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Message from the President

I attended the Opening Ceremony of Yau Tsim Mong District Health Centre cum Launch Ceremony of Primary Healthcare Co-care Network which took place on 13 March 2026. (<https://www.info.gov.hk/gia/general/202603/13/P2026031300680.htm?fontSize=1>) Many government officials, including the Secretary for Health, Professor Lo Chung-mau; the Under Secretary for Health, Dr. Cecilia Fan; the Chief Executive of the Hospital Authority (HA), Dr. Libby Lee; the Commissioner for Primary Healthcare, Dr. Pang Fei-chau; and the Deputy Director of Health, Dr. Edmund Fong also attended the ceremony as officiating guests. There were many community partners, various stakeholders and citizens joining the ceremony on the day.

Professor Lo Chung-mau, the Secretary of Health, announced that the Chronic Disease Co-Care Pilot Scheme (CDCC Pilot Scheme) launched at the end of 2023 had achieved the target of having over 200 000 participants, 10 months in advance of the anticipated time needed, and it would be made a regular programme. He also declared that the Primary Healthcare Commission (PHC Commission) would be launching the Primary Healthcare Co-care Network (Co-care Network).

After receiving the screening, approximately 40 percent of people were diagnosed with prediabetes, diabetes mellitus (DM), hypertension (HT), or hyperlipidaemia and they have been commenced on treatment with government-subsidised cross-disciplinary follow-up for early management of their chronic conditions.

After joining the CDCC Scheme for 12 months, the average glycated haemoglobin level of diabetic patients was demonstrated to be decreased from 7.8 per cent to 6.7 per cent; and the average systolic blood pressure of HT patients dropped from 150 millimetres of mercury (mmHg) to 135 mmHg. Using a projection model with a cohort of 200 000 people, approximately 9 000 cases of cardiovascular disease and 11 000 deaths would have been prevented, gaining approximately 54 000 quality-adjusted life years and saving \$2.7 billion in healthcare expenditure.



Opening Ceremony of the Yau Tsim Mong District Health Centre (YTM DHC) cum Launch Ceremony of the Primary Healthcare Co-care Network held on 13 March 2026.

MESSAGE FROM THE PRESIDENT



The Secretary for Health, Professor Lo Chung-mau, officiated at the Opening Ceremony of the Yau Tsim Mong District Health Centre cum Launch Ceremony of the Primary Healthcare Co-care Network.



From left: Dr. David Chao (2nd), Dr. Libby Lee (3rd), Professor Lo Chung-mau (5th), Dr. Cecilia Fan (6th), Dr. Lam Ching-choi (7th), Dr. Lam Tsit-yuen David (8th), Dr. Pang Fei-chau (9th), and other guests celebrating early achievement of CDCC target.



Dr. David Chao signing on the Ceremony board.

The Co-care Network aims at achieving a target participation of 700 000 citizens in the first five years of the programme. Participants need to register as members of the District Health Centres (DHCs) and start using eHealth. At the same time, suitable patients attending the Hospital Authority's (HA) Family Medicine Clinics, and participants in the General Outpatient Clinic Public-Private Partnership Programme that is scheduled to conclude in 2028, are also invited to transition to join the Co-care Network services. As of the end of January 2026, the DHC membership has reached the 520 000 mark.

The Opening Ceremony of Yau Tsim Mong District Health Centre cum Launch Ceremony of Primary Healthcare Co-care Network signified another important milestone of integrating and enhancing primary healthcare services provided by the Government through expanding the scope of diseases covered, strengthening cross-disciplinary collaboration, and improving community healthcare support and auxiliary services in accordance with the Primary Healthcare Blueprint. The HKCFP continues to work closely with the Bureau in order to help promote and facilitate the work of Primary Healthcare Commission in achieving the objectives of the Blueprint.

Dr. David V K CHAO
President

Membership Committee News

Reminder: Payment of Annual Subscription 2026 for HKCFP Membership Renewal

Dear College Members,

Kindly be reminded to take advantage of the early payment discount, **available until 30 April 2026**.

Normal Rate:

- Fellow Member: HK\$ 1,930.00
- Full Member: HK\$ 1,400.00
- Associate Member: HK\$ 1,400.00
- Affiliate Member: HK\$ 730.00
- Non-HKSAR Fellow Member: HK\$ 1,330.00
- Non-HKSAR Member: HK\$ 730.00
- Student Member: HK\$ 200.00

A 10% e-Payment discount will be applied if the annual subscription 2026 is settled by the specified dates.

Please refer to the following important dates and reminder:

- e-Payment Discounted Rate Extended** - paid by PayPal or FPS 轉數快 on or before 30 April 2026.
- Normal Rate** - from 1 March 2026 to 30 June 2026
- Cut-off Date of Membership Renewal** - 30 June 2026
- Effective Date of Termination** - date-back from 1 January 2026

Notes to different payment method:

- FPS 轉數快** - It is available for local bank account holders only.
- PayPal** - Members please login to your membership profile for accessing the PayPal gateway. (Please refer to this link "https://www.hkcfp.org.hk/upload/Documents/others/Demonstration_of_Paypal_Payment_2020.pdf" for detailed instructions.)

For members domiciled from overseas, you may wish to contact the Secretariat by phone to 2871 8899 or email membership@hkcfp.org.hk for payment assistance, if necessary.

Debit Note and Receipt

Members can login the College website through the Member Area at <https://www.hkcfp.org.hk/login.aspx> to retrieve your copies of debit note and receipt (if available).

Should you have any inquiries, please do not hesitate to contact the Secretariat by phone to 2871 8899 or email membership@hkcfp.org.hk.

Thank you for your continuing support to the College.

Membership Committee

The 48th Annual Dinner of the Hong Kong College of Family Physicians

Dr. KO Wai Kit, Welchie
Chairman, Internal Affairs Committee

The 48th Annual Dinner of the Hong Kong College of Family Physicians was successfully held on 8 March 2026, Sunday at the Run Run Shaw Hall of the Hong Kong Academy of Medicine. Thanks to the tremendous support by our members, fellows and guests, the dinner was well attended by over 210 guests.

We were most grateful to have Prof. Rosie Young, our Honorary Fellow, joining us for the dinner. We would like to express our special thanks to Dr. Esther Yu, Dr. Felix Li, Dr. Jerry Woo, and Dr. Louise Yung for being the MCs of the Annual Dinner and leading us through a very enjoyable evening.

I would like to thank all the collaborating partners, the College Council and all Boards and Committees, College Fellows and Members, and the secretariat for their unfailing support to make 2025 a very successful year for all. The secretariat staff received the gift coupons as tokens of appreciation for their hard work over the year. Then, various boards and committees proposed a vote of thanks to all members and fellows for their continuing support.

This year, the entertainment programme included the bingo game and musical performance by the wonderful performing team. The splendid and energetic singing performance by our in-house live band FM Harmony was most admirable. FM Harmony is formed by members of the Young Doctors Committee, including Dr. Chloe Chan, Dr. Louis Chan, Dr. Queenie Chan, Dr. Wells Chang, Dr. Li Ting Kwan, Dr. Wanmie Leung and Dr. Aldo Wong. Special thanks to Dr. Aldo Wong for coordinating the whole musical performance session.

Thanks to the thoughtful generosity of our council members, friends and related organisations, the lucky draw as another highlight of the evening was carried out successfully to conclude the annual dinner. We look forward to meeting you all again in the next annual dinner!

