兒沒工作，夜憂兒子的學業。她小時候父母對她不甚好，之後也常受前夫咒罵，二十多歲已出現焦慮及驚恐發作。她的路真不容易。

我：「你最擔心頭暈影響你啲乜嘢？」

女士：「我就驚做唔番美容呢行呀，做咗咁多年，又驚啲細路冇得食。」

我想，都不是細路了吧！這年紀應要學會自立。太維護孩子，想必來自她昔日的創傷；但如此下去，孩子難成長。

我：「我聽你講咗好多都係擔心啲子女，你有冇擔心過自己？」

女士：「都有時間擔心自己啦。日日做嘢都忙到死。」

我：「唔好介意我直接，我感覺到你係有乜自己，有乜理過自己感受。所以而家迫使身體來提醒你啦。妳嘅頭暈同失眠，因為你從來冇放鬆過自己，神經系統紊亂，

導致感官失調，也進入不了正常睡眠的循環設定。如果你能夠多啲注視返自己，讓身體放鬆，身體自然唔需要用病徵來提醒你。」

女士頓了一下，語重也帶點感慨：

「我承認，我擺得太多時間喺子女身上，我會好好反省一下。雖然今日只

係短短幾分鐘，但係真係相當有價值，多謝晒！」

基層醫療，可從人的身心社靈，看出一種方向。

**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



THE HONG KONG
POLYTECHNIC UNIVERSITY
香港理工大學

UNIVERSITY HEALTH SERVICE

Medical Officer (Ref. 230117005-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 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 6 March 2023 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.

The HKCFP Awards for the Best Research and Best Trainee Research of 2022

The Research Committee of the Hong Kong College of Family Physicians is calling for The Award for The Best Research of the Year 2022. 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 current trainees of HKCFP or within 3 years of completion of vocational training.

Both the abovementioned Awards will be presented at the Conferment Ceremony in 2023.

Please note that each applicant can only apply for 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 2022" or "The HKCFP Award for the Best Trainee Research of 2022", 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: 30 March 2023

Supported by HKCFP Foundation Fund

HKCFP Research Fellowship 2023

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 degree (or equivalent) 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

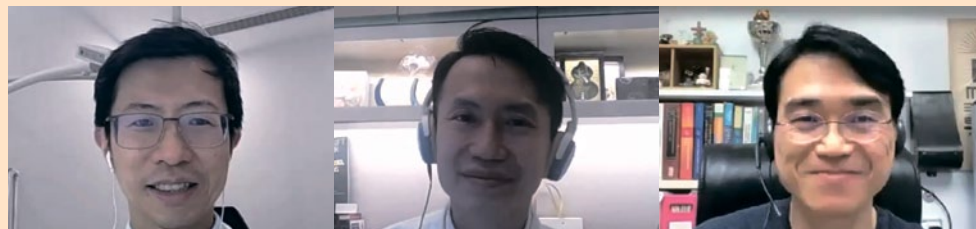
1. Application form, terms and conditions of the Fellowship can be downloaded from www.hkcfp.org.hk or obtained from the College Secretariat, HKCFP at Rm 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. Tel: 2871 8899 Fax: 2866 0616
2. Applicants must submit:
 - The 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: **30 March 2023**. 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

Meeting Highlights

Online Dermatology Seminar on 7 January 2023

Dr. WONG Hing Wing Alex, Specialist in Dermatology & Venereology and Dr. CHAN Hau Ngai Kingsley, Specialist in Dermatology & Venereology, delivered a lecture on "Personalized Approach to Atopic Dermatitis with Novel Topical and Systemic Treatments".

