



**Hong Kong
Primary Care
Conference**

The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2026
**Overcoming Challenges for
Sustainable Primary Care:**
Innovation, Collaboration and Leadership
26 – 28 June 2026 (Friday – Sunday)



(Supported by HKCFP Foundation Fund)



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Chairlady's Message

Time flies and it is once again our great pleasure to announce that the Hong Kong Primary Care Conference (HKPCC) 2026, will be held from 26th to 28th June 2026 at the Hong Kong Academy of Medicine Jockey Club Building in Aberdeen, Hong Kong.

This year's theme, "Overcoming Challenges for Sustainable Primary Care: Innovation, Collaboration, and Leadership" could not be more timely. Hong Kong's healthcare system continues to face mounting pressures - an aging population, the rising prevalence of chronic diseases, workforce shortages among doctors and nurses, and an overstretched public sector. These challenges underscore the urgent need for systemic reform, optimal resource allocation and a more holistic approach to healthcare. In response, the Government has demonstrated a strong commitment to healthcare transformation by shifting the focus from a hospital-based, curative model to a community-oriented, preventive care framework as outlined in the Primary Care Blueprint. A key reform initiative is the promotion of the "Family Doctor for All" concept, supported by the Chronic Disease Co-Care (CDCC) Pilot Scheme launched in 2023. This initiative aims to establish a family doctor system, with District Health Centers (DHCs) serving as community hubs to reinforce the primary healthcare network. Family doctors are the cornerstone of primary healthcare, providing community-based, continuous care that adapts to our patients' changing needs. Through innovation, interdisciplinary collaboration, and effective leadership, they are leading the charge towards sustainable, high quality primary care capable of meeting rising demands and complex challenges.

The HKPCC has long been a hallmark event for academic exchange, professional networking, and innovation in primary care. Join us again to get the latest insights in family medicine and primary healthcare through a rich and well-curated scientific program featuring inspiring plenary lectures, interactive forums, hands-on workshops, and engaging seminars. We warmly invite you to submit abstracts for our full research paper, free paper, and clinical case competitions - now open for submission. Stay tuned for more updates and exciting surprises to come!

We look forward to welcoming you all for another insightful and inspiring experience.

Sincerely yours,



Dr. Lorna V. NG

Chairlady, Organising Committee
Hong Kong Primary Care Conference 2026

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Welcome Message from the President

Welcome to the Hong Kong Primary Care Conference (HKPCC) 2026! The theme of the conference this year is “Overcoming Challenges for Sustainable Primary Care: Innovation, Collaboration and Leadership”.

The HKPCC is an important annual scientific event organised by the Hong Kong College of Family Physicians for family doctors, nurses and allied health professionals. We have invited many local and international experts to share their expertise and experience with us. The Conference serves as a great platform for fostering potential collaborations as well as a valuable networking gateway amongst academics, practising clinicians and management colleagues alike.

The rich scientific programme of the Conference is packed with attractive plenaries and seminar sessions. Hot topics on the menu include the development of primary healthcare system in the Greater Bay Area, safeguarding of vulnerable patients, chronic disease management, update on sexual health, lifestyle medicine, and artificial intelligence (AI) in medical practice in the Asia Pacific region; just to name a few. As with the previous years, there are full research paper competition, clinical case competition, and posters on display. Workshops on non-pharmacological therapies in traditional Chinese medicine, advanced medical directives (AMDs), ultrasound-guided joint injection, cryotherapy for common dermatology lesion, and practical skills on managing back pain in the primary care setting are also on offer.

I look forward to meeting you at the HKPCC 2026 and wish you all a very fruitful Conference ahead!



Dr. David V.K. CHAO

President

The Hong Kong College of Family Physicians



26 – 28 June 2026 (Friday – Sunday)

