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Message from the President

Further to the 2024 Policy Address, the Chief Executive of HKSAR put forward the initiatives of integrating Woman Health Centres' services and upgrading more interim District Health Centres Expresses (DHCEs) to District Health Centres (DHCs), together with the extension of a multidisciplinary service network. (<https://www.info.gov.hk/gia/general/202501/23/P2025012300552.htm>) In fact, the Primary Healthcare Blueprint also recommended gradually integrating the primary healthcare services under the Department of Health (DH) into the district-based community healthcare system.

The Health Bureau (HHB) announced in late January that woman health services under DH will be integrated into the district health network, to be named as Women Wellness Satellites (WWS), of the Primary Healthcare Commission (PHC Commission) of the HHB, creating a network with DHC/DHCEs in all 18 districts across Hong Kong, aiming at providing prevention-based and more personalised primary healthcare services to the eligible women. The integration will be conducive to shortening the waiting time for services, reducing duplication of healthcare services and promoting primary healthcare development. Three WWSs in Chai Wan, Lam Tin, and Tuen Mun respectively, and the Central and Western (C&W) DHC were awarded a three-year operation service contract after tendering and they help to implement the policy directions of strengthening the prevention-oriented, district-based, and family-centric primary healthcare network. They

are anticipated to start their operation within this year.

DHCs/DHCEs in the 18 districts will enhance promotion and education related to women's health, and provide new dedicated nurse clinics for women's health services to encourage citizens to manage their own health. DHCs/DHCEs will also identify women in need through health assessments and individual consultations, and refer them to WWSs or the General Out-patient Clinics (GOPCs) of the Hospital Authority (HA) to receive women's health services as indicated.

While WWSs will focus on addressing women's specific health needs by providing more personalised and value-added primary healthcare services, the HA will start to provide preventive care services to the underprivileged. In addition, to promote the "Family Doctor for All" concept, WWSs will explore collaboration with family doctors participating in the Chronic Disease Co-Care Pilot Scheme to support and strengthen comprehensive health management and screening services for women with further details to come.

The WWS services will adopt a co-payment model, where eligible individuals will receive partial subsidy from the Government and also be required to pay a

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MESSAGE FROM THE PRESIDENT

(Continued from page 1)

designated co-payment fee. The co-payment fee for standard services will be similar to the current charges of the Women Health Centres of the DH, with details to be announced later. Members of the public may also visit the DHC website (www.dhc.gov.hk/en/) for the latest information.

Meanwhile, GOPCs of the HA will provide new preventive women's health services with a view to focusing on caring for the underprivileged. Eligible persons (including Comprehensive Social Security Assistance recipients or individuals granted medical fee waivers) will be arranged through DHCs/DHCEs to receive women preventive care and health promotion services, which are the same as those in the district health network, at selected GOPCs of the HA.

As family doctors providing front line services in the community, please join the Primary Care Directory if you have not done so already. (https://www.pcdirectory.gov.hk/files/PCD_SP_PDF_EnrolGuide_EN.pdf) (https://www.pcdirectory.gov.hk/files/PCD_SP_PDF_EnrollFAQ_EN.pdf)

The WONCA Asia Pacific Regional Conference (APRC) 2025 is scheduled to take place in Busan, Korea, from April 24 to 27. (<https://www.woncaap2025.org/>) It promises to offer a comprehensive programme encompassing a diverse range of pertinent topics, aiming to deepen understanding and promote advancements in the Family Medicine specialty. It is anticipated to be an important forum for the exchange of insights and best practices, bringing together esteemed professionals, academics, and researchers from across the region and beyond. Don't miss this opportunity to share with and learn from colleagues around the globe.

Dr. David V K CHAO
President

READERSHIP DRIVE

Congratulations!

The returns from the following doctors have been selected for January 2025 issue:

Dr. MA Mya Khin, Dr. YU Yi Fung

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 can 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



Board of Vocational Training and Standards News

Reminder: Enrolment of Higher Training

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

For those who prepare to sit for the Exit Examination in 2027, please submit the application for higher training on or before **28th February 2025 (Friday)** in order to meet the requirement for sitting the Exit Examination. The application form can be downloaded from the College website.

Higher Training Introductory Seminar

A Higher Training Introductory Seminar will be held on **4th March 2025 (Tuesday)** for all newly enrolled higher trainees, existing trainees and clinical supervisors. The seminar is designed to help higher trainees and supervisors to understand and get more information on our higher training programme.

Details of the seminar are as follows:

Speakers : Dr. Fung Hoi Tik, Heidi (Chairlady, Higher Training Subcommittee) &
Dr. Lui Luen Pun, Benny (Deputy Chairman, Higher Training Subcommittee)

Date : 4th March 2025 (Tuesday)

Time : 7:00 p.m.

Venue : Rm 802, 8/F Duke of Windsor Building, 15 Hennessy Road, Wanchai

For registration, please fill up the form via scanning the QR code:



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

To all Higher Trainees,

Please be reminded that all Higher trainees must submit the **ORIGINAL** annual checklist to the Board of Vocational Training and Standards either by registered post or in-person on or before **28th February 2025 (Friday)**. 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.

For the application for certification of completion of higher training, please make sure that the application form and checklist for completion of higher training are completed and returned together with the original copy of your training logbook on or before **28th February 2025 (Friday)**.

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

Board of Vocational Training & Standards, HKCFP

Classified Advertisement

Full-time Medical Officer (Women Health) needed. Gynaecological experience preferred. Attractive remuneration. Direct access from North Point MTR station. 5.5 days work, Sun & PH off. Contact Ms. Li at 2859 7537 or email hrdps@tungwah.org.hk.

Diploma in Family Medicine (HKCFP) 2025-2026

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 2025.

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 FM clinical skills enhancements. The whole course requires ONE year of part-time study.

Details of the course are as follows:

1. Objectives:

- i) To provide knowledgeable, pragmatic and structured teaching in Family Medicine for medical practitioners
- ii) To encourage professional development of practising medical practitioners and to provide an intermediate step to fellowship qualifications in Family Medicine
- iii) To improve standards and quality in the practice of Family Medicine

2. *Syllabus:

The course consists of FIVE compulsory modules. Doctors who have graduated from the course are expected to have acquired:

- i) Current concepts about nature of Family Medicine
- ii) Knowledge and skills in consultation, counselling and problem solving
- iii) Knowledge and skills in common practice procedures and emergency care required for good quality family practice
- iv) Understandings towards the role of Family Doctors as gatekeepers of the health-care system and in providing cost-effective primary care to the community

Module I – Principles of Family Medicine (Distance Learning)

Aims:	1. Learn concepts of Family Medicine 2. Understand the role of a Family Doctor and scope of Family Medicine
Contents:	Definition of Family Physicians, Family Physicians' Functions, Core Values of Family Medicine, Consultation, Future of Family Medicine

Module II – Common Problems in Family Medicine (Distance Learning)

Aims:	1. Enhance consultation, communication and problem solving skills 2. Understand the diagnostic formulation process in Family Medicine
Contents:	Four clinical scenarios. Each clinical scenario is further divided into several questions covering different areas in general practice

*Module III - Essentials of Family Medicine (Structured Seminars and Tutorials)

Aims:	1. Strengthen knowledge in Family Medicine 2. Understand the potential growth of Family Medicine 3. Develop research and teaching skills in Family Medicine
Contents:	Practice Management, Care of Elderly, Chronic Disease Management, Anticipatory Care, Clinical Audit & Research, Mental Health, Musculo-skeletal Problems, Evidence Based Medicine & Critical Appraisal

*Module IV - Clinical Updates (Updates and FM Clinical Skills Enhancements)

Aims:	Acquire in-depth knowledge and practical skills in selected specialties
Contents:	<u>THREE</u> update seminars

*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 2025	Module I
October to December 2025	Module II
August 2025 to April 2026	Module III, IV & V
May /June 2026	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 FM clinical skills enhancements)

8. Course Fees:

Whole course:

HK\$46,000 for members of HKCFP

HK\$92,000 for non-members

(A discount of HK\$3,000 for early bird applications on or before 31 May 2025)

Individual Modules:	Members	Non-members
Module I (Distance Learning – Principles of Family Medicine)	\$5,800	\$11,600
Module II (Distance Learning – Common Problems in Family Medicine)	\$5,800	\$11,600
Module III (Structured Lectures & Seminars)	\$5,900	\$11,800
Module IV (Updates & FM Clinical Skills Enhancements)	\$5,600	\$11,200
Module V (Practical Workshops)	\$7,400	\$14,800
Examination	\$13,400	\$26,800
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\$46,000 (or HK\$92,000 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 2024 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 2025

Comments From Former DFM Graduates

- "The Content is useful in daily practice. I can have hands-on practical skills. I can polish my communication skills during the lectures & workshops."
- "I can understand the role of Family Physicians as gatekeepers of health-care system and better know about their role in the society. I also acquire the skills on critical appraisal."
- "There are sessions of clinical updates for updating knowledge. Module I, II & III could help improve my knowledge. Module I, II & III could improve my understanding of Family Medicine. The sessions in consultation are invaluable in improving my communication skills."

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



APCLS Training Workshop



Women's Health Workshop



Orthopaedic Injection Workshop



Musculoskeletal Workshop

THIRTY-NINTH CONJOINT HKCFP/RACGP FELLOWSHIP EXAMINATION SECOND ANNOUNCEMENT

The Board of Conjoint Examination is pleased to announce the following information on the Thirty-ninth Conjoint Fellowship Examination with the Royal Australian College of General Practitioners to be held in 2025.

