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Message from the President

In support of the World Family Doctor Day 2024, the Health Bureau of Hong Kong SAR and the Hong Kong College of Family Physicians (HKCFP) jointly held the World Family Doctor Day Symposium on 18 May 2024 to share and discuss with healthcare professionals the ways of enlisting concerted efforts to promote family doctors led primary healthcare services to support citizens in improving their well-being. The Symposium brought together over a hundred representatives from different medical specialities. Speakers at the Symposium included

the Secretary of Health, Professor Lo Chung-mau; the Under Secretary of Health, Dr. Libby Lee; the Dean of the Li Ka Shing Faculty of Medicine of the University of Hong Kong, Professor Lau Chak-sing; Assistant Commissioner for Primary Healthcare, Primary Healthcare Office of the Health Bureau, Dr. Tony Ha; the Director of the Jockey Club School of Public Health and Primary Care of the Chinese University of Hong Kong, Professor Samuel Wong; the Commissioner of Primary Healthcare, Dr. Pang Fei-chau; and myself as the President of the HKCFP.



MESSAGE FROM THE PRESIDENT



Over a hundred representatives from public and private healthcare sectors, patient groups leaders, etc, celebrated the WFDD 2024 together.

On 19 May 2024, HKCFP issued a Press Release on World Family Doctor Day 2024: Healthy Planet, Healthy People, A Call to Action for Healthier Communities in Hong Kong. The details of the Press Release are available at <https://shorturl.at/ZkxJw>

In addition, an article written by HKCFP representative Dr. Ken Ho was published in a local newspaper Hong Kong Economic Journal to highlight this year's WFDD theme. The article is available at HKCFP Facebook Fan page at <https://www.facebook.com/photo?fbid=966787638791008&set=a.495202922616151>



Dr. Maria Leung and I attended the live Radio Programme 'Healthpedia' of Radio Television Hong Kong on 17 May 2024, Friday, to promote the WFDD and the Role of Family Doctor. The programme can be reviewed at https://www.youtube.com/watch?v=Q1-6fPysm0c&list=PLuwJy35eAVaIS0w-1dp8omEFsC7P_qK8o&index=12

In a bid to provide updated information on the disease patterns and changes in primary care morbidity in Hong Kong, a prospective practice-based survey organised by the Department of Family Medicine and Primary Care of the University of Hong Kong and the Hong Kong College of Family Physicians supported by the University Grants Council Research Matching

Grants Scheme and the Hong Kong College of Family Physicians has been conducted from March 2021 to February 2022. Despite the study was conducted during the time when COVID-19 was still affecting Hong Kong, a total of 49 practising primary care doctors contributing 172 doctor-weeks resulting in 40,984 health problems based on 26,897 patient encounters have been obtained by the research team for analysis. In the survey, the authors revealed that the most frequently recorded diagnoses were hypertension, hyperlipidaemia, vaccination, non-insulin dependent diabetes mellitus and upper respiratory tract infections. The systems with the most frequently presenting complaints were endocrine/metabolic and cardiovascular systems. When compared with the previous similar survey conducted in 2007-08, there has been a notable rise in the percentages of chronic conditions from 35.6% to 46.7%, psychological problems from 2.6% to 2.8%, and preventive care from 3.1% to 9.2%, with a high proportion of these encounters being COVID-19 vaccinations. This study enables us to have an overview on the breadth of primary care morbidity in Hong Kong despite the COVID-19 outbreak and demonstrates that the burdens of chronic diseases, mental health and preventive care are showing a rising trend. Therefore, a family-doctor led model of primary care with an integrated system approach with dedicated resources are urgently required to better support primary care doctors in providing quality care for patients in the community. For more details, please refer to the original article entitled "Hong Kong Primary Care Morbidity Survey 2021-2022" in the June issue of the Hong Kong Practitioner.

Dr. David V K CHAO
President

Empowering the Next Generation of Family Medicine Leaders: Insights from the 2024 EYFDM Forum in Vienna

Dr. Chan Yuen Ching Cheryl

Member of Young Doctors' Committee, HKCFP; WONCA Young Doctors' representative



Dr. Cheryl Chan delivering the welcoming address on behalf of WONCA YDM at the EYFDM forum 2024

As I stood at the podium of the 2024 EYFDM (European Young Family Doctors Movement) forum in Vienna, I couldn't help but feel a surge of excitement and pride. Before me sat 260 of the brightest young family medicine leaders from 34 countries and regions, all brimming with innovative ideas and a steadfast commitment to shaping the future of our beloved specialty.

