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Message from the President

As you may be aware, the Hong Kong College of Family Physicians is hosting the WONCA Asia Pacific Regional (APR) Conference 2027 in Hong Kong SAR, thanks to great support by all concerned parties. As part of a series of events in preparation for the Conference, a logo competition is being organised and is now open. The winning logo would be used for the Conference and its related activities. Please note that the submission deadline is on the 1st May, 2025. And the result would be announced during the Hong Kong Primary Care Conference (HKPCC) in July 2025. The winner would be offered free HKPCC 2025 registration and one night of accommodation at a designated hotel in Hong Kong SAR. Do come and join the logo competition and submit your entry before the deadline! Details of the logo competition can be found in subsequent pages of this issue of FP Links.

The Grand Opening Ceremony of the Kai Tak Sports Park (KTSP) took place on 1 March 2025. It was officiated by Mr John Lee, the Chief Executive of HKSAR. Once an airport in the middle of Hong Kong SAR, Kai Tak has evolved from a flight terminal to a new global stage for sports, culture and arts, reflecting Hong Kong's spirit of "daring to be the pioneer" and creating unlimited horizons in a limited space. The KTSP is the largest sports infrastructure project ever commissioned in Hong Kong, boosting sports development and injecting impetus into related industries such as recreation, entertainment and tourism, and also mega-event economy,

thereby consolidating Hong Kong's reputation as an event capital in Asia. (<https://www.info.gov.hk/gia/general/202503/01/P2025030100504.htm>) Mr

Lee said that the KTSP will soon welcome top local, Mainland and international sports, music and cultural events, kicking off Hong Kong Super March. I was lucky enough to be able to bear witness to the KTSP's grand opening and visited the modern and multi-purpose sports and recreation facilities, including a 50 000-seat Kai Tak Stadium, a 10 000-seat Kai Tak Arena and a 5 000-seat Kai Tak Youth Sports Ground. There is also tremendous amount of retail, catering as well as leisure and entertainment facilities in the KTSP complex. If you have not been there yet, do go and pay KTSP a visit. (www.kaitaksportspark.com.hk)

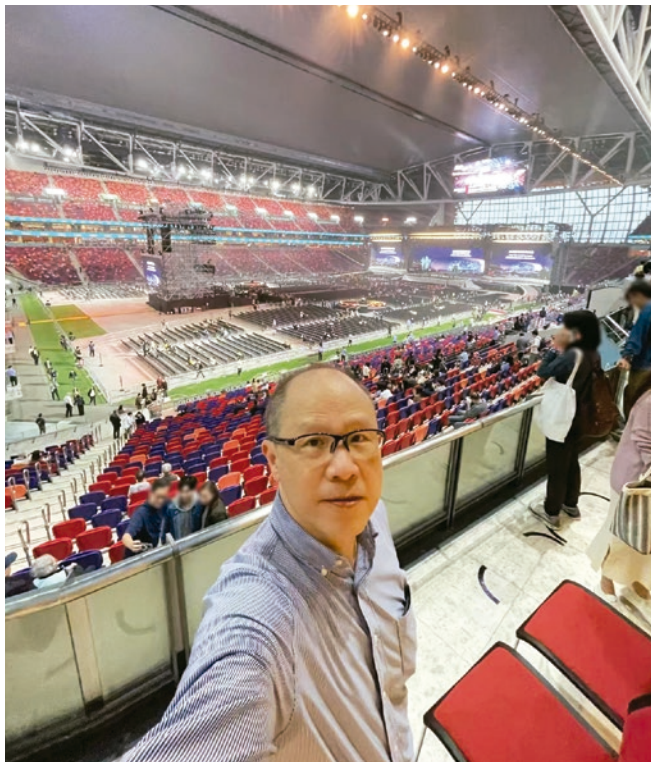
On the other hand, with the rising needs for development of sports and exercise medicine, the Hong Kong Academy of Medicine has established a Task Force on Sports and Exercise Medicine (SEM) in 2024, involving HKCFP and other specialty Colleges. (https://www.hkam.org.hk/ematerial/annual_report/2024/files/basic-html/page27.html) The Taskforce aims at pursuing the development of Sports and Exercise Medicine and establishing the framework of related training programmes

(Continued on page 2)



Message from the President (Con't)

(Continued from page 1)



Dr. David CHAO inside the Kai Tak Stadium of Kai Tak Sports Park

employing a cross-disciplinary perspectives. Family doctors being the frontline clinicians in the community, we are in regular first contact with the people in the community and are ideally placed to provide advice, treatment, and coordination of care related to sports and exercise medicine at the primary care level. The HKCFP is fully committed to support the development of Sports and Exercise Medicine in the HKSAR.

Dr. David V K CHAO

President

Membership Committee News

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

New Application

Associate Membership

Dr. CHENG Wai Man	鄭惠文
Dr. CHENG Yuet Kiu	鄭悅翹
Dr. GAN Lu	甘璐
Dr. LAU Wai Chi	劉偉志
Dr. YANG Timothy	楊肇添
Dr. ZHENG Qiqi	鄭祺祺

Transferral

From Associate to Fellowship

Dr. LAM Ka Wai	林嘉偉
Dr. LEE Wan Hon, Vincent	李允瀚
Dr. PENG Xu	彭旭
Dr. WONG Tat Ming, Ronald	黃達銘

From Associate to Full Membership

Dr. HO Wing Yan, Olivia 何詠恩

From Student to Associate Membership

Dr. LEE Chi Lung 李志龍

Resignation

Associate Membership

Dr. LEUNG Kai Ching, Peter 梁啟政
Dr. NG Chi, Alan 伍池

Cessation

Full Membership

Dr. KWOK Ka Cheong 郭嘉祥

WONCA Asia Pacific Regional Conference 2027 in Hong Kong

Family Doctors: The Heart of Quality Primary Healthcare

LOGO DESIGN COMPETITION

WONCA Asia Pacific Regional (APR) Conference 2027 in Hong Kong will be held by the Hong Kong College of Family Physicians. A logo competition of the Conference is now open to all.

The winning logo will become the proud symbol of the Conference and will be used in various materials and applications related to the Conference.

Timeline

Submission deadline: 1st May 2025

Announcement of result: 12th July 2025 at the Hong Kong Primary Care Conference.

The winner will be contacted by our staff at the conclusion of the competition.

