

Message from the President

2012 Conjoint Fellowship Examination

I attended the Conjoint FHKCFP/FRACGP Examination OSCE rehearsal and examination on October 14 and 28, respectively. It is indeed a great delight to meet old friends and see our new generation working hard for this very important examination in their career.

I would like to thank our external examiners from RACGP, Dr. Jennie Kendrick, Censor-in-Chief and Dr. Christopher Hughes, Censor, for their invaluable opinions on the examination; Dr. Chan Hung Chiu, Chairman of the Board of Conjoint Examination and Dr. Ip Pang Fei, Chief Examiner, for their outstanding leadership; Drs. Lau Ho Lim, Kenny Kung and Billy Chui, co-ordinators of the KFP, MCQ and OSCE sections, respectively. Gratitude also goes to the board members of the Conjoint Examination, case writers, examiners and our secretariat for their dedication and hard work to make the Examination a success.

Exit Examination Research Segment

From 2013, Research will become a new segment of our Exit Examination. Candidates can choose to submit either a clinical audit or a research report. We hope this will not only provide another choice for our higher trainees, but also promote primary care research.

The Chairlady of the Specialty Board Dr. Wendy Tsui and the new research segment co-ordinator, Dr. Billy Chiu are working very hard to prepare for this new segment.

Our Exit Examination external examiner, Professor Doris Young, and Professor Samuel Wong conducted a standardization workshop for examiners on October 27. The workshop was well attended with useful exchanges. I would like to thank Professor Young for her dedication and passion for the development of Family Medicine in Hong Kong.

RACGP College Day and GP12 Conference



(From left to right) Dr. Edwin Chan, Dr. Jennie Kendrick, Censor-in-chief of RACGP, Dr. Ruby Lee, Dr. Liz Marles, the New President of RACGP, Dr. Liang Jun, Dr. Tan Boon Yeow, Censor-in-Chief of College of Family Physicians Singapore

I attended the RACGP College Day and GP12 Conference on October 24 and 25, and met Professor Claire Jackson, the Immediate Past President of the RACGP, Dr. Liz Marles, RACGP new President, Dr. Jennie Kendrick, RACGP Censor-in-Chief, Dr. Eleanor Chew,

Conference Convenor and Queensland Faculty Chair, Mrs. Tanya Joan Plibersek, Australian Federal Minister for Health, Professor Clare Gerada, Chair, RCGP, and College Presidents and representatives from New Zealand, Singapore, Malaysia and Fiji.

Though geographically far apart, we found Family Medicine / General Practice as a discipline is facing very similar challenges. RACGP and RCGP have both recently reviewed their curriculum while we are also in the process of doing so. Greater emphasis is put on complex chronic diseases with co-morbidities, mental health and developmental child

(Continued on page 2)

THE HONG KONG
COLLEGE OF
FAMILY PHYSICIANS



Family Physicians Links

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Message from the President

health. This is because in these areas, continuous, comprehensive and coordinated care are of utmost importance. Further training beyond fellowship / membership is also found to be useful and RCGP has "GP with advanced clinical skills." The increasing "measuring, medicalization and marketization" are also noticed. In Hong Kong, this can be reflected in one recent unfortunate medical beauty incident.



Hong Kong and Beijing delegates of the conference RACGP GP 12



Overseas colleges representatives at RACGP GP 12

"Council Member-On-Duty" (CMOD) System

Dear College members,

We are still providing this alternative channel of communication for you to reach us. Do let us have your ideas and comments so that we can further improve our services to all the members.

From the period 15th November 2012 to 14th December 2012, Dr. Angus Chan and Dr. Lau Ho Lim will be the Council Members On Duty. Please feel free to make use of this channel to voice your doubts, concerns, queries, and comments about anything relating to our College and Family Medicine. You can reach us by contacting our College Secretariat by phone: 2528 6618, by fax: 2866 0616, or by email: hkcfp@hkcfp.org.hk. Once we receive your call or message, we will get in touch with you directly as soon as we can.



Dr. Angus Chan



Dr. Lau Ho Lim

Dr. Tony C. K. Lee
Co-ordinator, CMOD System

35th HKCFP Annual General Meeting and 35th HKCFP Annual Dinner

8th December 2012, Saturday

Venue: Lippo Chiuchow Restaurant (力寶軒)
Shop 4, Ground Floor, Lippo Centre, 89 Queensway, Admiralty, Hong Kong

Time: 18:00 Annual General Meeting (members only)
19:00 Annual Dinner Reception
19:30 Chinese-Style Dinner

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

To register for the **Annual General Meeting** and/or **Annual Dinner**, please contact Ms. Windy Lau on Tel: 2528 6618, or email to windy@hkcfp.org.hk as soon as possible.

Public car parks nearby:

- Murray Road Multi-storey Car Park (2 Murray Road, Admiralty)
- United Centre (95 Queensway, Admiralty)

Board of Vocational Training and Standards News

Reminder: Submission of Annual Checklist for Basic Training

To all Basic Trainees,

Please be reminded that **ALL** basic trainees must submit the annual checklist to the Board of Vocational Training and Standards either by registered post **OR** in-person **ON OR BEFORE 31st January 2013 (Thursday)**. Late submission will not be accepted.

The training experience of 2012 **WILL NOT** be accredited if the trainee fails to submit the checklist on or before the deadline.

Basic Training Subcommittee
BVTS

BVTS Sponsorship for WONCA World Conference 2013 - 25-29, June 2013 Prague, Czech Republic

The Board of Vocational Training and Standards is pleased to announce the following information on **The 20th World Conference, WONCA Prague, Czech Republic** to be held in June 2013.

Theme : Family Medicine – Care for Generations
Dates : 25-29, June 2013
Venue : Prague Congress Centre (PCC), trida 5. Kvetna 65, 140 21 Prague 4, Czech Republic
Registration Fee : Please refer to <http://www.wonca2013.com/en/registration>
Website : <http://www.wonca2013.com/en/home>

Application for sponsorship is open to all current *vocational trainees* (Basic & Higher). Please kindly submit your application for sponsorship for the conference on or before 15th January 2013 to the Chairman of the Board of Vocational Training and Standards.