It was an honor to deliver the welcoming address on behalf of WONCA Young Doctors' Movements (YDM). In my remarks, I highlighted the unique strengths of the next generation of family doctors – their unwavering passion, their creative spirit, and their insatiable thirst for knowledge. This, I believed, would be the driving force behind the evolution of family medicine in the years to come.

The energy in the room was palpable as we dove into the forum's thought-provoking discussions. One particularly lively panel explored the role of artificial intelligence in clinical practice, sparking lively debates on the applications and limitations of this emerging technology.

Over the course of the two-day event, I also had the chance to participate in a workshop on the standardization and promotion of point of care ultrasound skills in family

medicine. In a separate session, we delved into the critical intersection of climate change and public health, exploring ways in which family physicians can lead the charge in addressing these pressing environmental issues.

What truly sets the EYFDM forum apart is the fact that it is entirely conceptualized, organized, and financed by young family doctors themselves. From the dynamic program agenda to the state-of-the-art venue, every element of this conference has been meticulously crafted by the talented members of the EYFDM organizing committee.

I was also impressed by how the forum organizing committee support young family medicine practitioners, especially those who are also young parents. Tucked away in a quiet corner of the conference venue, the organizers had thoughtfully set up a dedicated "family-friendly room" – a cozy, well-equipped space where attendees could bring their infants and toddlers for nursing, diaper changes, or simply to take a break from the bustling conference activities. This innovative feature allowed young physician-mothers to fully participate in the forum without having to worry about finding childcare. The presence of this family-friendly space was a powerful statement, recognizing the unique challenges faced by young doctors who are juggling the demands of their careers and parenthood. By removing these barriers, the EYFDM organizers have demonstrated a deep understanding of the needs of their peers and a genuine desire to create an inclusive, supportive environment for all.



Networking and preconference dinner at University of Vienna



Dr. Cheryl Chan and other executive members of the EYFDM (Young Doctor Movement of Europe)



Photo with the Awardee of BYSY award Dr. Steve Mowle, Treasurer of WONCA (Centre)

What made the EYFDM forum truly remarkable, however, was its ability to foster a sense of community and camaraderie among young family doctors from diverse backgrounds. The networking activities and informal discussions allowed me to connect with peers from across Europe, learning from their practical experiences

and gaining new perspectives that will undoubtedly shape my own professional journey.

I believe this type of regional forum for young family doctors holds immense potential for the future of our specialty. By bringing together the next generation of leaders, we can harness the power of innovative ideas, share best practices, and cultivate the skills needed to navigate the complex healthcare landscape of tomorrow.

The insights and ideas generated at the EYFDM forum have the potential to inform educational curricula, shape healthcare policies, and drive research priorities – all with the ultimate goal of strengthening family medicine and enhancing the quality of care for patients.



260 young family doctors from 34 countries gathered together at the EYFDM forum

Diploma in Family Medicine (HKCFP) 2024 - 2025

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 August 2024.

Training Funding Scheme for Primary Care Doctors by Primary Healthcare Office, Health Bureau

The Health Bureau has decided to reimburse \$5,500 for registered medical practitioners in Hong Kong who enroll in CCEFM or DFM 2024-2025 having satisfied the corresponding course requirements as an incentive to encourage more medical practitioners to join the related training. For details, please refer to the website of District Health Centre https://www.dhc.gov.hk/en/healthcare_service_providers.html#training

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:

- To provide knowledgeable, pragmatic and structured teaching in Family Medicine for medical practitioners
- To encourage professional development of practising medical practitioners and to provide an intermediate step to fellowship qualifications in Family Medicine
- 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:

- Current concepts about nature of Family Medicine
- Knowledge and skills in consultation, counselling and problem solving
- Knowledge and skills in common practice procedures and emergency care required for good quality family practice
- 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:	THREE 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.

August to October 2024	Module I
October to December 2024	Module II
August 2024 to April 2025	Module III, IV & V
May /June 2025	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\$45,000 for members of HKCFP

HK\$90,000 for non-members

Individual Modules:	Members	Non-members
Module I (Distance Learning – Principles of Family Medicine)	\$5,600	\$11,200
Module II (Distance Learning – Common Problems in Family Medicine)	\$5,600	\$11,200
Module III (Structured Lectures & Seminars)	\$5,700	\$11,400
Module IV (Updates & Clinical Attachment)	\$5,400	\$10,800
Module V (Practical Workshops)	\$7,200	\$14,400
Examination	\$13,800	\$27,600
Administration Fee	\$5,000	\$10,000

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

9. Awards/Credits:

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

10. Application Procedure:

Applications are now open.

