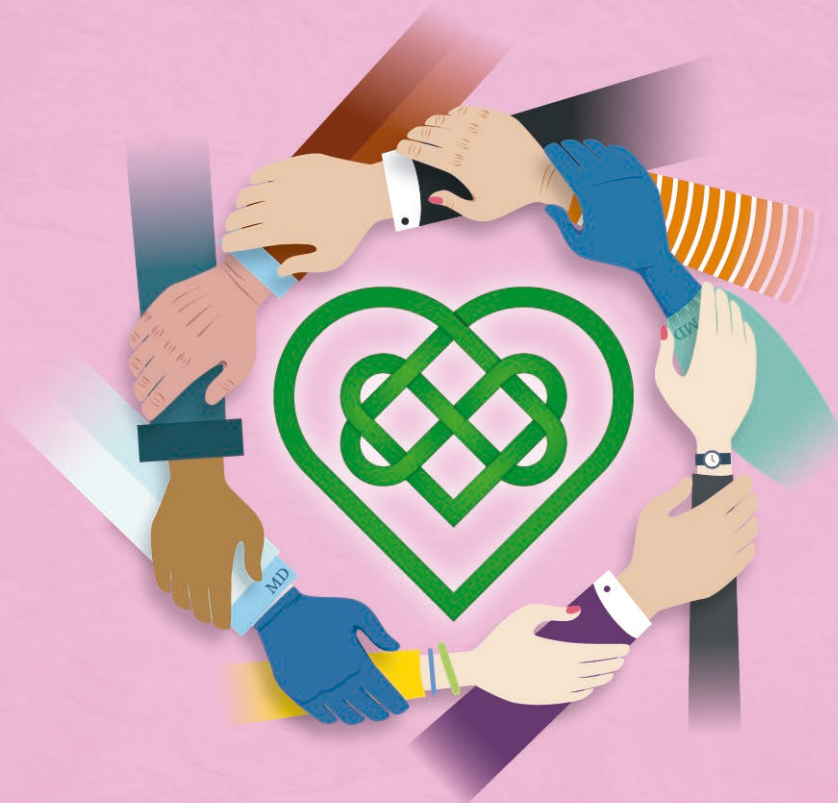


MAY ISSUE



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

HONG KONG PRIMARY CARE CONFERENCE 2024



Family Medicine in the Community: **STRENGTHENING CONNECTIONS**

5-7 July 2024 (Friday - Sunday)

(Supported by HKCFP Foundation Fund)



**Hong Kong
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Hong Kong Primary Care Conference 2024 “Family Medicine in the Community: STRENGTHENING CONNECTIONS”

5th – 7th July 2024 (Friday – Sunday)

Chairlady's Message

I am delighted to announce our annual signature 2024 Hong Kong Primary Care Conference to be held face-to-face on 5 - 7 July 2024 at the Hong Kong Academy of Medicine Jockey Club Building, Aberdeen, Hong Kong.

This year's conference theme is “Family Medicine in the Community: Strengthening Connections”. As you may recall our Government launched the Primary Care Blueprint to formulate the direction of development and strategies for enhancing Hong Kong's primary healthcare system to address the increasing chronic disease burden and improve the overall health and wellbeing of Hong Kong citizens. The Primary Care Blueprint reinvigorates the health care system by focusing on the creation of an integrated, high-value health care that positions family doctors at the front line of primary care. This role comes with family doctors' capability to recognize individual risk factors of patients and intervene, coupled with their growing awareness of the social, environmental and community determinants of health. These attributes make them most suitable to lead and provide primary healthcare to individuals and families in the community.

As always, our conference will continue to excite you with its well-curated scientific program filled with diverse and interesting plenary sessions, seminars, symposiums and workshops.

I cordially invite you to submit abstracts for the Full Research Paper, Free Paper and Clinical Case Competitions which are now open for submission.

I look forward to seeing you all again.

Sincerely yours,



Dr. Lorna Ng
Chairlady, Organizing Committee
Hong Kong Primary Care Conference 2024

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Scientific Programme at-a-glance

More
conference
details:



E-promotional
booklet:



Date Time	5 July 2024 (Friday) Pre-conference				
19:00 - 19:30				Workshop 1 Dermatology: dermatoscopy <i>Dr. David C.K. LUK</i>	
19:30 - 20:30	Sponsored online seminar 1	Sponsored online seminar 2	Sponsored online seminar 3		

Date Time	6 July 2024 (Saturday) Day 1				
13:30 - 14:30	Registration and Welcome Drinks				
14:30 - 15:00	Opening Ceremony				
15:00 - 15:40	Plenary I Social Medical Collaboration <i>Dr. LAM Ching Choi</i>				
15:40 - 16:20	Plenary II Family Medicine: Connecting the Right Services at the Right Time to the Right Person <i>Prof. Cindy L.K. LAM</i>				
16:20 - 16:50	Coffee Break & Poster Presentation (Part 1)				
16:50 - 17:50	Seminar A Progress of DHC and DHCE on Chronic Disease Co-care Programme <i>Ms. Josephine Y.C. LEE & Dr. Pamela P.Y. LEUNG</i>	Seminar B Breakthrough and Recent Update on Dementia <i>Prof. Helen F.K. CHIU & Dr. SHUM Chun Keung</i>		Workshop 2 Introduction to Family Therapy – Understanding Mental Health Problems in the Context of Family <i>Dr. Irene W.K. KAM</i>	Workshop 3 Advancing Wound Care in Primary Health Care: Exploring Innovations and Hands on Workshop on Negative Pressure Wound Therapy <i>Ms. Annette K.K. LAM</i>
17:50 - 18:20	Seminar C Oncology Updates on Different Cancer Screening and Treatment for Family Doctors <i>Dr. Johnny K.S. LAU</i>	Seminar D Colorectal Screening/ Cervical Screening Programme <i>Dr. Patrick S.K. CHONG & Prof. Martin C.S. WONG</i>	Seminar E The Impact of Artificial Intelligence and Digital Health Technology on Medical Education <i>Prof. Joshua W.K. HO & Dr. YANG Jian</i>		
18:20 - 18:50					
19:00 - 20:30	Dinner Symposium				

Date Time	7 July 2024 (Sunday) Day 2					
08:30 - 09:00	Registration					
09:00 - 10:00	Seminar F Common Mental Illness in Adolescents, with a Focus on Eating Disorders and Cyberbullying <i>Dr. LOK Chi Wing & Ms. YAN Ka Wai</i>	Seminar G Drug Treatments in Obesity <i>Dr. NG Man Yuk</i>	Seminar H Inappropriate Drug Use and Need for De-prescribing in Elderly Patients <i>Dr. Bosco H.M. MA & Ms. CHIANG Sau Chu</i>	Free Paper - Oral Presentation (Part 1)	Workshop 4 MSK POCUS for Primary Care: Diagnostic and Therapeutic Part A: POCUS for Primary Care: Upper Limb <i>Dr. CHAN Kwok Wai</i>	
10:00 - 10:20	Coffee Break & Poster Presentation (Part 2)					
10:20 - 10:30	Seminar I Loopholes in Hypertension and Sex-specific Difference <i>Dr. Eric K.P. LEE & Dr. Anastasia S. MIHAILIDOU</i>	Seminar J Beyond Ethnicity: Navigating Health Challenges and Co-creating Solutions in Hong Kong's Culturally Diverse Communities <i>Prof. DONG Dong</i>	Clinical Case Presentation Competition	Free Paper - Oral Presentation (Part 2)		
10:30 - 11:20						
11:20 - 11:35						
11:35 - 12:15	Plenary III Community Mental Health in Family Medicine <i>Prof. Samuel Y.S. WONG</i>					
12:15 - 12:55	Plenary IV UK Experience of How Primary Care Coordinates End of Life Care <i>Prof. Rodger CHARLTON</i>					
13:00 - 14:30	Lunch Symposium				Workshop 4 MSK POCUS for Primary Care: Diagnostic and Therapeutic Part B: POCUS for Primary Care: Lower Limb <i>Dr. LAI Wai Wah</i>	

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.