All decisions are subject to the final approval of the Board.

For more information, please contact Ms. Carmen Cheng or Mr. Brian Chan at 2528 6618.

BVTS

Board of Conjoint Examination News

The Board of Conjoint Examination is pleased to announce that the following candidates passed the 26th Conjoint HKCFP / RACGP Fellowship Examination (Written Segment) 2012.

Dr. Chau Hoi Ki, Samantha	Dr. Ho Pui Gi	Dr. Tsang Sheung Yin, Stanley
Dr. Chen Xiao Qun	Dr. Hung Wai Shan, Sandra	Dr. Tse Sut Yee
Dr. Cheng Long Yee	Dr. Kwan Sze Sing	Dr. Tse Tung Wing, George
Dr. Cheung Yan Kit	Dr. Kwong Lok See	Dr. Tsui Wing Hang
Dr. Cho Yin Fan	Dr. Kwong Sheung Li	Dr. Wong Chun
Dr. Chou Chun Wing, Stephen	Dr. Leung Hung Cho	Dr. Wong Kwai Sheung
Dr. Chung Wing Yee	Dr. Leung Ka Fai	Dr. Wong Yu
Dr. Fong Ting	Dr. Leung Yuen Kin, Kenneth	Dr. Wu Chun Yu
Dr. Fu Siu Saap, Michelle	Dr. Lui How Mui	Dr. Wu Wai
Dr. Hau Sin Ying, Cindy	Dr. Mok Kwan Yeung	Dr. Yip Wing Ki
Dr. Ho Chung Yu	Dr. Or Ka Yan	Dr. Yu Man Sun

Congratulations to you all!



Dr. Chan Hung Chiu
Chairman
Board of Conjoint Examination

Board of Diploma in Family Medicine (DFM) - Lecture

Topic and Speaker :

Date	Topic	Speaker
15 Dec 2012 (Sat)	Module III – Care for the Elderly and Chronic Illness	Prof. Lam Tai Pong, Daniel

Co-ordinator : Dr. Au-yeung Shiu Hing

Board Member, The Board of Diploma in Family Medicine, HKCFP

Venue : Council Chamber, Room 802, 8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong

Time : 2:30 p.m. – 5:00 p.m. Lecture and Discussion

Accreditation : 3 CME Points HKCFP (Category 4.4)
3 CME Points MCHK

Registration Fee (Please tick as appropriate):

Date	Topic	HKCFP Member	Non-member
15 Dec 2012 (Sat)	Module III – Care for the Elderly and Chronic Illness	<input type="checkbox"/> HK\$200	<input type="checkbox"/> HK\$400

Capacity : 20 Doctors

Registration : Registration will be first come first served. For registration or enquiries, please call the College secretariat, Mr. John Lee at 2861 0220. All cheques are payable to "HKCFP Holdings and Development Limited". Please mail the cheque to Rm 802, 8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai. All fees received are non-refundable and non-transferable.

To : HKCFP, Room 802, 8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong.
(Fax: 2866 0981)

Dear Sir/ Madam,

I am a *Member/ Non-Member of the Hong Kong College of Family Physicians. (*Please delete as appropriate)

I would like to attend the lecture of **Module III** at Council Chamber, Room 802, 8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong.

Name : _____

Tel No. : _____

Email : _____

Date : _____



醫院管理局
HOSPITAL
AUTHORITY

九龍東醫院聯網
Kowloon East Cluster

United Christian Hospital

130 Hip Wo Street, Kwun Tong

Enquiry: 3513 5232

(I) Service Resident (Family Medicine and Primary Health Care) [Ref.: KEC/C032/12] Closing Date: 30th November 2012
Pay : HK\$54,579 to HK\$113,279 per month (including a Monthly Allowance) [HGPS point 30 to 44B]

Key Responsibilities : Provide clinical and related services in the specialties.

Entry Requirements :

1. A qualification registrable in Hong Kong under the Medical Registration Ordinance; AND
2. Has at least 1 year post-internship working experience in hospital.

(II) Resident Specialist (Family Medicine and Primary Health Care) [Ref.: KEC/C033/12] Closing Date: 30th November 2012

Key Responsibilities

1. Provide clinical and related services in the specialty.
2. Assist in supervising other Residents undergoing specialist training.
3. Assist in undertaking administrative work.
4. Undergo continuing medical education and professional development.

Entry Requirements

1. A qualification registrable in Hong Kong under the Medical Registration Ordinance; AND
2. Has obtained FHKAM (Family Medicine) and registered in the Specialist Register of the Medical Council of Hong Kong.

General Remarks

1. Incremental credits in recognition of relevant experience may be granted.
2. The selected candidate will be offered contract appointment for up to 3 years. Up to 15% of total basic salary (after deducting the contribution of Mandatory Provident Fund by Hospital Authority) as end-of-contract gratuity may be offered upon satisfactory completion of contract.
3. If selected for appointment as Resident Specialist, the candidate may be offered HGPS point 40 (i.e. HK\$89,772, including Monthly Allowance), or above, depending on his / her years of relevant experience
4. May be required to work shifts and irregular hours as well as to perform on-call duties.

Classified Advertisements

Positions Vacant

Accredited Private FM Centre invites energetic Doctors for expanding services (Tuen Mun / Kwai Fong). Basic / higher FM Trainee, A&E Officers welcomed. Basic + Profit Sharing ± Partnership. Send CV enquiry@adecmed.com (Amy CHAN) 9212 6654

FT/PT/Locum **Family Physician** (min. 3 years' experience) for practices of United Christian Nethersole CHS in NTW / NTE / Kowloon. Flexible hours. Please e-mail resume with expected salary - **Ms. Law** : hr@ucn.org.hk.



CUHK Diploma in Advances in Medicine 2013–14

Period of Study

January 2013 to December 2014
(on Sundays at 1:00pm–7:00pm)

Venue

Prince of Wales Hospital, Shatin

Admission Requirement

All candidates must have a Medical Science Related Degree (e.g. Medicine, Nursing, Pharmacy & Physiotherapy) or equivalent qualification.