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

- Photocopy of the current Annual Practising Certificate;
- A recent photo of the applicant (passport size);
- A signed "Disclaimer of Liability";
- An administration fee for application of HK\$1,000 by crossed cheque payable to "HKCFP Education Limited". This fee is non-refundable;
- A Course Fee of HK\$45,000 (or HK\$90,000 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 2023 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 2024

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



APCLS Training Workshop



Women's Health Workshop



Orthopaedic Injection Workshop



Musculoskeletal Workshop

The Revamp of Higher Training in Family Medicine

Dr. Fung Hoi Tik, Heidi (The Chairlady of Higher Training Subcommittee, Board of Vocational Training and Standards)

Higher training in Family Medicine plays a pivotal role in shaping the competence and skills of our future specialists. With various challenges and potential ahead, it is imminent to review and revamp the training program to enhance its applicability and effectiveness.

Curriculum Overview:

Our existing curriculum encompasses crucial areas including working with families, individual patient care, preventive care and care of patients with special needs, professional development, quality assurance, and healthcare service management. By assurance of competence on these key components, trainees are expected to excel an independent practice in Family Medicine upon its completion.

Identified Challenges:

In the past years, several critical issues have been identified within the current higher training program. These challenges include passive and less educational value of structured educational seminars (SEP), an examination-oriented approach lacking sustainability, loosely focused self-directed learning, insufficient supervision, and a training focus primarily on knowledge and skills, rather than competency-based training.

Key Objectives:

The revamp of higher training has two primary objectives.

Firstly, it aims to shift the focus from knowledge of related skills to demonstration of competencies on the 6 key areas required in daily practice. Secondly, it encourages Continuous Professional Growth in elective area of relevance to Family Medicine, according to trainees' personal career interests.

Revamping Strategies (How):

1. Change Objectives: The revamped program emphasizes the importance of "demonstrating competency" as a central objective.
2. Demonstrate Competency in core competencies: The program introduces various methods including consultation supervision, video/audio recordings and case discussion with case logs, to assess and demonstrate core competencies effectively.
3. Elective/Special interest: In addition to the core competencies, trainees will be required to complete

one Mandatory elective competence. The purpose of the mandatory elective competence is to encourage trainees to pursue a specific area of interest within family medicine. The selection of the mandatory elective competence will be based on the trainee's personal interests, career goals, and the availability of resources and training opportunities. Elective competencies may include more in-depth exposure in the 6 core areas such as family therapy, counselling, home care of elderly in aged home or end of life patients, or any other specialized fields within family medicine.

4. Structural Educational Program (SEP) and Self-Directed Learning: SEP hours are reduced to allow for a more flexible, quality focused, competence building learning activity according to core competencies required in content checklist. Self-directed learning hours are increased, enabling trainees to take competence-based modules and tailored courses aligned with Family Physician competencies.
5. Consultation Skills Review: Trainees undergo a comprehensive Consultation skills review through various learning methods, including sit-in observations, video recordings, case discussions and others. Consultation skills competence will focus on demonstrable higher competence as required in the content checklist of I, II, III, i.e. working with families, individual patient care, preventive care and care of patients with special needs. Supervisor's assessment of competence level will be based on both generic framework of LAP, and higher level of competence is required with the Miller's Pyramid of competence.
6. Enhance Practice Management: The revamp introduces the "PERMIX Assessment" by incorporating Medical Record Review and Investigation (PERMIX) into the Practice Visit. This assessment involves regular review of medical records and evidence-based investigations to ensure sustainability in maintaining quality medical records in daily practice.

The revamp of higher training in Family Medicine is a crucial step towards addressing the current challenges and had been taking place since 2024. By adopting a competency-based approach and implementing strategic measures, the revamped program empowers trainees to become competent family medicine specialists in independent practice.

Insect Repellent – What should we know about it?

Summer is the season when mosquitoes and insects are rampant. Locally, The Department of Health also announced on April 26th the first locally acquired case of dengue fever this year, reminding the public to be aware of diseases transmitted by mosquitoes. Many people choose to use insect repellents to ward off mosquitoes. However, do you really understand the correct usage and precautions of these products? This article will discuss this issue in detail.



