

HKCFP 40th ANNIVERSARY CONFERENCE

“From Seedling to Forest - Ever Enriching Primary Care”

2 - 3 September 2017 (Saturday - Sunday)

Message from the Organizing Committee



As the Hong Kong College of Family Physicians will be celebrating the 40th Anniversary of its founding, this hallmark conference will be one of the series of events commemorating this momentous milestone of our College. On behalf of the HKCFP 40th Anniversary Conference Organizing Committee, we warmly invite you to our special HKPCC conference to be held on September 2nd - 3rd 2017 at the Hong Kong Academy of Medicine Jockey Club Building, Aberdeen, Hong Kong with the theme, “From Seedling to Forest - Ever Enriching Primary Care”.

This year’s theme highlights the transformation of our College from its humble beginnings as a small association consisting of a group of dedicated general practitioners into an internationally recognized and professionally accredited academic College with standardized basic and higher vocational training programmes, various levels of professional examinations and more than seven hundred College fellows. Our College’s pioneering efforts in upholding high quality Family Medicine education and training have sowed the seeds with its recognition as a well-established academic body providing training courses, educational programs and assessment tools not only in Hong Kong but also widely adopted in Macau and China. Furthermore, we are very proud that our College leaders have advanced in leading Family Medicine at international level with Professor Donald Li as President-elect for 2016 - 2018 and President for 2018 - 2020 WONCA World as well as at regional level with Dr Gene Tsoi who is currently the Vice-president for WONCA Asia Pacific Region. Although Our College has come a long way in its achievements, we will continuously need your unfailing support to succeed and meet the challenges ahead.

Over the years, our conference has proven to be an inspiring platform for bringing together over 500 international experts, family physicians, dentists, nurses and allied health practitioners to promote collaborative and networking opportunities in addressing present and future challenges. It offers a fertile environment for sharing latest scientific updates, research activities as well as open exchange of experiences and views on recent developments and trends in primary care.

As the coming 2017 is an extraordinary year for our College, we will add new interesting features to our already exciting programs including more diverse and stimulating pre-conference symposium and many more activities to come!

We are confident that this conference will be a fruitful and memorable experience for you all.

Dr. Lorna NG
Co-Chairman

Dr. William WONG
Co-Chairman

Organizing Committee, HKCFP 40th Anniversary Conference 2017

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Scientific Programme at-a-glance

2 September 2017 (Saturday)				
Pre-Conference Sessions ^{##}				
<i>“Strengthening Mental and Social Health Care in Primary Care”</i>				
09:00 - 09:45	Pre-Conference Session 1 Specific Counselling therapy (TBC)		Pre-Conference Session 4 ^ Using Humor in Positive Psychology	
09:45 - 10:30	Pre-Conference Session 2 Specific Counselling therapy (TBC)		Pre-Conference Session 5 ^ Enhance Mental Health of the Elderly: The effectiveness of Instrumental Reminiscence Intervention	
Coffee Break				
11:00 - 12:30	Pre-Conference Session 3: “Radio-I-Care” - Online and offline interventions to promote mental health		Pre-Conference Session 6: ^ Seminar	
Lunch Symposium				
Registration and Welcome Drinks				
Opening Ceremony				
Plenary I The Lost Art of Medicine				
Plenary II Future developments in medical education – Can family medicine make a global impact?				
Coffee Break and Poster Presentation - Part 1[#]				
17:00 - 18:30	Workshop 1 Myofascial Therapy	Seminar A Management of Injury on Duty	Discussion Forum Post-graduate Medical Education in FM	Workshop 2 (Part II) (1) Laser Treatment for Pigmented Lesions (2) Botox Injection
Dinner Symposium				
3 September 2017 (Sunday)				
Registration				
09:00 - 10:15	Workshop 3^{**} Knee Pain and Lower Limb Biomechanics	Seminar C	Free Paper - Oral Presentation Part 1[#]	Clinical Case Presentation Competition[#]
Coffee Break and Poster Presentation - Part 2[#]				
10:35 - 11:50	Workshop 3^{**} Knee Pain and Lower Limb Biomechanics	Seminar D Update on COPD screening	Free Paper - Oral Presentation Part 2[#]	Forum Theater^{^^} Medical Humanities
Plenary III Family Medicine Beyond 40 Years				
Plenary IV				
Prize Presentation & Lunch Symposium				
14:40 - 16:10	Workshop 2 (Part II) Dermatology	Workshop 4 Developmental Perspective of Personality Disorders: Implication for Family Doctors	Clinical Audit & Research Forum	Seminar B Introduction to Cost Effectiveness Analysis in Primary Care

[#] Active CME/CPD points will be accredited to presenters. ^{##} Pre-Conference Sessions 1-6 [^]Sessions conducted in Putonghua ^{^^}Sessions conducted in Cantonese ^{**} Workshop 3 - Contents of both sessions are the same.

