



**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)

May Issue

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Empathy

Community

Prevention

Wellness



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Primary Care
Conference
The Hong Kong College
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**“Committed. Versatile. Ever-growing:
Primary Healthcare in the Time of COVID”**

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” 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, continues 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 and 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 Public-Private Partnership: Co-care Service Model <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. Chin Weng Yee</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 Updates in Treatment of Urinary Incontinence in Women and LUTs in Men <i>Dr. Clarence Leung & Dr. Paulin Ma</i>	Full Research Paper Awards Presentation*	Sponsored seminar 8	Discussion Forum on Hypertension <i>Prof. Abdul Rashid Abdul Rahman, Dr. Eric Lee, Dr. Leung Ka Pou, Dr. Valerie Teo & Dr. Esther Yu</i>			
11:40 - 11:55							
11:55 - 12:25							
12:25 - 12:30		Free Paper - Oral Presentation		Workshop 4 Quick and Key Physical Examination of MSK Problems in a Busy Primary Care Setting <i>Prof. Regina Sit, Dr. Stanley Lam & Dr. Mark Lai</i>			
12:30 - 13:15	Sponsored seminar 9		Sponsored seminar 10				
13:15 - 13:40							

*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 II

Family Medicine Development and Healthcare Reform During Challenging Times



Professor Donald K.T. LI

MBBS(HK), FRACGP, FRCGP, FHKCFP, FHKAM (Family Medicine), FFPH
Immediate Past President, World Organization of Family Doctors

Professor Donald Li is a specialist in Family Medicine and private practice in Hong Kong and mainland China. He is the Immediate Past President of the World Organization of Family Doctors (WONCA). He is the Censor of the Hong Kong College of Family Physicians. He is the Chairman of the Governing Board of the Hong Kong Jockey Club Disaster Preparedness and Response Institute of the Hong Kong Academy of Medicine. He is a member of the Chief Executive's Council of Advisers on Innovation and Strategic Development, Chairman of the Action Committee Against Narcotics of Security Bureau, member of the Steering Committee on Primary Healthcare Development of Food & Health Bureau.

The COVID19 pandemic is a call for us to take on the challenges facing Family Doctors in terms of our professional role as primary healthcare providers within the healthcare system and our relationship with the administrators and government. There are also challenges in terms of our encounter and relationships with our patients and their families during difficult times when face to face consultations are compromised. To meet challenges facing us, there is a call for healthcare reform which cannot simply be patched into the existing system. There must be reinforcement of core values which includes equity and accessibility; mutual care and joint responsibility; efficiency; safety, quality and choice. Professor Li will give us an update on the Global development in Family Medicine Training, emerging practice models as well as the Standards and Accreditation for delivery of safe and quality service. The roles of Family doctors during the Pandemic will also be presented and acknowledged. As the Hong Kong Government is committed to the development of primary care, ideas of patient expectation, the role of Family Doctors in the Primary Healthcare team, maintaining quality, development of ecosystems of District Health Centres, financing and stewardship will also be discussed.



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, HMRP, 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 B

Public-Private Partnership: Co-care Service Model



Dr. Frank W.K. CHAN

MChB (CUHK), FRACMA, FHKCCM,
FHKAM (Community Medicine)

Chief Manager (Service Transformation), Hospital Authority Head Office

Dr. Frank Chan graduated from the Chinese University of Hong Kong and is the fellow of the Hong Kong College of Community Medicine. He is currently appointed as the chief manager to oversee the formulation and implementation of the overall Public Private Partnership (PPP) strategy of the Hospital Authority (HA). He also led several initiatives to cope with the challenges of HA during the COVID-19 pandemic. Prior to his current position, he steered the service development and implementation on numerous chronic diseases including cardiac, cancer, DM, stroke, COPD and mental services.

With the increasing challenges arising from an ageing population and chronic disease burden, Public-Private Partnership (PPP) is one of the strategic directions in maintaining a sustainable healthcare system. To dovetail with the Government's policy in promoting primary healthcare, a new Co-care Service Model has been launched by the Hospital Authority (HA) since 2021 under the General Outpatient Clinic Public-Private Partnership (GOPC PPP) programme framework in extending the patient invitation pool to selected Specialist Outpatient Clinic (SOPC) patients of HA who are clinically stable and fit for continued care in the primary healthcare setting.