The primary benefit of insect repellents is their ability to repel potential disease-carrying insect vectors such as mosquitoes, ticks, and other biting insects. Among them, mosquitoes can transmit infections such as dengue fever, Japanese encephalitis, Zika virus, and malaria which are highly concerning infectious diseases in this locality.

Insect repellents can be divided into two chemical categories: synthetic chemicals such as "N,N-Diethyl-meta-toluamide" (DEET, 「避蚊胺」), Picaridin (also known as Icaridin), and IR3535; and plant extracts such as lemon eucalyptus oil and citronella oil. The most common form of insect repellent is liquid or spray applied to the skin (commonly known as 「蚊怕水」 by locals), but there are also other forms of insect repellent products available in the market, such as patches, bracelets, etc. Due to space limitations, this article will focus on synthetic chemical insect repellents.

From a scientific perspective, DEET and Picaridin can inhibit the olfactory receptor neurones of mosquitoes, thereby preventing mosquitoes from identifying their hosts. Simply put, they reduce the attractiveness of human odours to mosquitoes, preventing or inhibiting mosquito bites on humans. As for IR3535, its insect-repellent effect may be related to the intolerance of mosquitoes and related insects to its odour. The purpose of these repellents is not to kill insects but to keep them away to prevent bites and the transmission of diseases.

According to the United States Environmental Protection Agency database, insect repellents based on synthetic compounds usually have more effective mosquito and insect repellent properties compared to products derived from plant extracts. Depending on the percentage of DEET in the insect repellent product, DEET can repel ticks within approximately 2 to 10 hours and mosquitoes within 2 to 12 hours. A 20% concentration of Picaridin provides protection against mosquitoes and ticks for 8 to 14 hours, while a 10% concentration lasts for 3.5 to 8 hours. Therefore, if you want to achieve long-lasting insect repellent effects, it is advisable to consider using products with higher concentrations of synthetic compounds or follow the instructions on the product label to reapply the repellent at regular intervals to maintain optimal mosquito repellent effectiveness.

Many people also wonder whether DEET is safe to use. According to literature, when used as directed, insect repellents containing DEET are considered safe, even for pregnant and breastfeeding women. However, the Department of Health has cautioned that there is still a small chance of skin sensitivity reactions when using products containing DEET. If the concentration of DEET in the insect repellent product is high, for example, exceeding 50%, the risk of skin rashes, blisters, and mucous membrane irritation may also increase.

For the same reason, for infants under 6 months old, many recommendations suggest avoiding the use of insect repellents containing DEET and instead opting for alternative barrier methods such as mosquito nets and long-sleeved clothing. For older children, it is recommended to use insect repellents containing lower concentrations of DEET (up to 10% maximum). However, if traveling to countries or regions where mosquito-borne diseases are prevalent and there

is a risk of mosquito bites, children above 2 months of age can use insect repellents with a maximum concentration of 30% DEET. Additionally, it is important to note that DEET can potentially damage plastics and certain synthetic fibre fabrics such as rayon and spandex.

In contrast to DEET, Picaridin is a relatively newer alternative. Its advantages include being odourless, non-greasy, and not damaging to clothing or plastics. Research has shown that a 20% concentration of Picaridin spray and a 20% concentration of DEET have comparable effectiveness in repelling different species of mosquitoes, including the *Aedes*, *Anopheles*, and *Culex* genus.

Another insect repellent mentioned is IR3535. Research has shown that a 20% concentration of IR3535 provides protection against *Aedes* and *Culex* mosquitoes for 7 to 10 hours, but only 3.8 hours of protection against *Anopheles* mosquitoes. Therefore, some countries do not recommend using IR3535 as the preferred mosquito repellent in malaria-endemic areas. Additionally, it should be noted that IR3535 can cause irritation to the ocular mucous membranes, leading to discomfort in the eyes.

Nevertheless, under normal usage conditions, insect repellents are generally safe. However, for safety purposes, here are some usage recommendations: 1) Do not allow children to handle or apply insect repellents on their own. 2) Avoid applying insect repellents to children's hands, around the eyes/mouth, on wounds, or on sensitive skin. 3) When using sprays, do so in well-ventilated areas away from open flames. 4) Keep insect repellents out of reach of children to prevent accidental ingestion. 5) It is recommended for breastfeeding mothers to wash their hands and any areas of the body with insect repellent before breastfeeding. 6) If any adverse reactions occur after use, discontinue immediately and seek medical assistance.

