



**Hong Kong
Primary Care
Conference**

The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2022

**Committed.
Versatile.
Ever-growing:
Primary Healthcare
in the Time of COVID**

**17 - 19
June 2022**
(Fri – Sun)

March Issue



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CHAIRLADY’S MESSAGE

On behalf of the Hong Kong College of Family Physicians, the members of the Organizing Committee and myself, we are very proud to announce the “13th Hong Kong Primary Care Conference” under the overarching theme of: “Committed. Versatile. Ever-growing: Primary Health Care in the Time of COVID” which will be held online from 17th to 19th of June 2022.

This year’s conference takes its theme from the COVID-19 pandemic that, for almost two years now, has shocked the world and will continue to affect how we conduct our daily lives. People with chronic diseases are not only susceptible to complications and death from the COVID-19, but also from disruptions in their regular care routines. Furthermore, the lives of those who have not been infected have also been deeply affected by the collateral damage this virus causes. As primary care is the fundamental pillar and the “front door” to the health system of most people, there is a need to further enhance a comprehensive primary health care system. I quote excerpts from the keynote speech of WONCA Immediate Past President Prof. Donald Li in his opening speech at the 2021 World WONCA Conference, “there can be no Universal Health Care without comprehensive Primary Health Care (PHC). There can be no comprehensive PHC without Family Medicine.” Thus, we as Family physicians and primary care providers, should continue to stay committed, be versatile and work together ever more to meet the challenges now and in the years to come.

As always, our hallmark conference, held online for the past 2 years, has continue to enthrall our participants with its well-curated program. Our program will retain the well-received structure with various theme-based seminars, plenary sessions, interactive workshops and interesting discussion forum. This annual event offers an inspiring platform for bringing together international and local experts, family physicians, nurses and primary care professionals to promote collaborative and networking opportunities in addressing present and future challenges. Last but not least, I cordially invite you to submit cases to our signature clinical case competition, as well as abstracts to our full and free paper competitions. So please stay tuned for further details.

I strongly believe that you will undoubtedly have a fruitful and enjoyable learning experience in the forthcoming conference.

Dr. Lorna Ng
Chairlady, Organizing Committee
Hong Kong Primary Care Conference 2022

(Supported by HKCFP Foundation Fund)



Scientific Programme at-a-glance

Date	17 June 2022 (Friday)				
Time	ROOM-1	ROOM-2	ROOM-3	ROOM-4	ROOM-5
19:30 - 20:30	Sponsored seminar 1	Sponsored seminar 2		Workshop 1 Myths about Exercise Prescription for Clients with Chronic Diseases <i>Dr. Leo HO</i>	
20:30 - 21:00					

Date	18 June 2022 (Saturday)				
Time	Zoom Webinars			Zoom Meeting	
	ROOM-1	ROOM-2	ROOM-3	ROOM-4	ROOM-5
12:30 - 13:15	Sponsored seminar 3	Sponsored seminar 4	Sponsored seminar 5		
13:20 - 13:40	e-Poster and Exhibition Booth Viewing				
13:30 - 13:50	Opening Ceremony				
14:00 - 14:45	Plenary I Long COVID Syndrome and other Challenges for Primary Care arising from the Pandemic <i>Prof. Michael Kidd</i>				
14:50 - 16:05	Seminar A Gut Microbiota and Health: Research on Health Outcomes and Dietary Advice <i>Prof. Martin Wong</i>	Seminar B <i>Dr. Frank Chan</i>	Seminar C Update on Common Eye Problems in Primary Care <i>Dr. Kendrick Shih</i>	Workshop 2 Medical Legal Workshop <i>Prof. Albert Lee</i>	
16:10 - 16:55	Plenary II Family Medicine Development and Healthcare Reform During Challenging Times <i>Dr. Donald Li</i>				
17:00 - 17:40	Seminar D Different Diets and their Effects on Health <i>Ms. Sally Poon</i>	Seminar E Vertigo and Dizziness: How Can We Do Better? <i>Dr. Peter Kwan</i>	JC Joy Age Seminar <i>Prof. Terry Lum</i>		
17:40 - 18:15					
18:20 - 19:00	Sponsored seminar 6	Sponsored seminar 7			