The 48th Annual Dinner of the HKCFP held on 8 March 2026 (Sunday)



Welcoming speech by the President, Dr. David Chao



Toasting proposed by the President, Dr. David Chao (11th from the left), with Censors & Council Members



Council Members with distinguished guests on stage



Dr. David Chao (left) with Dr. Keith Chan (middle) and Dr. Stephen Foo (right)



From left to right: Dr. Stephen Foo, Dr. Marcus Wong, Dr. Teresa Wang, Mrs. Sylvia Chan, Dr. King Chan



Chairman of Board of Education, Dr. King Chan (6th from the left) took a group photo with members & staff of the Board



President, Censors and Co-Chairmen of the Board of Conjoint Examination, Dr. Welchie Ko (9th the left, back row), took a group photo with members, examiners & staff of the Board with successful candidates of the Conjoint Examination



Censor and Chairman of Board of Diploma in Family Medicine, Dr. Au Chi Lap (4th from the right) took a group photo with members & staff of the Board



President, Censor and Chairlady of the Specialty Board, Dr. Wendy Tsui (11th from the right), took a group photo with members, examiners & staff of the Board



Censor and Editorial Board Chairman, Dr. David Chao (5th from the right), took a group photo with members and staff of the Board

PHOTO GALLERY



President, Censor and Chairman of Board of Professional Development Services, Dr. Lau Ho Lim (4th from the right), took a group photo with members and staff of the Board



Censor and Chairlady of Board of Vocational Training and Standards, Dr. Yiu Yuk Kwan (6th from the left), took a group photo with members and staff of the Board



President, Vice-Presidents and Chairlady of the Hong Kong Primary Care Conference Committee, Dr. Lorna Ng (5th from the right) took a group photo with members and staff of the Committee



Chairlady of the FP Links Committee, Dr. Wendy Tsui (7th from the left), took a group photo with members and staff of the Committee



Censors and Chairman of the Public Education Committee, Dr. Allan Ngan (5th from the right), took a group photo with members and staff of the Committee



Chairmen of the Young Doctors Committee, Dr. Esther Yu (7th from the right) and Dr. Aldo Wong (6th from the right) took a group photo with members and staff of the Committee



Keyboardist of FM Harmony, Dr. Wells Chang



Keyboardist of FM Harmony, Dr. Wanmie Leung



Drummer of FM Harmony, Dr. Queenie Chan



Guitarist of FM Harmony, Dr. Li Ting Kwan



Saxophonist of FM Harmony, Dr. Louis Chan

PHOTO GALLERY



Singer of FM Harmony,
Dr. Aldo Wong



Singer of FM Harmony,
Dr. Chloe Chan



Dr. David Chao (4th from the right) presenting souvenirs to FM Harmony
(From left to right): Dr. Aldo Wong, Dr. Louis Chan, Dr. Wells Chang, Dr. Chloe Chan, Dr. David Chao, Dr. Li Ting Kwan, Dr. Queenie Chan and Dr. Wanmie Leung



Dr. David Chao (middle) presenting souvenirs to MCs of annual dinner
(From left to right): Dr. Felix Li, Dr. Esther Yu, Dr. David Chao, Dr. Louise Yung and Dr. Jerry Woo



Council members and guests were invited to sing on stage



Council members and guests were invited to sing on stage



A fun round of bingo led by our MCs



Prof Cindy Lam, Chief Censor (1st from the left), presenting lucky draw prizes to the winners



Dr. Stephen Foo, Censor (2nd from the left) presenting lucky draw prizes to winners



Prof. Donald Li, Censor (2nd from the right) presenting lucky draw prizes to winners



Dr. Angus Chan, Immediate Past President (middle), presenting lucky draw prizes to winners



Dr. Lorna Ng, Honorary Secretary (1st from the left) presenting lucky draw prizes to winners



Prof. Samuel Wong, Vice-President (Education & Examinations) (right), presenting lucky draw prize to Dr. Chan Hung Chiu (left)



Dr. Lau Ho Lim, Vice President (General Affairs) (right), presenting lucky draw prize to Dr. Jason Chan (left)



Dr. David Chao, President (right) presenting the Lucky Draw Grand Prize to the winner, Dr. Lee Ka Long (left)



Censors and Council members took a group photo with Secretariat staff

(Front row, from left to right): Ms. Kathy Lai, Ms. Carol Pang, Ms. Katie Lam, Ms. Minny Fung, Ms. Erica So, Mr. Roy Leung, Mr. John Ma, Mr. Galeo Tsang, Ms. Hannah Lok

(Middle row, from left to right): Dr. Emily Tse, Dr. Angus Chan, Dr. Marcus Wong, Dr. Wendy Tsui, Dr. Simon Au, Prof. Samuel Wong, Dr. Catherine Chen, Dr. Allan Ngan, Dr. King Chan, Dr. Lau Ho Lim, Prof. Donald Li, Dr. Stephen Foo, Dr. David Chao, Prof. Cindy Lam, Dr. Esther Yu, Dr. Ruby Lai, Dr. Lorna Ng, Dr. Ken Ho, Dr. Li Yim Chu, Ms. Teresa Liu, Ms. Alky Yu, Ms. Windy Lau, Ms. Iris Ip, Ms. Nana Choy

(Back row, from left to right): Ms. Corrine To, Dr. Welch Ko, Dr. Matthew Luk and Dr. Yiu Yuk Kwan

Board of Vocational Training and Standards News

The Hong Kong Primary Care Conference 2026 will be held from **26 - 28 June 2026 (Friday - Sunday)** and online registration is now open.

All basic trainees are required to attend at least TWO Hong Kong Primary Care Conferences organized by the Hong Kong College of Family Physicians in the four-year training programme.

All higher trainees are required to attend at least ONE Hong Kong Primary Care Conference in the **two-year training programme**; OR, at least TWO Hong Kong Primary Care conferences in the **three-year training programme**.

The above information has already been mentioned in Trainee's logbook.

Update on Basic Training Logbook Requirements

To all Basic Trainees,

From January 2026 onwards,

Starting from January 2026, basic trainee undergoing community-based rotation that is currently in progress and lasts for more than 4 months (i.e. until end of April or later), must have a rotation record submitted through e-Training platform, at least 14 days prior to its completion.

For any **past** community-based training **before January 2026 or ended in March 2026**, please upload the scanned copy of generic forms to eTraining Platform instead of sending email to BVTS@hkcfp.org.hk.

For any hospital-based training, please upload the scanned copy of generic forms to eTraining Platform instead of sending email to BVTS@hkcfp.org.hk.

BVTS has prepared 2 sets of slides to guide you thru it at https://www.hkcfp.org.hk/pages_9_95.html > Basic Training >

- 1) For Basic Trainees enrolled **before** July 2025: *HKCFP e-training platform VS Traditional Logbook_v6.4_for BT before Jul 2025.pdf*
- 2) For Basic Trainees enrolled **after** July 2025: *HKCFP e-training platform VS Traditional Logbook_v6.4.pdf*

Please contact Ms. Hannah Lok or Ms. Kathy Lai at 2871 8899 for details.

Board of Vocational Training and Standards



The Hong Kong College of Family Physicians YOUNG DOCTORS COMMITTEE

YDC is recruiting subcommittee members for:

- Career Talk
- Boot Camp
- Mentor-Mentee Programme
- Social Activities (e.g. Hiking)
- Voluntary Service (e.g. X'mas Caroling)
- Music Performance (FM Harmony)

Please scan the QR code and contact Kathy / Nana at 2871 8899 or email: YDC@hkcfp.org.hk for enquiry.



