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## Message from the President

As we are into the second half of the year 2020, a pattern of the “new normal” is emerging due to the ongoing COVID-19 pandemic. Surgical masks have become one of our daily necessities in life. We practise proper hand hygiene, and pay more attention to environmental and personal hygiene. Social distancing is a requirement to prevent spread of the infection. Just when we are getting used to these “new normal”, a wake-up call has arrived. At the time of writing, Hong Kong’s three-week run of no local confirmed cases has been broken by a number of newly confirmed COVID-19 local cases with unknown source of infection as well as an outbreak in an old aged home. On the one hand, the threat of new clusters of local cases serves as an important reminder for all of us not to let down our guards. And on the other, it signifies that the risk of a community outbreak is escalating.

In order to combat the next wave of the pandemic, we must continue to be prepared, stay highly vigilant and reinforce social distancing, household environmental hygiene, and the appropriate infection control measures, especially in practising personal and hand hygiene and wearing surgical mask properly +/- using appropriate personal protective equipment based on the location of work and the nature of clinical duties.

As early testing and detection is an important facet of the prevailing strategy against COVID-19 in Hong Kong, please continue to request deep throat saliva (DTS) specimens from indicated patients in the community according to advice by the Centre of Health Protection (CHP). CHP has also announced

that the most common symptoms of COVID-19 include fever, malaise, dry cough and shortness of breath. Other symptoms include nasal congestion, headache, conjunctivitis, sore throat, diarrhoea, loss of taste or smell, skin rash or discolouration of fingers or toes, etc. Some people become infected but only have very mild or non-specific symptoms. CHP has also been recommending that DTS specimens should be collected from patients with any symptoms, irrespective of their travel history and clinical severity. And for paediatric patients, stool collection may be considered. For ease of reference, please find enclosed again the link to CHP’s letter to doctors on the relevant procedures/steps related to DTS specimen collection. ([https://www.chp.gov.hk/files/pdf/letters\\_to\\_doctors\\_20200622.pdf](https://www.chp.gov.hk/files/pdf/letters_to_doctors_20200622.pdf)) By the same token, our College has recently co-signed a letter in conjunction with CHP, Hong Kong Academy of Medicine, and other professional organisations, appealing to doctors to continue the great efforts in early testing and detection for COVID-19. The letter is enclosed in this issue of FP Links for your ease of reference and perusal.



Our annual Hong Kong Primary Care Conference (HKPCC) scheduled on 12<sup>th</sup> and 13<sup>th</sup> September 2020 (Saturday – Sunday) is to be held online for the first time due to the COVID-19 pandemic. The theme of the

*(Continued on page 2)*

## Message from the President (Con't)

*(Continued from page 1)*

Conference is, “2020 Vision: Health for All”, which encompasses our continuing effort in providing quality healthcare to everyone in the community. Despite the change of format to online conference, HKPCC continues to serve as an excellent platform for expertise exchange among clinical experts and practitioners from different specialties across the healthcare sectors. It consists of a whole range of educational events as usual, namely plenary sessions, workshops, discussion forum and seminars. Some of them require prior registrations, therefore, please do mark your diaries and try to enroll early to our first-ever digital HKPCC.

Due to the unstable situations and ongoing developments of the COVID-19 pandemic, the College Council has recently deliberated at length on the arrangement options for this year's Conferment Ceremony and Dr Sun Yat Sen Oration which were originally scheduled on 13 September 2020. Finally, we have come to a difficult decision to postpone the Ceremony as well as the Oration

to a later date. We hope that we would be able to host the 2020 Ceremony later this year or early next year if the COVID-19 situation improves and other related circumstances allow. However, we would also be prepared to celebrate with the new fellows, diplomates and awardees of 2020 and 2021 in next year's Conferment Ceremony tentatively scheduled in June 2021. In any case, we would find a way to deliver this year's diplomas and certificates safely to their rightful recipients. It is envisaged that further details relating to the above will be communicated with you as soon as possible.

With your tremendous continuing support, our beloved College is reaching her 43<sup>rd</sup> birthday this month. Happy 43<sup>rd</sup> Birthday to HKCFP!

Let's continue to work together in combating the COVID-19 pandemic!

Please keep well and stay safe!

**Dr. David V K CHAO**  
President

## Membership Committee News

The Council approved, on recommendation of the Chairlady of the Membership Committee, the following applications for membership in **May – June 2020**:

### Associate Membership (New Application)

Dr LEE Wan Hon, Vincent

李 允 瀚

Dr SOE Amar

李 海 晴

Dr SZE Tin Kap

施 天 級

## Classified Advertisements

**Accredited Private FM Centre invites Energetic Specialists** for expanding group practice in NTW/KLN. FM, Paed., Surgeon, Gynae, Psychi welcomed. Profit Sharing ± Partnership. Send CV [enquiry@adecmed.com](mailto:enquiry@adecmed.com) (Amy CHAN) 9212-6654

Family Medicine clinic at Central, established for 20+ years with contract patients to take over. Interested please call: 6696 2012.

Dear Doctors,

### **Appeal on Early Testing and Detection for COVID-19**

Thank you for joining us in the fight against COVID-19. As you would be aware, there is recent upsurge with multiple local cases with yet unidentified source of infection. These clusters of local cases signify that there are silent/subclinical local transmissions going on in the community and the risk of major community outbreaks is high. Testing of COVID-19 at an earlier stage may enable earlier case detection, isolation and treatment, and reduce community spread. Hence, we have to remain vigilant and continue to enhance the collection of specimens for COVID-19 testing.

The most common symptoms of COVID-19 include fever, malaise, dry cough and shortness of breath. Other symptoms include nasal congestion, headache, conjunctivitis, sore throat, diarrhoea, loss of taste or smell, skin rash or discolouration of fingers or toes, etc. Some people become infected but only have very mild or non-specific symptoms. Deep throat saliva specimens should be collected from patients with any symptoms, irrespective of their travel history and clinical severity. For paediatric patients, stool collection may be considered.

The Department of Health (DH) provides free testing of COVID-19 for private medical practitioners (PMPs). DH would provide specimen bottles for PMP upon request. The request form is available from: [https://www.coronavirus.gov.hk/pdf/specimen\\_bottles\\_request\\_form.pdf](https://www.coronavirus.gov.hk/pdf/specimen_bottles_request_form.pdf).

When ordering the test, the completed laboratory form ([https://www.chp.gov.hk/files/pdf/test\\_request\\_form\\_public\\_health\\_laboratory\\_centre\\_dh2546.pdf](https://www.chp.gov.hk/files/pdf/test_request_form_public_health_laboratory_centre_dh2546.pdf)) could be given to the patient together with a specimen bottle and two plastic bags.

Patients may return the specimen together with the completed laboratory form on the same day of specimen collection by themselves or family members/relatives/friends to one of the designated collection clinics by hand or via door-to-door delivery service at a charge to be paid by the patients. Specimen collection points are currently available at 13 clinics of DH and 22 General Outpatient Clinics of the Hospital Authority. The updated list of collection points can be found at [https://www.chp.gov.hk/files/pdf/list\\_of\\_collection\\_points\\_en.pdf](https://www.chp.gov.hk/files/pdf/list_of_collection_points_en.pdf). For door-to-door specimen collection services, please refer to <https://www.coronavirus.gov.hk/eng/early-testing.html>.

Test result will normally be delivered to the requesting PMP by fax on the next working day upon receipt of specimens.

For more information about the Guidelines on Prevention of COVID-19, please visit the COVID-19 Thematic Website ([www.coronavirus.gov.hk](http://www.coronavirus.gov.hk)).

Let us continue working together to break the transmission chain for disease containment through COVID-19 testing as indicated!

Co-signing parties:

1. Hong Kong Academy of Medicine
2. The Hong Kong College of Family Physicians
3. The Hong Kong Medical Association
4. The Hong Kong Doctors Union
5. The Association of Licentiates of Medical Council of Hong Kong
6. The Association of Private Medical Specialists of Hong Kong
7. The Hong Kong Society for Infectious Diseases
8. Centre for Health Protection, Department of Health

## Internal Affairs Committee News

### Postponement of the 33<sup>rd</sup> Fellowship Conferment Ceremony and the 31<sup>st</sup> Dr. Sun Yat Sen Oration, HKCFP

Dear Fellows and Members,

In light of the current situation COVID-19 pandemic, the College Council had made a difficult decision to postpone the 33<sup>rd</sup> Fellowship Conferment Ceremony and the 31<sup>st</sup> Dr. Sun Yat Sen Oration this year previously scheduled on 13 September 2020 (Sunday). Safety and well-being of our fellows, members and guests are always our top priorities.

We will try to arrange the ceremony later this year or early next year if COVID-19 situation has improved and other circumstances allow. If not, we will accommodate new fellows, diplomates and awardees in these 2 years in the next Conferment Ceremony tentatively scheduled in June 2021. Details would be further announced in due course. New Fellows, successful candidates of Diploma in Family Medicine and the Exit Examination would be notified about the arrangement later individually.

We appreciate your continuous support to the community and to the College. Please stay safe and well. We look forward to seeing you in future ceremony.

Thank you!