(1) REQUIREMENTS AND ELIGIBILITY

CATEGORIES OF CANDIDATES:

(a) CATEGORY I CANDIDATES MUST be FULL OR ASSOCIATE members of BOTH HKCFP AND RACGP* at the time of application for the Examination and at the time of the Conjoint Examination. (*Documentary evidence is required with the application – including a valid RACGP number. All candidates are required to have renewed their RACGP membership for the year 2025/2026 on or before 31 July 2025. Failure to comply with the above may result in denial of admission to the Examination.)

CATEGORY I CANDIDATES are graduate doctors (FULLY OR LIMITED registered with the Hong Kong Medical Council) who are undergoing or have completed a fully approved vocational training programme as outlined in the HKCFP College Handbook for Vocational Training in Family Medicine.

After satisfactory completion of two years of approved training, Category I candidates or trainees may apply to sit the Written Examination. The two segments can be taken separately in any order, or at the same attempt. After satisfactory completion of four years of supervised training, Category I candidates may apply to sit the Clinical Examination.

[Note: All Category I candidates who are current vocational trainees and apply to sit the Written Examination **MUST** submit evidence of completion of at least 15 months of approved training by 31 March 2025, together with the application. Those current vocational trainees who apply for the Clinical Examination **MUST** submit evidence of completion of at least 39 months of approved training by 31 March 2025, together with the application. Candidates who have already completed vocational training **MUST** submit evidence of completion of vocational training, together with the application.

Part-time trainees **MUST** submit evidence of completion of their vocational training by the time of the Written Examination before they can apply to sit the examination.)

Please Note:

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

All successful candidates applying for the award of the RACGP Fellowship will be subject to the decision of the RACGP.

(b) CATEGORY II CANDIDATES are doctors who

1. are FULLY registered with the Hong Kong Medical Council,
2. have been predominantly in general practice in Hong Kong for not less than **five** years by 30 June 2025, provided that the experiences are within the most recent 10 years,
3. must be FULL OR ASSOCIATE members of HKCFP at the time of application for the Examination and at the time of the Fellowship Examination.
4. had enrolled and passed the Diploma in Family Medicine course organized by the HKCFP, or other equivalent subject to the approval of the Board of DFM, HKCFP.
5. had fulfilled the CME/CPD requirements by obtaining both 30 CME points and 10 CPD points accredited by the HKCFP each in the 2 consecutive years by 30 June 2025.

Please Note:

Starting from 2024, Category II candidates, who are eligible to sit for our college exam, will only be awarded FHKCFP upon passing the exam, provided all HKCFP Fellowship requirements are met.

The eligibility of candidates of both categories is subject to the final approval of the Board of Conjoint Examination, HKCFP.

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

(2) FORMAT AND CONTENTS

- A.** Written Examination consists of
 - (i) Applied Knowledge Test (AKT), and
 - (ii) Key Feature Problems (KFP)
- B.** Clinical Examination
Clinical Competency Examination (CCE)

(3) PRE-REQUISITE FOR CLINICAL SEGMENTS

All candidates applying to sit for the Clinical Examination of the Conjoint Fellowship Examination **MUST** possess an APCLS (Advanced Primary Care Life Support) certificate issued by the HKCFP*. The validity of this certificate must cover the time of the Clinical Examination.

Application will not be processed unless the pre-requisite is fulfilled.

*Note: In regarding the APCLS certificate issued by the HKCFP, the dates of APCLS workshops & examinations for 2025 will be announced in due course. If you do not hold a valid APCLS certificate issued by HKCFP and intend to sit for the Conjoint Examination 2025, please register AS EARLY AS POSSIBLE when the announcement is released.

(4) CRITERIA FOR A PASS IN THE EXAMINATION

A candidate must pass **both** the AKT **and** KFP segments in the Written Examination before one can proceed to the Clinical Competency Examination. Candidates who failed in one segment will be required to re-attempt only the failed segment. Successful Written Examination result can be retained for three years (counting from whenever the first segment is passed). If one fails to pass both segments in three years, one has to retake both segments.

The Clinical Competency Examination can only be taken after passing both segments of the Written Examination. If one fails the Clinical Competency Examination, all the clinical stations have to be re-taken.

A candidate has to pass both the Written and the Clinical Examinations in order to pass the Conjoint HKCFP/RACGP Fellowship Examination.

(5) APPLICATION AND EXAMINATION FEES

Application forms are available from the College Secretariat at Room 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. You may also download the application forms from our College website, <http://www.hkcfp.org.hk>. Please note that the deadline for application is **10 April 2025 (Thursday)**.

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

Application Fee	:	\$3,000 (Non-refundable)	
Examination Fee	:	- Full Examination (Written + Clinical)	\$42,000
		- Written Examination	
		• AKT	\$10,500
		• KFP	\$10,500
		- Clinical Examination	\$21,000

Please make the cheque payable to **"HKCFP Education Limited"**. If a candidate applied for the Full Examination **but failed in the Written Examination, s/he will be automatically withdrawn from the Clinical Examination, and the Clinical Examination fee (\$21,000) would be refunded.**

(6) REFUND POLICY

If a candidate wishes to withdraw from the examination, and written notice of withdrawal is received by the College 60 days or more prior to the date of the examination, he will receive a refund of \$42,000 (for the whole examination), \$10,500 (for AKT), \$10,500 (for KFP) or \$21,000 (for the clinical examination). The application fee of \$3,000 will not be refunded.

No refund will be given if the written notice of withdrawal is received by the College within 60 days of the date of the examination.

All fees paid are not transferable to subsequent examinations.

(7) IMPORTANT DATES

• 10 April 2025 (Thursday)	Closing Date for Applications
• 17 August 2025 (Sunday) (tentative)	Conjoint Examination – Written Examination (KFP)
• 24 August 2025 (Sunday) (tentative)	Conjoint Examination – Written Examination (AKT)
• 2 November 2025 (Sunday) (tentative)	Conjoint Examination – Clinical Examination (CCE)

(8) ELECTION TO FELLOWSHIP

Members should be aware that passing the Conjoint Fellowship Examination does NOT equate with election to Fellowship of either the Hong Kong College of Family Physicians or the Royal Australian College of General Practitioners. Those wishing to apply for Fellowship of either or both College(s) should ensure that they satisfy all the requirements of the College(s) concerned.

Entry forms for the application of Fellowship, Membership and Associateship of the Hong Kong College of Family Physicians and the Royal Australian College of General Practitioners are available from both College website (www.hkcfp.org.hk / www.racgp.org.au). You may also contact the HKCFP Secretariat, Room 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. Tel: 2871 8899, Fax: 2866 0616.



Dr. Chan Hung Chiu
Chairman
Board of Conjoint Examination

Quality Assurance & Accreditation Committee News

[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 for reciprocal recognition between the two programs and may 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>

For RACGP members practising in Hong Kong, basic life support and advanced life support courses that include CPR provided by the organisations listed under International Liaison Committee on Resuscitation (ILCOR) will be accepted by RACGP Website: <https://www.ilcor.org/about>

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 the college secretary if you wish to make payment by FPS.

The application form can be downloaded at:

<https://www.hkcfp.org.hk//upload/Documents/QA/2024%20reciprocal%20recognition%20application%20form.pdf>

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 the 3 year 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 enquiries, 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 applications will **NOT** be processed. The QA&A Committee reserves the right to finalize the number of Credit Points to be awarded for each activity according to relevant supporting documents submitted for accreditation. Should you have further question(s), please contact Mr. John Ma and Ms. Iris Ip at 2871-8899 or by email to cmecpd@hkcfp.org.hk.

Yours sincerely,

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

Family Doctors' Christmas Caroling: Transitioning from Clinics and Hospitals to the Community

Dr. Lau Ka Man
Member from Young Doctors Committee, HKCFP

As December unfolds, enveloped in a rich Christmas ambiance, the Young Doctors Committee of HKCFP summoned a dedicated group of compassionate family physicians to participate in a Christmas caroling event on Sunday, December 15, 2024. I fondly recall last Christmas when we serenaded patients in the hospital, aspiring to impart a sense of peace and joy on this celebratory occasion while offering them hope amidst their challenges. This year, I am delighted to see increased participation from doctors in the caroling initiative. Together, we ventured beyond the confines of the clinics and hospitals, engaging with the community to share joy and warmth with the citizens while imparting festive blessings.

community representatives from New Jade Garden in Chai Wan. He guided us to two distinct locations for our Christmas caroling: specifically, in front of the New Jade Shopping Mall and at the nearby playground. Both sites were vibrant thoroughfares, bustling with a constant flow of pedestrians. Our audience consisted not of patients and their families, but rather the general public and local residents. This underscores the commitment of family doctors to remain at the forefront of community engagement. Despite the fact that many passersby on that Sunday afternoon may have had their own urgent commitments, a considerable number chose to pause and listen attentively to the heartfelt Christmas carols we performed.

A Community Experience Engaging with Citizens

We extend our sincere gratitude to Dr. Billy Chiu for his invaluable support in facilitating connections with

Collaboration Among Family Doctors and Their Families

As we engaged in caroling within the community, it was truly delightful to have the families and friends of



Group photo of the participants

the doctors participate in this meaningful endeavor. A total of 14 doctors were present, accompanied by 6 family members and friends, including 3 children. While children frequently have opportunities to sing at school or in extracurricular settings, it is quite rare for them to perform Christmas carols on the street before a multitude of passersby. Impressively, they exhibited no signs of shyness. This occasion provided the doctors, along with their families and friends, the chance to unite in a meaningful endeavor, collaboratively performing, nurturing the community, and forging unforgettable and cherished experiences and memories with their loved ones.



