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Message from the President

The Chronic Disease Co-Care (CDCC) Pilot Scheme is one of the essential components at the initial stage of realising the Primary Healthcare Blueprint, and a kick-off ceremony has been organised by the Health Bureau recently to officially launch the programme. The officiating guests included the Secretary for Health, Professor Lo Chung-mau; Legislative Councillor Dr David Lam; the Permanent Secretary for Health, Mr. Thomas Chan; the Under Secretary for Health, Dr. Libby Lee; the Director of Health, Dr. Ronald Lam; the Chairman of the Hospital Authority, Mr. Henry Fan; and myself, the President of the Hong Kong College of Family Physicians. (<https://www.info.gov.hk/gia/general/202311/13/P2023111300228.htm?fontSize=1>) Our College is in full support of the CDCC Pilot Scheme which opens up a new page of primary healthcare development and demonstrating the crucial role of family doctors in helping to

maintain the health of the population in the community.

The ceremony took place at Sham Shui Po District Health Centre and was well attended by 100 guests from various backgrounds, including chairmen, chief executives, directors and representatives from the public and private healthcare sectors, patient organisations, the Department of Health, the Hospital Authority, and District Health Centres.

In the opening speech of the ceremony, Professor Lo Chung-mau called on eligible persons to take action in commencing a healthy life journey by participating



MESSAGE FROM THE PRESIDENT



Guests and representatives from the public and private healthcare sectors, patient organisations, the Department of Health, the Hospital Authority, and District Health Centres, attended the kick-off ceremony of the CDCC Pilot Scheme

in the Scheme through enrolment as a member of District Health Centres (DHCs), joining in the Electronic Health Record Sharing System (eHealth), and pairing with a family doctor of their choice. He said that the CDCC Pilot Scheme is a brand-new subsidy scheme in which with government subsidies, members of the public only need to pay an affordable co-payment amount to receive screening and follow-up services in the private healthcare sector with respect to diabetes mellitus (DM) and hypertension (HT), thus creating a 'win-win-win' situation to benefit citizens, doctors as well as the healthcare system as a whole. Professor Lo also mentioned that under the CDCC Pilot Scheme, the Government will make the best use of the community healthcare networks with DHCs as the hub for the prevention and management of chronic diseases and establishment of a family doctor system, and through utilising the strength of the private healthcare sector to alleviate the pressure on the public healthcare sector, the resources in the public healthcare system will be able to focus more on caring for the underprivileged.

As reiterated by Professor Lo, family doctors are important partners of the scheme. The latest figures show that over 400 family doctors have joined the Scheme, involving nearly 30 healthcare organisations and covering 600 service points. With this strong force of family doctors, he encourages citizens to

seize the opportunity to pair with a regular family doctor through the Scheme, and establish a long-term doctor-patient relationship with mutual trust as partners in healthy life to realise the slogan of the kick-off ceremony, 'Partnering in the Health Journey for a Healthy Life'."

The DHCs/DHCEs support family doctors in utilising their service networks to facilitate the delivery of interdisciplinary primary healthcare services, and they also follow up on the medical arrangements for participants according to the recommendations of family doctors and set health management goals together with the participants for building a healthy lifestyle.

The list of family doctors participating in the CDCC Pilot Scheme, service flow, government subsidy level and co-payment amount details and frequently asked questions of the Scheme are available on the CDCC Pilot Scheme dedicated website (<https://www.primaryhealthcare.gov.hk/cdcc/en/gp/introduction.html>). I would also like to take this opportunity to thank our family doctor colleagues who have already shown tremendous support for the programme and participated in the Scheme. I would encourage even more family doctors to join in to partner with the patients in their life long journey of health. Go far, go together!

Dr. David V K CHAO
President

The 46th HKCFP Annual General Meeting

The 46th Annual General Meeting (AGM) of The Hong Kong College of Family Physicians will be held on **3 December 2023, Sunday** with the following details.

Time : 17:00

Venue : James Kung Meeting Room, 2/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong

Admission : Members only

The 46th HKCFP Annual Dinner

The College's 46th Annual Dinner will be held on **3 December 2023, Sunday** as follows:

Venue : Run Run Shaw Hall, 1/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Hong Kong

Time : 19:00 Annual Dinner Reception

19:30 Chinese-style Dinner

College Members, Fellows and their spouses are welcome to register for the Annual Dinner free of charge on a first come, first served basis until all the available seats are filled.

Complimentary Transportation:

Circular coach service between Wong Chuk Hang MTR Station and HKAM Jockey Club Building would be provided during the below periods. Pre-registration is required and confirmation of complimentary transportation would be sent to individual registrant at a later stage.

Time	From	To
19:00 – 19:30	Wong Chuk Hang MTR Station	HKAM Jockey Club Building
According to the ending time of the dinner <i>(Estimated time will be around 22:30 – 22:45)</i>	HKAM Jockey Club Building	Wong Chuk Hang MTR Station

Registration

To register for the **Annual Dinner** and/or **Complimentary Transportation**, please scan the QR code and complete the registration on or before **23 November 2023 (Thursday)**.

Please contact the Secretariat, Ms. Teresa Liu, Ms. Alky Yu or Ms. Windy Lau by email to internal@hkcfp.org.hk or call 2871 8899 for assistance.



Board of Vocational Training and Standards News

Reminder: Submission of Annual Checklist for Basic Training

To all Basic Trainees,

Please be reminded that all basic trainees must submit the **ORIGINAL** annual checklist to the Board of Vocational Training and Standards either by registered post or in-person on or before **31st January 2024 (Wednesday)**. Late submissions **WILL NOT** be accepted.

The training experience of 2023 will not be accredited if the trainee fails to submit the checklist on or before the deadline.

Should you have any enquiries, please feel free to contact Ms. Hannah Lok and Ms. Kathy Lai at 2871 8899.

Basic Training Subcommittee,
Board of Vocational Training and Standards

Public Education Committee News

Here we have the Fifth Book of Family Doctor Series: 《家庭醫生101》

《家庭醫生101》是第五本家庭醫生系列，基於香港經濟日報（信報）專欄近年所載之文章。

We have 14 writers and 101 articles in this Book, with the 5 themes of:

身心家庭事 醫者心懷裡 診室互動時 社區所思慮 寰宇世界中

This Book will be very good for leisure reading, and very useful and informative for demonstrating the unique role and many faces of Family Physician for the patient, the family, the community, and the health care system!

名家推薦：

這本散文集涉獵範圍甚廣，闡述家庭醫生多元的角色。我希望讀者能早日選擇一個家庭醫生守護自己和家人的健康。

高永文醫生

作為一名家庭醫生，我誠意向大家推薦此書，它既能增加大眾對家庭醫生的了解，亦能增進讀者的醫療知識，更是一本輕鬆的消遣讀物，閱畢此書，定必有所得益。

李國棟醫生

本書透過101個由不同家庭醫學醫生以深入淺出的筆觸，撰寫精彩而親切的故事，令大眾對家庭醫生的工作更認識，同時亦提高公眾對不同疾病的了解，不容錯過。

梁卓偉教授

我誠意推薦這本書給有心在人生學堂持續進修的您，讓我們一起朝身心社靈「全人健康」的目標進發。

陳家亮教授

《家庭醫生101》透過淺白和生活化的文章，與讀者們分享家庭醫生診症的點滴。閱讀這些文章時我亦深深感受到，家庭醫生是照料大家身心社靈的好朋友。

王曼霞醫生

風聲雨聲，讀書聲，聲聲入耳。大病小病，身心病，病痛關懷。本書正是道出家庭醫生每天工作所面對的各種挑戰以及他們敬業樂業的精神！

陳銘偉醫生

The special offer of the book for our members is HK\$76 (30% discount of the original price)! Please fill in the order form below and get the new book as soon as possible! (Please kindly contact our secretariat for the book delivery, and the postal charge by mail delivery is HK\$30 / by local courier is HK\$44 per book.)