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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REGISTRATION FORM



Title*: Prof. / Dr. / Mr. / Mrs. / Ms. **HKCFP Member ID*:** _____
Surname: _____ **Given Name:** _____
Institution*: HA / DH / University / Private Hospital / Private Group / Solo Practice
Occupation: Doctor / Nurse / Student / Allied Health _____ / Others _____
Contact No.: (Office) _____ (Mobile) _____ (Fax) _____
Address: _____
Email^: _____

Remarks:

- * Please circle as appropriate.
- # Please contact the administrative staff Ms. Priscilla Li at membership@hkcfp.org.hk for membership application.
- ^ Details or updates would be sent by email.

REGISTRATION			
A) Conference Registration		Registration to the conference is required.	<input type="checkbox"/> Member: Complimentary <input type="checkbox"/> Non-member: HK\$1000
B) Workshop Registration			
First come first served. Cheques will be returned to unsuccessful registrants.			
2 September (Sat)	17:00 – 18:30	Workshop 1: Myofascial Therapy	<input type="checkbox"/> HK\$500
		Workshop 2 (Part I): (1) Laser Treatment for Pigmented Lesions (2) Botox Injection	<input type="checkbox"/> HK\$500
3 September (Sun)	09:00 – 10:15	Workshop 3: Knee Pain and Lower Limb Biomechanics	<input type="checkbox"/> HK\$500
	10:35 – 11:50	Workshop 3: Knee Pain and Lower Limb Biomechanics	<input type="checkbox"/> HK\$500
	14:40 – 16:10	Workshop 2 (Part II): Dermatology	<input type="checkbox"/> HK\$500
		Workshop 4: Developmental Perspective of Personality Disorders: Implication for Family Doctors	<input type="checkbox"/> HK\$500

***Workshop 3: The two sessions of MSK are identical and please register for either one only.*

Date	COMPLIMENTARY SYMPOSIA <i>(Please tick as appropriate.)</i>	COMPLIMENTARY TRANSPORTATION <i>(Please tick as appropriate.)</i>
2 September (Sat)	<input type="checkbox"/> Lunch symposium <input type="checkbox"/> Dinner symposium	Wong Chuk Hang MTR → HKAM ^{^^} : <input type="checkbox"/> 8:30 - 9:00 / <input type="checkbox"/> 14:15 - 15:00 HKAM → Wong Chuk Hang MTR: <input type="checkbox"/> 21:15
3 September (Sun)	<input type="checkbox"/> Lunch symposium	Wong Chuk Hang MTR → HKAM ^{^^} : <input type="checkbox"/> 8:30 - 9:00

^^ Circular coach service would be provided within the mentioned periods.

PAYMENT METHOD

Please send completed registration form with crossed cheque(s) payable to **“HKCFP Education Ltd”** to the Conference Secretariat.
 Please use **SEPARATE** cheques for payment of membership fees (if applicable), conference and workshop(s) registration fees.

CONFERENCE SECRETARIAT

Ms. Natalie Ho (Registration) | Mr. John Ma (CME / CNE) | Ms. Crystal Yung (Scientific) | Ms. Teresa Liu (Sponsorship)
Tel: (852) 2871 8899 | **Fax:** (852) 2866 0616 | **Email:** 40anniversary@hkcfp.org.hk
Address: HKCFP, Room 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong

Signature: _____

Date: _____

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Competitions

We cordially invite your participation in the **Full Paper Competition, Free Paper Competition and Clinical Case Presentation Competition** of the HKCFP 40th Anniversary Conference. These Competitions are the highlights of the conference.

Full Paper Competition

AWARDS

Best Research Paper Award

Best Trainee Research Paper Award

Both the winners will receive **HK\$1,000 cash prize and a certificate.**

Free Paper Competition

AWARDS

Best Oral Presentation Award.

Best Poster Presentation Award.

Both the winners will receive **HK\$1,000 cash prize and a certificate.**

Clinical Case Presentation Competition

AWARDS

CPD/ CME points will be granted to all speakers and group members.

The Best Presentation Award winner will receive **HK\$1,000 cash prize and a certificate.**

SUBMISSION DEADLINES - for all above competitions

1 June 2017 (Thursday)

For further details and submission form downloading, please refer to our college website

<http://www.hkcfp.org.hk>.

By Email – Attach the required material(s) with the Submission Form and send to 40anniversary@hkcfp.org.hk. ***All entries will be acknowledged on receipt.***

For enquiry, please do not hesitate to contact our conference secretariat, Ms. Carmen Tong or Mr. John Ma, at 2871 8899 or by email 40anniversary@hkcfp.org.hk.