Dr. KO Wai Kit  
Chairman, Internal Affairs Committee  
HKCFP

## FP Links Committee News

### Time to Go Green

The Hong Kong College of Family Physicians always encourages the use of the electronic copy to replace printed copy in order to reduce paper consumption. Since 2009, all issues of Family Physicians Links (FP Links) have been accessible from college website [http://www.hkcfp.org.hk/fplinks\\_40.html](http://www.hkcfp.org.hk/fplinks_40.html)

To be in line with the College's Go Green policy, College members would be recommended to obtain our FP Links ONLINE from now on.

Members who would like to stop receiving physical copies of FP Links in future, please scan the QR code and unsubscribe from our hard copy database. Mailing of FP Links will be discontinued from the following month onwards.

Please join us together in reducing paper consumption and helping conserve natural resources!

For enquiries, please contact the College Secretary Angel at 2871 8899.

HKCFP Secretariat

The Hong Kong College of Family Physicians

Address : Rooms 803-4, HKAM Jockey Club Building,  
99 Wong Chuk Hang Road, Aberdeen

Email : [membership@hkcfp.org.hk](mailto:membership@hkcfp.org.hk)

Fax : 2866 0616





## Board of Vocational Training and Standards News

The coming Hong Kong Primary Care Conference (HKPCC) 2020 will be held on 12-13 September 2020 via online platform.

All basic trainees are required to attend at least TWO Hong Kong Primary Care Conferences organized by the Hong Kong College of Family Physicians in the four-year training programme.

All higher trainees are required to attend at least ONE Hong Kong Primary Care Conference in the **two-year training programme**; OR, at least TWO Hong Kong Primary Care Conferences in the **three-year training programme**.

The above information has already been mentioned in the Trainee's logbook.

Please contact Ms. Charlotte CHEUNG or Ms. Kathy LAI at 2871 8899 for details.

Board of Vocational Training and Standards

### Reminder: Submission of Application for Certification of Completion of Basic Training

To those who will complete Basic Training,

You are advised to apply for the Certificate of Completion of Basic Training within 3 months upon the completion of four-year Basic Vocational Training. Please submit the application and training logbook to the College office during office hours. **Late submissions will be charged an annual training fee.**

Should you have any enquiries, please contact Ms. Charlotte CHEUNG or Ms. Kathy LAI at 2871 8899.

Basic Training Subcommittee  
Board of Vocational Training and Standards

## Board of Conjoint Examination News

### Report on OSCE 2020 Information Seminar for candidates

The Information Seminar on OSCE segment was held on 14 June 2020 via Zoom Video Webinar platform. In total 26 candidates (Cat I: 23, Cat II: 3) attended the seminar. Members from the Board – including the Chairman, the OSCE Coordinator and the Deputy OSCE Coordinator also attended.

The seminar started with a warm welcome by our Chairman, Dr. Chan Hung Chiu, who first introduced the concept and expectations of our Conjoint Examination. He then explained the various measures undertaken by the Board to ensure the examination is fair, reliable and valid to all the candidates.

Dr. Chui Siu Hang Billy (OSCE Coordinator) presented information concerning the examination. He presented the marking scheme and went through the setting of the domains of each case.

One case scenario was presented in the seminar. The candidates were given a chance to mark the scenario with the respective key feature checklist themselves and understand how to assess a particular domain and how to achieve the pass criteria in each domain. We also explained the marking rationale behind using essential marking points to divide between pass and fail for a particular domain in each question.

On the whole the atmosphere was friendly and the candidates were enthusiastic. Feedback forms were distributed and their feedback was positive. Looking at the feedback statistics, most candidates benefited from this seminar and found it very useful. The majority of attendees agreed that the seminar helped their OSCE preparation, and provided useful information regarding how their performance would be assessed.

In summary, the afternoon was fruitful for both the candidates and Board members. It is hoped that the additional information provided to the candidates will help translate their hard work into success in the coming examination!

## Quality Assurance & Accreditation Committee News

### CME/CPD Compliance

Dear Colleagues,

Please be reminded to update your report by visiting the College website regularly at <http://www.hkcfp.org.hk/>

The committee wishes to highlight that Colleagues **must engage in ALL categories of activities** in order to fulfill the **QA Certificate 2020-2022 criteria**, briefly summarized as follows:

- (1) A minimum of 90 points in total, including **at least 30 CPD points**.
- (2) A maximum of 45 credit points will be counted for each category of educational activities
- (3) Participants must engage in **ALL** categories of activities
- (4) Maximum allowed set in sub-categories for Category 3

For Point (2) and (3) above, the 'categories' are referring to

- i) Category 3, related to CPD activities,
- ii) Category 4, related to activities organized by our College alone, and
- iii) Category 5, related to pre-accredited activities organized by other professional institutions themselves or in collaboration with our College. Examples of this category include accredited educational events by the Hong Kong Medical Association, The Universities, the Hospital Authority, and the Primary Care Office / Department of Health.

Please see the "Regulations for Award of Quality Assurance 2020-22 (QA)" for more details: [http://www.hkcfp.org.hk/pages\\_5\\_81.html](http://www.hkcfp.org.hk/pages_5_81.html)

To obtain **CME Certificate 2020**, members should obtain at least **30 Credit Points** in either CME or CPD or both.

In particular, **HKAM Fellows** are required to obtain the minimum of 90 points, including **at least 15 CPD points** in a 3-year cycle (2020-2022); with maximum allowed set for sub-categories 3.01 & 3.03c.

For member who plan to apply for reciprocal recognition, please read the RACGP QI&CPD Handbook 2020-2022:

<https://www.racgp.org.au/getattachment/d0f40b8e-2f67-485a-a085-a06e0b2d6682/Handbook-for-general-practitioners.aspx>

Another point to highlight is the various ways to gain CPD points, listed below for your reference:

1. Continuous Professional Development (CPD) Logs
  - I. Self-appraisal activities on lectures, seminars and workshops organized by the Board of Education (For Activities that are applicable to submit CPD Log, corresponding sentence **"Up to 2 CPD Points (Subject to Submission of Satisfactory report of Professional Development Log)"** will be included in the Board of Education News published in FP links)
  - II. Specified journal article published in the HK Practitioner or HK Medical Journal (**HK Practitioner**: Update Article, Original Article, Discussion Paper, Internet; **HK Medical Journal**: Original Article, Review Article, Medical Practice)
  - III. Evidence Based Practice (EBP) report corresponding to a journal article published in the HK Practitioner, the HK Medical Journal, or in an indexed or refereed Medical Journal
  - IV. Practice Audit, Review and Appraisal; include Clinical Audit, Evidence-Based Medical Protocol and Preventive Care Audit
  - V. Structured Learning Activities, such as Portfolio For Self Learning Plan
2. Activities related to Teaching, Educational Development and Research
  - I. Teaching / Tutoring medical students in Family Medicine
  - II. Clinical supervisor of vocational trainees in Family Medicine
  - III. Acting as examiner for the Conjoint HKCFP / RACGP Fellowship Examination or HKCFP Exit Examination
  - IV. Being a CPR instructor of the Assessment Enhancement Course organized by the College
  - V. Being a moderator or speaker of pre-accredited activities
  - VI. Being a chairperson / speaker of pre-approved small discussion group(s)
  - VII. Research work related to the field of General Practice / Family Medicine
  - VIII. Publishing journal articles, books or thesis
3. Activities related to Professional Development, such as demonstration of competence in Family Medicine by completing a course of study and passing the Conjoint HKCFP/RACGP Fellowship Examination, Specialty Board Exit Examination, the basic life support (CPR) assessment organized by the College, Diploma examinations organized by the College; passing professional examinations (Membership / Fellowship, etc) or academic examinations (Diploma / Master Degree, etc) relevant to General Practice/Family Medicine.
4. Activities related to Quality Development, including participation in a quality assurance activities, exercise, workshop or clinical attachment organized by the College. Active Learning Mode (ALM) has been introduced since 2016 to facilitate active learning at HKPCC Workshop involving skill and knowledge transfer, and participants may gain CPD points when assessment criteria by pre- and post- activity MCQs are fulfilled.

For any enquiry please contact our QA&A Secretariat (Mr. John Ma) at 2871 8899 or email [cmecpd@hkcfp.org.hk](mailto:cmecpd@hkcfp.org.hk) at your convenience.

Yours sincerely,

Dr. King Chan

Chairman, Quality Assurance & Accreditation Committee

## Meeting Highlights

### Online Seminar on 5 June 2020

Dr. LAM King Yun, Joanne, Specialist in Endocrinology, Diabetes and Metabolism, delivered a lecture on "Combination of Basal Insulin and GLP-1 RA in Type 2 DM Management" on 5 June 2020.



Dr. Mary Kwong (right, Moderator) presenting a souvenir to Dr. LAM King Yun, Joanne (left, Speaker)

### Online Mental Health Seminar on 6 June 2020

Prof. Mok Chung Tong, Vincent, Mok Hing Yiu Professor of Medicine, Head of Division of Neurology, Department of Medicine and Therapeutics, Faculty of Medicine, The Chinese University of Hong Kong, delivered a lecture on "Advances in Diagnosis and Treatment of Parkinson's Disease" on 6 June 2020.



