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Message from the President



From left to right: Dr. Maria LEUNG, Dr. CHING Wai Kuen, Dr. Simon TANG, Dr. Teresa LI, Dr. Libby LEE, Dr. Cecilia FAN, Mr. Henry FAN, Dr. PANG Fei Chau, Ms. Winkie CHICK, Dr. David CHAO, Mr. Raymond KWOK, Dr. SO Wing Yee officiated at the opening ceremony of the North District Family Medicine Integrated Centre

I attended the opening ceremony of the North District Family Medicine Integrated Centre (NDFMIC) of New Territories East Cluster of Hospital Authority (HA) on 10th October, 2025, witnessing a major milestone of Family Medicine development in Hong Kong. It was announced that the HA's General Out-patient Clinic (GOPC) and Family Medicine Specialist Clinic (FMSC) services would be unified under the name of "Family Medicine Out-patient Services" with effect from 11th October, 2025, with the GOPCs and Community Health Centres (CHCs) adopting the new names of Family Medicine Clinics (FMCs) and Family Medicine Integrated Centres (FMICs) respectively at the same time. (<https://www.info.gov.hk/gia/general/202510/10/P2025101000539.htm>) (<https://topick.hket.com/article>

[/4022797/%E9%86%AB%E7%94%9F%E5%B0%88%E6%AC%84%EF%BD%9C%E5%AE%B6%E5%BA%AD%E9%86%AB%E5%AD%B8%E9%96%80%E8%A8%BA%E5%85%A8%E9%9D%A2%E7%85%A7%E9%A1%A7%E7%97%85%E4%BA%BA%E3%80%80%E7%82%BA%E5%B8%82%E6%B0%91%E5%81%A5%E5%BA%B7%E8%AD%B7%E8%88%AA?mtc=10012](https://www.info.gov.hk/gia/general/202510/10/P2025101000539.htm)) This is part of the plan to implement the recommendations in the Primary Healthcare Blueprint to co-ordinate the HA's repositioning of GOPC services to focus on serving underprivileged groups, and to highlight the development direction of primary healthcare services, which is providing people-oriented services based on Family Medicine principles with a focus on

(Continued on page 2)

MESSAGE FROM THE PRESIDENT

(Continued from page 1)

prevention. Professor LO Chung-mau, the Secretary for Health, said that the HA's Family Medicine team would focus on caring for the underprivileged groups and become their family doctors, providing them with comprehensive primary healthcare services through the Family Medicine service model. In addition to treating episodic illnesses with relatively mild symptoms, the team would also focus on providing services including personalised health screenings, chronic disease prevention and management, vaccinations, and health education. Dr. Cecilia Fan, the Under Secretary for Health, also announced that the Primary Healthcare Commission (PHC Commission) has launched a newly designed logo which would be displayed at District Health Centres (DHCs)/DHC Expresses under the PHC Commission, as well as the HA's FMCs and FMICs co-ordinated by the PHC Commission, marking a new milestone for Hong Kong's primary healthcare services.



Dr. David CHAO (left) with Dr. Cecilia FAN (right)



From left to right: Dr. Simon TANG, Prof. Samuel WONG, Dr. Maria LEUNG, Dr. Cecilia FAN, Dr. David CHAO

In the meantime, the PHC Commission has been expanding the Chronic Disease Co-Care Pilot Scheme to designated HA's FMCs and FMICs in phases, providing underprivileged groups with hypertension, high blood glucose and hyperlipidaemia screenings, as well as chronic disease management services. Furthermore, the HA has incorporated women's health services into designated FMCs and FMICs, providing comprehensive preventive care and health promotion services to eligible underprivileged women. The NDFMIC is one of the HA's service locations providing women's health services. Mr. Henry FAN, the Chairman of the HA, also said the NDFMIC would develop a comprehensive district health network for residents in the North District based on a community-based principle, providing Family Medicine out-patient consultations, multidisciplinary care and allied health services, patient education and other supporting services, as well as offering a comprehensive range of primary healthcare services for residents in the North District.

The Royal Australian College of General Practitioners' annual conference, GP25, will be held from 14th to 16th November at the Brisbane Convention and Exhibition Centre, Queensland, Australia. The theme of GP25 is "Brighter future together". (<https://gpconference.com.au/>) GP25 is the largest national conference dedicated to general practice in Australia, providing an essential platform for learning and professional growth, as well as opportunities to connect with peers, industry leaders and healthcare professionals. It promises to provide practical, hands-on knowledge tailored to the unique needs of family doctors. Please mark your diaries and don't miss this great annual learning opportunity.

Dr. David V K CHAO
President

The 48th HKCFP Annual General Meeting

The 48th Annual General Meeting (AGM) of The Hong Kong College of Family Physicians will be held on **14 December 2025, Sunday** with the following details.

Time : 5:00pm

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

Admission : All members are welcome. Please register through admin@hkcfp.org.hk to facilitate related arrangement.

The 48th HKCFP Annual Dinner

The College's 48th Annual Dinner will be held on 14 December 2025, Sunday as follows:

Time : 6:30pm Annual Dinner Reception
7:00pm Chinese-style Dinner

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

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

Complimentary Transportation:

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

Time	From	To
6:30 – 7:00 pm	Wong Chuk Hang MTR Station	HKAM Jockey Club Building
According to the ending time of the dinner (Estimated time will be around 10:00 pm)	HKAM Jockey Club Building	Wong Chuk Hang MTR Station

Registration

To register for the **Annual Dinner** and/or **Complimentary Transportation**, please scan the QR code and complete the registration on or before **5 December 2025 (Friday)**.

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



Board of Conjoint Examination News

Successful Candidates List

The Board of Conjoint Examination is pleased to announce that the following candidates passed the 39th Conjoint HKCFP/RACGP Fellowship Examination (Written Segment) 2025.

Dr. Au Hin Fung	Dr. Chow Chun Fung	Dr. Leung Oi Ting	Dr. Tang Sui Hong
Dr. Chan Hei Wai Venus	Dr. Chung Wing	Dr. Li Cheuk Yan	Dr. Tse Chun Yee
Dr. Chan Ho Cheung	Dr. Fung Phoebe Sze Nga	Dr. Li Sin Ting	Dr. Wang SiQi
Dr. Chan Kwun Hung	Dr. Ho Han Chung Gary	Dr. Liang Kai Ting Katy	Dr. Wong Hiu Yan
Dr. Chan Lok Hin	Dr. Huen Jason Chiusan	Dr. Lo Yan Yeung Vincent	Dr. Wong Ka Yan
Dr. Chan Queenie Chi Ying	Dr. Kan Ho Sing	Dr. Lo Yu Chee	Dr. Wong Wing Shan
Dr. Chau Ka Shun Duncan	Dr. Lam Hei Ching Heather	Dr. Lui Yin Mei	Dr. Wu Wing Sze
Dr. Cheng Ka Tong	Dr. Lam Josephine Wai May	Dr. Man Wai Ying	Dr. Yau Kwan Ming Jeremy
Dr. Cheung Woon Yan Frances	Dr. Lam Kwan Yee	Dr. Moy Lok Tin	Dr. Yu Lok Kwan
Dr. Chiang Lorraine Lok Wing	Dr. Lau Shi Wa	Dr. Ng Chi Ho	
Dr. Chow Chau Yi	Dr. Leung Hei Tung	Dr. Ng Kwan Chun	

Congratulations to you all !