For inquiry please contact the College secretariat Ms. Windy Lau or Ms. Katie Lam at 2871 8899.

ORDER FORM

To: HKCFP
Room 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong
(Fax No. 2866 0616)

I am a(an) *Affiliate / Student / Associate / Full / Fellow member of the Hong Kong College of Family Physicians.

I would like to purchase _____ copy / copies of 家庭醫學手冊之五 – 家庭醫生101.

Enclosed please find cheque payment of HK\$ _____ **.

** Note - HK\$76/book; By Hong Kong local postage : HK\$30/book; By Local courier : HK\$44/book

*** All cheques are payable to "HKCFP Education Ltd".***

Name : _____ Email Address : _____

Postal Address : _____

Tel No. : _____ Date : _____

* Please circle your category of membership.



Quality Assurance & Accreditation Committee News

Important news

Please ignore this message if you are a HKAM Fellow, or have already chosen HKAM via College as your MCHK CME administrator.

Dear College Members,

RE: MCHK CME Programme for Practicing Doctors who are not taking CME Programme for Specialists (Ver. Oct 2023)

For College members who are new registrants or those who would like to switch their MCHK CME Administrator to Hong Kong Academy of Medicine (HKAM) via College (with current cycle start date 1 January only) **starting from 1st January 2024**, they must submit Registration Consent Form to College Secretariat before **22 December 2023 (Friday)**, and the processing of MCHK CME record will be facilitated accordingly.

Interested members who are currently not registered with HKAM should note the following:

1. MCHK registrants will have to liaise with their current CME Administrator (HKMA, DU, DH) for the necessary procedures in relation to change of the CME Administrator.
2. Change of CME Administrator from 'other CME Administrator' to 'HKAM via HKCFP' can be arranged after **ONE Cycle Year of programme has completed**, given that HKAM was not the administrator of your previous MCHK CME Cycle.
3. Retrospective submission cannot be accredited outside the said time frame. In case of any discrepancy of accredited CME Points between HKCFP and 'other Administrators', the HKCFP has the final decision on the final accredited CME Points.

As our College is required to report the CME Points to HKAM every 6 months, MCHK CME registrants **MUST** sign on the respective MCHK CME attendance record sheet for CME record purposes. **To help the College Secretariat to distinguish College members from others, please identify yourself by entering your HKCFP membership number or simply putting "HKCFP" in the column of HKAM.** MCHK CME record may not be updated if one fails to update MCHK CME Administrator in a timely fashion.

The above arrangement is for our College members only. The required Registration Consent Form can be downloaded at www.hkcfp.org.hk > Downloads > 'Quality Assurance & Accreditation'. Please return the completed form to our College Secretariat at cmecpd@hkcfp.org.hk before the captioned deadline to facilitate the necessary arrangement. As usual, late submissions will not be processed.

Quality Assurance & Accreditation Committee Secretariat

Quality Assurance & Accreditation Committee News (Con't)

HKCFP Additional Accreditation and Report on CME/CPD Missing Points for Year 2023

Dear Members,

The credit point score of year 2023 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 **23 February 2024 (Friday)**.

1. Application for Additional Accreditation

The application of Additional Accreditation for the **year 2023** 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 2023-25**, 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 2023 with prior accreditation** by 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: 23 February 2024 (Friday)

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

For those applying 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 question(s), 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

Quality Assurance & Accreditation Committee News (Con't)

CME/CPD Compliance

Dear Colleagues,

As the cycle year 2023 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 (Membership login is required)

The committee wishes to highlight that Colleagues **must engage in ALL categories of activities** in order to fulfill the **QA Certificate 2023-2025** criteria, briefly summarized as follows:

- (1) A minimum of 90 points in total, including **at least 30 CPD points**
- (2) A maximum of 45 credit points will be counted for each category of educational activities
- (3) Participants must engage in **ALL** categories of activities
- (4) Maximum points set for Subcategories (3.01, 3.02, 3.03a-c, 3.04, 3.09, 3.10)

For Point (2) and (3) above, the 'categories' are referring to

- i) Category 3, related to CPD activities,
- ii) Category 4, related to activities organized by our College alone, and
- iii) Category 5, related to pre-accredited activities organized by other professional institutions themselves or in collaboration with our College. Examples of this category include accredited educational events by the Hong Kong Medical Association, The Universities, the Hospital Authority, and the Primary Care Office / Department of Health.

To obtain **CME Certificate 2023**, Members should obtain at least 30 Credit Points in either CME or CPD or both. In particular, **HKAM Fellows** are required to obtain the minimum of 90 points, including **at least 15 CPD points** in a 3-year cycle (2023-2025).

Another point to highlight is the various ways to gain CPD points. Please refer to the table summarized by QA committee at: <https://www.hkcfp.org.hk/upload/Documents/QA/Way%20to%20Obtain%20CPD%20Point%20%282021%20ver%29.pdf>

Please see the "Regulations for Award of Quality Assurance 2023-25 (QA)" for more details: http://www.hkcfp.org.hk/pages_5_81.html

In particular the committee would like to mention the regulation of Continuous Professional Development (CPD) Logs:

Activity:

Self-appraisal activities on lectures, seminars and workshops organized by the **Board of Education of College**. For activities that are applicable for CPD log submission, the following statement **"Up to 2 CPD Points (Subject to Submission of Satisfactory Report of Professional Development Log)"** will be marked in the 'Board of Education News' published in FP links or circulated through bulk email. The log is required to be submitted within one month after the lecture.

Journal:

Specific articles published in the HK Practitioner or HK Medical Journal

HK Practitioner: Update Article, Original Article, Discussion Paper, Internet

HK Medical Journal: Original Article, Review Article, Medical Practice

('Online First' articles are not included)

The log is required to be submitted within one month after publication.

Late submission of CPD logs would not be accepted. Please be reminded you must fulfill the requirement to obtain CME points, in order to obtain CPD points through activity CPD Log.

Requirements to obtain HKCFP CME for attending online CME events:

- 1) Attend 75% or above of the length of the online session;
- 2) To complete a post event quiz*, questionnaire OR feedback form set by organizer
(* MCQ/ True or False Question; 50% or above correct answers are required.)

For any enquiry please contact our QA&A Secretariat (Mr. John Ma or Ms. Iris Ip) at 2871 8899 or email to cmecpd@hkcfp.org.hk at your convenience.