Organising 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. Cecilia S.M. CHEUNG Dr. HO Shu Wan Dr. Dereck M.H. WONG
Allied Health Planners	: Mr. CHENG Wai Chung Ms. Brigitte K.Y. FUNG
Chinese Medicine Planner	: Ms. Ellen K.Y. LI
Dental Planner	: Dr. Yolanda Y.H. LAW
Nurse Planners	: Ms. Kathy Y.H. CHEUNG Dr. Margaret C.H. LAM Dr. Cecilia T.Y. SIT Ms. Tammy T.Y. SO
Clinical Case Presentation Competition	: Dr. YAU Lai Mo (Coordinator) Dr. Kathy K.L. TSIM
Publication Subcommittee	: Dr. Judy G.Y. CHENG (Coordinator) Dr. SHEK Hon Wing Dr. Kathy K.L. TSIM Dr. Aldo C.L. WONG
Business Management Subcommittee	: Dr. Cecilia S.M. CHEUNG (Coordinator) 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** : 26 – 28 June 2026 (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.
- Organiser** : 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
- Contact Details** : Tel. No. : (852) 2871 8899
Fax No. : (852) 2866 0616
Email : hkpcc@hkcfp.org.hk
- Supported by** : HKCFP Foundation Fund



26 – 28 June 2026 (Friday – Sunday)

Scientific Programme at-a-glance

More conference details:



Time	Date	26 June 2026 (Friday) Pre-conference			
19:00 - 19:30				Workshop 1 Non-Pharmacological Therapies in Traditional Chinese Medicine: An Overall Introduction and Hands-on Practice <i>Mr. HO Chin Pong</i>	Workshop 2 A Virtual Reality of Choice: A Practical Workshop on Advance Medical Directives (AMDs) and Clinical Scenarios <i>Dr. Nick TSUI</i>
19:30 - 20:30		Sponsored Online Seminar	Sponsored Dinner Symposium <i>(at Cordis Hotel, Mong Kok, Kowloon)</i>		
Time	Date	27 June 2026 (Saturday) Day 1			
13:45 - 14:30		Registration and Welcome Drinks			
14:30 - 15:00		Opening Ceremony			
15:05 - 15:45		Plenary I Hong Kong Primary Healthcare Development - A Present Continuous Tense <i>Dr. Cecilia Y.M. FAN, JP</i>			
15:50 - 16:30		Plenary II (Putonghua Session 普通話會場) The Development and Future Direction of Primary Healthcare System in the Greater Bay Area/Mainland China 大灣區 / 中國內地基層醫療體制的發展及未來方向 <i>Prof. WANG Jia Ji 王家驥教授</i>			
16:30 - 17:00		Coffee Break & Poster Presentation (Part 1)			
17:00 - 18:15		Discussion Forum 1 (Putonghua Session 普通話會場) Greater Bay Area Healthcare System: Collaboration & Implication on Medical Education & Training to Primary Care Providers 大灣區基層醫療：協作及其對基層醫療服務提供者於醫學教育與培訓的影響 <i>Dr. LAM Kuo 林果醫生, Dr. LIANG Jun 梁峻醫生 & Dr. ZHANG Dan Xia 張丹霞醫生</i>	Discussion Forum 2 Safeguarding of Vulnerable Patients - Medical, Legal and Social Aspects <i>Ms. AU YEUNG Wing Yee, Dr. Anna W.F. CHENG, Dr. Mike Y.W. KWAN & Prof. Albert LEE</i>	Workshop 3 Ultrasound-guided Joint Injection <i>Dr. Regina W.S. SIT</i>	Workshop 4 Cryotherapy for Common Dermatology Lesion <i>Dr. Steven K.F. LOO</i>
18:15 - 18:30		Seminar A Sexual Health Updates <i>Dr. Francois Y. FONG</i>	Seminar B From Adolescence to Aging: Integrating Lifestyle Medicine for Health Across the Lifespan <i>Prof. Carmen WONG</i>		
18:30 - 19:00					
19:05 - 20:35		Sponsored Dinner Symposium			
Time	Date	28 June 2026 (Sunday) Day 2			
08:30 - 09:00		Registration			
09:00 - 09:30		Seminar C Managing Chronic Diseases: Current Insights and Effects of Cancer Medications <i>Dr. Eric K.P. LEE & Dr. SO Tsz Him</i>	Seminar D Precision Medicine <i>Prof. Juliana C.N. CHAN & Dr. Becky M.Y. MA</i>	Seminar E Osteoporosis Screening, Management Cutoff and Dental Assessment before Treatment <i>Dr Yolanda Y.H. LAW & Dr Risa OZAKI</i>	Free Paper - Oral Presentation (Part 1)
09:30 - 09:45					
09:45 - 10:00		Coffee Break & Poster Presentation (Part 2)			
10:00 - 10:30		Discussion Forum 3 AI in Medical Practice in Asia Pacific Region <i>Dr. Adina Binti ABDULLAH, Dr. Alfred S.K. KWONG & Prof. NG Chirk Jenn</i>	Discussion Forum 4 Updates on Preventive Care <i>Dr. Maria K.W. LEUNG, Prof. Hextan Y.S. NGAN & Dr. Esther Y.T. YU</i>	Clinical Case Presentation Competition and Awards Presentation of Outstanding Poster Presentation Award	Free Paper - Oral Presentation (Part 2) & Full Research Paper Awards Presentation*
10:30 - 11:45		Workshop 5 Hands-on Workshops on Upper Back Pain Commonly Seen by Family Physicians <i>Dr. AU Chi Lap</i>			
11:50 - 12:30		Plenary III			
12:35 - 14:05		Sponsored Lunch Symposium [GSK] Prevention Starts in Primary Care: Optimizing Protection Against Herpes Zoster and RSV in Diabetes Speaker: Prof. David T.W. LUI [Amgen] Community-based Osteoporosis Screening and Management Framework for Primary Care in Hong Kong Speaker: Prof. CHEUNG Ching Lung			