Date	19 June 2022 (Sunday)				
Time	Zoom Webinars			Zoom Meeting	
	ROOM-1	ROOM-2	ROOM-3	ROOM-4	ROOM-5
9:00 - 10:15	Seminar F Child Psychiatric Conditions for Primary Healthcare: ASD & Dyslexia <i>Dr. Stephen Ho & Dr. Amos Cheung</i>	Clinical Case Presentation Competition	Seminar G End of Life Care in the Community - What can a Team of GPs and Nurses Do? <i>Dr. Jonathan Lau, Dr. Frances Wong, Dr. Arkers Wong, Mr. Jonathan Bayuo & Dr. Welgent Chu</i>	Workshop 3 Non-drug Intervention Toolbox for Psychological Distress <i>Dr. Weng Yee CHIN</i>	
10:20 - 11:05	Plenary III Burnout in Primary Healthcare Providers – Stepping Forward <i>Dr. Margaret Kay</i>				
11:10 - 11:40	Seminar H <i>Dr. Clarence Leung & Dr. Paulin Ma</i>	Full Research Paper Awards Presentation*	Sponsored seminar 8	Discussion Forum on Hypertension	
11:40 - 11:55					
11:55 - 12:25		Free Paper - Oral Presentation			
12:25 - 13:40					Workshop 4 MSK <i>Prof. Regina Sit, Dr. Stanley Lam & Dr. Mark Lai</i>

*The winners of the Best Research Paper Award and Best Novice Research Paper Award will present their work during this session (11:10am - 11:40am)

Disclaimer

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



Plenary I

Long COVID Syndrome and Other Challenges for Primary Care Arising from the Pandemic



Professor Michael KIDD AM FAHMS

Deputy Chief Medical Officer and Principal Medical Advisor, Australian Government Department of Health & Foundation Professor of Primary Care Reform, The Australian National University

Professor Michael KIDD is an Australian primary care and public health researcher, medical educator and clinician leader. He is the current Principal Medical Advisor and Deputy Chief Medical Officer with the Australian Government Department of Health, and Foundation Professor of Primary Care Reform at the Australian National University. Prior to returning to Australia at the start of the COVID-19 pandemic, he was the Chair of the Department of Family and Community Medicine at the University of Toronto in Canada and Director of the World Health Organization Collaborating Centre on Family Medicine and Primary Care. A past president of both the Royal Australian College of General Practitioners and the World Organization of Family Doctors (WONCA), he is also an Honorary Fellow of the Hong Kong College of Family Physicians.

Primary care clinicians around the world have demonstrated their dedication and commitment throughout the COVID-19 pandemic, protecting the people most at-risk of the impact of COVID-19 infection, including the elderly and those with chronic health conditions; assessing and testing people with symptoms; managing people diagnosed with COVID-19; leading vaccination efforts in their local communities; continuing regular healthcare for the entire population through the use of telehealth and in-person consultations; and supporting the mental health needs of their patients at a time of great disruption and distress. As we move into the next phase of the pandemic, with high levels of protection being provided through vaccination in many countries, primary care clinicians will be involved in managing many of the “after effects” of the pandemic including patients with persistent symptoms of Long COVID Syndrome, treating acute and chronic and undiagnosed health concerns which may have been neglected during the time of acute emergency, supporting patients to catch up on essential preventive care interventions, and managing an expected increased incidence of mental health concerns as a consequence of the pandemic and its disruptive effects on the lives of billions of people. At the same time primary care clinicians are also experiencing, like our patients, the consequences of the pandemic and the relentless pressures and stresses which have been placed on safe clinical service provision. How can we prepare to continue to provide the best care possible to our individual patients and the communities that we serve?



Plenary III

Burnout in Primary Healthcare Providers – Stepping Forward



Dr. Margaret KAY AM

MBBS(Hons) PhD FRACGP DipRACOG GAICD

Senior Lecturer, The University of Queensland
Academic Lead, Doctors' Health in Queensland

Dr. Margaret KAY AM is a general practitioner and Fellow of the Royal Australian College of General Practitioners. She holds an academic title as Senior Lecturer with The University of Queensland and trained as a leader in Primary Care Research in Oxford. Her PhD in Physician Health focused on doctors' access to health care. She has extensive experience teaching doctors and medical students about physician health and has over 30 peer-reviewed publications, many in the area of physician health. She is Academic Lead with Doctors' Health in Queensland. She is also passionate about her work in refugee and environmental health.

For fifty years, researchers have explored burnout; providing a detailed explication of its three dimensions (exhaustion, cynicism, inefficacy) and documenting its prevalence and consequences. Despite this academic approach, the question of 'what to do' remains a challenge.

