



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

HONG KONG PRIMARY CARE CONFERENCE 2025

Family Doctor in Partnership:

Synergizing Primary Care Outcomes

11 – 13 July 2025
(Fri – Sun)



(Supported by HKCFP Foundation Fund)



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Chairlady's Message

I am thrilled and excited to announce our annual hallmark Hong Kong Primary Care Conference to be held from 11th to 13th July 2025 at the Hong Kong Academy of Medicine Jockey Club Building, Aberdeen, Hong Kong.

“Family Doctor in Partnership: Synergizing Primary Care Outcomes” is the theme for the coming 2025 conference. This theme builds on the great stride forward in primary healthcare development with the recent establishment of the Primary Healthcare Commission in July 2024, emphasizing the government’s strong commitment to revamp the healthcare system towards a prevention-focused, community-based system and devoting more resources to promote primary healthcare. Local and international studies have shown that healthcare systems with strong primary healthcare teams led by Family Doctors have proven to be more cost effective and sustainable. In November 2023, our Government launched the Chronic Disease Co-Care Pilot Scheme (CDCC Pilot Scheme) with the view to establishing a family doctor regime and positioning District Health Centers (DHCs) as a hub in fostering an expansion of the healthcare network at the community level. Thus, it is indeed a great opportunity for Family Doctors to work closely in partnership with stakeholders of different sectors in embarking on this momentous journey towards synergizing primary care outcomes in Hong Kong.

Our conference promises an exceptional blend of learning and networking opportunities with its diverse and interesting plenary sessions, seminars, symposiums, discussion forums and workshops.

Join us, save the date and kindly submit abstracts for the Full Research Paper, Free Paper and Clinical Case Competitions which are now open for submission.

I look forward to welcoming you all again!

Sincerely yours,



Dr. Lorna Ng
Chairlady, Organizing Committee
Hong Kong Primary Care Conference 2025

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Organizing Committee

Chairlady:

Dr. Lorna V. NG

Advisors:

Dr. David V.K. CHAO
Dr. LAU Ho Lim
Prof. Samuel Y.S. WONG

Scientific Subcommittee:

Dr. CHIANG Lap Kin (Coordinator)
Dr. Eric K.P. LEE (Coordinator)
Dr. Linda CHAN
Dr. Cheryl Y.C. CHAN
Dr. Cecilia S.M. CHEUNG
Dr. Dereck M.H. WONG

Nurse Planners:

Ms. Kathy Y.H. CHEUNG
Dr. Margaret C.H. LAM
Dr. Cecilia T.Y. SIT
Ms. Tammy T.Y. SO

Allied Health Planners:

Mr. CHENG Wai Chung
Ms. Brigitte K.Y. FUNG

Dental Planner:

Dr. Yolanda Y.H. LAW

Clinical Case Presentation Competition:

Dr. YAU Lai Mo (Coordinator)
Dr. Kathy K.L. TSIM

Publication Subcommittee:

Dr. Judy G.Y. CHENG (Coordinator)
Dr. Kathy K.L. TSIM
Dr. Aldo C.L. WONG

Business Management Subcommittee:

Dr. HO Shu Wan (Coordinator)
Dr. Cheryl Y.C. CHAN
Dr. Cecilia S.M. CHEUNG
Dr. Aldo C.L. WONG
Dr. YAU Lai Mo

Venue:

Dr. Catherine P.K. SZE (Coordinator)

Information Technology:

Dr. Matthew M.H. LUK (Advisor)



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Conference Information

- Date** : 11 – 13 July 2025 (Friday – Sunday)
- Venue** : Hong Kong Academy of Medicine Jockey Club Building,
99 Wong Chuk Hang Road, Aberdeen, Hong Kong
- Official Language** : English
- Academic Accreditation** : Applications are in progress and details will be announced later.
- Organizer** : The Hong Kong College of Family Physicians
- Conference Secretariat** : **Scientific**
Ms. Carol F.K. PANG
- Advertisement & Exhibition**
Ms. Teresa D.F. LIU and Ms. Carol F.K. PANG
- Registration**
Ms. Ally L.Y. CHAN and Ms. Nana H.T. CHOY
- Publication**
Ms. Nana H.T. CHOY
- QA Accreditation**
Mr. John M.C. MA
- General**
Ms. Erica M. SO and Ms. Carol F.K. PANG
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Email : hkpcc@hkcfp.org.hk
- Supported by** : HKCFP Foundation Fund



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Scientific Programme at-a-glance

More
conference
details:



Date Time	11 July 2025 (Friday) Pre-conference				
19:00 - 19:30				Workshop 1 Basic Dermatological Surgery Skills Including Skin Biopsy <i>Dr. CHENG Hok Fai</i>	Workshop 2 Empowering Wellness for Healthcare Providers and Patients: A Taste of Mindfulness and Self-Compassion <i>Ms. Amanda K.M. CHEAH & Dr. Eric K.P. LEE</i>
19:30 - 20:30	Sponsored online seminar 1	Sponsored online seminar 2	Sponsored online seminar 3		
20:30 - 21:00					
Date Time	12 July 2025 (Saturday) Day 1				
13:45 - 14:30	Registration and Welcome Drinks				
14:30 - 15:00	Opening Ceremony				
15:00 - 15:40	Plenary I Progress and New Developments on DHC <i>Dr. PANG Fei Chau</i>				
15:45 - 16:25	Plenary II Leading with Science: Family Doctors Driving Innovation and Collaboration in Primary Care <i>Prof. Andrew FARMER</i>				
16:25 - 16:55	Coffee Break & Poster Presentation (Part 1)				
16:55 - 18:10	Discussion Forum 1 Primary Palliative Care <i>Dr. Karin Estepa-GARCIA, Dr. Ednin HAMZAH & Dr. YIU Yuk Kwan</i>	Discussion Forum 2 Community Pharmacy <i>Mr. CHENG Wai Chung, Mr. Philip K.L. CHIU, Dr. FAN Ning & Mr. Robin K.L. LI</i>	Discussion Forum 3 Preventive Strategies for Elderly People and Healthy Ageing <i>Prof. Angela Y.M. LEUNG, Mr. Schwinger C.K. WONG & Prof. Doris S.F. YU</i>	Workshop 3 Use of Medication to Resolve Medical Dispute <i>Dr. James S.P. CHIU, Prof. Albert LEE & Dr. TONG Kar Wai</i>	Workshop 4 East Meets West: Application of Acupuncture in Pain Management <i>Dr. CHENG Chi Yan & Ms. Judy W.C. PUN</i>
18:10 - 18:25	Seminar A Updates on Management of Menopausal Symptoms <i>Prof. Raymond H.W. LI</i>	Seminar B Common Scenarios in Chronic Hepatitis <i>Dr. Axel S.J. HSU</i>	Seminar C Unveiling the Health Risks of E-Cigarettes <i>Prof. William H.C. LI</i>		
18:25 - 18:55					
19:00 - 20:30	Sponsored Dinner Symposium				
Date Time	13 July 2025 (Sunday) Day 2				
08:30 - 09:00	Registration				
09:00 - 10:15	Discussion Forum 4 How Do We Teach GenZ Medical Students? – Local and International Advances in Medical Education <i>Prof. Julie Y. CHEN, Dr. Victor K. NG & Prof. Carmen WONG</i>	Seminar D Sports Medicine: From Screening to Treatment <i>Dr. Bryan S.F. LAU & Mr. Alex K.M. NG</i>	Clinical Case Presentation Competition & Awards Presentation of Outstanding Poster Presentation Award	Free Paper - Oral Presentation (Part 1)	
10:15 - 10:45	Coffee Break & Poster Presentation (Part 2)				
10:45 - 11:30	Seminar E Common Dental Emergencies in Medical Office <i>Dr. HO Fu Tak & Dr. Gary CH. SO</i>	Seminar F Continuous Glucose Monitoring - Read and Work Easy! <i>Ms. Maisy P.H. MOK & Dr. Enoch WU</i>	Free Paper - Oral Presentation (Part 2)		
11:30 - 11:45		Full Research Paper Awards Presentation*			
11:50 - 12:30	Plenary III Family Doctors as Gatekeepers: Optimising Outcomes for Older Adults in Primary Care <i>Prof. Samuel Y.S. WONG</i>				
12:30 - 13:10	Plenary IV Demonstrating Cross-society Impacts in Viral Hepatitis Elimination: Roles of Family Medicine & Primary Care <i>Prof. William C.W. WONG</i>				
13:15 - 14:45	Sponsored Lunch Symposium				

*The winner of the Best Research Paper Award will present his/ her work during this session (11:30 - 11:45).

Disclaimer

Whilst every attempt will be made to ensure all aspects of the conference mentioned will take place as scheduled, the 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 II

Leading with Science: Family Doctors Driving Innovation and Collaboration in Primary Care



Professor Andrew FARMER

DM FRCGP

*Professor of General Practice, University of Oxford, Oxford, United Kingdom
Lead, NIHR Biomedical Research Centre: Digital Health: Hospital to Home*

Professor Andrew Farmer is a clinician and researcher specialising in primary care and digital health. He is a Professor of General Practice based in the Department of Primary Care Health Sciences at the University of Oxford and leads the National Institute for Health Research (NIHR) Oxford Biomedical Research Centre (BRC) Digital Health theme.

His research focuses on improving care for people with diabetes and multiple long-term conditions (MLTC). His work includes evaluating remote monitoring, self-management support (such as SMS interventions), and using routine health data to identify previously unrecognized conditions. He also co-leads studies applying machine learning to predict social care needs for people with MLTC.

He has contributed to NICE Clinical Guidelines for diabetes care and was until recently, Director of the NIHR Health Technology Assessment programme—the largest patient-focused research funding programme in the UK. He continues to support national and international initiatives integrating clinical trials into routine practice and advancing the use of real-world data in healthcare.

Primary health care (PHC) is the foundation of equitable and effective healthcare systems worldwide, yet it faces increasing pressures from rising levels of long-term health conditions, evolving models of service delivery, and the rapid pace of digital transformation. Family doctors—anchored in science, collaboration, and evidence-based practice—are uniquely positioned to contribute to the next phase of health and care innovation.