*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 Organising 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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Saturday, 27 June 2026 · 18:15 – 19:00

Seminar B

From Adolescence to Aging: Integrating Lifestyle Medicine for Health Across the Lifespan



Professor Carmen WONG

BSc(UK), MBBCh(UK), MRCGP(UK), MEd(UK), FHEA

*Clinical Professional Consultant and Associate Professor,
Practice in Family Medicine and Medical Education (by courtesy),
JC School of Public Health and Primary Care, Faculty of Medicine,
The Chinese University of Hong Kong*

Dr. Carmen Wong is a trained family physician and a member of the Royal College of General Practitioners (UK). She is currently a Clinical Professional Consultant and an Associate Professor of Practice in Family Medicine and Medical Education (by courtesy) at the JC School of Public Health and Primary Care at Faculty of Medicine, The Chinese University of Hong Kong.

Dr. Carmen Wong is an associate member for the Hong Kong College of Family Physician and the Deputy Editor of the Hong Kong Practitioner. Dr. Wong is a medical educationalist and a fellow of the higher education academy (FHEA) and received the prestigious University Grants Council (UGC) Education award in 2020 for her work in family medicine, social responsibility and design thinking. Dr. Wong is an IBLM Diplomate and an IBLM Certified Lifestyle Medicine Physician since December 2021 and has been integrating a lifestyle medicine approach to her family medicine practice, community projects and undergraduate education.

Lifestyle medicine offers a practical, evidence-based framework to address the root causes of chronic disease through the therapeutic use of nutrition, physical activity, sleep, stress management, social connection, and reduction of risky substances. In the context of primary care, it complements conventional approaches by empowering both clinicians and patients to co-create sustainable health behaviors that improve outcomes and reduce system burden.

This presentation will explore the fundamentals of lifestyle medicine and its alignment with sustainable primary care. It will discuss the translation of core principles into everyday practice, including tailored interventions across the age span: from adolescents navigating habits that shape lifelong physical and mental health trajectories, to patients with diabetes for whom lifestyle interventions remain the cornerstone of prevention and management and individuals with early dementia for whom lifestyle modification supports cognitive resilience and quality of life.

Through the evidence base and collaborative care models, we will examine how interventions, interdisciplinary teamwork, and leadership in lifestyle medicine can enhance patient engagement, and foster a more sustainable, preventive care paradigm across all stages of life.



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Sunday, 28 June 2026 · 09:00 – 10:00

Seminar D

Precision Medicine



Professor Juliana C.N. CHAN

MBChB, MD, FHKAM, FHKCP, FRCP

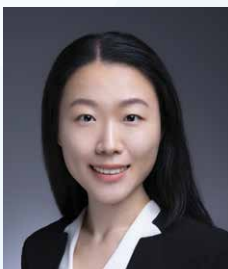
*Professor of Medicine and Therapeutics, Faculty of Medicine and Director,
Hong Kong Institute of Diabetes and Obesity,
The Chinese University of Hong Kong, The Prince of Wales Hospital*