Singing at New Jade Shopping Arcade

Melodious Voices Convey Festive Joy

This year, we maintained the cherished repertoire from previous years, showcasing beloved and uplifting Christmas songs such as "Frosty the Snowman" and "Rudolph the Red-Nosed Reindeer." We were particularly pleased to have Dr. Li Ting Kwan provide guitar accompaniment, and the inclusion of several children playing the tambourine added a delightful touch, enhancing the melodious quality of our Christmas carols. While most participants had limited experience in public performance, it was clear that we all shared a profound passion for singing, as each individual contributed with remarkable dedication and enthusiasm. Moreover, under the guidance of Dr. Aldo Wong, the accomplished lead singer from FM Square of HKCFP, we gained confidence and delivered an even more impressive performance.

Self-Learning and Challenges for Family Doctors

This performance was undeniably an unforgettable experience for all participants. The weather that day was

notably chilly, and despite our thorough preparations for warmth, performing outdoors presented a considerable challenge, particularly for the children. Nevertheless, they demonstrated remarkable perseverance and successfully completed the community caroling, which is truly commendable. Each new experience offers us an opportunity to learn how to navigate and overcome challenges. From the initial stages of coordination and recruitment to the preparation of repertoire and Christmas headgear for everyone, and ultimately coming together to perform and conclude successfully, every step necessitated meticulous collaboration and teamwork. We extend our heartfelt gratitude to Dr. Esther Yu, Dr. Chloe Chan, and Ms. Kathy Lai for their invaluable support. We hope this event has provided benefits to the community, families, and each of us individually, and we look forward to furthering our commitment to community care. Additionally, we aspire to see even more family doctors participating in next year's Christmas caroling.



Singing at the playground near Yee Fung Street

The HKCFP Awards for the Best Research and Best Trainee Research of 2024

The Research Committee of the Hong Kong College of Family Physicians is calling for The Award for The Best Research of the Year 2024. All members and fellows of the College are invited to participate and submit their research papers to the Research Committee for selection.

Following ‘The HKCFP Award for the Best Research’, the Research Committee is pleased to organize an additional award, ‘The HKCFP Award for the Best Trainee Research’, specifically for the current trainees of HKCFP or within 3 years of completion of vocational training.

Both the abovementioned Awards will be presented at the Conferment Ceremony in 2025.

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

Entry and assessment criteria are listed below.

Entry Criteria:

For Best Research Paper:

1. The principal investigator has to be a Member or a Fellow of the Hong Kong College of Family Physicians.
2. The research must be original work of the investigator(s).
3. The research should have been conducted in Hong Kong.
4. The research must have been completed.
5. The paper should be presented under the standard headings of Abstract, Introduction, Methodology, Results, Discussion and Conclusion. References should be listed in full at the end in Vancouver format.

For Best Trainee Research Paper:

1. The principal investigator has to be a trainee of the Hong Kong College of Family Physicians, or within 3 years of completion of vocational training.
2. For higher trainees who are submitting their Exit Examination research project for this award, they must have submitted their project to the Specialty Board and have passed the research segment of the Exit Examination.
3. The research must be original work of the investigator(s).
4. The research should have been conducted in Hong Kong.
5. The research must have been completed.
6. The paper should be presented under the standard headings of Abstract, Introduction, Methodology, Results, Discussion and Conclusion. References should be listed in full at the end in Vancouver format.

Assessment Criteria:

1. How relevant are the topic and findings to Family Medicine?
2. How original is the research?
3. How well is the research designed?
4. How well are the results analyzed and presented?
5. How appropriate are the discussion and conclusion(s) drawn?
6. How useful are the results for patient care in the discipline of Family Medicine?
7. How much effort is required to complete the research study?

Each research project submitted will be assessed according to the seven criteria listed above by a selection panel. Each criterion may attract a different weighting to be decided by the selection panel. Please indicate the research award that you applied for, i.e. “The HKCFP Award for the Best Research of 2024” or “The HKCFP Award for the Best Trainee Research of 2024”, on your research project upon submission, and send your submission either

By post to Research Committee, HKCFP, Rm 803-4, 8/F, HKAM Jockey Club Building,
99 Wong Chuk Hang Road, Aberdeen, Hong Kong;

Or, **by email** to research@hkcfp.org.hk

DEADLINE OF SUBMISSION: 27 March 2025

Supported by HKCFP Foundation Fund

HKCFP Research Fellowship 2025

Introduction

The HKCFP Research Fellowship was established by the Hong Kong College of Family Physicians to promote research in Family Medicine. The Grant is up to the value of HK\$ 100,000. Applicants are expected to have regular contact with a nominated supervisor with Master degree (or equivalent) or above.

Eligibility

Applicants for the HKCFP Research Fellowship must be active Fellow, Full Member or Associate Member of the HKCFP. New and emerging researchers are particularly encouraged to apply. However, full-time academic staff of Universities would not be eligible to apply.

Selection criteria

Application will be judged on*:

- Training potential of applicants
- Relevance to family medicine and community health
- Quality
- Value for money
- Completeness (incomplete or late applications will not be assessed further)

** Please note that new researchers and those at an early stage of their research careers are defined as those who have not led a major research project or have fewer than 5 years of research experience.*

How to apply

1. Application form, terms and conditions of the Fellowship can be downloaded from www.hkcfp.org.hk or obtained from the College Secretariat, HKCFP at Rm 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. Tel: 2871 8899 Fax: 2866 0616
2. Applicants must submit:
 - The completed application form;
 - The signed terms and conditions of the HKCFP Research Fellowship;
 - Curriculum vitae from the principal investigator;
 - Curriculum vitae from the co-investigator(s) (no more than two pages) AND,
 - Curriculum vitae from the supervisor.
3. Applications close on: **27 March 2025**. Late applications will not be accepted.
4. Applications can be either sent:

By post to Research Committee, The Hong Kong College of Family Physicians, Rm 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong;

Or, **by email** to research@hkcfp.org.hk

Supported by HKCFP Foundation Fund

Space oil - the rising “Star” What Family Physicians need to know

Introduction

In recent year, a “new” substance called “Space Oil” has emerged as a significant concern in Hong Kong, particularly among the youth. This drug, usually marketed in the form of e-cigarette capsules, contains etomidate, which may cause potential serious health risks, and there is an alarming trend of abusing it lately. As healthcare gatekeeper, we must learn more and be well equipped to identify abusers early.

Space oil - Etomidate: what is it?

Space oil is a street name of chemical etomidate [R-1-(1-ethylphenyl)imidazole-5-ethyl ester], which is an ultrashort-acting, non-barbiturate hypnotic intravenous anesthetic agent. It does not have any analgesic properties. It is administered only by intravenous route. Etomidate has a favorable hemodynamic profile on induction, with minimal blood pressure depression, making it ideal for shock trauma, hypovolemic patients, or patients with significant cardiovascular disease. It has been approved for use during induction of general anesthesia and rapid sequence intubation. And it is indicated for procedural sedation.

Etomidate is also used to maintain anesthesia and for short operative procedures such as reducing dislocated joints, tracheal intubation, cardioversion, dilation, curettage, or cervical conization. It is used to increase the seizure duration potential and has shown to be superior to propofol and thiopental. It has been used off-label to inhibit steroidogenesis in patients with Cushing syndrome.

The onset of action is around 30 to 60 seconds and the peak effect is around 1 minute. Metabolism is primarily hepatic. 75% of the administered dose is excreted in the urine on the first day after injection. Another route of excretion is bile. Like most intravenous anesthetics, etomidate is highly protein-bound (77%). Thus, it can achieve a higher concentration in the brain in low albumin states since it will be less bound to albumin, and more free-drug would be available in the brain.

The start of appearance of this chemical was back in 1965. Initially developed as anti-fungal agent, the potent hypnotic action was observed during animal testing.

The physical effects of abuse, mainly by smoking or vaping through e-cigarettes, may present with dizziness, unsteadiness, a state similar to drunkenness, confusion and motor paralysis. High-dose or long-term abuse may cause motor incoordination, involuntary muscle movement, mental and behavioural symptoms such as memory loss, irritability and avolition. Patients abusing “space oil” may present with altered consciousness,

unstable emotion, tremor, myoclonus, frequent falls, adrenal suppression and hypokalaemia.

Female patients may present also with menstrual disorder and virilization.

It is often mixed with other illicit substances, including cannabis and ketamine, which can amplify its harmful effects.

Rising trend of popularity among our city, especially the youth

The rising popularity of “space oil” in Hong Kong can be attributed to several factors. Initially introduced through e-cigarettes, it has become increasingly accessible and appealing, particularly among the youth. The price of space oil cartridges has dropped significantly, making them more affordable; they now cost around HKD\$300, compared to over HKD\$1000 just a year or two ago. The vibrant and fashionable packaging of e-cigarettes further attract young users, who often perceive space oil as a harmless additive rather than a dangerous substance. The quick onset of pleasure feeling and quick offset of symptoms makes the drug more appealing. Furthermore, peer influence always plays a critical role, with older students introducing this product to younger peers in schools and public spaces. Despite the government’s ban on the sale and import of e-cigarettes, the trend continues to grow, as many young individuals remain unaware of the serious health risks associated with space oil.

Hong Kong has recorded at least 3 deaths suspected to be related to space oil this year, and police reported a 10-fold increase in the number of people arrested for possessing the drug over last year.

From September to November 2024, Hong Kong Christian Service conducted a ‘Research on Drug Abusers’ Motivations for Seeking Help’ to interview 304 drug abusers through a questionnaire. The results revealed that the average age for first-time drug use is 19.5 years old, and the rise of ‘space oil’ may exacerbate the hidden drug use among younger people. The youngest drug abuser is just 9 years old, and nearly one in ten drug abusers have used ‘space oil’.