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Plenary I

Social Medical Collaboration



Dr. LAM Ching Choi, SBS, JP

MBBS(HK), FHKAM(Paed), FHKCPaed, FHKCCM, MRCP(UK), DCH(Ireland)

Non-official Member, Executive Council, HKSAR

Steering Committee Member of the Primary Healthcare Development, Health Bureau, HKSAR

Chief Executive Officer, Haven of Hope Christian Service

Dr. Lam is a specialist in paediatric and community medicine and is currently the Chief Executive Officer of Haven of Hope Christian Service.

With his extensive knowledge of local public health policies and services, Dr. Lam has sat on multiple statutory and advisory bodies. He is a non-official member of the Executive Council of the HKSAR Government and has been a member of the Steering Committee on Primary Healthcare Development of the Health Bureau since 2018. He is also the Chairman of the Advisory Committee on Mental Health.

Dr. Lam was honoured by the HKSAR Government with the Justice of Peace in 2003 and Silver Bauhinia Star in 2019. In 2018, apart from receiving the Honorary Fellowship from Lingnan University, he also received the Ageing Asia Global Ageing Influencer Award (Special Recognitions) in recognition for his devotion to public services and his influence on policy-making for the global ageing trend.

This presentation explores the significance of social medical collaboration and the crucial role of family physicians in providing primary healthcare. It emphasizes the contributions of doctors in improving healthcare outcomes through effective collaboration with stakeholders. Family physicians serve as the first point of contact for patients, bridging the gap between medical services and social support systems.

Social medical collaboration has shown promising results in improving healthcare outcomes and reducing costs. Family physicians, working with social workers, psychologists, community organizations, and other healthcare professionals, offer holistic care that addresses physical and psychosocial aspects of patients' well-being. Successful collaborative models and practical strategies for effective teamwork will be explored.

This presentation highlights the significance of social medical collaboration and the potential contributions of family physicians in developing primary healthcare and supporting mental health. Recognizing the critical role of family physicians, this presentation aims to inspire healthcare professionals to lead and advocate for comprehensive, patient-centered holistic care.



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Plenary II

Family Medicine: Connecting the Right Services at the Right Time to the Right Person



Professor Cindy L.K. LAM, MH, JP

MBBS (HK), MD(HK), FRCGP, MRCGP, MCGP (Irel), FHKAM (Family Medicine)

*Danny D. B. Ho Professor in Family Medicine, Department of Family Medicine & Primary Care, School of Clinical Medicine, Li Ka Shing Faculty of Medicine, The University of Hong Kong
Specialist in Family Medicine*

Cindy is Danny D. B. Ho Professor in Family Medicine and was Chairperson of the Department of Family Medicine & Primary Care, School of Clinical Medicine, Li Ka Shing Faculty of Medicine, the University of Hong Kong. She is Chief Censor and Honorary Fellow of the Hong Kong College of Family Physicians. She is a member of the Steering Committee on Primary Healthcare Development and Convener of the Advisory Committee on the Primary Care Directory. Cindy is a specialist in family medicine providing regular public primary care services in addition to her work in academic family medicine. Her special interests are evaluation of quality and outcomes of primary care of patients with chronic diseases, patient reported outcome assessment and primary mental health care.

Family medicine specializes in person-centred, continuing and comprehensive care in the community. To serve their roles effectively, family doctors need to connect the right services at the right time to the right person according to health needs rather than demands. The health needs of a person are diverse and complex, which require different healthcare and social services during different stages of an illness and life. The old model of episodic inter-professional referrals has become insufficient, inefficient and burdensome with the rising prevalence of multimorbidity and psychosocial problems. A new model of medical-social integrated community-based care led by the family doctor who brings the right services at the right time to the right person is required to serve this purpose. Another potential of medical-social integrated care is to reverse the social health inequity. This presentation will highlight the elements of integrated community care and illustrate it with the family medicine led KGKF-HKU Health Empowerment Programme (HEP) that had aimed to reverse health inequity among adults and children from low income families in Hong Kong. The HEP provided regular health assessments, health education and self-care enablement activities through local NGOs and schools over the 10 years. The HEP adult participants showed significantly long-term improvement in cardiovascular health, mental health and self-care enablement, and the participating children showed improvement in health-related quality of life and a reduction in behavioral problems.



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Plenary III

Community Mental Health in Family Medicine



Professor Samuel Y.S. WONG

LMCHK, MD (U. of Toronto), MD (CUHK), MPH (Johns Hopkins)
CCFP, FRACGP, FHKCCM, FFPH (UK), FCFP, FHKAM (Community Medicine), FHKAM (Family Medicine)
Director, The JC School of Public Health and Primary Care
Associate Dean (Education), Faculty of Medicine, The Chinese University of Hong Kong

Professor Samuel WONG is a clinician with training in both Family Medicine and Public Health. He is the Director of the JC School of Public Health and Primary Care and the Associate Dean (Education) of the Faculty of Medicine. He is also the Founding Director of the Thomas Jing Centre for Mindfulness Research and Training.

Professor WONG's research interests include evaluating primary care services and developing primary care service models for people with multimorbidity, evaluating and developing mindfulness-based and mental health interventions in primary care. He has published more than 400 original papers in peer-reviewed scientific journals and has contributed 5 book chapters. In terms of public service, Professor Wong has served the Hong Kong SAR Government in various capacities, including as a member of the Steering Committee of the Primary Care Development and other advisory councils and committees related to health and environmental hygiene. He has also been involved in education and accreditation committees for medical and dental councils in Hong Kong. In addition to his academic and research responsibilities, Professor Wong provides clinical services in Family Medicine for the Hospital Authority as an Honorary Consultant in Family Medicine.

Mental health issues often manifest differently in community settings compared to hospital psychiatric services. In the community, individuals may experience milder mental health issues, frequently alongside other chronic medical conditions or common mental health disorders like anxiety and depression. Family Medicine is crucial in identifying and treating mild to moderate mental health problems within the community. This is particularly true when working alongside community non-governmental organizations (NGOs) that offer psychological interventions in conjunction with family doctors. This presentation will explore evidence-based psychological interventions available in community settings. It will also discuss potential collaborative approaches for the assessment and management of common mental health issues between family doctors and community psychological services.



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Sunday, 7 July 2024 • 12:15 – 12:55

Plenary IV

UK Experience of How Primary Care Coordinates End of Life Care



Professor Rodger CHARLTON

BA, MPhil, MD, FRCGP, FRNZCGP

Professor of Undergraduate Primary Care Education, Leicester Medical School, College of Life Sciences, University of Leicester

Professor Rodger Charlton, Professor of Undergraduate Primary Care Education, Leicester Medical School, UK. Also a Training Programme Director for GP Training. Qualified Birmingham 1983. Completed an MPhil in Medical Ethics 1987. Then Lecturer in GP at Nottingham. In 1991-2; visiting fellow University of Otago, New Zealand, researching perceived needs of undergraduates in palliative care towards MD thesis. In 1994; appointed Senior Lecturer at Keele University, then Warwick University in 2000. 2011 appointed professor of medical education at Swansea. Moved to Nottingham Medical School in 2012 and Leicester in 2016. An active GP with research interests in end-of-life care and compassion.

The key doctor in End-of-Life (EOL) Care is the Family Physician. They are involved from the time of diagnosis of a life-threatening disease, through to the person's death and beyond into bereavement.

The Family Physician very much strengthens connections with the patient by developing a therapeutic doctor-patient relationship through provision of continuity of care, planned follow up and anticipatory care as symptoms develop and palliation is required. Similarly, strengthening connections with the patient's family including their carer and friends and coordinating specialist care through hospital doctors and other members of the multi-disciplinary team and a hospice if indicated.