Dr. Chan Suen Ho, Mark (right, Moderator) presenting a souvenir to Prof. Mok Chung Tong, Vincent (left, Speaker)

### Online Seminar on 16 June 2020

Dr. LAM Chor Yin, Specialist in Orthopaedics & Traumatology, delivered a lecture on "Pain Management in Orthopaedic Rehabilitation" on 16 June 2020.



Dr. Tsui Hing Sing, Robert (left, Moderator) presenting a souvenir to Dr. LAM Chor Yin (right, Speaker)

### Online Seminar on 24 June 2020

Dr. Hai Siu Han, Jojo, Specialist in Cardiology, delivered a lecture on "Envisioning the Breakthrough of SGLT2 Inhibitors: Treatment of T2D Patients with Cardiovascular Disease" on 24 June 2020.



Dr. Au Yeung Shiu Hing (left, Moderator) presenting a souvenir to Dr. Hai Siu Han, Jojo (right, Speaker)

### Online Seminar on 29 June 2020

Dr. Mak Yiu Kwong, Specialist in Cardiology, delivered a lecture on "Mood Disorders & Heart Diseases" on 29 June 2020.



Dr. Au Yeung Shiu Hing (left, Moderator) presenting a souvenir to Dr. Mak Yiu Kwong (right, Speaker)

### Online Seminar on 4 June 2020

We would like to thank Dr. Mak Lung Yi Loey, Specialist in Gastroenterology and Hepatology, for delivering a lecture on "Hepatitis C (HCV): We Can All Contribute to Hepatitis C Elimination" on 4 June 2020.

### Online Seminar on 11 June 2020

We would like to thank Dr. Li Tat Wing Francis, Specialist in Gastroenterology and Hepatology, for delivering a lecture on "Hepatitis B (HBV): Before A Cure is Found, What Can We Do?" on 11 June 2020.

### Online Seminar on 18 June 2020

We would like to thank Prof. Wong Wai Sun Vincent, Specialist in Gastroenterology and Hepatology, for delivering a lecture on "Nonalcoholic Steatohepatitis (NASH): Unlocking the Next Big Puzzle" on 18 June 2020.

### Online Seminar on 30 June 2020

We would like to thank Dr. Greg King, Professor of Respiratory Medicine, Northern Clinical School Sydney Medical School, University of Sydney, Australia, for delivering a lecture on "Insights from Latest Guideline to Support Asthma Control Among Primary Care Physicians" on 30 June 2020.

## HKCFP 3<sup>rd</sup> Family Medicine Career Talk

Dr. Leung Lok Hang, Will and Dr. Tse Sut Yee (Young Doctors Committee, HKCFP)



President Dr. David Chao giving welcome speech online

2020 is a special year for us to have our 3<sup>rd</sup> HKCFP Family Medicine Career Talk. Under the COVID-19 pandemic, we practiced social distancing and our career talk went online. Via Zoom videoconferencing, Young Doctors Committee (YDC) engaged 123 audiences online including graduates from both universities, licentiates, interns and current local and foreign medical practitioners. The number of registration and attendance broke our previous career talks' record and over two-thirds of participants expressed interest in Family Medicine as a top-three preference of career from the pre-event online survey.

On 11<sup>th</sup> June, 2020, enrollees turned up online. HKCFP President Dr. David Chao welcomed participants in supporting our first ever online career talk. Dr. Aldo Wong and Dr. Cherlyle Chan kicked off by introducing basic training, followed by Dr. Karman Lau's talk on higher training. Dr. Thomas Dao shared his experience in various developments in Family Medicine including special interests and extended roles of Family Physicians. Dr. Sara Chan shared her life and encounters of practicing at a private hospital and Dr. Loretta Chan engaged audience with touching anecdotes from her private clinic practice. Dr. Emily Tse, an academic Family Physician, introduced her career journey from Hospital Authority to the university. All speakers, being committee members of the YDC, put

focus on the need of attendees by illustrating personal experiences in clinical practice, examination, professional development and career prospects of Family Medicine.

In the absence of physical attendance, the conventional questions and answers session had to be transformed into an electronic one. Participants were assigned to various breakout rooms via Zoom for an interactive session. Attendees chatted with our YDC members through microphone, and put up their questions onto chat box for answering online. The interaction through screen turned out to be dynamic. Participants raised a number of questions covering hospital-based rotations, clinic work, work-life balance, career development and so on during the two-way online communication. Different from previous years, supplementary information was also provided instantly to online participants by text messages such as Hong Kong Primary Care Conference 2020 registration information, hyperlinks of FP Links newsletter, and electronic evaluation survey, which facilitated active participation.

In order to ensure the talk running smoothly, our YDC committee members and supporting team from the College had a number of prior test sessions at the HKCFP Wan Chai office, with trial on physical setting, internet networks, audio-visual support corresponding to the workflow and rundown. Overall, the response of our first ever online career talk was positive. Glad that the overall responses of our first ever online career talk were positive. Attendees were able to understand more about Family Medicine and the associated career development, thus fulfilling our talk's objective. YDC would like to thank all participants and the College for supporting the online career talk. Special thanks must also be given to Erica, Kathy and John from our College Secretariat team. Without their effort in setting up of HKCFP Wan Chai office in advance and onsite technical support, our career talk would not have been so successful.

Hopefully our coming career talk will be a face-to-face one when the pandemic is gone and we hope everyone stays in good health!



Dr. Aldo Wong (left) and Dr. Cherlyle Chan (right) introducing Basic Training





Dr. Karman Lau's Higher Training talk



Dr. Thomas Dao sharing Family Medicine developments

### Working in a private hospital

- 24 hour OPD
- FM training centre
- Wide variety of health problems
- Shift work
- Ward cover duty

### My clinic

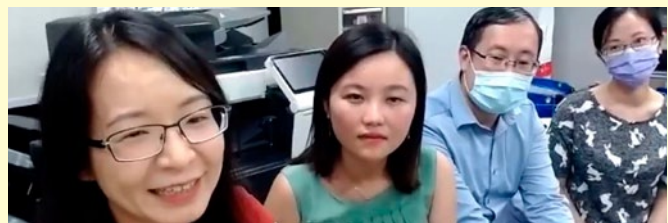
- Small group of 3 doctors in Aberdeen
- Patient and disease spectrum
  - different age group / wide variety of problems
  - acute & chronic
- Comprehensive/Continued/Coordinated/Family/Preventive

Private practice experience by Dr. Loretta Chan and Dr. Sara Chan

## Clinical Services



Dr. Emily Tse (right) introducing Family Medicine academic career



Q&A breakout rooms



YDC team photo after the talk

## About measles vaccination – What we need to know

The Department of Health (DH) had since April 2020 announced about a mop-up vaccine programme for non-immune adults born between the years 1967-1984 (Those born before 1967 would be presumed with natural immunity due to past measles pandemic). Combined Measles, Mumps & Rubella (MMR) vaccines are available from **subsidised private services**, with the aim of boosting the community's herd immunity against measles. For patient who show interest and enquire about this, you may look up about the scheme from the DH official website at <https://www.chp.gov.hk/tc/features/101938.html>.

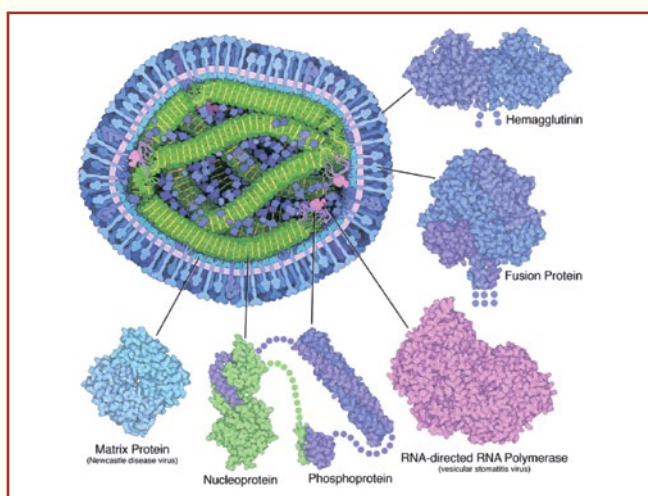


Illustration of a cross section through measles virus and structures for each of the viral proteins [Source: Protein Data Bank-101 website PDB101.rcsb.org]

### What we & our patients may need to know before receiving the measles vaccine?

In view of the updates above, I have also refreshed my memory and read up the literature and would like to share with you all on this platform. From the Centers for Disease Control and Prevention (CDC) Morbidity and Mortality Weekly Report (MMWR) released on June 2013, there was a very detailed article on “Rubella, Congenital Rubella Syndrome, and Mumps, 2013: Summary Recommendations of the Advisory Committee on Immunization Practices (ACIP)”. As extracted from the article with cross referencing to some further local information, here are some quick useful points to remember:

- Measles (rubeola) is classified as a member of the genus Morbillivirus in the family Paramyxoviridae. Measles is a highly contagious rash illness that is transmitted from person to person by direct contact with respiratory droplets or airborne spread. After exposure, up to 90% of susceptible persons develop measles. The average incubation period for measles is 10 to 12 days from exposure to prodrome and

14 days from exposure to rash (range: 7–21 days). Persons with measles are infectious 4 days before through 4 days after rash onset. In the United States, from 1987 to 2000, the most commonly reported complications associated with measles infection were pneumonia (6%), otitis media (7%), and diarrhea (8%). Pregnant women also might be at high risk for severe measles and complications; however, available evidence does not support an association between measles in pregnancy and congenital defects. Measles illness in pregnancy might be associated with increased rates of spontaneous abortion, premature labor and preterm delivery, and low birthweight among affected infants. Locally in Hong Kong, there have also been outbreaks of measles from time to time, with the **latest outbreak in 2019** that occurring among airport workers in Hong Kong.