Yours sincerely,

Dr. Li Yim Chu

Chairlady, Quality Assurance & Accreditation Committee

Membership Committee News

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

New Application

Associate Membership

Dr. CHO Cheuk Ying	曹卓盈
Dr. LAM Hei Ching, Heather	林晞晴
Dr. LUI Yin Mei	雷嫣媚
Dr. SIN Tak Yee	冼德怡

Dr. WANG Luqian	王露茜
Dr. WONG Yuet Hei	黃悅希
Dr. ZHANG Guilian	張桂蓮

Student Membership

Dr. NG Cheuk Man	吳卓敏
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The Diary of a Family Doctor【家庭醫生的日常】

懂得計算

吳雨春醫生

故事一：

2015年7月16日下午2時正，王婆婆的女兒葉太走進普通科門診甄醫生的診症室。

葉太以洪亮的聲音說話：

「醫生，今早我帶媽媽來看感冒，已經取藥回家。回家後我點算她在A醫院拿取的內科藥物，發現只有一星期存量，而她要10月才覆診。我想你現在把所有藥物補充，好讓她可以服到覆診期。」

甄醫生：「你有否把所有藥物帶來，讓我幫你算一算？」

葉太：「所有藥物在這包裡，你看看吧。」

甄醫生先看電腦，知道A醫院一個月前為王婆婆處方了10種藥物，其中一種是維他命丸，一天服3次，每次一粒。那藥有很多排，每排10粒。快速目測肯定不止一星期存量，跟著便說：「現在請拿出手機來，然後啟動計算功能，和我一同數藥吧。」

葉太眼神有點愕然，但也照醫生的吩咐來做。甄醫生很快便把維他命丸數完，共240粒，足夠80天服用，肯定服到覆診前1晚。然後問葉太：「你的計算結果如何？」

葉太有點慚愧，垂頭小聲地回答：

「和你的數字相同。」

甄醫生：「因為我要看下午時段的病人，沒空為其他9種藥物點算。現在請你把這包藥物拿到藥房，再請同事為你點算。若果還有不足，請在5時前找我更新處方。」

葉太很快離開診症室，再沒有回來找醫生討藥。

故事二：

2017年10月3日早上10時20分，鋼琴老師溫小姐進入甄醫生的診症室。

溫小姐：「醫生，近來我出現右耳耳鳴，聲音低沉，像脈搏跳動。我懷疑患上血管瘤，希望你轉介耳科跟進。」

甄醫生：「請你伸出左手來，讓我數一數你的腕脈搏，我會把每個搏動讀出來。同時你要數耳鳴的搏動聲，但不要讀出來。讓我們研究兩種搏動的拍子是否同步。」溫小姐點頭同意。

醫生由1數到20，然後問溫小姐是否同步。

溫小姐：

「你數到6時才出現第一個耳鳴，耳鳴聲的拍子比你數的慢。」

甄醫生：

「既然你的腕動脈搏動跟耳鳴不同步，右耳血管瘤可能性較低。現在先給你一些治耳鳴的藥物，看看效果如何。」

溫小姐按時服藥，幾天後找甄醫生覆診。

溫小姐：

「醫生，我的耳鳴減少了。謝謝。」

The Diary of a Family Doctor 家庭醫生的日常

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

Email: FPLinks@hkcfp.org.hk

Classified Advertisement

Accredited Private FM Centre invites Energetic Specialists for expanding group practice in TuenMun/KwaiFong. Developmental Paediatricians + Psychiatrists most welcomed. Profit Sharing ± Partnership. Send CV enquiry@adecmed.com (Amy CHAN) 9212-6654.

Is Body Mass Index Good Enough to Reflect How Fat We Are?



Body mass index (BMI) is conventionally considered the most ideal body weight marker, on which we depend clinically to explain about the weight problem and set targets for control. But not uncommonly we encounter muscular patients without much tummy fat having a BMI above the normal range. Therefore, we wonder if it is really such a magical figure of obesity and related mortality, as BMI doesn't take fat tissue mass amount or distribution into account.

A cohort study has been designed and performed to address this question: whether BMI, Fat mass index (FMI) or Waist-hip ratio (WHR) is a better reflection of adiposity and most importantly, mortality. As a recap, FMI is the ratio of fat mass (in kilograms) to height (in meters), with no established cutoff value for obesity¹. WHR is a surrogate marker for abdominal fat, with >0.85 for women and >0.8 for men as cutoffs for obesity¹.

The UK Biobank (UKB) is a prospective cohort of more than 500,000 individuals between ages 40 and 69 years¹. It includes 408,160 unrelated White British individuals with genotypic data suitable for analyses¹. Among them, subjects with incomplete phenotypic data (e.g. BMI, age, sex) and extreme BMI (<15 or >50) were excluded from the study. At the end, 387,672 were recruited and further divided into 2 subsets: a discovery cohort (n: 337,078) and a validation cohort (n: 50,594). The data set utilized was issued on August 3, 2021. The validation cohort includes all-cause mortality cases matched to living controls based on age, sex, and the first 10 principal components (genetic ancestry) according to propensity score¹. Exposures included BMI, FMI and WHR, which were defined by weight and height measurements, bioelectrical impedance analysis, and waist and hip circumference data respectively. The outcome of interest was all-cause, cancer-related, cardiovascular disease (CVD)-related, respiratory disease-related, and all-other causes' mortality.

After appropriate statistical analysis, a J-shaped association was noted for both measured BMI and FMI with all-cause mortality, having the nadir at a BMI of 24.9 and FMI of 6.15, while an upslope linear association was found between WHR and all-cause mortality¹. This also holds true among male and female subjects separately, and across age groups¹. Positive associations could also be found between all these 3 measures with cancer mortality (Hazards ratio per SD change in BMI 1.06, FMI

1.08 and WHR 1.18 respectively) and CVD mortality (Hazards ratio per SD change in BMI 1.41, FMI 1.45 and WHR 1.59 respectively) upon observational analysis¹. For mortality due to respiratory disease and other causes of mortality, BMI and FMI showed a J-shaped association again, while a unidirectionally increasing association was noted for WHR¹.

Considering the strength of association, it revealed that WHR had a stronger association with all-cause mortality than BMI, though not significantly stronger than FMI (Odds ratio per SD change in genetically determined BMI 1.29, genetically determined FMI 1.45, genetically determined WHR 1.51 respectively)¹. The WHR-mortality association also didn't vary at all across different BMI quantiles. That means even if one has a low BMI, having too much fat at the abdomen is still considered harmful. Moreover, we are eager to know whether there is any difference between men and women. Among male participants, WHR had a stronger association with all-cause mortality than BMI¹. But for females, all measures were similarly associated¹. No significant difference in the association was found either between premenopausal and postmenopausal females (<52 and ≥53 years)¹. Interestingly, the association between BMI and all-cause mortality remains similar across age groups (49-56 years and >64 years), but this attenuates for FMI and WHR¹. FMI was the only measure significantly associated with respiratory disease mortality¹.

Just like BMI, WHR is easy to obtain and monitor clinically, in contrast to FMI which needs sophisticated machinery for measurement. As inspired by this study, WHR exhibits a stronger association with all-cause mortality than FMI or BMI. The association also stays true for both CVD and other diseases. Despite the weakening of the association with age, WHR-death association remains consistent across BMI quantiles, among 2 sexes and between females of premenopausal and postmenopausal age.

Of course, this study had a major limitation. Only White British population was included, so these findings may not be applicable to our Asian or Chinese population and that needs further research to validate. Besides, only the baseline data was evaluated at a time point and there was a lack of assessment as to whether changes in the measures with time will affect mortality¹. However, with this study supporting a possible causal relationship between WHR and mortality¹, WHR should be considered a potentially reliable clinical marker, no matter used alone or in conjunction with others like BMI, to reflect body adiposity, stratify clinical risk, and indicate a target for better health.

Reference:

1. Khan I, Chong M, Le A, et al. Surrogate Adiposity Markers and Mortality. JAMA Netw Open. 2023;6(9):e2334836. doi:10.1001/jamanetworkopen.2023.34836

Compiled by Dr. David Cheng

A Brief Introduction About Hydrotherapy

Dr. John-Hugh Tam, Specialist in Family Medicine

Introduction

Hydrotherapy is a genre of therapeutic treatments that utilise water to treat a variety of conditions. As a healthcare professional, it's worthwhile to understand them as patients may wish to discuss them during our daily consultations. In this article, we'll explore what is hydrotherapy as well as the potential benefits and uses in patient care.