Professional Accreditations

The Diploma is approved by the Medical Council of Hong Kong as Quotable Qualification. The programme is CME/CNE/CPD accredited.

Enquiry

Ms. Mandy Lee

Department of Medicine & Therapeutics

The Chinese University of Hong Kong

Tel: (852) 2632 3845 Fax: (852) 2637 3852

Email: mandylee@cuhk.edu.hk

For registration & further information, please visit
www.mect.cuhk.edu.hk/postgraduate/dipaim1314



Tuition Fee

2-Year Diploma Programme	Medical Practitioners	HK\$30,000 (HK\$25,000 for one single payment)
	Para-Medics	HK\$20,000 (HK\$18,000 for one single payment)
1-Year Certificate Programme	Medical Practitioners	HK\$15,000
	Para-Medics	HK\$10,000
Day Registration	Medical Practitioners	HK\$1,600 per session
	Para-Medics	HK\$1,000 per session



香港中文大學內科及藥物治療學系
Department of Medicine & Therapeutics
Faculty of Medicine
The Chinese University of Hong Kong

Organised by:

- Department of Medicine & Therapeutics, Faculty of Medicine, The Chinese University of Hong Kong
- The Nethersole School of Nursing, Faculty of Medicine, The Chinese University of Hong Kong



Oasis
心靈綠洲

How To Be Happy

Many people put being happy at the top of the list of things they want to achieve in life. Those that don't often put things at the top that they believe will ultimately lead to them being happy. But research suggests that most of us aren't happy most of the time. So here are some simple suggestions for how you can be happier in life: A tidy desk drawer; A line of washing; A new magazine; The downy hair on my child's arm, etc.

The usual implication is that it's not a good thing to get satisfaction from small things. It shows a slightly shameful side to your character. May be it means your shallow and not ambitious. But think about this again. Isn't it better to have small things that can give you a sense of happiness and satisfaction, rather than insisting on the big things? Focusing on achieving happiness in small things, doesn't mean you can't achieve the big and dramatic things too.

As well as having small things that make you happy, make sure you have lots of ways you can succeed and feel good about yourself. This is particularly important if you are involved in some long term project, such as losing weight, getting fit or achieving a high ranking within your organisation. It's easy to set these things as a single goal, but have multiple goals so that you can feel you're achieving something most of the time. Then you feel good about yourself and want to try even harder. So, for example, if you're big goal is to get fitter have lots of different takes on it, e.g. Going to the gym 3 times this week; Achieving a 90% heart rate on at least one exercise session this week; Enjoying drinking water.

You probably need about 6 different goals to keep you motivated and involved. Try to achieve them all, but when you don't, don't feel down but concentrate on the ones that you are achieving. This is just one aspect of your life, but have goals for lots of different aspects of your life. If you don't like the word 'goal' and find it a turn-off, rephrase it. How about satisfaction points or happiness highs?

<http://www.healthandgoodness.com/article/how-to-be-happy.html>

(本網頁料由 心靈綠洲—個人成長及危機處理中心 提供，特此鳴謝。)

Musculoskeletal Injection Clinic

Dr. Chan Ying Ho, Resident Specialist (FM & GOPC), NTEC

Musculoskeletal problems are one of the commonest complaints encountered in general practice. Steroid injection is one of the most common and useful treatment methods and has been proven to be effective for some musculoskeletal conditions. Unfortunately, perhaps due to time constraint or lack of supervision, we seldom perform steroid injection for our patients and we usually just refer those patients to our orthopedic colleagues. In fact, many of us should have learnt it during our orthopedic rotation, but might be relatively less experienced due to lack of practice.

An injection clinic was set up in the Lek Yuen Health Centre in Shatin, the New Territories East in November 2011. The aim is to provide musculoskeletal injection procedures to our patients as an alternative treatment option. In addition, it serves educational purposes and provides an opportunity for our colleagues to practice our injection technique. Currently our injection clinic session is held every Wednesday afternoon with 9 new patients and 9 follow-up cases per session. The patients are either referred from our clinic or from neighboring GOPCs in the same district.

Most of the cases referred to us are trigger digits. Other cases include de Quervain tenosynovitis, tennis elbow, rotator cuff disorder, carpal tunnel syndrome and plantar fasciitis. Methylprednisolone and local anaesthetics, are commonly used for injections. Steroid injection is particularly effective for certain conditions, like trigger digits where the procedure often provides curative treatment. Its effectiveness on treating trigger digits¹ has been proven by randomized controlled trials, and the cure rate is up to 93%.² The efficacy of steroid injection for de Quervain disease is controversial. It has been reported to be the most effective treatment for de Quervain disease by a systematic review,³ although later the Cochrane review found insufficient evidence to evaluate the steroid effect.⁴ For some cases, the effect may just be temporary. In carpal tunnel syndrome, as Cochrane review has found that steroid injection shows efficacy for up to 3 months but the long-term efficacy is still unknown.⁵ Steroid injection may also reduce pain in plantar fasciitis in one month as shown by a randomized trial.⁶



Dressing equipment and syringes



1% xylocaine and methylprednisolone (depo-medrol) 40mg/ml



Sharp box and trolley for putting all the equipment used

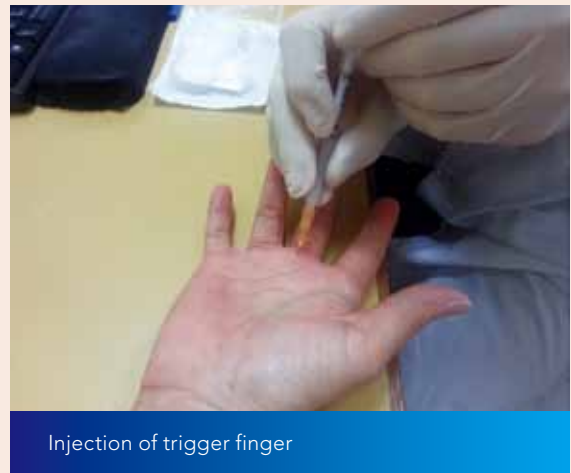
For cases like tennis elbow, systematic reviews have found that steroid injection provides short term symptomatic relief only, and may even increase pain after 12 weeks.^{7,8} Injection is still offered to our patients nonetheless as a treatment option for symptomatic relief as long as our patients understand the possibilities of recurrence, especially if they fail to improve after other treatment options. Short term pain relief can also facilitate physical therapy exercise for patients. Apart from injection, we also give advice on activity modification, including the usage of splint or brace, and arrange referral for strengthening and stretching exercises.

