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Message from the President



(left to right) Dr. Tess van DUUREN with Dr. David CHAO

This year marks the 38th year of close collaboration between the Hong Kong College of Family Physicians (HKCFP) and the Royal Australian College of General Practitioners (RACGP) in hosting the Conjoint Fellowship Examination in Hong Kong. The clinical examination has just been completed successfully on 27th October. We are most grateful for the ongoing strong support from the RACGP Examination team throughout the year in preparation for the written and the clinical part of the Conjoint examination. This year, Dr. Tess van Duuren, Censor-in-chief of RACGP, and Dr. Rebecca Lock, National CCE Assessment Advisor of RACGP, are our two external examiners flying all the way from Australia to give us advice and support during the whole process of the clinical examination. Thank you very much Tess and Rebecca, we have learnt a lot from you. We look forward to even closer collaborations between our two Colleges in the years to come.

Not only do we host the Conjoint Examination together, our two Colleges also have collaborations

on family medicine training as the RACGP has helped to provide ongoing accreditation to our vocational training programme ensuring the structure, process and outcome of our training in on par with the best international standards. In addition, our two Colleges also have reciprocal recognition of Continuing Medical Education Programme in place enabling that continuing professional development of our family doctors is of high standard even after the Fellowship examination is done.

We have the great honour and privilege to have been able to invite Professor Michael Kidd, Professor of Global Primary Care and Future Health Systems, Nuffield Department of Primary Care Health Sciences, University of Oxford, United Kingdom, and Director, Centre for Future Health Systems, University of New South Wales, Sydney, Australia, to squeeze out a week's time from his extremely busy schedules to take up this year's HKCFP Visiting Professorship for the University of Hong Kong.



(left to right) Prof. Michael KIDD with Dr. David CHAO

(Continued on page 2)

Message from the President (Con't)

(Continued from page 1)



(left to right) Dr. Gene TSOI, Prof. Cindy LAM, Dr. IP Pang Fei, Dr. LAU Ho Lim, Dr. Stephen F00, Dr. David CHAO, Dr. Rebecca LOCK, Dr. Tess van DUUREN, Dr. CHAN Hung Chiu, Dr. FU Sau Nga and Dr. Loretta CHAN

Professor Kidd is one of our College's long term friends and he has been most supportive towards our College development over the years and he is also one of our Honorary Fellows giving us ongoing invaluable advice to enhance the growth of the College. Professor Kidd delivered an open lecture to College Fellows and members on 3rd November on the most relevant topic to us all, "The Role of Family Medicine in Future Primary Healthcare". The lecture was most inspiring and sparked off many interesting questions and discussions from the floor. It gave us foods for thoughts on the important role of family doctors in the current era of rapid development

of artificial intelligence and advanced technology. Thank you very much Michael.

The RACGP Annual Conference this year takes place in at the Perth Convention and Exhibition Centre, Perth, Western Australia from 21st – 23rd November. The theme of GP24 is entitled, "Reimagining health care". For all the conference delegates, I wish you all a very fruitful conference. I would like to take this opportunity to wish the RACGP a highly successful Conference ahead.

Dr. David V K CHAO
President

Membership Committee News

The Council approved, on recommendation of the Chairlady of the Membership Committee, the following applications for membership in **September – October 2024**:

New Application

Associate Membership

Dr. FUNG Cheuk Man	馮卓文
Dr. HO Wing Sze	何詠詩
Dr. LAU Kin Wang, Thomas	劉建宏
Dr. MAN Wan Chi, Nicolle	文蘊芝
Dr. WAN Chui Yan	溫翠茵
Dr. YING Luk Hin	應六軒

Re-application

Associate Membership

Dr. KO Wing Hong	高永康
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Transferral

From Student to Associate Membership

Dr. CHU Pui Yan, Jasmine	朱珮欣
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The 47th HKCFP Annual General Meeting

Kindly be informed that the commencement time for the 47th Annual General Meeting will be postponed by 1.5 hour from the initially planned schedule. All other particulars remain unaltered.

Date & Time : 8 December 2024 (Sunday), from ~~5:00 pm~~ **6:30 pm**

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

Admission : All members are welcome. please register by 29 November 2024 (Friday) through admin@hkcfp.org.hk to facilitate related arrangement.

The 47th HKCFP Annual Dinner

The College's 47th Annual Dinner will be held on 8 December 2024, Sunday as follows:

Time : 6:45 pm Annual Dinner Reception
7:00 pm Chinese-style Dinner

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

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
6:30 – 7:15 pm	Wong Chuk Hang MTR Station	HKAM Jockey Club Building
According to the ending time of the dinner (Estimated time will be around 10:00 pm)	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 **29 November 2024 (Friday)**.

Please contact the Secretariat, Ms. Yvonne Chow by email to internal@hkcfp.org.hk or call 2871 8899 for assistance.



The Diary of a Family Doctor【家庭醫生的日常】

轉化的可能... 方翠瑩醫生

最近上一個課程，討論貧窮、社區轉化等議題，令我想起一個病人。事實上，我對她印象模糊，她是我多年前仍是 trainee 看的病人，後來她覆診時剛好是另一個同事看她，那同事告訴我，病人說上次看她的醫生（即是我）一點笑容都沒有。估計上次覆診時，應該是解釋報告，然後說她的各樣指標不合格吧。我聽後有點莫名其妙，她竟然這麼在意醫生的表情，可能比報告內容更甚呢。

為何這課程令我想起那病人呢？提到扶貧和社區轉化，以前的方法多是需要為本 (need-based)，即是那社區缺乏什麼，你就供應所需要的資源，缺點是這方法可能會加深社區對外來者的依賴，另外當你發掘社區的需要時，其實就是在指出它的不足，加深當地人的失敗感或缺點。相反，比較新的方法是資產為本 (asset-based)，即是發掘社區擁有的資源，再加以轉化和善用，強化它有的東西而非不足，這樣的果效會更持續，當地人也更正面看自己的身份。

套落病人身上，當醫生不停說：「你的血壓太高，膽固醇超標，血糖又不合格...」有機會加深病人的自我否定，覺得做什麼都沒用，食下藥，覆下診，生活照舊算吧。另一方面，如果醫生可以多了解病人的背景，多些鼓勵，可能病人更有希望和動力去達到目標。要一個人改變，不停提他/她的缺點有用，還是讓他/她看見更好的自己，看見變好的可能更見效呢？當然事情很多時候都很複雜，不過正面鼓勵應該比負面責難有效一點。

轉化 transform 的希臘原文是 metamorphoo，意思就是 metamorphosis，毛蟲變蝴蝶的過程。如果我們看到的只是又醜又慢的毛蟲，牠可能只會看扁自己；如果我們看到的是美麗的蝴蝶，牠的人生多麼有盼望呢。但願我們看到的不只是數字，而是充滿潛能和希望的人。

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. Options of College Souvenirs or Gift vouchers will be given as token of appreciation if the articles are selected for publication.