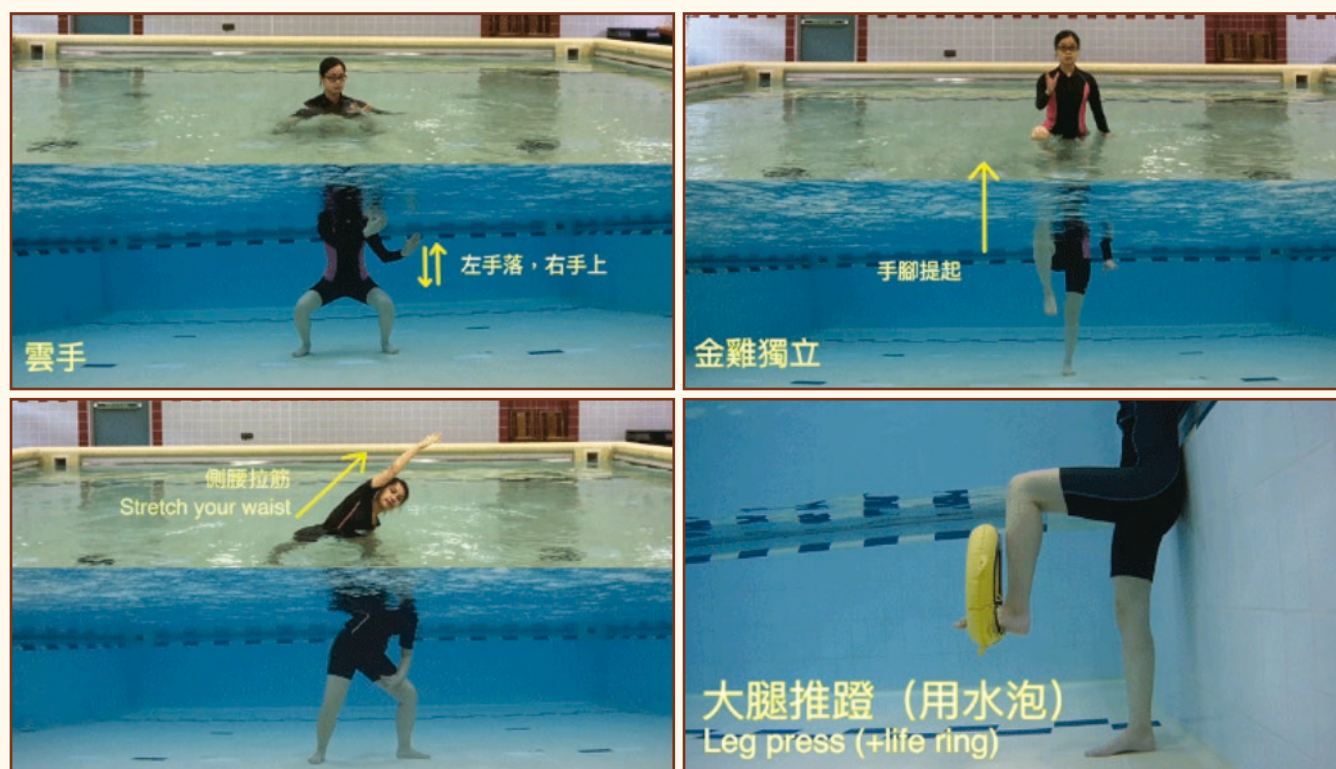
Hydrotherapy

Hydrotherapy encompasses a wide category of therapies, including immersion in water, water massage, thermal therapy and other techniques that utilise the properties of water to provide therapeutic benefits. While hydrotherapy is often associated by the public with spa settings, it can also be performed in hospitals and nursing homes by physiotherapists.

In a medical point of view, hydrotherapy can be used to treat a variety of conditions and injuries and is designed to help to reduce pain and inflammation, improve circulation and mobility, and promote relaxation and stress relief. These therapies are often used in conjunction with other

treatments, such as medication or surgery, to help patients recover from injuries or illnesses. During a hydrotherapy session, a physiotherapist will guide the patient through various aquatic exercises and techniques to provide therapeutic benefits, i.e. to improve range of motion, flexibility, strength, and balance. These may include exercises that target specific muscle groups or joints, massage techniques that promote relaxation and pain relief, or other techniques that enhance the effectiveness of the therapy. The therapist may use various tools, such as floats or buoyancy belts, to enhance the effectiveness of the exercises.

To elaborate further, aquatic exercises use the properties of water, such as buoyancy and resistance, to provide a low-impact and supportive environment for patients to exercise and recover from injuries or illnesses. The buoyancy of the water reduces the impact of exercise on joints and helps to support the patient's weight, making it easier to move and exercise without putting undue strain on the body. Aquatic exercise can be used to treat a wide range of conditions, including arthritic conditions (i.e. rheumatoid arthritis, ankylosing spondylitis & osteoarthritis), joint injuries, chronic pain, and fibromyalgia.



Figures : Exercise examples, some of which may incorporate Tai Chi & Yoga components as well as usage of tools (Source: HA)

Some common examples of aquatic exercises may include:

- ✓ **Water walking:** This is a simple exercise that involves walking back and forth across the pool. It can help to improve balance, coordination, and cardiovascular fitness.
- ✓ **Leg lifts:** This exercise involves lifting one leg at a time while standing in the water. It can help to strengthen the leg muscles and improve range of motion.
- ✓ **Arm circles:** This exercise involves standing in the water and moving the arms in a circular motion. It can help to improve shoulder mobility and strengthen the arm muscles.
- ✓ **Aquatic lunges:** Lunges are a great exercise for strengthening the legs and improving balance. Performing lunges in water provides an added challenge due to the resistance of the water.
- ✓ **Water resistance exercises:** Resistance exercises against the water can help to build strength and improve muscle tone.
- ✓ **Pool noodle exercises:** "Pool noodles" (Floats) can be used for a variety of exercises in aquatic therapy, such as leg curls, arm lifts, or torso twists. These exercises can help to improve strength, flexibility, and range of motion.

Overall, hydrotherapy is valuable treatment modality for patients who may not be able to perform land-based exercises due to injury or other limitations. By utilising the properties of water, healthcare professionals can provide a safe and effective environment for patients to recover more quickly and effectively and improve their physical function.

How can healthcare professionals determine which type of treatment for their patients?

By utilising hydrotherapy effectively, healthcare professionals can help patients to recover and improve their physical function. Determining which type of therapy is best for a patient will depend on several factors, including the patient's medical history, current condition, and treatment goals. Healthcare professionals should perform a thorough assessment of the patient's needs and consult with other members of the healthcare team, such as physiotherapists, to determine the most appropriate treatment plan.

It is also important to worthwhile to note that **NOT everyone is suitable for hydrotherapy**, commonly quoted serious and absolute contraindications from literature may include:

Serious Contraindications	Absolute Contraindications
• Infections	• Contagious diseases
• Cardiovascular disease	• Stomas e.g. Tracheotomy
• Skin conditions	• Urinary tract infection
• Hydrophobia	• Severe epilepsy
• Labyrinthitis	• Incontinence
• Illness, including common cold & fevers	• Open wounds
• Recent chemotherapy	

Ultimately, the decision of which type of therapy to use will depend on the patient's individual needs, as well as the expertise and experience of the healthcare professional. It is equally important to emphasise that patients should be supervised with assistance provided as needed by trained healthcare professionals during hydrotherapy to ensure safety, whilst environmental factors would be monitored closely during exercises in water to avoid injury (e.g. water temperature being within safe range as body metabolic rate would differ under various levels, the depth of pool being appropriate for patients' needs and abilities and equipment used in hydrotherapy in good condition and being used properly). By working together with other members of the healthcare team, healthcare professionals can provide the best possible care for their patients and help them achieve their treatment goals.