In the community, coordination of care will also involve ongoing conversations as to the patient's wishes and preferences for EOL care. This planning of advanced directives in case of an expected death should be carefully agreed, documented and updated with the patient and their family. There should be a designated key Family Physician for a patient with clear handover information when they are not available as crises may happen outside of planned appointments. Where feasible, contact should be maintained during hospital/ hospice care and organised contact with the family after death as part of bereavement care for at least 12 months.

Training of undergraduates as future doctors for care of EOL patients in hospital and for Family Physicians in the community should be provided in palliative care with its key components of communication and the science of symptom control.

A UK perspective is provided of General Practitioners (GPs) (Family Physicians).



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Saturday, 6 July 2024 • 16:50 – 17:50

Seminar A

Progress of DHC and DHCE on Chronic Disease Co-care Programme



Ms. Josephine Y.C. LEE, MH

Chief Executive Officer, St. James' Settlement

Ms Josephine Lee Yuk-chi received her Bachelor of Social Sciences (Social Work) and Master of Social Sciences in Social Work from The Chinese University of Hong Kong and The University of Hong Kong respectively. Besides, she also holds an EMBA degree from The Hong Kong University of Science and Technology. Ms Lee is currently the Chief Executive Officer of St. James' Settlement.

Ms Lee is a passionate social innovator and promotes social innovation in action. She is actively involved in developing social services and social enterprises. She is currently a Member of the Commission on Poverty and its Social Innovation and Entrepreneurship Development Fund Task Force, a Member of the Assessment Panel of the Innovation and Technology Fund for Better Living of Innovation and Technology Commission, a Council Member of the Hong Kong General Chamber of Social Enterprises and an External Advisor of the social work training of tertiary institutions.

The CDCC (Chronic Disease Co-care) Pilot Scheme is a brand-new government subsidy scheme. People aged 45 and above without a history of diabetes or hypertension can receive screening and follow-up services from family doctors with an affordable co-payment.

To implement the Scheme successfully, two approaches are adopted. The first is to recruit the right target population. Sham Shui Po DHC has strategically recruited health-conscious people who are increasingly aware of their medical needs and health protection, and are supportive to health schemes promulgated by the government. The DHC approaches these target groups via outreach activities held at shopping malls, private housing estates and industrial centres.

The second is to create a good client journey through collaboration with family doctors. An excellent user experience can demonstrate the value of the Scheme. The family doctors are supported by a multidisciplinary team, including nurses and allied health professionals. The DHC will coordinate these professional services to the needs of the client. In addition to professional support, service accessibility and seamless medical/professional follow-up with clients are also vital to ensure the provision of quality health information and comprehensive health management plans. Our nurses closely monitor the client's screening progress and communicate effectively with family doctors during their medical follow-ups.

To encourage more people to participate in this Scheme. The DHC will modify its strategy and services from time to time, and attract more family doctors to join the Scheme by providing briefing sessions and on-site system support, whenever needed.



Dr. Pamela P.Y. LEUNG

Ph.D., R.S.W. F.H.K.A.S.W.

Chief Executive Officer, The Hong Kong Society for Rehabilitation

Dr. Leung is the CEO of The Hong Kong Society for Rehabilitation (HKSR), a non-profit organization advocating holistic health, social participation, and equal opportunities for people with disabilities and health challenges. The HKSR is one of the designated Rehabilitation Collaborating Centres of the World Health Organization in the West Pacific. Dr Leung specializes in integrative care for chronic patients with extensive publications on psycho-social-spiritual intervention in peer-reviewed books and journals. She is a Fellow of the Hong Kong Academy of Social Work, a Fellow of the Centre on Ageing and a Fellow of the Centre on Behavioral Health of The University of Hong Kong, as well as an Honorary Advisor of different patients' self-help organizations.

Building Stronger Connections and Healthier Communities – The Role of District Health Centre Express

With an increasing prevalence of chronic diseases, it is imperative to foster healthcare network at the community level and promote a life course preventive approach in primary care. In November 2023 the Government rolled out the Chronic Disease Co-Care (CDCC) Pilot Scheme as a move to encourage early prevention and management of chronic diseases. Eligible persons are subsidised for screening of prediabetes, diabetes mellitus and hypertension by a family doctor of their own choice. Those who are diagnosed will be placed under long-term care management by their chosen family doctors. The District Health Centres (DHCs) and DHC Expresses (DHCEs) play an important role in this scheme.

The HKSR currently operates DHCEs in Central and Western District, Eastern District, and Sha Tin, serving as community healthcare resource hubs, connecting stakeholders, adopting different strategies to uplift participants' self-management capabilities and motivate people to take ownership of their own health.

This presentation will share the strategies of HKSR's DHCEs on empowering individuals, connecting stakeholders, fostering partnerships, and mobilizing local networks in co-creating health in the community. Experiences in collaboration with family doctors and care providers in promoting seamless care will also be shared.



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Seminar B

Saturday, 6 July 2024 • 16:50 – 17:50

Breakthrough and Recent Update on Dementia



Dr. SHUM Chun Keung

MBBS (HK), MRCP (UK), FHKCP, FHKAM (Medicine), FRCP (Glasg), FRCP (Edin)

Associate Consultant, Department of Medicine and Geriatrics, Tuen Mun Hospital, New Territories West Cluster, Hospital Authority, Hong Kong
Convenor, Brain Health Special Interest Group, The Hong Kong Geriatrics Society
Honorary Treasurer, The Hong Kong Geriatrics Society
Honorary Clinical Associate Professor, Department of Medicine and Therapeutics, Faculty of Medicine, The Chinese University of Hong Kong
Honorary Clinical Assistant Professor, Department of Family Medicine and Primary Care, The University of Hong Kong

Dr. Shum is a geriatrician at Tuen Mun Hospital (TMH) with a special interest in dementia. He is the clinical lead of the Geriatric Day Hospital Memory Clinic at TMH and a team member of the Cognitive Assessment and Empowerment Program, a co-care model for older patients with memory complaints, in the Hospital Authority New Territories West Cluster. He actively participates in the council of the Hong Kong Geriatrics Society (HKGS) and currently serves as the Convenor of the Brain Health Special Interest Group of the HKGS. He is the principal investigator of the LPAD Brain Study in TMH, collaborating with the Hong Kong University of Science and Technology and the Hong Kong Center for Neurodegenerative Diseases to develop a Longitudinal Profile of biomarkers of Alzheimer's Disease in the Hong Kong Chinese population. He has authored several publications in the field of dementia and is the chief editor of the “Practical Manual of Dementia in Older Adults” (third edition).

Recent Breakthrough and Update on Alzheimer's Disease and Related Dementias: From Precision Medicine to Co-Management

Dementia results from a variety of brain diseases and injuries. Alzheimer's disease is the most common form. It is characterized pathologically by extracellular amyloid plaques and intraneuronal neurofibrillary tangles. The National Institute on Aging-Alzheimer's Association research framework in 2018 proposed a paradigm shift towards a biological definition of Alzheimer's disease. The disease should be defined biologically, diagnosed in vivo by validated cerebrospinal fluid or imaging biomarkers in the AT(N) classification system and not based on a clinical syndrome(s). It is a continuum that pathologic changes begin decades before clinical symptoms and it progresses through stages of increasing pathologic burden. The first detectable change is brain amyloid beta (A) accumulation, followed by tau hyperphosphorylation (T) and then neurodegeneration (N). In recent years, plasma biomarkers with excellent diagnostic performances have been developed and clinically validated. For example, plasmarkAD® is a plasma protein biomarker panel for Alzheimer's disease developed in a Hong Kong Chinese cohort and accurately differentiates between normal, mild and severe Alzheimer's disease. The Alzheimer's Association Workgroup has recently drafted revised criteria for diagnosis and staging of Alzheimer's disease and this will be available in clinical practice soon.