Email: FPLinks@hkcfp.org.hk

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 **5th February 2025 (Wednesday)**. Late submission **WILL NOT** be accepted.

The training experience of 2024 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

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 2024)*

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 2025**, they must submit Registration Consent Form to College Secretariat before **22 December 2024 (Friday)**, and the processing of MCHK CME record will be facilitated accordingly.

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

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 aforementioned deadline to facilitate the necessary arrangement. As usual, late submission will not be processed.

Quality Assurance & Accreditation Committee Secretariat

Quality Assurance & Accreditation Committee News (Con't)

[Important] Reciprocal Recognition of Quality Assurance and Continuing Professional Development (CPD) Programs Between HKCFP and RACGP for year 2024

Dear Members,

Members of the Royal Australian College of General Practitioners, who live and work in Hong Kong and fulfill HKCFP CME & CPD requirements, **may enroll with the RACGP QI&CPD Program by reciprocal recognition between the two programs and be deemed to fulfill their minimum requirements.** Please refer to below link for the RACGP Continuing Professional Development (CPD) Program for 2023-25 triennium:

<https://www.racgp.org.au/education/professional-development/cpd/2023-triennium>

Participants of the HKCFP Quality Assurance Program who have obtained at least 30 credit points, with no less than 10 CPD points **in year 2024**, may enroll with the RACGP CPD Program through this reciprocal arrangement and be deemed to fulfill their minimum requirements of the same year.

Please noted that as required by RACGP, doctors are required to take at least one CPR course in order to meet all the RACGP CPD requirements for the 2023 – 2025 triennium.

You can refer to the below link for RACGP requirement for CPR Course:

<https://www.racgp.org.au/FSDEDEV/media/documents/Running%20a%20practice/Practice%20standards/5th%20edition/FAQ-for-cardiopulmonary-resuscitation-CPR.pdf>

Please be reminded to upload the CPR Certificate on RACGP Website (require login) or email to cpd.national@racgp.org.au

Doctors who wish to enroll with the reciprocal arrangement for year 2024 should complete the form below and send it to the College Secretariat before **21 February 2025** with an administration fee of HK\$200 payable to “HKCFP Education Ltd” (Non-refundable). Please contact college secretary if you wish to make payment by FPS.

The application form can be downloaded at:

(Links – to be updated)

Please note that the reciprocal recognition is for the Program but not for each individual education activity. Only those who fulfill the CME & CPD requirements each year in **ALL THREE YEARS** plus **completion of one CPR Course** within 3 years cycle, shall be deemed to fulfill all RACGP requirements for the 2023-2025 Triennium. RACGP also has the final authority of deciding whether their QI&CPD requirements are fulfilled.

For any enquiry, please feel free to contact Mr. John Ma or Ms. Iris Ip at 28718899 or by email to cmecpd@hkcfp.org.hk

Thank you.

Yours sincerely,

Dr. Li Yim Chu
Chairlady, Quality Assurance & Accreditation Committee

Quality Assurance & Accreditation Committee News (Con't)

HKCFP Additional Accreditation and Report on CME/CPD Missing Points for Year 2024

Dear Members,

The credit point score of year 2024 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 **21 February 2025 (Friday)**.

1. Application for Additional Accreditation

The application of Additional Accreditation for the **year 2024** 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 2024 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: 21 February 2025 (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.**

Please contact college secretary if you wish to pay by FPS.

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

Please observe the application deadline as late application 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,

With cycle year 2024 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 all fellows and members of HKCFP **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 2024**, 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).

Please be reminded that **ONLY CPD points** would be accredited, for teaching medical students in Universities.

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 to submit CPD Log, Corresponding Sentence "**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

Young Doctors Committee News – Family Medicine New Trainee Boot Camp: A Transformative Experience Hosted by the Young Doctors Committee

Dr. Chan Lam, Co-chairlady, Young Doctors Committee, HKCFP; Member, Young Fellows Chapter, HKAM

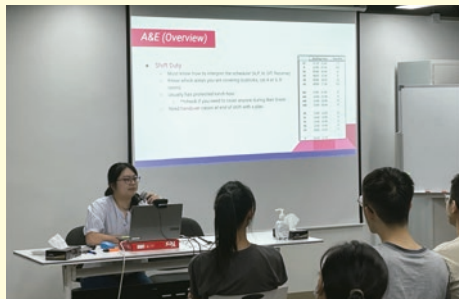
The Young Doctors Committee recently hosted an innovative Family Medicine New Trainee Boot Camp, designed to equip new trainees with the essential skills, knowledge, and confidence required to thrive in their roles.

The boot camp brought together a group of 41 new family medicine trainees from various backgrounds. The program was meticulously crafted to cover a wide range of topics, including clinical skills, patient communication, and the intricacies of navigating the healthcare system.

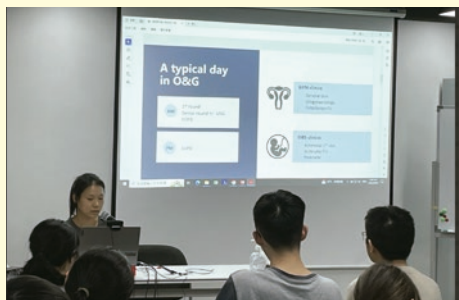
Speakers shared scenarios they encountered in their practice, invaluable insights drawn from their own experiences, offering new trainees a glimpse into the realities of family practice. From conducting patient assessments to managing chronic diseases, the boot camp provided a holistic approach to family medicine training.