Regarding shoulder injection, one of the commonly used approaches is subacromial space injection. The Cochrane review has found that subacromial steroid injection may have small benefit over placebo (but not NSAID) in rotator cuff disorder⁹ but its effectiveness may last for up to 12 weeks only.¹⁰ Although it may just provide short term pain relief, subacromial injection is very useful because of its diagnostic effect. If the patient has immediate improvement in range of motion or impingement after injection of local anesthesia, we can

be quite sure that the pathology is inside the subacromial space, like supraspinatus tendinitis. If there is no immediate symptom improvement, then we need to consider alternative diagnosis, like acromioclavicular joint pathology. Subacromial injection of anaesthesia also helps to differentiate shoulder weakness due to rotator cuff tear where the weakness persists despite injection from secondary shoulder pain without tear; whereas the weakness should improve if it is just secondary to pain. Patients will need surgical evaluation if a tear is suspected while the treatment is physiotherapy if the patient is just suffering from shoulder impingement without tear.

Before we perform the injection, we need to look for any absolute contraindications, including infection, uncontrolled bleeding disorder, drug allergy and bone fracture. We also need to discuss with our patients about the possible complications of the injection procedure. For example, we need to warn our patients about the risk of tendon or fasciae rupture in cases of injection of trigger finger and plantar fasciitis, respectively. The risk of local skin infection or joint infection should be explained. After the injection, flare-up of the conditions is particularly common, and the incidence is around 2-10%. Advice about post-injection care should be given. Patients should be informed that the effect of steroid may take a few days to appear and they may get worse initially due to steroid flare and the loss of local anesthetic effect. They should also be suggested to avoid any strenuous activity for at least 2 days.

With regards to the injection technique, different textbooks recommend different approaches of injection. For example, in trigger finger injection, some authors suggest that the needle should be inserted from proximal to distal while some books suggest the reverse direction. During my hospital training, some of my orthopedic colleagues just inserted the needle perpendicularly to skin. The most important thing is that we understand the anatomy and are familiar with our own approach. One of the useful tips of trigger finger injection to ensure correct placement of the needle tip is to directly insert the needle down to the bone and then gradually withdraw the needle until the needle is in the right place for injection. Each time before we withdraw the needle, we shall ask the patient to gently flex and extend their finger. If the needle moves as the finger moves, then the needle is inside the tendon substance and we should not inject the solution. Then we should slightly withdraw the needle by 1-2mm again and ask our patients to move their finger again to see if the needle moves. If the needle does not move and we feel some scratchy sensation over the needle, then it is the correct place for injection. The needle tip is now just over the surface of the tendon but still inside the tendon sheath and the needle tip is scraping the tendon to produce the scratchy sensation while the finger is actively moving.



Trigger thumb injection - beware of the direction of the needle because the plane of the thumb is different from other fingers

We also need to follow some general principles of injection. For example, always avoid injecting hard against resistance because the needle may have been placed inside tendon substance in this case. Before injecting the drug, we should also try to aspirate a little first to make sure that the needle is not inside the blood vessels. While we are advancing the needle, if the patient has tingling or shooting pain, we need to redirect the needle because the needle may be inside a nerve.

References

1. Ann Rheum Dis 2008 Sep;67(9):1262
2. Postgrad Med J 2006 Nov;82(973):763
3. J Am Board Fam Pract 2003 Mar-Apr;16(2):102 full-text
4. Cochrane Database Syst Rev 2009 Jul 8;(3):CD005616
5. Cochrane Database Syst Rev 2007 Apr 18;(2):CD001554
6. Rheumatology (Oxford) 1999 Oct;38(10):974 full-text
7. Lancet 2010 Nov 20;376(9754):1751
8. Ann Rheum Dis 2009 Dec;68(12):1843
9. Cochrane Library 2003 Issue 1:CD004016
10. Lancet 2010 Nov 20;376(9754):1751

Botulinum Toxin: More Than Just Cosmetic

Four women developed septic shock after receiving intravenous infusion arranged by a beauty group. One of them finally passed away due to multi-organ failure. It was believed that they were infected with the tuberculosis-related bacteria *Mycobacterium abscessus*, which was highly resistant to antibiotic. This incident puts more pressure on health authorities to regulate the beauty industry in Hong Kong.

In recent years, there are many different kinds of beauty treatments ranging from weight reduction, breast augmentation to detoxification and immune system modulation. However the public might not be able to distinguish whether such treatment programmes are reliable and supported by good science.

Botulinum toxin is one of the commonly used medications in the cosmetic industry. However its indication is more than just treating wrinkles. Botulinum neurotoxin inhibits the synaptic release of acetylcholine. However unlike other neurotoxins, its effect remains localized. The USA FDA has approved its use to treat conditions associated with striated and smooth muscle spasm.

Focal dystonia

Botulinum toxin is now the first-line treatment in cervical dystonia, with 75 % of patients experiencing considerable improvement in their pain and disability.¹

Spasticity

Botulinum toxin has been shown to improve function and range of movement in patients with limb spasticity following stroke or head injury.² Its use is based on the impact of early intervention in children with cerebral palsy - the prevention of further contracture deformity.