Submission details:

- All members of the College and their family members are eligible to participate in this competition.
- Entries must be submitted via electronic format. The image size of the file must not exceed 1280 x 1024 pixels. The image can be saved at a resolution that will enable us to zoom in to see details during judging, but the file size must not exceed 10MB. File formats: .jpeg, .png; preferably in RGB color mode.
- Each entrant may submit up to a maximum of **THREE** pieces of design work.
- Each entrant must submit the entries together with a **submission form** which includes the brief description of the design concept (max 200 words), contact details of the entrant, the declaration of originality and authorisation on copyrights. The submission form is available at www.hkcfp.org.hk.
- All entries will be acknowledged upon receipt.
- All entries will NOT be returned.
- All entries will become the property of the Hong Kong College of Family Physicians.
- The copyrights of the winning entry would be transferred to the Hong Kong College of Family Physicians.

Judging Panel:

- To be organized by the Publication Committee of the WONCA APR Conference 2027 Host Organising Committee

Judging Criteria:

The logo should work

- as a symbol of the theme of the Conference.
- across online and print media, and the various applications, in terms of legibility, size/area, graphic strength, etc.



Prize

Winner:

Free conference registration and
One night of accommodation
in a designated hotel



For submission and enquiry please contact:
Ms. Yvonne Chow
Administrative Assistant

The Hong Kong College of Family Physicians

Room 803-4,
HKAM Jockey Club Bldg.,
99 Wong Chuk Hang Road,
Aberdeen, Hong Kong.

Tel: +852 2871 8899

Fax: +852 2866 0616

Email: YvonneChow@hkcfp.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

HKCFP CERTIFICATE COURSE IN ESSENTIAL FAMILY MEDICINE 2025-2026

The HKCFP Certificate Course in Essential Family Medicine (CCEFM) is designed to meet the training needs of practicing primary care doctors who would like to refresh or update their clinical knowledge and skills relevant to Family Medicine practice. The curriculum of this course also forms part of the well-established HKCFP Diploma in Family Medicine (DFM) course. Our teaching faculty are experienced clinicians working in primary care, in secondary care and in academia. The course has been designed to enhance the course participants' competencies in daily Family Medicine practice in the community.

1. OBJECTIVES:

- To provide knowledgeable, pragmatic and structured training in Family Medicine for medical practitioners
- To encourage professional development of practising medical practitioners
- To improve standards and quality in Family Medicine practice by adopting holistic patient-centered care via an integrated care approach

2. SYLLABUS:

The CCEFM consists of THREE segments, including Modules III, IV (FM attachment + Update) and parts of Module V in the Diploma in Family Medicine (DFM). Doctors who have graduated from the CCEFM are expected to have acquired the following essential concepts and course contents:

- The role of Family Doctors particular in providing cost-effective primary care to the community
- The essential knowledge and skills on common problems encountered in Family Medicine
- Enhancement in the consultation and problem solving skills
- Acquiring the knowledge and skills in common practice procedures related to family practice

3. AWARDS/CREDITS:

- After completion of all the components and course requirements (max. within TWO years), a certificate will be awarded to the successful candidates
- The completed modules and credits can be accredited towards the quotable HKCFP DFM course, if the candidates would like to enroll into DFM course subsequently
- 25 CME and 5 CPD credit points will also be awarded by HKCFP.

4. COURSE CONTENT:

Segment I – Essentials of Family Medicine (Structured Seminars)

Objectives:

- ◆ Strengthen knowledge in Family Medicine
- ◆ Understand the potential growth of Family Medicine
- ◆ Enable evidence-based Family Medicine practice

Contents:

Anticipatory Care, Elderly Care and related issues, Chronic Disease Management, Common Musculoskeletal Problems, Evidence Based Medicine & Critical Appraisal, Mental Health, Practice Management; and Clinical Audit, Research & Teaching in Family Medicine.

Segment II – Problem Solving and Clinical Updates

Objectives:

- ◆ Acquire in-depth knowledge by clinical scenario/simulated cases in our daily Family Medicine practice
- ◆ Transfer the practical skills and hand-on experience by interactive learning methods led by Family Medicine Fellows

Contents:

A site visit plus scenario based training including Diagnostic Challenges on Common Symptoms, Problem-based Learning on Chronic Disease, Motivational Interviewing, Child Health, Women's Health, Men's Health and Aging and End-of-Life.

Segment III – Practical Family Medicine (Practical Workshops)

Objectives:

- ◆ Enhance practical and communication skills in Family Medicine by practical workshops in selected areas
- ◆ Transfer the practical skills and hand-on experience by interactive learning methods

Contents:

One compulsory and one elective Practical Workshops in selected areas including Consultation Skills, Counselling Skills, Women's Health, Orthopaedic Injection and Musculo-Skeletal Medicine

5. ADMISSION REQUIREMENTS:

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 sessions in the course)

8. COURSE FEES:

Administration fee for application	HK\$ 1,000			
<i>plus</i>				
Enrolment for the complete Certificate Course	HK\$ 26,000	for members	HK\$ 52,000	for Non-members
Or				
Enrolment for individual session:				
Single session from Segment I and Segment II	HK\$ 2,000	for members	HK\$ 3,900	for Non-members
Single Session from Segment III	HK\$ 2,500	for members	HK\$ 5,000	for Non-members

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

9. APPLICATION PROCEDURES:

Application 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 in appropriate amount by crossed cheque payable to "HKCFP Education Limited". This fee is non-transferable and non-refundable.

Successful applicants will be notified by an official letter of admission after the application deadline.

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

Information and application forms can be obtained from the College or can be downloaded at the College Website (<http://www.hkcfp.org.hk>). Please contact the College secretariat, Ms. Alky Yu by email to dfm@hkcfp.org.hk for any enquiries.

Application Deadline: 30 June 2025

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

Young Doctors Committee News - YDC Hiking Event 2/2025

Dr. Lee Ka Kei, Kimberly
Member from Young Doctors Committee, HKCFP



The panoramic view of Tai Lam Chung Reservoir

On February 23, 2025, the Young Doctors Committee organized a hiking event to Tai Lam Chung Reservoir. We began our journey at Yuen Long Tai Tong Road, renowned for its vibrant maple leaves during December and January. From there, we embarked on Section 10 of the MacLehose Trail, heading towards the picturesque Tai Lam Chung Reservoir. The hike was relatively easy and we reached the top in approximately 1.5 hours.

As we walked along the trail, we enjoyed the scenic views of the surrounding countryside, including the beautiful Sweet Gum Woods, which are famous for their autumn foliage. The trail eventually led us to the Thousand Island Reservoir Viewing Point, where we were treated to breathtaking panoramic views of Tai Lam Chung Reservoir. This reservoir, affectionately known as the "Thousand-islands Lake," offers a serene landscape dotted with numerous small islands, creating a stunning visual effect.

