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Message from the President

The COVID-19 pandemic continues to dominate the headlines as the virus is still rampaging across the world. In Hong Kong, there have been several clusters of local cases emerging in the community yet again over the last few weeks. A recent public health risk assessment revealed that the risk of having a large scale community outbreak is currently at the highest since the emergence of the epidemic in Hong Kong. In response to the new waves of infections, stricter social-distancing measures have been put into effect, including further tightening the number of people gathering in public from four to two, the cessation of dine-in services during specific periods of the day, continuation of closure of scheduled premises, and mandatory wearing of masks in the public space. The public have been requested to stay at home, avoid going/dinning out and unnecessary social activities as much as possible in order to fight the epidemic together.

To tie in with the government's public health strategy on early detection of infection to minimise the risk of community transmission, the "Enhanced Laboratory Surveillance (ELS) Programme" has been extended progressively over the last few months. Our family doctor colleagues in the private sector have been actively contributing towards the ELS (e.g. Tiers 5 – 7), while those in the public sector are helping with the ELS in the public outpatient settings (e.g. Tiers 1 & 4). A recent addition of ELS has been to distribute Deep Throat Saliva (DTS) specimen collection packs to individuals who perceived themselves to have a

higher risk of exposure to the COVID-19 infection (Tier 7H). People can collect the DTS packs from the 22 designated General Out-patient Clinics (GOPCs) at a specified period of time on a first come first served basis until the daily allocated packs are exhausted.



The sustained silent transmissions in the community have also brought more challenges to our healthcare system. The recent record-breaking daily confirmed infections figures caused a surge in demand for hospital isolation beds and facilities. To speed up the turnover rate of isolation beds in hospitals, Community Isolation Facility (CIF) opening on 24 July, and Community Treatment Facility (CTF) opening on 1 August, have been set up at Lei Yu Mun Park and Village (LYM) and AsiaWorld-Expo (AWE) respectively. Hopefully, these will help alleviate the pressure generated by a surge in service demand, and the public hospitals can therefore focus on caring for the more severe affected patients. As frontline clinicians, family doctors are actively involved in both the CIF and the CTF in conjunction with other specialists.

Family doctors are naturally in an advantageous position in the community as we are standing at the first point of contact for people presenting to the healthcare system. Family doctors are

(Continued on page 2)

Message from the President (Con't)

(Continued from page 1)

trained to provide advice, counselling and support to people especially during challenging times such as the current pandemic. We are more than happy to contribute even more towards the current crisis. Together, we fight the virus!

After thorough consideration on the possible arrangement alternatives, WONCA has made an announcement to postpone the WONCA World Council Meeting and Conference originally planned for coming November in Abu Dhabi to November 2021.

I was greatly shocked and deeply saddened to learn that Dr. Harry Nespolon, the President of the Royal Australian College of General Practitioners (RACGP), has passed away recently. Dr. Nespolon took office as the President of RACGP in 2018, and he has been a great leader and role model for General Practitioners in Australia and beyond. His many great achievements and contributions towards the discipline and the medical fraternity

will be remembered for generations to come. His untimely death is a great loss to all of us. Our most sincere condolences go to Dr. Nespolon's family and the RACGP. May Dr. Nespolon rest in peace.

The annual HKCFP Trainees Research Fund and Research Seed Fund will be open for applications. The announcements will be posted in the College website and promulgated through the usual College communication channels. The submission deadline falls on 29 October 2020. We very much look forward to receiving your submissions soon.

Just a quick last minute reminder for you to register for the annual Hong Kong Primary Care Conference (HKPCC) entitled, "2020 Vision: Health for All", to be held online on 12th and 13th September 2020 (Saturday – Sunday).