Strabismus

In adults who has concomitant squint since their childhood, botulinum toxin is injected to relax the relevant extra-ocular muscle, leading to a more aligned gaze.²

Genitourinary uses

Botulinum toxin can be used to relieve both urinary retention and urge incontinence.³ In the former, the hypertonic external urethral sphincter is injected transperineally. In urge incontinence, botulinum toxin is injected into the smooth muscle of the bladder to enlarge its functional capacity and prevent reflex micturition through inhibition of the parasympathetic nervous system.

Gastrointestinal use

In achalasia, the endoscopic injection of botulinum toxin into the cardiac sphincter alleviates symptoms in 70% of patients. In chronic anal fissure, botulinum toxin injection into the internal sphincter can reduce the pain, bleeding and constipation without the risk of permanent incontinence associated with traditional surgical sphincterotomy.⁴

Hypersecretory disorder

Botulinum toxin has been shown to be useful in inhibition of the sympathetic innervation of sweat glands. It is useful in the treatment of palmar, axillary and facial hyperhidrosis.³ The effect ranges from 6-24 months.

Adverse effect

A degree of atrophy of the target muscle will occur. Also, the neighboring muscle may have unintended involvement resulting in paralysis. In cervical dystonia, diffusion into the muscles of oropharynx can cause dysphagia.

Irrespective of its indication, botulinum toxin injection is a medical procedure. It should be given by professionals with accredited training and relevant experience. Patients should also be well informed about the risks and benefits in order to make a truly informed consent.

References

1. Munchau A, Bhatia K. Use of botulinum toxin in medicine today. *BMJ* 2000; 320:161-165
2. Verheyden J, Blitzer A. Other noncosmetic uses of botox. *Dis Mon* 2002; 48:5, 357-366
3. Bentsianov B, Zalvan C, Blitzer A. Noncosmetic uses of botox. *Clin Dermatol* 2004; 22:82-88
4. Mandal A, Robinson R. Indications and efficacy of botulinum toxin in disorder of gastrointestinal tract. *Eur J Gastroenterol Hepatol* 2001; 13:603-609

Compiled by Dr. Lam Chi Yuen, Johnny

Interest Group in Mental Health & Psychiatry in Primary Care - The 32nd Meeting on 6th Oct 2012

Dr. Mark S. H. Chan (Co-ordinator) – Board of Education

The 32nd Interest Group in Mental Health & Psychiatry in Primary Care Meeting was held on 6th Oct 2012. Dr. Chow Yat is the guest speaker.

The theme of the meeting is "Is Depression a mood problem? Prevalence of somatic symptoms in Depression".

Speaker : Dr. Chow Yat

Associate Consultant, Kwai Chung Hospital

Moderator : Dr. Mark S. H. Chan

Learning points

Dr. Chow is an Associate Consultant in Kwai Chung Hospital, apart from being fully trained as a Specialist Psychiatrist, Dr. Chow has obtained a bachelor degree in science, from the University of British Columbia, before completed the MBBS from HKU. He also holds a master degree in Counseling (South Australia) and Clinical Gerontology (CUHK). He is active in all aspects of psychiatry, particularly his involvement in community support of psychiatric out-patients. Dr. Chow started the presentation with the recent research findings of STAR*D.

What is STAR*D?

There are more than 20 FDA approved antidepressant medications and several time-limited, scientifically tested psychotherapies available for treating depressed patients. No one treatment is universally effective for all, some respond to one, some to another, and some may require combination therapy.

To answer the common clinical question of what to do next when patients fail to respond to a standard trial of treatment, STAR*D aims at defining which subsequent treatment strategies, in what order or sequence, and in what combination(s) provide the best clinical results with the least side effects.

STAR*D stands for Sequenced Treatment Alternatives to Relieve Depression study. Funded by NIMH, it was published in the American Journal of Psychiatry on 1st November, 2006. An overall assessment of treatment-resistant depression suggests that a patient with persistent depression can get well after trying several treatment strategies.

Treatment options

STAR*D determines which treatment options (called 'strategies') are the most effective for clinically depressed patients who fail to benefit adequately after initial treatment with an antidepressant. It involves 4,000 outpatients with non-psychotic major depressive or dysthymic disorders across the United States. Those who do not respond will then be assigned to one of six different treatment options:

1. Augmenting the first antidepressant with other medications or psychotherapy,
2. Changing to a different antidepressant or psychotherapy,
3. Adding psychotherapy or discontinuing the first antidepressant medication while switching to psychotherapy,
4. Switching to another antidepressant,
5. Augmenting the first antidepressant with other medications,
6. Augmenting first antidepressant with other medications or switching to another antidepressant.

At least two specific treatment options could also be a potential alternative - so that a total of 7 or more specific options will be available for the "next step" (Level 2) treatment. The options will include one time-limited psychotherapy.

Treatment protocols

Patients who do not have a satisfactory therapeutic response to Level 2 treatment will be presented with additional treatment options as a third step.

Level 3, 4 strategies include medication switching and medication augmentation.

Research outcome assessments include measures of depressive and associated symptoms, work performance and other social function, and patient satisfaction.

Interested colleagues can visit the website for the individual medication / treatment protocols (please visit: <http://www.edc.gsph.pitt.edu/stard/public/about3.html>)

At the second half of the seminar, Dr. Chow illustrated clinical cases of psychosomatic symptoms and chronic pain, and there was briefing on his recent project on community telephone support of psychiatric patients, leading to active discussions among attendants on various management options. It is of note that community family physicians can forward suggestions on mental health services to HA and the government in perfecting the existing services.

Next meeting

The next meeting for the Interest group will be on 1st Dec 2012. Dr. Kan Chung Sing (Private Psychiatrist / Part time Consultant, Kowloon Hospital) will speak on Mood Disorder in Diabetes. (sponsored by Lilly).

All members of the College are welcome and encouraged to present their cases and problems for discussion or role play. (Please do so 2 weeks beforehand for speakers to review. Contact our secretary at 2861 0220.) Again, those who are experienced can share, less experienced ones can benefit from participation. Our goal is to enhance our practical skills, and promote early awareness and better management of mental health problems in our community. Please send your cases to our secretariat (yvonne@hkcfp.org.hk) at least 2 weeks before the date of presentation.