Young Doctors Committee News - YDC Hiking 1 March 2026

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



Scenery of Cape D'Aguilar

On March 1, 2026 (Sunday), the Young Doctors Committee organized our annual hiking event at Cape D'Aguilar (鶴咀), a stunning coastal gem on Hong Kong Island's southeastern tip. Despite a foggy start, the skies gradually cleared, allowing us to fully immerse ourselves in the hike's beauty.

Cape D'Aguilar is renowned for its dramatic sea-eroded features, including the intriguing Thunder Cave, rugged granite cliffs sculpted by relentless waves, and the historic Cape D'Aguilar Lighthouse — Hong Kong's oldest surviving lighthouse, dating back to the 19th century. Designated as a marine reserve since 1996, this area safeguards a rich diversity of marine life while offering breathtaking panoramic views of Tai Tam Bay and distant pirate islands like Po Toi. The easy 8km out-and-back trail is accessible for all fitness levels, making it an ideal choice for our group.



Photo at Crab Cave, Cape D'Aguilar



Group photo at Cape D'Aguilar

We gathered near Shek O and followed Cape D'Aguilar Road, passing the radio station en route to highlights like the lighthouse and nearby beach areas. The 2.5-3 hour hike filled our lungs with invigorating fresh air.

Despite the initial fog lending a mystical atmosphere, positive moments abounded as the weather lifted, revealing vibrant cliffside and ocean vistas perfect for photos. We paused to share snacks, snap group pictures at scenic viewpoints, and connect deeply — discussing family medicine insights from varied practices, hobbies, patient care innovations, and work-life balance. These lively exchanges fostered joy, strengthening bonds across generations of doctors and leaving us all refreshed after busy weeks.

We can't wait for the next event to welcome more colleagues and continue these valuable connections. Join us next time for the hike!



Group photo with the famous 'Bones of Miss Willy'

Young Doctors Committee News - Tai O Outreach Health Screening Programme

Dr. Cheryl Chan

Member, YDC, HKCFP; YFC representative, HKCFP; Member at Large, WONCA



Volunteers in FM stations



From left to right: Dr. Cheryl Chan, Prof. Martin Wong, Prof. Philip Li (President of HKAM), Dr. Gloria So and Dr. Matthew So

The Tai O Outreach Health Screening Programme was successfully held on 11 April 2026 at the Tai O Community Town Hall. Tai O is a remote fishing village in Hong Kong with a high elderly population. Residents face difficulties accessing regular medical and dental care due to geographical constraints. Led by Dr. Phoebe Lam, Dr. Cheryl Chan and Dr. Sunny Au – Members of the young fellows chapters from College of Dental Surgeons, Hong Kong College of Family Physicians and College of

Ophthalmologists respectively, the event aimed to promote preventive care and strengthen health awareness among the local community through accessible screening services.

A total of 120 elderly participants attended the screening. In addition to the family medicine stations, ophthalmology colleagues provided retinal photo screening, while dental colleagues offered dental check-ups. These multidisciplinary services allowed participants to receive a more comprehensive assessment of their health needs.

At the family medicine stations, several important health concerns were identified, including hypertension, hyperglycemia, and suspected atrial fibrillation. Prompt referrals were arranged for further evaluation and follow-up, underscoring the value of community outreach in facilitating early detection and timely intervention.

The programme highlighted the importance of collaborative, community-based healthcare in improving access to preventive services and supporting the health of older adults in Tai O.



Helping the elderly health screening: (from left) Blood pressure measurement, dental check-ups, retinal photo screening and blood sugar testing



Group photo of the participants and elderly

第十三屆海峽兩岸全科醫學大會

李詩悅醫生，醫院管理局九龍西聯網家庭醫學及基層醫療服務部



分論壇四

第十三屆海峽兩岸全科醫學大會於2026年3月19-22日在湖南長沙召開。我們有幸參加，與來自內地，澳門，台灣和世界各地的醫護同行們交流。本屆大會以“強基固本、智慧賦能、發展全科”為主題，涵蓋了全科基層衛生管理，社區基層衛生服務建設，特色專科訓練與基層能力培訓，智慧醫療與數字化轉型，基層中西醫結合服務和國際病例會診與討論等內容。為了讓海峽兩岸和來自世界各地的專家學者們，能夠更深入地了解內地基層醫療的發展，大會設置了走進社區，專題培訓，主題論壇和技能大賽等多場活動。大會開幕式和主論壇在3月21日舉行。在開幕式前，舞蹈演員通過湖南特色舞蹈與服飾展示了湘江文化，為大會拉開序幕。

大會期間，專題培訓和主題論壇都非常熱鬧，場地雖然很大，都場場坐滿，還有很多人在門口站著聽，尤其是數字化AI相關的論壇。我參加的是分論壇四：糖胖共管，防治協同——基層糖尿病與體重管理創新實踐論壇。多位專家學者分享了各自的工

作成果。內地在基層糖尿病治療上愈加成熟。其中論壇中講述的人工智能在基層糖尿病管理中的應用，讓我印象深刻。論壇結束後，幾位內地專家也熱情與我們交流，給我們介紹長沙的特色。我們也歡迎他們未來到香港來看看香港的醫療和城市。

除了參加大會活動，我們還在空餘時間遊覽了長沙的名勝。長沙是有名的不夜城，即使已經將近10點，五一廣場附近依舊熱鬧非凡。我們遊覽了太平老街和坡子街，感受到長沙的熱鬧煙火。我們也品嚐了長沙小食，臭豆腐、醬板鴨等。

這次的長沙之行，讓我切身體會到內地醫療與生活日新月異的進步，更讓我感受到同仁們熱切求知、精益求精的態度，讓我看到了未來智慧醫療智慧城市的發展前景。希望未來有更多這樣的機會，能夠多與兩岸同仁交流，共同為家庭醫學發展作出努力！



「分論壇四」分享



會場合照（左起：李詩悅醫生、溫廣瑜醫生、王華力醫生、何家銘醫生、陳曉瑞醫生、王恒輝醫生、彭旭醫生、香港家庭醫學學院總經理蘇薇女士）

Plagiarism: A Serious Offence in Medicine and Academia

Dr. Eric K P LEE

Clinical Associate Professor, JCSPHPC, The Chinese University of Hong Kong

Member, Research Segment Subcommittee, Specialty Board

What is plagiarism?

Plagiarism occurs when someone presents another person's ideas, words, data, or work as their own without proper acknowledgement. This includes copying text verbatim without quotation and citation, paraphrasing ideas without crediting the original source, submitting work written by someone else, re using one's own previously submitted work without adequate acknowledgement (i.e. self plagiarism), or providing incomplete or inaccurate citations. All forms of plagiarism, including "accidental" ones, misrepresent authorship and constitute academic dishonesty.

Why is plagiarism harmful?

Plagiarism is a form of intellectual theft and a serious breach of professional ethics. In academic and medical settings, it undermines integrity, erodes trust between students, teachers, clinicians, and researchers, and compromises the credibility of scientific work. For students and doctor trainees, plagiarism bypasses the learning process entirely, creates a false sense of competence, and may ultimately result in unearned or misleading academic or professional credentials or qualifications. Widespread plagiarism ultimately stifles the development of new ideas and undermines the advancement of research and new knowledge.