- The “Measles vaccine” is usually marketed either as part of the measles, rubella, and mumps **trivalent MMR vaccine** (measles-mumps-rubella [M-M-R II, Merck & Co., Inc.]) or the **quadrivalent MMRV vaccine** (measles-mumps-rubella-varicella [ProQuad, Merck & Co., Inc.]). Both vaccines are now incorporated into the Hong Kong Childhood Immunisation Programme (HKCIP). (For details, refer to the chart on [https://www.fhs.gov.hk/tc\\_chi/main\\_ser/child\\_health/child\\_health\\_recommend.pdf](https://www.fhs.gov.hk/tc_chi/main_ser/child_health/child_health_recommend.pdf))

香港兒童免疫接種計劃 Hong Kong Childhood Immunisation Programme		
年齡 / 年級 AGE / GRADE	應接種的疫苗 IMMUNISATION RECOMMENDED	
初生 Newborn	卡介苗 BCG Vaccine	乙型肝炎疫苗 - 第一次 Hepatitis B Vaccine - First Dose
一個月 1 month	乙型肝炎疫苗 - 第二次 Hepatitis B Vaccine - Second Dose	
兩個月 2 months	白喉、破傷風、百日咳及流行性腮腺炎疫苗 - 第一次 Diphtheria, Tetanus, Pertussis and Measles - First Dose	肺炎球菌疫苗 - 第一次 Pneumococcal Vaccine - First Dose
四個月 4 months	白喉、破傷風、百日咳及流行性腮腺炎疫苗 - 第二次 Diphtheria, Tetanus, Pertussis and Measles - Second Dose	肺炎球菌疫苗 - 第二次 Pneumococcal Vaccine - Second Dose
六個月 6 months	白喉、破傷風、百日咳及流行性腮腺炎疫苗 - 第三次 Diphtheria, Tetanus, Pertussis and Measles - Third Dose	乙型肝炎疫苗 - 第三次 Hepatitis B Vaccine - Third Dose
十二個月 12 months	麻疹、腮腺炎、德國麻疹及流行性腮腺炎疫苗 - 第一次 Measles, Mumps, Rubella and Varicella - First Dose	水痘疫苗 - 第一次 Varicella Vaccine - First Dose
十八個月 18 months	白喉、破傷風、百日咳及流行性腮腺炎疫苗 - 第三次 Diphtheria, Tetanus, Pertussis and Measles - Third Dose	肺炎球菌疫苗 - 第三次 Pneumococcal Vaccine - Third Dose
小一 Primary 1	麻疹、腮腺炎、德國麻疹及流行性腮腺炎疫苗 - 第二次 Measles, Mumps, Rubella and Varicella - Second Dose	肺炎球菌疫苗 - 第四次 Pneumococcal Vaccine - Fourth Dose
小五 Primary 5	人痘疫苗 - 第一次 Human papillomavirus vaccine - First Dose	
小六 Primary 6	白喉、破傷風、百日咳及流行性腮腺炎疫苗 - 第四次 Diphtheria, Tetanus, Pertussis and Measles - Fourth Dose	肺炎球菌疫苗 - 第五次 Pneumococcal Vaccine - Fifth Dose

- As a live-attenuated vaccine, measles-containing vaccines produce a subclinical or mild, non-communicable infection inducing both humoral and cellular immunity. In terms of measles vaccine



effectiveness, CDC concluded that, when given as scheduled, **two doses of MMR vaccine are 97% effective** while **one dose is 93% effective** against measles.

● **Contraindications** for MMR and MMRV vaccines include:

- History of **anaphylactic reactions** to neomycin (as MMR and MMRV vaccine contain trace amounts of neomycin).
- History of **severe allergic reaction to any component of the vaccine** (the 2013 CDC MMWR suggested that although measles and mumps components of the vaccine are grown in chick embryo fibroblast tissue culture, allergy to egg is not a contraindication to vaccination. Whilst Skin testing is not required before administering MMR or MMRV vaccines to persons who are allergic to eggs).
- **Pregnancy** (as quoted from the 2013 CDC MMWR, for both measles or varicella-containing vaccines, our female patients of reproductive age need to be counselled to avoid becoming pregnant for 28 days after receipt of vaccine due to theoretical risk to fetus if pregnancy occurs within 28 days of vaccination. Whilst literature did not recommend routine pregnancy testing of women of childbearing age before administering a live-virus vaccine, MMR or varicella vaccination during pregnancy should not be considered a reason to terminate pregnancy. Whilst CHP's official recommendation to public would be "women should **avoid pregnancy for three months after vaccination and take appropriate contraceptive measures**").
- Individuals with **severe immunosuppression from diseases or treatment** (e.g. on current cancer treatment such as chemotherapy and radiotherapy, taking immunosuppressive medicines such as high dose corticosteroid, etc.). For HIV-infected persons, **MMR vaccine is not recommended for persons with HIV infection who have evidence of severe immunosuppression**, whilst severe immunosuppression is defined as CD4+ T-lymphocyte percentage <15% at any age or CD4 count <200 lymphocytes/mm<sup>3</sup> for persons aged >5 years.



● **Other precautions** to consider also:

- For adults who have received immunoglobulin or other blood products (e.g. blood transfusion) within the past 11 months, the receipt of antibody-containing blood products (e.g. IG, whole blood, or packed red blood cells) might interfere with the serologic response to measles and rubella vaccine for variable periods.
- The 2013 CDC MMWR also mentioned that for **individuals with moderate or severe illness with or without fever**, including untreated, active tuberculosis, vaccination should be deferred until they have recovered. This precaution avoids superimposing any adverse effects of the vaccine on the underlying illness or mistakenly attributing a manifestation of the underlying illness to the vaccine. The decision to vaccinate or postpone vaccination depends largely on the cause of the illness and the severity of symptoms. MMR vaccine can be administered to children who have mild illness, with or without low-grade fever, including mild upper respiratory infections, diarrhea, and otitis media as past data indicate that seroconversion is not affected by concurrent or recent mild illness.
- For individuals who have **received other live-attenuated vaccines in the past four weeks**, e.g. having concurrent plans for both MMR / varicella vaccinations, literature suggested that MMR and varicella vaccinations should be given at the same time (e.g. such as with the case of a MMRV vaccine) or the 2 vaccines be separated by at least four weeks. This is due to the finding that administration of a live-attenuated measles vaccine would lead to suppressed delayed hypersensitivity responses for one to four weeks and interferes temporarily with the in vitro response capacity of peripheral blood lymphocytes, thus may reduce responsiveness to other recent vaccines.

**Reference**

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- Centre for Health Protection, DH. "Guiding Principles for Measles Vaccination for Non-immune Adults in Hong Kong". Issued June 2019. Available on [https://www.chp.gov.hk/files/pdf/guiding\\_principles\\_for\\_measles\\_vaccination\\_for\\_non\\_immune\\_adults\\_in\\_hk.pdf](https://www.chp.gov.hk/files/pdf/guiding_principles_for_measles_vaccination_for_non_immune_adults_in_hk.pdf)
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*Compiled by Dr. John-Hugh Tam*

## COVID-19 – a fresh experience for a fresh private GP

Dr. Lee Chun Hui, David

Many have compared COVID-19 to SARS which took place in 2003. In late January this year, my family medicine mentor asked me if I started medical school when SARS took place and advised me to be extra cautious with COVID-19, which was still called Wuhan Pneumonia or the novel coronavirus back then. The truth is, I not only had not started medical school but I was not even in Hong Kong back in 2003 to endure that epidemic. I was in St. Louis, USA finishing my undergraduate degree in Psychology with second major in Finance. SARS did not show its face in St. Louis. However, as when this article is written, there have been 1,346 confirmed cases of COVID-19 from which 71 deaths have resulted in St. Louis.

I, as a frontline primary care physician, have been worried about this pandemic. Earlier on this year, we only knew about an unknown “cause” of pneumonia in the Mainland, and this unknown “cause” was spreading quickly. With intricate ties with our Mainland, we in Hong Kong were bound to be affected. The worry worsened as it was difficult to acquire the protective gear like surgical masks, N95 masks, face shields, disposable gowns, and even hands sanitiser, etc. Luckily, my clinic group was just really tight on those supplies but never completely ran out of them.

And of course, I have been worried that I would be infected while handling patients potentially infected with COVID-19. I am worried not only about the damage COVID-19 can have caused on my health, but also the harm that can have done to my family, my colleagues, and my patients. Despite lack of PPEs, through better patient-triage at the booking stage, we were able to lower the risk to our patients and our clinics by directing

high-risk patients to AEDs for expedited management. Also, through tele-consultation with different traditional and online methods, we were able to identify an asymptomatic patient who returned from overseas but was infected with COVID-19. This minimized the risk to our clinic’s patients and colleagues.