Reminders about self-care and exhortations that doctors should have a family physician have echoed through the literature and across medical teaching - with little change.

During the COVID-19 pandemic, we have all been deeply moved by the reality of burnout, especially its impact on the frontline healthcare workers, including primary care. As family physicians, we have seen our peers quietly step back from their work. While we are adept at discussing burnout with our medical lens, we maintain our tone of professional distance. A culture of silence reinforces our personal silence.

This plenary presentation is designed to reframe our conversation about burnout, focusing on the unique role of the family physician and the primary health care team. After contextualising burnout within a holistic framework and acknowledging the importance of self-care, the presentation moves to highlight how the family physician is in an ideal position to do much more than the caring of individuals experiencing burnout. Strategies for constructing a robust framework designed to change the discourse around physician health will be explored, including a curriculum ensuring necessary skills, effective peer support and networks for advocacy across the breadth of the complex health landscape.

In this emergent post-pandemic world, family physicians have a key role: Stepping forward as transformative leaders in physician wellbeing.



Seminar A

Gut Microbiota and Health: Research of Probiotics on Health Outcomes and Dietary Advice



Professor Martin C.S. WONG

BMedSc (Hons), MSc (Hons), MBChB, MD (CUHK), MPH, MBA, FRACGP, FRSPH, FHKCFP, FHKCCHP, FHKAM (Family Medicine), DCH (Ire), FESC, FACC, FAcadTM, FFPH, FHKAN (Hons), FRCP (Glasgow), FRCP (Edinburgh)

*Professor, JC School of Public Health and Primary Care
Professor (by courtesy), Department of Sports Science and Physical Education
Faculty of Medicine, The Chinese University of Hong Kong
Professor of Global Health, School of Public Health, Peking University (Adjunct)
Professor, School of Public Health, Peking Union Medical College (Adjunct)*

Professor Martin C.S. Wong is a researcher in the field of cancer screening and prevention of chronic diseases. Professor Wong has composed over three hundred publications in international peer-reviewed journals, and received over 15 research awards for studies in his research area. He is the Co-Chair of the NCD stream of APRU Global Health Programme; Co-Chairman of the Grant Review Board, HMRF, the FHB; the Convener of the Advisory Group on Hong Kong, Reference Framework for Care of Diabetes and Hypertension in Primary Care Settings; and a member of the Expert Advisory Panel in Implementation Science of the HKSAR government.

The human microbiota comprises 10 to 100 trillion symbiotic microbial cells with more than 500 different species harbored by each person, primarily bacteria in the gut. A human body consist of 10% human cells and 90% microbes. Imbalances between beneficial microbes (symbionts) and pathogenic microbes (pathobionts) could lead to a significant number of medical conditions, including colorectal cancer, allergies, inflammatory bowel diseases, dementia, obesity, autism, chronic pain, and a number of neuro-psychiatric disorders through the “gut-brain axis”. Some examples of symbionts include *Faecalibacterium prausnitzii*, *Eubacterium rectale* and *Bifidobacterium adolescentis*; whilst *Ruminococcus gnavus*, *Ruminococcus torques* and *Bacteroides dorei* could act as pathobionts. Recent studies in the Chinese University of Hong Kong (CUHK) has shown that 40% of Hong Kong residents demonstrated significant gut dysbiosis, which is comparable to that of patients with the coronavirus diseases 2019 (COVID-19), implying they could have impaired immunity. A probiotic formula that targets to alter gut dysbiosis bears potential to enhance immunity against COVID-19 and other emerging viral or bacterial infections. It is expected that the microbiome therapy could be transformed into a probiotic supplement which could benefit human health. However, the effectiveness of probiotics on human health differs among different individuals, and there is no guarantee that probiotic formula could treat the target diseases.

In this seminar, the role of human microbiota in human health will be critically discussed, followed by an updated, evidence-based recommendation on the prescription of dietary probiotics by primary care physicians to our patients.