International standards reinforce its seriousness - the International Committee of Medical Journal Editors (ICMJE) considers plagiarism a violation of authorship and scientific integrity, while Committee on Publication Ethics (COPE) distinguishes between minor plagiarism (e.g., a few uncited sentences) and major plagiarism (e.g. copying substantial portions of text or ideas).¹

How is plagiarism detected?

Although hints of plagiarism (e.g. inconsistencies in writing and referencing style) can sometimes be noticed manually, it is most commonly identified using specialised detection software such as Turnitin, SafeAssign, Scribbr, and, in Hong Kong, VeriGuide. These systems compare submitted work against vast databases of websites, published literature, and previous student submissions. They also analyse sentence structure, enabling detection of both direct copying and poorly executed paraphrasing. A similarity index is typically generated by these programme - Although there is no universal "safe" threshold, similarity above roughly 15–25% often prompts manual review to decide whether plagiarism is present.

What are the consequences?

Because plagiarism is a breach of integrity rather than a simple academic mistake, consequences can be severe. Students and trainees may receive a zero on an assignment, fail a course, or in serious cases be suspended or dismissed

from their programme. Records of misconduct may affect future applications for training or postgraduate opportunities.

In clinical and professional settings, any form of dishonesty (including plagiarism) raises concerns about an individual's suitability to practise and may trigger formal fitness-to-practise investigations. For medical doctors, and doctors-in-training, plagiarism can therefore have far-reaching consequences. These may include failure of the affected assignment or training rotation, removal from training programmes, and disciplinary action by medical councils—up to and including suspension or permanent removal from the medical register. Additional repercussions may involve termination of employment, reputational damage within the profession, and in some cases mandatory remediation or professionalism training. A well-documented example occurred in the UK in 2016, when psychiatrist Dr. Aliveni Ramanujam was permanently struck off the medical register for repeated plagiarism and dishonesty in both academic work and clinical documentation.²

How to avoid plagiarism?

A simple guiding principle applies: if an idea, phrase, or sentence did not originate from you, give proper credit. When paraphrasing, read the source, set it aside, and rewrite the idea in your own sentence structure before citing it. Use quotation marks whenever wording is reproduced exactly. Avoid "patchwriting," where copied fragments are lightly edited and stitched together, and never reuse your own previous work without explicit permission and acknowledgement. Remember that images, figures, tables, and diagrams also require proper citation, and in many cases copyright permission. Using essay writing services or "paper mills" is strictly prohibited.

Be especially cautious when using AI tools such as ChatGPT or Grammarly: AI generated text may contain fabricated references, incorrect paraphrases, or unattributed source material. Submitting such text without verification is considered academic misconduct.

Finally, always screen your work using tools such as VeriGuide before submission. If your writing may resemble work by senior colleagues that is not publicly available, you may upload those documents to the system to avoid inadvertent similarity.

For a more detailed description of plagiarism, the readers may visit a dedicated webpage of the University of Oxford (<https://www.ox.ac.uk/students/academic/guidance/skills/plagiarism>).

Reference:

1. COPE Council. COPE Flowcharts and infographics — Plagiarism in a published article — English. <https://doi.org/10.24318/cope.2019.2.2>
2. Dyer, Clare. "Psychiatrist Struck off for Repeated Plagiarism." *BMJ* 2016; 354 doi: <https://doi.org/10.1136/bmj.i4872>

Do it Yourself! A new option for cervical cancer screening: HPV self-sampling, now available in Hong Kong

Cervical cancer remains a preventable disease, yet many women in Hong Kong are still not screened regularly despite years of public education and availability of cervical screening services in both public and private sectors. According to the Population Health Survey 2020–22, only 52.1% of women aged 25–64 have ever had cervical screening and, among these, only 38.4% had screening within the past five years.¹ Women who have never had cervical cancer screening, those who do not screen regularly or those who have not had one within the routine screening period, should be actively recruited for regular cervical cancer screening.²

Human papillomavirus (HPV) is the main cause of cervical cancer, and persistent infection with high-risk HPV types can lead to precancerous changes and invasive cancer if undetected. HPV testing, either alone or co-tested with cytology, is now the preferred primary screening method in many settings because of higher sensitivity and longer protection after a negative result compared with cytology.³ HPV self-sampling offers an additional, potentially more acceptable route to deliver HPV testing and may help close the persistent screening gap in Hong Kong.

What is HPV self-sampling?

HPV self-sampling is a method of cervical cancer screening in which a woman uses a swab to collect a vaginal sample herself, which is then sent to the laboratory for high-risk HPV testing. HPV is present throughout the vaginal canal, so a sample taken from the vagina – without the need to reach the cervix – can be sufficient for HPV DNA testing when appropriate assays are used.

In practice, the woman is provided with a sterile flocked swab and collection tube, performs sampling in a private space in healthcare settings, and returns the labelled tube to the healthcare provider for processing on a validated HPV assay for self-collected specimens. The result allows earlier identification of women at higher risk of HPV infection so that further investigations and timely follow-up can be arranged.

Evidence: accuracy and impact

Systematic reviews and meta-analyses have shown that, when polymerase chain reaction (PCR)-based high-risk HPV assays are used, testing on self-collected vaginal samples is as sensitive as testing on clinician-collected cervical samples for detecting CIN2+. In the updated BMJ meta-analysis by Arbyn et al., PCR-based assays on self-samples had relative sensitivity for CIN2 and CIN3 very close to unity (0.99) compared with clinician samples, with specificity only about 2% lower. Signal-amplification

HPV assays, by contrast, were significantly less sensitive and slightly less specific on self-samples, highlighting the importance of using PCR-based platforms for self-sampling programmes.⁴

A more recent meta-analysis focusing on test concordance found high agreement between self-collected and clinician-collected samples, with pooled overall agreement of about 88.7%, positive agreement 84.6%, negative agreement 91.7%.⁵

Beyond test accuracy, self-sampling has been shown to improve participation in under-screened women. In the updated BMJ meta analysis by Arbyn et al., several randomised trials in underserved communities reported high participation rates (often exceeding 75%) when self sampling devices were directly offered, although overall response rates varied substantially between settings.⁴

HKCOG addendum: how to use self-sampling in Hong Kong

The Hong Kong College of Obstetricians and Gynaecologists (HKCOG) issued an addendum in January 2026 to the 2024 Guidelines for Cervical Cancer Prevention and Screening, specifically addressing HPV testing on self-collected vaginal samples. The key messages are:³

- Clinician-collected cervical samples remain the standard of care for cervical cancer screening, and self-collected vaginal samples for HPV testing are acceptable alternatives for cervical cancer screening.
- The target population for HPV self-sampling is average-risk, asymptomatic women aged 30-64 years (or > 25 years if had HPV vaccination*) with a cervix and have a history of sexual activity.
 - *At Well Women Satellites, HPV self-sampling is currently provided to eligible women aged from 30-64 years.
- Self-sampling has the potential to increase screening uptake by overcoming patient-, clinician- and system-level barriers associated with clinician-collected samples.

The addendum also provides detailed management guidance:

- After a negative high-risk HPV test on a self-collected sample, a three-year screening interval is recommended.
- If the self-collected vaginal sample is positive for HPV 16 and/or 18, direct referral to colposcopy with concurrent cervical cytology is recommended.
- If the self-collected vaginal sample is positive for other high-risk HPV types (non-16/18) or where only “high-risk HPV positive” (untyped) is reported, the

woman should undergo clinician-collected cervical sampling for triage test (cytology or p16/Ki-67 dual-stain), and subsequent management should follow the 2024 HPV primary testing algorithm.