This presentation will explore the ways that care can be transformed through primary care leadership and community engagement, identifying the health and care needs of the population, and innovating to address those needs in everyday practice. It will highlight the critical need to respond to the growing burden of multiple long-term conditions, tackle health inequalities, and apply digital tools including AI, remote monitoring, and predictive analytics. However, implementing new technologies can only deliver benefit when they are embedded in resilient and responsive healthcare systems. Identification of health and care needs, along with innovation for patients and the community, must be integrated with policy. At the same time, efforts should focus on strengthening the primary care workforce.

Family doctors play a central role in translating research into real-world impact. Policymakers, digital health innovators, and local communities all play a part in creating person- and community-centred, digitally enabled models of care that improve access, quality, and sustainability. Ensuring that primary care evolves requires embedding continuous learning, real-world data, and evidence-based adaptation. There is a need not only to respond to today's challenges but also to anticipate and shape the future of healthcare.



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Sunday, 13 July 2025 · 11:50 – 12:30

Plenary III

Family Doctors as Gatekeepers: Optimising Outcomes for Older Adults in Primary Care



Professor Samuel Y.S. WONG

LMCHK, MD (U. of Toronto), MD (CUHK), MPH (Johns Hopkins), CCFP, FRACGP, FHKCCM, FFPHM, FCFP, FHKAM (Community Medicine), FHKAM (Family Medicine)

*Director, 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 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.

As global populations age, the significance of primary care in fostering healthy aging is increasingly recognized. This plenary session will delve into the collaborative efforts between family doctors and community organizations to improve health outcomes and enhance the quality of life for older adults. By leveraging evidence-based practices and emerging trends, the discussion will underscore the necessity of integrated, person-centered care models that cater to the diverse needs of older individuals.



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Plenary IV

Demonstrating Cross-society Impacts in Viral Hepatitis Elimination: Roles of Family Medicine & Primary Care



Professor William C.W. WONG

MB ChB (Edin), MD (Edin), MPH (CUHK), FRCGP (UK), FRACGP (Aus), MFTM RCPS (Glasg)

*Danny DB Ho Professor in Family Medicine,
Clinical Professor & Chairperson, Department of Family Medicine & Primary Care,
Clinical School of Medicine, LKS Faculty of Medicine, The University of Hong Kong
Specialist in Family Medicine*

Prof William Wong is a Family Medicine Specialist as well as an educator, administrator and untiring advocate in Family Medicine and Primary Care. A firm believer in multidisciplinary approach, the primary focus of his clinical and academic career is addressing the social dimension of health and ensuring equitable access to high-quality health services, with an emphasis on infectious diseases, sexual health and health promotion. He was instrumental to the establishment of WONCA (World Family Doctors' Association) Health Equity Special Interest Group. He advised WHO West Pacific Office on sexual health issues, contributed to as a member of WHO Strategic and Technical Advisory Committee on HIV, viral hepatitis and sexually transmitted infections (2021-24) and a number of international guidelines.

WHO has set a 2030 target to eliminate viral hepatitis as a public health threat. There are currently 296 million individuals infected with HBV which are major causes of cirrhosis, liver cancer and liver-related deaths. To reduce liver-related mortality by 65%, WHO has set the benchmark for HBV of achieving diagnostic coverage of 90% and treatment coverage of 80%.

Global diagnostic and treatment rates for HBV are only 10%/ 5% while that of Hong Kong and Mainland China are 27%/ 22% and 19%/11%, respectively. Universal screening is one of the approaches to increase diagnostic coverage and early initiation of universal HBV screening that could potentially save 3.46 million lives. Increasing diagnostic uptake in large populations will foreseeably create an enormous clinical burden in specialist healthcare provisions. Naturally, there is a paradigm shift to a "shared care" approach in managing viral hepatitis, involving both the specialist and the primary care physician.

Our team evaluated the application of crowdsourcing, i.e. the involvement of the non-professional online community in creating innovative solutions, in encouraging hepatitis testing have facilitated opportunities of community outreach. With our collaboration with the Hong Kong Liver Foundation, a leading NGO in promoting liver health, our team organised a social media campaign during World Hepatitis Day and a mobile van to digitally disseminate hepatitis awareness. Our cross-society impact will be an important first step, a foundation for us to further engage the local and global community, in our strive to rid the world from the harms of viral hepatitis.



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Seminar A

Updates on Management of Menopausal Symptoms



Professor Raymond H.W. LI

**MBBS, MMedSc, MD, FRCOG, FHKAM (O&G), Cert RCOG (Reprod Med),
Cert HKCOG (Reprod Med)**

*Clinical Associate Professor, Department of Obstetrics and Gynaecology, School of Clinical
Medicine, The University of Hong Kong*

Honorary Consultant, Queen Mary Hospital and Kwong Wah Hospital, Hospital Authority

Dr. Li is a Specialist in Obstetrics and Gynaecology, and Subspecialist in Reproductive Medicine. He is currently Clinical Associate Professor at the Department of Obstetrics and Gynaecology, The University of Hong Kong. He is Honorary Consultant at Queen Mary Hospital and Kwong Wah Hospital, Hong Kong. He is also Honorary Specialist at the Family Planning Association of Hong Kong. He is member of the Reproductive Medicine Subspecialty Board, Hong Kong College of Obstetricians and Gynaecologists, and Honorary Secretary of The Hong Kong Society for Reproductive Medicine. His clinical and research interests are in reproductive endocrinology, subfertility and family planning.