At the viewpoint, we took a break to capture memorable photos and engage in lively conversations while sharing food. It was delightful to connect with family doctors from diverse backgrounds and generations. Our discussions not only covered our hobbies but also delved into the differences in family medicine practices across various settings. This exchange



Group photo of us at the beginning of our journey

of experiences and insights was invaluable for our professional development, allowing us to learn from each other's approaches and challenges. These discussions can lead to better patient care and innovative practices in family medicine, fostering a collaborative environment that benefits our community.

After a refreshing rest, we began our descent via a new route, continuing along Section 10 of the MacLehose Trail towards Tuen Mun So Kwun Wat village. The entire hike, including our stop at the viewpoint, took about three hours to complete. Enjoying fresh air after a busy week was invigorating, and we look forward to participating in the next hiking event, where we can meet more family doctors from different backgrounds and continue our exchange of ideas.



Group photo of us at the Thousand Island Reservoir Viewing Point

THIRTY-NINTH CONJOINT HKCFP/RACGP FELLOWSHIP EXAMINATION FINAL 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 have been announced. 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.

(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)	Conjoint Examination – Written Examination (KFP)
• 24 August 2025 (Sunday)	Conjoint Examination – Written Examination (AKT)
• 2 November 2025 (Sunday) (<u>tentative</u>)	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

Young Onset Diabetes



Fig. 1 The Primary Health Care Blueprint

The increasing prevalence of chronic diseases is one of the public health’s burden. The primary health care system may improve the overall health of the public and enhance their quality of life. The Primary Health Care Blueprint (Fig. 1) may guide the direction of the development of local primary health care system.

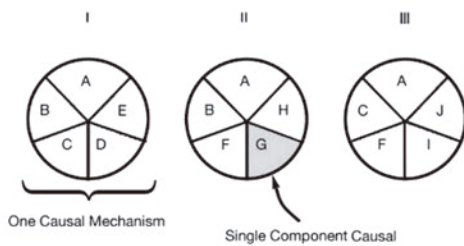
One of the important points, “**Early detection timely intervention**”, of the Primary Health Care Blueprint (Fig. 1) is to control chronic diseases. The healthcare may be switched from curative treatment to prevention of disease. About 70% of premature deaths may be caused by chronic diseases with diabetes being the root cause of it. In Hong Kong, the rising incidence of diabetes (1 in 10 adults have diabetes) concurred with the rapid rate of increase in Young Onset Diabetes(YOD) under the age of 40 years old and its complications.

Another point of the Blueprint, “**Health management starts young**”, may guide us to improve the outcomes of YOD. Early identification of young people with multiple risk factors¹ (Age before 40 years old, Obesity, Positive Auto-Anti-Islet Antibodies and Lean, Family History of Diabetes) may be a key point in the chronic disease managements of YOD while the Oral Glucose Tolerance Test (OGTT) is a reliable investigation to sort out the at-risk people.

The traditional classification (Fig. 2) of diabetes may not meet the needs of the health care professionals to analyse the disease. The subtype classification (Fig. 3) may be useful when considering the complex causal mechanisms while Big Data analysis may be a major contribution to reach the target of Precision Medicine.

Classification of Diabetes	
Type 1	Insulin Dependent
Type 2	Non-Insulin Dependent
Specific Subtypes	MODY, Genetic defects, others...etc
Gestational Diabetes	Pregnancy

Fig. 2 Classification of Diabetes Mellitus



Possible component causes of young-onset diabetes

- Autoimmunity
- Pancreatic disease
- Common/rare genetic variants
- Perinatal factors
- Lifestyle factors
- Environmental factors
- Haemoglobinopathy
- Chronic hepatitis infection
- Other endocrine causes
- Drug-induced
- Psycho-social-behavioral factors

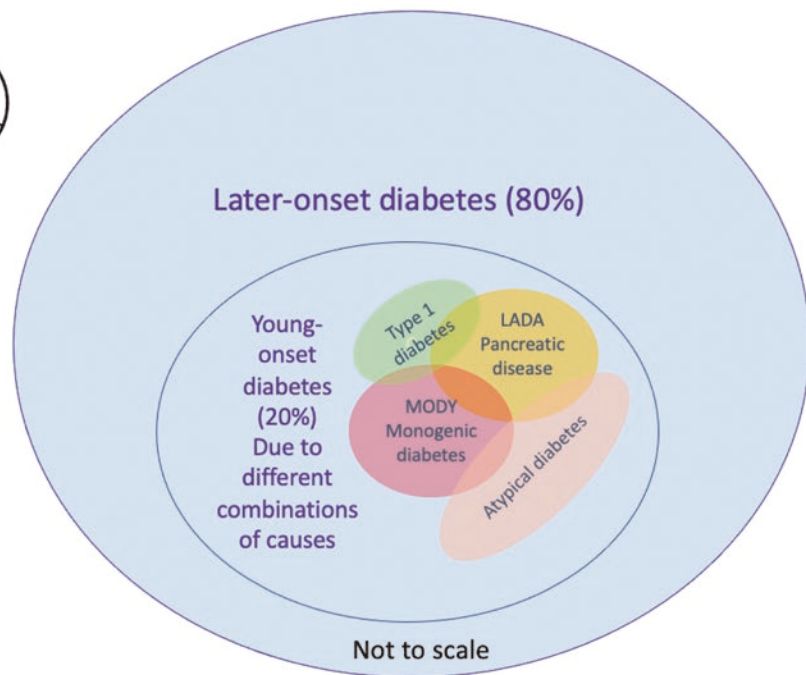


Fig. 3⁴ A conceptual framework where a complex disease like diabetes can be due to different causal mechanisms made up of different components, including but are not limited to genetic, epigenetic, life-course, autoimmune, environmental, socioeconomic, psychological, and behavioral factors, and other coexisting conditions, which may contribute to the marked phenotypic heterogeneity of young-onset diabetes. Adapted from Chan et al. [63]; Rothman et al. [70]; and Dagogo-Jack [73]. LADA, latent autoimmune diabetes in adults; MODY, maturity-onset diabetes of the young.

The third point of the Blueprint, **“An ounce of prevention is worth a pound of cure”**, may assist our profession to pick up the treatable and preventable remedies. Based on the local **Joint Asia Diabetes Evaluation** program², YOD patients may not only be having a poor beta-cell dysfunction, increase in cardio-metabolic risk factors, poor glycaemic control and higher risk of hospitalization due to kidney diseases but also susceptible to mental illnesses and infections. Metformin and Acarbose may be prescribed to control the blood glucose as well as to prevent the progress of the chronic diseases. Early body weight control and glucose control may prevent the development of chronic kidney diseases in type 2 diabetes. By changing lifestyle and using medications to control the multiple risk factors, it is possible to preserve the beta-cell function as well as to delay the onset of diabetes, treatment escalation, and eventually the development of complications.