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 **June – July 2020**:

Associate Membership (New Application)

Dr CHAN Ka Wing	陳 加 穎
Dr CHAN Leong Ting	陳 亮 廷
Dr IP Alvina	葉 雅 穎
Dr LI Ting Bong, Thomas	李 定 邦
Dr LUI Sheung Chung	呂 尚 聰
Dr NG Sin Yu	吳 倩 如
Dr NG Wing Kwan, Noelle	伍 詠 筠
Dr TSUI Tsz Kwan	徐 梓 筠
Dr WANG Feng	王 鋒
Dr WANG Xiao	王 瀟
Dr WONG Ho Ching	黃 昊 澄
Dr WONG Yin Sum	黃 彥 琛
Dr YANG Tsz Ching, Kelly	楊 芷 晴

Affiliate Membership (New Application)

Ms VILLAVICENCIO MA Christina Dato

Student Membership (New Application)

Mr AU Hin Fung	區 憲 楓
Miss CHAN Man Sum, Sally	陳 旻 琛
Mr CHEUNG Ka Nam	張 嘉 楠
Miss CHEUNG Sze Yui	章 詩 銳
Miss CHIK Wing Man	戚 詠 雯
Miss DIDIK Tiffany	吳 婉 詩
Miss FOK Ka Man	霍 嘉 敏
Mr LAM Ho Ting	林 浩 廷
Miss LAM Tin Kei	林 天 淇

Student Membership (New Application) (con't)

Mr LAU Wai Hin	劉 瑋 軒
Miss LEE Ka Kei	李 嘉 琦
Mr LUI Ka Wang, Kelvin	呂 嘉 宏
Miss MA Hiu Tung	馬 曉 彤
Mr MO Cheuk Hei, Daniel	巫 卓 禧
Mr PANG Tsz Him	彭 子 謙
Miss SO Man Ying	蘇 敏 瑾
Miss TANG Sik Wun	鄧 式 媛
Miss TONG Hiu Tung	唐 曉 彤
Mr WONG Man Hin	黃 文 軒
Miss YIU On Lap	姚 安 立
Mr YUM Hin Hei, Samson	任 衍 熹

Transfer to Non-HKSAR Fellowship

Dr FUNG Sau Man	馮 秀 文
Dr FUNG Siu Cheung, Colman	馮 兆 璋

Transfer from Student Member to Associate Membership

Dr CHEUNG Jessica	張 詩 嘉
Dr CHOW Chi Kwan	周 芷 筠
Dr HUI Tak Leung	許 德 亮
Dr HUNG Pui Shan	洪 珮 珊
Dr LAM Yat Hei	林 逸 希
Dr TO Sum Yi	陶 心 怡
Dr WONG Ching Sze	黃 靜 思
Dr WU Sum Yi	胡 琛 怡

Re-application of Associate Membership

Dr MAK Hay Wo, Howard	麥 熙 和
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Resignation of Associate Membership

Dr CHAN Cheuk Ming	陳 倬 銘
Dr WONG Yee Chung, Eva	黃 怡 聰

Resignation of Student Membership

Miss CHAN Hiu Man	陳 曉 旻
Mr JIM Wing Hong	詹 永 康

Withdrawal of Fellowship

Dr CHENG Sian Chun	莊 善 春
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Withdrawal of Non-HKSAR Fellowship

Dr CHAN Yau Kwok, Edward Peter	陳 有 國
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Terminated from Affiliate Membership

Mr CHEUNG Hang	張 恒
Ms LAI Yau Ping	黎 幼 萍
Mr LEUNG Sek Lun, Alan	梁 錫 麟

Terminated from Full Membership

Dr CHAU Chee On	周 祉 安
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Terminated from Associate Membership

Dr CHEUK Wai Yin, Ivy	卓 惠 賢
Dr CHEUNG Cheuk Hee	張 卓 熙
Dr CHEUNG Man Yin	張 敏 賢
Dr CHONG Kok Hung	張 國 雄
Dr FU Wing Kai	傅 榮 楷
Dr HUNG Wing Chi	孔 穎 芝
Dr KWONG Yim Kam	鄺 豔 琴
Dr LAM Ching Man, Caroline	林 靜 雯
Dr LAU Valerie Wing Yee	劉 詠 怡
Dr LAW Man Fong	羅 敏 方
Dr LEE Sing Chark, Jack	李 承 澤
Dr LEUNG Wai Hung, Andy	梁 偉 雄
Dr LIE Kin Fung	李 堅 峰
Dr LIEW Ket Vui, Edmund	劉 國 偉
Dr MAK Kin Mei	麥 鍵 美
Dr NGAI Suet Yi	魏 雪 兒
Dr PONG Fei Fung	龐 飛 鳳
Dr POON Wai Cho	潘 偉 祖
Dr SHIK Cheng Fong	施 正 方
Dr SHUM Pik Yan, Polly	岑 碧 欣
Dr TONG Wing Sze	湯 詠 詩
Dr TUNG Siu Ying, Margaret	董 小 英
Dr WAN Ka Yan	溫 嘉 欣
Dr WONG Hau Ching, Kelly	黃 巧 程
Dr WONG Ho, Matthew	王 浩 廷
Dr WONG Kar Shing	王 嘉 誠
Dr WU Xiao Chun	吳 小 春
Dr YIU Chung Ting	姚 忠 廷
Dr YU Siu Chung	余 紹 聰
Dr ZHOU Niman	周 妮 曼