In addition to applying mosquito repellent, there are other preventive measures we can take to reduce mosquito-related issues. For example, avoiding outdoor activities during peak mosquito activity periods (dusk and nighttime) and wearing long-sleeved shirts and pants when outdoors. Using mosquito nets and screens at home can also be helpful. Maintaining a clean living environment and eliminating stagnant water where mosquitoes breed are important steps

as well. Furthermore, if you encounter patients planning to visit high-risk areas for malaria and related infections, recommend them to consult the Travel Health Center of the Department of Health in advance to determine if additional preventive measures are necessary, such as vaccinations or taking antimalarial medications.



Only through a comprehensive approach can we better prevent mosquito bites and protect the health of ourselves and our families. Wishing you a pleasant summer with no worries about mosquitoes!

Conflicts of interest: None declared.

Reference:

1. "The first local case of dengue fever in 2024" Centre for Health Protection, Department of Health. https://www.chp.gov.hk/files/pdf/letters_to_doctors_20240426.pdf
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5. "Insect Repellents - Components and Risks." US National Capital Poison Center. <https://www.poisson.org/articles/insect-repellent>

Compiled by Dr. John-Hugh Tam

我的小小花園 — 石斛蘭

施佩嘉醫生



在新冠病毒的疫情影響下，在過去的三年裏，留在家的時間多了，我的小小花園便慢慢發展起來，其中一個新成員是石斛蘭。

最初我是在網絡上留意到有花友從藥材店買石斛回家種植，花朵多為淺綠色的。在一般的藥材店賣的是鐵皮石斛，中醫認為可以益胃生津，滋陰清熱。

而我則從花友買了檀香石斛，剛長了花，是紫色的，有香味。

石斛蘭可分為春石斛及秋石斛兩大類，春石斛屬落葉性，春季開花，花在莖節兩側。另一種是秋石斛，秋季開花，花梗從莖頂抽出。石斛蘭容易栽種，耐旱喜乾燥。

栽培的地點光照要充足，但要避免曝曬，生長適溫約 18-30°C。



至於澆水方面，由於春、夏季是生長期，要充分澆水，促進假球莖快速生長。進入秋季，便要減少澆水，使假球莖成熟，這樣能促進開花。如氣溫低於 18°C，便應避免澆水。

栽種石斛最重要的是通風，採用的植料以疏水為主。如果栽種在花盆中，便適宜用中粒蘭石混合中粒樹皮。至於選用的花盆，一般是用洋蘭盆，上有掛鉤，下有氣孔，方便掛起栽種，以利通風。

植物的栽培需要我們的耐性，當它生長出新的葉子，甚至長出了花朵，那種足滿感真是難得。石斛蘭可算是容易種植的，大家也可以嘗試一下種植的樂趣。



"Submissions of articles to After Hours with up to 500 words are always welcome.

College Tie/ Scarf/ Pin/ Gift vouchers will be given as a token of appreciation if the articles are selected for publication. Email: FPLinks@hkcfp.org.hk"



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

Scientific
Programme



**Family Medicine in the Community:
STRENGTHENING CONNECTIONS**

5-7 July 2024 (Friday - Sunday)



(Supported by HKCFP Foundation Fund)

The Diary of a Family Doctor【家庭醫生的日常】

《驚奇*經期》 冼銘全醫生

33歲女士，一直健康良好，最近月經姍姍來遲，延遲了一個多月仍未有來。已排除了懷孕可能，也沒有腦下垂體相關的病徵。近年身體檢查，也不見多囊卵巢綜合症(PCOS)的跡象。她敘述自己病情時，狀甚焦慮。