Co-care (MED) and Co-care (O&T) had been implemented by phases at various HA Clusters with ongoing engagements among the Participating Service Providers (PSPs), patients and HA stakeholders. Target patients fulfilling the pre-defined criteria of being clinically stable with less complex conditions, can be managed in the primary care level will be invited to join the programme. Further expansion of specialty coverage would be explored with review of corresponding support, such as the drug formulary and investigation items, to cater for the expansion of patient spectrum suitable for primary healthcare management under the PPP programme. It is hoped that such shared care and co-management model could enhance patient care in the community, deepen inter-professional communication, and promulgate the family doctor concept.



Seminar C

Update on Common Eye Problems in Primary Care



Dr. Kendrick Co SHIH

MBBS (HK), MRes (Medicine), MRCSEd, FCOphth HK, FHKAM (Ophthalmology)
Specialist in Ophthalmology

Dr. Shih is the Director of Student Affairs and a Clinical Assistant Professor of Ophthalmology, School of Clinical Medicine at HKUMed. He is a clinician scientist with research interests in sight-threatening ocular surface diseases, cornea wound healing and medical education. He has over 70 publications in international peer-reviewed journals. He currently serves on the editorial board of the Asia Pacific Journal of Ophthalmology and was the immediate-past General Secretary for the Asia Pacific Ophthalmic Trauma Society. For his work, he was awarded the 2021 HKUMed Faculty Teaching Medal Award, the 2021 Japanese Ophthalmological Society Young International Investigator Award, the 2018 Asia Pacific Academy of Ophthalmology Achievement Award, the 2017 HKAM Distinguished Young Fellow Award and the 2016 HKAM Gold Medal for Best Original Research by a Trainee. Dr. Shih was the chief organizer of the 2017 HKU Emergencies in Eye Care Workshop and the 2018 HKU Primary Eye Care in the Digital Age Workshop.

Ophthalmic conditions commonly present in primary care and the family physician is often the first doctor sought out by patients. In such situations, it is most important to identify sight-threatening disease that warrant prompt referral for specialist intervention. In this talk, we will discuss a systematic approach to common eye problems in primary care. Specifically, we will discuss physical examination skills and clinic-based investigations that can greatly aid non-ophthalmic physicians in the management of common eye problems.

The first part of the talk will cover the approach to and management of common ophthalmic emergencies, including causes of red eye, causes of sudden visual loss and ocular trauma. The second part of the talk will cover the approach to and management of chronic progressive causes of visual impairment, including cataracts, glaucoma, diabetic retinopathy and age-related macular degeneration.

With a systematic approach, family physicians can confidently triage and manage common eye problems.



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), MRCEd, 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 F

Child Psychiatric Conditions for Primary Healthcare: ASD & Dyslexia



Dr. Stephen H.Y. HO

MBBS (HK); FHKCPsych; FHKAM(Psychiatry); MSocSc (Couns)(South Australia); DPD (Cardiff); Dip Med (CUHK)
Private Psychiatrist

Dr. HO is a private practice psychiatrist. He received his psychiatric training in the public psychiatric system before he left for private practice, where he could see patients of various age groups and of a wide spectrum of severity in the community setting. He received training for various types of psychotherapy which could offer additional benefits to medical treatments. He is an Honorary Clinical Assistant Professor in the University of Hong Kong.



Dr. Amos C.Y. CHEUNG

Ph.D. (Clinical Psychology) (HKU); BSW (HKU); RCP(HKPS); RSW; Fellow HKPS; Member of Register of Clinical Psychologists accredited by Department of Health.
Clinical Psychologist

Amos specializes in working with the depressed and anxious, marital relationships, children and families, as well as death and bereavement. He also has expertise in conducting neuropsychological assessments and forensic/custodial evaluations. Amos trained in Cognitive Behavioral Therapy, Focusing Therapy (Person-Centered Therapy), and Satir Model Family Therapy.

Dr. Amos CHEUNG is the Past President of the Hong Kong Psychological Society (2013-14, 2017-19) and Past Chair of the Division of Clinical Psychology, the Hong Kong Psychological Society (2014-2017).

Autism Spectrum Disorder and Dyslexia are conditions related to the brain development of children that can carry a wide variety of developmental impacts ranging from intellectual, social, parental, and intimate relationships across their life span.