Although it has been a journey filled with anxiety and uncertainty, this pandemic has granted me opportunities to educate and advise the public on how to fight against COVID-19. In late January this year, I was fortunate enough to be invited by Dr. PL Ho to help educate the public on proper mask-wearing (pic 1). Since then, I had appeared on TV (pic 2 showing my messy desk), radio (pic 3), and even YouTube (pic 4) to conduct these educational activities. Through these activities, I not only learned more in-depth on coronavirus and general microbiology (e.g. R0, the curve, etc) which I do not recall seeing when I was in medical school - apologies to my MicBio teacher but also to connect and work with fellow private doctors to help fight COVID-19.

This pandemic has also demonstrated to me thoroughly the importance of holistic care for our patients. Patients’ psychological needs are just as important as their COVID-19 and other physical symptoms. We should not overlook their psychological burden in the times of great distress. We should also pay attention to their psychological aftermath during their physical recovery.

This pandemic has also reminded me that life could just change so dramatically. Stay calm, do not lose hope. Move on step-by-step with common sense and an open mind to learn and accept new facts and, last but not least, the new normal.



(pic 1)



(pic 2)



(pic 3)



(pic 4)



# 齊齊來畫畫

譚仲豪醫生

放工後想做一些靜態的休閒活動，繪畫不失為一個好選擇。繪畫不一定要準備很多工具，甚至只要手上有一塊平板電腦，就可以「行到邊、畫到邊」。

## 1) 畫電腦畫的事先準備：

- (i) **硬件：**除了平板電腦外，有些朋友可能會比較喜歡用筆繪圖的感覺，可先為自己的平板電腦配備一支電腦筆（例如蘋果電腦用家可以為自己配備一支Apple Pencil）。使用電腦筆畫出來的畫，畫工會比用手指畫畫較為精細。而且新一代的電腦筆，更會記錄低用家落筆時的手力與速度，在電腦畫面上呈現出更個人化的筆功，例如能營造出接近真實的炭筆掃描效果。
- (ii) **軟件：**市面上的繪畫軟件種類繁多，不能盡錄。有興趣的話大家不妨參考一些網上介紹，看看哪一款應用程式的功能適合自己使用。



繪畫軟件的截圖

習慣用電腦繪畫的我，就覺得電腦畫比在真實的紙張上畫畫更方便。例如因為：

- 無需攜帶沉重的繪畫工具。
- 隨時打開檔案即可隨時畫，畫完又可以立刻將檔案收起，例如畫水彩／油畫風格的畫，無需等待顏料乾掉，非常方便。
- 畫錯的細節及不理想的用色可立刻修正，非常適合完美主義朋友的要求。

## 2) 可以畫什麼？

我曾經嘗試不同的繪畫題材，例如：

- (i) **為自己/為同事的寵物繪畫肖像畫**，喜歡的話甚至可以將作品拿到沖印店製作小紀念品，例如明信片，小咕咭當作日常家居擺設，為家中環境添一點色彩。



- (ii) **為部門設計/繪畫project logo**：以這幅圖為例，我繪畫了一些具動感的人物圖案，以「擊掌」表現醫護人員團隊合作精神，用以製作水杯等生活用具。



- (iii) **可嘗試跳出傳統的框框，以真實的相片作為背景，在上面畫畫**。例如以下列的漫畫為例，我嘗試了在我診所的環境相片上面，再配合一些現成的clipart，最後再畫上漫畫，成為了很有趣的配搭。



《刺蝟醫生的日常小智慧》漫畫集-  
<https://tinyurl.com/dr-hedgie>

除了以上的例子外，大家也可以運用自己的想像力，畫出自己喜歡的題材或圖案。希望未來有機會也可以見到你們的作品。

## FINAL Reminder: Diploma in Family Medicine (HKCFP) 2020 - 2021

The Board is pleased to announce that the Diploma Course in Family Medicine (DFM) organized by The Hong Kong College of Family Physicians will commence in August 2020.

The course consists of FIVE modules. Modules I & II will be delivered by Local Distance Learning. Modules III, IV & V consist of lectures, seminars, tutorials, workshops and clinical attachments. The whole course requires ONE year of part-time study.

Details of the course are as follows:

### 1. Objectives:

- To provide knowledgeable, pragmatic and structured teaching in Family Medicine for medical practitioners
- To encourage professional development of practising medical practitioners and to provide an intermediate step to fellowship qualifications in Family Medicine
- To improve standards and quality in the practice of Family Medicine

### 2. \*Syllabus:

The course consists of FIVE compulsory modules. Doctors who have graduated from the course are expected to have acquired:

- Current concepts about nature of Family Medicine
- Knowledge and skills in consultation, counselling and problem solving
- Knowledge and skills in common practice procedures and emergency care required for good quality family practice
- Understanding of the role of Family Doctors as gatekeepers of the health-care system and in providing cost-effective primary care to the community

#### Module I – Principles of Family Medicine (Distance Learning)

<b>Aims:</b>	1. Learn concepts of Family Medicine 2. Understand the role of a Family Doctor and scope of Family Medicine
<b>Contents:</b>	Definition of Family Physicians, Family Physician Functions, Core Values of Family Medicine, Consultation, Future of Family Medicine

#### Module II – Common Problems in Family Medicine (Distance Learning)

<b>Aims:</b>	1. Enhance consultation, communication and problem solving skills 2. Understand the diagnostic formulation process in Family Medicine
<b>Contents:</b>	Four clinical scenarios. Each clinical scenario is further divided into several questions covering different areas in general practice

#### Module III – Essentials of Family Medicine (Structured Seminars and Tutorials)

<b>Aims:</b>	1. Strengthen knowledge in Family Medicine 2. Understand the potential growth of Family Medicine 3. Develop research and teaching skills in Family Medicine
<b>Contents:</b>	Practice Management, Care of Elderly, Chronic Disease Management, Anticipatory Care, Clinical Audit & Research, Mental Health, Musculo-skeletal Problems, Evidence Based Medicine & Critical Appraisal

#### Module IV – Clinical Updates (Updates and Clinical Attachment)

<b>Aims:</b>	Acquire in-depth knowledge and practical skills in selected specialties
<b>Contents:</b>	THREE update seminars plus ONE attachment in selected specialty

#### Module V – Practical Family Medicine (Practical Workshops)

<b>Aims:</b>	Enhance practical and communication skills in Family Medicine by Practical Workshops in selected areas including CPR, Consultation Skills, Counselling Skills, Women's Health, Orthopaedic Injection and Musculo-Skeletal Medicine
<b>Contents:</b>	Four compulsory and two elective Practical Workshops in selected areas including Advanced Primary Care Life Support (APCLS), Consultation Skills, Counselling Skills, Women's Health, Orthopaedic Injection and Musculo-Skeletal Medicine

Module III & V will be scheduled on Saturday and Sunday afternoons.

### 3. Articulations:

The Course allows (up to a fixed maximum percentage of the Course units) articulations or cross recognition of previous Family Medicine training programmes that provide learning units equivalent to that of the above syllabus. Participants who wish to apply for such articulations have to submit evidence of relevant training together with their applications. The granting of articulations is however, completely at the discretion and decision of the Board of DFM.

### 4. \*Schedule:

The whole course requires ONE year of part-time study.

July to September 2020	Module I
October to November 2020	Module II
July 2020 to May 2021	Module III, IV & V
April / May 2021	Final Examination

### 5. Admission Requirement:

Medical Practitioner with Bachelor's Degree in Medicine.

### 6. Teaching Staff:

A panel of experienced academic medical professionals in Family Medicine, hospital specialists and experienced Fellows or Trainers of HKCFP will be invited to teach in the programme.

**7. Teaching Medium:**

English

(Cantonese may be used in some seminars, workshops and clinical attachments)

**8. Course Fees:**

Whole course:

Administration fee for application: HK\$1,000

HK\$38,000 for members of HKCFP

HK\$76,000 for non-members

Individual Modules:	Members	Non-members
Module I (Distance Learning – Principles of Family Medicine)	\$4,900	\$9,800
Module II (Distance Learning – Common Problems in Family Medicine)	\$4,900	\$9,800
Module III (Structured Lectures & Seminars)	\$4,800	\$9,600
Module IV (Updates & Clinical Attachment)	\$4,800	\$9,600
Module V (Practical Workshops)	\$6,200	\$12,400
Examination	\$11,800	\$23,600
Administration Fee	\$5,000	\$10,000

**All fees must be paid upon application and before commencement of the course. Fees paid are NON-TRANSFERABLE and NON-REFUNDABLE.**

**9. Awards/Credits:**

- A Diploma in Family Medicine issued by HKCFP will be awarded to candidates who have satisfied all the requirements and have passed all the required assessments and the Final Examination.
- The Diploma is a **Quotable Qualification** of the Medical Council of Hong Kong.
- Up to 50 CME and 10 CPD credit points will also be awarded to candidates upon satisfactory completion of the Course by the QA & A Committee of HKCFP.