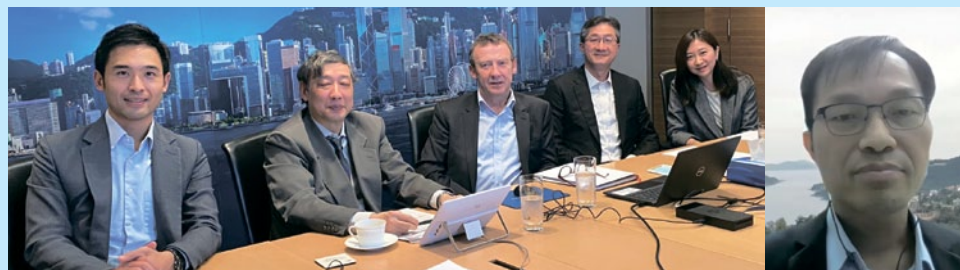


(From Left to right)
Dr. CHAN Hau Ngai Kingsley (Speaker),
Dr. WONG Hing Wing Alex (Speaker)
and Dr. LAM Wing Wo (Moderator)

Online Seminar on 13 January 2023

Dr. Robert HENDRY, Medical Director, Medical Protection Society, delivered a lecture on "Consent and Decision Making; Privacy and Confidentiality".

We would also like to thank Mr. Woody CHANG, Ms. Jaime LAM and Mr. William CHAN from Mayer Brown and Dr. Alvin CHAN to be the panel discussants.



(From Left to right)
Mr. William CHAN (Panel Discussant),
Dr. Leon TONG (Moderator), Dr. Robert
HENDRY (Speaker), Mr. Woody CHANG,
Ms. Jaime LAM and Dr. Alvin CHAN
(Panel Discussants)

78th Mental Health Seminar (Online) on 4 February 2023

Dr. Chan Suen Ho, Mark, General Practitioner and Honorary Clinical Associate Professor, CUHK, delivered a lecture on "Decades of Mental Health Interest in Primary Care, Our Past and the Future".

Membership Committee News

The Council approved, on recommendation of the Chairlady of the Membership Committee, the following applications for membership in **November 2022 – January 2023**:

New Applications

Associate Membership

Dr. CHOW Chau Yi	周 秋 怡
Dr. LAM Kwok Sang	林 國 生
Dr. LAU Wai	劉 唯
Dr. YUNG Lok Yee, Louise	容 樂 怡

Student Membership

Mr. YIU Wing San	姚 榮 新
Mr. MA Tung Wong	馬 東 鎧

Transferral

Transfer to Non-HKSAR Fellowship

Dr. CHU Wan Wing, Vivian	朱 韻 穎
Dr. LEUNG To Fung	梁 濤 峰

Online Seminar on Dermatology – The 85th Meeting on 7 January 2023

Dr. LAM Chun Yin, Dr. Jerrold LEE and Dr. LI Shiyue

Theme : Personalized Approach to Atopic Dermatitis with Novel Topical and Systemic Treatments

Speakers : Dr. CHAN Hau Ngai, Kingsley
Specialist in Dermatology & Venereology
Dr. WONG Hing Wing, Alex
Specialist in Dermatology & Venereology

Moderator : Dr. Lam Wing Wo, Board of Education

Learning points of Dr. Chan's presentation

Dr. Chan gave us a review on the latest update for the diagnosis and management of atopic dermatitis.

Atopic dermatitis (AD) is a pruritic inflammatory skin condition with chronic and relapsing course. It is characterised by intense pruritis, skin xerosis and eczematous lesions. It is one of the most common chronic conditions affecting 20% of children and 8% of adults and the prevalence is increasing.

The impacts of AD could affect one's physical health, mental health, emotional health, social functioning and vitality. It is also associated with multiple comorbidities and complications such as skin infections, eye complications and neurodermatitis. The treatment cost of the disease could be significant, the average annual total treatment cost for a child with mild AD is USD 6,651, moderate AD is USD 7,935 and severe AD is USD 14,335.

Multiple mechanisms are involved in the pathogenesis of AD including epidermal barrier dysfunction, genetic factors, immune dysregulation and alteration of cutaneous microbiome. IL-4, IL-13, IL-31, TSLP and IL-22 are believed to be the key cytokines to drive inflammation, itch and skin barrier disruption.

UK working party diagnostic criteria & American academy of dermatology diagnostic criteria for AD are one of the commonly used criteria for aiding the diagnosis.