Hong Kong Customs launched a series of anti-“space oil” operations in November 2024 and detected nine cases of possession of etomidate. A total of 191 “space oil” infused capsules, and 16 kilograms of etomidate powder that can be used to produce about 48 000 “space oil” infused capsules, with a total estimated market value of about \$17 million, were seized. Seven persons suspected to be connected with the cases were arrested. Again, the next month, Hong Kong Customs seized about one kilogram of suspected etomidate with an estimated market value of about \$1 million at

Hong Kong International Airport on 2 Dec 2024. Hong Kong Customs will continue to step up enforcement against "space oil" through intelligence analysis and maintain close contact with the logistics industry.

What we could do and help: from Government and Family Physicians

Space oil was classified as a Part 1 poison under Hong Kong law, meaning it could only be prescribed by licensed medical professionals, but not yet listed as dangerous drug under the law.

The Government is stepping up control on etomidate. Etomidate is under control of the Dangerous Drugs Ordinance (DDO) (Cap. 134), listing etomidate as a dangerous drug since February 14. By then, illegal possession or smoking, inhaling, ingesting and injecting "space oil" containing etomidate is liable to a maximum penalty of seven years' imprisonment and a fine of \$1 million. Trafficking or illegal import of such a substance is liable to a maximum penalty of life imprisonment and a fine of \$5 million.

We family physicians play an important role in combating this space oil crisis. We are often the first point of contact for people struggling with substance abuse and can offer help and resources for rehabilitation. Early detection and intervention is of greatest importance, as timely support can significantly improve outcomes for potential abusers. We are encouraged to remain vigilant for signs of space oil abuse in our patients and to provide them with relevant information on available resources for treatment and rehabilitation.

We are welcomed to consult the Hong Kong Poison Control Centre of Hospital Authority by calling 2772 2211 (24-hour service) for poison information and clinical management advice relating to "space oil" abuse.

We better remain vigilant toward any patients suspected of taking "space oil" and provide help-seeking resources as and when necessary. The Narcotics Division of the Security Bureau has placed information pertaining to drug abuse on its website (www.nd.gov.hk). Patients or public may message 98 186 186 on instant messaging applications WhatsApp and WeChat, or call the 24-hour hotline 186 186 to seek assistance from professional social workers or receive more information about drugs, including "space oil".

Summary

The emergence of space oil as a substance of abuse represents a critical challenge for communities, healthcare providers, and policymakers. With its increasing prevalence among young people, the risks associated with space oil demand urgent attention and intervention. Through concerted efforts that involve social awareness, education, and legislative action, it is possible to combat the rising trend of substance abuse

and safeguard the health and well-being of our future generations. By standing firm against drug abuse, we can strive to create a healthier, drug-free community for all.

Reference:

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<https://www.scmp.com/news/hong-kong/law-and-crime/article/3284881/3-deaths-hong-kong-suspected-be-tied-newly-emerging-drug-space-oil>
<https://www.youtube.com/watch?v=zHQLG3wAA>
https://www.customs.gov.hk/en/customs-announcement/press-release/index_id_4399.html

Fig 1. Chemical structure of Etomidate

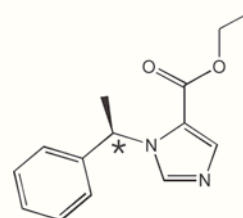


Table 1. Number of arrests in "space oil" seizure cases in the past three years

Annex					
Number of arrests in "space oil" seizure cases ¹ in the past three years					
Year	Number of arrestees aged under 21 (approximate %)		Number of arrestees aged 21 or above (approximate %)		Total
	Involving illegal sale of etomidate	Involving illegal possession of etomidate	Involving illegal sale of etomidate	Involving illegal possession of etomidate	
2022	0	0	0	0	0
2023	0 (0%)	3 (33%)	0 (0%)	6 (67%)	9 (100%)
2024	1 (1%)	13 (19%)	2 (3%)	53 (77%)	69 (100%)
Total	1 (1%)	16 (21%)	2 (3%)	59 (76%)	78 (100%)

1. Cases with seized substances that the Government Laboratory has confirmed the presence of etomidate in its tests conducted until August 2024.

Fig 2. Space oil in the form of vaping capsule

https://www.nd.gov.hk/en/space_oil.html



Compiled by Dr. Christina Cheuk

中醫藥在香港基層醫療系統中的角色

馬俊豪醫師（香港防癆會－香港大學中醫診所暨教研中心（南區）中醫服務主管）

隨著香港基層醫療系統的發展，市民對個性化和全人健康管理的需求日益增加。中醫藥作為一門強調整體觀和預防保健的傳統醫學，在基層醫療中發揮著越來越重要的作用。近年來，香港政府積極推動中醫藥融入公共醫療系統，為中西醫結合模式的探索提供了機遇。家庭醫學作為基層醫療的核心，與中醫藥在疾病預防、慢性病管理和早期干預等方面存在諸多協作空間。對於家庭醫生而言，了解中醫在基層醫療中的角色、適合轉介的疾病範疇，以及如何與中醫師合作，對提升患者的健康管理效果具有重要意義。



CMIS - 公營中醫服務所使用的電子病歷系統

中醫藥在基層醫療中的角色

中醫藥的治療理念與基層醫療的核心目標高度契合，特別是在以下三個方面：

- 1. 「治未病」的預防理念：**中醫強調「治未病」，即在疾病尚未發生或剛剛顯現時，通過調理和預防措施，避免其進一步發展。在基層醫療中，這種理念對於健康促進和慢性病的早期干預具有重要價值。
- 2. 整體觀與個性化治療：**中醫診療注重患者的整體健康狀況，根據體質差異提供個性化的治療方案，與家庭醫學的全人醫療理念不謀而合。

- 3. 非藥物治療的補充作用：**中醫通過針灸、推拿、拔罐等非藥物療法，為一些難以用藥物完全控制的疾病提供了補充治療選擇，減輕患者的藥物負擔。

這些特點使得中醫藥能在基層醫療中扮演預防、輔助治療和康復支持的重要角色。



中醫為香港家庭醫學醫生進行了一個講座

適合轉介中醫師的疾病範疇

家庭醫生在基層醫療中經常遇到一些難以完全用西醫解釋或處理的功能性、慢性疾病及亞健康狀態。這些情況下，中醫藥可以作為早期干預的重要補充手段。以下是幾類適合轉介中醫師進行早期管理的疾病及健康問題：

1. 功能性疾病

功能性疾病患者常有明顯症狀，但缺乏結構性病變的證據。這些疾病常見於基層醫療，且患者往往對長期藥物治療不滿或有顧慮。

腸易激綜合症

中醫強調脾胃功能的調理，通過針灸和中藥改善腸胃功能，緩解腹痛、腹脹等症狀。研究顯示，針灸對腸易激綜合症的症狀改善具有顯著效果，尤其是對腹瀉型和混合型¹。

2. 慢性疼痛管理

慢性疼痛是基層醫療的常見挑戰，患者通常需要非藥物治療的輔助支持。

腰背痛與頸椎痛

針灸、推拿和拔罐在緩解肌肉緊張和改善血液循環方面效果顯著。世界衛生組織已將針灸列為治療慢性疼痛的有效方法之一²。

3. 精神健康與壓力相關疾病

精神健康問題在基層醫療中的比例不斷上升，而中醫在心理壓力和失眠的管理中具有補充作用。

焦慮和輕度抑鬱

中藥（如柴胡疏肝散）和針灸在調節情緒方面表現出潛在的療效³。



中醫參與了北大嶼山醫院防感染中心的服務

中醫與家庭醫生的協作模式

在基層醫療系統中，家庭醫生和中醫師的協作可以為患者提供整合性和多元化的治療方案。以下是幾種可行的協作模式：

1. 雙向轉介機制

家庭醫生和中醫師應建立清晰的轉介機制，根據患者需求進行雙向轉介。例如：

家庭醫生可在功能性疾病或慢性疼痛等情況下，建議患者接受中醫治療以減輕症狀；而中醫師在發現患者可能存在危及生命的病症（如腫瘤或心血管疾病）時，應及時轉介至家庭醫生進行進一步檢查和處理。

2. 多學科會診

對於病情複雜或治療效果不佳的患者，家庭醫生和中醫師可以進行多學科會診，共同制定最佳治療方案。

3. 管理潛在的藥物與中藥交互作用

由於部分中藥可能與西藥產生交互作用，家庭醫生和中醫師需保持密切溝通，確保患者的治療安全。例如，服用抗凝藥華法林的患者應避免使用可能影響凝血功能的中藥（如丹參）。



結語

中醫藥在香港基層醫療系統中的角色日益重要，特別是在功能性疾病、慢性病以及預防保健方面，為患者提供了更多樣化的選擇。家庭醫生與中醫師的協作不僅能優化患者的健康管理效果，也有助於提升整體醫療系統的效率和質量。未來，隨著更多研究支持和政策推動，中醫藥與家庭醫學的融合必將成為香港基層醫療的一大亮點。

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千奇百趣的蕪嶋神社

譚仲豪醫生



今次我們與大家一起來到日本青森縣的八戶市 (Hachinohe)，欣賞一個非常特別的景點。

這裡就是八戶市的蕪嶋神社。蕪嶋神社供奉的是弁財天，是可以保佑生意興隆、漁業安全的守護神。而且在日文中，“蕪”字的讀音是Kabu，讓當地人聯想到日文的“株”字以及與股票相關的聯想。據說，這裡的護身符可以保佑你的