Recently, the **Jockey Club Precision Prevention Programme on Young Onset Diabetes** Project Team³ is going to perform an analysis of the young onset diabetes and its risk factors (e.g. general or central obesity, smoking history, family history of diabetes, etc.) so as to prevent or delay the onset of diabetes and premature critical illnesses. Finally, this is a prospective study of

integrated detection-prevention-treatment program⁴ while it may also be the last important point of the Blueprint, **“Invest in health, savings in future”**.

References:

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Compiled by Dr. Yau, Chiu Ming

Understanding Physiotherapy: Rehabilitation by Energy Waves - Shockwave Therapy & Therapeutic Ultrasound

Dr. John-Hugh Tam, Specialist in Family Medicine

Mr. Mak Cheuk Hang, Registered Physiotherapist

Ms. Yuen Ching Han, Registered Physiotherapist

In the realm of musculoskeletal therapy, electrophysical agents (EPAs) such as shockwave and therapeutic ultrasound have emerged as treatment options. These non-invasive techniques offer effective solutions for various conditions, ranging from tendinopathies to fractures. Shockwave therapy, also known as extracorporeal shockwave therapy (ESWT), utilises low-energy shockwaves to stimulate healing and alleviate pain. On the other hand, ultrasound therapy employs high-frequency sound waves to promote tissue repair and reduce inflammation. Both therapies have gained significant attention in the medical community due to their potential to enhance patient outcomes and improve quality of life.



A typical shockwave therapy machine

Shockwave Therapy (衝擊波治療)

Introduced in 1982, shockwave therapy has proven to be highly successful in managing various medical conditions. Initially used for urologic conditions, it quickly became a non-invasive and effective treatment for urinary stones¹. Furthermore, it was discovered that shockwave therapy could assist in loosening cement in hip arthroplasty revisions and enhance fracture healing, and later on, shockwave therapy has been further explored for the treatment of a broader spectrum of musculoskeletal conditions¹.

Shockwave therapy involves the application of low-energy shockwaves to targeted areas of the body, utilising physical characteristics such as high peak pressure and short-duration sound waves. Through shockwave therapy, shockwaves generate mechanical forces, cavitation, and gas bubbles, whilst the energy is transferred to the targeted tissues, a cascade of biological responses would be triggered, inducing micro-trauma and breaking down calcified deposits in the tissues, as well as initiating an inflammatory response that stimulates neovascularisation and circulation, enhances metabolic activity, thus promoting tissue regeneration through the production of new bone and connective tissue. Additionally, shockwave therapy

modulates pain perception and reduces pro-inflammatory mediators, contributing to its analgesic effects^{2,3,4}.

Depending on the shape and the consistency of the shockwave applicator, shockwaves can vary from being focused (using a soft and elastic applicator) for reaching deep tissues, e.g. for the treatment of bone tissues, to radial waves (using a metal applicator via direct tapping of the skin) to keep the penetrance shallow to up to about 5cm depth, which is ideal for treating trigger points, muscle contractures, and tendinopathies, hence allowing the range of clinical applications to be vast.



A typical therapeutic ultrasound machine, and its transducer probe

Therapeutic Ultrasound (超聲波治療)

As doctors, we are often familiar with diagnostic ultrasound as an imaging modality. Diagnostic ultrasound is a valuable diagnostic tool employed by Sonographers to produce images for medical evaluation. On the other hand, therapeutic ultrasound utilises sound waves above the audible hearing range but does not have the imaging capability.

Therapeutic ultrasound, a widely used modality in physiotherapy, harnesses the power of high-frequency sound waves to alleviate pain and improve tissue healing. Similar to diagnostic ultrasound, therapeutic ultrasound involves the application of a handheld ultrasound probe or transducer and a coupling medium, usually in the form of a gel. By transmitting these waves from the probe through a coupling medium into the targeted body part, such as tendons & ligaments, the waves penetrate deep into the tissues, generating mechanical vibrations and heat, thus creating local thermal and non-thermal effects^{6,7,9}.

To elaborate further, thermal effects increase blood flow, reduce muscle spasms, promote tissue relaxation, and enhance the flexibility of muscles and tendons. Non-thermal effects stimulate cellular activity, accelerate the healing process, decrease inflammation, and assist in breaking down scar tissue. To sum up, the above effects from ultrasound physical

therapy aim for several treatment benefits, including pain relief, improved tissue healing, and increased range of motion of the affected body part.

Treatment Effectiveness and Applications

Extracorporeal shockwave therapy and therapeutic ultrasound have some differences in terms of treatment effectiveness and applications.

In terms of treatment effectiveness, extracorporeal shockwave therapy primarily utilises mechanical force and biological response of shockwaves to promote tissue repair, bone regeneration, and pain relief. It has shown good results in conditions such as promoting soft tissue & bone healing, tendinopathies, and trigger point treatment. It is also widely applied in the treatment of sports injuries such as Achilles tendonitis and tendinopathies. The advantage of shockwave therapy lies in its ability to stimulate bone tissue regeneration and repair, making it suitable for deep tissue treatment^{3,4,5}. Shockwave therapy typically requires the expertise of a qualified therapist and is performed in a clinical or hospital setting.

On the other hand, ultrasound therapy mainly utilises the power of ultrasound to generate thermal and non-thermal effects, thereby relieving pain, promoting tissue repair, and improving flexibility. It has demonstrated good efficacy in conditions such as muscle strains, bursitis, and ligament injuries. It can also be applied in the treatment of sports injuries like sprains and muscle spasms^{7,8}. The advantage of ultrasound therapy lies in its safety and convenience, as it can be applied to both superficial and deep tissues. Ultrasound therapy is usually performed by a physical therapist, and its application is straightforward, allowing it to be used in clinical facilities as well as therapy rooms.

While shockwave therapy focuses on tissue regeneration and pain relief, ultrasound therapy targets deep heat penetration and improved blood circulation. In some cases, therapists may combine these therapies to optimise treatment outcomes. The synergistic effects of shockwave and ultrasound therapies provide comprehensive relief by addressing both the underlying causes of the condition and the associated symptoms.

Yet, there are limitations⁶...

Despite the treatment benefits mentioned, the precautions and contraindications concerning these treatment modalities must be considered to minimise potential complications and undesirable treatment outcomes, namely:

1. Pregnancy (due to potential risks to the foetus).
2. Proximity to sensitive areas: e.g. near the brain, spine, lungs, or any other critical structures such as major blood vessels and nerves.
3. Implanted medical devices (e.g. pacemakers) to avoid damage, or other metal implants and replaced joints, as they can reflect sound waves and potentially cause discomfort or heating effects.
4. Open wounds and injuries that require surgical intervention rather than non-invasive treatment.
5. Treatment in proximity to the epiphysis to avoid affecting bone growth.