While there are no cures for Autism Spectrum Disorder or Dyslexia, intensive, early treatment can make a big difference in the lives of many children.

Primary care is the frontline of care for children and families in the community. Early identification and referral to appropriate services are crucial. In this seminar, the common and significant symptoms of these two developmental disorders, as well as practical implications on assessment and management in primary care settings, will be discussed.



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



Seminar H

Male LUTS – Is It Always Alpha-blocker? - A Consensus by Hong Kong Geriatric Society and Hong Kong Urological Association



Dr. Clarence L.H. LEUNG

*Associate Consultant, Urology Team, Department of Surgery, Kwong Wah Hospital
Council Member, Hong Kong Urological Association*

Dr. LEUNG is currently Associate Consultant working in Kwong Wah Hospital. He obtained his fellowship in Urology in Hong Kong in training 2018 and has been the Council Member of the Hong Kong Urological Association for 4 years. He completed his overseas training in Functional Urology and Neuro-urology in the University College London Hospital and Paediatric Urology in Great Ormond Street Hospital in 2019. He has been active in improving urology services in the primary care sector. He was part of a working group formed by Geriatricians and Urologists, focusing on the management of male LUTS in primary care of which a consensus paper was published in HKMJ in April 2021.



Dr. Paulin W.S. MA

*MBBS (HK); MRCOG; FHKCOG; FHKAM (O&G); Cert HKCOG (Urogynaecology)
Consultant, Division Head of General Gynaecology/ Urogynaecology, Department of Obstetrics & Gynaecology, Queen Mary Hospital*

Dr. Ma is a Consultant of the Department of Obstetrics & Gynaecology, Queen Mary Hospital. With her special interest in pelvic floor and urinary tract dysfunction, she is now leading the clinical service of urogynaecology of the unit with establishment of several relevant clinics in the subspecialty. Apart from clinical work at a tertiary urogynaecology referral centre, she is also involved in clinical research in the field. Her main interest is the impact on psychology and quality of life in patients presenting with different urogynaecological problems. She is currently a council member of the Hong Kong Urogynaecology Association which helps to facilitate interchange of information in the field of urogynaecology and promote the public awareness of the pelvic floor dysfunction and health in women.

Lower urinary tract symptoms (LUTS) are common complaints of adult men. Benign prostatic hyperplasia (BPH) represents the most common underlying cause. As the incidence of BPH increases with age, and pharmacological treatment is a major part of the disease’s management, the majority of patients with LUTS are managed by primary care practitioners. There are circumstances in which specialist care by urologists or geriatricians is required, such as failure of medical treatment, adverse effects from medical treatment, or complications from BPH. Referral choices can be confusing to patients and even practitioners in different specialties under such circumstances. There is currently no local consensus with regards the diagnosis, medical management, or referral mechanism for patients with BPH. A workgroup was formed from the members of The Hong Kong Geriatrics Society (HKGS) and the Hong Kong Urological Association (HKUA) to review evidence for the diagnosis and medical treatment of LUTS. A consensus was reached by HKGS and HKUA on an algorithm for the flow of male LUTS care and the use of uroselective alpha blockers, antimuscarinics, beta-3 adrenoceptor agonists, and 5 α -reductase inhibitors in the primary care setting. This consensus by HKGS and HKUA provides a new management paradigm for male LUTS.



Workshop 1

Myths about Exercise Prescription and Clients with Chronic Diseases



Dr. Leo S.T. HO

Senior Physiotherapist, Kwong Wah Hospital

Dr. Leo HO has been the co-editor of the Editorial Board of News Bulletin of the Hong Kong Physiotherapy Association since 2001. Currently serving in Kwong Wah Hospital as Senior Physiotherapist, Dr HO remains actively involved in leading cardiopulmonary teams. Apart from specializing in cardiopulmonary, neurology and clinical oncology, he also assists in conducting clinical education on cardiopulmonary care to PT undergraduate HKPolyU at KWH. Having attained basic physiotherapy training, MSc in Health Care (Physiotherapy Stream) and DHSc in Health Care (Physiotherapy Stream), and attended Overseas Scholarship Program for Allied Health Professionals in Primary Care / Chronic Disease Management in a Multidisciplinary Team in Australia, he is also an American College of Sports Medicine (ACSM) Certified Clinical Exercise Physiologist, Long Distance Running Instructor, and Advanced Personal Fitness Trainer.