For colleagues interested to learn more about the topic, here are some related reading materials / references:

- Hospital Authority's Page on Hydrotherapy Exercises https://www3.ha.org.hk/AHNNH/content/physio/Hydro/Hydro_Mainpage_eng.asp



- Mooventhan A, Nivethitha L. Scientific evidence-based effects of hydrotherapy on various systems of the body. N Am J Med Sci. 2014 May;6(5):199-209. doi: 10.4103/1947-2714.132935. PMID: 24926444; PMCID: PMC4049052. [Available online at - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4049052/>]
- Jamie Doughty, Venessa Wahler, "Hydrotherapy", Textbook of Natural Medicine (Fifth Edition), Churchill Livingstone, 2020, Pages 316-330.e2, ISBN 9780323523424, <https://doi.org/10.1016/B978-0-323-43044-9.00040-6>.
- Physiopedia on "Aquatherapy" - <https://www.physio-pedia.com/Aquatherapy>
- Lori T. Brody, Paula R. Geigle (2009) Aquatic Exercise for Rehabilitation and Training. United states of America: Human Kinetics.

Meeting Highlights

Dermatology Seminar on 21 October 2023

Prof. CHU Chia-Yu, Professor, Department of Dermatology, National Taiwan University College of Medicine, Taipei, Taiwan, delivered a lecture on "The Latest Evidence and Practical Applications of Mild-To-Moderate Atopic Dermatitis Management".



Dr. LAM Wing Wo (right, Moderator) presenting a souvenir to Prof. CHU Chia-Yu (left, Speaker).

CME Lunch Lecture on 26 October 2023

Dr. CHAN Wai Chung, Specialist in Gastroenterology & Hepatology, delivered a lecture on "Fatty Liver Management".



Dr. CHAN Ka Shing, Ricky (right, Moderator) presenting a souvenir to Dr. CHAN Wai Chung (left, Speaker).

CME Dinner Lecture on 26 October 2023

Prof. Grace CY LUI, Head, Division of Infectious Diseases and Clinical Associate Professor (honorary), Department of Medicine & Therapeutics, The Chinese University of Hong Kong; Consultant, Prince of Wales Hospital, Hong Kong, delivered a lecture on "COVID-19 Prevention and Treatment in At-Risk Populations".



Dr. TSIM Koon Lan, Kathy (left, Moderator) presenting a souvenir to Prof. Grace CY LUI (right, Speaker).

Dr. Utkarsh AGRAWAL, Research Fellow, Nuffield Department of Primary Care Health Sciences, Medical Sciences Division, University of Oxford, United Kingdom, delivered a lecture on "Severe COVID-19 Outcomes After Vaccination – Learnings from a Large UK Database".



Dr. TSIM Koon Lan, Kathy (left, Moderator) presenting a souvenir to Dr. Utkarsh AGRAWAL (right, Speaker).

Hybrid CME Dinner Lecture on 31 October 2023

Prof. Hans-Christoph DIENER, Professor of Neurology Emeritus, Head of the Unit of Neuroepidemiology, University Duisburg-Essen, Essen, Germany, delivered a lecture on "Diagnosing and Managing Migraine in Primary Care Setting".



Dr. CHAN Chi Wai (right, Moderator) presenting a souvenir to Prof. Hans-Christoph DIENER (left, Speaker).

Certificate Course on Palliative Care for Primary Care Doctors 2023 co-organized with the Hong Kong Society of Palliative Medicine (HKSPM)

The 1st and 2nd session of Certificate Course on Palliative Care for Primary Care Doctors 2023 were held on 14 & 28 October 2023.



(From left to the right)

Dr. YIU Yuk Kwan (Council Member), Dr. CHEN Wai Tsan, Tracy (Speaker), Dr. NG Sheung Ching, Jeffrey (Moderator), Dr. HO Chun Wing, Jerry (Speaker) and Dr. LEUNG Ling Yan, Clare (Tutor) took a group photo on 14 October 2023.



(From left to the right)

Dr. LUI Cheuk Yu, Louisa (Tutor), Dr. CHAN Lut Ming (Speaker), Dr. LEUNG Ling Yan, Clare (Speaker), Dr. CHAN Chung Yuk, Alvin (Board of Education Member, HKCFP), Dr. CHENG Hon Wai, Benjamin (Moderator), and Dr. CHEN Wai Tsan, Tracy (Hon Treasurer, HKSPM) took a group photo on 28 October 2023.

Dr. CHEN Wai Tsan, Tracy, Specialist in Palliative Medicine, delivered a lecture on "Basic Palliative Care Concept" and Dr. HO Chun Wing, Jerry, Specialist in Palliative Medicine, delivered a lecture on "Symptom Management in Palliative Care (Part 1)" on 14 October 2023.

Dr. LEUNG Ling Yan, Clare, Specialist in Palliative Medicine, delivered a lecture on "Symptom Management in Palliative Care (Part 2)" and Dr. CHAN Lut Ming, Specialist in Palliative Medicine, delivered a lecture on "Psychological & Spiritual Needs" on 28 October 2023.



香港家庭醫學學院 THE HONG KONG COLLEGE OF FAMILY PHYSICIANS BOARD OF EDUCATION

Online Certificate Course on Management of Common Skin Problems in General Practice

A series of seminars on common skin problems are arranged for family medicine trainees and primary care doctors. The objectives of these seminars is to enhance members' knowledge on the diagnosis, assessment and management of the common dermatological conditions that are encountered in community practice and to identify dermatological conditions that need specialist care for referral etc.

The certificate course would be equivalent as part A of the interactive dermatology training for basic trainees.

Date	: 12 November (Sun), 2 & 16 December 2023 (Sat), 14 January (Sun) and 27 January 2024 (Sat)	Registration QR Code
Time	: 2:30 p.m. – 5:30 p.m.	
Format	: Online (Via Zoom Webinar)	
Accreditation	: HKCFP : 3 CME Points for each session (Cat 4.4) MCHK : 3 CME Points for each session (pending) (Maximum of 10 CME points for the whole course.)	
Language	: Mainly English (Cantonese when required)	
Course Fee	: HKCFP Member / Trainee : HK\$600.00 (Full course) Non-HKCFP Member : HK\$1,200.00 (Full course) (Payment should be made payable to "HKCFP Education Ltd". All fees received are non-refundable nor transferable.)	
Priority	: Priority would be given to FM basic trainees.	
Award	: An "e-Certificate of Attendance" would be awarded to those who have attended 4 sessions or more under Board of Education, HKCFP.	