6. Blood clotting disorders including thrombosis, as well as thrombophlebitis where blood clots may occur in veins to prevent clot dislodgement and triggering excessive bleeding.
7. Active infection to prevent the spread of infection.
8. Cancerous tissues.
9. A compromised mental status of the patient and/or the inability to cooperate.
10. Impaired sensation: Patients with impaired sensation or decreased skin integrity may require adjustments in therapy parameters to prevent discomfort or burn injury by tissue overheating.

It's important to note that this list is not exhaustive. Whether it's shockwave therapy or ultrasound therapy, the treatment effectiveness and application range should be determined based on specific diseases and individual patient conditions. Therefore, it is important to seek evaluation and treatment from qualified healthcare professionals to ensure safety and effectiveness. Additionally, individual treatment plans should be personalised and discussed with doctors or therapists based on specific circumstances.

In conclusion, shockwave therapy and ultrasound therapy offer valuable options for treating musculoskeletal conditions. Shockwave therapy utilises low-energy shockwaves to initiate a cascade of biological responses, promoting tissue healing and remodelling. Ultrasound therapy, on the other hand, employs high-frequency sound waves to enhance cellular activity, increase blood flow, and accelerate tissue repair. Both therapies have shown promising results in various conditions, providing non-invasive alternatives to traditional treatment approaches. By understanding their mechanisms of action, indications, and evidence-based findings, healthcare professionals can effectively incorporate shockwave and ultrasound therapies into their treatment plans, providing optimal care for patients with musculoskeletal disorders.

Conflict of interest: None declared

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**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)

More
conference
details:



Scientific Programme at-a-glance

Date	11 July 2025 (Friday) Pre-conference				
Time					
19:00 - 19:30				Workshop 1 Basic Dermatological Surgery Skills Including Skin Biopsy <i>Dr. CHENG Hok Fai</i>	Workshop 2 Empowering Wellness for Healthcare Providers and Patients: A Taste of Mindfulness and Self-Compassion <i>Ms. Amanda K.M. CHEAH & Dr. Eric K.P. LEE</i>
19:30 - 20:30	Sponsored online seminar 1	Sponsored online seminar 2	Sponsored online seminar 3		
20:30 - 21:00					
Date	12 July 2025 (Saturday) Day 1				
Time					
13:45 - 14:30	Registration and Welcome Drinks				
14:30 - 15:00	Opening Ceremony				
15:00 - 15:40	Plenary I Progress and New Developments on DHC <i>Dr. PANG Fei Chau</i>				
15:45 - 16:25	Plenary II Leading with Science: Family Doctors Driving Innovation and Collaboration in Primary Care <i>Prof. Andrew FARMER</i>				
16:25 - 16:55	Coffee Break & Poster Presentation (Part 1)				
16:55 - 18:10	Discussion Forum 1 Primary Palliative Care <i>Dr. Karin Estepa-GARCIA, Dr. Ednin HAMZAH & Dr. YIU Yuk Kwan</i>	Discussion Forum 2 Community Pharmacy <i>Mr. CHENG Wai Chung, Mr. Phillip K.L. CHIU & Dr. FAN Ning</i>	Discussion Forum 3 Preventive Strategies for Elderly People and Healthy Ageing <i>Prof. Angela Y.M. LEUNG, Mr. Schwinger C.K. WONG & Prof. Doris S.F. YU</i>	Workshop 3 Use of Meditation to Resolve Medical Dispute <i>Dr. James S.P. CHIU, Prof. Albert LEE & Dr. TONG Kar Wai</i>	Workshop 4 East Meets West: Application of Acupuncture in Pain Management <i>Dr. CHENG Chi Yan & Ms. Judy W.C. PUN</i>
18:10 - 18:25	Seminar A Updates on Management of Menopausal Symptoms <i>Prof. Raymond H.W. LI</i>	Seminar B Common Scenarios in Chronic Hepatitis <i>Dr. Axel S.J. HSU</i>	Seminar C Unveiling the Health Risks of E-Cigarettes <i>Prof. William H.C. LI</i>		
18:25 - 18:55	Sponsored Dinner Symposium				
19:00 - 20:30					
Date	13 July 2025 (Sunday) Day 2				
Time					
08:30 - 09:00	Registration				
09:00 - 10:15	Discussion Forum 4 How Do We Teach GenZ Medical Students? – Local and International Advances in Medical Education <i>Prof. Julie Y. CHEN, Dr. Victor K. NG & Prof. Carmen WONG</i>	Seminar D Sports Medicine: From Screening to Treatment <i>Dr. Bryan S.F. LAU & Mr. Alex K.M. NG</i>	Clinical Case Presentation Competition & Awards Presentation of Outstanding Poster Presentation Award	Free Paper - Oral Presentation (Part 1)	
10:15 - 10:45	Coffee Break & Poster Presentation (Part 2)				
10:45 - 11:30	Seminar E Common Dental Emergencies in Medical Office <i>Dr. HO Fu Tak & Dr. Gary C.H. SO</i>	Seminar F Continuous Glucose Monitoring - Read and Work Easy! <i>Ms. Maisy P.H. MOK & Dr. Enoch WU</i>	Free Paper - Oral Presentation (Part 2)		
11:30 - 11:45		Full Research Paper Awards Presentation*			
11:50 - 12:30	Plenary III Family Doctors as Gatekeepers: Optimising Outcomes for Older Adults in Primary Care <i>Prof. Samuel Y.S. WONG</i>				
12:30 - 13:10	Plenary IV Demonstrating Cross-society Impacts in Viral Hepatitis Elimination: Roles of Family Medicine & Primary Care <i>Prof. William C.W. WONG</i>				
13:15 - 14:45	Sponsored Lunch Symposium				

*The winner of the Best Research Paper Award will present his/her work during this session (11:30 - 11:45).

Disclaimer

Whilst every attempt will be made to ensure all aspects of the conference mentioned will take place as scheduled, the Organizing Committee reserves the right to make changes to the programme without notice as and when deemed necessary prior to the Conference.



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Hong Kong Primary Care Conference 2025

“Family Doctor in Partnership: Synergizing Primary Care Outcomes”

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

Registration Information

Registration is now open.
For registration details:



Online Registration Deadline: 30 June 2025 (Monday)

A) Conference Registration *(required)*

	Early Bird Rate <i>(until 24 April 2025)</i>	Regular Rate <i>(until 30 June 2025)</i>	On-site Rate <i>(from 1 July 2025)</i>
HKCFP Members (excl. student members):	HK\$280	HK\$400	HK\$500
Non-members:	HK\$1,125	HK\$1,500	HK\$1,875
Students (incl. student members):	HK\$150	HK\$200	HK\$250

- On-site registration will be available at the registration counter, G/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong on 12 - 13 July 2025 (Saturday - Sunday).
- For on-site registrants, complimentary conference souvenirs will be given subject to stock availability.