- Inadequate or inconclusive self-samples should be repeated at any time.

Self-sampling is currently not recommended for symptomatic women (especially those with abnormal bleeding or discharge), women after hysterectomy with removal of cervix, immunocompromised women, or women in surveillance after previous abnormal results, colposcopy or treatment; in these settings, clinician-collected samples are preferred.

Women Wellness Satellites

The Women Wellness Satellites (WWSs) is part of the primary healthcare network of the Primary Healthcare Commission under the Health Bureau. WWSs work collaboratively with District Health Centres/Expresses (DHCs/Es) in all 18 districts across Hong Kong to provide eligible women with prevention-based, personalised primary healthcare services including health assessment and counselling for women's health conditions, cancer screening (according to individual needs and risk assessment by doctors), vaccinations (HPV, HBV, HZV, SIV) and health education (e.g. talks for menstrual health, sexual health, peri-menopause, breast cancer and cervical cancer, etc.). WWS services adopt a co-payment model. Eligible individuals will receive partial subsidy from the Government and pay a designated co-payment fee. According to the assessment and screening results, WWSs will refer women to Family Doctors or other healthcare institutions for follow-up if indicated.

HPV self-sampling at Women Wellness Satellites

At Women Wellness Satellites (WWS), women aged 30 to 64 with an intact cervix and who have ever had sexual experience may opt for HPV self-sampling as a cervical cancer screening method, including those who have never been screened or do not attend screening regularly. Healthcare providers will assess medical history and individual risk to determine the appropriate cervical screening options.

Then medical staff will arrange a private space and provide a validated self-sampling kit and clear instructions to women opting for HPV self-sampling. The essential steps are:

1. Wash hands thoroughly with soap and water.
2. Open the package, unscrew the cap and remove the swab, holding it at the marked position and avoiding contact with the tip.
3. Stand in a comfortable position, relax abdominal and pelvic floor muscles.

4. Gently insert the swab into the vagina until the fingers are at the vaginal opening.
5. Rotate the swab around the vaginal wall for about 10–30 seconds to collect the sample.
6. Replace the swab in the tube, close the cap firmly and return the tube to the healthcare staff.

Women are encouraged to undergo regular cervical cancer screening. Any new symptoms (inter-menstrual, post-coital or post-menopausal bleeding, persistent discharge) warrant prompt clinical assessment regardless of previous negative results.

Implications for family physicians

A pilot HPV self-sampling programme commenced at three TWGHs Women Wellness Satellites on 31 December 2025, following the HKCOG selection criteria and management pathways, with clear workflows for counselling, eligibility assessment, specimen handling and medical follow-up.

For family physicians in Hong Kong, HPV self-sampling should be viewed as a complementary tool to clinician-based screening that can help reach women who are reluctant to undergo speculum examinations, are chronically under-screened, or face logistic and socio-cultural barriers. In light of local screening coverage (only about half ever screened and fewer than 40% screened within five years), and global calls to achieve the WHO 90-70-90 cervical cancer elimination targets by 2030, integrating appropriate self-sampling into primary care offers a pragmatic route to expand reach while maintaining high test performance through the use of validated PCR-based assays and guideline-driven triage algorithms.



HPV self-sampling kit

Reference:

1. Centre for Health Protection: Report of Population Health Survey 2020-22
2. HKCOG Guidelines for Cervical Cancer Prevention and Screening Jan 2024
3. HKCOG Addendum to Guidelines for Cervical Cancer Prevention and Screening Jan 2024: Guidance on Self-collected Vaginal Samples for HPV testing
4. Arbyn M, Smith S B, Temin S, Sultana F, Castle P. Detecting cervical precancer and reaching underscreened women by using HPV testing on self samples: updated meta-analyses BMJ 2018; 363 :k4823 doi:10.1136/bmj.k4823
5. Arbyn M, Castle PE, Schiffman M, Wentzensen N, Heckman-Stoddard B, Sahasrabudde W. Meta-analysis of agreement/concordance statistics in studies comparing self- vs clinician-collected samples for HPV testing in cervical cancer screening. Int. J. Cancer. 2022; 151(2): 308-312. doi:10.1002/ijc.33967

Compiled by Dr. Ho Shu Wan

The Diary of a Family Doctor【家庭醫生的日常】

《濕疹的陰謀》

蔡雄宇醫生

72歲的老婆婆的皮膚患有濕疹5年，在家庭醫學診所覆診，她經常用牙籤去挑穿自己的皮膚直到出血才停止。覆診幾次，處方了口服的止痕藥、類固醇藥膏、潤膚膏以及用豬油膏洗澡，情況都未見有明顯改善。

醫生：「近排又到冬天，皮膚會較乾燥，有無好痕啊？」

婆婆：「痕到瞓唔到阿！我用牙籤去篤佢止痕。」

醫生：「上次咪同你講左愈篤會愈痕，傷口仲有機會感染添。點解仲要繼續用牙籤？」

婆婆：「醫生，真係好痕，你唔明，唔留血佢唔會止痕。我仲用熱水去浸下雙手，咁先瞓到，D止痕藥都無用。」

醫生：「你知唔知點解你會有濕疹？」

婆婆：「我知，因為我哥哥5年前在飲茶的時候落左D佢自己濕疹皮膚出的水在我杯茶度，所以我咪開始有濕疹。」

醫生：「你會唔會睇錯咗啊？」

婆婆：「我肯定係佢想害我，我自從嗰次之後我就同佢斷絕來往。」

醫生：「會唔會係一場誤會，佢唔小心觸碰到你的茶杯？」

婆婆：「你唔好幫住佢，佢就係想害成我咁。我唔挑到出血，點樣可以將毒排出黎！」

醫生：「既然你痕到瞓唔到，不如我轉介你去精神科睇下可唔可以幫到你訓覺好唔好？」

婆婆：「瞓唔到真係好辛苦，好阿醫生，你寫轉介信俾我。」

原來婆婆患有妄想症(Delusional Disorder)，這是她妄想出來的情況，她並沒有其他像精神分裂病的徵狀如被害妄想、幻聽或自言自語，她照顧到自己的起居飲食，亦繼續每天做清潔工。雖然她最終沒有到精神科就診，但有人了解到這濕疹的陰謀，家庭醫生終於有新方向幫助婆婆。

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

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



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

Hong Kong Primary Care Conference 2026 “Overcoming Challenges for Sustainable Primary Care: Innovation, Collaboration and Leadership”

26 – 28 June 2026 (Friday – Sunday)

Time truly flies, and we are delighted once again to welcome you to the Hong Kong Primary Care Conference (HKPCC) 2026, taking place from 26 to 28 June 2026 at the Hong Kong Academy of Medicine Jockey Club Building in Aberdeen, Hong Kong.