Anti-amyloid immunotherapies (e.g. Aducanumab, Lecanemab and Donanemab) are emerging disease-modifying treatments. They were shown to slow cognitive decline and clear amyloid plaques. However, amyloid-related imaging abnormalities, frequent intravenous dosing, MRI monitoring and treatment costs are concerns in clinical practice.

Primary care physicians play an increasingly important role in the early detection, diagnosis and ongoing care of people living with dementia. Multi-domain lifestyle-based interventions were found to reduce the risk of cognitive and functional impairment among at risk individuals. Co-management between primary and specialist care is also vital, exemplified by a local example of the Cognitive Assessment and Empowerment Program in the Hospital Authority New Territories West Cluster. This structured program provides timely assessment and interventions, reduces the referral to secondary care and empowers family physicians in managing older patients with memory complaints in the primary care setting.



Professor Helen F.K. CHIU

MBBS, FRCPsych, FHKAM (Psychiatry), FHKCPsych

Specialist in Psychiatry

Emeritus Professor, Department of Psychiatry, The Chinese University of Hong Kong

Professor Helen FK Chiu is the Emeritus Professor of the Chinese University of Hong Kong and the Past President of the Hong Kong Psychogeriatric Association, the Past President of the Pacific Rim College of Psychiatrists, the Past President of the Hong Kong College of Psychiatrists, as well as the Past President of the International Psychogeriatric Association. She was the Head of the Department of Psychiatry at the Chinese University of Hong Kong from late 1996 to mid 2011. Prof Chiu is a Specialist in Psychiatry.

Clinical Use and Update on the Hong Kong Brief Cognitive Test (HKBC)

There are many existing brief cognitive tests for the assessment of cognitive function, but these tests have some limitations when used in the elderly populations who have a low educational level. In view of this, our team in Hong Kong has developed a new brief cognitive test, the Hong Kong Brief Cognitive Test (HKBC).

This presentation will introduce the HKBC and its clinical uses, as well as some recent research studies involving the HKBC. The advantages of the HKBC includes its short time of administration as it takes around 7 minutes only. Educational effect on the score is much less than the Mini Mental State Examination (MMSE) and the Montreal Cognitive Assessment (MoCA) and the scoring of the HKBC does not need to be adjusted for education. The HKBC assesses several domains of cognitive function and hence it can give a profile of the domains of cognitive impairment of the test subject. Further, the HKBC can be used to differentiate between people with Major Neurocognitive Disorder, Mild Neurocognitive Disorder and Normal cognition.



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Seminar C

Oncology Updates on Different Cancer Screening and Treatment for Family Doctors



Dr. Johnny K.S. LAU

MBBS (HKU), M Res (Med) (HK), FHKAM, FHKCR, FRCR

Consultant Clinical Oncologist (Private Practice)

Honorary Clinical Assistant Professor, Department of Clinical Oncology, The University of Hong Kong

Committee Member, Precision Oncology Working Group

Immediate Past Chairman, Young Fellows Chapter, Hong Kong Academy of Medicine

Council Member, Hong Kong Stereotactic Body Radiation Therapy Study Group

Council Member, Hong Kong Society of Palliative Medicine

Lecturer of Certificate Course on Palliative Care for Primary Care Doctors

Dr. Johnny Lau is a clinical oncologist specializing in lung cancer, colon cancer, precision oncology and palliative care. His research focuses on cancer-associated risk factors, precision oncology and cancer treatment in the community. Dr. Lau is committed to advancing cancer care and improving patient outcomes through research and clinical practice. Dr. Lau obtained his subspecialty degree in palliative medicine in 2019 and has been delivering lectures on common cancer treatment and toxicity management during the pandemic to primary care doctors since 2020. Dr. Lau was awarded the Young Achievers Award in Queen Mary Hospital in 2021. Dr. Lau has been working as a consultant oncologist in the private sector since 2022, and has been a proponent of Low-dose CT Thorax (LDCT) for lung cancer screening.

Cancer management is a dynamic field, with evolving screening methods and treatment modalities. In this comprehensive update, we explore the latest advancements in cancer screening, emphasizing on evidence-based approaches for early detection. From low-dose CT thorax for lung cancer to innovative screening strategy for colorectal cancer. Understanding individual risk factors is crucial. We highlight genetic predispositions, lifestyle choices, and environmental influences, with an emphasis on practical guidance on counseling patients to reduce their cancer risks.

Precision medicine is reshaping cancer therapy, typical examples include targeted therapies and other emerging options. Case studies emphasizing multidisciplinary collaborations will be showcased. Effective communication and shared decision-making are essential. Key aspects including patient concerns, survivorship, and palliative care will be addressed.

Primary care doctors play a pivotal role in holistic cancer care. Please join us for this inter-disciplinary seminar, equipping you with the latest insights to enhance patient outcomes and contribute to the fight against cancer in the community.



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Seminar D

Colorectal Screening/ Cervical Screening Programme



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, Faculty of Medicine, The Chinese University of Hong Kong

Director, Centre for Health Education and Health Promotion, The Chinese University of Hong Kong

Professor (by courtesy), Department of Sports Science and Physical Education, The Chinese University of Hong Kong

Professor of Global Health, School of Public Health, Peking University (Adjunct)

Professor, School of Public Health, The Chinese Academy of Medicine and the Peking Union Medical College (Adjunct)

Professor, School of Public Health, Fudan University (Adjunct)

Co-Chairman, Health and Medical Research Fund, The Health Bureau of the Hong Kong Government

Professor Martin C.S. Wong is a researcher in the field of cancer screening and prevention of chronic diseases. Professor Wong has composed over 600 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 Association of Pacific Rim Universities (APRU) Global Health Programme; the Convener of the Advisory Group on the Hong Kong Reference Framework for Preventive Care of Diabetes, Hypertension, Older Adults, and Children in Primary Care Settings; and a former member of the Expert Advisory Panel in Implementation Science of the HKSAR government.

Recommendations for Cancer Screening by the Cancer Expert Working Group of the Hong Kong Government – An Update

Cancer is one of the leading causes of morbidity and mortality in developed nations. It is the most significant contributor to the global burden of disease, including the healthcare systems and the induced expenses. Primary Care Physicians (PCPs) provide first-contact, continuous, comprehensive, community-based, and patient-centred care on prevention of cancer. Whilst **colorectal cancer, cervical cancer, and breast cancer** have recognized as suitable candidates for screening, there are other types of cancers that might be considered as controversial, such as **lung cancer, liver cancer, and prostate cancer**. Nevertheless, the decision to offer cancer screening often requires authoritative sources to inform best practice. The Cancer Expert Working Group (CEWG) on Cancer Prevention and Screening of the Centre for Health Protection, the Department of Health has issued guidelines on the recommendations for cancer screening practices. Formulation of these guidelines are based on the most updated scientific evidence from international literature and consensus statements in the Asia Pacific regions and beyond. There are more than 15 experts participating in regular meetings to review the guidelines on more than 10 types of common cancers in Hong Kong, contextualized to our local healthcare setting. The recommendations are for both healthcare professionals and the general public. In this lecture, the speaker will provide an update on the most recent screening recommendations, and review the evidence behind them. He will also offer future research perspectives so that additional evidence with local relevance can be addressed. The pros and cons of screening for each cancer will also be critically appraised.



Dr. Patrick S.K. CHONG

Principal Medical and Health Officer (Family Health Service), Department of Health, HKSAR

Dr Patrick Chong is a specialist in Public Health Medicine. He is currently the Principal Medical and Health Officer (Family Health Service) of the Department of Health (DH). His portfolio includes overseeing the clinical services provided to children from birth to 5 years and women at or below 64 years of age attending the Maternal and Child Health Centres as well as the Woman Health Centres. Dr Chong also has been working in various DH services related to non-communicable disease prevention and control, health promotion, and health care vouchers.