Learning points of Dr. Wong's presentation

Dr. Wong kindly gave us an update on the various treatment options that are currently available for the treatment of atopic dermatitis (AD). Topical therapies include corticosteroids (TCS), calcineurin inhibitors, selective phosphodiesterase-4 (PDE4) inhibitors and Janus kinase (JAK) inhibitors. TCS are considered the

first-line option for AD. The concept of the fingertip unit (FTU) as a way of describing the amount of TCS to be used was introduced. We were reminded of the important side effects of TCS, not only for us to counsel our patients about when prescribing TCS, but also for our timely identification of those who have overused TCS inadvertently. Topical calcineurin inhibitors are particularly useful for skin areas that are prone to the side effects of TCS, such as the eyelids and flexural areas. However, one should note that there is still a black box warning from the FDA regarding the possible increase in the risk of lymphoma and skin malignancies associated with the use of topical calcineurin inhibitors. Meanwhile, topical PDE4 inhibitors are now approved for the treatment of mild to moderate AD in adults and children as young as just 3 months of age. Topical JAK inhibitors are a very new group of agents approved for the short-term treatment of mild to moderate AD in immunocompetent patients older than 12 years of age whose disease is not controlled by older topical agents.

Regarding systemic therapies, the effectiveness of dupilumab is now much more established, hence it is favoured over conventional immunosuppressive agents such as systemic corticosteroids, ciclosporin and azathioprine, as these generally have more undesired adverse effects and toxicity, and some even require regular biochemical monitoring.

Perhaps the main highlight of Dr. Wong's talk was on oral JAK inhibitors, such as abrocitinib and upadacitinib, which have only just been approved by the FDA in early 2022 for the treatment of moderate to severe AD in adolescents and adults whose disease is not well controlled by other systemic therapies (including biologics). Data from clinical trials showed that abrocitinib is significantly better than dupilumab at achieving multiple clinically important outcomes. Other advantages of abrocitinib include: convenient (once daily oral treatment), flexible dosage (can be adjusted depending on the patient's age and/or estimated glomerular filtration rate), can be used alone or in combination with medicated topical therapies. On the other hand, there are some contraindications to abrocitinib, such as active serious systemic infections (including hepatitis B/C, TB), severe hepatic impairment, severe anaemia/leukopenia/thrombocytopenia, pregnancy and breastfeeding. Therefore, specific screening laboratory tests are recommended before treatment initiation. Also, patients who are already on the drug

are advised to stop it temporarily in the event of an opportunistic infection or sepsis, until the problem is under control or has resolved. Lastly, there are drug-drug interactions to consider when prescribing the drug to patients who are already on certain chronic medications.

In summary, the ever-expanding array of therapeutic options for AD allows clinicians to adopt a more personalised management approach that is tailored to each individual patient.

Summary of presented cases

1. Case presented by Dr. LAM Chun Yin

The case was a 58-year-old gentleman, complaining of pruritic papular skin rash over his body for 2 weeks. It was not painful. He did not have a history of atopy and no family history of eczema. There was no exposure to irritants nor insect bites. There were papular skin rash over flexural area of elbows and posterior neck with background generalized dry skin. There was no sign of infection. A diagnosis of atopic dermatitis was made based on the history and physical examination. General advice including avoiding offending agents and use of skin emollient were given. He was also given low potency topical steroid and sedating antihistamine.

Atopic dermatitis is one of the most common inflammatory skin diseases. Diagnosis can be made based on the clinical appearance. The causes can be related to genetics or the environment.

There is no known cure but there are measures that can control inflammation. General measures including avoiding offending agents, control infection, psychological support. Topical treatment such as skin emollient and topical steroid can be considered. Second line treatment including topical calcineurin inhibitor, phototherapy, systemic steroid, biologics and immunosuppressive agent.

2. Case presented by Dr. Jerrold LEE

Mr. L, a 67-year-old gentleman, presented with itchy rash over trunk and lower limbs for 3 weeks.

He was treated with permethrin 5% lotion twice and clotrimazole cream before but his condition did not improve. Erythematous scaly patches were found over the trunk. Coin-shaped erythematous scaly lesions were seen over bilateral lower limbs. There was no weeping, blisters, signs of impetiginization, signs of secondary infection or track-like burrows.