This year’s theme, “Overcoming Challenges for Sustainable Primary Care: Innovation, Collaboration, and Leadership” could not be more timely. Hong Kong’s healthcare system continues to face mounting pressures - an aging population, the rising prevalence of chronic diseases, workforce shortages among doctors and nurses, and an overstretched public sector. These challenges underscore the urgent need for systemic reform, optimal resource allocation and a more holistic approach to healthcare. In response, the Government has demonstrated a strong commitment to healthcare transformation by shifting the focus from a hospital-based, curative model to a community-oriented, preventive care framework as outlined in the Primary Care Blueprint. A key reform initiative is the promotion of the “Family Doctor for All” concept, supported by the Chronic Disease Co-Care (CDCC) Pilot Scheme launched in 2023. This initiative aims to establish a family doctor system, with District Health Centers (DHCs) serving as community hubs to reinforce the primary healthcare network. Family doctors are the cornerstone of primary healthcare, providing community-based, continuous care that adapts to our patients’ changing needs. Through innovation, interdisciplinary collaboration, and effective leadership, they are leading the charge towards sustainable, high quality primary care capable of meeting rising demands and complex challenges.

The HKPCC has long been a hallmark event for academic exchange, professional networking, and innovation in primary care. Join us to gain the latest insights in family medicine and primary healthcare through a rich and well-curated scientific program featuring inspiring plenary lectures, interactive forums, hands-on workshops, and engaging seminars. We have recently received numerous abstracts for our free paper and clinical case competitions from both local and international contributors, reflecting the growing regional prominence of our flagship conference.

We look forward to welcoming you all for another insightful and inspiring experience.

Sincerely yours,



Dr. Lorna V. NG
Chairlady, Organising Committee
Hong Kong Primary Care Conference 2026



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The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2026 “Overcoming Challenges for Sustainable Primary Care: Innovation, Collaboration and Leadership”

26 – 28 June 2026 (Friday – Sunday)

Welcome Message from the President

Welcome to the Hong Kong Primary Care Conference (HKPCC) 2026! The theme of the conference this year is “Overcoming Challenges for Sustainable Primary Care: Innovation, Collaboration and Leadership”.

The HKPCC is an important annual scientific event organised by the Hong Kong College of Family Physicians for family doctors, nurses and allied health professionals. We have invited many local and international experts to share their expertise and experience with us. The Conference serves as a great platform for fostering potential collaborations as well as a valuable networking gateway amongst academics, practising clinicians and management colleagues alike.

The rich scientific programme of the Conference is packed with attractive plenaries and seminar sessions. Hot topics on the menu include the development of primary healthcare system in the Greater Bay Area, safeguarding of vulnerable patients, chronic disease management, update on sexual health, lifestyle medicine, and artificial intelligence (AI) in medical practice in the Asia Pacific region; just to name a few. As with the previous years, there are full research paper competition, clinical case competition, and posters on display. Workshops on non-pharmacological therapies in traditional Chinese medicine, advanced medical directives (AMDs), ultrasound-guided joint injection, cryotherapy for common dermatology lesion, and practical skills on managing back pain in the primary care setting are also on offer.

I look forward to meeting you at the HKPCC 2026 and wish you all a very fruitful Conference ahead!



Dr. David V.K. CHAO
President
The Hong Kong College of Family Physicians



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

Hong Kong Primary Care Conference 2026

“Overcoming Challenges for Sustainable Primary Care: Innovation, Collaboration and Leadership”

26 – 28 June 2026 (Friday – Sunday)

Scientific Programme at-a-glance

More
conference
details:



E-promotional
booklet:



Date	26 June 2026 (Friday) Pre-conference			
Time				
19:00 - 19:30				
19:30 - 20:30	Sponsored Online Seminar	Sponsored Dinner Symposium <i>(at Cordis Hotel, Mong Kok, Kowloon)</i>	Workshop 1 Non-Pharmacological Therapies in Traditional Chinese Medicine: An Overall Introduction and Hands-on Practice <i>Mr. HO Chin Pong</i>	Workshop 2 A Virtual Reality of Choice: A Practical Workshop on Advance Medical Directives (AMDs) and Clinical Scenarios <i>Dr. Nick TSUI</i>

Date	27 June 2026 (Saturday) Day 1			
Time				
13:45 - 14:30	Registration and Welcome Drinks			
14:30 - 15:00	Opening Ceremony			
15:00 - 15:45	Plenary I Hong Kong Primary Healthcare Development - A Present Continuous Tense <i>Dr. Cecilia Y.M. FAN, JP</i>			
15:50 - 16:30	Plenary II (Putonghua session 普通話會場) The Development and Future Direction of Primary Healthcare System in the Greater Bay Area/Mainland China 大灣區 / 中國內地基層醫療體制的發展及未來方向 <i>Prof. WANG Jia Ji 王家驥教授</i>			
16:30 - 17:00	Coffee Break & Poster Presentation (Part 1)			
17:00 - 18:15	Discussion Forum 1 (Putonghua session 普通話會場) Greater Bay Area Healthcare System: Collaboration & Implication on Medical Education & Training to Primary Care Providers 大灣區基層醫療：協作及其對基層醫療服務提供者於醫學教育與培訓的影響 <i>Dr. LAM Kuo 林泉醫生, Dr. LIANG Jun 梁峻醫生 & Dr. ZHANG Dan Xia 張丹霞醫生</i>	Discussion Forum 2 Safeguarding of Vulnerable Patients - Medical, Legal and Social Aspects <i>Ms. AU YEUNG Wing Yee, Dr. Anna W.F. CHENG, Dr. Mike Y.W. KWAN & Prof. Albert LEE</i>	Workshop 3 Ultrasound-guided Joint Injection <i>Dr. Regina W.S. SIT</i>	Workshop 4 Cryotherapy for Common Dermatology Lesion <i>Dr. Steven K.F. LOO</i>
18:15 - 18:30	Seminar A Sexual Health Updates <i>Dr. Francois Y. FONG</i>	Seminar B From Adolescence to Aging: Integrating Lifestyle Medicine for Health Across the Lifespan <i>Prof. Carmen WONG</i>		
18:30 - 19:00				
19:05 - 20:35	Sponsored Dinner Symposium			

Date	28 June 2026 (Sunday) Day 2				
Time					
08:30 - 09:00	Registration				
09:00 - 09:30	Seminar C Managing Chronic Diseases: Current Insights and Effects of Cancer Medications <i>Dr. Eric K.P. LEE & Dr. SO Tsz Him</i>	Seminar D Precision Medicine <i>Prof. Juliana C.N. CHAN & Dr. Becky M.Y. MA</i>	Seminar E Osteoporosis Screening, Management Cutoff and Dental Assessment before Treatment <i>Dr Yolanda Y.H. LAW & Dr Risa OZAKI</i>	Free Paper - Oral Presentation (Part 1)	
09:30 - 09:45					
09:45 - 10:00					
10:00 - 10:30	Coffee Break & Poster Presentation (Part 2)				
10:30 - 11:45	Discussion Forum 3 AI in Medical Practice in Asia Pacific Region <i>Dr. Adina Binti ABDULLAH, Dr. Alfred S.K. KWONG & Prof. NG Chirk Jenn</i>	Discussion Forum 4 Updates on Preventive Care <i>Dr. Maria K.W. LEUNG, Prof. Hextan Y.S. NGAN & Dr. Esther Y.T. YU</i>	Clinical Case Presentation Competition and Awards Presentation of Outstanding Poster Presentation Award	Free Paper - Oral Presentation (Part 2) & Full Research Paper Awards Presentation*	Workshop 5 Hands-on Workshops on Upper Back Pain Commonly Seen by Family Physicians <i>Dr. AU Chi Lap</i>
11:50 - 12:30	Plenary III				
12:35 - 14:05	Sponsored Lunch Symposium [GSK] Prevention Starts in Primary Care: Optimizing Protection Against Herpes Zoster and RSV in Diabetes Speaker: Prof. David T.W. LUI [Amgen] Community-based Osteoporosis Screening and Management Framework for Primary Care in Hong Kong Speaker: Prof. CHEUNG Ching Lung				

*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 Organising Committee reserves the right to make changes to the programme without notice as and when deemed necessary prior to the Conference.