Department of Health's Woman Health Service

Family Health Service under the Department of Health (DH) provides Woman Health Service (WHS) to women aged at or below 64 years mainly at its three Woman Health Centres for disease prevention and health promotion.

Under the DH's WHS, women are provided with general health education and individualised counselling on various aspects, including healthy lifestyle, psychosocial health, menstrual concerns, and sexual health. In addition, detailed nursing interviews and medical consultations are provided to assess women's health risks for various common chronic diseases and to provide appropriate primary and secondary preventive services. Health assessment on common non-communicable diseases covers hypertension, diabetes mellitus, hypercholesterolaemia, as well as colorectal, cervical and breast cancers. The preventive service/advice is provided according to the Primary Healthcare Office's Reference Framework and the Cancer Expert Working Group's recommendation. Targeted health advice and counselling, physical examination and investigations, including blood pressure measurements and blood tests (e.g. fasting blood sugar, lipid profile etc.) as well as colorectal, cervical and breast cancer screenings, are offered depending on individual needs and risk assessments. Clients are referred to the specialists for further management if clinically indicated. In addition to the above, risk-based Hepatitis B screening service is also provided. Hepatitis B serology tests and vaccination are provided to at-risk women.



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

Hong Kong Primary Care Conference 2024

“Family Medicine in the Community: STRENGTHENING CONNECTIONS”

5th – 7th July 2024 (Friday – Sunday)

Seminar E

Saturday, 6 July 2024 • 17:50 – 18:50

The Impact of Artificial Intelligence and Digital Health Technology on Medical Education



Professor Joshua W.K. HO

BSc, PhD

*Associate Professor and Co-Director of BSc (Bioinformatics) Programme,
Li Ka Shing Faculty of Medicine, The University of Hong Kong*

Professor Joshua Ho is an Associate Professor at the School of Biomedical Sciences of the University of Hong Kong (HKU). He completed his BSc and PhD at the University of Sydney and postdoctoral training at Harvard Medical School. He is an expert in bioinformatics, single cell data analysis, metagenomics, and digital health. Professor Ho co-directs the BSc (Bioinformatics) Programme at HKU, and is the deputy director of educational technology (AI). In these roles, he actively formulates innovative uses of AI to support teaching and learning activities in the medical curriculum. He was awarded the HKU Faculty Teaching Medal in 2023.

As the use of artificial intelligence (AI), big data, augmented reality, virtual reality, and digital health technology is becoming increasingly pervasive in the healthcare sector, there is an emerging need to introduce these topics into the medical curriculum to better prepare our future medical professionals. Nonetheless, there is relatively little international consensus on what and how these topics should be taught in an undergraduate medical programme. In this talk, we will share our experience on introducing AI, medical big data and digital health into the medical curriculum at the University of Hong Kong. We will also share our experience with the use of generative AI to support a variety of teaching and learning activities in our Faculty. I will give my thoughts on its practical implementation and discuss possible future directions.



Dr. YANG Jian

BMed (Peking U), PhD (U of Bristol), SFHEA

*Senior Lecturer, School of Biomedical Sciences, LKS Faculty of Medicine, The University of Hong Kong
Deputy Director of Education Technology, HKUMed
Coordinator of HKU Body Donation Programme*

Dr. Jian Yang graduated from the Peking University Health Science Center and went on to pursue a PhD in neuroscience at the University of Bristol. He joined the Department of Anatomy of the University of Hong Kong after graduation in 2007, and devoted his passion to anatomy and histology education since 2012. He is now a senior lecturer in the School of Biomedical Sciences, LKS Faculty of Medicine HKU, leader in anatomy education, Deputy Director of EdTech HKUMed and Coordinator of HKU Body Donation Programme.

Infusing Education Technology in Pre-Clinical Education, The HKUMed Experience

With the rapid growth of technological innovations, mobile technology, virtual reality, generative AI, and other digital technologies have been gradually incorporated into pre-clinical education, including anatomy and histology, and have provided a brand-new area of research interest for medical education. In the School of Biomedical Sciences, LKS faculty of medicine, we recognise that it is paramount to make anatomy classes more active and student-centred to create a deeper understanding of the subject matter. In recent years, our team has strived to integrate newly emerged technologies into the medical curriculum to enhance active learning.

In the past few years, we have created interactive histology E-platforms to enhance the histology learning experience, and introduced technology-supported task oriented practicals (TOP) to reform the anatomy and histology practical sessions. We have also developed the dissection peer support system (DPSS) utilising mobile learning platform iClass. The VR anatomy lab has been established for the students to apply their anatomy and clinical knowledge to complete tasks in the virtual reality environment.

The digital resources and the mobile platform were extremely helpful in maintaining high quality interactive-learning experience for the students both in-class and off-class, and provided the students with timely feedback. The education technologies and the innovative pedagogies enable students to participate actively and apply knowledge both inside the classroom and online, and are proven to be especially valuable for medical education during the pandemic and in the post COVID era.



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

Hong Kong Primary Care Conference 2024

“Family Medicine in the Community: STRENGTHENING CONNECTIONS”

5th – 7th July 2024 (Friday – Sunday)

Sunday, 7 July 2024 • 09:00 – 10:00

Seminar F

Common Mental Illness in Adolescents, with a Focus on Eating Disorders and Cyberbullying



Dr. LOK Chi Wing

MBChB (CUHK), MRCPsych, FHKCPsych, FHKAM(Psychiatry)

Associate Consultant (Psychiatry) (Part-time), Hospital Authority

Honorary Clinical Assistant Professor, Faculty of Medicine, The Chinese University of Hong Kong
Specialist in Psychiatry

Dr. Lok Chi Wing graduated from the Chinese University of Hong Kong (CUHK) Faculty of Medicine. She is currently a specialist in psychiatry and a Fellow of the Hong Kong Academy of Medicine (Psychiatry), the Hong Kong College of Psychiatrists, a member of the Royal College of Psychiatrists (UK), and she serves as an Associate Consultant Psychiatrist (Part-time) in a public hospital, as well as being a Honorary Clinical Assistant Professor at the Chinese University of Hong Kong (Faculty of Medicine), a Honorary Clinical Tutor at the University of Hong Kong (LKS Faculty of Medicine), and as a Visiting Lecturer at the Department of Rehabilitation Sciences, The Hong Kong Polytechnic University.

Dr. Lok covers mental health consultation services for different age groups, including children, adolescents, adults, and the elderly. She manages clients suffering from attention deficit/hyperactivity disorder (ADHD), autism spectrum disorders, emotional and behavioral problems in children and adolescents, eating disorders, depression, anxiety disorders, panic disorder, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), psychosis, bipolar affective disorder, sleep disorders, marital and family counseling, and sexual dysfunctions in couples. She is also experienced in assessing and managing cognitive impairment, elderly depression and anxiety disorders, sleep disorders in the elderly population, etc.

Mental health has emerged as a significant concern in today's society, with an alarming increase in mental illness among adolescents. This seminar aims to raise awareness of the critical role of mental health in adolescent development, some of the common mental illnesses among the child and adolescent populations, and explore effective strategies to support and promote positive mental well-being. Hopefully it will bring together mental health professionals, educators, and parents, etc. to facilitate a comprehensive discussion on this pressing issue.

In this seminar, I will share insights into identifying early signs of mental illness and implementing preventive measures, and introduce common treatment plans. This seminar will also focus more on a special entity of child and adolescent mental health issues, i.e. Eating Disorders. By highlighting the significance of addressing adolescent mental health, this seminar aims to inspire a collective effort to prioritize mental well-being, empower adolescents and their care-givers, and ensure a healthier future for our youths.