Dr. Lau Shi Wa, Chloe sharing experience of rotation in Surgery & orthopedic departments.



Dr. Yung Lok Yee, Louise, sharing experience of rotation in Medical & A&E departments.



Dr. Li Ting Kwan sharing experience of rotation in Pediatric and O&G departments.

The boot camp was not just about acquiring clinical skills; it also focused on building confidence and fostering a sense of community among new trainees. Networking opportunities allowed participants to connect with peers, share experiences, and establish relationships that would support them throughout their training and beyond.



Ice Breaking game: 世界之最 by Dr. Lau Shi Wa, Chloe



Ice Breaking game: 數字遊戲 by Dr. Leung Lok Hang, Will

The Young Doctors Committee emphasized the importance of camaraderie in the medical field, highlighting how strong professional relationships can enhance both personal well-being and patient care. The boot camp created a safe space for trainees to express their concerns, share their aspirations, and learn from one another.

Feedback from participants was overwhelmingly positive, with many expressing gratitude for the opportunity to engage in such a comprehensive training experience. Trainees noted that the boot camp not only enhanced their clinical skills but also instilled a sense of belonging within the family medicine community.



Group picture of participants

The Young Doctors Committee is already planning future iterations of the boot camp, aiming to incorporate participant feedback and expand the curriculum to address emerging trends in family medicine.

The Family Medicine New Trainee Boot Camp hosted by the Young Doctors Committee represents a significant step forward in preparing the next generation of family medicine practitioners. By combining practical training, mentorship, and community building, the boot camp equips trainees with the tools they need to succeed in a dynamic healthcare landscape. As the medical field continues to evolve, initiatives like this are crucial in ensuring that new doctors are not only competent but also confident in their ability to provide high-quality care to their patients.

Always Get the Right Arm Position for BP Measurement

Blood pressure measurement can differ a lot with various arm positions, and that is what we know all along. But how much can this be? The answer can be found from a study that randomized >100 subjects to some commonly adopted arm positions and measurement done with automated device as in our current clinical practice. It gives us a stronger-than-ever support on the importance of a correct arm position and implications of deviating from the standard way of BP measurement.

In this randomized crossover trial done in Baltimore of US, a comparison of BP was made among 3 seated arm positions. They are standard reference position (arm supported on a desk with midcuff at heart level, **'desk 1'**), arm resting on the subject's lap (**'lap'**), and arm unsupported on the side (**'side'**). It has recruited 133 participants between 18 and 80 years old after sieving through the exclusion criteria. Each subject had 3 BP measurements taken in each of the 3 randomized measurement conditions. To balance out the effect of intrinsic BP variability, all of them underwent a fourth set (**'desk 2'**) of triplicate measurement on another desk same as **'desk 1'**. To conclude, each participant had 12 BP measurements done in total. All measurements were done by certified research staff, and right arm was used unless a specific condition forbade e.g. wound. Standardized preparations before taking the BP included emptying bladders, and walking for 2 minutes to mimic a clinical scenario before a 5-minute seated rest with back and feet supported. Subjects were placed in a quiet and private space and asked not to talk or use cell phones. The upper-arm cuff was selected according to the mid-upper arm circumference. 3 BP readings in each set were spaced out by 30 seconds, while each set was separated by a 5-minute rest from another. The BP used in each set of measurement positions was the average of the 3 readings obtained.

The primary outcome was difference in the differences in mean SBP and DBP, between **'lap' vs 'desk 1'** and **'side' vs 'desk 1'**. Calculating

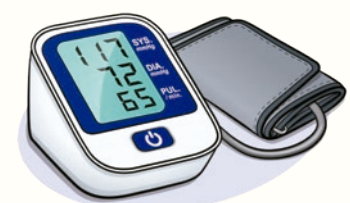
the difference in differences by incorporating the calculation (desk 2 – desk 1) helps cancel out the intrinsic within-person variability of BP. That is, for both SBP and DBP, we determined the primary outcomes as **{(lap – desk 1) – (desk 2 – desk1)}** and **{(side – desk 1) – (desk 2 – desk1)}**. Additionally, analysis was also made for these differences among various subgroups e.g. hypertensive BP status (SBP >130 vs <130mmHg), and this is considered the secondary outcome.

After statistical analysis, it was revealed the lap arm position led to a statistically significant higher BP readings for both SBP and DBP (mean Δ SBP 3.9, Δ DBP 4), with the side arm one causing even a greater gap (mean Δ 6.5, DBP Δ 4.4). This variation remains largely consistent across the spectrum of BPs. For individuals with hypertensive BP, this difference even goes more extreme with an over-estimation of up to 9mmHg in SBP.

Put back into our practice, an inappropriate arm position during BP measurement can probably lead to significant over-diagnosis of hypertension, and its over-treatment and associated side effects. It also generates patient anxiety and costs our health care system unnecessary follow-ups and resources. Hence, this study has sent us an important reminder - always measure BP with arm supported on a desk with midcuff at heart level, both in our clinics and when we educate our patients on home BP monitoring.

Reference:

Liu H, Zhao D, Sabit A, Pathiravasan CH, Ishigami J, Charleston J, *et al.* Arm Position and Blood Pressure Readings: The ARMS Crossover Randomized Clinical Trial. *JAMA Internal Medicine* [Internet]. 2024 Oct 7 [cited 2024 Oct 28]; Available from: <https://search.ebscohost.com/login.aspx?direct=true&db=cmedm&AN=39373998&site=eds-live>



Compiled by Dr. David Cheng

Brief Introduction to Electrotherapy

Dr. John-Hugh Tam, Specialist in Family Medicine
 Mr. Mak Cheuk Hang, Registered Physiotherapist
 Ms. Yuen Ching Han, Registered Physiotherapist

From time to time during consultations, some of you might have heard some patients had undergone “Electrotherapy” (電療) during rehabilitation, specifically in cases of musculoskeletal conditions, exercise and injury-induced pain management, as well as chronic pain. In this issue, we will briefly explain what this category of treatment is and explore the role of electrotherapy in modern physiotherapy practice, as well as how it helps in our daily patient care.