B) Conference – General

- **Dinner Symposium: Saturday, 12 July 2025, 19:00 – 20:30**
- **Lunch Symposium: Sunday, 13 July 2025, 13:15 – 14:45**

(For details of symposium deposit, please visit <https://www.hkpcc.org.hk/registration>.)

Enrolment deposit*:

HK\$50 per symposium

C) Workshop Registration

First-come-first-served.

- CME/CPD application for workshop participants in progress.

11 July 2025 (Friday)	19:00 21:00	Workshop 1 Basic Dermatological Surgery Skills Including Skin Biopsy	HK\$700
	19:00 20:30	Workshop 2 Empowering Wellness for Healthcare Providers and Patients: A Taste of Mindfulness and Self-Compassion	HK\$700
12 July 2025 (Saturday)	16:55 18:25	Workshop 3 Use of Mediation to Resolve Medical Dispute	HK\$700
	16:55 18:25	Workshop 4 East Meets West: Application of Acupuncture in Pain Management	HK\$700

Payment Method

- Credit Card
- Cheque
- Tele-transfer: for overseas delegates only.
- FPS (轉數快): for local transaction only.

For details of payment method, please visit <https://www.hkpcc.org.hk/registration>.

Refund Policies

Withdrawal and Refund Policy:

- Withdrawal of Registration **on or before 31 May 2025**: A full refund will be provided, minus any bank charges and related transaction fees.
- Withdrawal of registration **after 31 May 2025**: **No refunds** will be issued.
- Refund Processing: All refunds will be processed within **8 weeks after the conference**.

*Symposium Deposit:

- Registrants will be charged **a deposit of HK\$50** per individual symposium.
- The deposit will be refunded at the symposium registration counter to attendees who successfully participate.
- For absent registrants, the deposit will be contributed to HKCFP as an administration fee.

For inquiries, please contact the Conference Secretariat at (852) 2871 8899 or via email to hkpcc@hkcfp.org.hk.



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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.

Free Paper Competition (Oral/ Poster)

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

AWARDS

Best Oral Presentation Award

Outstanding Poster Presentation Award

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

Clinical Case Presentation Competition

Following on from the success of the previous years’ HKPCC Clinical Case Presentation Competition, the Organizing Committee of the upcoming HKPCC 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.

AWARD

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

QR Codes for further competition details:

Full Research Paper Competition	Free Paper Competition (Oral/ Poster)	Clinical Case Presentation Competition
		

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

COMPETITION SUBMISSION DEADLINE

31 March 2025 (Monday)

“We look forward to receiving your research articles!”

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

The Diary of a Family Doctor【家庭醫生的日常】

《要懶惰一下》

冼銘全醫生

73歲女士，由私家醫生轉介過來跟進甲狀腺功能問題。其實她最近已在其他診所進行複檢，甲狀腺功能正常。

但看著她過往的病史後，我就提醒自己要和她討論一下情緒。

女士進來，一副很精明的樣子，對答不時夾雜英語，但很繃緊。

我：「最近有冇咩咩令妳好緊張？」

女士：「我不鏟都咁緊張嘅，不過呢輪成日好叻好懶，冇乜做運動，我成日鬧自己做乜唔郁。」

我：「好矛盾㗎，點解係鬧自己呢？」

女士：「我對咩都有要求㗎！」

女士年輕時是會計經理，位置頗高。女兒小學時她已決定舉家移民英國，最後女兒想在工作上有更多發展和突破，主動要求回流香港，全家再次定居香港。

她退休後仍在學習，又很擔心女兒的工作，「冇時停」。

她有九兄弟姊妹，她排行最少，萬千寵愛。小時家境窮困，但父母覺得女兒身不用讀書多，

可她不認同，不斷地要求自己做到最好，力爭上游。

我：「幾十年嚟妳咁努力，係做俾邊個睇？」

女士想了半晌，答道：「都係俾自己睇。」

我：「咁難怪妳個身體咁辛苦！知唔知道妳複診開啲病症全部同情緒有關？」

病歷顯示，她有眼瞼痙攣(blepharospasm),消化不良(dyspepsia),以及驚恐發作(panic attack)全部複診不同專科。

我續道：「妳對周圍嘅人好在意，就係唔在意自己身體。妳令到身體好操勞，身體而家發出聲音提醒妳，就形成妳所有嘅病徵。叻當然都係一部份啦。妳應該比自己懶下，等個神經系統放鬆吓，妳身體嘅病徵自然會舒緩。否則，妳食咩藥都係一樣。」

她認知很強，知道很多放鬆方法，但心態未曾改變。

人徘徊在極端，就是痛苦。中庸真的不錯。還要面對自己，才能活得自在。

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

READERSHIP DRIVE

Congratulations!

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

Dr. CHEUK Hiu Ying, Dr. LAI Ge Woon Gevon, Dr. MA Mya Khin, Dr. SO Fong Tat, Dr. WONG Yuet Hei

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



Meeting Highlights

Mental Health Seminar on 15 February 2025

Representatives from the Social Welfare Department and Tung Wah Group of Hospitals, Mr. LAU Pit Mo, Ms. HO Ka Yi Venus and Ms. KU Hiu Tung Hilda, delivered a lecture on "Carer Support Services including Designated Hotline for Carer Support (Carer Hotline), Respite Service & Care Team"; Dr. FONG Fu Fai Steve, Head, Department of Social Work / Hong Kong Shue Yan University, delivered a lecture on "Information Gateway for Carers" and Ms Shirley LOO, Chief Executive of Family Development Foundation & Member of Advisory Committee on Mental Health, delivered a lecture on "Thematic Sharing: Caring for the Physical, Mental and Spiritual well-being of Carers".