At the age of perimenopause, the decline in oestradiol production may result in various climacteric symptoms including vasomotor symptoms, psychological disturbance and symptoms of urogenital atrophy, with varying severity and impact on the women's quality of life. Longer term health issues in the postmenopausal life include increased risk of cardiovascular disease and osteoporosis secondary to oestrogen deprivation.

Distressing climacteric symptoms can be treated by hormone replacement therapy (HRT), or menopausal hormone therapy (MHT) as the preferred terminology by some. Besides, HRT can prevent or delay bone loss and reduce both vertebral and non-vertebral fractures. Based on current evidence, there is likely a benefit in cardiovascular protection if HRT is administered in women before 60 years of age and/or within 10 years of menopause. Recognising the risks associated with long-term use of HRT (including breast cancer, thromboembolism, stroke and gallbladder disease), it should not be used as a universal panacea for all postmenopausal women. Women with intact uterus who require HRT must take a combined preparation containing progestogen for endometrial protection. Cyclical (bleeding) and continuous (non-bleeding) regimens are available for combined HRT to suit the individuals' circumstances and preferences.

Non-oestrogen treatments for vasomotor symptoms may include high dose progestogens, gabapentin, antidepressants (e.g. SSRIs or SNRIs) and mind-body interventions. Neurokinin-3 receptor antagonists have been newly introduced for treatment of vasomotor symptoms. Mood symptoms may be alleviated with psychological therapy and/or anti-depressants. For atrophic symptoms, use of lubricants, moisturizers and/or topical oestrogen may help.



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Seminar B

Common Scenarios in Chronic Hepatitis



Dr. Axel S.J. HSU

MBBS (HK), FHKCP, FHKAM

*Specialist in Gastroenterology and Hepatology
Hong Kong Sanatorium & Hospital*

Dr. Axel Shing Jih Hsu is a specialist in Gastroenterology and Hepatology in private practice. He was educated at Brown University in biomedical sciences and received his medical degree from the University of Hong Kong. He underwent specialist training in Queen Mary Hospital with clinical research in gastroenterology and hepatology working with Professors Lai Ching Lung and Yuen Mang Fung. Dr. Hsu's interests are chronic hepatitis B infection and fatty liver disease. He is currently on the Education Committee of the Hong Kong Liver Foundation. As an honorary associate professor of the University of Hong Kong, he continues to teach regularly at Queen Mary Hospital with an emphasis on chronic hepatitis management and improving patient outcomes.

Chronic hepatitis in Hong Kong is most often due to chronic hepatitis B infection and fatty liver disease. Both metabolic and alcohol related causes of fatty liver are amenable to treatment requiring long term follow-up and patient education. With improvements in antiviral therapy targeting HBV DNA replication, long-term outcomes and liver-related morbidity and mortality are drastically reduced. The key factors in improving patient outcomes are regular follow-up with blood tests and ultrasound assessment of the liver parenchyma. The indication to start antiviral therapy can be guided by patient and family history coupled with serial blood tests and liver imaging to identify high risk groups of developing fibrosis and cirrhosis. Likewise, for patients with fatty liver who have chronic hepatitis there are two arms of management targeting (1) metabolic risk factors including high blood pressure, diabetes and hyperlipidaemia and (2) liver decompensation risk factors including steatohepatitis, concomitant viral hepatitis B or C infection and excessive alcohol use. To illustrate the above principles of management, several case scenarios and real-life examples will be shared with a discussion on timely management to improve both liver and cardiovascular outcomes.



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Seminar C

Unveiling the Health Risks of E-Cigarettes



Professor William H.C. LI

RN, PhD, FAAN, SFHEA, FKAN (Education & Research)

Professor and Assistant Dean (Alumni Affairs), Faculty of Medicine

Director, Doctor of Nursing Programme

Chair, Research Committee

The Nethersole School of Nursing, Faculty of Medicine, The Chinese University of Hong Kong

Professor William Li's research focuses on health promotion for individuals with health risk behaviours. Over the past two decades, he has been pivotal in developing and evaluating smoking-cessation interventions and health policy.

Prof Li has published 200 international peer-reviewed journal articles and secured over HK\$40 million in research grants. He was appointed a Senior Fellow of the Higher Education Academy (UK) in 2017, awarded a Fellowship by the American Academy of Nursing in 2019, and invited as a Specialist by the Hong Kong Council for Accreditation of Academic and Vocational Qualifications. Prof Li was listed among the top 2% of the world's scientists by Stanford University in 2021, 2022, and 2023.

Electronic cigarettes (e-cigarettes), also known as electronic nicotine delivery systems (ENDS), have emerged as a popular alternative to traditional tobacco smoking. These devices vaporize a liquid solution containing nicotine, flavourings, and other chemicals, and are often marketed as a safer option for smokers seeking to reduce or quit smoking. However, emerging evidence highlights significant health risks associated with their use. The World Health Organization has issued warnings about the potential dangers of e-cigarettes, emphasizing that they are not a safe alternative to smoking. E-cigarette aerosols contain toxic chemicals, including nicotine, which is highly addictive and harmful to health. These aerosols can cause cardiovascular diseases, lung disorders, and adverse effects on fetal development during pregnancy.