Dr. Chan Hung Chiu
Chairman, Board of Conjoint Examination

Specialty Board News

2026 Full Exit Examination of Vocational Training in Family Medicine

The Specialty Board is pleased to announce the following information on the 2026 Full Exit Examination of Vocational Training in Family Medicine.

ELIGIBILITY AND REQUIREMENT

Applicants must fulfill the following criteria:

- Full or limited registration with the Hong Kong Medical Council
- Being active Fellows, or Members (Full or Associate) of the Hong Kong College of Family Physicians (HKCFP)
- Fulfill the CME / CPD requirements under HKCFP Quality Assurance Program in the preceding year
- Have a qualification in family medicine / general practice; which is recognized by the HKCFP and the Hong Kong Academy of Medicine (HKAM)
- Had completed higher training in Family Medicine; **OR expected to do so by February 28, 2026**; as certified / approved by the Board of Vocational Training and Standards (BVTS), HKCFP.

The relevant approval may take up to two months, therefore applicants are recommended to apply early to BVTS for

- + Certification of completion of higher training **OR**
- + Recommendation to sit for Exit Examination 2026

- Active in clinical practice and able to meet the requirements of individual Exit Examination segments:

- + Clinical Audit: the starting date must be within 3 years before the exam application deadline
- + Research: the date of ethics approval must be within 3 years before the exam application deadline
- + Practice Assessment: submit valid Practice Management Package (PMP) report

- From Full Exit Examination 2019 onwards, candidates must have presented their Research or Clinical Audit proposals or completed studies at Research & Clinical Audit Forum before the application deadline of Exit Examination

Eligibility to enroll in Exit Examination is subject to the final approval of the Specialty Board, HKCFP. Application will be processed only if all the required documents are submitted with the examination application form.

IMPORTANT DATES

First-attempt candidate:

Deadline of Exit Examination application:	3 November 2025
Collection period for Attachment 12 and 13 (Practice Assessment)	Attachment 12 (Part D): 15 September to 20 November 2025 inclusive
	Attachment 13 (Part E): 15 September to 31 October 2025 inclusive
Deadline of Clinical Audit Report / Research Report submission	2 January 2026
Examination periods for Practice Assessment and Consultation Skills Assessment	Period A : 1 December 2025 to 31 January 2026
	Period B : 2 February to 31 March 2026

Re-attempt candidate:

Deadline of Exit Examination application:	1 December 2025
Collection period for Attachment 12 and 13 (Practice Assessment)	Attachment 13 (Part E): 20 October to 30 November 2025 inclusive
Deadline of Clinical Audit Report / Research Report submission	2 January 2026
Examination periods for Practice Assessment and Consultation Skills Assessment	Period B : 2 February to 31 March 2026

APPLICATION & EXAMINATION FEES

Application forms are available at the College Secretariat, HKCFP or can be downloaded at the College website:
http://www.hkcfp.org.hk/pages_6_88.html

The following documents are required when submitting the application:

1. A copy of the certificate of completion of higher training, **OR** recommendation letter to sit for 2026 Exit Examination, from BVTS, HKCFP
2. A cheque of the appropriate fee made payable to **“HKCFP Education Ltd.”**, and
3. For Practice Assessment Segment (please also refer to the subsequent section of this announcement):
 - i. **FOUR COPIES** of all the required attachments (Attachment 1 to 13);
 - ii. ONE PMP Report on or before **3 November 2025 (First-attempt candidate) / 1 December 2025 (for the re-attempt candidate who has changed the practice location)**; and
 - iii. ONE PERM REPORT

Completed Application Form and the required documents should be returned to the following address:

The Specialty Board, HKCFP, Room 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, HK

Candidates are recommended to submit application early. Late application will not be accepted.

Examination fees

Administrative fee	\$9,000
Clinical Audit	\$10,000
Research	\$10,000
Practice Assessment	\$12,000
Consultation Skill Assessment	\$12,000

A cheque of the appropriate fee made payable to **“HKCFP Education Ltd.”** should be enclosed with the application.

All fees paid are neither refundable nor transferable.

Incomplete or ineligible applications will be rejected. An administration fee of HK\$500 will be charged for these unsuccessful applications.

ELECTION TO FELLOWSHIP OF THE HONG KONG ACADEMY OF MEDICINE

Candidates should be aware that passing the Exit Examination does not equate to election to Fellowship of the Hong Kong Academy of Medicine. Please refer to the Hong Kong Academy of Medicine Fellowship Handbook or consult the Specialty Board, HKCFP on the criteria for election to Fellowship of the Hong Kong Academy of Medicine (Family Medicine).

FORMAT AND CONTENTS

Exit Examination consists of three segments. **Candidates are required to take all the three segments at their first attempt of the Exit Examination. Non-compliance is subject to disqualification.**

Candidate can choose to attempt *either* Clinical Audit *or* Research segment.

+ **Clinical Audit:** assesses the candidate’s knowledge, skills and attitudes in critical appraisal of information, self-audit, quality assurance and continuous professional improvement

OR

+ **Research:** assesses the candidate’s ability to conduct a research project which includes: performing literature search and defining a research question, selecting the most appropriate methodology to answer the research question, performing appropriate analysis and interpreting the results with a discussion and conclusion

AND

+ **Practice Assessment:** assesses the candidate’s knowledge, application of skills and ability to organize and manage an independent family medicine practice

AND

+ **Consultation Skills Assessment:** assesses the candidate’s knowledge, skills and attitude in communication, problem solving, working with families and management in different types of family medicine consultations

Detailed guidelines and application form are now available on College website <http://www.hkcfp.org.hk/>

Should you have any enquiries, please contact our College Secretaries Mr. John MA or Ms. Alky YU by email to exit@hkcfp.org.hk.

Yours Sincerely,

Dr. Wendy Tsui

Chairlady, Specialty Board

REFRESHER TRAINING COURSE FOR EXIT EXAMINERS 2025

RTC

Organized by Specialty Board

- For Exam Observers, Trainee Examiners & Examiners of Exit Exam
- Trainee Examiners & Exam Observers need to possess certificate of Refresher Training Course before promotion as Examiners

4 SESSIONS

Dates	Segments	Panel Speakers led by:
28 November 2025 (Fri)	Practice Assessment (hybrid mode)	Dr. LUK Kam Hung (Coordinator, Practice Assessment)
5 December 2025 (Fri)	Consultation Skills Assessment # (hybrid mode)	Dr. Jenny WANG (Coordinator, Consultation Skills Assessment)
10 December 2025 (Wed)	Research (face-to-face)	Dr. Catherine CHEN (Deputy Coordinator, Research)
18 December 2025 (Thu)	Clinical Audit (face-to-face)	Dr. Alfred KWONG (Coordinator, Clinical Audit)

* Participants of CSA Refresher Training Course would be required to attend a video viewing session for completing the pre-course assignment on either 28 November or 5 December 6:15 - 7:00 p.m.