股票升值，因此信徒非常多。我們來這裡主要是想欣賞一個非常有趣的景象。從遠處可以看到神社坐落在海岸邊的山上，而且正值油菜花盛開時期，山下一片金黃色。如果你在現場，可以聽到許多鳥的叫聲，仔細看還可以看到許多鳥圍繞著神社飛翔。

今天風很大，也相當涼爽，計劃前來的朋友記得帶多件風衣。

走近一點，可以看到不僅天空上，整個地面也佈滿了鳥兒。這些黑尾鷗是非常有名的，被這間神社視為神鳥，全部都是神聖不可侵犯的。而且當地還大力宣傳這裡是黑尾鷗的繁殖地。網上的資料聲稱這裡有30,000隻海鷗。



神社的鳥居位於山腳，旁邊有一個放滿雨傘的櫃子，上面的雨傘原來可以隨便給遊客使用，非常貼心。我見到今日天氣晴朗，所以就沒有理會這些雨傘，但是這個決定將會令我有点後悔。



爬完大約100級樓梯就可以到達神社了。整個神社看起來很新，原來在2015年曾經發生大火，當地政府和民眾於2020年籌錢重建。你可以看到神社的裝飾全部都是鳥和海鷗，當然在這裡還可以看到更多的神鳥。我看到一些遊客拿著雨傘和穿著雨衣走來原來是用作躲避隨時從天而降的飛糞，就突然想到自己為什麼沒有帶上雨傘，也有點後悔。

儘管如此，整個參觀經驗都非常令人滿意，就像在電視節目《千奇百趣》中看到的特別場景一樣珍奇。神社對面有一些賣紀念品的商店，你還可以看到以海鷗為主題的紀念品。



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

HONG KONG PRIMARY CARE CONFERENCE 2025

Family Doctor in Partnership:

Synergizing Primary Care Outcomes

**11 – 13 July 2025
(Fri – Sun)**



(Supported by HKCFP Foundation Fund)



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

Hong Kong Primary Care Conference 2025 “Family Doctor in Partnership: Synergizing Primary Care Outcomes”

11th – 13th July 2025 (Friday – Sunday)

I am thrilled and excited to announce our annual hallmark Hong Kong Primary Care Conference to be held from 11th to 13th July 2025 at the Hong Kong Academy of Medicine Jockey Club Building, Aberdeen, Hong Kong.

“Family Doctor in Partnership: Synergizing Primary Care Outcomes” is the theme for the coming 2025 conference. This theme builds on the great stride forward in primary healthcare development with the recent establishment of the Primary Healthcare Commission in July 2024, emphasizing the government’s strong commitment to revamp the healthcare system towards a prevention-focused, community-based system and devoting more resources to promote primary healthcare. Local and international studies have shown that healthcare systems with strong primary healthcare teams led by Family Doctors have proven to be more cost effective and sustainable. In November 2023, our Government launched the Chronic Disease Co-Care Pilot Scheme (CDCC Pilot Scheme) with the view to establishing a family doctor regime and positioning District Health Centers (DHCs) as a hub in fostering an expansion of the healthcare network at the community level. Thus, it is indeed a great opportunity for Family Doctors to work closely in partnership with stakeholders of different sectors in embarking on this momentous journey towards synergizing primary care outcomes in Hong Kong.

Our conference promises an exceptional blend of learning and networking opportunities with its diverse and interesting plenary sessions, seminars, symposiums, discussion forums and workshops.

Join us, save the date and kindly submit abstracts for the Full Research Paper, Free Paper and Clinical Case Competitions which are now open for submission.

I look forward to welcoming you all again!

Sincerely yours,



Dr. Lorna Ng
Chairlady, Organizing Committee
Hong Kong Primary Care Conference 2025



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

Hong Kong Primary Care Conference 2025 “Family Doctor in Partnership: Synergizing Primary Care Outcomes”

11th – 13th July 2025 (Friday – Sunday)

Full Research Paper Competition

We cordially invite your participation in the **Full Research Paper Competition** of the HKPCC 2025. The Competition is a long-standing tradition of the College's Annual Conference to promote and recognize well-designed and innovative research which bears potential impact on clinical practice or development of primary care. This year, we will have TWO Awards:

AWARDS

Best Research Paper Award

Best New Investigator Research Paper Award

The HKPCC 2025 Organizing Committee will invite renowned scholars as judges to review the participating papers. Both winners will receive a **Certificate of Award** and will be invited to present their research papers at the Conference.

ELIGIBILITY AND AUTHOR GUIDELINES

For **Best Research Paper Award**: the first author of the paper must meet ALL of the following conditions:

- (1) The author must register for the Conference;
- (2) The author completes the majority of the research and writing for the paper;
- (3) The author has not used the paper to apply for other awards;
- (4) The paper had not been awarded in other competitions in the past; and
- (5) If the paper has already been published, it must be published after 1 January 2023.

For **Best New Investigator Research Paper Award**: the first author of the paper must meet ALL of the following conditions:

- (1) The author must register for the Conference;
- (2) The author completes the majority of the research and writing for the paper;
- (3) The author has not used the paper to apply for other awards;
- (4) The paper had not been awarded in other competitions in the past;
- (5) If the paper has already been published, it must be published after 1 January 2023; and
- (6) The first author must not have published any other research paper in any scientific journal as first author before (for example, The Hong Kong Practitioner, Hong Kong Medical Journal or other academic journals).

* Recent successful exit examination candidates (in research segment) are also encouraged to submit for this award.

The participating paper should be a full-length article. It should include a structured abstract of no more than 250 words. The text should contain at least 2,000 words, organized as **INTRODUCTION, METHODOLOGY, RESULTS and DISCUSSION**. It should consist of no more than 6 illustrations (tables/figures). Only electronic versions are accepted. The full paper should be typed in 12-point size in Microsoft Word format.

- All accepted abstracts of the papers will be published on the HKPCC website and/ or e-programme book.

AWARD SELECTION CRITERIA

Each paper will be evaluated against the following criteria:

- (1) Academic rigor of the paper (e.g. originality, methodology, organization and presentation).
- (2) Relevance and impact to primary care (e.g. importance of the topic and the impact of the findings on the practice or development of primary care).

The panel reserves the right of granting / withholding an award for this year.

HOW TO SUBMIT

Please go to <https://forms.gle/niQrk7HB2Nz1fWoc9> to complete the submission form and send your full research paper to hkpcc@hkcfp.org.hk. All entries will be acknowledged upon receipt.

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

SUBMISSION DEADLINE

31 March 2025 (Monday)

“We look forward to receiving your research articles!”



Hong Kong
Primary Care
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Free Paper Competition (Oral/ Poster)

Free Paper Competition sees many pioneering research ideas, pilot studies and thought-provoking case studies, commentaries and stimulating discussions. The Free Paper Competition is one of the highlights of the HKPCC and can be in the form of **ORAL** presentation or **POSTER** presentation. We look forward to your active participation in the Free Paper Competition.

AWARDS

Best Oral Presentation Award

Outstanding Poster Presentation Award

For Outstanding Poster Presentation Award, the Best Three papers will be given awards among the categories as follows:

- Primary Care Interventions and Advances
- Healthcare System Improvements
- Medical Education
- Primary Care Epidemiology
- Others

Each winner will receive a **Certificate of Award**.

Author Guidelines

- The presentation of the free paper can be in the form of an **ORAL** presentation or **POSTER** presentation. (The details of oral or poster presentation will be announced to the presenting authors via email later.)
- The author should select one category that matches his/ her abstract most during the submission.
- Electronic version is preferred for abstracts. Abstract should be typed in online abstract submission form. Handwritten abstracts will NOT be accepted.
- The abstract must not exceed 300 words, and should be organized as follows: **TITLE, AUTHOR(S), INTRODUCTION, METHOD, RESULTS and CONCLUSION**. Commentaries and discussion papers need not follow the above format apart from the TITLE and AUTHOR(S).
- Authors' full names and affiliations must be specified and correspondingly indexed. Surnames should be printed in bold.
- All abstracts must be submitted in English. All accepted abstracts must be presented in English.

ELIGIBILITY REQUIREMENTS

To be eligible for participation in the free paper presentation, **the first author of the paper must meet ALL of the following conditions:**

- (1) The author (and the presenting author if applicable) must register for the Conference;
- (2) The author completes the majority of the research and writing of the paper;
- (3) The author has not submitted the same paper to other conferences conducting at the same time period of HKPCC;
- (4) The paper has not been granted any award(s) in the past;*
- (5) Only **ONE** designated presenter can present the accepted abstract. Co-authors are welcome to register and attend the session of the Conference;
- (6) The abstracts of research studies in progress are welcome in the form of POSTER presentation;
- (7) All accepted abstracts of the papers will be published on the HKPCC website and/ or e-programme book; and
- (8) The Organizing Committee has the right of final decision on the acceptance of an abstract.

*If the paper has been granted any award(s) in the past, the paper can be submitted for poster presentation only and will be automatically excluded from award competition.

AWARD SELECTION CRITERIA

For **Best Oral Presentation Award**, each oral presentation will be evaluated against the following criteria:

- (1) Quality and thoroughness of research methods used to generate findings;
- (2) Quality of visual presentation if applied;
- (3) Relevance, innovation and impact to primary care.

For **Outstanding Poster Presentation Award**, each poster will be evaluated against the following criteria:

- (1) Quality of visual presentation (poster layout);
- (2) Quality and thoroughness of research methods used to generate findings;
- (3) Relevance, innovation and impact to primary care.

The panel reserves the right of granting/ withholding an award for this year.