Seminar D

Different Diets and their Effects on Health



Ms. Sally S.P. POON

Registered Dietitian (Health and Care Professions Council, UK)
Accredited Practising Dietitian (Dietitians Australia)
Master of Nutrition & Dietetics (The University of Sydney, Australia)
BSc Nutrition (King's College, London)

Private Practice Dietitian

Sally is currently Chairman of the Hong Kong Practising Dietitians Union, Committee Member of PolyU Laboratory for Probiotic and Prebiotic Research in Human Health, Member of Board of Advisor of Love 21 Foundation, and Honorary Advisor of Cancerinformation.com.hk Charity Foundation. Sally has 14 years of experience in dietetics. She provides medical nutrition therapy to patients affected by cancer, obesity, malnutrition, and metabolic syndrome. Sally is leading a nutrition and exercise community programme at Love 21 Foundation for people affected by Down syndrome, autism spectrum disorder or other intellectual disabilities.

The World Health Organization upholds limiting the intake of saturated and trans fatty acids, free sugars, and encourages the intake of fruit, vegetables, legumes, nuts, and whole grains as the dietary measures to promote health. Various types of diets have been evaluated for their overall effects on human health, including impact on weight reduction, cardiovascular disease, diabetes, hypertension, gut health, cancer, and mortality. Low-fat Diet, DASH (Dietary Approaches to Stop Hypertension), Vegetarian Diet, and Mediterranean Diet are among the most commonly used approaches to maintain good health. These diets will be discussed in detail separately.



Seminar E

Vertigo and Dizziness: How Can We Do Better?



Dr. Peter K.C. KWAN

MBBS (HK), MRCSEd, FRCSEd (ORL), FHKCORL, FHKAM (Otorhinolaryngology)

Chief of Service, Department of Ear, Nose and Throat, Pamela Youde Nethersole Eastern Hospital; Council Member, Hong Kong College of Otorhinolaryngologists

Dr. KWAN graduated from the University of Hong Kong in 2007 and completed his specialist training in Otorhinolaryngology in 2014. He is currently the Chief of Service in the Department of Ear, Nose and Throat, Pamela Youde Nethersole Eastern Hospital. He was previously a member of the Education Committee of the Hong Kong College of Otorhinolaryngologists during 2019-21, and was elected as a Council Member of the same College in 2021. Dr. KWAN has been involved actively in the development of multidisciplinary integrated service for patients with vertigo and dizziness in the Hospital Authority.

Vertigo and dizziness are common symptoms leading patients to visit their primary care physicians. A wide range of vestibular and non-vestibular conditions can cause vertigo and dizziness, making the diagnostic process challenging. Sound knowledge and systematic assessment are critical to categorize and establish the diagnosis. In this presentation, essential knowledge on common vestibular disorders and important differential diagnosis will be revisited.

While diagnosis and treatment of some conditions can be completed within the primary care setting, a significant number of patients will still require referral for further specialized evaluation and management. To manage the long waiting time for specialized services in the public hospital, a new multidisciplinary service model involving Otorhinolaryngologists, Nurses and Allied Health Professionals is under development. The idea of this multidisciplinary service will also be shared at the latter part of this presentation.



Seminar G

End of Life Care in the Community – What can a Team of GPs and Nurses Do?



Dr. Jonathan K.C. LAU

MBBS (UNSW), Diploma in Obstetrics, FRNZCGP, FRACGP and FHKAM (Family Medicine)
General Practitioner / Family Physician

Dr. Lau has a broad and diversified clinical experience, having worked in a wide variety of organisations and clinical settings in Australia, New Zealand, Saudi Arabia, Hong Kong, Ireland, and United Kingdom. In recent years, he has been steadfast in promoting an all-round model of care to develop a health and wellness village – a supportive, equipped, and innovative centre for compassionate, socially connected, and coordinated community care, built for optimum health and wellness.



Dr. Frances K.Y. WONG

R.N., Ph.D. (Soc.), M.A. (Ed.), B.Sc. in Nursing, FAAN, FHKAN
Chair Nursing Professor in Advanced Nursing Practice and Associate Dean of the Faculty of Health and Social Sciences at the Hong Kong Polytechnic University

Dr. Wong has extensive clinical experience in the Intensive Care Unit, renal care and general medicine. Her research work and publications are in the areas of advanced nursing practice, transitional care and nursing education. She has published many refereed articles and edited 3 books. Her total research funding amounts to over \$30 million. She serves as a member or expert consultant for a number of healthcare steering committees and nursing council in Hong Kong and Guangdong-Hong Kong-Macao Greater Bay Area.