Time : 7:00 – 9:00p.m.

Venue : Rm 802, Duke of Windsor Social Services Building, 15 Hennessy Road, Wanchai

Highlights of our course:

- Overview on the Exit Exam Segments and interactive discussions
- Standardization of exam marking
- CME: 2 points for each session (Cat 4.4) and max. 8 points for whole course
- CPD: Up to 2 CPD points will be awarded, depending on achievement made in the pre & post- course assessment
- Invitation to mark in the coming Exit Examination
- Privilege to receive course materials and free admission to the subsequent years of Refresher Training Courses

Certificate of attendance:

- Awarded for 75% or more attendance of the whole course (i.e. 3 sessions)

Course fees:

HK\$1,000 for whole course (4 sessions)

HK\$500 for single session

[Course fee reimbursable upon 100% attendance of the whole course / registered session(s)]

APPLICATION DEADLINE 6 November 2025

For enquiry, please contact the Board Secretariat,

Mr. John MA or Ms. Alky YU at 2871 8899 or email to exit@hkcfp.org.hk



Enrolment & Learn more

Young Doctors Committee News – Igniting Your Journey: A Welcome to the Family Medicine New Trainee Boot Camp

Dr. Chan Lam, Chloe, Co-chairlady of Young Doctors Committee

The transition from an intern to a new trainee in Family Medicine is a momentous step. It's a path filled with immense opportunity, but also unique challenges. The textbooks are put away, and the real-world clinic begins. To ensure all the trainees start this journey with confidence, clarity, and a strong support network, the Young Doctors Committee (YDC) is proud to host our annual ****Family Medicine New Trainee Boot Camp****, a dynamic orientation designed to forge individuals into a cohesive team, armed with both practical skills and peer support. We remember the questions, the anxieties, and the excitement of being a fresh trainee.



The HKAM 3/F Academy Lounge serves afternoon tea at the opening

The Boot camp began not with a syllabus, but with laughter. The classic ice breaking game "Guess who I am" hosted by Dr. Eric Lee, and followed by "Big screen" hosted by Dr. Li Ting Kwan and Dr. Louise Yung. The activities dissolved the initial awkwardness, transforming a room of strangers into a group of allies before the real work even began. In a field like Family Medicine, where collaboration is the key, this foundation of personal connection was the first and most important lesson.



Dr. Eric Lee hosting the ice-breaking game "Guess who I am"



Dr. Li Ting Kwan and Dr. Louise Yung hosting the ice-breaking game "Big screen"



The winners of the ice-breaking game "Big screen"

Next, the trainees were divided into small groups and sharing on their current rotation, challenges and handling. Senior buddies sharing on the past experiences and how to survive with maximal gain. The discussions were lively, it's not about providing one right answer. Instead, it was about harnessing the group's collective intelligence. There's no distant professors, only the early-career physicians- Senior buddies who shared relatable experiences and practical, "in-the-trenches" advices.



Small group discussion time

Dr. Esther Yu, the chairlady of YDC shared the tips of vocational training and the possibility to develop special interests. Dr. Eric Lee shared how to prevent workplace violence and bullying, with vital strategies for maintaining mental wellness, preventing burnout, and building a sustainable career.



Dr. Esther Yu sharing the tips of vocational training and special interests



Dr. Eric Lee sharing how to prevent workplace violence and bullying

The YDC Family Medicine Boot Camp is for all trainees onboard to a rewarding profession and a vibrant community, to connect new trainees with future colleagues and mentors. We are here to ensure everyone is prepared and empowered to thrive.



The group photo of the participants

HKCFP Trainees Research Fund 2025 / HKCFP Research Seed Fund 2025

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

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

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

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

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

Assessment Criteria for both funds:

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

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

Research Committee, HKCFP

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

Please indicate the research funding title e.g. “**HKCFP Trainees Research Fund 2025**” or “**HKCFP Research Seed Fund 2025**” on your research project upon submission.

Submission Deadline: 31th October 2025

Supported by HKCFP Foundation Fund

Smartphone Addiction

Recently, a city in central Japan has drafted an ordinance seeking to limit residents' use of smartphones to less than two hours a day outside their work and studies. Smartphones have become essential tools in our daily activity, used for internet banking, shopping, accessing information, entertainment and social media. However, various studies have found that smartphone addiction is associated with adverse physical and mental health outcomes.

Several problematic behaviours related to information technology, such as internet gaming, social media overuse and inappropriate sexual behaviours, may result in compulsive engagement. Smartphones differ from traditional internet use on computers because they allow access to the internet continuously regardless of time and space. Individuals with smartphone addiction often struggle to control their usage, develop mood tolerance and experience withdrawal symptoms.

Health problems related to smartphone addiction

Depression, anxiety and suicidal thought

A large proportion of smartphone heavy users tend to check notifications frequently. This 'reassurance seeking' is driven by the desire to maintain relationships and seek validation from others. Additionally, this checking behaviour is linked to 'fear of missing out' (FOMO), which correlates with depression and anxiety. Mental health problems are particularly severe if smartphone use begins at an early age. Receiving a smartphone before age 13 is associated with poorer mind health outcomes in young adulthood, such as suicidal thoughts, detachment from reality, emotional dysregulation and diminished self-worth.

Musculoskeletal problems

Prolonged forward head posture during smartphone use puts strain on the cervical spine, resulting in neck, back and shoulder pain. Multiple studies have also linked excessive smartphone use, particularly gaming and texting, to conditions like DeQuervain tenosynovitis.

Policy implications

Problematic smartphone use is linked to multiple negative health issues. While smartphones are integral to daily life - facilitating work, education and entertainment - balancing their benefits with minimizing harm is challenging. The authors of "Protecting the Developing Mind in a Digital age: A Global Policy Imperative" have proposed the implementation of a developmentally appropriate, society-wide policy approach, which restricts smartphone and social media access for children under the age of 13. Similar to regulations on alcohol and tobacco, these measures aim to protect the foundational

elements of mind health and well-being that underpin the capabilities and functions of human flourishing in future generations. They also recommend mandatory education on digital literacy and mental health, as well as stronger enforcement against social media age violations.

Role of family physicians

Smartphone overuse is present in 29.3% of the youth population in Hong Kong. Family physicians often encounter patients suffering from chronic neck pain as a result of prolonged device use. Conflicts between parents and children over smartphone addiction are also commonly seen.