HOW TO SUBMIT

Please go to <https://forms.gle/eQ8Texx8EEfrqhgsg8> to complete the submission form and submit your abstract. All entries will be acknowledged upon receipt.

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

SUBMISSION DEADLINE

31 March 2025 (Monday)



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Clinical Case Presentation Competition

Following on from the success of the previous years' HKPCC Clinical Case Presentation Competition, the Organizing Committee of the upcoming HKPCC 2025 is honored to organize the competition again this year!

The Presentation can be in the form of individual or group presentation with up to 5 people per group. The details of the competition are listed as below. We look forward to your active participation in the Clinical Case Presentation Competition.

AWARDS

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

COMPETITION OUTLINE

- (1) Target participants: Doctors, nurses, physiotherapists, clinical psychologists, occupational therapists, dieticians, podiatrists and any other allied health professionals.
- (2) Presentation materials: Any clinical case relevant to primary care.
- (3) Presentation format: In the form of individual presentation, role-play, drama or any other possible format for 10 – 15 minutes which must be presented in English. Either individual or group presentation with up to 5 people per group is acceptable.
- (4) The Organizing Committee has the right of final decision on the acceptance of the cases for presentation upon the review of presentation proposal submitted by the presenter.

ELIGIBILITY REQUIREMENTS

To be eligible for participation in the Clinical Case Presentation Competition, the presenter must meet ALL of the following conditions:

- (1) The presenter must register for the Conference.
- (2) **The presentation should be the original work of the participants.**
- (3) The presenter must submit the presentation proposal for selection by the Organizing Committee..
- (4) **Each presentation proposal should state the topic of case, case brief, presentation format (e.g. PowerPoint, role-play, drama, video) and rundown.**

AWARD SELECTION CRITERIA

Each presentation will be evaluated against the following criteria:

- (1) Quality of presentation: Presentation skills and time management.
- (2) Content of presentation: Relevance and impact to primary care, enhancement to patient care in daily practice and useful take home message.

HOW TO SUBMIT

Please go to <https://forms.gle/cXwUwkZGDHEyW4rB6> to complete the entry form and submit your presentation proposal. All entries will be acknowledged upon receipt.

Once the presentation proposal is accepted by the Organizing Committee, the presenter needs to submit the presentation material to the Conference Secretariat **on or before 26 June 2025 (Thursday)**.

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

SUBMISSION DEADLINE FOR ENTRY FORM AND PRESENTATION PROPOSAL

31 March 2025 (Monday)

SUBMISSION DEADLINE FOR PRESENTATION MATERIAL

26 June 2025 (Thursday)

The Diary of a Family Doctor【家庭醫生的日常】

《別要愛得太遲》

冼銘全醫生

六歲男孩，由父母帶同過來評估一下語言遲緩。一年前他在專科做了評估，不是自閉症譜系障礙，只是語言表達發展較緩慢，已安排早期教育及訓練中心跟進。

男孩眼睛圓溜溜，有點害羞。父母衣著端莊，但看來很疲倦。

小朋友就讀主流小學，表示很喜歡學校生活，有很多好朋友。談吐、表達十分正常。老師沒有特別說他學習有困難，成績也過得去。

男孩和父母及比他大七年的哥哥同住。他和哥哥沒有太多交流。

我：「屋企裏面你有無擔心邊個呀？」

男孩：「都有嘅。」他先望向父親，然後望著母親。

我：「講吓爹哋先啦。你最擔心爹哋乜嘢？」

男孩：「我想佢唔好咁劫。」

父親補充，最近工作很忙。都是自己生意，太太也在幫手，每逢星期六日都要帶着男孩一起工作，期間只能給他手機作娛樂。

我：「咁你又想媽媽有咩改變？」

男孩：「想佢唔好成日鬧我囉！」

我對父母說：「你哋有冇留意到，其實仔仔成日都會擔心你地同埋感受你地嘅不安？」

父母沉默。

我：「小朋友感受到你哋嘅焦慮同不安，自己又要讀書，咁嘅壓力對小朋友嚟講係好難處理。亦因此衍生好多專注不足、學習障礙。當然有啲係真係一種病患，但藥物同訓練都唔可以取代小朋友喺家庭裏面得到嘅安心。如果你哋先處理好自己嘅情緒同彼此嘅關係，多啲注意返小朋友，多啲同佢溝通相處，你會發覺其實小朋友會有好大改善。」

大人情緒有問題，小朋友又怎可能沒問題？盼望大家要切實面對自己的情緒及家庭關係，才能真正造就下一代。

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



THE HONG KONG
POLYTECHNIC UNIVERSITY
香港理工大學

UNIVERSITY HEALTH SERVICE

Medical Officer (Ref. 250120006)

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 17 March 2025 until the position is filled.

PolyU is an equal opportunity employer, dedicated to fostering an environment that embraces diversity and demonstrates inclusion of people from all backgrounds, cultures, identities and experiences where all members of the University are treated with fairness, dignity and respect. To learn more about the University's "Statement on Equal Opportunities, Diversity, and Inclusion", please visit our website at https://www.polyu.edu.hk/hro/equal_opportunities_diversity_and_inclusion/.

Membership Committee News

The Council approved, on recommendation of the Chairlady of the Membership Committee, the following applications for membership in **November 2024 – January 2025**:

New Application

Associate Membership

Dr. KONG Tai Wai	江 大 偉
Dr. LAM Iok Chak	林 毓 澤
Dr. TSUI Natalie Chiara	徐 善 姮

Transferral

From Associate to Fellowship

Dr. CHAN Ka Wing	陳 加 穎
Dr. CHAN Sze Ling	陳 施 伶
Dr. CHEUNG Ada See Wai	張 思 慧
Dr. CHEUNG Chloe Cheuk Kan	張 卓 芹
Dr. CHEUNG Jessica	張 詩 嘉
Dr. FUNG Wai Yee	馮 瑋 怡
Dr. HO Ka Yan	何 家 欣
Dr. IP Alvina	葉 雅 穎
Dr. KWAN Chun Yin	關 俊 賢
Dr. LAM Natasha Hiu Ching	林 曉 晴
Dr. LAM Yat Hei	林 逸 希
Dr. LEE Kin Lun	李 健 倫
Dr. MA Ka Yee	馬 嘉 儀
Dr. NG Sin Yu	吳 倩 如
Dr. TO Sum Yi	陶 心 怡
Dr. WONG Anthea	黃 心 妍
Dr. WONG Ching Sze	黃 靜 思

Dr. WONG Ho Ching	黃 昊 澄
Dr. WONG Tsz Yan	黃 芷 欣
Dr. WONG Yin Sum	黃 彥 琛
Dr. WOO Tiffany	胡 天 詠
Dr. WU Sum Yi	胡 琛 怡

From Associate Member to Full Member

Dr. NG Amy Pui Pui	吳 珮 佩
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From Non-HKSAR Member to Affiliate Member

Dr. CHEN Yun, Julie	
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From Fellow to Non-HKSAR Fellowship

Dr. WONG Chi Wing	王 之 穎
Dr. WONG Chung Yan	王 頌 恩

Cessation

Foundation Fellow

Dr. TONG Chung Leung, Paul	唐 仲 亮
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Full Membership

Dr. CH' I Chih Ta, Richard	齊 智 達
Dr. LAU Yat Yuen, Dominic	劉 日 原
Dr. PEI Yaw Liang, Gordon	邊 耀 良
Dr. SO Mun Kam	蘇 滿 金
Dr. WONG Chun Bong	黃 振 邦
Dr. WONG Gee Kong	黃 志 剛

Meeting Highlights

CME Dinner Lecture on 21 January 2025

Prof. Thomas Andreas FORST, Chief Medical Officer, CRS Clinical Research Services, Germany, delivered a lecture on "Exploring GIP/GLP-1 Receptor Agonism in the Clinical Management of Type 2 Diabetes" and Prof. Alice CHENG, Endocrinologist & Associate Professor, University of Toronto, Ontario, Canada, delivered a lecture on "New Horizons in Obesity Care - the Role of GIP/GLP-1 Receptor Agonist in Weight Management".



A group photo taken on 21 January 2025 (From left to right) Prof. Thomas Andreas FORST (Speaker), Dr. Lorna NG (Moderator) and Prof. Alice CHENG (Speaker)

Online Seminar on Dermatology – The 92nd Meeting on 4 January 2025

Dr. CHAN Sze Ling, Dr. CHEUNG Chloe Cheuk Kan, Dr. GE Shicong, Dr. LEE Wan Hon, Vincent, Dr. TONG Kwan Nok and Dr. WAN Kwong Ha

Theme : Trainees Dermatology Cases Presentation

Moderator : Dr. LAM Wing Wo, Board of Education

Summary of presented cases

1. Case presented by Dr. CHAN Sze Ling

A 71-year-old male, who was a retired construction site worker with history of prolonged sunlight exposure, presented to GOPC for left sided nasal bridge skin mass for 8 months. The skin mass was slowly enlarging. There was no pain, itchiness or discharge. Mild contact bleeding was reported. There was no constitutional symptom, nor family history of skin cancer. Physical examination showed a 1.6x1.2cm pigmented skin lesion over left side of his nasal bridge. It was elevated, with clear and rolled border and central erosion. It was nontender. There was no satellite lesion or active bleeding. No cervical lymph node was palpable. Clinical diagnosis of basal cell carcinoma (BCC) was made. He was referred to dermatologist with incisional biopsy confirmed BCC. Wide local excision with intraop frozen section and local rhomboid flap was done. Pathology showed BCC with peripheral and deep margin not involved. There was no recurrence with 4 years of follow up.