Hong Kong
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Hong Kong Primary Care Conference 2026

“Overcoming Challenges for Sustainable Primary Care: Innovation, Collaboration and Leadership”

26 – 28 June 2026 (Friday – Sunday)

Registration is now open.
For registration details:



Registration Information

Online Registration Deadline: 14 June 2026 (Sunday)

A) Conference Registration *(required)*

	Early Bird Rate <i>(until 30 April 2026)</i>	Regular Rate <i>(until 14 June 2026)</i>	On-site Rate <i>(from 15 June 2026)</i>
HKCFP Members (excl. student members):	HK\$360	HK\$480	HK\$600
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 27 - 28 June 2026 (Saturday - Sunday).
- For on-site registrants, complimentary conference souvenirs will be given subject to stock availability.

B) Conference – General

- **Pre-conference Dinner Symposium:**
Friday, 26 June 2026, 19:00 – 20:30 at Cordis Hotel, Mong Kok
- **Dinner Symposium:**
Saturday, 27 June 2026, 19:05 – 20:35 at HKAM Jockey Club Building
- **Lunch Symposium:**
Sunday, 28 June 2026, 12:35 – 14:05 at HKAM Jockey Club Building

(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.

26 June 2026 (Friday)	19:00 20:30	Workshop 1 Non-Pharmacological Therapies in Traditional Chinese Medicine: An Overall Introduction and Hands-on Practice	HK\$700
	19:00 20:30	Workshop 2 A Virtual Reality of Choice: A Practical Workshop on Advance Medical Directives (AMDs) and Clinical Scenarios	HK\$700
27 June 2026 (Saturday)	17:00 18:30	Workshop 3 Ultrasound-guided Joint Injection	HK\$700
	17:00 18:30	Workshop 4 Cryotherapy for Common Dermatology Lesion	HK\$700
28 June 2026 (Sunday)	09:30 11:45	Workshop 5 Hands-on Workshops on Upper Back Pain Commonly Seen by Family Physicians	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 15 May 2026**: A full refund will be provided, minus any bank charges and related transaction fees.
- Withdrawal of registration **after 15 May 2026**: **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.

Diploma in Family Medicine (HKCFP) 2026-2027

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 2026.

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 2026	Module I
October to December 2026	Module II
August 2026 to April 2027	Module III, IV & V
April 2027	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\$47,000 for members of HKCFP

HK\$94,000 for non-members

(A discount of HK\$3,000 for early bird applications on or before 31 May 2026)

Individual Modules:	Members	Non-members
Module I (Distance Learning – Principles of Family Medicine)	\$6,000	\$12,000
Module II (Distance Learning – Common Problems in Family Medicine)	\$6,000	\$12,000
Module III (Structured Lectures & Seminars)	\$6,100	\$12,200
Module IV (Updates & FM Clinical Skills Enhancements)	\$5,800	\$11,600
Module V (Practical Workshops)	\$7,600	\$15,200
Examination	\$13,600	\$27,200
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:

- A 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\$2,000 by crossed cheque payable to "HKCFP Education Limited". This fee is non-refundable;
- A Course Fee of HK\$47,000 (or HK\$94,000 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 2025 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 2026

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 2026-2027

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\$ 2,000			
<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\$2,000 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 or Ms. Nana CHOY by email to dfm@hkcfp.org.hk for any enquiries.

Application Deadline: 30 June 2026

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

Meeting Highlights

Online CME Lecture on 5 March 2026

Dr. Wilson LAM, Specialist in Infectious Disease, delivered a lecture on "Beyond the Headlines: COVID-19 Updates, Local Burden, and Why Vaccination Still Matters".



A screenshot taken on 5 March 2026
Dr. Wilson LAM (left, Speaker) and Dr. AU YEUNG Shiu Hing (right, Moderator)

CME Lecture on 18 March 2026

Dr. LEE Cheung Hong, Specialist in Orthopaedics & Traumatology, delivered a lecture on "OA Hip Knee Shoulder and Robotic Surgery".



Dr. CHAN Ka Shing, Ricky (left, Moderator) presenting a souvenir to Dr. LEE Cheung Hong (right, Speaker).

Saturday Symposium on 14 March 2026

Dr. TSUI Tsun Miu, Specialist in General Surgery, delivered a lecture on "Looking through MASLD - The emerging silent pandemic from surgeon perspective"; Dr. CHAN Man Hin, Specialist in Otorhinolaryngology, delivered a lecture on "Strengthening the expertise and clinical strategies in managing vertigo"; Dr. SHAM Chak On, Specialist in Paediatrics, delivered a lecture on "Optimizing the management of acute diarrhea - what is the right approach?".



Dr. CHAN Man Li (right, Moderator) presenting a souvenir to Dr. TSUI Tsun Miu (left, Speaker).



Dr. CHAN Man Li (right, Moderator) presenting a souvenir to Dr. CHAN Man Hin (left, Speaker).



Dr. CHAN Man Li (right, Moderator) presenting a souvenir to Dr. SHAM Chak On (left, Speaker).

Advanced Primary Care Life Support (APCLS) Training and Examination Workshop 2026

Advanced Primary Care Life Support (APCLS) Training and Examination Workshop were held on 1 February and 22 March 2026 respectively.



Dr. WONG Ka Wah (left, Moderator) presenting a souvenir to Dr. HO Man Kam (right, Speaker).

Advance Medical Directive (AMD) Seminar for Primary Care Doctors on 28 March 2026

Dr. NG Sheung Ching, Jeffrey, Specialist in Palliative Medicine, delivered a lecture on "Navigation of AMD under the forthcoming Advance Decision on Life-sustaining Treatment Ordinance: Key principles and related requirements"; Dr. LEUNG Lam Ming, Jess, Specialist in Psychiatry, delivered a lecture on "AMD related medical-legal consideration and mental capacity assessment and related documentation"; Dr. CHAN Chung Yuk, Alvin, Specialist in Family Medicine, Dr. CHOW Kam Fai, Specialist in Family Medicine and Dr. YIU Yuk Kwan, Specialist in Family Medicine, delivered a lecture on "Common scenarios and challenges of Advance Care Plan and Advance Medical directive in Primary Care: How to approach, how to initiate discussion appropriately and legal perspective with special relevance to primary care".



Group photos taken on 28 March 2026
From left to right: Dr. CHOW Kam Fai (Speaker), Dr. LEUNG Lam Ming, Jess (Speaker), Dr. NG Sheung Ching, Jeffrey (Speaker), Dr. YIU Yuk Kwan (Speaker), Dr. CHAN Chung Yuk, Alvin (Moderator & 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 observe appropriate dress code to the hotel for the Scientific Meeting.

Online Monthly Video Sessions

Dates and Time	Topics
29 May 2026 (Fri) 2:30 – 3:30 p.m.	“New Treatments in Atopic Dermatitis” by Dr. LAI Yik Kiu Dominic

QR Codes for registration



Accreditation : 1 CME Point HKCFP (Cat. 4.2)
1 CME Point MCHK (pending)
Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log)

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

Admission Fee : Member Free
(For all online seminars) Non-member HK\$ 100.00 for each session

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

Registration Method : Please register via the registration link to be sent by email later or scan the QR code above. For enquiry about registration, please contact Ms. Minny Fung by email to education@hkcfp.org.hk or call 2871 8899. Thank you.