Dr. Arkers K.C. WONG

Doctor of Philosophy (HKPU), M.Sc. in Management (Health Services Management) (HKPU), Bachelor of Nursing (CUHK)
Assistant Professor in School of Nursing, the Hong Kong Polytechnic University

Dr. Wong has extensive experience in emergency nursing, nursing education and research. He has attained several international and local teaching and research awards and he serves as board member for a number of educational organisations and council in Hong Kong. His research interests include telehealth, primary health care, and ageing-in-place and he has obtained more than \$13 million from various funding sources. Dr. Wong also published many articles in some high impact factor journals.



Mr. Jonathan BAYUO

MPhil Nursing (Ghana), MSc Burn Care (London), Clinical Fellowship in Burn Pain Management (Adelaide), and BSc Nursing (Ghana)

Jonathan is a Burn Care Nurse from Ghana, West Africa and currently completing his doctoral studies at the School of Nursing, The Hong Kong Polytechnic University. Jonathan has previously worked across varied healthcare settings in Ghana focusing on burn and pediatric critical care.



Dr. Welgent W.C. CHU

MBChB (Glasgow), MSW (HKU) RSW, MSc (Clinical Gerontology) (CUHK), Dip Geriatrics Medicine RCP (London), Dip Palliative Medicine (Cardiff)
General Registered Medical Practitioner and Registered Social Worker

Dr. Chu's medical career focused mainly on the medical care for elderly persons especially in the fields of dementia and end-of-life care (EOLC). In 2000, Dr Chu and his nursing home team members pioneered the EOLC for the nursing home residents in Hong Kong. Academic works on these areas published in local medical journals and international conferences. Dr. Chu is also keen on promoting inter-professional collaboration and learning, particularly on the medical and social integration in clinical practice. Currently Dr. Chu is also the Clinical Supervisor for several NGOs in the community.

EOLC in the community – what can a team of GPs and nurses do?

Outline of seminar:

1. The era of baby boomers aging
2. Home birth progressing to EOLC at home
3. Why home care? Challenges and Benefits?
4. A proposal: -
 - a. A GP's central role – the good old 1A 3C
 - b. The integrated team approach – the new 2A and 5C
 - c. In focus:
 1. Decision making,
 2. Working with clients, families and other health and social care professionals
 3. Essentials in Advance Care Planning (ACP) and Advance Directive (AD)
5. Take home goodies – practice tips, a designed share care card
6. Q&A



Workshop 3

The Non-drug Intervention (NDI) Toolbox for Psychological Distress: What Family Doctors Can Do in a Routine Consultation



Dr. CHIN Weng Yee

MBBS, MD, FRACGP

*Honorary Assistant Professor,
Department of Family Medicine and Primary Care
The University of Hong Kong*

Dr. CHIN Weng Yee is a graduate of the University of Western Australia and a Fellow of the Royal Australian College of General Practitioners. She joined the Department of Primary Care and Family Medicine at the University of Hong Kong in 2008. Her MD thesis examined the longitudinal outcomes of depression in Hong Kong’s primary care.

She has 70+ publications with a focus on mental health, chronic disease health service delivery, quality of care and doctors’ mental health. Weng has a specific interest in training doctors and medical students on strategies to help address psychological distress in primary care patients with common mental health problems.

Weng currently resides in New York.

This workshop is based on the WONCA Working Party for Mental Health Guidance Document “Family doctors’ role in providing non-drug interventions (NDIs) for common mental health disorders in primary care”

https://www.globalfamilydoctor.com/site/DefaultSite/filesystem/documents/Groups/Mental%20Health/18%20Oct%20NDIs_updated.pdf

Learning outcomes

By the end of the workshop participants will be able to:

1. Discuss the evidence for NDIs in the management of depression in primary care
2. Use the BATHE technique and Satir Iceberg model as tools to assess, understand and communicate with patients who are affected by emotional distress
3. Perform a few low-intensity NDIs which can help reduce suffering in patients experiencing psychological distress

Workshop Description

This will be a 75-minute interactive workshop incorporating small group work, role play and case discussion. It is targeted for all family doctors who are interested in enhancing their consultation skills for managing patients experiencing psychological distress.

Participants will be introduced to the rationale and evidence for using non-drug interventions (NDIs) to help manage depression and other common mental health problems in primary care and explore various ways NDIs can be incorporated into a routine primary care consultation.

Participants will be introduced to the BATHE technique as a structured way to perform a psycho-social assessment and practice using Satir’s Coping Stances and Personal Iceberg Model to explore change possibilities.

NDI techniques which will be learnt include: (1) psychoeducation, (2) activity planning/ behavioural activation and (3) relaxation techniques.