Group photos taken on 15 February 2025

- 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 Event

Date and Time	Topic	Speaker
11 Apr (Fri) 2:00 – 3:00p.m.	Modern Management of Early Pregnancy <i>Sponsored by the Reproductive Medicine Centre of the Union Hospital</i>	Prof. LI Tin Chiu <i>Specialist in Reproductive Medicine</i>

Face-to-face Events

Date and Time	Venue	Topic	Speakers
12 Apr (Sat) 2:00 – 4:30p.m. (Registration will be started from 1:00 p.m.)	Ballroom B, 2/F, Langham Hotel, 8 Peking Rd, Tsim Sha Tsui	Revolutionizing Cardio-Kidney-Metabolic Management: The Critical Role of Early Intervention in Primary Care 1. Local Perspectives on Cardio-Kidney-Metabolic Syndrome: Insights for Primary Care Practice 2. Decoding the Complex Interplay of Cardio-Kidney-Metabolic Syndrome: A New Era of Understanding & Management 3. Best-Practice Perspectives on Improving Early Detection and Management of Chronic Kidney Disease Associated with Type 2 Diabetes in Primary Care <i>Sponsored by Boehringer Ingelheim (Hong Kong) Ltd.</i>	1. Prof. TAN Guangming <i>Specialist in Cardiology</i> 2. Dr. Ted WU <i>Director of the Diabetes Centre, Royal Prince Alfred (RPA) Hospital, Australia</i> 3. Dr. CHAN Chun Kau, Gordon <i>Specialist in Nephrology</i>
29 Apr (Tue) 2:00 – 3:00p.m. (Registration will be started from 1:00 p.m.)	Ballroom B, 2/F, Langham Hotel, 8 Peking Rd, Tsim Sha Tsui	What's Wrong with Raised Natriuretic Peptide Tests (NT-proBNP) in Type 2 Diabetes? <i>Sponsored by Roche Diagnostics (Hong Kong) Limited</i>	Dr. TONG Chun Yip, Peter <i>Specialist in Endocrinology, Diabetes and Metabolism</i>

QR Code for registration



Admission Fee:

11 April 2025 (Fri) College Members: Non – members:	Complimentary HK\$ 100.00
12 April 2025 (Sat) College Fellow, Full, or Associate Members: Other Categories of Members: Non – members:	Complimentary *(\$50 Enrollment deposit is required) HK\$ 750.00 HK\$ 850.00
29 April 2025 (Tue) College Fellow, Full, or Associate Members: Other Categories of Members: Non – members:	Complimentary *(\$50 Enrollment deposit is required) HK\$ 650.00 HK\$ 750.00
* Enrollment deposit of HK\$50.00 per lecture is needed for CME event held in hotel. Cheque should be made payable to "HKCFP Education Limited" and send to the Secretariat Office at "Room 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Hong Kong". The cheque would be returned to registered member upon registration on the day. Pre-registration is required and subject to receipt of enrollment deposit cheque in order to confirm the registration. <i>For non-members, please contact the secretariat for registration details. All fees received are non-refundable nor transferable.</i>	

Accreditation :	11 Apr :	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)
	12 Apr :	2 CME Points HKCFP (Cat. 4.4) 2 CME Points MCHK (pending)	Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log)
	29 Apr :	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 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
25 April 2025 (Fri) 2:30 – 3:30pm	"Optimal Angina Management" by Dr. LEUNG Sai Chau

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)
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***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
 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
	<ol style="list-style-type: none"> In case of over-subscription, the organizer reserves the right of final decision to accept registration. The link to join the webinar SHOULD NOT be shared with others as it is unique to each individual who has completed prior enrolment procedures. If additional attendee(s) is/are found using the same unique link to join the webinar with you, all attendees joining the lecture via your unique link would be dismissed. You can only login with one device at a time. CME point(s) would only be given to those on the pre-registration list and attended the lecture. Please note you can just attend ONE CME activity at a time. If found you are attending more than one CME activity simultaneously by the CME administrator later, you may NOT be able to receive the CME point(s). Members who have attended less than 75% of the length of the online lecture may not be able to receive CME. Final decision would be subject to the approval of the related Board / Committee. Please be reminded to complete and submit the *MCQs or survey after the session for HKCFP and MCHK CME point(s) accreditation. (*MCQs/ True or False Questions; 50% or above of correct answers are required) Please be reminded to check the system requirements beforehand to avoid any connection issues. Due to copyright issue, please note private recording of the lecture is prohibited. Registration will be closed 3 days prior to the event.

Structured Education Programmes

Free for members

HKCFP 2 CME points accreditation (Cat 4.3)