Ms. YAN Ka Wai

BSW(Hons)

Registered Social Worker in Nite Cat Online Cyber Youth Support Team,

The Boys' & Girls' Clubs Association of Hong Kong

Vivian Yan is a passionate and dedicated registered social worker with extensive experience providing comprehensive casework and counseling support for young people. Her mission is to create a safe and nurturing environment for adolescents, both online and offline. Vivian has a strong focus on addressing cyberbullying, promoting digital safety, and fostering healthy online behaviors. She is proficient in engaging high-risk individuals and uses a variety of counseling techniques to empower young people. Vivian's expertise lies in implementing evidence-based strategies to mitigate the risks associated with digital media and ensure the well-being of adolescents in the digital age.

The issue of cyberbullying has emerged as a major challenge to the well-being of adolescents, necessitating the attention of experts in the field. This seminar aims to provide valuable insights into the pivotal role that social workers play in preventing, intervening, and supporting victims of cyberbullying. This seminar will focus on developing a deeper understanding of this phenomenon, including its definition, prevalence, and various forms. It will also examine the psychological impact of cyberbullying on victims and the long-term consequences of leaving it unaddressed.

Practical strategies for identifying signs of cyberbullying, effective communication channels, and fostering resilience among victims will be discussed. Furthermore, practical examples and case studies of successful interventions from best practices and evidence-based approaches will be showcased.

In addition, emerging trends and challenges in the digital landscape will be explored, equipping participants with up-to-date knowledge to adapt their strategies accordingly. By attending this seminar, participants will acquire practical skills and knowledge to effectively prevent, intervene, and support those affected by cyberbullying.

The critical role of social workers in combating cyberbullying, including prevention, early intervention, and ongoing support, will also be discussed. With empathy, collaboration, and education, a positive difference can be made in the lives of young people, creating a safer and more inclusive online environment for adolescents.

(This seminar will be in Cantonese, with presentation materials in English and/ or Chinese.)



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

Hong Kong Primary Care Conference 2024

“Family Medicine in the Community: STRENGTHENING CONNECTIONS”

5th – 7th July 2024 (Friday – Sunday)

Sunday, 7 July 2024 • 09:00 – 10:00

Seminar G

Drug Treatments in Obesity



Dr. Tellus M.Y. NG

M.B.Ch.B.(C.U.H.K.), M.R.C.P.(U.K.), F.H.K.C.P., F.H.K.A.M.(Medicine),
Dip. in Clinical Dermatology(Q.M.U.L.)

*Associate Consultant, Department of Medicine and Geriatrics, Tuen Mun Hospital
Honorary Clinical Associate Professor, Department of Medicine and Therapeutics,
The Chinese University of Hong Kong*

Dr. Ng graduated from The Chinese University of Hong Kong, she is an Associate consultant of the Department of Medicine and Geriatrics, Tuen Mun Hospital, Hong Kong. She is also the honorary Clinical Associate Professor of the Department of Medicine and Therapeutics, The Chinese University of Hong Kong. She is the President of the Hong Kong Obesity Society and the vice president of Diabetes Hong Kong. Moreover, she is a council member of the diabetic division of the Hong Kong Society of Endocrinology, Metabolism and Reproduction (HKSEMR). Dr. Ng is actively engaged in the promotion of public awareness of Diabetes and Obesity in Hong Kong. She is a keen participant in various patient empowerment programs in Hong Kong.

Obesity is recognized as a significant public health hazard, as it increases the risks of multiple diseases, such as type 2 diabetes, cardiovascular disease, hyperlipidemia, hypertension, stroke, breast and colon cancer, and degenerative arthritis. Medical weight management are revolving on how we will be treating obesity in the near future. There are 6 medications which are approved for non-syndromic obesity (orlistat, phentermine/topiramate, naltrexone/bupropion, liraglutide, semaglutide, tirzepatide). Metreleptin and Setmelanotide are currently indicated for rare obesity syndrome. The majority of these compounds act centrally, to reduce appetite and increase satiety, and secondarily, in the gastrointestinal tract to slow gastric emptying. All anti-obesity medications improve weight and metabolic parameters, with variable potency and effects depending on the specific drug. The choice of the anti-obesity medication depends on the patient's clinical and biochemical profile, comorbidities, and drug contraindications, as well as their expected degree of weight loss and improvements in cardio-renal and metabolic risks.



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

Hong Kong Primary Care Conference 2024

“Family Medicine in the Community: STRENGTHENING CONNECTIONS”

5th – 7th July 2024 (Friday – Sunday)

Seminar H

Sunday, 7 July 2024 • 09:00 – 10:00

Inappropriate Drug Use and Need for De-prescribing in Elderly Patients



Dr. Bosco H.M. MA

MBChB(CUHK), MD(CUHK), FHKCP, FHKAM, FRCP(Lond, Edin & Glasg)
Clinical Associate Professor (Honorary), The Chinese University of Hong Kong

Dr Ma is a specialist in Geriatric Medicine working in the private sector. He is Clinical Associate Professor (Honorary) of the Chinese University of Hong Kong. He has published 30 articles in international peer-reviewed journal. His clinical interest is to manage common geriatric problems, including polypharmacy, dementia with psychological and behavioural problems, delirium and parkinsonism, which often interplay with each other.

Multiple comorbidities, polypharmacy, potentially inappropriate medication use and prescribing cascade are very common in elderly patients. Deprescribing and rationalized polypharmacy have become a very hot topic in Geriatric Medicine in the recent decade. Several international guidelines, such as Beers criteria and STOPP/START criteria, have provided insights for clinicians on the judicious use of medications for geriatric patients with numerous comorbidities and varied life expectancy. Dr Ma is going to share with you his experience on prescribing and deprescribing in geriatric patients after taking account of recommendations of various criteria.



Ms. CHIANG Sau Chu

BPharm (Hons) University of Bradford, United Kingdom
Master of Health Administration, University of New South Wales, Australia
Fellow, Australian College of Health Services Management
Fellow, Hong Kong College of Health Services Executives
Fellow, Hong Kong College of Pharmacy Practice
Fellow, Social Enterprise Research Academy
Chairman, Hong Kong Pharmaceutical Care Foundation (HKPCF)

Ms Chiang worked in the Hospital Authority Hong Kong as a pharmacist informatician expert leading major IT pharmacy system development and implementation as well as designing the Medication Order Entry system for clinicians to perform electronic prescribing for both out-patients and in-patients; introduced the clinical intelligence database to incorporate clinical decision support checking in the prescribing and dispensing systems to improve overall patient safety as well as enhance operational support in the delivery of quality public health care service. She is now the Chairman at the Hong Kong Pharmaceutical Care Foundation, a charitable non-profit NGO focusing to improve the medication management process at the Residential Care Homes for Elderly as well as providing medication management service and drug knowledge and education programs to the community elderlies.

Potentially inappropriate medication (PIM) use occurs when patients are prescribed drugs where the associated risks outweigh potential benefits. Most elderly adults residing in the Residential Care Homes for the Elderly (RCHE) in Hong Kong would have their chronic illnesses treated with medications prescribed by public hospital doctors who due to their huge patient load do not have time to review the elderlies' medications and would repeat past prescriptions at each of the attendances with addition of new medications for episodic illness. These prescriptions are largely dispensed accordingly without going through clinical review process by pharmacists and deprescribing is not practiced with polypharmacy being a common phenomenon amongst the elderlies.

In the past five years, HKPCF has implemented an IT system to support the medication management process at various types of RCHEs. The system has recorded information such as the names of medications, durations of treatment, sources of supply and quantities supplied in addition to gender, age, diagnosis. These data over a period of 36 months from a few RCHEs are extracted, anonymized for retrospective analysis to see the extent and severity of polypharmacy, the therapeutic classifications of the prescribed drugs for the polypharmacy, the prevalence, characteristics, and types of PIM, with reference to the American Geriatrics Society Beers Criteria 2019.