Mr. L was diagnosed as eczema, likely idiopathic discoid or nummular eczema with differential diagnoses of atopic eczema, contact dermatitis or tinea corporis. Frequent emollient use was advised to reduce skin dryness and maintain skin barrier function. Betamethasone valerate 0.1% ointment was prescribed for 2-4 weeks. Oral loratadine was given to reduce pruritis as needed. The skin condition was much improved after using emollients and topical steroids for 4 weeks. Mr. L was advised to continue emollient use and to repeat short course of topical steroids if recurrence. Dermatologist referral can be considered if severe disease.

3. Case presented by Dr. LI Shiyue

A case of erythema multiforme was discussed. Mr. Yam, 64-year-old gentleman, presented with acute onset erythematous rash over hands, feet and waist for 1 week. The lesions were small erythematous papules initially then gradually developing to annular erythematous lesions with a central point in the middle. No precipitating factor was noticed except herpes simplex infection over the lip. Mr. Yam was general well without systemic symptoms. Chest Xray and blood tests were normal. His skin condition was completely resolved after 10 days. Erythema multiforme is usually diagnosed by typical clinical course and distinctive target lesion. Causes include HSV infection, mycoplasma pneumoniae, medications, malignancy and autoimmune disease. Although erythema multiforme is usually transient and without long-term morbidity in most cases, it is important to differentiate it from severe skin condition, especially drug related condition including SJS, and to remove the causative agent.



Photo taken on 7 January 2023
(From left to right)
Dr. Jerrold LEE, Dr. LAM Chun Yin and Dr. LI Shiyue

ASSESSMENT ENHANCEMENT COURSE (AEC) FOR FAMILY PHYSICIANS 2023

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 2023
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\$4,000 (Whole course) HK\$1,000 (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. Announcement would be made in case there is a change of schedule and/or format.

Assessment Enhancement Course 2023 Timetable for Workshop

Date	Topics	Venue
29 April 2023 (Sat) 2:30 – 5:30 p.m.	Introduction	Room 802, Duke of Windsor Social Service Building, Wan Chai, Hong Kong
27 May 2023 (Sat) 2:30 – 5:30 p.m.	Approach to Physical Complaints	
17 June 2023 (Sat) 2:30 – 5:30 p.m.	Viva Practice: Enhance Interprofessional Communication	
22 July 2023 (Sat) 2:30 – 5:30 p.m.	Problem Solving Skills	
26 August 2023 (Sat) 2:30 – 5:30 p.m.	Proper Physical Examination & Common Clinic Procedures	
Date to be confirmed	Mock Exam	HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Hong Kong

The Board of Education is pleased to announce the following online seminars to be conducted via the Zoom webinar platform in the coming months with the details below:

Online Seminar			
Date and Time	Topic	Speaker	Moderator
4 Mar (Sat) 2:00 – 3:00 p.m.	Online Dermatology Seminar: Trainees Dermatology Cases Presentation <i>Organized by Interest Group in Dermatology</i>	FM Trainees	Dr. Lam Wing Wo

QR Code for registration



Accreditation :

4 March : 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
24 February (Fri) 2:30 – 3:30 p.m.	"Vaccinology & Importance of Adult Vaccination in Local Community" by Dr. Wilson Lam
31 March (Fri) 2:30 – 3:30 p.m.	"Common Foot and Nail Infections: New Evidence on Topical Treatment of Onychomycosis" by Dr. Hau Kwun Cheung

QR Codes 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

- 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 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.

Advanced Primary Care Life Support (APCLS) Training and Examination Workshop 2023

As required by the Royal Australian College of General Practitioners (RACGP), an adequate CPR training course needs to have advance components on airway management, neck support and automated external defibrillation (AED) on top of basic life support. In order to align with our Sister College (RACGP) and to achieve reciprocal recognition in Conjoint Fellowship Examination and Quality Assurance Certificate, the CPR Subcommittee of the Board of Education is pleased to announce that an enhanced CPR course, the Advanced Primary Care Life Support (APCLS) has been launched since 2017.

APCLS course materials have been endorsed by HKCFP Council in 2015 and the Resuscitation Council of Hong Kong (RCHK) in 2016. The course aims to widen the scope of our existing CPR training course by adding several important elements: use of automated external defibrillator (AED), use of airways adjuncts and dealing with initial trauma care through use of neck support.