(from left to right) Dr. Foo Kam So, Dr. Chow Yat, & Dr. Chan Suen Ho

- Please wear a surgical mask if you have respiratory tract infection and confirm that you are afebrile before coming to the meeting.
- Please wear an appropriate dress code to the hotel for the scientific meeting.
- Private video recording is not allowed. Members, who wish to review the lecture, please contact our secretariat.

32nd Annual Refresher Course 2012

*** Final Announcement ***

The 32nd Annual Refresher Course (ARC) will be held from November 25, 2012 to December 16, 2012. There will be five Luncheon Lectures and four Workshops.

2 CME points will be awarded for each Luncheon Lecture and 3 CME points for each Workshop according to Category 4.5. MCQs will be distributed for each session of the Refresher Course, i.e. there are a total of 9 MCQ papers. The MCQ answers have to be returned to the College Secretariat on the original question forms **within 2 weeks** of the completion of the Refresher Course (**latest by December 31, 2012**). A member will be awarded 1 extra CME point for a score of over 60% for each MCQ paper. Up to 2 CPD points (Continuous Professional Development) will also be awarded for each session (subject to submission of satisfactory report of Professional Development Log); a maximum of two points can be scored for each session.

As it is a history for such an educational programme to be held continuously for a quarter of a century in Hong Kong, those who have attended 70% or more of all the sessions of the Refresher Course will be awarded a "Certificate of Attendance".

Members who have attended the ARC for ten consecutive years or more will be awarded one free admission. Subsequently, members can enjoy another free admission after every five consecutive years of paid ARC attendance.

Registration is now open and must be made before 22nd November 2012. As the number of space is limited, it will be offered on first come first served basis. Please also note that admission fees are not refundable. Ten free registrations for each Lecture and Workshop will be offered to student members who wish to apply for free registration, please call Mr. Marco Cheng at 2861 0220 before 22nd November 2012.

Registration form could be found as enclosed.

Luncheon Lectures

Date	November 27 (Tue)
Topic	<u>Pain</u> Management of Low Back Pain
Speaker	Dr. Wong Ho Shan
Moderator	Dr. Au-Yeung Shiu Hing
Sponsor	<i>Pfizer Corporation Hong Kong Limited</i>
Date	November 29 (Thur)
Topic	<u>Diabetes Management</u> Practical Approach to Type 2 DM Management Challenge for 2012
Speaker	Dr. Chan Wing Bun
Moderator	Dr. Lee Wan Tsi, Francis
Sponsor	<i>Takeda Pharmaceuticals (Hong Kong) Ltd.</i>
Date	December 4 (Tue)
Topic	<u>Cardiovascular</u> Optimal CV Risk Management in the 21 st Century
Speaker	Dr. Leung Tat Chi, Godwin
Moderator	Dr. Tong Siu Man
Sponsor	<i>Pfizer Corporation Hong Kong Limited</i>

Date	December 6 (Thur)
Topic	<u>Cardiovascular</u> The Novel Treatment of Atrial Fibrillation
Speaker	Dr. Lee Lai Fun, Kathy
Moderator	Dr. Tsui Hing Sing
Sponsor	<i>Pfizer Corporation Hong Kong Limited</i>

Date	December 11 (Tue)
Topic	<u>Stroke Prevention</u> New Era of Anticoagulants: Practical Guidance and New Approaches in Stroke Prevention in Atrial Fibrillation
Speaker	Prof. Tse Hung Fat
Moderator	Dr. Chan Chung Yuk, Alvin
Sponsor	<i>Boehringer Ingelheim Hong Kong Ltd.</i>

Venue : Crystal Ballroom, Basement 3, Holiday Inn Golden Mile Hotel, 50 Nathan Road, Tsimshatsui, Kowloon

Time : 1:00 p.m. – 2:00 p.m. Buffet Lunch
2:00 p.m. – 3:30 p.m. Lecture
3:30 p.m. – 3:45 p.m. Discussion

Sunday Workshops

Date	November 25 (Sun)
Topics	<u>Paediatric and Vaccination Workshop</u> 1. Prevention of Common Diseases in Children - A New Perspective 2. The Effectiveness of Conjugate Vaccines in the Prevention of Pneumococcal Disease in Adults
Speakers	1. Dr. Chiu Cheung Shing, Daniel 2. Prof. Hung Fan Ngai, Ivan
Moderator	Dr. Lau Wai Yee, Aster
Sponsor	<i>Pfizer Corporation Hong Kong Limited</i>

Date	December 2 (Sun)
Topics	<u>Mental Health Workshop</u> 1. Updates on the Treatment of Anxiety Disorders and Psychosomatic Symptoms 2. Practical Tips for Treating Depression in the Community with Cases Illustration
Speakers	1. Dr. Ng Fung Shing 2. Dr. Lee Wing King
Moderator	Dr. Chan Yin Hang
Sponsor	<i>Pfizer Corporation Hong Kong Limited</i>

Date	December 9 (Sun)
Topics	<u>Osteoporosis & Prostate Disease Workshop</u> 1. Practical Management Update in BPH 2. Update of Osteoporosis Management in Hong Kong
Speakers	1. Dr. Lee Chan Wing, Francis 2. Dr. Ip Tai Pang
Moderator	Dr. Chan Wing Yan
Sponsor	<i>GlaxoSmithKline Limited</i>

Date	December 16 (Sun)
Topics	COPD and Nasal Allergy Workshop 1. Update in GOLD Guideline & COPD Treatment 2. Allergic Rhinitis and its Comorbidities
Speakers	1. Dr. Chan Ka Wing, Joseph 2. Dr. Chow Chun Kuen
Moderator	Dr. Chan Chi Wai
Sponsor	Takeda Pharmaceuticals (Hong Kong) Ltd.