Family physicians play a vital role in addressing smartphone addiction by offering holistic care, guidance, and support to patients:

1. *Assessment and Identification:* Recognizing signs of excessive smartphone use, such as decreased productivity, sleep disturbances, or social withdrawal.
2. *Patient Education:* Informing patients and families about the potential negative impacts of smartphone addiction on mental health, sleep, and overall well-being.
3. *Counseling and Advice:* Providing behavioral strategies to manage and reduce screen time, encouraging healthy habits, and promoting digital literacy - covering topics like managing algorithmic influence and cyberbullying.
4. *Support for Underlying Issues:* Addressing associated mental health conditions like anxiety or depression that may be exacerbated by excessive device use.
5. *Referral and Multidisciplinary Approach:* When necessary, referring patients to mental health professionals for specialized intervention.
6. *Preventive Measures:* Promoting balanced technology use within families, especially among children and adolescents, to foster healthy use of technology such as those promoting physical exercise and positive communications, and on the other hand, avoid harmful content like pornography and violent materials.

Reference:

1. Thiagarajan TC, Newson JJ, Swaminathan S. Protecting the Developing Mind in a Digital Age: A Global Policy Imperative. *Journal of Human Development and Capabilities*. 2025 Vol 26, No. 3, 493-504.
2. Ratan ZA, Parrish AM, Zaman SB. Smartphone Addiction and Associated Health Outcomes in Adult Populations: A systematic review. *International Journal of Environmental Research and Public Health*. 2021
3. Wong SMY, Chen EYH, Wong CSM. Impact of smartphone overuse on 1-year severe depressive symptoms and momentary negative affect: Longitudinal and experience sampling findings from a representative epidemiological youth sample in Hong Kong. *Psychiatry Research*. Vol 318. Dec 2022.

Compiled by Dr. Siu Pui Yi

Dieting Pop Culture, Body Image Perceptions and Physico-Mental Health

Dr. John-Hugh TAM, Specialist in Family Medicine

Physical and mental wellbeing have always been goals we strive for. In recent years, crash dieting has become a popular global phenomenon. Many people pursue the ideal of slimming down, hoping to achieve a slender figure and perfect appearance. However, we must recognise that such dieting can have negative impacts on both physical and mental health.



“Dieting”, in general, is a method of restricting food intake with the aim of attaining weight loss. The origin of diet culture can be traced back to 19th century England when an undertaker named William Banting recognised that excessive weight was a symbol of wealth and social status. However, Banting believed that this “excess” weight was detrimental to health. In 1864, he published a pamphlet titled “Letter on Corpulence: Addressed to the Public,” which gained popularity and sparked people’s interest in their own body shape.

In the 20th century, diet culture began to rise at the societal level, and new concepts emerged approximately every decade, capturing public attention. For example, in the early 20th century, the American food faddist Horace Fletcher proposed a theory suggesting that one should chew each mouthful of food 100 times to improve digestion. Then, in the 1960s, there was a wave of promotion of strict calorie counting to facilitate weight loss, with the rise of “Weight Watchers” and very low-calorie diets (VLCDs). By the 1990s, there were various “fad diets” like the Atkins diet, which emphasised a low-carbohydrate, high-protein eating approach, aiming to induce a state of ketosis in the body to utilise stored fat for weight loss.

The diet concepts derived from dieting can be described as diverse and plentiful, and even to this day, new concepts continue to emerge. For example, there was the “South Beach Diet” that gained popularity in the early 2000s, as well as recent hot topics such as the “Starvation Detox Diets”, the “Ketogenic Diet” and “Intermittent Fasting (16:8 method).” Alongside these concepts, numerous weight loss supplements have also emerged, including endless range of meal replacement options and detox beverages.

The impact of diet culture on physical and mental health should not be overlooked, and social media plays a significant role in this regard. For those who frequently use these social media platforms, it is easy to come across commercial promotions as well as celebrities and influencer shares related to dieting, “body sculpting”, and weight loss. As society’s pursuit of a slim figure continues to increase and with the advancement of photo editing technology, the public’s aesthetic standards for body shape and appearance have become increasingly unrealistic and demanding. The pressure to achieve the “perfect body” can cause significant psychological stress and damage to self-esteem for those who cannot meet societal standards, particularly for women who may develop insecurity about their physical appearance. Similarly, men also face pressure to attain the promoted ideal of a muscular physique.

A psychological study conducted in Florida, USA, revealed that both women and men tend to compare their bodies to those portrayed in the media. The study found that 87% of women and 65% of men compare their bodies to the images they see on social and traditional media. Surprisingly, in this comparison, 50% of women and 37% of men hold negative attitudes towards their own bodies. From a mental health perspective, excessive emphasis on dieting can have emotional implications, such as anxiety, depression, and decreased self-esteem. For some individuals, dieting can even become a compulsive behavior and may lead to eating disorders such as anorexia or binge eating disorder. According to the National Eating Disorders Association in the United States, 35% of individuals who engage in dieting develop unhealthy psychological and behavioural patterns driven by an excessive pursuit of perfection, which is detrimental to their overall physical and mental wellbeing.

We also need to understand that physiologically, crash dieting can lead to nutritional imbalances. By restricting the types and quantities of food consumed, we may not obtain all the necessary nutrients that our bodies require. This can result in fatigue, dehydration, muscle loss, lower metabolism, nutrient deficiencies, and even an increased risk of illness like gallstones. For similar reason, those suffering from chronic conditions (e.g. diabetes and other metabolic disorders) would carry even higher risk from crash dieting (e.g. diabetics triggering life-threatening ketoacidosis from prolonged fasting). Furthermore, since crash dieting often involves short-term, unsustainable, and excessive restriction in order to achieve an unrealistically rapid weight loss (such as losing more than 0.5 to 1 kilogram per week), when the dieting stops, weight regain and fluctuations are possible. This pattern of weight loss and regain is also known as the “yo-yo effect” or “yo-yo dieting”.

So, how should we address the physical and mental health issues brought about by diet culture? Firstly, we may discuss with our patients to embrace the concept of body diversity and self-love, dissociating our values from appearance. At the same time, we need to recognise that physical health and psychological balance are interconnected, and true health can only be achieved through a combination of healthy eating and a positive mindset.

An alternative concept to dieting is healthy eating, which is frequently mentioned, although the definition of “healthy” may vary for each individual. Simply put, healthy eating involves consuming nutrient-rich foods that make us feel energised. These food choices typically include the right balance of fruits, vegetables, lean meats, and carbohydrates. By making moderate, balanced, and healthier food choices, listening to our body’s needs, and managing hunger and cravings sensibly, along with incorporating regular and realistic exercise plans, we can cultivate a sustainable mindset and approach weight loss as a long-term lifestyle change, bringing positive transformations to our health.

Furthermore, there are some practical strategies and behaviour modifications we may consider discussing with our patients during meal planning for healthier eating, for example:

- Problem areas of food intake (e.g. meals that are particularly difficult to adjust such as fast foods, eating out etc.) and ways of substituting with better food choices
- Identify the social cues to unhealthy eating (e.g. extra snacking during social gatherings, watching

TV, emotional eating to relieve work stress or boredom, etc.)