Physiotherapists have been actively involved in expert consultations, specific plans of fitness-related activities to clients suffering from a variety of chronic diseases, helping them recover, manage and prevent injury or chronic conditions, and move towards rehabilitation. Besides physiotherapists' guidance and supervision, prescribed exercise programs require clients to take an active role in working towards specific objectives.

This presentation intends to give the participants a glance at the common myths, underlying principles and practical tips in exercise prescriptions for clients with chronic diseases focusing on diabetes mellitus, hypertension and those recovering from coronavirus (COVID-19). At the end of the talk, there will be a brief demonstration of a few quick start exercise testing and clinical exercise prescriptions that can be performed during clinical consultations with very few or minimal assessment tools and equipment.



Workshop 2

Medico-Legal Workshop



Professor Albert LEE

MB BS (Lond) LLB (Hons-Lond) LLMArbDR (Distinct-CityUHK) MPH MD (CUHK) FRACGP FHKAM (FamMed) FRCP (Lond & IreI) HonFFPH (UK) FCIArb (UK) FACLM (Aus) FCLM (US) GDLP (AusColl Law) Accredited Mediator (CEDR-UK)

Clinical Professor of Public Health and Primary Care, The Chinese University of Hong Kong; Honorary Professor, Department of Rehabilitation, Hong Kong Polytechnic University

Professor Albert Lee graduated with a medical degree from the University of London (University College London-Middlesex Hospital) in 1984 with higher professional and academic qualifications in Family Medicine, Public Health, Legal Medicine, Law, and Arbitration and Dispute Resolution. He has published over 240 journal papers and over 200 invited presentations. He was elected as an International Member of the US National Academy of Medicine in 2012 and election to National Academy which is considered the highest honours in Medicine and Public Health. Legal medicine and healthcare ethics is one of his key areas of interest. Together with Drs James Chiu and Kar-wai Tong, they edited a book on ‘Practical Healthcare Law and Ethics’. He is serving as a member of the Education Committee of Australasian College of Legal Medicine and Editorial Executive Committee of Journal Medicine and Law. Albert was admitted as a lawyer by the New South Wales Supreme Court in March 2021.

Negligence arises when there is a breach of duty of care causing damage, and there is a causal relationship between the conduct of the defendant and damage suffered by the claimant, and the damage is not too remote or not reasonably foreseeable. This is a rather philosophical statement. What does it mean to practising clinicians in their day to day practice with regards to clinical negligence? Breach of duty of care is judged upon whether the practitioner has delivered the care up to a reasonable standard. What does a reasonable standard mean in daily practice? This is particularly puzzling for family physicians. If I am attending a patient with cardiac symptoms, will my standard of care be judged according to the practice of cardiologists? The ‘Montgomery’ case has shifted the standard of disclosure of information to ‘reasonable patient’ test rather than ‘reasonable doctor’ that doctors need to address the significant risks perceived by that particular patient. Is it too harsh for doctors in daily practice? This workshop aims to unfold ethical dilemmas through case discussions. The ultimate goal is to empower us to deliver the best possible care to our patients as family physicians.

Lee A. Bolam’ to ‘Montgomery’ is result of evolutionary change of medical practice towards ‘Patient-Centered Care. Postgraduate Medical Journal 2017; 93:46–50. doi:10.1136/postgradmedj



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.



Workshop 4

Quick and Key Physical Examination of MSK Problems in a Busy Primary Care Setting



Dr. Regina W.S. SIT

MBBS(HK),FRACGP,FHKCFP, FHKAM(Family Medicine), MD (CUHK)

Clinical Associate Professor, the Jockey Club School of Public Health and Primary Care, Chinese University of Hong Kong

Dr. Regina Sit is the associate professor of Family Medicine. She obtained her MBBS degree from the University of Hong Kong and became a Family Medicine Specialist since 2011. As a Family Physician, with special skills in pain management and is a Certified Interventional Pain Sonologist by the World Institute of Pain. Regina obtained her Doctor of Medicine (MD) research degree from the Chinese University of Hong Kong. Her clinical and research interests focus on the study of musculoskeletal pain and regenerative medicine, with papers published in top-tier primary care journals including the Annals of Family Medicine and British Journal of General Practice. Regina has been appointed as the Lancet Commissioner on Osteoarthritis since August 2020. Currently, she is the director of the “Jockey Club Confront Pain with Ease Project”, and is leading an interdisciplinary team for chronic pain management in community.