The long-term health effects of e-cigarette use remain uncertain due to their recent market introduction. Nonetheless, the appeal of flavoured e-liquids has raised concerns about the increasing use of e-cigarettes among adolescents and non-smokers, potentially leading to nicotine addiction. Moreover, e-cigarettes are often used alongside traditional tobacco products, exacerbating their harmful effects. This trend is alarming, as nicotine exposure during adolescence can have long-lasting, detrimental effects on brain development, and potentially leading to learning and anxiety disorders.

In this comprehensive update, we explore the latest evidence on the health effects of e-cigarettes, strategies to prevent their initiation and promote quitting, the prevalence and relevant regulatory policies, and government efforts in Hong Kong. Primary care doctors play a pivotal role in tobacco control, particularly in preventing the significant harms on children and adolescents caused by e-cigarette toxins.



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Seminar D

Sports Medicine: From Screening to Treatment



Dr. Bryan S.F. LAU

MSc SMHS (CUHK), DFM (HKCFP), MBChB (CUHK)

*Director, Sports Medicine, Hong Kong Sports Institute
Honorary Clinical Assistant Professor, The Jockey Club School of Public Health and Primary Care,
The Chinese University of Hong Kong*

Upon receiving his Bachelor's Degree in Medicine and Surgery and Master's Degree in Sports Medicine and Health Science from the Chinese University of Hong Kong, Dr. Bryan Lau started to work closely with elite athletes in the Hong Kong Sports Institute (HKSI). He is now the Director, Sports Medicine in HKSI, Honorary Clinical Assistant Professor of the Jockey Club School of Public Health and Primary Care, and the Medical Advisor of the Sports Federation and Olympic Committee of Hong Kong.



Mr. Alex K.M. NG

MSc Sports Physiotherapy (PolyU), BSc Physiotherapy (University of Nottingham)

Senior Sports Physiotherapist, Hong Kong Sports Institute

Ng Kin Ming Alex is a Senior Sports Physiotherapist at the Hong Kong Sports Institute. He holds a Master of Science in Sports Physiotherapy from the Hong Kong Polytechnic University and a Bachelor of Science in Physiotherapy from the University of Nottingham. With extensive experience in sports physiotherapy, Alex is a registered physiotherapist in both the United Kingdom and Hong Kong. He has contributed to various international sporting events, including the 19th Asian Games Hangzhou, East Asian Youth Games, World Ability Games and the Paris 2024 Paralympic Games. He is committed to advancing sports physiotherapy practices.

The presentation titled "Sports Medicine: From Screening to Treatment" examines a multidisciplinary approach aimed at optimizing recreational athletic performance, preventing injuries, and managing sports-related conditions. It emphasizes the continuum of care by drawing insights from the pre-participation screening of elite athletes, highlighting the integration of clinical practice to meet the unique needs of recreational athletes, inspired from the clinical experience among elite athletes.

The discussion begins with the essential role of pre-participation screening, focusing on the identification of risk factors such as cardiovascular anomalies and biomechanical inefficiencies that may predispose athletes to injury. The presentation will also cover recent advancements in investigative tools, including resting ECGs, which facilitate early detection and risk stratification of sudden cardiac events.

Subsequently, the presentation will address injury prevention strategies, including sport-specific conditioning programs designed to enhance outcomes.

Finally, the importance of interdisciplinary collaboration among physicians, physiotherapists, and sports scientists will be underscored, emphasizing a holistic approach to addressing both the physical and psychological well-being of the general population. By integrating innovation with clinical expertise, this approach aims to ensure that athletes achieve optimal performance while maintaining long-term health.



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Seminar E

Common Dental Emergencies in Medical Office



Dr. HO Fu Tak

**BDS, MDS, MRD RCSEd(Endodontics), FRD RCSEd,
MRACDS (Endodontics), FCDSHK (Endodontics), FHKAM (Dental Surgery)**
Specialist in Endodontics

Dr. Ho is a Specialist in Endodontics. He obtained his dental degree from the University of Hong Kong in 1992 and completed his Master's degree in Conservative Dentistry in 1996. In 2008, Dr. Ho was awarded Membership in Restorative Dentistry (Endodontics) from the Royal College of Surgeons of Edinburgh, and in 2022, he achieved Fellowship in Dental Surgery from the same institution. Additionally, he attained Membership in the Royal Australasian College of Dental Surgeons (Endodontics) in 2010.

Dr. Ho has been a Fellow of both the Hong Kong Academy of Medicine and The College of Dental Surgeons of Hong Kong (Specialty of Endodontics) since 2011. He is currently engaged in private practice.

With a strong passion for teaching, Dr. Ho serves as a Part-time Clinical Lecturer at the Faculty of Dentistry, The University of Hong Kong, where he mentors undergraduate and Master's students, particularly in the field of endodontics. From 2011 to 2022, he also contributed to postgraduate training as a trainer in the Specialty of Family Dentistry.

Beyond his clinical and teaching roles, Dr. Ho has been actively involved with the College of Dental Surgeons of Hong Kong. He served as a Council Member from 2016 to 2024 and held the position of Vice President during the 2023–2024 term. He currently contributes as an Education Facilitator for the Dental College.