Basal cell carcinoma is the most common skin cancer. It is more common in males and among 55 to 75-year-old patients. 70% of BCC is over the face. The most important risk factor for BCC is exposure to UV or sunlight. Diagnosis of BCC is mainly clinical. Dermoscopy and skin biopsy might also aid diagnosis. Different types of BCC, differential diagnosis and their respective features were presented. Basal cell carcinoma is preferred to be managed by surgical excision with adequate margin, sometimes with the aid of intraop frozen section. Other management options include cryotherapy, curettage and electrodesiccation, radiation therapy and topical fluorouracil and imiquimod. Skin check and UV radiation protection are advised for patients with BCC. The principles of nerve blocks and local skin flaps were also discussed in the presentation.

2. Case presented by Dr. CHEUNG Chloe Cheuk Kan

This is a case of a 64 year-old gentlemen presenting with vesicles over scalp. Our patient had initially been worried about sunburn over his scalp as he had been farming outdoors under the sun with subsequent development of blistering over the left side of his scalp. This was accompanied by pain, burning sensation and discharge from the blisters. On examination, clusters of vesicles were confined to the left side of scalp only, there was no facial involvement or facial asymmetry otherwise. A diagnosis of Herpes Zoster was made and acyclovir started. However, our patient further developed rash involvement over

the contralateral scalp and over left periorbital region and was admitted for disseminated zoster. He was admitted into isolation ward and was given IV acyclovir until vesicles were dried before being discharged.

Herpes zoster is a commonly encountered condition which is due to the reactivation of zoster virus dormant in dorsal root ganglion, leading to painful blisters over the affected dermatome. Disseminated zoster usually occurs in immunocompromised hosts, when more than 20 skin lesions appear outside the primarily affected dermatome. Patients will become highly infectious and will require isolation and IV acyclovir treatment. Otherwise for usual cases, treatment is by a course of antiviral, either acyclovir or valaciclovir, for one week, optimally given within 72hrs of onset. However for cases presenting late, antiviral can still be considered especially for high risk groups or in severe or complicated cases. Post-herpetic neuralgia is a common complication after zoster reactivation, multiple studies have demonstrated that having shingles vaccination can reduce rates of neuralgia and hence should be considered for age group above 50-year-old or and high risk groups. Shingrix is the more preferred choice as it renders better protection compared to the older Zostavax vaccine.

3. Case presented by Dr. GE Shicong

This is a 60-year-old gentleman with unremarkable past health, presenting with acute onset of blistering rash in a dermatomal distribution over the left upper back. Clinical diagnosis of herpes zoster is made. Important differentials including herpes simplex infection, impetigo, candidiasis, contact dermatitis, drug eruption and autoimmune blistering diseases need to be considered, and a thorough history can help delineate the possible etiology. In general, antiviral treatment is indicated for symptoms onset within 72 hours and selected cases after 72 hours of onset, including patients of older age >65, immunocompromised state, lesion involving high risk areas or clinical evidence of emerging new lesions. Common oral antiviral options in outpatient settings include acyclovir, valacyclovir and famciclovir. It is preferable to enquire patients' baseline renal function state before initiation of treatment and adjust for appropriate renal dose, to avoid overdose-related neurotoxicity. Special complications including herpes zoster ophthalmicus, herpes zoster oticus, central nervous or systemic dissemination would require urgent referral to specialist. Herpes zoster vaccination is recommended for all healthy adults over the age of 50 and the newer recombinant zoster vaccine (Shingrix) has superior efficacy in preventing zoster reactivation and the incidence of post-herpetic neuralgia, compared to the former live-attenuated zoster vaccine (Zostavax). There

has been postmarketing observational data showing an increased risk of Guillain-Barre syndrome during 42 days following Shingrix vaccination, with an estimated 6 excess cases of GBS per million doses administered to adults aged 65 years or older. The FDA concludes by showing an association of Shingrix with GBS, but a causal relationship could not be established.

4. Case presented by Dr. LEE Wan Hon, Vincent

This case is a 25 years old gentleman with a history of familial hyperlipidemia, eczema, allergic conjunctivitis, allergic rhinitis and asthma. His father has a medical history of eczema and his mother has a history of allergic rhinitis. He has no known drug allergy and he takes Lipitor 10mg daily. From the history there is strong personal and family history of atopy. Atopy is the tendency to produce an exaggerated immune response to otherwise harmless substances in the environment.

He presented with generalized itchy skin rash in February 2024, one week after there was a sudden spike in humidity. He denied any change to his diet, home or work environment and he denied starting any new medication. The symptoms caused him to have a low mood and low self esteem. On examination there were patches of various size and shape of erythema and scaling over his entire body. In addition there were patches of hyperpigmentation and hyperkeratosis over his trunk, accentuation of abdominal skin creases and fissuring along his finger creases and elbows and knees.

The diagnosis of acute flare up of eczema was made, he was treated with oral anti-histamines, moisturizers, oral antibiotics, topical and oral steroids. He made a quick recovery and there were near complete resolution of all the skin rash on follow up in 2 weeks time. Although symptoms rebounded after stopping the oral steroid they were successfully controlled with topical therapy alone.

5. Case presented by Dr. TONG Kwan Nok

The case shared is a case of a 70-year-old male presenting with a one-month history of itchy rash and scaling on both feet, along with yellowish discoloration and subungual hyperkeratosis of the toenails. The patient has no significant medical history or recent contact with pets. Tinea infections can be classified as tinea corporis, tinea pedis, tinea cruris, tinea incognito, tinea manuum, tinea faciei, tinea genitalis, tinea barbae, tinea capitis, caused by dermatophytes such as Trichophyton, Microsporum, and Epidermophyton. These fungi metabolize keratin in the skin, hair, and nails, and infections are often acquired through direct contact, with predisposing factors including diabetes and occlusive footwear. Clinical features of tinea pedis are categorized into interdigital, hyperkeratotic (moccasin-type), vesicubullous (inflammatory), and ulcerative types. Onychomycosis is characterized by nail discoloration, subungual hyperkeratosis, and nail plate destruction. Diagnosis involves skin scraping and nail clipping for fungal KOH examination and culture. Treatment for tinea pedis is topical antifungal e.g. clotrimazole in most cases.

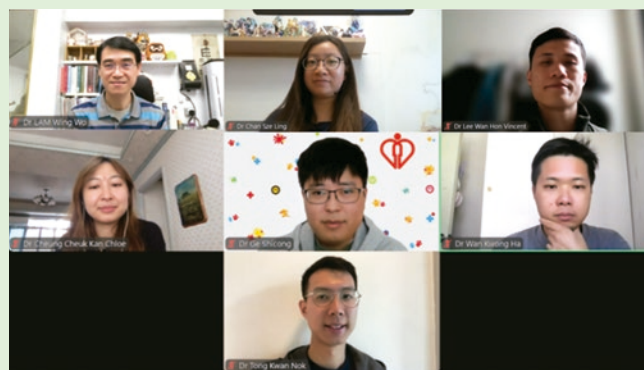
Treatment options for onychomycosis include topical antifungals like ciclopirox, efinaconazole, and tavaborole for mild to moderate cases. Systemic antifungals such as oral terbinafine and itraconazole are recommended for more severe cases, with monitoring for potential side effects like liver enzyme abnormalities and gastrointestinal symptoms. In summary, the presentation provides a comprehensive overview of tinea infections, their clinical manifestations, diagnostic approaches, and treatment strategies.

6. Case presented by Dr. WAN Kwong Ha

The case study presented by Dr. Wan Kwong Ha focuses on the management of eczema in a 65-year-old male patient who has experienced the condition since young adulthood. The patient has a history of eczema with intermittent episodes characterized by scaling, itching, and occasional raw areas, primarily affecting his neck, legs, and forearms. Various triggers and exacerbating factors were explored, with the condition worsening during winter and summer.

Previous treatment approaches included topical corticosteroids, emollients, and antihistamines, which provided limited relief. The case highlighted underlying issues such as inadequate skincare practices and lifestyle factors like the preference for hot showers during flare-ups. A comprehensive management plan was developed, emphasizing a regular moisturizing routine, proper steroid application techniques, and lifestyle modifications to identify potential food triggers, manage stress, and improve environmental conditions.

Patient education was deemed crucial, focusing on adherence to the skincare routine and recognizing early signs of flare-ups. Follow-up visits showed minor flare-ups, indicating some improvement with daily emollient use and reduced hot water exposure. The conclusion reinforces the commonality of eczema in general practice, the identification of factors leading to poor control, and the importance of patient education and lifestyle modifications as cornerstones for effective eczema management.



A screenshot taken on 4 January 2025
(From left to right) 1st row: Dr. LAM Wing Wo (Moderator), Dr. CHAN Sze Ling and Dr. LEE Wan Hon, Vincent; 2nd row: Dr. CHEUNG Chloe Cheuk Kan, Dr. GE Shicong and Dr. WAN Kwong Ha; 3rd row: Dr. TONG Kwan Nok

Advanced Primary Care Life Support (APCLS) Training and Examination Workshop 2025

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

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

Tentatively, 2 APCLS Training and Examination Workshops will be held on 2025 **(23 March 2025 & 18 May 2025)**.

As no one is guaranteed to pass in the first attempt, members who plan to sit for the 2025 Conjoint Examination are strongly advised to register for our APCLS session. Members are reminded that a valid HKCFP APCLS Certificate is a pre-requisite for enrolment of the Conjoint Examination. Members who plan to sit for the 2025 Conjoint Examination are also reminded to check the validity of their HKCFP APCLS Certificate to make sure that it is valid at the time of application and also at the time Clinical Examination. HKCFP APCLS certificates are valid for 2 years.