Tentatively, 2 APCLS Training and Examination Workshops will be held on 2023 **(19 March & 16 April 2023)**.

As no one is guaranteed to pass in the first attempt, members who plan to sit for the 2023 Conjoint Examination are strongly advised to register for our APCLS session. Members are reminded that a valid HKCFP APCLS Certificate is a pre-requisite for enrolment of the Conjoint Examination. Members who plan to sit for the 2023 Conjoint Examination are also reminded to check the validity of their HKCFP APCLS Certificate to make sure that it is valid at the time of application and also at the time Clinical Examination. HKCFP APCLS certificates are valid for 2 years.

Please note the announcement would further be made in case there is a change of schedule.

QR Code for registration



19 March / 16 April 2023

Sunday

APCLS Training and Examination Workshop

Time	12:00 p.m. - 6:30 p.m.
Venue	Function Room 1 & 2, 2/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Hong Kong
Talks	<ol style="list-style-type: none"> 1. Advanced Primary Care Life Support-Principles and Techniques 2. Advances in CPR and use of Automated External Defibrillator (AED) 3. Use of Airway Insertion and Cervical Injury Management 4. Updates in Guidelines
Training	Hands-on training, supervised by HKCFP APCLS Instructors
Accreditation	3 CME Points HKCFP (Cat. 4.4) 3 CPD Points HKCFP (Cat. 3.11) for passing the APCLS Examination
Co-organizer	Resuscitation Council of Hong Kong

Admission Fee:

Members and Non-members

(Attend Training and Examination Workshop) **HK\$900.00**

Members with expired APCLS certificate issued by HKCFP

(Attend Training and Examination Workshop) **HK\$500.00**

Payment Methods

Course fees can be settled by **cheque, FPS** or **PayPal**. Please indicate your preferred method in the registration and the secretarial staff would further email you once the e-debit note with payment details is ready.

Successful candidates will be awarded an APCLS Certificate valid for 2 years, which is also accredited by the Resuscitation Council of Hong Kong. Please contact Ms. Katie Lam at 2871 8899 for registration on or before **9 March (Thursday) for the March session and 6 Apr (Thursday) for the April session**.

LATE APPLICATIONS WILL NOT BE ENTERTAINED.

*REMARKS:

1. You are not allowed to take the APCLS training workshop and examination during your pregnancy.
2. Priority will be given to candidates who are planning to sit for the Conjoint HKCFP/RACGP Fellowship Examination in 2023 and is going to sit the Diploma of Family Medicine Examination (2022-23).

Structured Education Programmes

Free for members

HKCFP 2 CME points accreditation (Cat 4.3)