Dr. Gary C.H. SO

BDS HK, MOMS RCS Ed, FHKAM (DS), FDS RCS Ed, FCDSHK(OMS), FDS RCPS Glasg
Consultant OMS Surgeon, Dental Department, St. Teresa's Hospital
Specialist in Oral & Maxillofacial Surgery

Dr So graduated from HKU in 2007 and completed his OMS training in the Government Hospital Dental Service in 2017. He was awarded the 2014 CDSHK scholarship and attained clinical attachment in both Stanford University and Charité-Universitätsmedizin Berlin. He was the awardee of the 2023 HKAM Distinguished Young Fellows.

Dr So is currently the Censor-in-chief of the College of Dental Surgeons of HK. He has served as a councillor since 2020 and the chairman of the Scientific Meeting Committee (2022-23). He is the founding chairman of the HK Special Care Dentistry Society and is dedicated to promoting optimal oral health amongst the special-needs patients. He also serves as a lecturer at his alma mater and his main clinical interests are facial traumatology and orofacial pathology.

Dental problems can often escalate into emergencies, yet many patients are unaware of this potential risk. Frequently, they may seek assistance from a family physician for examination or prescription rather than recognizing the need for dental care. This presentation aims to equip healthcare professionals with the essential knowledge and skills to identify and manage prevalent dental emergencies encountered in a medical setting effectively.

We will discuss a variety of dental emergencies, including acute pain and swelling, pulpal inflammation from cavities, infections stemming from gum tissues, post-operative complication of dental treatment, dentoalveolar and facial trauma, avulsed teeth, highlighting their underlying causes and potential implications. The session will also cover critical assessment techniques to differentiate between various dental issues, ensuring accurate diagnosis and timely treatment.

In addition, we will explore effective management strategies, including pain relief methods, stabilization techniques, and guidance on when to refer patients to dental specialists. Participants will gain practical insights that can be readily applicable for their clinical practice. By fostering a collaborative approach between medical and dental professionals, this presentation will enhance understanding of the importance of oral health in overall patient care, ultimately contributing to improved patient outcomes and reduced complications from untreated dental emergencies.



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Seminar F

Continuous Glucose Monitoring - Read and Work Easy!



Ms. Maisy P.H. MOK

RN, BSN (Hon), MSN, FHKAN (Med-DM)

Nurse Consultant (Diabetes), Kowloon East Cluster, Hospital Authority

Maisy Mok is a Diabetes Nurse Consultant in the Kowloon East cluster and a Fellow of the Hong Kong Academy of Nursing (MED-DM). She was former president of the Association of Hong Kong Diabetes Nurses (AHKDN). She is a council member of AHKDN, a medical advisor of Youth Diabetes Action and the editor of Diabetes Hongkong newsletter.

She promotes the evidence-base practice and translates it into clinical practice, particularly led the workgroup to publish the Continuous Glucose Monitoring System: Practice Guide for Diabetes Nurse.

Her contributions have been recognized, as she achieved the outstanding Alumni for Professional Achievement from Hong Kong Polytechnic University in 2017, the Kowloon East Cluster Outstanding Staff Award and HA Merit Staff Award in 2019.

Smart Use and Interpretation of CGM for Diabetes Care

Continuous glucose monitoring (CGM) is transforming the way to manage diabetes more effectively, this technology allows for continuous recording of glucose readings and the acquisition of a daily profile without frequent finger pricking. The continual data generated can help patients and healthcare professionals to make informed and timely treatment decisions. Evidence showed that CGM technology can reduce haemoglobin A1c levels and hypoglycaemic attack, also improve quality of life for people with diabetes.

Nowadays, all CGM systems available in Hong Kong market are real-time CGM devices. Patients can view their glucose levels on a mobile application anytime and anywhere. Healthcare professionals can review the detailed report in the portal for close monitoring as well. Despite being an expensive monitoring modality, CGM is becoming increasingly popular among people with diabetes and healthcare professionals.

The ambulatory glucose profile (AGP) report is a standardized format that consolidates important metrics onto a single page. Its interpretation is recommended by international consensus and includes several metrics such as time in range, coefficient of variation and glucose patterns. These are the vailed parameters for day-to-day diabetes management. The daily profile can provide detailed information to empower patients to make lifestyle modification. A systematic approach to reviewing the whole report is an effective way to identify patient's problem for treatment modification and enhance patient empowerment.



Dr. Enoch WU

LMCHK (MBBCh Hons, University of Wales UK), MRCP, PgDipPD, FHKCP, FHKAM (Med)

Specialist in Endocrinology, Diabetes and Metabolism

Clinical Assistant Professor (Honorary), Department of Medicine & Therapeutics, The Chinese University of Hong Kong

Dr. Enoch Wu graduated in the UK in 2003 and completed his specialist training in Endocrinology, Diabetes and Metabolism at the Prince of Wales Hospital, and subsequently pursued overseas training in Obesity Management at University of Sydney. He has been engaged in medical education and research as an Honorary Clinical Assistant Professor at the CUHK.

His areas of expertise include Diabetes and Obesity, and he has vast experience in the establishment of the Multidisciplinary Management Team for Obese Patients with Metabolic Syndrome. This initiative earned the Hospital Authority Outstanding Team Award in 2016. He has been in private practice since 2017.