Notes : Online Events

1. In case of over-subscription, the organizer reserves the right of final decision to accept registration.
2. The link to join the webinar **SHOULD NOT** be shared with others as it is unique to each individual who has completed prior enrolment procedures. If additional attendee(s) is/are found using the same unique link to join the webinar with you, all attendees joining the lecture via your unique link would be dismissed. You can only login with one device at a time. CME point(s) would only be given to those on the pre-registration list and attended the lecture.
3. Please note you can just attend **ONE** CME activity at a time. If found you are attending more than one CME activity simultaneously by the CME administrator later, you may NOT be able to receive the CME point(s).
4. Members who have attended less than 75% of the length of the online lecture may not be able to receive CME. Final decision would be subject to the approval of the related Board / Committee.
5. **Please be reminded to complete and submit the *MCQs or survey after the session for HKCFP and MCHK CME point(s) accreditation. (*MCQs/ True or False Questions; 50% or above of correct answers are required)**
6. Please be reminded to check the system requirements beforehand to avoid any connection issues.
7. Due to copyright issue, please note private recording of the lecture is prohibited.
8. Registration will be closed 3 days prior to the event.

Structured Education Programmes

Free for members
HKCFP 2 CME points accreditation (Cat 4.3)

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
Wednesday, 06 May 2026			
14:30 - 17:00	SB1036, 1/F, Special Block, Tuen Mun Hospital	Abnormal Blood Test Results: Liver Function Test Dr. FONG Lok Ki	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Organ Donation & Transplantation Dr. PANNU Prubdial Singh, Dr. CHAN Ming Chak, Angus	Ms. Emily LAU Tel: 3506 8610
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Sharing on Global Chinese Dermatology Summit 2025 Dr. CHEUNG Chi Hong David	Ms. Cherry WONG Tel: 2589 2337
15:30 - 17:30	Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH	Application of LAP in Consultation Dr. WONG Ka Yan, Judy, Dr. CHAN Lok Hin, Dr. CHONG Lok Man	Ms. LiLi YUNG Tel: 5569 6405
Thursday, 07 May 2026			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Update in Management of Diabetes in Hong Kong Dr. LIANG Kai Ting, Dr. HO Tsz Bun	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 13 May 2026			
14:30 - 17:00	SB1032, 1/F, Special Block, Tuen Mun Hospital	What is Motivational Interviewing? Which Patient Need and How it to Apply in Clinical Setting? Dr. LI Ronald Muk Lam	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Common Symptoms in Dermatology (1) (Skin Rash) Dr. NG Chui Ling, Dr. CHAN Winston	Ms. Emily LAU Tel: 3506 8610
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Knowing the Professional Bodies in Medical Ethics: MPS and Medical Council Dr. FUNG Yan Ning, Elaine	Ms. Cherry WONG Tel: 2589 2337
15:30 - 17:30	Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH	Exercise Prescription Dr. TANG Yeung On, Dr. TONG Hei Ka, Anson, Dr. NG Wang Ho, Rex	Ms. LiLi YUNG Tel: 5569 6405
Thursday, 14 May 2026			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	What are the Pregnancy Related Psychological/Psychiatric Problems? How to Approach? Dr. AU Hin Fung, Dr. CHANG Ting Ting	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 20 May 2026			
14:30 - 17:00	Rm5019, 5/F, Rehab Block, Tuen Mun Hospital	Preventive Measure for Refractive Error in Children Dr. TAM Tsz On	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Consultation Enhancement (Physical examination: Shoulder and Video consultation) Dr. CHENG Tsz Wai, Sam, Dr. MAK Ka Wai, Stephanie	Ms. Emily LAU Tel: 3506 8610
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Journal Club Presentation on Reproduction and Sexuality Dr. FUNG Yan Ning Elaine, Dr. LO Yan Yeung Vincent, Dr. LIU Lok Wan Christy, Dr. TSE Ping Yu Clarice, Dr. LEE Chun Ki	Ms. Cherry WONG Tel: 2589 2337
Thursday, 21 May 2026			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Screening Tools for Dementia Dr. LEE Hsin Yi, Dr. FAN Siu Wai	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 27 May 2026			
14:30 - 17:00	SB1032, 1/F, Special Block, Tuen Mun Hospital	A Comprehensive Guide to the General Outpatient Clinic (GOPC) Manual for Enhancing Primary Care Services Dr. LEE Chi Lung	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Emergency Infectious Disease Dr. WAN Tsz Yan, Grace, Dr. TAM Timothy Tin Yue	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	Emergency of Eye Problems Dr. WONG Wing Kwan, Leo, Dr. KWOK Sum Yi, Claris, Dr. CHENG Wai Man, Alice	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Common Symptom Complaints - Nail Changes Dr. YAU Kwan Ming, Jeremy	Ms. Cherry WONG Tel: 2589 2337
Thursday, 28 May 2026			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Enhancing Elderly Care: A Family Physician's Role in Hong Kong's Aging Population Services Dr. NG Wing Hin, Dr. LEUNG Hor Yee	Ms. Eliza CHAN Tel: 2468 6813

COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Apr	27	28	29 2:30 – 7:00 p.m. Structured Education Programme	30 4:00 – 6:00 p.m. Structured Education Programme	1 May	2
3	4	5	6 2:30 – 7:00 p.m. Structured Education Programme	7 4:00 – 6:00 p.m. Structured Education Programme	8	9
10	11	12	13 2:30 – 7:00 p.m. Structured Education Programme	14 4:00 – 6:00 p.m. Structured Education Programme	15	16 2:30 – 4:40 p.m. Certificate Course in ENT 12:30 – 5:00 p.m. World Family Doctor Day Event
17 12:30 – 5:00 p.m. World Family Doctor Day Event	18	19	20 2:30 – 7:00 p.m. Structured Education Programme	21 4:00 – 6:00 p.m. Structured Education Programme 8:30 – 11:30 p.m. HKCFP Council Meeting	22	23
24	25	26	27 2:30 – 7:00 p.m. Structured Education Programme	28 4:00 – 6:00 p.m. Structured Education Programme 8:00 – 10:00 p.m. Board of Conjoint Exam Meeting	29 2:30 – 3:30 p.m. Online Video Session	30 DFM Written Exam
31 DFM Written Exam	1 Jun	2	3 2:30 – 7:00 p.m. Structured Education Programme	4 4:00 – 6:00 p.m. Structured Education Programme	5	6 2:30 – 4:40 p.m. Certificate Course in ENT

FP LINKS EDITORIAL BOARD

Red : Education Programmes by Board of Education
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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3rd row (from left to right) : Dr. Dorothy Law, Dr. Heidi Fung, Dr. Christina Cheuk, Dr. Tam John Hugh, Dr. Rebecca Hou, Dr. Yip Tze Hung, Dr. Cheryl Chan
2nd row (from left to right) : Dr. Gavin Sin, Dr. King Chan, Dr. Will Leung, Prof. Martin Wong, Dr. Sze Hon Ho, Dr. David Cheng, Dr. John Wu
1st row (from left to right) : Dr. Maria Leung, Dr. Anita Fan, Dr. Judy Cheng, Dr. Wendy Tsui, Dr. Catherine Ng, Dr. Natalie Siu

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The Hong Kong College of Family Physicians

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