我：「最近馴覺點樣？」

女士：「馴得好差，所以不斷咁做運動，希望自己乸啲馴得好啲。」

其實這樣只會令經期更加混亂。

女士：「同埋朋友話要補下鐵，所以食緊啲鐵質補充產品。」

沒有關係。鐵質不能令經期重來。

這個都市，經期紊亂最常見的原因，恐怕是情緒問題。

我：「呢排有咩壓力？」

女士：「壓力好大呀。因為媽媽有乳癌，好擔心佢。」

女士是獨女，父母一早離異，她和母親相依為命。母親60多歲，罹患乳癌，經歷手術和化療，承受不少痛苦。

女士：「以前媽媽成日報喜不報憂，呢次學識咗咩都同我講。」

我：「咁呢個病令媽媽改變好大啲！」

女士：「唉，有好有唔好啦！」

我：「媽媽就改變咗嘞，咁妳又幾時改變呢？」

女士雙眼通紅，含淚不語。

我：「父母離婚，令妳同媽媽關係好密切，大家都擔心對方。但關係太親密，張力就越大。媽媽見到妳個人咁緊張，佢梗係唔敢講心裏面嘅嘢俾妳聽啦。妳自己亦都唔敢表達自己，怕令佢擔心。但係妳以為妳唔講，媽媽就唔知妳難受？我今日第一次見妳，我都知道妳難受啦！而家最重要嘅係要同媽媽保持翻一啲距離。先處理好自己嘅情緒，學習放鬆，例如做多啲腹式呼吸、靜觀練習去放鬆身體。你之前不斷操練身體只會令月經更加唔嚟。處理好自己，身體系統正常，月經自然會正常番。自己唔焦慮，先幫到身邊嘅人。」

壓力，焦慮，往往令我們的身體和人生走錯方向。上天藉着身體和身邊人的訊息，來提醒我們要先處理心情，再處理事情。

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. College Tie/ Scarf/ Pin/ Gift vouchers will be given as token of appreciation if the articles are selected for publication.

Email: FPLinks@hkcfp.org.hk



UNIVERSITY HEALTH SERVICE

Medical Officer (Ref. 240508001)

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 Chinese. 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 8 July 2024 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.

HKCFP Trainees Research Fund 2024 / HKCFP Research Seed Fund 2024

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

The Trainees Research Fund will be opened to all registered HKCFP trainees and is made of four awards (each up to HK\$20,000). It is envisaged it will help trainees especially (but not limited to) those doing research projects as their exit examination. Those who have funding support elsewhere will not be considered.

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

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

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

Assessment Criteria for both funds:

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

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

Research Committee, HKCFP

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

Please indicate the research funding title e.g. “**HKCFP Trainees Research Fund 2024**” or “**HKCFP Research Seed Fund 2024**” on your research project upon submission.

Submission Deadline: 25th October 2024

Supported by HKCFP Foundation Fund

Board of Diploma in Family Medicine (DFM) News

The Board of DFM is pleased to announce that the following candidates have successfully passed the Clinical Examination of 22nd Diploma Course in Family Medicine 2023-2024.

Dr. CHAN Kin Wing Yvonne	Dr. IEONG Kam Tou	Dr. POON Lai Wa	Dr. WONG Yu Tak
Dr. CHAN Pui Kam	Dr. LAM Ka Wai	Dr. POON Yin Ki *	Dr. XIONG Shing Chuen
Dr. CHANG Wai Yin James	Dr. LAM Yick Chuen	Dr. TAM Farrah Irene	Dr. YAN Ka Shing
Dr. CHOW Ching To	Dr. LEE Yung Ho	Dr. TONG Ann Marie Jing Man	Dr. YEUNG Pui Shan
Dr. CHUN Ming Wai Alice	Dr. LEUNG Kai Ching Peter	Dr. TSE Hoi Yan Crystal	Dr. YEUNG Tsz Wai William
Dr. DAI Yi Pui	Dr. LIU Ho Yat	Dr. WEN Yongna Wendy	Dr. YIP Ting Fung
Dr. FUNG Lok Lam Tiffany	Dr. LU Ying Jia	Dr. WONG Sze Man	
Dr. HO Pek San	Dr. LUK Jing Si	Dr. WONG Wai Chuen	
Dr. HUI Siu Kwan	Dr. NG Ching Man	Dr. WONG Wai I	

**passing with distinction*

Congratulations to all successful candidates!

Dr. Au Chi Lap
Chairman, Board of DFM

Board of Vocational Training and Standards News

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

To those who will complete basic training,

You are advised to submit the 'Application Form for the Certification of Completion of Basic Training in Family Medicine' and the **original copy** of your training logbook to BVTs for certification of completion of training within 3 months upon the completion date. If the training logbook is incomplete after review by BVTs, you should complete the training process within 6 months upon the completion date and the completion date of training will only be counted from the time all required documents are handed in to complete the certification and **basic training fee of next year will be charged**.

The above information has already been stated in the IMPORTANT NOTICE and the related forms are available at the college website.

Should you have any inquiries, please contact Ms. Hannah LOK or Ms. Kathy LAI at 2871 8899.