- Avoid self-defeating behaviours (e.g. Obsessing about perfection, blaming, negative self-talk, self-guilt, etc.)
- Setting of realistic goals for the lifestyle changes
- Establish a support system from peers and family for better lifestyle



It is not always easy to make healthy diet options during eating out.

In summary, we need to embrace the concept of diverse beauty and consider health as the true goal, rather than pursuing short-term dieting methods for appearance alone. By adopting a healthy diet and engaging in moderate exercise, we can establish a sustainable lifestyle and enjoy physical and mental well-being. It’s important to pay attention to the needs of our bodies, listen to ourselves, and find the right balance of healthy eating and exercise that works for us individually. Let’s embrace diversity, self-love, and prioritise our physical and mental health.

Conflict of interest: None declared

Reference

1. Macpherson-Sánchez A. E. (2015). Integrating fundamental concepts of obesity and eating disorders: implications for the obesity epidemic. *American journal of public health*, 105(4), e71–e85
2. Keys A, Brozek J, Henschel A, *et al.* Minneapolis, MN: University of Minnesota Press; 1950. *The biology of human starvation: volume II.*
3. “Eating Disorders on the College Campus.” National Eating Disorders Association, Feb. 2013.
4. The Florida House Experience (FHE Health). “Body Image and Social Media Questionnaire”. Available online on - <https://ftherehab.com/news/bodypositive/>

From Young Doctor Representative to Member at Large: My Journey with WONCA

Dr. Cheryl Chan, Member, YDC, HKCFP; Member at Large, WONCA



Organizing Committee of Lisbon YDM preconference



YDM preconference in Lisbon

My journey from a young doctor's representative to a member at large in the World Organization of Family Doctors (WONCA) has been a transformative experience, filled with collaborations, learning, and a deepened commitment to family medicine. Over the past two years, I have had the privilege to represent young doctors and advocate for our collective voice in the global arena.

Milestones and Accomplishments

During my tenure as a young doctor representative, I have achieved several significant milestones that reflect our commitment to improving family medicine. One of the highlights was collaborating with Interpol to conduct a series of cybersecurity training webinars. This initiative was crucial in addressing the increasing challenges posed by cyber threats in healthcare, ensuring that family doctors are equipped with the necessary tools to protect patient information and prevent cyber frauds.

Additionally, the WONCA Young Doctors Movement (YDM) proudly launched the Prof. Donald Li YDM Global Scholarship to support young family doctors from low- and middle-income countries in attending WONCA world conferences. This scholarship is a vital initiative focused on promoting equity and equal opportunities in the field of family medicine. By providing financial

assistance, it ensures that talented individuals from diverse backgrounds can access these important platforms, fostering a more inclusive global community and enriching the dialogue around family medicine.

Elected as a Member at Large

A significant turning point in my journey occurred during the WONCA council meeting in Lisbon on September 14-15, 2025, where I was elected as a member at large. This election is a profound honor, and I am committed to amplifying the voices of young doctors and elevating family medicine through international collaboration. My vision includes building a robust support network for family doctors worldwide, where we can share resources, best practices, and innovative ideas.

I would like to extend my heartfelt gratitude to our college for their unwavering support, and all my senior colleagues and mentors for whose advice and encouragement have been instrumental in this election. Their mentorship has guided me on this journey and inspired me to take on greater responsibilities.

During this council meeting, we were privileged to have Dr. John Fogarty from the WHO join us virtually. His acknowledgment of WONCA's work reinforced the importance of our mission and inspired all members to continue striving for excellence in primary care.



Inauguration in WONCA Award Ceremony



Newly Elected WONCA Member at large, Dr. Cheryl Chan, Dr. Kim Yu, Dr. Steve Mowle



Lunch with other regional YDM leads and upcoming global YDM Lead



Presenting YDM projects and scholarships in WONCA council



WONCA Executive Committee 2025-2027



WONCA president Dr. Viviana Martinez Bianchi (Left 5th) at the YDM closing ceremony

The YDM Preconference

The YDM preconference, held just after the council meeting and before the main conference, is always a vibrant and enriching experience. This year, with the theme “Future Proofing Family Medicine,” I had the honor of being part of the organizing committee. We curated a comprehensive program that addresses the diverse challenges facing our field.

The workshops covered a range of essential topics, including planetary health, migrant health, HIV prevention, and the role of artificial intelligence in family medicine. These sessions are designed not only to enhance participants’ understanding but also to equip them with practical skills and strategies they can implement in their practices.

However, what truly sets the YDM preconference apart is the camaraderie that develops outside the formal sessions. The interactions between participants from various cultures foster friendships that extend beyond the conference hall, creating a supportive community of family doctors dedicated to improving global health.

Mentorship: “Lift as You Climb”

A particularly poignant moment during the closing ceremony was the speech delivered by WONCA President Dr. Viviana Martinez Bianchi on the theme “Lift as You Climb.” Her emphasis on mentorship and the importance of encouraging the next generation of family doctors resonated deeply with me. As a mentor in both the University of Hong Kong (HKU) and the Hong Kong College of Family Physicians (HKCFP) mentorship programs, I have always sought to share my experiences and inspire others to pursue a career in family medicine.

Mentorship is a vital component of our profession, fostering the growth of new family doctors who will carry our values and commitment forward. By sharing knowledge, providing guidance, and offering support, we can ensure that the next generation is well-equipped to tackle the challenges that lie ahead.

Conclusion

Reflecting on my journey, I am immensely grateful for the opportunities I have had to serve as a young doctor representative and now as a member at large of WONCA. The experiences and connections I have made have deepened my commitment to family medicine and strengthened my resolve to advocate for young doctors and patients alike. As we move forward, I look forward to contributing to the development of family medicine and supporting new generation of family physicians who will shape the future of healthcare.

Attending the WONCA World Conference 2025 in Lisbon

Dr. Eric Lee, Clinical Associate Professor, JCSPHPC, CUHK



Discussion during the 'collaboration hub' activity

I am grateful for the opportunity provided by the Hong Kong College of Family Physicians, which allowed me to attend the WONCA 2025 conference. This event has proven to be an invaluable platform for networking, learning, and collaboration in the field of family medicine.

Overview of Experiences

During the conference, I joined the special interest group focused on cardiovascular diseases. This group comprises leaders from high-income, middle-income, and low-income countries, all collaborating on various projects aimed at improving primary care globally. Among the initiatives proposed, I would like to highlight the development of an app designed to manage multimorbidity, which is crucial for primary care practitioners. Additionally, we are working on international guidelines and publications related to chronic diseases, as well as training courses for general practitioners (GPs) worldwide.

One significant observation I made during WONCA 2025 is that while there are more than ten special interest groups and working groups, many did not present their projects during the main conference sessions. This presents a unique opportunity for the upcoming WONCA Asia Pacific Region (APR) conference in Hong Kong. I believe we can invite these working groups to showcase their ongoing international work, thereby engaging more doctors and encouraging them to join these initiatives. My connections within these working groups will be instrumental in facilitating their participation in our conference.