Dr Juliana Chan is Professor of Medicine and Therapeutics and Director, Hong Kong Institute of Diabetes and Obesity at The Chinese University of Hong Kong. She is a diabetologist and clinical pharmacologist with interest in epidemiology, genetics, clinical trials and care models. Since the 1990s, she has trained a multidisciplinary team and set up the diabetes clinical trial unit and participated in landmark studies in diabetes and kidney disease as a lead investigator and a member of steering committee. She translated the findings from clinical trials to establish the Hong Kong Diabetes Register and biobank which evolved to become the web-based Joint Asia Diabetes Evaluation (JADE) Platform to implement pragmatic trials and data-driven care creating real-world evidence and discovering biomarkers for precision medicine. She has published 900 articles and 30 book chapters and serves on advisory boards of multinational companies and committees of practice guidelines.

Precision Medicine in Diabetes

Precision medicine advocates using a personalized approach to understand the unique genetic, life-course, biomedical-psychosocial-behavioral attributes of an individual to inform shared decision-making and achieve positive outcomes. Diabetes is a leading cause of hospitalizations, morbidities and premature death. The ultimate goal of early diagnosis, treatment and control of diabetes is dependent on awareness, self-management and patient-provider relationship. In most clinical settings, one in five adult patients had young-onset diabetes (YOD) diagnosed before the age of 40 with a 4-9-fold higher risk of death than their peers without diabetes. In the PRISM-RCT, we evaluated the impacts of a collaborative care model in which we used biogenetic markers and patient-reported outcomes (PROM) to implement algorithm-guided intervention and holistic care versus usual care. In these 884 patients with YOD who reported a myriad of life-course events, 5% had positive GAD antibodies, 2% had monogenic diabetes and 70% had prior cardiovascular-renal-cancer events and/or cardiovascular-kidney-metabolic (CKM) risk factors. In the Precision Prevention Program on Young-Onset Diabetes (PPPYOD) which recruited 9,000 adults (18-44), we used biogenetic markers to identify 30% participants who had >30-50% 10-year risk of incident diabetes followed by annual oral glucose tolerance test to detect diabetes and impaired glucose tolerance, complemented by a 2-year risk-based multicomponent prevention and care program. In this era of artificial intelligence, innovative data-driven care models led by physicians with integrated knowledge of human biology, clinical medicine and evidence-based intervention is key to success to value-based care with quality and precision to make health care sustainable.

Reference: O CK et al Precision Medicine to Redefine Insulin Secretion and Monogenic Diabetes-Randomized Controlled Trial (PRISM-RCT) in Chinese patients with young-onset diabetes: design, methods and baseline characteristics. *BMJ Open Diabetes Res Care.* 2024;12(3).
<https://jc-pppyod.adf.org.hk/>



Dr. Becky Mingyao MA

MBBS (HK), MRCP (UK), FHKCP, FHKAM (Medicine), PDiplD (HK)

Clinical Assistant Professor, Department of Medicine, School of Clinical Medicine, The University of Hong Kong

She underwent her training in Nephrology at Queen Mary Hospital, and has been awarded Distinguished Young Fellow by the Hong Kong Academy of Medicine. She undertook postdoctoral research fellowship in Precision Medicine at Columbia University Center. She was awarded the Hong Kong Health and Medical Research Fund Research Fellowship Grant, Hong Kong College of Physicians-Hong Kong Genome Institute Training Grant and Hong Kong Academy of Medicine-Hong Kong Genome Institute Research Excellence Grant. She established a local cohort of genetic kidney disease at Queen Mary Hospital. Becky received the Early Career Researcher Award by the International Society of Nephrology.

Precision Medicine in Nephrology

Chronic kidney disease constitutes a major public health challenge, given the markedly increased risks of morbidity and all-cause mortality. Studies have shown that monogenic causes are responsible for a significant proportion of chronic kidney disease in the adult population. Establishing a genetic diagnosis is vital to guide management, inform prognosis, including the risk of post-transplant recurrence, the risk of occurrence in offspring and it enables cascade testing to identify other affected family members early. For example, in patients with Autosomal Dominant Polycystic Kidney Disease, genetic data can provide prognostic information, allow early diagnosis when imaging is yet to be revealing and help to identify suitable living-related kidney donor. With rapid advancement in sequencing technologies at an affordable cost, genetic diagnostics are increasingly integrated into daily practice. We have established a Genetic Kidney Disease Clinic at Queen Mary Hospital, which helps patients with suspected monogenic kidney disease with genetic evaluation and cascade testing. Pre-test genetic counselling highlighting the indication of testing, potential benefits and risks is important to guide informed decision-making. A multi-disciplinary team is instrumental in the correct interpretation of genetic testing results in complicated cases. Physicians play an important role in early identification of these patients who may benefit from genetic testing.