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
Wednesday, 01 March 2023			
14:30 - 17:00	Room 13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Critical Appraisal of Research Evidence Dr. Lee Pak Lik	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Patient's Illness Behaviour Dr. Cheung See Wai, Ada & Dr. Wong Wei, Wade	Ms. Emily Lau Tel: 3506 8610
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital	Managing Mild Cognitive Impairment & Dementia Dr. Natasha Lui	Ms. Cherry Wong Tel: 2589 2342
17:30 - 19:30	Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH	Smart Clinic and Smart Hospital Dr. Chan Lok Hin, Thomas & Dr. Chow Chau Yi, Charlie	Mr. Alex Kwok Tel: 5569 6405
Thursday, 02 March 2023			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Community Resources for Screening and Preventive Care (Elderly) Dr. Ng Mei Po & Dr. Lam Ka Wai	Ms. Eliza Chan Tel: 2468 6813
Wednesday, 08 March 2023			
14:30 - 17:00	Room 13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Approach to Secondary Amenorrhoea Dr. Chan Hoi Ho	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Lecture Theatre, G/F, Block M, QEH	Depressive Disorder Dr. Tso Sau Lin & Dr. Lai Siu Tung	Ms. Emily Lau Tel: 3506 8610
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital	Continence Nurse with Preventive Care at Primary Healthcare Dr. PL Tsang	Ms. Cherry Wong Tel: 2589 2342
17:30 - 19:30	Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH	Motivation Interview Lifestyle Dr. Siu Yuen Tung, Vivianna & Dr. Tang Yeung On	Mr. Alex Kwok Tel: 5569 6405
Thursday, 09 March 2023			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Emergency Management of Arrhythmias Dr. Tsang Yee Wing & Dr. Hsu Kwok Fai	Ms. Eliza Chan Tel: 2468 6813
Wednesday, 15 March 2023			
14:30 - 17:00	Room 13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Community Resources for Adolescent and Youth Dr. Lee Wai Chun	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Living Will, Advanced Directive & Guardianship Board Dr. Lee Kin Lun & Dr. Lam Wai May, Josephine	Ms. Emily Lau Tel: 3506 8610
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital	FM Management of Common Rheumatological Problems Dr. Teresa Li	Ms. Cherry Wong Tel: 2589 2342
17:30 - 19:30	Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH	Medical Ethics: Doctor's Fitness to Practice Dr. Ge Shicong, George & Dr. Ng Ka Wai, Will	Mr. Alex Kwok Tel: 5569 6405
Thursday, 16 March 2023			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Sharing of Commission Training Dr. Leung Lai Man & Dr. Ng Ngai Mui	Ms. Eliza Chan Tel: 2468 6813
Wednesday, 22 March 2023			
14:30 - 17:00	Room 13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Orthopedics Emergencies Encounter in Primary Care Dr. Kwong Chung Man	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Exercise Prescription and Weight Reduction Dr. Yeung Pui Sze & Dr. Chan Hue Yan, Stephanie	Ms. Emily Lau Tel: 3506 8610
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital	Primary Health System Models Dr. Elaine Fung	Ms. Cherry Wong Tel: 2589 2342
17:30 - 19:30	Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH	Infertility Dr. Yiu Sze Wa, Sarah & Dr. Chu Pui Ling, Candice	Mr. Alex Kwok Tel: 5569 6405
Thursday, 23 March 2023			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	POCT Available at Primary Care Clinic: Interpretation and Pitfalls Dr. Lam Kang & Dr. Wong Tsz Yan	Ms. Eliza Chan Tel: 2468 6813
Wednesday, 29 March 2023			
14:30 - 17:00	Room 13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Emergency Handling Protocol in Primary Care Clinic Dr. Cheng Ka Tong	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Burns and Smoke Inhalation Injuries Dr. Chau Kei Wai & Dr. Chan Chi Ying, Queenie	Ms. Emily Lau Tel: 3506 8610
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital	GP Healthcare System in the UK Dr. Beatrice Li	Ms. Cherry Wong Tel: 2589 2342
Thursday, 30 March 2023			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Understand World Health Organization (WHO) - What Are Their Work? Dr. Lam Wai Yiu & Dr. Hun Pek I	Ms. Eliza Chan Tel: 2468 6813

COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Feb	27	28	1 Mar 2:00 – 7:30 p.m. Structured Education Programme	2 4:00 – 6:00 p.m. Structured Education Programme	3 7:00 – 9:00 p.m. Exit Exam PA segment - PERM Introductory Seminar	4 2:00 – 3:00 p.m. Interest Group in Dermatology
5	6	7	8 2:00 – 7:30 p.m. Structured Education Programme	9 4:00 – 6:00 p.m. Structured Education Programme	10	11 2:30 – 5:00 p.m. DFM FM Clinical Skills Enhancement
12	13	14	15 2:00 – 7:30 p.m. Structured Education Programme	16 4:00 – 6:00 p.m. Structured Education Programme 8:30 p.m. HKCFP Council Meeting	17 1:45 – 3:15 p.m. 「醫社合作—基層醫療健康藍圖帶來的啟示」研討會	18
19 12:00 – 6:30 p.m. APCLS Training Course	20	21	22 2:00 – 7:30 p.m. Structured Education Programme	23 4:00 – 6:00 p.m. Structured Education Programme 9:00 p.m. Board of Conjoint Examination Meeting	24	25
26	27	28	29 2:00 – 7:30 p.m. Structured Education Programme	30 4:00 – 6:00 p.m. Structured Education Programme	31 2:30 – 3:30 p.m. Video Session 8:00 p.m. Specialty Board Meeting	1 Apr
2	3	4	5	6 4:00 – 6:00 p.m. Structured Education Programme	7	8

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

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