Venue : Crystal Ballroom, Basement 3, Holiday Inn Golden Mile Hotel, 50 Nathan Road, Tsimshatsui, Kowloon

Time : 1:00 p.m. – 2:00 p.m. Buffet Lunch
2:00 p.m. – 4:15 p.m. Lectures
4:15 p.m. – 4:30 p.m. Discussion

Registration Fees:

Registration fees for the whole Refresher Course (including five Luncheon Lectures and four Workshops) are:

College Fellow, Full or Associate Members : HK\$900.00
Other Categories of Members : HK\$1200.00
Non-members : HK\$1800.00

Spot admission fee for each Luncheon Lecture or Workshop is:

College Fellow, Full or Associate Members : HK\$250.00
Other Categories of Members : HK\$350.00
Non-members : HK\$450.00

FM Trainees Package:

Full Course : HK\$600.00
Sunday Workshops : HK\$400.00 for 4 Workshops
Luncheon lecture : HK\$150.00 each

Remarks: Topics may be subject to change.

Lecture(s)/ Workshop(s) will be conducted in English.

30 November 2012 Friday

Antihypertensive Combinations: the Cardiologists Choice

Prof. Frank Ruschitzka

Professor of Cardiology,

*Director of the Heart Failure and Transplantation Clinic,
University Hospital in Zurich, Switzerland*

Chairman	Dr. Tsui Hing Sing The Hong Kong College of Family Physicians
Time	1:00 p.m. – 2:00 p.m. Buffet Lunch 2:00 p.m. – 3:30 p.m. Lecture & Discussion
Venue	Star Room, Level 42, Langham Place Hotel, 555 Shanghai Street, Mongkok, Kowloon
Admission Fee	College Fellow, Full or Associate Members Free Other Categories of Members HK\$ 350.00 Non-Members HK\$ 450.00 All fees received are non-refundable and non-transferable.
Accreditation	2 CME points HKCFP (Cat. 4.3) 2 CME points MCHK Up to 2 CPD points (Subject to submission of satisfactory report of Professional Development Log)
Language	Lecture will be conducted in English.
Registration	Registration will be first come first served. Please reserve your seat as soon as possible.

Co-sponsored by
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1 December 2012 Saturday

Board of Education Interest Group in Mental Health

Aim	To form a regular platform for sharing and developing knowledge and skill in the management of mental health
Theme	Mood Disorder in Diabetes
Speaker	Dr. Kan Chung Sing Private Psychiatrist / Part time Consultant, Kowloon Hospital
Co-ordinator & Chairman	Dr. Chan Suen Ho, Mark The Hong Kong College of Family Physicians
Time	1:00 p.m. – 2:00 p.m. Lunch 2:00 p.m. – 4:00 p.m. Theme Presentation & Discussion
Venue	5/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong
Admission Fee	College Fellow, Full or Associate Members Free Other Categories of Members HK\$ 350.00 Non-Members HK\$ 450.00 All fees received are non-refundable and non-transferable.
Accreditation	2 CME points HKCFP (Cat. 4.3) 2 CPD points HKCFP (Cat. 3.15) 2 CME points MCHK
Language	Lecture will be conducted in English and Cantonese.
Registration	Registration will be first come first served. Please reserve your seat as soon as possible.
Note	Participants are encouraged to present own cases for discussion. Please forward your cases to the Co-ordinator via the College secretariat 2 weeks prior to meeting.

Sponsored by
Eli Lilly Aisa Inc. (Hong Kong)

15 December 2012 Saturday

Board of Diploma in Family Medicine Module III

Theme	Care for the Elderly & Chronic Illness
Speaker	Prof. Lam Tai Pong, Daniel
Co-ordinator & Chairman	Dr. Au-Yeung Shiu Hing The Hong Kong College of Family Physicians
Time	2:30 p.m. – 5:00 p.m.
Venue	8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong
Admission Fee	HKCFP Members HK\$ 200.00 Non-Members HK\$ 400.00 All fees received are non-refundable and non-transferable.
Accreditation	3 CME points HKCFP (Cat. 4.4) 3 CME points MCHK
Language	Lecture will be conducted in English and Cantonese.
Registration	Registration will be first come first served. Please reserve your seat as soon as possible.

Monthly Video Viewing Session

Monthly video viewing sessions will be scheduled on the last Friday of each month at 2:30 – 3:30 p.m. at 8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong.

November's session:

Date	30 November 2012 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	Myofascial Pain Syndrome (1) – Dr. Ngai Ho Yin, Allen
Admission	Free for Members
Accreditation	1 CME point HKCFP (Cat. 4.2) 1 CME point MCHK Up to 2 CPD points (Subject to submission of satisfactory report of Professional Development Log)
Language	Lecture will be conducted in Cantonese.

December's session:

Date	28 December 2012 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	Myofascial Pain Syndrome (2) – Dr. Ngai Ho Yin, Allen
Admission	Free for Members
Accreditation	1 CME point HKCFP (Cat. 4.2) 1 CME point MCHK Up to 2 CPD points (Subject to submission of satisfactory report of Professional Development Log)
Language	Lecture will be conducted in Cantonese.

Community Education Programme

Open and free to all members
HKCFP CME points accreditation (Cat 5.2)

Date/Time/CME	Venue	Topic/Speaker/Co-organizer	Registration
8 Dec 2012 2:30 – 4:30 p.m. 2 CME points	Training Room II, 1/F, OPD Block, Our Lady of Maryknoll Hospital, 118 Shatin Pass Road, Wong Tai Sin, Kowloon	Practical Aspects in Pathology Orderings and Result Interpretations in Primary Care Dr. P. K. Hui, KWH/ WTSH/ OLMH COS (Path)	Ms. Clara Tsang Tel: 2354 2440 Fax: 2327 6852

Structured Education Programmes

Free to members
HKCFP CME points accreditation (Cat 4.3)