The results on the data analysis would be presented in addition to describing the various operational issues associated with the complex medication management process that the RCHEs need to deal with daily to ensure the medications can be handled with safety and accuracy.



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

Hong Kong Primary Care Conference 2024

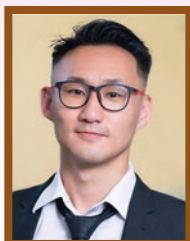
“Family Medicine in the Community: STRENGTHENING CONNECTIONS”

5th – 7th July 2024 (Friday – Sunday)

Seminar I

Sunday, 7 July 2024 • 10:20 – 11:20

Loopholes in Hypertension and Sex-specific Difference



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 Associate Professor, The Chinese University of Hong Kong

Member, European Society of Hypertension Working Group on Blood Pressure Monitoring and Cardiovascular Variability

Dr. Lee graduated from the University of Hong Kong's medical school in 2007. He specializes in family medicine and currently holds the position of Clinical Associate Professor at the Chinese University of Hong Kong. Additionally, he is an active member of the European Society of Hypertension Working Group on Blood Pressure Monitoring and Cardiovascular Variability. Dr. Lee has dedicated his research efforts to the study of blood pressure measurements, lifestyle interventions, and drug treatments for hypertension. He has a research interest in the treatment of nocturnal hypertension.

Despite significant advances in the field of measurements and treatments, hypertension continues to be the most prevalent health condition and the primary cause of cardiovascular diseases and fatalities. Within the hypertensive patient population, certain phenotypes necessitate tailored treatment approaches, which can present challenges in clinical management. In this seminar, we will examine the detection and management of various hypertensive conditions, including nocturnal hypertension, large inter-arm blood pressure differences in hypertensive patients, isolated systolic hypertension in youth, and isolated systolic hypertension in older adults.



Dr. Anastasia S. MIHAILIDOU

PhD (University of Sydney), FAHA, FCSANZ, FESC

Senior Hospital Scientist, Department of Cardiology, Royal North Shore Hospital

Head, Cardiovascular & Hormonal Research Laboratory, Kolling Institute

Honorary Associate Professor, Macquarie University

Dr. Mihailidou runs the Diagnostic Ambulatory Blood Pressure Monitoring Clinical Service at Royal North Shore Hospital and engages in both biomedical and clinical research as Head of the Cardiovascular & Hormonal Research Laboratory, Kolling Institute. Her passion is accuracy of blood pressure measurement for self-management and prevention of hypertension and sex differences in hypertension. Dr. Mihailidou was one of the appointed Commissioners by the Lancet for their Commission on Cardiovascular Disease in Women. She is currently a Nucleus member of the Working Group “Hypertension in Women” of the European Society of Hypertension, Member of the Council On Hypertension of the European Society of Cardiology, and recently appointed Chair, American Society of Preventative Cardiology Communications Committee.

Hypertension is the leading modifiable risk factor for cardiovascular morbidity and mortality for both men and women. However, there are sex specific differences in hypertension which may be overlooked since sex-stratified analyses are rarely initiated and there is underrepresentation of women in clinical trials. Further there are sex-specific factors including pregnancy-related hypertensive disorders which confer higher cardiovascular risks and this needs to be included. Autonomic activity also differs between sexes which may also impact drug efficacy and adverse effects. While women have lower brachial BP than men at a similar age, they experience a steeper increase in BP from the third decade of life and this continues throughout their life course. Medication adherence also presents disparities between sexes. While some studies indicate no association between sex and adherence, others suggest that women exhibit lower adherence to antihypertensive medication compared to men. However, when it comes to medication persistence, women generally have higher rates, although this pattern may change in cases of resistant hypertension, where men tend to show higher persistence rates. This seminar aims to explore these clinically-relevant aspects in hypertension and how we may improve in raising awareness and management of hypertension in women.



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

Hong Kong Primary Care Conference 2024

“Family Medicine in the Community: STRENGTHENING CONNECTIONS”

5th – 7th July 2024 (Friday – Sunday)

Sunday, 7 July 2024 • 10:20 – 11:20

Seminar J

Beyond Ethnicity: Navigating Health Challenges and Co-creating Solutions in Hong Kong's Culturally Diverse Communities



Professor DONG Dong

PhD (University of Minnesota, TC), MPhil (CUHK), BA (Fudan University)

Assistant Professor, JC School of Public Health and Primary Care, Faculty of Medicine,
The Chinese University of Hong Kong

Research Fellow (by courtesy), CUHK Centre for Bioethics, The Chinese University of Hong Kong

Professor Dong works with an interdisciplinary and multimethodological approach to explore justice, equity, and intersectionality within the context of health. With expertise in communication and epidemiology, she actively engages with the underprivileged and underserved populations, seeking to bridge theory and practice through community-academic partnerships. Rare diseases are a recurring focus in her research, with a particular emphasis on collecting real-world evidence from the patients' perspectives and experiences. Professor Dong's involvement extends to health promotion among culturally diverse communities, particularly those from South Asia, where she examines questions of communicative injustice and discrimination, often through a gendered lens. Additionally, she investigates the intersection of reproductive health, genetic literacy, and bioethics within the realm of Science and Technology Studies.

In our research, we embrace the term “culturally diverse communities” instead of the conventional “ethnic minorities” to describe and engage with the non-Chinese population in Hong Kong. This terminological choice is informed by two pivotal considerations. Firstly, the complex identities of these communities extend beyond mere ethnicity, encompassing factors such as economic disadvantage, social exclusion, cultural differences, and both overt and covert forms of discrimination. Secondly, recognizing these communities as integral to Hong Kong calls for a shift towards inclusivity, treating them as equals, and leveraging their diversity to understand healthcare needs and devise effective health management strategies.

However, the threads of cultural diversity are not mere embellishments but the very fabric that holds communities together. Our research initiative has established a community-academic partnership primarily with South Asian communities. We use a mix of qualitative and quantitative methods through community-based participatory action research. Our three main research streams include: creating a health database for South Asians, focusing on high-risk populations and follow-ups; conducting grassroot action research to address health concerns of Pakistani women and co-create solutions; while employing a photo-voice project to explore mental health issues in this demographic. We have also initiated studies on topics such as risk communication, HPV vaccine perceptions, and healthcare service utilization.

Through these endeavors, we challenge the prevalent misconception that language barriers are the main obstacle of culturally diverse communities. Our findings reveal that systemic discrimination and multiple intersecting individual, contextual, and structural factors exacerbate the unequal access to resources and opportunities. By actively engaging these communities, our research illuminates the complexities of navigating health in diverse settings and underscores the significance of inclusive and equitable approaches to health and wellbeing in Hong Kong.



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Hong Kong Primary Care Conference 2024

“Family Medicine in the Community: STRENGTHENING CONNECTIONS”

5th – 7th July 2024 (Friday – Sunday)

Saturday, 6 July 2024 • 16:50 – 18:20

Workshop 2

Introduction to Family Therapy – Understanding Mental Health Problems in the Context of Family



Dr. Irene W.K. KAM

MBChB, FRCPsych, FHKCPsych, FHKAM(Psych)
Faculty Member, Asian Academy of Family Therapy

Dr Irene Wai-kwok KAM (MBChB, FRCPsych, FHKCPsych, FHKAM(Psych)) is a psychiatrist and currently works as a consultant in the Hospital Authority. She has been a psychotherapy trainer of the Hong Kong College of Psychiatrists for years and mainly practices psychodynamic therapy using Self Psychology approach, before she started her training in systemic family therapy under Dr Wai-Yung Lee at the Asian Academy of Family Therapy (AAFT) in 2015. Since then, she has joined AAFT as a Faculty member and actively participates in clinical service and teaching. She is interested in the application of systemic family therapy for the treatment of mental illness and studying the impact of family dynamics in shaping the development of self/personality of an individual.