26 – 28 June 2026 (Friday – Sunday)

Sunday, 28 June 2026 · 09:00 – 10:00

Seminar E

Osteoporosis Screening, Management Cutoff and Dental Assessment before Treatment



Dr. Yolanda Y.H. LAW

BDS (HK), FCDSHK (OMS), FHKAM(OS), FDS RCSEd, FDS RCPS(Glasg), FRACDS, MOMS RCSEd

Specialist in Oral and Maxillofacial Surgery

Dr. LAW Yee Hung, Yolanda becomes an oral and maxillofacial surgeon after graduating from the University of Hong Kong (HKU). She attained fellowships including FCDSHK (OMS), FHKAM(OS), FDS RCSEd, FDS RCSP(Glasg) and FRACDS. Her global training included the University of California, San Francisco, the University of Miami, and an AO CMF Fellowship in Germany. With over 20 years of practice, she is experienced in trauma, pathologies, and dento-alveolar surgery. She also holds a Master in Health Leadership from the University of British Columbia. Dr. Law now works in private practice while serving as a part-time lecturer at HKU. She is Censor-in-Chief of the CDSHK and was awarded Distinguished Young Fellow of the HKAM in 2025.

Osteoporosis Therapy: A Healthy Jaw is Your First Prescription

Before initiating antiresorptive or antiangiogenic pharmacotherapy for osteoporosis, a comprehensive dental assessment is paramount to mitigate the risk of Medication-Related Osteonecrosis of the Jaw (MRONJ). MRONJ is a rare but severe adverse event characterized by exposed, non-healing bone in the maxillofacial region, which can be challenging to manage and significantly impair the quality of life of patients.

The primary goal of the pre-treatment dental evaluation is to establish a state of excellent oral health to eliminate the need for future invasive dental procedures, which are the most common precipitating events for MRONJ. By clinical and radiographic examination, active dental problems like unrestorable teeth, hypermobile teeth or teeth with infections and poor prognosis should be identified and eliminated. Ill-fitting dentures and other local factors that can cause mucosal trauma should be corrected. Prevention is the key principle to prevent the need for invasive dental procedures and minimize the risk for MRONJ.

Regular review appointments and dental care are crucial for long-term MRONJ prevention. These recall visits allow the reinforcement of meticulous oral hygiene, professional cleaning, and early detection of potential issues, thereby minimizing the risk of spontaneous osteonecrosis or complications arising from newly developed dental disease. This integrated, multidisciplinary approach, combining rigorous pre-treatment preparation with sustained surveillance, ensures that the iatrogenic risk of MRONJ is minimized, allowing for the safe continuation of essential osteoporosis treatment. This seminar provides an overview for medical practitioners on the dental management for patients with osteoporosis and the MRONJ.



Dr. Risa OZAKI

MB ChB (Sheff), FHKAM(Medicine)

Consultant Endocrinologist and Clinical Head of Endocrine Team,

Division of Endocrinology & Diabetes, Department of Medicine & Therapeutics, The Prince of Wales Hospital

Dr. Risa Ozaki is a Consultant Endocrinologist and the Clinical Head of Endocrine Team at the Prince of Wales Hospital.

Her team has promoted the development of multidisciplinary team care approach in the delivery of osteoporosis care at the Prince of Wales Hospital. In July 2021, a successful Annual Plan bid led to the set-up of an osteoporosis service nurse-led clinic which provided a much-needed structured patient education program to give patients a better understanding of osteoporosis, treatment options and lifestyle modifications to optimize patient outcome.