Collaboration Hub Sessions

Another memorable session I attended was the "Collaboration Hub." Within this group, we discussed strategies for enhancing primary care research capacity on a global scale. Our commitment to this cause will extend

beyond the conference, as we aim to establish a mentoring program that pairs experienced researchers with doctors in training. This program will encourage emerging professionals to engage in research and develop their skills.

Additionally, we are planning to create online resources that will guide doctors in conducting research. This includes a centralized hub where useful research tools, such as quality checklists for studies, can be accessed. A crucial aspect of this initiative is developing a systematic pairing process for mentors and mentees, ensuring that qualified mentors are matched with suitable mentees. During these discussions, I had the privilege of connecting with various family medicine academics worldwide. For instance, I exchanged contact information with Dr. Michael Wright, a notable general practitioner and health economist in Australia, who serves as the President of the Royal Australian College of General Practitioners (RACGP). I will continue to follow up on our discussions regarding the next steps for these initiatives, as they present an excellent opportunity to enhance our own conferences.



The newly reconstituted Special Interest Group on NCDs

Networking and Future Collaborations

Throughout WONCA 2025, I made several connections with key executives and leaders in the family medicine community. Networking with individuals such as Prof. Victor Ng, Assistant Dean of Distributed Education at the Schulich School of Medicine and Dentistry at Western University, and Regional President of WONCA North America (2023-2025), has opened new avenues for collaboration. Similarly, I connected with Dr. Kim Yu, the recipient of the 2025 Five Star Doctor Award for the North America Region and Chair of WONCA's Special Interest Group on Health Equity. Dr. Yu's work as a national strategy consultant for the American Board of Family Medicine has provided insights into health equity that could be beneficial for our future initiatives.

Moreover, I met Dr. Tania Whitby-Best from the University of the West Indies, who has extensive experience in family medicine and public health initiatives. Her leadership in improving healthcare delivery for students and her background in clinical practice will significantly enrich our discussions on healthcare strategies.

All these individuals I met expressed their willingness to attend the upcoming WONCA APR in Hong Kong, which will further enhance the conference's appeal and depth.

Presentations at WONCA 2025

I had the opportunity to deliver two oral presentations and showcase two posters at the conference. My oral presentations focused on:

1. **Effects of Hypnotics on Nocturnal Blood Pressure: A Systematic Review and Meta-Analysis of Randomized-Controlled Trials**
2. **Sex-Specific Associations Between Blood Pressure and Cardiovascular Diseases: Suggesting Alternative Thresholds for Younger Women in a Cohort of 1.93 Million Chinese Individuals**

The posters I presented were:

1. **Exercise Intervention to Normalize Blood Pressure and Nocturnal Dipping in Hypertensive Patients: A Randomized Controlled Trial**
2. **Feasibility and Preliminary Effectiveness of Mindfulness-Based Stress Reduction Program on Patients with Nocturnal Hypertension: A Pilot Randomized Controlled Trial**

During these presentations, I took the opportunity to promote our upcoming WONCA 2027 conference and engage participants in discussions about the future of family medicine.

Social Dinner and Future Collaborations

A highlight of the conference was the social dinner, which was made possible through the support of the Hong Kong College of Family Physicians. This gathering provided an excellent platform to reconnect with colleagues and researchers from Hong Kong and the broader Asia-Pacific region. We shared updates on our current projects, which I believe will facilitate future collaborations.

Insights from WONCA 2025 Sessions

From the various sessions at WONCA 2025, I noted several key trends shaping the future of healthcare. A prominent focus was on the effective and ethical application of artificial intelligence (AI) within healthcare systems, along with the implications of big data research. It was enlightening to learn that organizations like the World Health Organization (WHO) are prioritizing resources toward primary care. This emphasis serves as a reminder of the critical role that primary care plays in health systems worldwide.

Additionally, I reflected on the disparities in healthcare access discussed during the conference. While Hong Kong is relatively privileged regarding healthcare access, these discussions highlighted essential issues that will be relevant for our planning of the upcoming WONCA 2027 APR.

Conclusion

In conclusion, my participation in WONCA 2025 has been a transformative experience, filled with opportunities for networking, collaboration, and professional development. I extend my heartfelt gratitude to the Hong Kong College of Family Physicians for their funding, which made this experience possible. I look forward to translating the insights and connections gained at the conference into actionable initiatives that will benefit our future conferences and enhance the practice of family medicine in Hong Kong and beyond.



Presentations at WONCA 2025

The Diary of a Family Doctor【家庭醫生的日常】

《身體的警號》

洗銘全醫生

62歲男士，情緒低落，有自殺念頭，同事緊急轉介跟進。他身穿西裝，神情落寞，由太太陪同進來。

男士：「兩邊耳鳴不斷，好大聲，好難受。」

耳鳴持續一個月，十分困擾，影響睡眠。只有在短暫睡著時聽不到。

我：「有冇評估過係咩事？」

男士：「我睇咗七個專科醫生，包括4個耳鼻喉專科、腦神經、血管、心臟科，乜都check過，MRI，CT照齊晒。」

我：「有咩結論？」

男士：「無。」所有檢查正常。「太辛苦啦，好想快啲離開呢個世界。我有子女，但係都唔捨得身邊咁好嘅太太。佢真係對我好。」

聽到這個turning point便較好辦。我鼓勵他先保證自身安全，不要傷害自己。

我：「你都好在意身邊人嘅感受啫。」

男士：「係呀，我好想身邊個個都開心。我去到邊度都係好受歡迎啲。我有好多朋友。我最鍾意同朋友一齊打高爾夫球啦，揸車出去兜風啦。」

我：「有冇啲活動係自己一個人都好享受嘅？」

男士想了一會：「咁又有乜。」

太太補充：「佢係成日走去幫人哋嘍，個人好開心嘍，不過而家變成咁…」

我：「其實耳鳴有一個常被忽略嘅原因，就係情緒焦慮不安。你好在在意身邊嘅人，好想遷就他人，亦叫自己啲人哋面前開心。要做到呢樣嘢就必須要抑壓或者隱藏真正嘅自己。所以你其實一直都好少享有自我。身體好想提醒你應該安靜注視自己，容許有多啲自己嘅空間、時間，自己嘅諗法。平時累積嘅心思意念可以造成神經紊亂，所以聽覺神經都亂晒籠。呢一個耳鳴係身體提醒你去聽，聽啲乜嘢？就係聽返自己內裡嘅聲音。請你而家開始學習多謝同感受你嘅耳鳴。」

我也同時處方了抗抑鬱藥。其實身體常常引導我們正確的方向，可惜我們只在意外邊的世界，不願意靜下來面對自己。

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 September 2025 issue:

Dr. CHEUK Hiu Ying, Dr. HO Mo Sze Ellen

FP LINKS

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



Share your thoughts



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

Meeting Highlights

Certificate Course on Bringing Better Health to Our Community 2025

The 1st and 2nd sessions of the “Certificate Course on Bringing Better Health to Our Community 2025” co-organized with Queen Elizabeth Hospital and The Hong Kong Medical Association were held on 30 August and 27 September 2025.