Case Studies

Sharing of real-life case studies demonstrating how to use Continuous Glucose Monitoring System to facilitate the management of diabetes by Endocrinologist.



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HONG KONG PRIMARY CARE CONFERENCE 2025

Family Doctor in Partnership: Synergizing Primary Care Outcomes

11 – 13 July 2025 (Friday - Sunday)

Friday, 11 July 2025 · 19:00 – 21:00

Workshop 1

Basic Dermatological Surgery Skills Including Skin Biopsy



Dr. CHENG Hok Fai

**MBBS (HK), MRCP (UK), FHKCP, FHKAM (Medicine),
PGDipClinDerm (Lond), PDipMDPath, DipMed (CUHK),
Dip Geri Med RCPS (Glasg), PdipCommunityGeriatrics (Hong Kong),
DCH (Sydney)**

Dermatology Specialist in private practice

Dr Cheng graduated from The University of Hong Kong in 2002. Before committing to a career in dermatology, he spent his early years in anatomical pathology. Upon completion of his dermatology fellowship, he followed his passion and pursued further overseas training in skin cancer surgery and nail surgery. His solid laboratory experience enabled him to contribute regularly to local dermatopathology conferences. Dr Cheng currently serves as a specialty board member in dermatology and venereology at the Hong Kong College of Physicians. He is actively involved in both local and overseas clinical dermatology conferences, and is passionate in coaching and sharing of professional knowledge with his peers.

Successful treatment of dermatological conditions begins with an accurate diagnosis. However, this can be challenging even for the seasoned practitioners. One might wish to know that the majority of skin conditions are clinico-pathologic entities. In difficult cases, establishing a definitive diagnosis may become impossible if a skin biopsy is not performed.

Diagnostic skin biopsy is considered crucial when it comes to sub-specialised areas like trichology, onychology or clinical management of diagnostically challenging cutaneous neoplasms. Aside from being a useful diagnostic tool, skin biopsy can also be therapeutic.

This workshop will begin with a slide presentation, where the planning and conducting of skin biopsy procedures will be discussed alongside with some tips and practical wisdoms. It will then be followed by a hands-on session. Participants will be given lots of opportunities to try out the surgical techniques on pork belly. They will also learn how to close the defect they have created.

It is open for family physicians who wish to learn or refresh their knowledge and skills. Prior surgical experience is NOT required. It is suitable for anyone regardless of their postgraduate experience. The speaker believes that there is something for everyone.

It is hoped that family physicians could perform diagnostic and therapeutic skin biopsy procedures with proficiency and confidence in their daily practice.



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Workshop 2

Empowering Wellness for Healthcare Providers and Patients: A Taste of Mindfulness and Self-Compassion



Ms. Amanda K.M. CHEAH

MSocSc (Clin. Psy.)

*Clinical Psychologist, Oasis – Center for Personal Growth & Crisis Intervention,
Corporate Clinical Psychology Services, Hospital Authority*

Ms. Cheah is currently serving as a Clinical Psychologist at Oasis – Center for Personal Growth and Crisis Intervention under the Corporate Clinical Psychology Services, Hospital Authority (HA). She is involved in the delivery of psychological services and promotion of mental health for staff in HA. She has received mindfulness and self-compassion training through several programs, and regularly integrates mindfulness and self-compassion into her professional work.



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 has practiced family medicine in Hong Kong for over 10 years and obtained his specialist qualification in 2016. Dr. Lee holds a Master's degree in Mental Health from CUHK (2014) and another Master's degree in Evidence-Based Health Care from the University of Oxford (2020). He is currently a Clinical Associate Professor at CUHK, where he conducts research on chronic diseases and the application of mindfulness.

He has received mindfulness training through several programs, including an 8-week Mindfulness-Based Stress Reduction program, a 7-day intensive retreat for mindfulness teachers at the Oxford Mindfulness Centre, and a 1-year foundational course to teach mindfulness. His recent research indicates that mindfulness practices can effectively reduce blood pressure. Additionally, Dr. Lee has taught mindfulness skills to the general public, medical students, and healthcare professionals. He is also a research member of the CUHK Thomas Jing Center for Mindfulness Research and Training.

Healthcare providers strive to promote the wellbeing of patients. In an era where it is not uncommon for healthcare workers to report symptoms of anxiety, depression or burnout, immense research has shown that providers' wellbeing is associated with patient safety, treatment experience, and ultimately, treatment outcomes. Thus, the wellbeing of healthcare providers is also extremely important.

In this workshop, participants will be introduced to two evidence-based practices, mindfulness and self-compassion, that have been found to improve wellbeing. This workshop will include a discussion on the evidence supporting the application of these practices for the general public, healthcare providers and those with mental health issues or other conditions. We will also explore how mindfulness and self-compassion can benefit the wellbeing of healthcare workers, particularly in addressing burnout, which is a serious issue that can impair service quality and lead to personal suffering. Participants will be invited to engage in mindfulness and self-compassion exercises together. Resources for further training will also be presented and discussed, along with information on pathways to become a mindfulness or self-compassion teacher. This session may also include personal sharing from the speakers, if appropriate.