Prof. Amanda Howe, President of the World Organization of Family Doctors, is a practising family doctor, an academic professor, and a national and international leader in family medicine. Since 2001, she has been Professor of Primary Care at the University of East Anglia, where she was part of the founding team for a new undergraduate medical programme. During her career, she has held multiple roles in undergraduate, postgraduate, and faculty education, including being Course Director for the UEA medical programme during its early years of development and G.M.C. accreditation. She has particular expertise in the teaching and learning of professionalism and patient safety; in the models and effectiveness of involving family medicine in community based medical education; and in resilience and doctors' wellbeing. She also has clinical research interests in primary care mental health, the contribution that patients can make to health care, and in early interventions for risk factors. She served from 2009 - 2015 as an Officer of the Royal College of General Practitioners, previously chairing their research committee and the U.K. Society for Academic Primary Care.

Plenary II

Future developments in medical education – Can family medicine make a global impact?

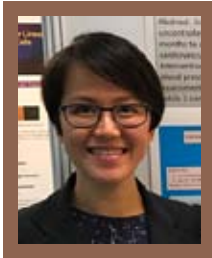
Professor Amanda Howe O.B.E.

MA MEd MD FRCGP

As family medicine (FM) has developed as a specialty within medicine, family doctors in many countries have also taken up roles as educators and leaders of professional development. A sign of a mature role for family medicine within a health system is its presence in academic departments in medical schools, with substantive curriculum and assessment activity in undergraduate, postgraduate, and also continuing professional education (CPE). Another axis where the scope of family doctors as educators has been extended is into multidisciplinary learning, where their role as medical leads in many clinical settings makes them key to their teams' CPE and quality improvement activities. In addition, many family doctors find stimulating career opportunities and extended roles in medical education, both within university and service settings.

However there are tensions in these exciting possibilities. Many advocate that family doctors should use their role as educators to facilitate a culture shift within medical education towards a more socially accountable and person-centered philosophy of care, which can create tensions with other specialists and more traditional disease-based approaches. In a system where family medicine is at an early stage of development, both the capacity and quality of learners' experience of the discipline may be at odds with its ideal expression. Finally, there is a risk that, just as family medicine has to absorb all the patients' needs and demands at the first point of contact, so it can also become the 'heatsink' of the educational system, where its value as an educational setting is not matched with equivalent resources and respect for the contribution it makes. This talk will aim to bring together the lessons which can be learned from the last half century of experience to hone recommendations for the educational priorities and development needs of family medicine education to serve the global community and its pressing healthcare needs.

Seminar D - **Update on COPD screening**



Dr. Fu Sau Nga

MFM (CUHK), FHKAM (Family Medicine)

Dr. Sau-nga Fu is a specialist in Family Medicine and an Associate Consultant of the Department of Family Medicine & Primary Health Care, Kowloon West Cluster of the Hong Kong Hospital Authority. She is the coordinator for the enhancement of care for primary care patients with COPD such as promoting the use of office spirometry in her department. She has a special interest in primary care research. Her publications alongside Dr. Yu W.C. include: COPD care, use of spirometry and the prevalence of undiagnosed COPD in Hong Kong.



Dr. Yu Wai Cho

MBBS (HK), FHKAM (Medicine)

Dr. W C Yu is the consultant physician of the Department of Medicine & Geriatrics, Princess Margaret Hospital, and the adjunct associate professor of the Department of Medicine & Therapeutics, CUHK. He is a specialist in Respiratory Medicine and was the former President of the Hong Kong Thoracic Society. He was the founding Chairman of the PMH Clinical Research Centre Coordinating Committee, as well as the founding Chairman of the Hospital Authority Central Committee on COPD. His research interests are COPD and pleural diseases.



Dr. Dao Man Chi

MBBS (HK), FRACGP, FHKCFP, MSc in Diagnostic Ultrasonography (CUHK)

Dr. Dao is currently a Resident working in the Department of Family Medicine and Primary Health Care in Kowloon West Cluster, Hospital Authority. He is a fellow of the HKCFP and RACGP. He is also currently the Subject Officer responsible for an Integrated clinic with a special focus on respiratory diseases in Ha Kwai Chung General Outpatient Clinic. Among his many achievements, he was awarded the best oral presentation in the 2014 Hospital Authority Convention and 2nd Prize for his research paper oral presentation in the 5th Asia Pacific Primary Care Research Conference in 2015.