Typical appearance of a TENS machine: a small, battery-operated device that has leads connected to sticky pads (electrodes)

Electrotherapy plays a significant role in pain control and rehabilitation. It encompasses various commonly used treatment techniques, such as Transcutaneous Electrical Nerve Stimulation (TENS, 透皮神經電刺激), Interferential Therapy (IFT, 干擾波電療), and Electrical Muscle Stimulation (EMS, 電刺激肌肉訓練). TENS involves stimulating sensory nerves to modulate pain, providing a non-pharmacological and non-invasive method of pain relief. Similar to TENS, IFT utilises two medium-frequency currents that interfere with each other, creating a low-frequency beat frequency that helps alleviate pain. EMS, on the other hand, stimulates muscle contractions and is primarily used for neuromuscular re-education and rehabilitation, assisting patients in rebuilding muscle strength, promoting blood circulation in injured areas, and improving functional movement. Some might even consider categorising other electrophysical agents (EPAs) such as therapeutic ultrasound therapy, laser therapy, magnetic therapy, etc. as part of the electrotherapy umbrella as well, but for sake of simplicity, we would focus on therapies directly involving the use of electric currents in this article.

The analgesic effects of electrotherapy are supported by scientific evidence. According to the Gate Control Theory of Pain, by leveraging the gate control mechanism, the perception of pain can be regulated. During TENS treatment, low-intensity electrical currents are delivered to targeted areas of the body. This activates non-noxious nerve fibers, primarily the large-diameter A-β fibers, which inhibit the transmission of pain signals from smaller-diameter A-δ and C fibers. As a result, patients experience a reduction in pain sensation. In addition to the gate theory, it has also been postulated that TENS treatment increases the concentration of β-endorphins in the bloodstream and cerebrospinal fluid, creating an additional effect in pain relief. It is believed that high-frequency TENS blocks pain signals by stimulating non-pain nerve fibers, while low-frequency TENS promotes the production of natural pain-relieving hormones, the endorphins.

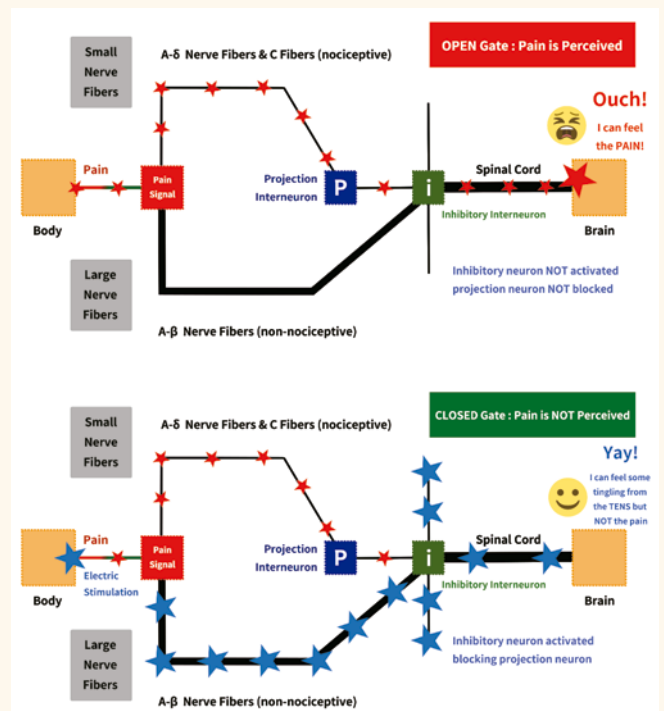


Diagram depicting the Gate Control Theory of Pain

Although electrotherapy has benefits and can be more effective when used in conjunction with other rehabilitation modalities such as manual therapy, massage, stretching, or exercise, it is still important for our patients undergoing electrotherapy to receive guidance and recommendations from healthcare professionals. According to local legal regulations, only registered healthcare professionals such as doctors,

nurses, and physiotherapists, etc. are authorised to provide various medical diagnoses and treatments, including electrotherapy. We also need to be aware that improper or indiscriminate use of electrotherapy may not yield significant results and could induce harm. For instance, EMS devices, which deliver stronger electrical pulses compared to TENS, should not be directly used as a treatment method for pain relief.



Sponge fabric may be used as a conductive moist interface to increase conductivity during electrotherapy such as IFT

Additionally, we should be aware that electrotherapy carries some risks and contraindications. Electrotherapy is not suitable for all cases and patient scenarios universally. For example, it is not recommended for cases of unidentified pain, heart conditions, epilepsy, and patients who cannot reliably cooperate. The safety of undergoing electrotherapy during pregnancy has not been established. Open wounds, as well as swollen, infected, or inflamed areas, should not receive electrotherapy, and improper use of electrotherapy may also affect the healing process of some postoperative wounds (i.e. using EMS on wound sites or incisions may cause damage). Caution should be exercised when applying electrotherapy to areas of impaired or diminished sensation to avoid over-treatment. Electrical currents can also interfere with implanted medical devices such as pacemakers, deep brain stimulators, etc., whilst individuals with metal implants should also exercise caution, as treatment may require adjustments to prevent damage from heating effects caused by the passage of electrical currents through the metal implant. The placement of electrodes during electrotherapy also requires special attention, for example, electrical currents should avoid passing through the carotid sinus region in the neck, transcranially (through the head), or thoracically (into the heart) to prevent interference with the brain and heart. Some patients may also be allergic to the conducting medium. As each individual's situation may vary, it is crucial to follow evidence-based therapeutic decisions when selecting treatment methods and make timely adjustments to device settings based on changes in the patient's condition.

One primary concern linked to electrical therapy revolves around the risk of skin irritation or burns. The use of electrodes and electrical currents can, at times, result in skin reactions, particularly in individuals with sensitive skin or existing dermatological conditions. As registered healthcare professionals, we bear the responsibility of thoroughly evaluating each patient's skin condition, carefully choosing the appropriate placement for electrodes, and diligently monitoring for any signs of irritation both during and after the treatment.

