

# Hong Kong Primary Care Conference 2018

## “Family Physician – Nexus of the New Era of Primary Care”

23 – 24 June 2018 (Saturday – Sunday)

### Seminar F

## Chinese Medicine in Primary Care



### Dr. Vincent Chung

*B Chin Med, BSc Biomed Sci (HKBU), MSc Evid Based Healthcare (Oxford), PhD Public Health (CUHK)*

Dr. Vincent Chung is a registered Chinese medical practitioner and Assistant Professor of Jockey Club School of Public Health and Primary Care, Faculty of Medicine, The Chinese University of Hong Kong

After graduated with the Bachelor degree of Chinese Medicine & Bachelor of Biomedical Science (First Class Honours) by the Hong Kong Baptist University, Dr. Chung was then conferred the Doctor of Philosophy in Public Health by The Chinese University of Hong Kong, Master of Science in Evidence-based Healthcare by The University of Oxford. He has published more than 73 academic publications in leading as well as Associate Editor for various journals. He is currently a Visiting Research Fellow at the Australian Research Centre for Complementary and Integrative Medicine, University of Technology Sydney, Australia. With experience in both health services and policy research, he served as a consultant for the WHO Western Pacific Regional Office in formulating strategy for using traditional and complementary medicine for promoting healthy aging, as well as an observer in the development process of WHO Traditional Medicine Strategy.

Despite the increasing trend of recognition and practice of Chinese medicine around the world, a report from the World Health Organisation 'WHO Traditional Medicine Strategy 2014-2023' stated that the lack of research data dissemination, education and training of personnel could be the barriers for the international development of Chinese medicine. The Faculty of Medicine of The Chinese University of Hong Kong has established two innovative platforms, 'Everyday Chinese Medicine', in collaboration with Coursera, an internationally renowned massive open online course (MOOC); and 'Integrative Medicine Clinical Evidence Portal', an online database portal to provide resources to the designated population. The objectives of these online platforms are to promote basic knowledge and scientific research evidence of Chinese medicine to the global community including the general public and healthcare professionals, as well as serving as a pioneer for exploring the possibility of these approaches, in fostering development and integration of Chinese medicine in health systems.



### Dr. Wendy Wong

*PhD, BCM, BSc(Hons), Registered Chinese Medicine Practitioner*

Dr. Wong is a Hong Kong registered Chinese Medicine Practitioner and the Assistant Professor of School of Chinese Medicine and Hong Kong Institute of Integrative Medicine, the Chinese University of Hong Kong. Dr. Wong possesses ample experience in primary care evaluation research acquiring knowledge for effective doctor-patient communication and evaluating quality of care with validated patients-reported outcomes. After graduating from the Hong Kong Baptist University majoring in Biomedical Science and Chinese Medicine, she pursued another Doctor of Philosophy in the Department of Family Medicine and Primary Care of the University of Hong Kong focusing on the effectiveness of Chinese Medicine in primary care setting. She was the grant holder and co-investigator of various Hong Kong primary care projects and has publications in international peer-reviewed journals including the Scientific Reports, PLoS, Family Practice, Quality of Life Research, Complementary Therapies in Medicine and Evidence-based Complementary and Alternative Medicine.

There are 9,513 registered Chinese medicine practitioners (CMPs) in Hong Kong providing 8.2% of primary care services, however, there was a lack of information on the morbidity pattern and management process of Traditional Chinese Medicine (TCM) primary care. In view of this, a study was conducted to determine the morbidity pattern in different TCM primary care settings amongst the Chinese population. By prospectively recording all consecutive clinical encounters presented to invited CMPs, the prevalence of each encounters, TCM diagnoses and management were assessed and health problems coded by ICPC-2. The study showed that most patients consulted CMPs for chronic (64% vs 33.7%) rather than acute conditions, with hypertension or diabetes being the most common co-morbidity. Other common problems presenting to CMP were respiratory problems (24.9%), musculoskeletal complaints (22.7%), cough (11.7%), and lower back pain (6.6%). In summary, CMPs play a definite role in musculoskeletal or chronic illness management for which patients may have also received conventional WM treatment. Greater effort and resources should be invested to promote interdisciplinary communication to ensure safety and synergy of TCM and WM in primary care.