Updates on Osteoporosis Screening and Management

Osteoporosis is a skeletal disorder characterized by low bone mass and architectural deterioration of bone tissue, resulting in increased bone fragility and susceptibility to fracture. It is the devastating consequences of fractures leading to morbidity and mortality that make osteoporosis an important healthcare issue. Osteoporosis is a growing health problem worldwide as a rising trend is observed with increasing life-expectancy and subsequent ageing of the population. It has been projected that half of all fractures in the world amounting to 3250 million cases would occur in Asia, and mostly in China, by the year 2050.

Treatment is generally recommended in post-menopausal women who have a bone mineral density (BMD) T score of -2.5 or less, a history of spine or hip fracture, or a Fracture Risk Assessment Tool (FRAX) score indicating increased fracture risk. Management of osteoporosis includes non-pharmacological treatment (diet, exercise and lifestyle modifications) as well as pharmacological treatment. The recommendations and practical approach to both pharmacological and non-pharmacological treatments will be covered in this talk.



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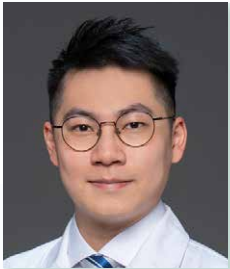
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Friday, 26 June 2026 · 19:00 – 20:30

Workshop 1

Non-Pharmacological Therapies in Traditional Chinese Medicine: An Overall Introduction and Hands-on Practice



Mr. HO Chin Pong

BCM (GZUCM), MCM(HKBU)

Registered Chinese Medicine Practitioner

Mr. Ho obtained his Bachelor of Chinese Medicine from Guangzhou University of Chinese Medicine, and subsequently earned his Master of Chinese Medicine (Acupuncture) from Hong Kong Baptist University. He currently serves as the Deputy Secretary-General of the Hong Kong Registered Chinese Medicine Practitioners Association. His professional and academic interests include Chinese Medicine Orthopaedics and Acupuncture. His research experience includes participation in clinical studies on Parkinson's disease and stroke. His current research interest focuses on Chinese Medicine Orthopaedics.

Physicians in Hong Kong frequently encounter patients who are either receiving or considering Chinese medicine treatments. Beyond oral prescriptions, many patients also seek therapies from Chinese medicine practitioners, such as cupping, acupuncture, and bone setting. A solid understanding of how these therapies work can help physicians feel more confident and open to recommending integrative approaches.

This workshop will introduce a range of traditional Chinese medicine therapies, including cupping, seven-star needle techniques (a form of acupuncture), and bone setting for fractures. Using a distal radius fracture as a case example, the bone setting section will demonstrate how Chinese medicine practitioners perform closed reduction and splint immobilization, with pre- and post-reduction X-rays provided for better illustration. Participants will also have hands-on opportunities to observe and practice selected techniques.

By the end of the workshop, participants will gain a deeper understanding of the principles and practical applications of common Chinese medicine therapies, fostering more informed communication and collaboration in patient care.



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Workshop 3

Ultrasound-guided Joint Injection



Dr. Regina W.S. SIT

MD (CUHK), MBBS (HK), DCH (HK), DPD (Cardiff), PDip Community Geriatrics (HK), DipMed (CUHK), FRACGP, FHKCFP, FHKAM (Family Medicine)

*Associate Professor (Clinical),
Director,
Primary Care Clinical Trial Unit,
JC School of Public Health and Primary Care,
The Chinese University of Hong Kong*

Dr. Regina Sit is an Associate Professor (Clinical) at the Jockey Club School of Public Health and Primary Care, The Chinese University of Hong Kong. She obtained her MBBS from the University of Hong Kong and later became a Family Medicine Specialist, earning her Doctor of Medicine (MD) research degree at CUHK. Alongside her specialist training, she developed expertise in pain management and is a Certified Interventional Pain Sonologist with the World Institute of Pain. As a clinician-scientist, her work focuses on chronic musculoskeletal pain in primary care. Dr. Sit now serves as the Director of the School's Primary Care Clinical Trials Unit, where she aims to extend high-calibre clinical research into the community and develop the Unit into a leading hub for primary care clinical trials in Asia.

In this 90-minute workshop, we will demonstrate two evidence-based injection approaches supported by high-quality randomized controlled trials. The first evaluates the efficacy of dextrose prolotherapy for knee osteoarthritis using an intra-articular injection approach¹. The second focuses on dextrose prolotherapy for recurrent ankle sprains targeting the anterior talofibular ligament². Both approaches provide evidence-based options for clinical practice.