Dr. Stanley K.H. LAM

MBBS(HK), FHKAM(FM), MScSEM, MScSMHS, PGDipMSM(Otago), FHKCFP, FRACGP, DFM(CUHK), Grad Dip(Derm), NUS, DCH(Irel)

President, Hong Kong Institute of Musculoskeletal Medicine

Clinical Associate Professor (Honorary), the Jockey Club School of Public Health and Primary Care, Chinese University of Hong Kong

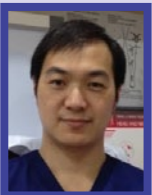
Clinical Assistant Professor (Honorary), Department of Family Medicine, the University of Hong Kong

Consultant, KH Lam Musculoskeletal Pain Management and Sports Injuries Centre

Dr. Lam is a specialist in family medicine in Hong-Kong with special interest in sports medicine, musculoskeletal medicine and pain management.

Dr. Lam has RMSK and POCUS(MSK-Tissues) credentials in USA and awarded RMSK Pioneer Certificate in 2012. He has passed certifications in CIPS and FIPP by the World Institute of Pain(WIP) in 2017. He has been a teaching-faculty and Examiner of WIP since 2018.

Dr. Lam has delivered numerous international lectures and hands-on workshops on: “US-guided hydrodissection of nerves”; “Dynamic MSKUS Scanning of Joints and Nerves”; “US-Guided Spine Injection”; and “Regenerative medicine for managing sports injury, musculoskeletal and chronic pain”.



Dr. Mark W.W. LAI

MBBS(HK), FHKCFP, FRACGP, FHKAM(FM), PGDipMSK(Otago), MScSM&HS(CUHK)

Vice- President, Hong Kong Institute of Musculoskeletal Medicine

Consultant, Revive Musculoskeletal Pain Centre

Dr. Lai is a specialist in family medicine with a special interest in Musculoskeletal Medicine and Sport Medicine. His daily work is managing various pain patients via detailed history taking, performing proper musculoskeletal physical examination and musculoskeletal ultrasound while offering non-surgical ultrasound assisted interventions.

Chronic musculoskeletal pain is a global health problem with varying impact on patient’s physical, psychological and social functioning. According to the Global Burden of Disease in 2016, chronic musculoskeletal pain, especially low back pain and neck pain, is the leading cause of disability worldwide. The burden is expected to increase with an ageing population and longevity. Chronic musculoskeletal pain is commonly managed in primary care and accounts for 15%-20% of all annual visits to general practitioners. Therefore, it is essential for primary care physicians to be able to conduct quick key physical examinations for the different presentations of musculoskeletal pain. In this workshop, participants will have the chance to refresh their knowledge on the anatomy of the spine and peripheral joints, to take a focused history and to conduct key physical examinations for the various common musculoskeletal complaints. We will also demonstrate simple bedside manual therapy and prescribe exercise for pain rehabilitation.



Discussion Forum on Hypertension

Epidemic of Poor BP Control and The Ways Healthcare Systems Respond: The Asian Perspective



Professor Abdul Rashid ABDUL RAHMAN

MBChB, PhD, FRCPI, FRCPEd, FNHAM, FAsCC
*Consultant Physician, Medical Director and Visiting Professor
An Nur Specialist Hospital and University of Cyberjaya*

Graduated from the University of Sheffield in 1984. Obtained his PhD on the Renin Angiotensin Aldosterone System from the University of Dundee in 1992. Founding Director of Advance Medical and Dental Institute in Penang Malaysia. Was Head of Research at the School of Medicine, University Sains Malaysia and Cyberjaya University. Past President of the Malaysia Society of Hypertension. Currently Executive Committee Member of the Asia Pacific Society of Hypertension and President of the Federation of Islamic Medical Associations. Chairman of the Malaysian Clinical Practice Guideline on Hypertension, Chairman of the Specialist Review Panel for First into Human Trial in Malaysia.