**10. Application Procedure:**

**Applications are now open.**

A completed application form must be returned to The Hong Kong College of Family Physicians with the following:

- Photocopy of the current Annual Practising Certificate;
- A recent photo of the applicant (passport size);
- A signed "Disclaimer of Liability";
- An administration fee for application of HK\$1,000 by crossed cheque payable to "HKCFP Holdings and Development Limited". This fee is non-refundable;
- A Course Fee of HK\$38,000 (or HK\$76,000 for non-members) by crossed cheque payable to "HKCFP Holdings Development Limited". This fee is non-transferable and non-refundable.

Every successful applicant will be notified by an official letter of admission.

Information and application forms can be obtained from the College or can be downloaded at the College website (<http://www.hkcfp.org.hk>). Members who were not admitted in the course in 2019 have to send in their application again if they want to study the course this year. Please contact the College secretariat, Ms. Alky Yu at 2871 8899 for any queries.

**11. Application Deadline: EXTENDED to 31 July 2020****Comments From former DFM Graduates**

- "The Content is useful in daily practice. I can have hands-on practical skills. I can polish my communication skills during the lectures & workshops."
- "I can understand the role of Family Physicians as gatekeepers of health-care system and better know about their role in the society. I also acquire the skills on critical appraisal."
- "There are sessions of clinical updates for updating knowledge. Module I, II & III could help improve my knowledge. Module I, II & III could improve my understanding of Family Medicine. The sessions in consultation are invaluable in improving my communication skills."

*\*Course syllabus and schedule may be subject to change without prior notification*



APCLS Training Workshop



Women's Health Workshop



Orthopaedic Injection Workshop



Musculoskeletal Workshop



# HKCFP CERTIFICATE COURSE IN ESSENTIAL FAMILY MEDICINE 2020-2021

The HKCFP Certificate Course in Essential Family Medicine (CCEFM) is designed to meet the training needs of practicing primary care doctors who would like to refresh or update their clinical knowledge and skills relevant to family medicine practice. The curriculum of this course also forms part of the well-established HKCFP Diploma in Family Medicine (DFM) course. Our teaching faculty are experienced clinicians working in primary care, in secondary care and in academia. The course has been designed to enhance the course participants' competencies in daily Family Medicine practice in the community.

## 1. OBJECTIVES:

- To provide knowledgeable, pragmatic and structured training in Family Medicine for medical practitioners
- To encourage professional development of practising medical practitioners
- To improve standards and quality in Family Medicine practice by adopting holistic patient-centered care via an integrated care approach

## 2. SYLLABUS:

The CCEFM consists of THREE segments, including Modules III, IV (FM attachment + Update) and parts of Module V in the Diploma in Family Medicine (DFM). Doctors who have graduated from the CCEFM are expected to have acquired the following essential concepts and course contents:

- The role of Family Doctors and in providing cost-effective primary care to the community
- The essential knowledge and skills on common problems encountered in Family Medicine
- Enhancement in the consultation and problem solving skills
- Acquiring the knowledge and skills in common practice procedures related to family practice

## 3. AWARDS/CREDITS:

- After completion of all the components and course requirements (max. within TWO years), a certificate will be awarded to the successful candidates
- The completed modules and credits can be accredited towards the quotable HKCFP DFM course, if the candidates would like to enroll into DFM course subsequently
- 25 CME and 5 CPD credit points will also be awarded by HKCFP.

## 4. COURSE CONTENT:

### Segment I – Essentials of Family Medicine (Structured Seminars)

#### Objectives:

- ◆ Strengthen knowledge in Family Medicine
- ◆ Understand the potential growth of Family Medicine
- ◆ Enable the evidence-based family medicine practice

#### Contents:

Anticipatory Care, Elderly Care and related issues, Chronic Disease Management, Common Musculoskeletal Problems, Evidence Based Medicine & Critical Appraisal, Mental Health, Practice Management; and Clinical Audit, Research & Teaching in Family Medicine.

### Segment II – Problem Solving and Clinical Updates

#### Objectives:

- ◆ Acquire in-depth knowledge by clinical scenario/stimulated cases in our daily Family Medicine practice
- ◆ Transfer the practical skills and hand-on experience by interactive learning methods led by Family Medicine Fellows

#### Contents:

A site visit plus scenario based training including Diagnostic Challenges on Common Symptoms, Problem-based Learning on Chronic Disease, Motivational Interviewing, Child Health, Women's Health, Aging and End-of-Life and Common Musculoskeletal Problems.

### Segment III – Practical Family Medicine (Practical Workshops)

#### Objectives:

- ◆ Enhance practical and communication skills in Family Medicine by practical workshops in selected areas
- ◆ Transfer the practical skills and hand-on experience by interactive learning methods led by Family Medicine Fellows

#### Contents:

Consultation Skills and Orthopaedics Injection

## 5. ADMISSION REQUIREMENTS:

Medical Practitioner with Bachelor's degree in Medicine.

## 6. TEACHING STAFF:

A panel of experienced academic medical professionals in Family Medicine, hospital specialists and experienced Fellows or Trainers of HKCFP will be invited to teach in the programme.

## 7. TEACHING MEDIUM:

English (Cantonese may be used in some sessions in the course)

## 8. COURSE FEES:

Administration fee for application	HK\$ 1,000		
plus			
Enrol for the complete Certificate Course	HK\$ 22,000	for members	HK\$ 44,000 for Non-members
Or			
Enrol for individual session:			
Single session from Segment I and Segment II	HK\$ 1,700	for members	HK\$ 3,400 for Non-members
Single Session from Segment III	HK\$ 2,200	for members	HK\$ 4,400 for Non-members

**All fees must be paid upon application and before commencement of the course. ALL fees paid are NON-TRANSFERABLE and NON-REFUNDABLE.**

## 9. APPLICATION PROCEDURES:

### Application is now open.

A completed application form must be returned to The Hong Kong College of Family Physicians with the following:

- Photocopy of the current Annual Practising Certificate;
- A recent photo of the applicant (passport size);
- A signed "Disclaimer of Liability";
- An administration fee for application of HK\$1,000 by crossed cheque payable to "HKCFP Holdings and Development Limited". This fee is non-refundable;
- A Course Fee in appropriate amount by crossed cheque payable to "HKCFP Holdings and Development Limited". This fee is non-transferable and non-refundable.

Successful applicants will be notified by an official letter of admission after the application deadline.

Information and application forms can be obtained from the College or can be downloaded at the College Website (<http://www.hkcfp.org.hk>). Please contact the College secretariat, Ms. Alky Yu at 2871 8899 for any queries.

**Application Deadline: 31 July 2020**

*\*Course syllabus and schedule may be subject to change without prior notification*



# Digital Conference



**Hong Kong  
Primary Care  
Conference**

The Hong Kong College  
of Family Physicians



## Hong Kong Primary Care Conference 2020

2020 Vision:

# Health for All

**12 -13 September 2020**

(Saturday – Sunday)

## Registration Information

**Programme &  
Registration:**



In view of the current COVID-19 pandemic situation and to ensure the safety of our participants, the College has decided to carry the Hong Kong Primary Care Conference 2020 online. **All sessions will be conducted via online.**

<b>A) Conference</b> Registration to the conference is required.		Member: HK\$100 Non-member: HK\$1000
<b>B) Workshop</b> First come first served. Please prepare a separate cheque(s). Cheques will be returned to unsuccessful registrants. <ul style="list-style-type: none"> <li>CPD application for workshop participants in progress.</li> </ul>		
<b>12 September (Saturday)</b>	<b>17:25</b>   <b>18:40</b> <b>Workshop 1:</b> Exercise Prescription for Sleep Disordered Breathing	HK\$500 
<b>13 September (Sunday)</b>	<b>09:00</b>   <b>10:15</b> <b>Workshop 2:</b> Pain Management When East Meets West	HK\$500 
	<b>10:15</b>   <b>11:30</b> <b>Workshop 3:</b> Expressive Arts Therapy for Yourself and Your Patient	HK\$500 
<b>C) Sponsored Seminar(s)</b> Details to be announced.		

## Payment Method

### Pay by cheque

- Please complete the registration form and send crossed cheque(s) payable to “**HKCFP Education Ltd**” to the Conference Secretariat.
- Please use **SEPARATE** cheques for payment of conference and workshop(s) registration fees.

### Pay by PayPal

- Payment information would be sent to you within 5 working days after your submission of registration.

### Pay by Tele-transfer

- For overseas delegates only.
- Payment information would be sent to you within 5 working days after your submission of registration.
- All bank charges and related transaction fees should be borne by the remitter of the funds.

## Refund Policy

- Withdrawal of registration **on or before 31 July 2020: Full refund** after deduction of all bank charges and related transaction fees
- Withdrawal of registration **after 31 July 2020: No refund** will be accepted.
- All refunds, including unsuccessful workshop registration, symposium deposit etc. would be arranged within 8 weeks after the Conference. All bank charges and related transaction fees if any would be deducted from the amount of the refund payment.

For inquiries, please contact the Conference Secretariat on (852) 2871 8899 or via email to [hkpcc@hkcfp.org.hk](mailto:hkpcc@hkcfp.org.hk).