Basic Training Subcommittee
Board of Vocational Training and Standards

Meeting Highlights

Certificate Course on Philosophical Counselling co-organised with the Department of Philosophy, CUHK

The 1st and 2nd session of Certificate Course on Philosophical Counselling were held on 11 and 25 May 2024.

The lectures on "Counselling and Philosophical Counselling" and "Death and Grief" were delivered by teaching panels respectively.



Moderators with teaching panels

Moderators: Dr. CHAN Suen Ho, Mark and Dr. WONG Tsz Kau, Carl
Teaching Panels: Dr. Johnson CHEUNG, Mr. Michael CHEUNG, Mr. Deo HO, Ms. Idris HO and Dr. Alex LO

Certificate Course in Ophthalmology for Primary Care Doctors 2024 co-organized with The College of Ophthalmologists of Hong Kong

The 4th session of Certificate Course in Ophthalmology for Primary Care Doctors 2024 was held on 2 June 2024.

Dr. AU Chi Lik, Sunny, Specialist in Ophthalmology, delivered a lecture on "Screening and Update Management on Maculopathy & Retinopathy".



Dr. LEUNG Cheuk Wing (right, Moderator) presenting a souvenir to Dr. AU Chi Lik, Sunny (left, Speaker).

BOARD OF EDUCATION NEWS

- 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 observe 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.

Face to Face Events

Date and Time	Venue	Topic	Speakers
19 Jul (Fri) 7:00 – 8:00 p.m. (Registration start at 6:30 p.m.)	Chalet Room, Lower Lobby, the Langham Hong Kong, 8 Peking Road, Tsim Sha Tsui, Kowloon	Multivitamins and minerals (MVM) for cognitive health <i>Sponsored by GlaxoSmithKline Consumer Healthcare (Hong Kong) Limited</i>	Prof. Andrea Britta MAIER <i>Professor, Department of Medicine, Yong Loo Lin Sch Of Medicine, National University of Singapore</i>
27 Jul (Sat) 2:00 – 4:00 p.m.	Room 802, Duke of Windsor Social Service Building, 15 Hennessy Road, Wan Chai	Interest Group in Counseling 1. Psycho-oncology support in the community 2. Psycho-education, psychotherapy and counselling for cancer patients	1. Ms Iris CHAN <i>Head of Service, Hong Kong Cancer Fund</i> 2. Ms Marian WONG <i>Clinical Psychologist, Hong Kong Cancer Fund</i>

QR Code for registration



Admission Fee:

19 July 2024 (Fri) College Fellow, Full, or Associate Members:	Complimentary (\$50 Enrollment deposit is required)
Other Categories of Members: Non – members:	HK\$ 650.00 HK\$ 750.00
27 July 2024 (Sat) Members:	Free
Non – members: HKAM Registrants:	HK\$ 300.00 HK\$ 150.00

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

Accreditation : 19 Jul	: 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)
Accreditation : 27 Jul	: 2 CME Points HKCFP (Cat. 4.3) 2 CME Points 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
28 June 2024 (Fri) 2:30 – 3:30pm	“Should Beta blocker be used in COPD patients” by Dr. SIU Chung Wah
26 July 2024 (Fri) 2:30 – 3:30pm	“Vaccination Strategies to Minimize Risk for COPD & Asthma Patients” by Dr. TSANG Kay Yan, Joseph

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
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 <ol style="list-style-type: none"> 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.
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Structured Education Programmes

Free for members

HKCFP 2 CME points accreditation (Cat 4.3)