Dates	Content	Speakers
12 Nov 2023 (Sun)	<ul style="list-style-type: none"> Psoriasis and psoriasiform disorders Bullous disorders of the skin Hair, nail, sebaceous, sweat and apocrine glands problems 	Dr. LEE Tze Yuen <i>Specialist in Dermatology & Venereology</i>
2 Dec 2023 (Sat)	<ul style="list-style-type: none"> Eczema and contact dermatitis Pityriasis rosea and lichen planus Acne 	Dr. CHAN Yung <i>Specialist in Dermatology & Venereology</i>
16 Dec 2023 (Sat)	<ul style="list-style-type: none"> Common Paediatric skin problems Pigmentary disorders Common clinic procedures (e.g. skin scrapings for microscopy, skin biopsy, cryotherapy, skin testing for allergy, dermoscopy etc.) Introduction to phototherapy and laser treatment 	Dr. LUK Chi Kong, David <i>Specialist in Paediatrics</i>
14 Jan 2024 (Sun)	<ul style="list-style-type: none"> Benign skin lumps and conditions: seborrheic keratosis, hypertrophic scar, keloid, pyogenic granuloma etc.) Common skin cancers Cutaneous manifestation of systemic diseases 	Dr. AU Chi Sum <i>Specialist in Dermatology & Venereology</i>
27 Jan 2024 (Sat)	<ul style="list-style-type: none"> Common viral and bacterial disorders of the skin 	Dr. Martin CHUNG <i>Specialist in Dermatology & Venereology</i>
	<ul style="list-style-type: none"> Common fungal disorders and infestation of the skin 	Dr. Adrian CHENG <i>Specialist in Dermatology & Venereology</i>
	<ul style="list-style-type: none"> Drug eruption and urticaria 	Dr. WONG Sze Man <i>Specialist in Dermatology & Venereology</i>

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

Notes:

- In case of over-subscription, the organiser 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.
- Members who have attended less than 3/4 of the length of the webinar 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 evaluation survey after the session for HKCFP and MCHK CME point(s) accreditation. (*MCQs/ True or False Question; 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 **strictly PROHIBITED**.



THE HONG KONG COLLEGE OF FAMILY PHYSICIANS BOARD OF EDUCATION (Circular No. 06-2023)

Updated on 9 Nov 2023

- Activities are supported by the HKCFP Foundation Fund.
- Private Video Recording is not allowed.

43rd Annual Refresher Course 2023

We are excited to announce that the Hong Kong College of Family Physicians (HKCFP) is going to organize the 43rd Annual Refresher Course (ARC) for its members, which will include 9 sessions to be held from 19 November (Sunday) to 17 December 2023 (Sunday). There will be **three** Sunday sessions and **six** weekday sessions. Hybrid mode (i.e. face-to-face & online) would be available to some of the sessions.

All 9 sessions would be broadcasted online; of which face-to-face option would also be available to those **7 sessions** marked "**hybrid**" below. Lunch would be served before the lecture for face-to-face option. Please indicate your attending preference when completing the online registration form.

Hybrid sessions are available on: **19 Nov (Sun), 26 Nov (Sun), 5 Dec (Tue), 7 Dec (Thu), 12 Dec (Tue), 14 Dec (Thu) & 17 Dec 2023 (Sun)**

Online sessions are available on: **28 Nov (Tue), 30 Nov (Thu)**

Attending Option	Hybrid Mode	Online Mode
Time	1:00 – 2:00 p.m. Registration & Lunch (both Weekday & Sunday) 2:00 – 3:00 p.m. Lectures and Discussion (Weekday) 2:00 – 4:30 p.m. Lectures and Discussion (Sunday)	2:00 – 3:00pm Lecture & Discussion (Weekday) 2:00 – 4:30pm Lecture & Discussion (Sunday)
Venue	Hybrid Sessions: Shantung Room, Level 8, Cordis Hotel, 555 Shanghai Street, Mongkok, Kowloon Capacity for face-to-face mode: 40 participants	Online Sessions: Using zoom webinar platform
Registration Fee	Full course: Member: HK\$700.00 Non-member: HK\$1,400.00 For a single session: Member: HK\$100.00 Non-member: HK\$200.00	
Payment Method	<ul style="list-style-type: none"> • By cheque: Cheque should be made payable to "HKCFP Education Limited" and returned to the secretarial office address as below for processing: <i>The Hong Kong College of Family Physicians</i> <i>Room 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, HK</i> • By FPS (For local transactions only. Can pay through online banking or through Alipay.) Secretarial staff would further email you once the e-debit note with payment details is ready. 	
CME Accreditation	Weekday: 1 CME Point HKCFP (Cat. 4.5) 1 CME Point MCHK (pending) Sunday 3 CME Points HKCFP (Cat. 4.5) 3 CME Points MCHK (pending) Up to 2 CPD points (Continuous Professional Development) will also be awarded for each session (subject to submission of satisfactory report of Professional Development Log); a maximum of two points can be scored for each session.	
Remarks	✧ Participants attending hybrid session(s) in face-to-face mode are required to sign the attendance sheets on the spot.	✧ Participants attending online sessions(s) are required to (1) attend a minimum of 75% of the length of each online lecture, (2) complete a post-lecture evaluation within 7 days from the lecture date for HKCFP & MCHK accreditation.
MCQs for extra 1 CME points	Only e-submission will be accepted. The link to the MCQs will be sent to participants for each session of the Refresher Course if available after the lecture, i.e. there are a maximum of 9 sets of MCQs. The MCQ answers have to be submitted latest by 31 December 2023 (Sunday) . Member will be awarded 1 extra HKCFP CME point for scoring over 60% for each set of MCQs. Following the MCHK guideline, handouts and MCQs would be confined to participants who have attended the session if available.	

The ARC, a traditional annual event of the College, has been running for a quarter of a century. Those who have attended 70% or more of all the sessions of the Refresher Course will be awarded an "e-Certificate of Attendance". Members who have attended the ARC for ten consecutive years or more will be awarded one free admission for the whole course. Subsequently, members can enjoy another free admission after every five consecutive years of paid ARC attendance. Please call the College Secretariat to confirm your previous enrollment.

Registration is now open. As the number of seats are limited, it will be offered on a first come, first served basis. **Please also note that admission fees are non-refundable nor transferable.** Ten free registrations for each online lecture will be offered to student members who wish to apply for free registration, please contact Ms. Windy Lau by email to education@hkcfp.org.hk or call 2871 8899.

Programme: Sunday Lectures

Updated on 9 Nov 2023

Date	Topics	Speakers	Format
19 Nov (Sun)	Hypertension, Chronic Venous Disease & Depression 1. Hypertension Management of Patient with Cardiometabolic Comorbidities: Moving from a Disease-centered to a Patient-centered Approach 2. Management and Treatment of Chronic Venous Disease 3. Differential Clinical Advantages of Antidepressant for Better Management of Depression <i>Sponsored by Servier Hong Kong Limited</i>	1. Dr. TAM Kin Ming <i>Specialist in Cardiology</i> 2. Dr. Mina CHENG <i>Specialist in General Surgery</i> 3. Dr. WONG Ka Yau, Raymond <i>Specialist in Psychiatry</i>	Hybrid*
26 Nov (Sun)	Pain Management Management of Patients with Acute and Chronic Pain <i>Sponsored by Viatrix Healthcare Hong Kong Limited</i>	1. Dr. Donovan WONG <i>Specialist in Anaesthesiology</i> 2. Dr. CHAN Chi Wai <i>Specialist in Anaesthesiology</i>	Hybrid*
17 Dec (Sun)	Asthma and Diabetic Kidney Disease 1. Management of Asthma in Primary Care 2. Diabetic Kidney Disease Management in Primary Care <i>Sponsored by AstraZeneca Hong Kong Limited</i>	1. Dr. MOK Yun Wing, Thomas <i>Specialist in Respiratory Medicine</i> 2. Dr. CHOW Yee Kwan, Elaine <i>Specialist in Internal Medicine</i>	Hybrid*