## Scientific Programme at-a-glance

All sessions will be conducted online.

DATE TIME	12 September 2020 (Saturday)		
14:00 - 14:45	Sponsored Seminar(s)		
14:45 - 15:00	Break		
15:00 - 15:15	Opening Ceremony		
15:15 - 16:00	Plenary I (Prof. David S.C. HUI) Update on Community Outbreak of COVID-19		
16:00 - 16:45	Plenary II (Prof. Cindy L.K. LAM) Promote Mental Health and Wellness at All Times		
16:45 - 17:25	Sponsored Seminar(s)		
17:25 - 18:40	Discussion Forum COVID 19 Global Pandemic: Unity in Meeting the Challenge	Free Paper - Oral Presentation	Workshop 1 Exercise Prescription for Sleep Disordered Breathing

DATE TIME	13 September 2020 (Sunday)			
09:00 - 10:15	Workshop 2 Pain Management When East Meets West	Seminar A Patient Engagement: Strategies to Improve Health Among Ethnical Minority Patients in Hong Kong	Clinical Case Presentation Competition	
10:15 - 11:30	Workshop 3 Expressive Arts Therapy for Yourself and Your Patient	Seminar B Advanced Technology in Primary Care	Seminar C Clinical Update on Gynaecological Disease Management in Primary Care	Seminar D Clinical Update on LUTS and Prostate Cancer
11:30 - 12:10	Sponsored Seminar(s)			
12:10 - 12:55	Plenary III (Prof. Terry Y.S. LUM) Building a Healthier Community: The Effectiveness of the JC JoyAge Non-pharmacological Intervention for Community Dwelling Older Adults with Depression			

### Disclaimer

Whilst every effort has been made to ensure that all parts 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.

(Supported by HKCFP Foundation Fund)

## HKCFP Trainees Research Fund 2020 / HKCFP Research Seed Fund 2020

The Research Committee of HKCFP is pleased to continue to offer the two research funds, The Trainees Research Fund and the Research Seed Fund.

The Trainees Research Fund will be opened to all registered HKCFP trainees and is made of four awards (each up to HK\$10,000). It is envisaged it will help trainees especially (but not limited to) those doing research projects as their exit examination. Those who have funding support elsewhere will not be considered.

The Research Seed Fund is opened to all HKCFP members which an award of up to HK\$25,000 will be made to the successful applicant to conduct a research project.

Winners of the award will receive 50% of the approved grant up front and the remainder 50% upon completion of the project.

***\*\*Please note that each applicant can only apply either one of the above Funds\*\****

### **Assessment Criteria for both funds:**

1. Academic rigor of the research project (e.g. originality, methodology, organisation and presentation);
2. Relevance and impact to family medicine & primary care (e.g. importance of the topic and the impact of the findings on the practice or development of the discipline); and
3. Overall budget

Each research project submitted will be assessed according to the above assessment criteria set by the selection panel. Please send your submission to:

Research Committee, HKCFP

803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong by post or by email: [CrystalYung@hkcfp.org.hk](mailto:CrystalYung@hkcfp.org.hk)

Please indicate the research funding title e.g. “**HKCFP Trainees Research Fund 2020**” or “**HKCFP Research Seed Fund 2020**” on your research project upon submission.

**Submission Deadline: 29<sup>th</sup> October 2020**

Supported by HKCFP Foundation Fund



## Online Seminar on Dermatology – The 75<sup>th</sup> Meeting on 30 May 2020

Dr. Chu Pui Yan and Dr. Lam Ching Man

**Theme : Interesting cases in Paediatric Dermatology**

**Speaker : Dr. Luk Chi Kong, David**  
*Specialist in Paediatrics*

**Moderator : Dr. Lam Wing Wo**  
*Board of Education*

### Learning points

Dr. Luk shared with us a large variety of interesting cases in paediatric dermatology. Examples include congenital ichthyosis, neonatal acne, verrucous venous malformation and tufted angioma.

When we encounter cases of alopecia in paediatric patients, although blood tests are not mandatory, we may consider to perform it to rule out Systemic Lupus Erythromatosus or thyroid disorder. Although the prognosis is unpredictable, duration less than 6 months usually gives better prognosis. On the other hand, cases involving hairline, or with underlying eczema and Down's Syndrome, may give less satisfactory prognosis.

Acanthosis nigricans, which is commonly secondary to obesity, usually does not result in scarring. Dr. Luk presented a case of acanthosis nigricans over the axillary region which at the same time developed pus discharge as well. The diagnosis was acanthosis nigricans together with hidradenitis suppurativa.

In paediatric patients with growth hormone deficiency, one of the side effect of subcutaneous growth factor injection is formation of nevus. Dr. Luk shared with us a case of mole over the lip, which was treated with excision.

Haemangioma is a commonly encountered dermatological condition in paediatric group of patients. It occurs in 5% of newborn at a few weeks

after birth. Oral propranolol during the first year of life is the first line treatment. One may also consider the use of topical timolol and laser therapy. Haemangioma growing at the genitalia area tends to ulcerate easily due to irritation from urine or fecal matters. Meticulous wound care is essential. In addition, if lesion grows at midline of the genitalia area, one should examine thoroughly to rule out deeper involvement of the lesion, which can be deep into for example the vagina.

Port wine stain is congenital capillary malformation that occurs at birth. Laser therapy can be the choice of treatment.

Intralesional steroid injection and intralesional cryotherapy are effective treatment for keloid. Dr. Luk shared a case of syndactyly suffering from post-operative keloid that affect his walking ability. Lesion reduced in size over weeks and patient's walking was improved.

Growth striae in adolescents is usually mild in severity. However, patients with SLE on long term high dose oral steroid may suffer from severe striae. Laser will be effective in reducing the redness.

Vitiligo presents with symmetrical, well demarcated areas of depigmentation. We may consider potent topical steroid e.g. Elomet, or phototherapy to treat the condition. For hypopigmentation, the most common cause is post-inflammatory change so history taking of any prior inflammation is important.

Mycosis fungoides at its patch stage can look similar to eczema. Patient may not have any itchiness. If there is any suspicion, repeated skin biopsy is needed, and extensive work up with imaging and bone marrow examination may be considered as well.

# BOARD OF EDUCATION NEWS

The Board of Education is pleased to let you know that there would be some online seminars to be conducted via the GoToWebinar platform in the coming months with the details below:

## Online Seminars




Dates and Time	Topics	Speakers
1 Aug (Sat) 2:00 – 4:00 p.m.	<b>Mental health issues after COVID-19</b> <i>Organized by Mental Health Interest Group</i>	<b>Dr. Liu Kwong Sun</b> <i>Specialist in Psychiatry</i>
2 Aug (Sun) 2:00 – 3:00 p.m.	<b>Early diagnosis of nasopharyngeal carcinoma: how to make the best use of a very sensitive screening tool?</b>	<b>Prof. John Woo</b> <i>Specialist in Otorhinolaryngology</i>

**Accreditation** : 1 Aug (Sat) : 2 CME Point HKCFP (Cat. 4.3)  
2 CME Point MCHK (pending)  
2 Aug (Sun) : 1 CME Point HKCFP (Cat. 4.3)  
1 CME Point MCHK (pending)  
*Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log)*

## Online Monthly Video Session

Dates and Time	Topics	Speakers
31 Jul (Fri) 2:30 – 3:30 p.m.	<b>Thanatology for Family Physicians 你識唔識死 (Part 1)</b> <i>(Cantonese presentation)</i>	<b>Dr. Wong Tsz Kau, Carl</b> <i>Family Physician</i> <b>Dr. Lo Kit Hung</b> <i>Senior Lecturer, Department of Philosophy, the Chinese University of Hong Kong</i>
28 Aug (Fri) 2:30 – 3:30 p.m.	<b>Thanatology for Family Physicians 你識唔識死 (Part 2)</b> <i>(Cantonese presentation)</i>	<b>Dr. Wong Tsz Kau, Carl</b> <i>Family Physician</i> <b>Dr. Lo Kit Hung</b> <i>Senior Lecturer, Department of Philosophy, the Chinese University of Hong Kong</i>

**Accreditation** : 1 CME Point HKCFP (Cat. 4.2)  
1 CME Point MCHK (pending)  
*Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log)*

Online Seminars		Online Monthly Video Session	
1 Aug (Sat)	2 Aug (Sun)	31 July (Fri)	28 Aug (Fri)
			

**Admission Fee** : Member Free  
(for all online seminars) Non-member HK\$ 100.00 for each session  
*For non-members, please contact the secretariat for registration details. All fees received are non-refundable nor transferable.*

**Registration Method** : Please register via the registration link to be sent by email later or scan the QR code above. For enquiry about registration, please contact Ms. Katie Lam by email to [education@hkcfp.org.hk](mailto:education@hkcfp.org.hk) or call 2871 8899. Thank you.