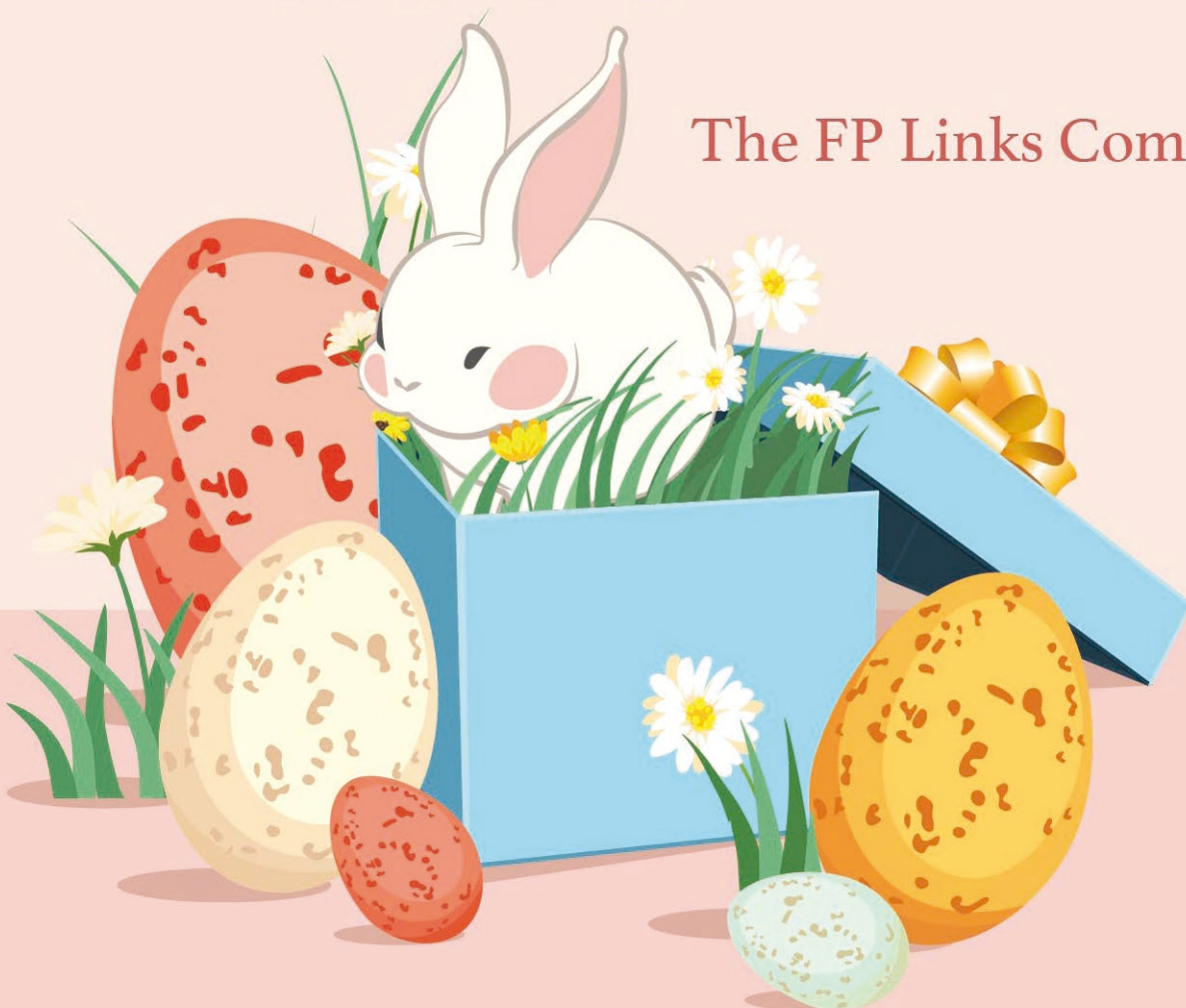
Date/Time/CME	Venue	Topic/Speaker(s)	Registration
Wednesday, 02 April 2025			
14:30 - 17:00	RB5019, 5/F, Rehabilitation Block, Tuen Mun Hospital	Health Care System - Singapore vs Hong Kong Dr. CHEUNG Hoi Man, Dr. LEE Chi Lung	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Common Emergency Conditions Recognized by ECG Tracing Dr. PANNU Prubdial Singh, Dr. KOO Ho Tun	Ms. Emily LAU Tel: 3506 8610
15:30 - 17:30	Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH	Hong Kong Primary Health Care Development Dr. NG Wai Chung, Dr. WONG Ka Yan, Judy, Dr. ZHENG Qiqi Kay	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Management of Thyroid Diseases in Primary Care Dr. LEE Chun Ki	Ms. Cherry WONG Tel: 2589 2337
Thursday, 03 April 2025			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Enhancing Future Diabetes Management: Insights from the Evolution of Hong Kong's Public Healthcare System Dr. WAN Kwong Ha, Dr. IP Chung Ho	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 09 April 2025			
14:30 - 17:00	RB5019, 5/F, Rehabilitation Block, Tuen Mun Hospital	Electronic Health Record Sharing System in HK and Among Developed Countries Dr. CHAN Ho Shuen, Dr. GAN Lu	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Update on Management of IHD & Hypertipidaemia Dr. YEUNG Chin Fung, Dr. NG Chui Ling	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	Community Resources of Child and Elderly Abuse Dr. YUNG Lok Yee, Louise, Dr. DENG Leo, Valeria, Dr. CHAN Wing Lam, Kelly	Ms. LiLi YUNG Tel: 5569 6405
Thursday, 10 April 2025			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Ethical Consideration for Artificial Intelligence in Clinical Decision Making in Primary Care Practice Dr. TSANG Kam Wah, Dr. HUN Pek I	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 16 April 2025			
14:30 - 17:00	RB5019, 5/F, Rehabilitation Block, Tuen Mun Hospital	Leicester Assessment Package (LAP) Part 1 (Introduction) Dr. AU Hin Fung	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Community Resource: Social Worker/Mental Health Dr. FENG Jun Marc, Dr. WAN Tsz Yan, Grace	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	Orthopedic Emergencies Dr. CHOW Chun Fung, Ray, Dr. YUNG Lok Yee, Dr. CHOW Chau Yi	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Travel Medicine Dr. CHEUNG Cheuk Kan, Chloe	Ms. Cherry WONG Tel: 2589 2337
Thursday, 17 April 2025			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Clinical Approach to Breast-Related Complaints in Primary Care Dr. TONG Ka Hung, Dr. FAN Siu Wai	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	Leicester Assessment Package (LAP) Part 2 (Case Demonstration) Dr. CHAN Cheuk Yin	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Family Life Cycle: Family Physician's Role and Challenges in Each Cycle Dr. NG Kwan Chun, Dr. CHAN Queenie Chi Ying	Ms. Emily LAU Tel: 3506 8610
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Professional Development - Journal Club Presentation Dr. LO Ching On, Dr. LO Yan Yeung, Vincent, Dr. WANG Lucy LuQian, Dr. LEE Chun Ki, Dr. CHEUNG Cheuk Kan, Chloe	Ms. Cherry WONG Tel: 2589 2337
Wednesday, 24 April 2025			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Introduction and Criteria of Community Resources for Patients Suffering from Major Psychiatric Illness and Their Families Dr. LEUNG Hor Yee, Dr. HO Chung Yu	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 30 April 2025			
14:30 - 17:00	Rm 13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Update Management of COPD Dr. KWOK Edmond Shan Lam	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Consultation Enhancement (Physical Examination: Knee and Video Consultation) Dr. POON Daniel, Dr. CHEUNG Tsz Kei, Jennifer	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	Diagnostic Approach to Generalized Rash Dr. ZHANG Guilian, Dr. HO Ka Wa, Joe, Dr. CHIN Hui Yen	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Common Genital Symptoms - Vaginal, Urethral Discharge Dr. TONG Tin Yan, Emily	Ms. Cherry WONG Tel: 2589 2337

The FP Links Editorial Board would like to thank all readers, contributors, sponsors and the College Secretariat for their tremendous support.

Wishing you all

HAPPY
Easter

The FP Links Committee



COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 Mar 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
6	7	8	9 2:30 – 7:00 p.m. Structured Education Programme	10 4:00 – 6:00 p.m. Structured Education Programme	11 2:00 – 3:00 p.m. Online CME Lecture	12 1:00 – 4:30 p.m. CME Lecture
13	14	15 8:30 – 11:30 p.m. HKCFP Council Meeting	16 2:30 – 7:00 p.m. Structured Education Programme	17 4:00 – 6:00 p.m. Structured Education Programme	18	19
20	21	22	23 2:30 – 7:00 p.m. Structured Education Programme	24 4:00 – 6:00 p.m. Structured Education Programme 9:00 – 11:00 p.m. Board of Conjoint Examination Meeting	25 2:30 – 3:30 p.m. Online Video Session	26
27 2:30 – 6:00 p.m. DFM Pre Exam Workshop 2	28 9:00 a.m. – 5:00 p.m. Hong Kong Primary Healthcare Symposium	29 1:00 – 3:00 p.m. CME Lecture	30 2:30 – 7:00 p.m. Structured Education Programme	1 May	2	3

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

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