Programme: Weekday Lectures

Date	Topics	Speakers	Format
28 Nov (Tue)	Migraine A Holistic Approach to Migraine Management: Integrating Diagnosis and Breakthrough Therapies <i>Sponsored by Pfizer Corporation Hong Kong Limited</i>	Dr. LEE Chi Nam <i>Specialist in Neurology</i>	Online only
30 Nov (Thu)	Pneumococcal Disease Recent Advances in Novel Pneumococcal Vaccine <i>Sponsored by Pfizer Corporation Hong Kong Limited</i> (This session would be held from 1:30 - 2:30pm).	Dr. Matthew WONG <i>Specialist in Respiratory Medicine</i>	Online only
5 Dec (Tue)	Update on Osteoporosis Management (TBC) Osteoporosis - From Diagnosis to Long Term Management <i>Sponsored by Amgen Hong Kong Limited</i>	Dr. WONG Sze Hung <i>Specialist in Orthopaedics & Traumatology</i>	Hybrid*
7 Dec (Thu)	LGBTQ Awareness in Healthcare	1. Dr. Winston GOH <i>Specialist in Family Medicine</i> 2. Dr. LI Wing Sum, Sam	Hybrid*
12 Dec (Tue)	New Solution for Metabolic Syndromes Management: Metabolic Health Benefits of Fiber <i>Sponsored by Procter & Gamble Limited</i>	Dr. CHOW Yee Kwan, Elaine <i>Specialist in Internal Medicine</i>	Hybrid*
14 Dec (Thu)	Meningococcal B Vaccine Latest Update on Meningococcal Disease <i>Sponsored by GlaxoSmithKline Limited</i>	Dr. TAM Yat Cheung <i>Specialist in Paediatric Respiratory Medicine</i>	Hybrid*

* Venue for hybrid sessions: Shantung Room, Level 8, Cordis Hotel, 555 Shanghai Street, Mongkok, Kowloon

Remarks:

1. Topic(s) is/are subject to change without prior notice.
2. Lectures will be conducted mainly in English.

Registration



Please scan the QR code in order to complete the registration at zoom webinar by filling in the required information and select the date(s) you would like to join. If you would like to join the full course, please select all dates.

Discount will be given to members joining 6 sessions or more. Members are strongly recommended to register for full course if they would like to join 7 sessions or more at initial registration. Subsequent registration will follow the normal fee.

Notes:

1. Confirmation would be sent upon completion of registration online and receipt of registration fee.
2. In case of over-subscription, the organiser reserves the right of final decision to accept registration.

For face-to-face sessions:

1. Participants are reminded to sign the CME attendance sheet on the spot.

For online sessions:

1. The link to join the online lecture 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.
2. Please note you can just attend ONE CME activity at a time regardless of the attending format. If it's found attending more than one CME activity simultaneously by the CME administrator later, you may NOT be able to receive the CME point(s).
3. For online sessions, please be reminded to check the system requirements beforehand to avoid any connection issues.
4. Due to copyright issue, please note private recording of the lecture is prohibited.

- Activities are supported by HKCFP Foundation Fund.
- Please wear a surgical mask if you have respiratory tract infection and confirm that you are afebrile before coming to the meeting.
- Please wear an appropriate dress code to the hotel for the Scientific Meeting.
- Private video recording is not allowed. Members, who wish to review the lecture, please contact our Secretariat.

Hybrid Seminar

Date and Time	Venue	Topic	Speakers
7 December (Thu) 7:00 – 8:30 p.m. (Registration start at 6:30 p.m.)	Ballroom, K11 Hyatt Regency, 18 Hanoi Road, Tsim Sha Tsui, Kowloon	Staying Ahead of Shingles: 10 Years Protection from Vaccination 1. Cracking the Shingles Code in Our Community: Exploring the Hidden Risks and Vulnerabilities 2. Staying Ahead of Shingles: 10 Years Protection from Vaccination <i>Co-organized with Hong Kong Society of Infectious Diseases (HKSID)</i> <i>Sponsored by GlaxoSmithKline Limited</i>	1. Dr LAM Wing Wo <i>Family Physician, Private Practice</i> 2. Prof Tony CUNNINGHAM <i>Professor, Faculty of Medicine and Health, University of Sydney</i>

QR Code for registration



Admission Fee:

For 7 Dec event

College Fellow, Full, or Associate Members:

Complimentary
(\$50 Enrollment deposit is required)

Other Categories of Members:

Non – members:

HK\$ 650.00
HK\$ 750.00

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

7 Dec : 2 CME Point HKCFP [Cat. 5.2]
2 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 November (Fri) 2:30 – 3:30 p.m.	“Approaches to Strange Symptoms in Family Practice (OCD, Hallucinations, Mixed Symptoms)” by Dr. LO Tak Lam
29 December (Fri) 2:30 – 3:30 p.m.	“Legal Issues on End-of-life (EOL) Care, Home Death and Signing of Advance Directives (AD)” by Ms. Angelina LUK

QR Codes for registration

24 November 2023 (Fri)

29 December 2023 (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. Minny Fung by email to education@hkcfp.org.hk or call 2871 8899. Thank you.

Notes :

Online Events

1. In case of over-subscription, the organizer reserves the right of final decision to accept registration.
2. The link to join the webinar **SHOULD NOT** be shared with others as it is unique to each individual who has completed prior enrolment procedures. If additional attendee(s) is/are found using the same unique link to join the webinar with you, all attendees joining the lecture via your unique link would be dismissed. You can only login with one device at a time. CME point(s) would only be given to those on the pre-registration list and attended the lecture.
3. 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).
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 for members

HKCFP 2 CME points accreditation (Cat 4.3)

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
Wednesday, 06 December 2023			
14:30 - 17:00	Health Education Room, 1/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Approach to Substance Use Disorder in Primary Care Dr. Lau Shi Wa	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, Queen Elizabeth Hospital	Problem in Breastfeeding Dr. Peng Xu & Dr. Cheng Tsz Wai, Sam	Ms. Emily Lau Tel: 3506 8610
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Contents of Family Medicine - Rational Investigations Hospital trainee	Ms. Cherry Wong Tel: 2589 2337
17:30 - 19:30	Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH	Common Symptom: Systematic Approach to Weakness and Numbness Dr. Wong Wing Kwan, Leo & Dr. Chan Lok Hin, Thoams	Ms. LiLi Yung Tel: 5569 6405
Thursday, 07 December 2023			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Handling Clinical Indicators in Primary Care Setting Dr. Lee Wai Chun & Dr. Tang Hoi Yan	Ms. Eliza Chan Tel: 2468 6813
Wednesday, 13 December 2023			
14:30 - 17:00	SB1036, 1/F, SB, Tuen Mun Hospital	What is Audit and Why it is Important in Clinic Management? Dr. Kwok Shan Lam & Dr. Lo Yu Chee	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Lecture Theatre, G/F, Block M, Queen Elizabeth Hospital	Child & Adolescent Psychological Problems Dr. Wong Wei, Wade & Dr. Lai Siu Tung	Ms. Emily Lau Tel: 3506 8610
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Professional Ethics - Drug Incidents Hospital trainee	Ms. Cherry Wong Tel: 2589 2337
17:30 - 19:30	Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH	Application of Artificial Intelligent and Big Data in Health Care Dr. Chau Chuen, Queena	Ms. LiLi Yung Tel: 5569 6405
Thursday, 14 December 2023			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Weight Control - Diet and Exercise, How would you Advise Patient? Dr. Chan Cheuk Sing & Dr. Lau Lai Na	Ms. Eliza Chan Tel: 2468 6813
Wednesday, 20 December 2023			
14:30 - 17:00	Health Education Room, 1/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Dementia - Screening Tools for Cognitive Function and Preventive Measure Dr. Leung Hei Tung	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, Queen Elizabeth Hospital	Consultation Enhancement (Physical Examination Elbow and Video Consultation) Dr. Ng Joyce Hei Lam & Dr. Lau Tsz Ying, Yumi	Ms. Emily Lau Tel: 3506 8610
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Professional Development- Interesting Case Presentation All trainees	Ms. Cherry Wong Tel: 2589 2337
17:30 - 19:30	Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH	Acute Surgical Condition (Vascular, Urology) Dr. Tong Hiu Tung, Christy & Dr. Leung Wai Chung, Rachel	Ms. LiLi Yung Tel: 5569 6405
Thursday, 21 December 2023			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	What is Motivational Interviewing? Which Patient Need and How to Apply Dr. Yap Tsun Hee & Dr. Fan Siu Wai	Ms. Eliza Chan Tel: 2468 6813
Wednesday, 20 December 2023			
14:30 - 17:00	Health Education Room, 1/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Update Management of CV Disease Including IHD and AF Dr. Wang Siqi & Dr. Lam Hor Yee	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, Queen Elizabeth Hospital	Role of Family Doctor in Continuity Care of Patient with Chronic Disease Dr. Yeung Pui Sze & Dr. Wong Ho Sum, Dick	Ms. Emily Lau Tel: 3506 8610
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Common Symptom Complaints - Abdominal Pain Hospital trainee	Ms. Cherry Wong Tel: 2589 2337
Thursday, 30 November 2023			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Update Management of Gynecological Problems with Cases Sharing - Vaginal Discharge/DUB/PMB Dr. Leung Ching & Dr. Fung Hoi Yin	Ms. Eliza Chan Tel: 2468 6813