Dr. CHAN Ka Yee Annette, Associate Consultant, Department of Medicine, Endocrine Team, Queen Elizabeth Hospital, delivered the lectures on “Update on Management of DM and Obesity” and Dr. HUNG Lok Lam Susanna, Associate Consultant, Department of Family Medicine and Primary Health Care, Kowloon Central Cluster, delivered a lecture on “Women’s Health Service” on 30 August 2025.



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



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

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



A screenshot taken on 27 September 2025
Dr. Sara JAMIESON (Speaker) and Dr. KO Siu Hin (right, Chief of Service, Department of FM&PHC, KC Cluster, Hospital Authority)



Dr. Jake Yin Kei YEUNG, Resident Specialist, Department of Medicine, Cardiac Team, Queen Elizabeth Hospital, delivered the lectures on “Management of Chronic Stable Coronary Artery Disease” and Dr. Sara JAMIESON, Medicolegal Consultant, Medical Protection Society, delivered a lecture on “How to reduce our risks in primary care - Challenges in interprofessional communication and spotlights of potential risks in primary care setting” on 27 September 2025.

Certificate Course in Ophthalmology for Primary Care Doctors 2025 co-organized with The College of Ophthalmologists of Hong Kong

The 1st to 3rd sessions of Certificate Course on Certificate Course in Ophthalmology for Primary Care Doctors 2024 were held on 7, 21 and 28 September 2025.

Dr. Christine WU, Specialist in Ophthalmology, delivered a lecture on “Anterior Segment Diseases; Refractive Errors and Treatment Options” on 7 September 2025.



Dr. LEE Ying Cheung (left, Moderator) presenting a souvenir to Dr. Christine WU (right, Speaker).

Dr. MA Ping Kwan, Danny (left, Moderator) presenting a souvenir to Dr. Karen CHAN (right, Speaker).



Dr. Karen CHAN, Specialist in Ophthalmology, delivered a lecture on “Common Oculoplastic Conditions in Primary Care” on 21 September 2025.

Dr. Emily WONG, Specialist in Ophthalmology, delivered a lecture on “Update on Management of Paediatric Eye Diseases” on 28 September 2025.



Dr. NGAI Ming, Leon (left, Moderator) presenting a souvenir to Dr. Emily WONG (right, Speaker).

Saturday Symposium on 13 September 2025

Prof. WONG Chi Sang, Martin, Specialist in Family Medicine, delivered a lecture on “Lung cancer screening”; Dr. CHAN Shung Kay, Samuel, Specialist in Respiratory Medicine delivered a lecture on “Lens on airway inflammation – latest updates in asthma management”; Dr. CHOO Kah-lin, Specialist in Respiratory Medicine, delivered a lecture on “Lens on and beyond the lungs – Updates in COPD management”; Prof. YAP Yat Hin, Desmond, Specialist in Nephrology, delivered a lecture on “Airway Diseases and CKD - The Hidden Link” and Dr. KWAN Yat Wah, Mike, Specialist in Paediatric Immunology, Allergy and Infectious Diseases, delivered a lecture on “Protective Strategies Against Influenza Infection”.



Dr. LI Yim Chu (left, Moderator) presenting a souvenir to Prof. WONG Chi Sang, Martin (right, Speaker).



Dr. LI Yim Chu (right, Moderator) presenting a souvenir to Dr. CHAN Shung Kay, Samuel (left, Speaker).



Dr. CHEN Xiao Rui, Catherine (right, Moderator) presenting a souvenir to Dr. CHOO Kah-lin (left, Speaker).



Dr. CHEN Xiao Rui, Catherine (right, Moderator) presenting a souvenir to Dr. YAP Yat Hin, Desmond (left, Speaker).



Dr. CHEN Xiao Rui, Catherine (right, Moderator) presenting a souvenir to Dr. KWAN Yat Wah, Mike (left, Speaker).

- 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.

Face-to-face Events

Date and Time	Venue	Topics	Speakers	Moderators
8 November (Sat) 2:00 – 5:00 p.m. (Registration will be started from 1:00 p.m.)	The Ballroom Four, 18/F, The Mira Hong Kong, 118-130 Nathan Road, Tsim Sha Tsui	Saturday Symposium: Clinical Strategies for COPD Management 1. Optimising COPD Management: GOLD ABE Update, Inhaler Strategies, and the Role of ICS 2. An Evidence-Based Approach in COPD Management in the Primary Care 3. Case-Based Discussion: Early COPD Management in GOPC 4. Panel Discussion: Real-World Challenges and Solutions <i>Sponsored by Boehringer Ingelheim (Hong Kong) Ltd.</i>	1. Prof. KWOK Wang Chun, Herbert <i>Clinical Assistant Professor, Department of Medicine, Li Ka Shing Faculty of Medicine, The University of Hong Kong</i> 2. Dr. CHEN Xiao Rui, Catherine <i>Consultant, Department of Family Medicine & Primary Healthcare, Kowloon Central Cluster, Hospital Authority</i> 3. Dr. CHAN Pui Kwan, Joanne <i>Associate Consultant, Department of Family Medicine & Primary Healthcare, Kowloon Central Cluster, Hospital Authority</i> 4. Dr. CHAN Ting Bong <i>Clinical Associate Professor (Honorary), The Jockey Club School of Public Health and Primary Care, Faculty of Medicine, The Chinese University of Hong Kong</i>	Dr. CHAN Man Li
15 November (Sat) 2:00 – 4:00 p.m.	HKCFP Wan Chai office, Room 802, Duke of Windsor Social Service Building, 15 Hennessy Road, Wan Chai	23rd Medical Humanities Seminar: Mindfulness and Zhuangzi “道” 別的藝術 – 莊子療癒悲傷之道 <i>Organized by the Interest Group in Medical Humanities</i> Please note that the presentation would be conducted in Cantonese.	1. Dr. Alex LO <i>Senior Lecturer, Department of Philosophy, CUHK</i> 2. Ms. Idris HO <i>HKPPA Certified Counsellor</i>	Dr. CHAN Suen Ho, Mark and Dr. WONG Tsz Kau, Carl

QR Code for registration



Admission Fee:

8 November 2025 (Sat) College Fellow, Full, or Associate Members:	Complimentary *(\$50 Enrollment deposit is required)
Other Categories of Members: Non – members:	HK\$ 750.00 HK\$ 850.00
15 November 2025 (Sat) Members:	Free
Non – members: HKAM Registrants:	HK\$ 300.00 HK\$ 150.00

* 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 members upon registration on the day.

Pre-registration is required and subject to receipt of enrollment deposit cheque in order to confirm the registration.
For non-members, please contact the secretariat for registration details. All fees received are non-refundable nor transferable.