11 – 13 July 2025 (Friday - Sunday)

Saturday, 12 July 2025 · 16:55 – 18:25

Workshop 3

Use of Mediation to Resolve Medical Dispute



Dr. James S.P. CHIU

MB BS (HK), FCSHK, FHKAM (Surgery), Specialist in General Surgery, LLB (Hons) Lond, Accredited General Mediator

Honorary Clinical Assistant Professor, Department of Family Medicine and Primary Care, The University of Hong Kong Senior Research Fellow, Centre for Medical Ethics and Law, Medical Faculty and Law Faculty, The University of Hong Kong Assessor for General Mediators, HK Mediation Accreditation Association Limited (HKMAAL)

Founder and Director, JC Professional Dispute Resolution Centre

Dr. Chiu pioneered healthcare mediation in 2006 and has conducted over 150 general mediation cases since. He was the first Adjunct Assistant Professor for the Mediation Course held at CUHK (2010-12) and the Mediation Course Co-ordinator and Lead Trainer of HK Academy of Medicine (2014). James has chaired and/or spoken in over 100 local and international meetings on mediation and other medico-legal topics. He has also published extensively in those areas. James has co-authored the book "Apology Ordinance (Cap. 631) Commentary and Annotations" in 2018, the book "Mediation in Hong Kong: Law & Practice" in 2014 and 2022, co-edited and co-authored the book "Healthcare Law and Ethics: Principles & Practices" in 2023, and is the Principal Author of the volume on "Professions and Trades" in the set of "Halsbury's Laws of Hong Kong" in 2023.



Professor Albert LEE

MB BS (Lond), LLB (Hons-Lond), LLMArbDR (Distinct-CityUHK), MPH(CUHK), DCH (Irel), DMed (NUI), MD (CUHK), GDLP (Aus.Coll.Law), FCIArb (UK), Accredited Mediator (CEDR-UK), FRCP (Lond & Irel), FCLM (US), FACLM (Aus), HonFFPH(UK)

Emeritus Professor of Public Health and Primary Care, The Chinese University of Hong Kong Senior Research Fellow of Centre for Medical Ethics and Law, The University of Hong Kong Vice President (Asia), World Association for Medical Law

Professor Albert Lee is duly qualified as a medical doctor (registered as a specialist in Family Medicine/GP in HK and Australia) and lawyer (Australia and New Zealand and registered foreign lawyer in HK). He possesses higher doctoral degree in Medicine from the National University of Ireland (DMed) and CUHK (MD), Master of Law with distinction in Arbitration and Dispute Resolution from the City University of Hong Kong, Fellow of the Chartered Institute of Arbitrators (UK), Accredited Mediator (CEDR-UK), and Fellow of Australasian and American College of Legal Medicine.

He is the Emeritus Professor of Public Health and Primary Care of CUHK, Senior Research Fellow of the Centre for Medical Ethics and Law of the University of Hong Kong, and Vice President (Asia) of the World Association for Medical Law and Editor in Chief of the official Journal. He has co-edited four books on primary health care and a book on "Healthcare Law and Ethics" published in 2023 with renowned healthcare lawyers and medico-legal experts including three King's Counsels as contributors for different chapters.



Dr. TONG Kar Wai

BA (HK), BRS (Vatican), LLB (UK), PgD (Health Serv. Mgt. – HK), PgD (Prof. Legal Skills – UK), LLMs (HK; UK), MEd (Australia), JSD (HK), PhD (UK), MCI Arb (UK), FHKCCHP, Hon. Fellow (HKILT), Accredited General Mediator (HK), Barrister & solicitor (NZ; non-practicing), Legal practitioner (NSW), Registered foreign lawyer (HK)

Registered Foreign Lawyer (Private Practice), Hong Kong; Senior Manager, Precious Blood Hospital (Caritas), Hong Kong Editor, Medicine and Law, World Association for Medical Law; Member, Diocesan Committee for Bioethics, Catholic Church, Hong Kong

Dr. TONG Kar Wai has had multi-disciplinary exposure to healthcare, law and education. He is a seasoned healthcare manager. In the legal field, he was admitted to practice law in New South Wales and New Zealand and is a registered foreign lawyer in Hong Kong. He is a member of the Chartered Institute of Arbitrators (UK) and an accredited general mediator (Hong Kong). He holds two doctorates: a degree of Doctor of Juridical Science (Hong Kong) and a PhD (UK). He has been collaborating with practitioners and scholars to publish academic works in areas of, for example, ageing care, healthcare law & ethics, and education.

Persons suffering from injuries as a result of medical mishaps are going through a period of trauma. The major options available for resolution are litigations or complaints to the Regulatory Bodies, i.e. the Medical Council in Hong Kong. The process of litigation/disciplinary investigation and/or inquiry can be lengthy and very painful for both parties. Both options may not address all the needs. Alternative Dispute Resolution (ADR) such as mediation can be an option for a speedy way out. Both parties would agree on issues to be mediated and selection of mediator(s) with expertise for the disputed matters. Confidentiality in the process of ADR also minimises undue stress and anxiety. It would be beneficial for both patients/families and medical professionals to be able to reach settlements early through a fair, impartial and independent system in confidence and with less costs involved. It is important to identify cases with issues appropriate for mediation. Section 47 of the Singapore Medical Registration Act states the role of mediation for medical disputes. Preliminary analysis of issues for suitability for mediation needs to be in place for effective triaging.