**Notes** :

- In case of over-subscription, the organiser reserves the right of final decision to accept registration.
- The link to join the webinar **SHOULD NOT** be shared with others as it is unique to each individual who has completed prior enrolment procedures. If additional attendee(s) is/are found using the same unique link to join the webinar with you, all attendees joining the lecture via your unique link would be dismissed. You can only login with one device at a time.
- CME point(s) would only be given to those on the pre-registration list and attended the lecture.
- Members who have attended less than 3/4 of the length of the webinar may not be able to receive CME. Final decision would be subject to the approval of the related Board / Committee.
- Please be reminded to check the system requirements beforehand to avoid any connection issues.
- Please be reminded to complete and submit the survey after the session for MCHK CME point(s) accreditation.**
- Due to copyright issue, please note private recording of the lecture is prohibited.
- Registration will be closed 3 days prior to the event.

## Structured Education Programmes

Free to members

HKCFP 2 CME points accreditation (Cat 4.3)

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
<b>5 Aug 2020 (Wed)</b>			
2:00 – 5:00 p.m.	Seminar Room, G/F, Block A, Queen Elizabeth Hospital	<b>Health Care Delivery System in HK</b> Dr. Jiao Fangfang & Dr. Wong Anthea	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	Health Education Room, 1/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	<b>DNACPR, Advance Directives and Advance Care Planning</b> Dr. Tsang Lai Ting	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	<b>Difference between Hospital and General Practice</b> Dr. Chang Hsu Wei & Dr. Chung Yi On, Shalom	Ms. Polly Tai Tel: 3949 3430
5:00 – 7:00 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	<b>Drug Incidence in GOPC</b> Dr. Esther Pang	Ms. Cherry Wong Tel: 2589 2337
5:30 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	<b>Principle in Infectious Control in Primary Care Setting</b> Dr. Kong Ka Ming, Andrew	Mr. Alex Kwok Tel: 5569 6405
<b>6 Aug 2020 (Thu)</b>			
4:30 – 6:00 p.m.	Activities Room, 3/F, Yan Oi General Out-patient Clinic	<b>Zoster Vaccine – Should We Recommend It?</b> Dr. Chan Yuen Ching & Dr. Chan Ka Ho	Ms. Eliza Chan Tel: 2468 6813
<b>12 Aug 2020 (Wed)</b>			
2:00 – 5:00 p.m.	Seminar room, G/F, Block A, Queen Elizabeth Hospital	<b>Approach to Alcoholism</b> Dr. Lai Ka Ho & Dr. Ma Joshua	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	Health Education Room, 1/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	<b>Clinical Approach to Bereavement with Case Illustrations</b> Dr. Chan Cho Shan	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Conference Room, 3/F, Block P, United Christian Hospital	<b>Approach to Psychosomatic Patient</b> Dr. Luk Sze Wan, Candy & Dr. Wu Sum Yi	Ms. Polly Tai Tel: 3949 3430
5:00 – 7:00 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	<b>Nurse-led Continence Clinic &amp; Overseas Training Experience Sharing on Nursing in Primary Health Care</b> Dr. Tsang Pui Lim	Ms. Cherry Wong Tel: 2589 2337
5:30 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	<b>Management of Threaten Abortion and Miscarriage</b> Dr. Jerrold Lee	Mr. Alex Kwok Tel: 5569 6405
<b>13 Aug 2020 (Thu)</b>			
4:30 – 6:00 p.m.	Activities Room, 3/F, Yan Oi General Out-patient Clinic	<b>Emergency Procedures in General Practice</b> Dr. Ng Kai Man & Dr. Wong Fai Ying	Ms. Eliza Chan Tel: 2468 6813
<b>19 Aug 2020 (Wed)</b>			
2:00 – 5:00 p.m.	Seminar room, G/F, Block A, Queen Elizabeth Hospital	<b>Consultation Enhancement (Physical Examination: Elbow and Video Consultation)</b> Dr. Chuang Chi Kit & Dr. Ho Ka Ki	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	Health Education Room, 1/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	<b>Travel Advises - How to Prevent Dengue Fever? High Attitude Illness?</b> Dr. Yap Jon-Alvan Tsun Hee	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Room 21, Kwun Tong Community Health Centre	<b>Depressive Disorder</b> Dr. Chan Ki Fung, Dickson & Dr. Ma Ka Yee	Ms. Polly Tai Tel: 3949 3430
5:00 – 7:00 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	<b>Allied Health Talk: Clinical Psychology</b> Dr. David Cheng	Ms. Cherry Wong Tel: 2589 2337
5:30 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	<b>Personality Disorders</b> Dr. Wong Hiu Yeung & Dr. Chau Chuen	Mr. Alex Kwok Tel: 5569 6405
<b>20 Aug 2020 (Thu)</b>			
4:30 – 6:00 p.m.	Activities Room, 3/F, Yan Oi General Out-patient Clinic	<b>Common Problems Encountered during Breast Feeding</b> Dr. Yip Pui Leung & Dr. Jor Hon Man	Ms. Eliza Chan Tel: 2468 6813
<b>26 Aug 2020 (Wed)</b>			
2:00 – 5:00 p.m.	Seminar Room, G/F, Block A, Queen Elizabeth Hospital	<b>How to Break Bad News</b> Dr. Chau Kei Wai <b>Community Resource: Occupational Therapist: Cognitive Assessment and Training</b> Ms. Carol Hui	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	Health Education Room, 1/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	<b>Update Management of Hepatological Disease including Different Hepatitis, Fatty Liver and Approach to Deranged LFT</b> Dr. Chung Chak Hang	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	<b>Exercise Prescription</b> Dr. Tsang Tsz Lok, Charlotte & Dr. Wong Bo Hang	Ms. Polly Tai Tel: 3949 3430
5:00 – 7:00 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	<b>FM Clinical Assessment</b> Dr. Wendy Tsui	Ms. Cherry Wong Tel: 2589 2337
5:30 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	<b>Family Medicine Development (Past, Present and Future)</b> Dr. Kong Ka Ming, Andrew	Mr. Alex Kwok Tel: 5569 6405
<b>27 Aug 20 (Thu)</b>			
4:30 – 6:00 p.m.	Activities Room, 3/F, Yan Oi General Out-patient Clinic	<b>Clinical Approach to Bereavement with Case Illustrations</b> Dr. Yu Yi Fung & Dr. Ip Chung Ho	Ms. Eliza Chan Tel: 2468 6813

# COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19 Jul</b> <b>3:00 - 6:00 p.m.</b> Conjoint Examination - 1 <sup>st</sup> Examiners' Training Workshop	20	21	<b>2:00 - 7:30 p.m.</b> Structured Education Programme	<b>4:30 - 7:00 p.m.</b> Structured Education Programme <b>2:00 - 3:00 p.m.</b> Online CME Lecture	24	<b>2:00 - 4:00 p.m.</b> Online CME Lecture <b>3:00 - 5:00 p.m.</b> DFM Written Examination
<b>26</b> DFM Clinical Examination	27	28	<b>2:00 - 7:30 p.m.</b> Structured Education Programme	<b>4:30 - 7:00 p.m.</b> Structured Education Programme <b>9:00 p.m.</b> Board of Conjoint Examination Meeting	31 <b>2:30 - 3:30 p.m.</b> Online Video Session	<b>1 Aug</b> <b>2:00 - 4:00 p.m.</b> Interest Group in Mental Health
<b>2</b> <b>2:00 - 3:00 p.m.</b> Online CME Lecture	3	4	5	<b>2:00 - 7:30 p.m.</b> Structured Education Programme <b>8:30 p.m.</b> HKCFP Council Meeting	7	<b>2:00 - 6:00 p.m.</b> APCLS Workshop
<b>9</b> <b>2:00 - 6:00 p.m.</b> APCLS Examination	10	<b>9:00 p.m.</b> Board of DFM Meeting	<b>2:00 - 7:30 p.m.</b> Structured Education Programme	<b>4:30 - 7:00 p.m.</b> Structured Education Programme	<b>14</b> <b>8:30 p.m.</b> DFM Introductory Session	<b>15</b> <b>2:30 - 5:30 p.m.</b> Assessment Enhancement Course 2020
<b>16</b> <b>9:30 a.m. - 12:30 p.m.</b> Conjoint Examination - KFP Segment <b>3:00 - 6:00 p.m.</b> Conjoint Examination - 2 <sup>nd</sup> Examiners' Training Workshop	17	18	<b>2:00 - 7:30 p.m.</b> Structured Education Programme <b>7:00 p.m.</b> Pre Exit Exam Workshop	20 <b>4:30 - 7:00 p.m.</b> Structured Education Programme	21	<b>2:30 - 5:30 p.m.</b> DFM Consultation Skills Workshop I
<b>23</b> <b>9:30 a.m. - 1:00 p.m.</b> Conjoint Examination - AKT Segment	24	25	<b>2:00 - 7:30 p.m.</b> Structured Education Programme	<b>27</b> <b>4:30 - 7:00 p.m.</b> Structured Education Programme <b>9:00 p.m.</b> Board of Conjoint Examination Meeting	<b>28</b> <b>2:30 - 3:30 p.m.</b> Online Video Session	<b>29</b> <b>2:30 - 5:30 p.m.</b> Assessment Enhancement Course 2020 <b>2:30 - 5:30 p.m.</b> DFM - Module IV

**Red** : Education Programmes by Board of Education  
**Green** : Community & Structured Education Programmes  
**Purple** : College Activities

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