The Hong Kong College of Family Physicians
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 Tel: (852) 2871 8899 | Fax: (852) 2866 0616 | Email: admin@hkcfp.org.hk



SCAN TO DOWNLOAD

Souvenirs Order Form

Face mask	Tie	Scarf	Pin

Item	Description	Size	Price (HK\$) (Member / Non-member)	Quantity	Sub Total (HK\$)
Face mask	ASTM Level 3, EN14683 TYPE IIR, BFE、PFE、 VFE ≥ 98%	Adult size 17.5 x 9.5cm 30 pcs / box	HK\$120 / HK\$150	White: Green:	
Tie	100% Silk	8.5 x 147cm	HK\$90 / HK\$100		
Scarf	100% Silk	74 x 74cm	HK\$135 / HK\$150		
Pin	Copper	1.5 x 2.25cm	HK\$50 / HK\$100		
(Prices do NOT include postage)				Grand Total:	

Delivery method (please✓appropriate)

<input type="checkbox"/> Self-Collection from College	<input type="checkbox"/> Wong Chuk Hang Office (Mon – Fri, 10 – 5 pm) <input type="checkbox"/> Wan Chai Office (please contact the Secretariat at 2871 8899)
<input type="checkbox"/> Local courier service	<input type="checkbox"/> Pay on deliver by SF Express (順豐到付)

Contact Details:	
Name:	
Tel:	
Email:	
Member ID:	
Delivery Address (block letter):	

Total amount:	
Souvenirs:	HK\$
Delivery Charges:	HK\$
Total:	HK\$

Payment Method:

☐ Paid by crossed-cheque payable to “The Hong Kong College of Family Physicians”
 Cheque NO. _____
 Issue Bank: _____

☐ Paid by FPS (through eBanking or Alipay):
 FPS Identifier: HKCFP@HKCFP.ORG.HK
 Please put your **full name & contact phone number** in the “message to payee”.
 Capture the screen of successful payment and email to us.

☐ Paid by Cash upon self-collection.

FP Links Committee Announcement

Taking Go Green to next level

Dear College Members,

Since 2009, an increasing number of members have opted to discontinue receiving printed copies of FP Links. FP Links Committee would like to thank the members who have supported the “Go Green” initiative.

To drive the initiative forward, **from January 2024, subscription will be changed to electronic versions automatically for all college members unless notified otherwise.** All issues of Family Physicians Links (FP Links) are accessible from our college website http://www.hkcfp.org.hk/fplinks_40.html.

Members who would like to receive printed copies of FP Links after 1 January 2024, please complete and return the reply slip or e-form by scanning the QR code.

Thank you for joining us together in reducing paper consumption and helping conserve natural resources!

The Hong Kong College of Family Physicians

Room 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen

Email: FPLinks@hkcfp.org.hk

Phone: 28718899

Read FP Links online:



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~~~~~ Reply Slip ~~~~~

To: FP Links Committee

Surname _____

Given name _____

Membership ID : FP _____

Your contact phone number : _____

☐ **I would like to keep** receiving the **printed copies** of FP Links after 1 January 2024

If members would like to update the email address or other membership data, please contact Membership Committee by email to membership@hkcfp.org.hk

Signature

COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Nov 2:00 – 4:30 p.m. Annual Refresher Course	27	28	29	30	1 Dec 6:30 – 8:30 p.m. Exit Exam - Clinical Audit Forum	2:30 – 5:30 p.m. Online Certificate Course on Management of Common Skin Problems in General Practice 2:30 – 5:00 p.m. DFM FM Clinical Skills Enhancement
3 4:00 – 7:00 p.m. HKCFP AGM & Council Meeting 7:00 p.m. HKCFP Annual Dinner	4	5	6	7	8	9
		2:00 – 3:00 p.m. Annual Refresher Course	2:30 – 7:00 p.m. Structured Education Programme	2:00 – 3:00 p.m. Annual Refresher Course 6:30 – 10:00 p.m. Dinner Symposium 4:00 – 6:00 p.m. Structured Education Programme	7:00 – 9:00 p.m. Exit Exam - Refresher Training Course (Research)	2:30 – 4:30 p.m. Certificate Course on Palliative Care 2:30 – 5:30 p.m. DFM Module III Structured Seminar
10 2:00 – 4:30 p.m. Annual Refresher Course	11	12	13	14	15	16
		2:00 – 3:00 p.m. Annual Refresher Course 6:30 – 8:30 p.m. Exit Exam - Research Forum	2:30 – 7:00 p.m. Structured Education Programme 7:00 – 9:00 p.m. Exit Exam - Refresher Training Course (Clinical Audit)	2:00 – 3:00 p.m. Annual Refresher Course 4:00 – 6:00 p.m. Structured Education Programme		2:30 – 5:30 p.m. Online Dermatology Course (3) 2:30 – 5:30 p.m. DFM - Orthopaedic Injection Workshop
17 2:00 – 4:30 p.m. Annual Refresher Course	18	19	20	21	22	23
			2:30 – 7:00 p.m. Structured Education Programme	4:00 – 6:00 p.m. Structured Education Programme		
24	25	26	27 2:30 – 7:00 p.m. Structured Education Programme	28 4:00 – 6:00 p.m. Structured Education Programme	29 2:30 – 3:30 p.m. Video Session	30
31	1 Jan	2	3	4	5	6
			2:30 – 7:00 p.m. Structured Education Programme	4:00 – 6:00 p.m. Structured Education Programme		2:00 – 4:00 p.m. Interest Group in Dermatology 2:30 – 5:00 p.m. DFM FM Clinical Skills Enhancement

FP LINKS EDITORIAL BOARD



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

FP LINKS EDITORIAL BOARD 2023

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