The workshop will begin with the fundamentals of ultrasound guidance, including probe handling, image optimization, key anatomical landmarks, followed by needling technique under ultrasound guidance. Participants will then learn step-by-step injection techniques for these conditions. If time permits, we will also briefly review ultrasound-guided injection techniques for the hip and shoulder joints.

1. Sit RWS, Wu RWK, Rabago D, et al. Efficacy of Intra-Articular Hypertonic Dextrose (Prolotherapy) for Knee Osteoarthritis: A Randomized Controlled Trial. *The Annals of Family Medicine* 2020; 18(3): 235-42.
2. Sit RW-S, Wu RW-K, Reeves KD, et al. Dextrose Prolotherapy injection improves dynamic postural balance and reduces risk of recurrent sprains in Chronic Ankle Instability: A one-year randomized placebo-controlled trial. *Archives of Physical Medicine and Rehabilitation* 2025.



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Workshop 4

Saturday, 27 June 2026 · 17:00 – 18:30

Cryotherapy for Common Dermatology Lesion



Dr. Steven K.F. LOO

MBChB (CUHK), MRCP (UK), FHKCP, FHKAM (Medicine), MEDM(CUHK), MSc (Genomics and Bioinformatics) (CUHK), FRCP (Edin), FRCP (Glasg)

Consultant Dermatologist, CUHK Medical Centre

Honorary Clinical Assistant Professor, The Chinese University of Hong Kong

Specialist in Dermatology & Venereology

Dr. Steven Loo is currently in private practice. He serves as a Consultant Dermatologist at the CUHK Medical Centre, and an Honorary Clinical Assistant Professor at the Chinese University of Hong Kong (CUHK).

He graduated with distinctions from the Faculty of Medicine, CUHK, in 2002 and obtained Membership of the Royal College of Physicians (MRCP), United Kingdom, in 2005. He subsequently undertook fellowship training in dermatology and immunology at the Baylor Research Institute, Dallas, Texas (2008) and Salford Royal Hospital, University of Manchester, United Kingdom (2009). He holds three Master of Science degrees from CUHK — in Endocrinology, Chinese Acupuncture, and Genomics — and completed his PhD in atopic dermatitis at CUHK in 2026.

Dr. Loo was elected Fellow of the Hong Kong Academy of Medicine (FHKAM), Fellow of the Hong Kong College of Physicians, and Fellow of the Hong Kong College of Dermatologists in 2010. In recognition of his outstanding clinical and academic achievements, he was elected Fellow of the Royal College of Physicians of Edinburgh (FRCP Edin) and Fellow of the Royal College of Physicians of Glasgow (FRCP Glas) in 2018.

His research interests include the immunology of atopic dermatitis, the role of gut microbiota in allergic diseases, and the application of traditional Chinese medicine in integrative disease management.

Cryotherapy remains one of the most versatile and cost-effective treatment modalities in outpatient dermatology. Using liquid nitrogen at -196°C , cryotherapy induces controlled tissue destruction through rapid freezing and thawing, making it suitable for a wide spectrum of benign, premalignant, and selected malignant skin lesions. For family physicians who encounter skin conditions daily, a solid working knowledge of cryotherapy principles and techniques is invaluable for timely patient care.

This lecture aims to provide a practical, evidence-based overview of cryotherapy as applied in routine dermatological practice. Key topics include the mechanism of cryonecrosis, device selection (spray versus probe versus cotton-tip applicator), appropriate freeze-time parameters, and lesion-specific treatment protocols. Common indications, including viral warts, actinic keratoses, seborrhoeic keratoses, skin tags, and superficial basal cell carcinomas, will be discussed alongside their expected clinical outcomes and cure rates.

Particular emphasis will be placed on practical decision-making: identifying which lesions are suitable for cryotherapy versus those requiring biopsy or referral, optimising freeze-thaw cycles for different anatomical sites, managing patient expectations regarding post-treatment blistering and dyspigmentation, and recognising contraindications such as cold-sensitive conditions and lesions with uncertain diagnoses. Pearls for pain minimisation and techniques to improve cosmetic outcomes will also be shared.

When applied with proper patient selection and technique, cryotherapy offers family physicians a safe, efficient, and highly effective office-based procedure. This lecture will equip attendees with the confidence and practical skills to expand their use of cryotherapy in primary care dermatology.