23 March / 18 May 2025 (Sunday)

APCLS Training and Examination Workshop

Time	12:00 p.m. - 6:00 p.m.
Venue	23 March 2025 : Function Room 1 & 2, 2/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Hong Kong 18 May 2025 : 802, 8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wan Chai
Talks	1. Advanced Primary Care Life Support-Principles and Techniques 2. Advances in CPR and use of Automated External Defibrillator (AED) 3. Use of Airway Insertion and Cervical Injury Management 4. Updates in Guidelines
Training	Hands-on training, supervised by HKCFP APCLS Instructors
Accreditation	3 CME Points HKCFP (Cat. 4.4) 3 CPD Points HKCFP (Cat. 3.11) for passing the APCLS Examination
Co-organizer	Resuscitation Council of Hong Kong

Admission Fee:

Members and Non-members

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

Members with expired APCLS certificate issued by HKCFP

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

Payment Methods

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

Successful candidates will be awarded an APCLS Certificate valid for 2 years, which is also accredited by the Resuscitation Council of Hong Kong. Please contact Ms. Minny Fung at 2871 8899 for registration on or before **12 March 2025 (Wednesday)**.

Registration would be closed when the registration has reached its maximum number of participants.

LATE APPLICATIONS WILL BE SUBJECT TO AN ADDITIONAL ADMINISTRATION FEE.

Please take note of some of the infection controls measures as below:

- Please note participants with fever ($\geq 38^{\circ}\text{C}$) and/or any respiratory symptoms are **not allowed** to take part in the event named above and should seek medical attention promptly.

*REMARKS:

1. You are not allowed to take the APCLS training workshop and examination during your pregnancy.
2. Priority will be given to candidates who is planning to sit for the Conjoint HKCFP/RACGP Fellowship Examination in 2025 and is going to sit the Diploma of Family Medicine Examination 2025.

Registration QR Code



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 ensure appropriate dress code to the hotel for the Scientific Meeting.

Online Events

Date and Time	Topic	Speakers
5 Mar (Wed) 2:00 – 3:00 p.m.	Essential Updates on COVID-19: Viral Trends, High-Risk Populations, and Vaccination Strategies <i>Sponsored by Moderna Hong Kong Limited</i>	Dr. CHOI Kin Wing <i>Specialist in Infectious Disease</i>
6 Mar (Thu) 2:00 – 3:00 p.m.	Mastering the Use of Advanced Treatment in Psoriatic Disease <i>Sponsored by AbbVie Hong Kong Limited</i>	Dr. HO Chi <i>Specialist in Rheumatology</i>
14 Mar (Fri) 2:00 – 3:00 p.m.	Updates in Management of Subfertility <i>Sponsored by the Reproductive Medicine Centre of the Union Hospital</i>	Dr. CHOW Man Kei, Anita <i>Specialist in Obstetrics & Gynaecology</i>

QR Code for registration



Admission Fee:

5 March 2025 (Wed) Members: Non – members:	Complimentary HK\$ 100.00
6 March 2025 (Thu) Members: Non – members:	Complimentary HK\$ 100.00
14 March 2025 (Fri) Members: Non – members:	Complimentary HK\$ 100.00

Pre-registration is required.

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

Accreditation : 5, 6 & 14 Mar : 1 CME Point HKCFP (Cat. 4.3)
1 CME Point MCHK (pending)
Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log)

Online Monthly Video Sessions

Dates and Time	Topics
28 February 2025 (Fri) 2:30 – 3:30pm	“Update on Stroke Management” by Dr. HON Fong Kwong, Sonny
28 March 2025 (Fri) 2:30 – 3:30pm	“Chronic Venous Disease is not just a Cosmetic Problem - What are the Treatment Options?” by Dr. LAW Yuk

QR Codes for registration



Accreditation : 1 CME Point HKCFP (Cat. 4.2)
1 CME Point MCHK (pending)

Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log)

***CME points would be given for self-study at online recorded CME lectures only if participating doctors have not attended the same live CME lectures and completed the relevant quiz.**

Admission Fee : Member Free
(For all online seminars) Non-member HK\$ 100.00 for each session
For non-members, please contact the secretariat for registration details. All fees received are non-refundable nor transferable.

Registration Method : Please register via the registration link to be sent by email later or scan the QR code above. For enquiry about registration, please contact Ms. 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, 05 March 2025			
14:30 - 17:00	RB5019, 5/F, Rehabilitation Block, Tuen Mun Hospital	Allied Health Services in the Community Dr. LIANG Kai Ting	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Common Symptoms in Medicine and Geriatrics (3) (Arthralgia, Ankle Edema) Dr. LEE Ka Kei, Dr. NG Cheuk Man	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	Preventive Care for Women's Health Dr. LUI Yin Mei Catherine, Dr. WONG Tsz Yan Nicole, Dr. HO Ka Wa Joe	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hosptial Road, Hong Kong	Cervical Cancer Screening and Management of Abnormal Smears Dr. CHAN Hey Yin Aaron	Ms. Cherry WONG Tel: 2589 2337
Thursday, 06 March 2025			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Community Resources for Children Development Dr. LEE Pak Lik, Dr. SZE Chung Fai	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 12 March 2025			
14:30 - 17:00	SB1032, 1/F, Special Block, Tuen Mun Hospital	Updates on Sexual Related Disease: HIV Epidemiology Dr. FUNG Hoi Yin	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	How to Handle Difficult Patients Dr. FOCK Hoi Hei Surena, Dr. YIP Ching Wing	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	Consultation Skill (Breaking Bad News, Motivation Interview) Dr. CHIN Hui Yen, Dr. DENG Luo Valeria, Dr. TANG Yeung On	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hosptial Road, Hong Kong	Trainee Feedback - Review on Contents of Family Medicine Dr. FUNG Yan Ning Elaine, Dr. CHEUNG Cheuk Kan Chloe, Dr. TONG Tin Yan, Dr. TSE Ping Yu Clarice, Dr. LO Ching On, Dr. LO Yan Yeung Vincent, Dr. YAU Kwan Ming Jeremy	Ms. Cherry WONG Tel: 2589 2337
Thursday, 13 March 2025			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Management of Community Acquired Chest Infection and Vaccination Dr. KWOK Shan Lam, Dr. FENG Longyin	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 19 March 2025			
14:30 - 17:00	SB1036, 1/F, Special Block, Tuen Mun Hospital	Update Management of Asthma Dr. KWONG Chung Man	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Premarital Counseling, Antenatal and Postnatal Care Dr. LAM Josephine Wai May, Dr. MUI Cheng I	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	Critical Appraisal Dr. CHEUNG Tsz King Johnny, Dr. LEUNG Wai Chung Rachel	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hosptial Road, Hong Kong	Health Care Delivery Systems - Intrinsic Capacity and Health Ageing Dr. LUM Chor Ming Christopher	Ms. Cherry WONG Tel: 2589 2337
Thursday, 20 March 2025			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Oversea Conference for Family Medicine and Experience Sharing Dr. CHAN Yin Hang, Dr. CHANG Ting Ting, Dr. LAM Kang, Dr. LAM Wai Yiu	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 26 March 2025			
14:30 - 17:00	Rm13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Clinical Approach to Lower Urinary Tract Symptoms in Primary Care Dr. CHAN Lai Yung	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Complaint and Feedback Management Dr. WONG Wei Wade, Dr. HE Yuzhong	Ms. Emily LAU Tel: 3506 8610
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hosptial Road, Hong Kong	Salivary Gland Disorders and Management Dr. CHUNG Chun Kit Joseph	Ms. Cherry WONG Tel: 2589 2337
Thursday, 28 March 2025			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Occupational Health & OSH at Primary Care Clinic Dr. WONG Tsz Yan, Dr. HSU Kwok Fai	Ms. Eliza CHAN Tel: 2468 6813

COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 Feb	24	25	26	27 4:00 – 6:00 p.m. Structured Education Programme 8:00 – 11:00 p.m. Board of Vocational Training and Standards Meeting 9:00 – 11:00 p.m. Board of Conjoint Examination Meeting	28	1 Mar
2	3	4 7:00 – 8:00 p.m. Higher Training Introductory Seminar	5 2:00 – 3:00 p.m. Online CME Lecture 2:30 – 7:00 p.m. Structured Education Programme	6 2:00 – 3:00 p.m. Online CME Lecture 4:00 – 6:00 p.m. Structured Education Programme	7	8 2:30 – 5:00 p.m. DFM FM Clinical Skills Enhancement
9	10	11	12 2:30 – 7:00 p.m. Structured Education Programme	13 4:00 – 6:00 p.m. Structured Education Programme	14 2:00 – 3:00 p.m. Online CME Lecture	15 2:30 – 5:00 p.m. DFM FM Clinical Skills Enhancement
16	17	18	19 2:30 – 7:00 p.m. Structured Education Programme	20 4:00 – 6:00 p.m. Structured Education Programme 8:30 p.m. HKCFP Council Meeting	21	22
23 12:00 – 6:00 p.m. APCLS Training & Assessment Workshop	24	25	26 2:30 – 7:00 p.m. Structured Education Programme	27 4:00 – 6:00 p.m. Structured Education Programme 9:00 – 11:00 p.m. Board of Conjoint Examination Meeting	28 2:30 – 3:30 p.m. Online Video Session	29
30	31	1 Apr	2 2:30 – 7:00 p.m. Structured Education Programme	3 4:00 – 6:00 p.m. Structured Education Programme	4	5 2:30 – 6:00 p.m. DFM Pre Exam Workshop 1

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

FP LINKS EDITORIAL BOARD



FP LINKS EDITORIAL BOARD 2025

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