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
Wednesday, 03 July 2024			
14:30 - 17:00	SB1032, 1/F, Special Block, Tuen Mun Hospital	Vocational Training Program for Family Medicine in Hong Kong Dr. LAU Shi Wa	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Introduction of FM Dr. HO Ka Ming, Ken	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 - Skin Itchiness Dr. LO Yan Yeung, Vincent	Ms. Cherry WONG Tel: 2589 2337
Thursday, 04 July 2024			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Community Resources for Mental Health Dr. YUNG Hiu Ting, Dr. SUNG Cheuk Chung	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 10 July 2024			
14:30 - 17:00	Rm 13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Medical Professionalism of Family Physicians Dr. CHENG Ka Tong, Dr. CHENG Ka Tong	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Common Symptoms in Medicine and Geriatrics (1) (Chest Pain, Shortness of Breath) Dr. CHEUNG Tsz Kei, Jennifer, Dr. HO HAN Chung, Gary	Ms. Emily LAU Tel: 3506 8610
15:30 - 17:30	Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH	Evolutionary Changes in Family Medicine Dr. LEUNG Kwan Wa, Maria	Mr. LAM Ka-lun Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Stepping Up Protection for T2DM Patients – SGLT2 Inhibitors Dr. LEE Chi Ho, Paul	Ms. Cherry WONG Tel: 2589 2337
Thursday, 11 July 2024			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Applying Family Medicine Principles for Elderly Healthcare Dr. YU Yi Fung, Dr. ZHANG Dingzuan	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 17 July 2024			
14:30 - 17:00	SB1032, 1/F, Special Block, Tuen Mun Hospital	Introduction and Application of FM Principles Dr. LO Yu Chee	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Health Care Delivery System in China (Opportunity for Doctor to Practice in China) Dr. LAM Josephine Wai May, Dr. NG Chi Ho	Ms. Emily LAU Tel: 3506 8610
15:30 - 17:30	Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH	Sleep Disorder Dr. WONG Ka Yan Judy, Dr. ZHANG Guilian, Aviva	Mr. LAM Ka-lun Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Trainee Feedback - Review on Contents of Family Medicine All Trainees	Ms. Cherry WONG Tel: 2589 2337
Thursday, 18 July 2024			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Point of Care Ultrasound in Primary Care Dr. CHAN King Hang, Dr. TANG Kin Sze	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 24 July 2024			
14:30 - 17:00	SB1032, 1/F, Special Block, Tuen Mun Hospital	What is Family Therapy? Dr. KWOK Edmond Shan Lam	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Medical Statistics and Modeling Professor TSE Shelly	Ms. Emily LAU Tel: 3506 8610
15:30 - 17:30	Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH	Osteoporosis Dr. LEUNG Wai Chung, Rachel, Dr. CHAN Lok Hin, Thomas	Mr. LAM Ka-lun Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Sexual Criminals Dr. CHEUNG Cheuk Kan, Chloe	Ms. Cherry WONG Tel: 2589 2337
Thursday, 25 July 2024			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Principle and Practice of LAP with Video Demonstration Dr. YAP Tsun Hee, Dr. YIP Pui Leung	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 31 July 2024			
14:30 - 17:00	SB1032, 1/F, Special Block, Tuen Mun Hospital	Point of Care Test in PHC Setting Dr. LEE Wai Chun	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Euthanasia & Do-Not-Resuscitate (DNR) Dr. CHAN Hue Yan, Stephanie, Dr. NG Joyce Hei Lam	Ms. Emily LAU Tel: 3506 8610

COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 Jun 2:00 – 4:00 p.m. Ophthalmology Course 2:30 – 5:30 p.m. Information Seminar on CCE Segment (for candidates)	24	25	26	27 4:00 – 6:00 p.m. Structured Education Programme 9:00 p.m. Board of Conjoint Examination Meeting	28	29
30	1 Jul	2	3 2:30 – 7:00 p.m. Structured Education Programme	4 4:00 – 6:00 p.m. Structured Education Programme	5 HKPCC 2024	6 HKPCC 2024
7 HKPCC 2024 4:00 – 7:00 p.m. HKCFP Conjoint Ceremony	8	9	10 2:30 – 7:00 p.m. Structured Education Programme	11 4:00 – 6:00 p.m. Structured Education Programme	12	13 2:00 – 4:00 p.m. Certificate Course on Philosophical Counselling
14	15	16	17 2:30 – 7:00 p.m. Structured Education Programme 8:30 p.m. HKCFP Council Meeting	18 4:00 – 6:00 p.m. Structured Education Programme	19 7:00 – 8:00 p.m. CME Lecture	20
21 3:00 – 6:00 p.m. HKCFP Conjoint Examiner Workshop (CCE Segment)	22	23	24 2:30 – 7:00 p.m. Structured Education Programme	25 4:00 – 6:00 p.m. Structured Education Programme 9:00 p.m. Board of Conjoint Examination Meeting	26 2:30 – 3:30 p.m. Video Session 8:30 p.m. DFM Introductory Seminar	27 2:00 – 4:00 p.m. Interest Group in Counseling
28	29	30	31 2:30 – 7:00 p.m. Structured Education Programme	1 Aug 4:00 – 6:00 p.m. Structured Education Programme	2	3 2:30 – 5:30 p.m. DFM Consultation Skills Workshop 1

FP LINKS EDITORIAL BOARD



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

FP LINKS EDITORIAL BOARD 2024

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