Additionally, there is the consideration of potential discomfort or pain that may arise during electrical therapy sessions. Although electrical stimulation is typically well-tolerated, individual pain thresholds differ. Registered healthcare professionals must establish transparent communication with patients to ensure that the intensity of electrical stimulation aligns with the patient's comfort level. Consistent assessment and adjustments are critical to averting unnecessary discomfort or pain.

Finally, it is important to remind the public not to purchase medical devices related to electrotherapy casually from the market or online. It is recommended to consult with healthcare professionals for their opinions and advice before purchasing and using such devices. This ensures that the selected equipment meets personal needs and treatment goals while minimising potential risks. Various medical devices play important roles in the field of medicine, much like medications, and each one can be considered a double-edged sword in assisting patients. They are not miraculous machines that can cure pain with a simple press of a button, but they can aid in patient recovery and symptom relief while still carrying certain risks. Therefore, when selecting and using medical devices, careful assessment of the patient's condition is necessary, along with following the guidance of healthcare professionals and conducting the treatment under their supervision to ensure safety and treatment effectiveness are prioritised.

Conflict of interest: None declared.

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Attending the WONCA Asia Pacific Region Conference 2024 in Singapore

Dr. Aldo Wong Chiu Lun, Specialist in Family Medicine



Dinner with College colleagues, President of Education Committee of Macao Academy of Medicine and RACGP's Acting VP in Singapore (left to right at back row) Dr. William Wong, Dr. Emily Tse, Dr. Li Yim Chu, Prof. Martin Wong, Prof. Samuel Wong, Ms Erica So, Dr. Stephen Foo (left to right at front row) Dr. Linda Chan, Dr. Esther Yu, Dr. Cheryl Chan, Dr. Aldo Wong, Dr. Lorna Ng, Dr. Lam Kuo, Dr. Ramya Raman

I was fortunate to attend the World Organization of Family Doctors (WONCA) Asia Pacific Region (APR) conference in 2024, held at the Raffles City Convention Centre, Singapore, from August 21-24. This event brought together medical professionals from across the region to share insights and foster collaboration in family medicine.



Dr. Aldo Wong delivering the work and role of YDC on behalf of HKCFP at WONCA APR Young Doctors Movement pre-conference

Pre-Conference Engagement, Rajakumar Movement and Planetary Health

On August 20, I participated in the WONCA APR Young Doctors Movement (YDM) pre-conference as a speaker. I highlighted the work and role of the Young Doctors Committee (YDC) under the Hong Kong College of Family Physicians (HKCFP). My presentation covered activities organised by YDC over the past year such as career talks, boot camps for new family medicine trainees, and social activities like hiking and Christmas caroling in hospitals. These programs aim to engage young doctors and promote family medicine as a rewarding career path.

I also exchanged ideas with young doctor representatives from various countries. We discussed strategies to promote family medicine, enhance primary care services,

and support the training of future family medicine doctors who will be the backbone of primary care. This exchange was invaluable in understanding different approaches and challenges faced globally.

As the Hong Kong Representative of the WONCA APR Rajakumar Movement, it was rewarding to connect with clinicians from various young doctor organizations across Asia. A highlight was Dr. Karen Flegg's talk on planetary health. She emphasized the importance of greening patient care by reducing environmental stressors, using energy-saving measures in hospitals and clinics, and minimizing paper use through electronic devices. By adopting healthier lifestyles ourselves, we can raise awareness of eco-friendly practices among our patients. These insights were enlightening and underscored the role of healthcare in fostering a healthier planet, reducing health risks and promoting a sustainable environment.



From left to right: Dr. Cheryl Chan, Dr. Karen Flegg and Dr. Aldo Wong



Visiting the College of Family Physicians Singapore



Opening ceremony of WONCA APR Conference 2024



Opening ceremony of WONCA APR Conference 2024

Conference Workshops and Sessions

The next four days were packed with workshops and plenary sessions covering a wide range of topics. From chronic disease management to mental health, the sessions offered new insights into pressing healthcare challenges. A particularly intriguing plenary session was titled “Working in a World with AI.” The exponential growth of AI in healthcare presented both opportunities and challenges. While AI could enhance efficiency, it also raised legal and ethical concerns. We must balance technological advancements with professional obligations, patient privacy, and consent. AI could aid in screening and diagnosing diseases, but caution was needed to prevent over-diagnosis and over-treatment. This session illuminated the complexities of integrating AI into primary care while ensuring patient safety and ethical practices.



Attending the opening ceremony



From left to right: Dr. Robindro Chatterji, GP and Palliative Physician in Australia, Dr. Sonia Tsukagoshi, GP in UK and Dr. Aldo Wong, FM specialist from HK



Meeting overseas FM doctors from Australia and UK



HK doctors meeting doctors from Taiwan

Social Gathering

The conference also offered opportunities for social interaction. I attended a dinner gathering with delegates from the Asia-Pacific region, including Hong Kong, Singapore, and Macau. It was a joyful occasion, especially significant after the COVID-19 pandemic. I relished the opportunity to sample Singaporean cuisine while connecting with fellow family medicine professionals. Meeting new friends from diverse backgrounds and discussing subspecialties like dermatology and musculoskeletal diseases enriched my experience and broadened my understanding of family medicine.

Conclusion

Despite a short visit to Singapore, the WONCA APR conference was immensely rewarding both clinically and personally. I am grateful for the opportunity to be part of the global family medicine ‘family’. The insights gained and connections made will undoubtedly contribute to my work in the local community. As I reflect on this experience, I am inspired to apply what I’ve learned and continue contributing to the field of family medicine.