Chronic obstructive pulmonary disease (COPD) is a common, preventable and treatable disease resulting in a significant economic and social burden across society. The newly issued **2017 Global Initiative for Chronic Obstructive Lung Disease (GOLD) guideline** highlights the new categorization of COPD with significant changes in disease management. In this interactive seminar, the participants will have the opportunity to have an indepth coverage of the following topics:

1. *Screening, Diagnosis of COPD and Use of Spirometry in Primary Care*

Details of the use of spirometry including indications for test, pre-test preparations, the interpretation of spirometry findings, COPD severity grading will be covered. Interactive clinical cases with common and important diagnosis will be shared.

2. *Update on Management of Chronic Stable COPD*

Inhalers are the mainstay of drug treatment for chronic stable COPD patients. There will be an update on the changes in COPD treatment algorithm. Evidence and recommendations relating to the use of inhaled corticosteroid in the management of different categories of COPD patients will be discussed.

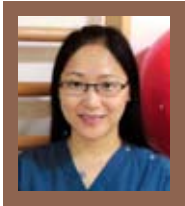
Workshop 1 - **Myofascial Therapy**



Ms. Judy Pun (Chief Speaker)

Physiotherapist and fascial therapist, Level III Certification, Fascial Manipulation Association

Ms. Judy Pun has been working as a physiotherapist at KWH since her graduation from The Hong Kong Polytechnic University. She attained the MSc in Health Science in Gerontology (University of New England) in 2002. She had coordinated the physiotherapy services at the Sports and Joint Ambulatory Care Centre at KWH since its establishment in 2012. Her major clinical interest is the treatment of musculoskeletal conditions and in particular the management of chronic joint pain.



Ms. Susanne Wong

Physiotherapist and fascial therapist, Level III Certification, Fascial Manipulation Association

Ms. Susanne Wong had served the HA for more than 15 years since her graduation from The Hong Kong Polytechnic University before starting her private practice in 2012. She attained the MSc in Health Science in Gerontology (University of New England) in 2006. She possessed more than 13 years of clinical experience in the musculoskeletal spectrum, and maintained a progressive portfolio of continuing education undertaking various professional courses both locally and overseas.



Mr. Simon Hui

Physiotherapist and fascial therapist, Level I Certification, Fascial Manipulation Association

Mr. Simon Hui is currently the Department Manager (Physiotherapy) of KCH. He graduated from The Hong Kong Polytechnic University in 1985, received the Diploma in Acupuncture in 1992, obtained the Master degree in Management in 1997 and the Post-graduate Diploma in Occupational Health Practice in 2008. He has extensive clinical experience in the mental health and application of integrative medicine in physiotherapy. He was the committee member of Acupuncture and Integrative Medicine Specialty Group, Hong Kong Physiotherapy Association for 10 years (1995-2014).



Mr. Wilson Yeung

Physiotherapist and fascial therapist, Level I Certification, Fascial Manipulation Association

Mr. Wilson Yeung has been working as a physiotherapist at TMH. He has ample experience in the treatment of musculoskeletal conditions and is a holder of MSc in Manipulative Physiotherapy and Diploma in Modern Acupuncture.

After the workshop, participants are expected to have a general understanding of the anatomy of fascia and myofascial unit as well as the basic concept of fascial manipulation (FM). Participants will also have a chance of practicing simple hands-on skills using the FM approach for some musculoskeletal pain and dysfunctions commonly encountered in family physician practice such as back pain, neck pain and tendinitis.

Cumulative evidence has shown that fascial tension and restrictions following physical and emotional trauma and even through poor posture are closely associated with musculoskeletal pain and dysfunctions. These fascial tension and restrictions do not show up on CT, MRI or X-ray and therefore many patients are suffering from unresolved musculoskeletal pain due to undiagnosed fascial trauma.

Fascial manipulation is a specialized physical and manual therapy used for the effective treatment and rehabilitation of soft tissue and fascial tension and restrictions. By contemporary anatomical study, it is found that the myofascial system, both superficial and deep, is a three-dimensional continuum involving in proprioception and peripheral motor control in strict collaboration with the central nervous system. Fascial manipulation presents a complete biomechanical model that assists in deciphering the role of fascia in musculoskeletal disorders. Through identification and manipulation of the precise part of the fascia, musculoskeletal pain and dysfunctions can be effectively restored.

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Organizing Committee 2017

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	Prof. GUO	Ai Min
	Dr. LAU	Ho Lim
	Prof. ZHU	Shan Zhu
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	Prof. WONG	Chi Sang, Martin
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- Poster Presentation Coordinator:	Dr. KWAN	Wing Yan, Wendy
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	Ms. LAM	Choi Hing, Margaret
Allied Health Planner:	Mr. FUNG	Chun Wai, Lawrence
Member:	Dr. SZE	Pui Ka, Catherine