Family physicians frequently encounter common mental health problems such as depression, anxiety disorders and somatic symptom disorders. In contemporary psychiatric practice, we focus on eliciting mental symptoms and signs in order to make a diagnosis followed by treatment of the individual patient. In this workshop, we are going to introduce a totally different approach to understanding mental health problems by looking into how symptoms of an individual may be the manifestations of entangled interpersonal relationships within his/her family, and how this systemic approach can open up new treatment possibilities for mental disorders. The trainer will use video clips of clinical cases to illustrate this approach and introduce the Family Biofeedback Assessment Protocol which was devised by the clinical team of the Asian Academy of Family Therapy. Basic concepts in Systemic Family Therapy will be explained, and how they could be applied in the practice of family physicians would be discussed.

(This seminar is conducted in English and supplemented with videos in Cantonese with English subtitles.)



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Saturday, 6 July 2024 • 16:50 – 18:20

Workshop 3

Advancing Wound Care in Primary Health Care: Exploring Innovations and Hands on Workshop on Negative Pressure Wound Therapy



Ms. Annette K.K. LAM

Bachelor of Health Science (Nursing), Master in Health Management,
Enterostomal Therapist, Certified Wound Care Nurse,
Certified Foot Care Nurse

*Associate Nurse Consultant (Stoma & Wound Care), Department of Surgery,
Pamela Youde Nethersole Eastern Hospital*

Ms Lam has been working as a Registered Nurse for more than 2 decades. She is currently serving as the Associate Nurse Consultant (Stoma & Wound Care) in the Department of Surgery at Pamela Youde Nethersole Eastern Hospital. She has been working as a Wound Specialist in Primary Health Care for nearly 12 years. She participates in quality improvement initiatives and educational programs to enhance the overall wound care services and ensure optimal patient outcomes in the Primary Health Care setting.

Negative Pressure Wound Therapy (NPWT) is a commonly used treatment for various types of wounds, including chronic and acute wounds and widely recognized as an effective treatment modality for managing complex wounds in various healthcare facilities. However, its use in the community settings, such as home healthcare and outpatient clinics, has been less explored. This Workshop aims to assess the current evidence and provide an overview of the application, benefits, challenges, and outcomes of NPWT in the community setting.

NPWT can promote wound healing by stimulating blood flow, increasing oxygenation to improve tissue perfusion, removing excess fluid and promoting a moist wound environment. The sealed environment created by NPWT helps in reducing the risk of infection by preventing external contaminants from entering the wound.

Through this training Workshop, NPWT can be properly implemented in the community setting in an effective and safe manner. Patients can receive wound care in their familiar environment, potentially reducing healthcare costs and improving patient satisfaction and quality of life.



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Sunday, 7 July 2024

Part A: 09:00 – 10:30 • Part B: 13:00 – 14:30

Workshop 4

MSK POCUS for Primary Care: Diagnostic and Therapeutic



Dr. LAI Wai Wah

MBBS (HKU), PGDipMSM (Otago), MScSM&HS (CUHK), FHKCFP, FRACGP, FHKAM (Family Medicine)
Honorary Clinical Assistant Professor, Department of Family Medicine and Primary Care, The University of Hong Kong

Dr. Lai is a family medicine specialist with a special interest in musculoskeletal medicine. He obtained his post-graduate diploma in Musculoskeletal Medicine from the University of Otago in 2006 and the Master of Science in Sports Medicine and Health Science from the Chinese University of Hong Kong in 2015. He is skilled in performing musculoskeletal ultrasound since 2004 and has passed various international examinations obtaining the certification of being "Registered in Musculoskeletal ultrasound (RMSK) from the America Registry in Diagnostic and Medical Sonography in 2012 and "Certified Interventional Pain Sonologist® (CIPS) from the World Institute of Pain in 2018. He is now the president of the Hong Kong Institute of Musculoskeletal Medicine and one of the teaching faculty of Martinoli Ultrasound.



Dr. CHAN Kwok Wai

MBBS (HKU), FRCP, FRACGP, FHKCFP, FHKAM (Family Medicine), MMPhysMed (Mu.sk)(Syd), DFM (CUHK)
Adjunct Associate Professor, Faculty of Medicine, The Jockey Club School of Public Health and Primary Care, The Chinese University of Hong Kong
Honorary Clinical Associate Professor, Department of Family Medicine and Primary Care, The University of Hong Kong

Dr. Chan is an experienced family doctor and is a fellow of the Colleges of Family Physician in Australia, Hong Kong, Ireland, and the United Kingdom. Apart from family medicine, Dr. Chan subspecialized in musculoskeletal medicine and holds a master's degree in musculoskeletal medicine from the University of Sydney and a fellow of the Australian College of Physical Medicine. In 2005, he founded the Hong Kong Institute of Musculoskeletal Medicine (HKIMM) to provide postgraduate training in musculoskeletal medicine for doctors. Currently HKIMM has 106 active doctors from Australia, Hong Kong, Indonesia, Macau, Philippines, Singapore, and Taiwan.

Musculoskeletal problem is one of the most common complaints encountered by family physicians. Therefore, it is important for us to make a correct diagnosis and offer appropriate management. With the advancement of ultrasound technology, we can now see various musculoskeletal lesions with a small size high resolution ultrasound machine. In our workshops, we will show you the sonoanatomy and sonopathologies of some common musculoskeletal disorders so that you can enhance the accuracy in making the correct diagnosis and assessing the severity of the musculoskeletal problems. Let us work together to learn how to examine the supraspinatus tendon of the shoulder, the common extensor tendon of the elbow, the median nerve at the carpal tunnel, the supra-patellar bursa of the knee joint, the anterior talofibular ligament of the ankle and the planter fascia of the foot.

Part A - POCUS for Primary Care: Upper Limbs

This workshop focuses on POCUS of the upper limbs. Shoulder pain is a common encountered problem in daily practice and its underlying causes are difficult to identify with an XR. With the use of ultrasound, we can assess and identify shoulder rotator cuff tendinopathy accurately.

Lateral elbow pain is another common musculoskeletal complaint with tennis elbow being the commonest cause. Ultrasound can be used to assess the common wrist extensor tendons over the lateral epicondyle of the humerus. Their normal and abnormal sonopathology will be illustrated during this workshop.

Ultrasound imaging is useful in assessing some common entrapment neuropathies, such as carpal tunnel syndrome. We will demonstrate how to assess the median nerve to diagnose carpal tunnel syndrome and the use of ultrasound guided hydro-dissection of the median nerve as a treatment modality.

In this workshop, you will have the chance to learn how to position your patient and where to place the ultrasound probe to assess the rotator cuff of the shoulder, the common extensor tendons of the lateral elbow and the median nerve inside the carpal tunnel area.

Part B - POCUS for Primary Care: Lower Limbs

In the second part of this POCUS workshop for primary care, we will use ultrasound to identify the pathologies and illustrate some ultrasound guided interventions for some common musculoskeletal problems in the lower limbs.

Knee pain is a common complaint and sometimes it is accompanied by knee effusion. In this workshop, we will teach you how to use ultrasound to identify the supra-patellar bursa and to assess the severity of knee effusions, if any. We will illustrate how to perform a proper ultrasound guided arthrocentesis of the knee joint for both diagnostic and therapeutic purposes.

Ultrasound can help us to identify the ligamentous injury in ankle sprain patients. The commonest ligamentous injury in our body is the anterior talofibular ligament (ATFL). We will teach you how to assess the ATFL and demonstrate how real time dynamic ultrasound scanning helps in assessing patients with sprained ankles.

Planter fasciitis is the commonest heel pain. We will show you the diagnostic value of ultrasound in assessing planter fascia and the use of ultrasound guided injections for planter fasciitis.

You will be able to use ultrasound to assess these three areas with the guidance of our tutors from HKIMM.