南櫻與油菜花祭

譚仲豪醫生

今次與大家一起進行自駕遊，前往日本老牌的旅遊勝地：伊豆。當我們的車子越來越接近目的地時，路旁開始出現櫻花和油菜花，這讓大家的心情開始興奮起來，真是期待已久！

這次我們的住宿地點是位於南伊豆町的下賀茂溫泉(MINAMI IZU, SHIMOGAMO ONSEN)的溫泉旅館。旅館直接位於河津櫻的觀賞區中間，非常方便。安頓好之後，我們立即出門前往我們最期待的河津櫻花！這次我們特意來參加每年一度於二月至三月上旬舉辦的「南櫻與油菜花祭」(みなみの桜と菜の花まつり)。

我們沿著長達570米的河邊散步路徑，可以一邊走一邊欣賞青野川兩旁盛開的櫻花樹。從遠處看，櫻花樹的顏色像一顆顆色彩鮮艷的棉花糖，非常美麗，現場觀賞真的很有意境。沿著散步路徑繼續前進，你可以更接近地欣賞到這些櫻花。今天的天氣非常好，陽光普照下，櫻花呈現出更為豐富的層次感。而且這裡的遊客相對較少，不像城市中的櫻花觀賞點那樣擁擠，可以慢慢散步，慢慢感受這裡的寧靜氛圍。這裡的河水質量看起來相當清澈，你甚至可以看到彩色錦鯉在水中游動。



經過了一座又一座的橋樑之後，我們最終抵達了位於村口的青野川河堤公園旁邊的油菜花田。如果你在現場，你一定會聞到油菜花的芳香味道！我們還可以走進油菜花田，在其中穿行，拍照留念。我們在這裡拍了很多照片，真的非常滿足！



河津櫻花祭特別安排的夜櫻觀賞：當天大約在晚上6點天黑之後，兩岸的櫻花就會被照亮。在這裡慢慢地欣賞河岸的景色，和白天看到的景色截然不同。而且因為這裡的空氣非常清新，甚至可以清晰地看到天空中的星星。



在南伊豆町另一個值得參觀的景點就是農產品市集。這次市集主要展示各種柑橘類水果。原來這裡有很多不同品種的蜜柑，我們最終買了幾種回去試試，每一種都有獨特的風味，有的比較甜，有的味道比較酸，有的果肉比較爽脆，全部都值得一試。



來到伊豆當然也不能錯過這裡的名產 - 金目鯛 (キンメダイ, KINMEDAI)。即使買不到新鮮的金目鯛帶回家，這裡也有一些與金目鯛相關的手信，可以帶回家送給親朋好友。



總體來說，我認為這次的旅程非常特別，可以來到一個安靜的地方，欣賞大自然的美景，遠離人潮和喧囂。而且巧遇到季節限定的河津櫻花，讓整個旅程更加精彩。這次旅程讓我的心靈得到了洗滌，非常難忘。

"Submissions of articles to After Hours with up to 500 words are always welcome. Options of College Souvenirs or Gift vouchers will be given as a token of appreciation if the articles are selected for publication. Email: FPLinks@hkcfp.org.hk"

COLLEGE NEWS

Meeting Highlights

Certificate Course on Bringing Better Health to Our Community 2024

The 3rd sessions of the "Certificate Course on Bringing Better Health to Our Community 2024" co-organized with Queen Elizabeth Hospital and The Hong Kong Medical Association was held on 26 October 2024.

Dr. YU Yee Tak, Esther, Assistant Professor, Department of Family Medicine and Primary Care, The University of Hong Kong, delivered the lectures on "Life Long Preventive Care Plan" and Dr. Clarence LEUNG, Urologist Specialist, Private Practice, delivered a lecture on "Update on Management of Overactive Bladder".



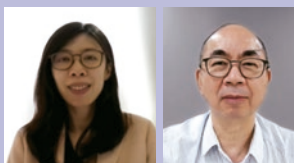
Dr. KO Siu Hin (right, Chief of Service, Department of FM&PHC, KC Cluster, Hospital Authority) presenting a souvenir to Dr. YU Yee Tak, Esther (left, Speaker).



Dr. KO Siu Hin (right, Chief of Service, Department of FM&PHC, KC Cluster, Hospital Authority) presenting a souvenir to Dr. Clarence LEUNG (left, Speaker).

Online CME Lecture on 31 October 2024

Dr. CHANG Mee, Mimi, Specialist in Dermatology & Venereology, delivered a lecture on "Latest Atopic Dermatitis Management - What is Achievable Today?".



A screenshot taken on 31 October 2024. Dr. CHANG Mee, Mimi (left, Speaker) and Dr. AU YEUNG Shiu Hing (right, Moderator).

Interest Group in Mental Health & Psychiatry on 5 October 2024

Mr. Gabriel Chan, Educational Psychologist, Catholic Diocese of Hong Kong, delivered the lectures on "How the Educational Psychologist Helps our Disturbed School Age Patients?".



Dr. CHAN Suen Ho, Mark (left, Moderator) presenting a souvenir to Mr. Gabriel CHAN (right, Speaker).

CME Lecture on 28 October 2024

Dr. YU Yee Ki (left, Moderator) presenting a souvenir to Dr. Charles LYNDE (right, Speaker).



Dr. Charles LYNDE, Associate Professor, Department of Medicine, University of Toronto, Ontario, Canada, delivered a lecture on "The Innovative Treatment with Selective JAK Inhibition for Moderate-to-Severe Atopic Dermatitis".

HKCFP Visiting Professor Lecture on 3 November 2024

Prof. Michael KIDD, Professor, Nuffield Department of Primary Health Care Sciences, University of Oxford, UK, delivered a lecture on "The Role of Family Medicine in Future Primary Healthcare".



Dr. David Chao (3rd from the left, 1st row) and Prof. Michael KIDD (2nd from the left, 1st row) taking a group photo with Censors, Council Members and guests during the Visiting Professor Lecture held on 3 November 2024 (Sunday)



THE HONG KONG COLLEGE OF FAMILY PHYSICIANS BOARD OF EDUCATION

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

44th Annual Refresher Course 2024

We are excited to announce that the Hong Kong College of Family Physicians (HKCFP) is going to organize the 44th Annual Refresher Course (ARC) for its members, which will include **10 sessions** to be held from 17 November (Sunday) to 8 December 2024 (Sunday). There will be **four** Sunday sessions and **six** weekday sessions.