Dr. Eric K.P. LEE

MBBS(HKU), FHKCFP, FRACGP, FHKAM(Family Medicine), MSc EBHC (Oxon), MSc Mental Health (CUHK), DPD (Cardiff), Dip Med (CUHK)
Clinical Assistant Professor

Dr Lee is a family medicine specialist, and a member of the European Society of Hypertension Working Group on Blood Pressure Monitoring and Cardiovascular Variability. He is also a teacher and a researcher in the Chinese University of Hong Kong. He has published research detailing the (i) possible treatments for nocturnal hypertension, including melatonin and mindfulness meditations, (ii) comparisons between different blood pressure measurement methods, (iii) preferred blood pressure measurement methods in primary care and (iv) epidemiology of non-adherence to hypertensive drug treatments.



Dr. LEUNG Ka Pou

Fellow of Academy of Family Physicians (Macao); Specialist of Family Medicine; Professional Representation of Chronic Disease Prevention and Control Committee Macao
Representation (Hypertension programme) of the Chronic Disease Group, Community Medical Care of the Macao Health Bureau

Dr. LEUNG Ka Pou is a clinical family medicine specialist and work in the Macao Health Bureau. She is the Representation of the Chronic Disease Group, Community Medical Care of the Macao Health Bureau and responsibility the Program of Hypertension in the primary care group working. She is also the Professional Representation of Chronic Disease Prevention and Control Committee Macao Government and the tutor of education committee in the Macao Academy of Family Physicians.



Dr. Valerie TEO

MBBS (NUS, Singapore) Master of Medicine Family Medicine (Singapore); Collegiate membership of the College of Family Physicians Singapore, MCFP (S); Fellowship of the College of Family Physicians (Singapore), FCFP (S)
*Consultant Family Physician
Head, Kallang Polyclinic (National Healthcare Group Polyclinics)
Chair, Medication management and usage committee (MMUC)
Adjunct Senior Lecturer and Assistant Lead for Year 2 OSCEs, Lee Kong Chian School of Medicine (LKC)
Clinical Lecturer, Yong Loo Lin School of Medicine (NUS)*

Dr. Teo is the current head of Kallang Polyclinic and is a Consultant Family Physician with special interest in medication use and safety as well as innovation and technology. She is also an avid tutor for undergraduate and post graduate training.
Dr. Teo has been an anchor in driving the use of technology and innovation in primary care including successful programs such as primary tech enhanced care – hypertension (PTEC) which leverages on technology to encourage and empower patients to self manage through a home BP monitoring device, mobile application and chatbot that provides timely advice and feedback. This allows patients to modify and improve their lifestyle and provides ownership over their own health. Dr. Teo is also involved in other innovations such as the creation of a SMART vaccine fridge that provides added safety and staff efficiency when dispensing vaccines to children and adults in a busy primary care clinic. In her role in medication management, Dr Teo is also actively looking at ways to improve the electronic medical records system to improve medication prescription safety and also cost effective prescribing amongst clinicians.



Dr. Esther Y.T YU

BSc (PT), MBBS (HK), DipMed (CUHK), DPD (Cardiff), FRACGP, FHKCFP, FHKAM (Family Medicine)
Clinical Assistant Professor, Department of Family medicine and Primary Care, the University of Hong Kong

Dr. Yu joined the Department of Family Medicine and Primary Care, the University of Hong Kong, as a Clinical Assistant Professor since 2012. One of her most recognized research areas was multi-disciplinary management of hypertension and diabetes in the public primary care sector in Hong Kong, where such model of care was demonstrated to prevent adverse health outcomes and reduce healthcare burden. Her work on the effectiveness and cost-effectiveness of the “Risk Assessment and Management Program for primary care patients with Hypertension (RAMP-HT)”, were awarded the HKCFP Best Research Award 2018 and HKPCC 2021 Best Oral Presentation Award.

Hypertension is the most common chronic condition. However, good blood pressure control is obtained by around one-third of patients with hypertension, thereby burdening healthcare systems around the globe. Although evidence-based interventions such as accurate and early diagnosis hypertension, simplification of the drug regimen, encouraging home blood pressure monitoring, screening for non-adherence and use of combination pills can all improve blood pressure control, these interventions may not be adequately implemented into the healthcare systems.

During this discussion forum:

The epidemiology of poor BP control and corresponding evidence-based interventions are reviewed

Experts from Hong Kong, Macao, Malaysia and Singapore will describe the interventions used in their healthcare systems.

Participants will have the chance to interact with experts from these regions to reflect on their clinical practice and to improve blood pressure control in their patients.