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

Hong Kong Primary Care Conference 2026

Overcoming Challenges for Sustainable Primary Care: *Innovation, Collaboration and Leadership*

26 – 28 June 2026 (Friday – Sunday)

Sunday, 28 June 2026 · 09:30 – 11:45

Workshop 5

Hands-on Workshops on Upper Back Pain Commonly Seen by Family Physicians



Dr. AU Chi Lap

MBBS (QLD), FRACGP, FHKCFP, FHKAM (Family Medicine)

Chairman, Board of Diploma in Family Medicine, The Hong Kong College of Family Physicians

Dr. Au graduated from the University of Queensland in 1992. He was initially trained in traditional manual therapy with a Chinese doctor.

He later pursued further studies in musculoskeletal medicine and musculoskeletal ultrasound at the Hong Kong Institute of Musculoskeletal Medicine. Over years of practice, Dr. Au has developed useful manual skills to treat musculoskeletal pain commonly encountered in medical practice. Dr. Au is the chairman of the Board of the Diploma in Family Medicine at HKCFP. He is also a speaker for three musculoskeletal workshops within the Diploma.

As family physicians, we encounter many cases of musculoskeletal pain every day. This presents a significant challenge for frontline physicians, especially when dealing with chronic pain.

Like most medical conditions, musculoskeletal pain typically follows a developmental process. It may begin as a mild issue, but without appropriate treatment and preventive measures, it can progress over time and significantly impact the patient's daily life.

As gatekeepers in healthcare, our understanding of the early stages of pain and our ability to assist patients with treatment and prevention can help reduce or slow the progression of these conditions.

This workshop consists of three parts: the first part explains the relationship between human anatomy and musculoskeletal pain; the second part includes a hands-on session to practice simple manual therapies; and the third part shares preventive exercises aimed at reducing the occurrence of pain. I hope family doctors will find this workshop useful and will be able to apply this knowledge in their daily practice.



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26 – 28 June 2026 (Friday – Sunday)

Sunday, 28 June 2026 · 12:35 – 14:05

Sponsored Lunch Symposium

Community-based Osteoporosis Screening and Management Framework for Primary Care in Hong Kong



Professor CHEUNG Ching Lung

BSc, MA, PhD

Director, Real-World Study and Application Centre, Hong Kong

Associate Professor, Department of Pharmacology and Pharmacy, The University of Hong Kong, Hong Kong

Prof. Cheung is the director of Real-World Study and Application Centre (RWSAC) and an associate professor in the Department of Pharmacology and Pharmacy at the University of Hong Kong and serves as the President of the Osteoporosis Society of Hong Kong. He is also an elected committee member and fellow of the American Society for Bone and Mineral Research. Prof. Cheung obtained his PhD from HKU and completed his post-doctoral training at Harvard Medical School. His research focuses on the epidemiology of osteoporosis. He has published over 200 peer-reviewed articles in high-impact journals, including Lancet, JAMA, Cell, and Nature Genetics.

Osteoporosis is a major and escalating public health problem in Hong Kong, driven by rapid population ageing and the consequent rise in fragility fractures. These fractures are associated with substantial morbidity, loss of independence, and long term healthcare costs. Despite the availability of effective interventions, osteoporosis remains underdiagnosed and undertreated in the community, highlighting critical gaps in early risk identification, care coordination, and continuity of management within primary care.

This work presents a structured, community based framework for osteoporosis screening and management tailored to the Hong Kong primary care setting. The framework provides practical, consensus informed guidance to support systematic risk assessment, timely diagnosis, appropriate referral, and sustained long term management across community pharmacies, district health centres, elderly service centres, primary and specialty care practices. Clear roles and responsibilities are delineated among different health service settings, enabling streamlined workflows and improved care integration.

By embedding osteoporosis care within routine community services, the framework aims to shift practice from reactive fracture management to proactive osteoporosis prevention and early intervention. Its implementation has the potential to enhance case finding among at risk older adults, facilitate earlier treatment initiation, improve adherence and follow up, and ultimately reduce fracture incidence and related disability. This community driven approach offers a scalable and sustainable model to strengthen primary care capacity, improve patient outcomes, and alleviate the growing healthcare burden of osteoporosis in Hong Kong.