Dates for ARC 2024:

Sundays : (Face-to-face Only) 17 Nov, 24 Nov, 1 Dec and 8 Dec 2024

Tuesdays : (Face-to-face Only) 19 Nov, 26 Nov and 3 Dec 2024

Thursdays : (Online only) 21 Nov, 28 Nov and 5 Dec 2024

7 sessions would be held in Face-to-face format and 3 sessions would be broadcasting ONLINE. Lunch would be served before the lecture for face-to-face option. **Please indicate your attending preference when completing the online registration form.**

Attending Option	Face-to-face Mode (All Sundays and Tuesdays)	Online Mode (All Thursdays)
Time	1:00 – 2:00 p.m. Registration & Lunch 2:00 – 3:00 p.m. Lectures and Discussion (Tuesday) 2:00 – 4:30 p.m. Lectures and Discussion (Sunday)	2:00 – 3:00pm Lecture & Discussion
Venue	Shantung Room, Level 8, Cordis Hotel, 555 Shanghai Street, Mongkok, Kowloon Capacity for face-to-face mode: 80 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 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 10 sets of MCQs. The MCQ answers have to be submitted latest by 31 December 2024 (Tuesday) . 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 **7 sessions or more** 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. Minny Fung by email to education@hkcfp.org.hk or call 2871 8899.

Programme: Sunday Lectures

Date	Topics	Speakers	Format	Venue
17 Nov (Sun)	Mental Health, Haemorrhoidal disease & Hypertension Management 1. The Challenge of Anxiety Symptom Treatment in Major Depressive Disorder 2. Treatment and management of haemorrhoidal disease 3. Hypertension: Bridging the gap between knowledge and action <i>Sponsored by Servier Hong Kong Limited</i>	1. Dr. IU Wing Hang, Henry <i>Specialist in Psychiatry</i> 2. Dr. CHAN Shun Yan Bryant <i>Specialist in General Surgery</i> 3. Dr. TSANG Chun Fung Sunny <i>Specialist in Cardiology</i>	Face-to-face	Shantung Room, Level 8, Cordis
24 Nov (Sun)	Ophthalmology Common Eye Diseases in Primary Care	1. Dr. LAI Hiu Ping, Frank <i>Specialist in Ophthalmology</i> 2. Dr. YUEN Shi Yin, Nancy <i>Specialist in Ophthalmology</i>	Face-to-face	Shanghai Room, Level 8, Cordis
1 Dec (Sun)	Obesity Management & Diabetes Management 1. Management of Obesity in Primary Care Setting 2. An evolving treatment paradigm – the role of newer insulin analogues in optimizing diabetes management <i>Sponsored by Novo Nordisk Hong Kong Limited</i>	1. Prof. KONG Pik Shan, Alice <i>Professor, Department of Medicine & Therapeutics, CUHK</i> 2. Dr. IP Tai Pang <i>Specialist in Internal Medicine</i>	Face-to-face	Shantung Room, Level 8, Cordis
8 Dec (Sun)	Cardiovascular & Heart Failure 1. The Clinical Implications of SGLT2 Inhibitors in the Primary Care Setting: A Focus on Cardiovascular and Kidney Outcomes 2. Comprehensive Approach to Heart Failure in Primary Care: Early Diagnosis and Optimized Management Strategies <i>Sponsored by Boehringer Ingelheim (Hong Kong) Ltd.</i>	1. Dr. Enoch WU <i>Specialist in Endocrinology, Diabetes & Metabolism</i> 2. Dr. LI Siu Lung <i>Specialist in Cardiology</i>	Face-to-face	Shantung Room, Level 8, Cordis

Programme: Weekday Lectures

Date	Topics	Speakers	Format	Venue
19 Nov (Tue)	Sexually Transmitted Diseases What do we miss in our Sexually Transmitted Diseases (STD) screening In HK?	Dr. CHAN Leung Kwok, Clement <i>Specialist in Obstetrics & Gynaecology</i>	Face-to-face	Shanghai Room, Level 8, Cordis
21 Nov (Thu)	Women's Health Female Infertility <i>Sponsored by Merck Pharmaceutical (HK) Ltd</i>	Dr. MAK Sze Man, Jennifer <i>Specialist in Reproductive Medicine</i>	Online	
26 Nov (Tue)	Orthopaedic Common Orthopaedic Problems	Dr. LIE Wai Hung, Chester <i>Specialist in Orthopaedics & Traumatology</i>	Face-to-face	Shantung Room, Level 8, Cordis
28 Nov (Thu)	Children Health Growth Related Disorders <i>Sponsored by Merck Pharmaceutical (HK) Ltd</i>	Dr. LEE Lai Ka, Samantha <i>Specialist in Paediatric Endocrinology</i>	Online	
3 Dec (Tue)	Osteoporosis Management Osteoporosis: challenges and opportunities <i>Sponsored by Amgen Hong Kong Limited</i>	Dr. LAU Ming Chu, Edith <i>Specialist in Community Medicine</i>	Face-to-face	Shanghai Room, Level 8, Cordis
5 Dec (Thu)	Medico-Legal Common pitfalls in primary healthcare and case sharing <i>Sponsored by Medical Protection Society Hong Kong</i>	Dr. LEE Wai Hung Danny <i>Specialist in General Surgery</i>	Online	

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 7 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.

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.

Face to Face Event

Date and Time	Venue	Topic	Speaker
12 Dec (Thu) 1:00 – 3:00 p.m. (Lunch will be served from 1:15 p.m.)	Hyatt Regency Hong Kong, 18 Hanoi Road, Tsim Sha Tsui, Kowloon	Expanding the Frontiers of Pneumococcal Protection – The Breadth of PCV <i>Sponsored by Pfizer Corporation Hong Kong Limited</i>	Dr. Mark Van Der Linden <i>Director, German Reference Laboratory for Streptococci, Department of Medical Microbiology, University Hospital Aachen, Germany</i>

QR Code for registration



Admission Fee:

12 Dec 2024 (Thu) College Fellow, Full, or Associate Members:	Complimentary *(\$50 Enrollment deposit is required)
Other Categories of Members: Non – members:	HK\$ 650.00 HK\$ 750.00
* Enrollment deposit of HK\$50.00 per lecture is needed for CME event held in hotel. Cheque should be made payable to "HKCFP Education Limited" and send to the Secretariat Office at "Room 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Hong Kong". The cheque would be returned to registered member upon registration on the day.	
Pre-registration is required and subject to receipt of enrollment deposit cheque in order to confirm the registration.	
For non-members, please contact the secretariat for registration details. All fees received are non-refundable nor transferable.	