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
28 Nov 12 (Wed)			
2:15 – 4:45 p.m. 3 CME points	E1034AB, 1/F, Main Block, Tuen Mun Hospital	Management of Unwanted Pregnancy Dr. Sze Siu Lam	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m. 3 CME points	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Health Care Delivery System Dr. Tsui Wing Hang and Dr. Wong Sze Kei	Ms. Cordy Wong Tel: 3513 3087
5:15 – 7:15 p.m. 2 CME points	Lecture Theatre, 5/F, Tsan Yuk Hospital	Common Problems in Breast Feeding Dr. Amy Fung	Ms. Man Chan Tel: 2589 2337
29 Nov 12 (Thur)			
2:15 – 5:15 p.m. 3 CME points	Auditorium, G/F, Tseung Kwan O Hospital	Health Care Delivery System Dr. Ho Pui Gi and Dr. Wan Pui Chu	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Cancer Prevention and Screening Dr. Yip Chun Kong	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Prevention & First Aids for Sports Related Injuries Dr. Yeung Wan Man	Ms. Kwong Tel: 2595 6941
05 Dec 12 (Wed)			
2:15 – 4:45 p.m. 3 CME points	E1034AB, 1/F, Main Block, Tuen Mun Hospital	Care of Patient with IOD Dr. Cheuk Tat Sang	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m. 3 CME points	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Comprehensive Social Security Assistance (CSSA) and Disability Allowance (DA) Dr. Lee Hung Fai and Dr. Chan So Wai	Ms. Cordy Wong Tel: 3513 3087

5:00 – 7:30 p.m. 3 CME points	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Emergency Care for Eye Problem Dr. Wong Hiu Lap	Ms. Crystal Law Tel: 2632 4021
5:15 – 7:15 p.m. 2 CME points	Lecture Theatre, 5/F, Tsan Yuk Hospital	Occupational Health and Safety on Workstation Dr. Stephen Chou	Ms. Man Chan Tel: 2589 2337

06 Dec 12 (Thur)

2:15 – 5:15 p.m. 3 CME points	Auditorium, G/F, Tseung Kwan O Hospital	Comprehensive Social Security Assistance (CSSA) and Disability Allowance (DA) Dr. Chan Fu Leung and Dr. Cheung Yan Kit	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	The Consultation Models Dr. Lee Sik Kwan	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Pre-operative Management for Cardiac Patients Dr. Yuen So San	Ms. Kwong Tel: 2595 6941

12 Dec 12 (Wed)

2:15 – 4:45 p.m. 3 CME points	E1034AB, 1/F, Main Block, Tuen Mun Hospital	Applicable Psychological Therapy in Primary Care Practice Dr. Leung Hoi Lik	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m. 3 CME points	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Personal Data Ordinance Dr. So Tsang Yim and Dr. Lai Yuet Ting	Ms. Cordy Wong Tel: 3513 3087
5:15 – 7:15 p.m. 2 CME points	Lecture Theatre, 5/F, Tsan Yuk Hospital	Medical System in China Dr. Denise Tam	Ms. Man Chan Tel: 2589 2337

13 Dec 12 (Thur)

2:15 – 5:15 p.m. 3 CME points	Auditorium, G/F, Tseung Kwan O Hospital	Journal Club (Common Ear Symptoms) Dr. Yuen Ching Yi Vertigo Dr. Wendy Kwan	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Management of COPD: Family Physician Perspective Dr. Chan Chi Ho	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Negligence and Misconduct Dr. Yeung Yee Mei	Ms. Kwong Tel: 2595 6941

19 Dec 12 (Wed)

2:15 – 4:45 p.m. 3 CME points	E1034AB, 1/F, Main Block, Tuen Mun Hospital	Wound Care Product in Primary Practice Dr. Liu Chung Wo	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m. 3 CME points	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	COPD and CA Lung (Video viewing) Dr. Raymond Liu	Ms. Cordy Wong Tel: 3513 3087
5:00 – 7:30 p.m. 3 CME points	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Private and Public Interface Dr. Steve Yeung	Ms. Crystal Law Tel: 2632 4021
5:15 – 7:15 p.m. 2 CME points	Lecture Theatre, 5/F, Tsan Yuk Hospital	Common Symptom Complaints - Headache Dr. Tracy Leung	Ms. Man Chan Tel: 2589 2337

20 Dec 12 (Thur)

2:15 – 5:15 p.m. 3 CME points	Auditorium, G/F, Tseung Kwan O Hospital	Common Eye Diseases Professor Jimmy Lai	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Common Problems in Practice Management Dr. Chan Ching	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Community Resources for Dysfunctional Families Dr. Tseung Chi Hang	Ms. Kwong Tel: 2595 6941

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 Nov 1:00 – 4:30 p.m. ARC 2012 - Paediatric and Vaccination Workshop	26	27	28	29 1:00 – 3:45 p.m. ARC 2012 - Diabetes Management 2:15 – 7:00 p.m. Structured Education Programme 9:00 p.m. BVTS Meeting	30	1 Dec 1:00 – 4:00 p.m. Interest Group in Mental Health
2 1:00 – 4:30 p.m. ARC 2012 - Mental Health Workshop	3	4	5	6	7	8
		1:00 – 3:45 p.m. ARC 2012 - Cardiovascular	2:15 – 7:30 p.m. Structured Education Programme	1:00 – 3:45 p.m. ARC 2012 - Cardiovascular 2:15 – 7:00 p.m. Structured Education Programme		2:30 – 4:30 p.m. Community Education Programme 6:00 p.m. AGM and Annual Dinner
9 1:00 – 4:30 p.m. ARC 2012 - Osteoporosis & Prostate Diseases Workshop	10	11	12	13	14	15
		1:00 – 3:45 p.m. ARC 2012 - Stroke Prevention	2:15 – 7:15 p.m. Structured Education Programme	2:15 – 7:00 p.m. Structured Education Programme 9:00 p.m. Council Meeting		2:30 – 5:30 p.m. DFM Module III - Care for the Elderly and Chronic Illness
16 1:00 – 4:30 p.m. ARC 2012 - COPD and Nasal Allergy Workshop	17	18	19	20	21	22
			2:15 – 7:30 p.m. Structured Education Programme	2:15 – 7:00 p.m. Structured Education Programme		
23	24	25	26	27	28	29
				9:00 p.m. Board of Conjoint Examination Meeting	2:30 – 3:30 p.m. Board of Education - Video Session	

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

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