Accreditation : 8 Nov	: 3 CME Points HKCFP (Cat.4.4) 3 CME Points MCHK (pending) <i>Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log)</i>
15 Nov	: 2 CME Point HKCFP (Cat.4.3) 2 CME Point MCHK (pending) <i>Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log)</i>

Online Monthly Video Sessions

Dates and Time	Topics
31 October 2025 (Fri) 2:30 – 3:30 p.m.	“Latest Update on Meningococcal Disease” by Dr. TAM Yat Cheung
28 November 2025 (Fri) 2:30 – 3:30 p.m.	“Differential clinical advantages of antidepressant for better management of depression” by Dr. WONG Ka Yau, Raymond

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**
- In case of over-subscription, the organiser reserves the right of final decision to accept registration.
 - The link to join the webinar **SHOULD NOT** be shared with others as it is unique to each individual who has completed prior enrolment procedures. If additional attendee(s) is/are found using the same unique link to join the webinar with you, all attendees joining the lecture via your unique link would be dismissed. You can only login with one device at a time. CME point(s) would only be given to those on the pre-registration list and attended the lecture.
 - Please note you can just attend **ONE** CME activity at a time. If found 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 3/4 of the length of the webinar may not be able to receive CME. Final decision would be subject to the approval of the related Board / Committee.
 - Please be reminded to complete and submit the *MCQs or survey after the session for HKCFP and MCHK CME point(s) accreditation. (*MCQs/ True or False Question; 50% or above of correct answers are required)**
 - Please be reminded to check the system requirements beforehand to avoid any connection issues.
 - Due to copyright issue, please note private recording of the lecture is 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, 05 November 2025			
14:30 - 17:00	1/F, Health Education Room, Tin Shui Wai (Tin Yip Road) Community Health Centre	Postgraduate Training, Career Pathways, and Professional Development in Family Medicine Dr. FONG Lok Ki	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Consultation Enhancement (Physical Examination: Hip and Video Consultation) Dr. WANG Yuchen, Dr. MAK Hollam, Harry	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	Introduction to POCUS Part I Dr. LEE Sum	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Journal Club on Reproduction and Sexuality Dr. TSE Ping Yu, Clarice, Dr. LO Yan Yeung, Vincent, Dr. YAU Kwan Ming, Jeremy, Dr. LEE Chun Ki	Ms. Cherry WONG Tel: 2589 2337
Thursday, 06 November 2025			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Birth Control Counselling Dr. CHAN Lai Yung, Dr. SZE Chung Fai	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 12 November 2025			
14:30 - 17:00	Rm5019, 5/F, Rehab Block, Tuen Mun Hospital	Update Management of Respiratory Disease such as Asthma & COPD Dr. YU Cheng Yan	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Common Symptoms in Orthopaedics (2) (Trigger Finger, Wrist Pain, Other Overuse Syndrome, Injection Technique, etc.) Dr. PANNU Prubodial Singh, Dr. LEE Yui Chung	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	Children and Adolescent Health Assessment Dr. CHENG Yuet Kiu, Ada, Dr. DENG Luo, Valeria, Dr. ZHANG Guilian, Aviva	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Online Resources to Help Consultation Process Dr. LO Yan Yeung, Vincent	Ms. Cherry WONG Tel: 2589 2337
Thursday, 13 November 2025			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Updated Management of Gastroenterology Diseases Dr. LEUNG Hor Yee, Dr. TANG Kin Sze	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 19 November 2025			
14:30 - 17:00	1/F, Health Education Room, Tin Shui Wai (Tin Yip Road) Community Health Centre	Psychiatric Crises: De-escalation and Emergency Interventions Dr. LEE Hsin Yi	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Health Care Delivery System in Asia (Singapore, Taiwan and Others) Dr. NG Chui Ling, Dr. KWOK Wing Sum, Karina	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: Angry Patient, Clinical Incident Management Dr. TONG Hei Ka, Anson, Dr. NG Wai Chung, Dr. YOUNG James Haley	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Enhancing Consultation Through Updated Journal Dr. LO Ching On, Dr. HOU Baijing, Prudence, Dr. CHEUNG Cheuk Kan, Chloe, Dr. FUNG Yan Ning, Elaine, Dr. TONG Tin Yan, Emily	Ms. Cherry WONG Tel: 2589 2337
Thursday, 20 November 2025			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Clinical Approach to Back and Hip Pain in Primary Care Dr. TANG Hoi Yan, Dr. YIP Pui Leung	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 26 November 2025			
14:30 - 17:00	1/F, Health Education Room, Tin Shui Wai (Tin Yip Road) Community Health Centre	Preconception Counselling Dr. LI Pak Ho	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Assessment on Injury on Duty and the Early Rehabilitation Dr. WAN Tsz Yan, Grace, Dr. TAM Tin Yue, Timothy	Ms. Emily LAU Tel: 3506 8610
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Occupational Safety and Health in a GOPD Dr. WANG Luqian, Lucy	Ms. Cherry WONG Tel: 2589 2337
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Sharing of Commissioned Training 2025 Dr. WAN Kwong Ha, Dr. CHIU Kwan Ki	Ms. Eliza CHAN Tel: 2468 6813

COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Oct	27	28	29	30 4:00 – 6:00 p.m. Structured Education Programme	31 2:30 – 3:30 p.m. Online Video Session	1 Nov 2:30 – 5:30 p.m. DFM Counseling Skills Workshop
2 <i>Conjoint - Clinical Competency Examination</i>	3	4	5 2:30 – 7:00 p.m. Structured Education Programme	6 4:00 – 6:00 p.m. Structured Education Programme	7	8 2:00 – 5:00 p.m. Saturday Symposium 2:30 – 5:30 p.m. DFM Module III Structured Seminar
9	10	11	12 2:30 – 7:00 p.m. Structured Education Programme	13 4:00 – 6:00 p.m. Structured Education Programme 8:00 – 11:00 p.m. BVTS Board meeting	14	15 2:00 – 4:00 p.m. 23 rd Medical Humanities Seminar 2:30 – 5:30 p.m. DFM MSK Workshop 2
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 – 11:30 p.m. HKCFP Council Meeting	21	22 2:30 – 5:30 p.m. DFM Orthopaedic Injection Workshop
23	24	25	26	27 4:00 – 6:00 p.m. Structured Education Programme	28 2:30 – 3:30 p.m. Online Video Session 7:00 – 9:00 p.m. Exit Exam - Refresher Training Course for Examiners (PA)	29 2:00 – 4:00 p.m. Certificate Course on Brining Better Health to Our Community 2025
30	1 Dec	2	3 2:30 – 7:00 p.m. Structured Education Programme	4 4:00 – 6:00 p.m. Structured Education Programme	5 7:00 – 9:00 p.m. Exit Exam - Refresher Training Course for Examiners (CSA)	6

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Green : Community & Structured Education Programmes
Purple : College Activities



家庭醫生共聯繫 守護身心最到位

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