Accreditation : 12 Dec : 1 CME Point HKCFP (Cat. 4.3) Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log)
1 CME Point MCHK (pending)

Online Monthly Video Sessions

Dates and Time	Topics
29 November 2024 (Fri) 2:30 – 3:30pm	"Headache You Don't Want to Miss" by Dr. Fok Wai Ming
27 December 2024 (Fri) 2:30 – 3:30pm	"Short- and Long-term Treatment Plan for Mental Health Problems in Family Practice" by Dr. Lo Tak Lam

QR Codes for registration

29 November 2024 (Fri) 27 December 2024 (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, 04 December 2024			
14:30 - 17:00	SB1032, 1/F, Special Block, Tuen Mun Hospital	Update Management of Rheumatologically Disease - SLE , RA , Gout Dr. CHEUNG Hoi Man	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Case Presentation (Ethical Dilemma, Confidentiality Issue, Medical-Legal Cases) Dr. CHAN Queenie Chi Ying, Dr Koo Ho Tun	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	Update of Chronic Kidney Disease Dr. CHEUNG Tsz King Johnny, Dr. DENG Luo Valeria	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Practice Management: Echocardiography in Daily Practice Dr. CHENG Chun Sing David	Ms. Cherry WONG Tel: 2589 2337
Thursday, 05 December 2024			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Emergency Care in Trauma Case (Burns, Fracture) Dr. YU Cheuk Lam, Dr. CHEUK Tat Sang	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 11 December 2024			
14:30 - 17:00	SB1032, 1/F, Special Block, Tuen Mun Hospital	Clinical Approach to Abdominal Pain in Primary Care with Cases Illustration Dr. CHAN Lai Yung	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Medical Insurance & Voluntary Health Insurance Scheme and Effect on Health Care System Dr. YEUNG Pui Sze, Dr. LAI Siu Tung	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	Planetary Health in Primary Health (Flooding, Heatwave, etc) Dr. GE Shicong, Dr. CHU Pui Ling Candice	Ms. LiLi YUNG Tel: 5569 6405
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
Thursday, 12 December 2024			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Pharmacy Management: Organization and Safe Dispensing Dr. FENG Longyin, Dr. JOR Hon Man	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 18 December 2024			
14:30 - 17:00	SB1036, 1/F, Special Block, Tuen Mun Hospital	Contraception Counselling Dr. FONG Lok Ki	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Role of Family Physician in Preventive Medicine Dr. CHENG Tsz Wai, Sam, Dr. WONG Ho Sum, Dick	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	Common Eye Disease Dr. CHIN Hui Yen, Dr. ZHANG Guilian Aviva	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Common Symptom Complaints - Tremor Dr. LO Ching On, Kitty	Ms. Cherry WONG Tel: 2589 2337
Thursday, 19 December 2024			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Ocular Emergency Dr. CHAN Chi Ho, Dr. LAU Lai Na	Ms. Eliza CHAN Tel: 2468 6813

READERSHIP DRIVE

Congratulations!

The returns from the following doctors have been selected for October 2024 issue:

Dr. CHAU Chris, Dr. CHEUK Hiu Ying, Dr. FUNG Pak Kei, Dr. LAU Chi Hang, Dr. WONG Suk Ching

FP LINKS need your views about its role as the newsletter of College!

Selected returns would be published in FP Links and gift vouchers would be given as token of appreciation.

You could also access the Google form through the link, in addition to the QR code.

<https://forms.gle/KmZwgYpzB3F977Mi8>

FP Links also need your support through submissions to our various columns:

Feature / Family Doctors Column / News Corner / The Diary of a Family Doctor / After Hours .

If articles are selected for publication, Options of College Souvenirs or Gift vouchers will also be given as token of appreciation



Share your thoughts



COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24 Nov 1:00 – 4:30 p.m. Annual Refresher Course	25	26 1:00 – 3:00 p.m. Annual Refresher Course	27 2:30 – 7:00 p.m. Structured Education Programme	28 2:00 – 3:00 p.m. Annual Refresher Course 4:00 – 6:00 p.m. Structured Education Programme	29 2:30 – 3:30 p.m. Video Session 7:00 – 9:00 p.m. Exit Exam - Refresher Training Course - CSA	30 2:00 – 4:00 p.m. Certificate Course on Bringing Better Health to Our Community 2024 2:30 – 5:30 p.m. DFM FM Clinical Skills Enhancement
1 Dec 1:00 – 4:30 p.m. Annual Refresher Course	2	3 1:00 – 3:00 p.m. Annual Refresher Course	4 2:30 – 7:00 p.m. Structured Education Programme	5 2:00 – 3:00 p.m. Annual Refresher Course 4:00 – 6:00 p.m. Structured Education Programme	6 7:00 – 9:00 p.m. Exit Exam - Refresher Training Course - Clinical Audit	7 2:30 – 5:30 p.m. DFM Orthopaedic Injection Workshop
8 1:00 – 4:30 p.m. Annual Refresher Course 5:00 – 6:30 p.m. YDC Mentors & Mentees Meeting 6:30 p.m. HKCFP AGM & Council Meeting 7:00 p.m. HKCFP Annual Dinner	9	10	11 2:30 – 7:00 p.m. Structured Education Programme 7:00 – 9:00 p.m. Certificate Course on Common Mental Health Problems	12 1:00 – 3:00 p.m. CME Lecture 4:00 – 6:00 p.m. Structured Education Programme 7:00 – 9:00 p.m. Exit Exam - Refresher Training Course - Research	13	14
15	16	17	18 2:30 – 7:00 p.m. Structured Education Programme	19 4:00 – 6:00 p.m. Structured Education Programme	20	21
22	23	24	25	26	27 2:30 – 3:30 p.m. Video Session	28
29	30	31	1 Jan	2 4:00 – 6:00 p.m. Structured Education Programme	3	4 2:30 – 5:30 DFM Consultation Skills Workshop II

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

FP LINKS EDITORIAL BOARD



FP LINKS EDITORIAL BOARD 2024

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