Terminated from Non-HKSAR Fellowship

Dr LEE Kar Yun, Peter	李 家 潤
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Terminated from Non-HKSAR Membership

Dr CHEN Li	陳 莉
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Expiration of Student Membership

Mr CHAN Chun Man	陳 俊 文
Miss HO Hau Ting, Janet	何 巧 婷
Mr LEUNG Hau Lam	梁 校 霖
Mr LI Chung Hin	李 仲 軒
Mr NG Yiu Ming	伍 耀 明
Miss TAI Ngai Ni	戴 雁 妮
Miss TEE Yen Sean	鄭 燕 軒

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. Tina Fung or Ms. Kathy Lai at 2871 8899 for details.

Board of Vocational Training and Standards

Basic Training Introductory Seminar

A Basic Training Introductory Seminar will be held in October 2020 for all new enrolled basic trainees, existing trainees and clinical supervisors. The seminar is designed to help basic trainees and supervisors to understand and get more information of our training programme.

Details of the seminar are as follows:

- Speakers : Dr. Fok Peter Anthony (Chairman of Basic Training Subcommittee)
Dr. Yiu Yuk Kwan (Chairman of Board of Vocational Training and Standards)
- Date : **9 October 2020 (Friday)**
- Time : 7:00 p.m.
- Venue : Rm 802, 8/F Duke of Windsor Social Service Building,
15 Hennessy Road,
Wanchai

Please note the format might change to online platform due to the outbreak of COVID-19 if necessary. Announcement would be made in case there is a change of schedule and/or format.

For registration or details, please contact Ms. Tina Fung or Ms. Kathy Lai at 2871 8899.

Basic Training Subcommittee
Board of Vocational Training and Standards

Reminder: Application for Recommendation for Exit Examination

To all Higher Trainees,

For those who prepare to sit for 2021 Full Exit Examination, please submit the application letter and the checklist for recommendation for Exit Examination before **30th September 2020**. Late applications **WILL NOT** be entertained.

Should you have any enquiries, please contact Ms. Tina Fung or Ms. Kathy Lai at 2871 8899.

Higher Training Subcommittee
Board of Vocational Training and Standards

Classified Advertisement

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 [Amy CHAN] 9212-6654

Quality Assurance & Accreditation Committee News

HKCFP CME for Online CME Events

Dear Colleagues,

Please note the below requirements for **HKCFP CME Accreditation** for **ALL** online CME events (**Effective date: 1 August 2020**):

Organizer: Pre-accreditation requirement

- 1) Proper registration procedures and means to verify the identity of participants;
- 2) Appropriate measures to ensure participants' attendance and reasonable participation (E.G. Duration of participation and satisfactory completion of a post event quiz, questionnaire or feedback form)

Members: Attendance requirement

- 1) Attend 75% or above of the length of the online session;
- 2) To complete **a post event quiz*, questionnaire OR feedback form** set by organizer
(* MCQ/ True or False Questions: 50% or above correct answers is required)

For any enquiry please contact our QA&A Secretariat at 2871 8899 or email to cmecpd@hkcfp.org.hk at your convenience.

Yours sincerely,

Dr. King Chan
Chairman, Quality Assurance & Accreditation Committee

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

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 Mavis 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

Fax : 2866 0616



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 hold the Hong Kong Primary Care Conference 2020 online. **All sessions will be conducted via online.**

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

Scientific Programme at-a-glance

All sessions will be conducted online.

DATE TIME	11 September 2020 (Friday) - Pre-conference		
19:30 - 20:30	Sponsored Seminar 1	Sponsored Seminar 2 Translating Evidence to Practice: Declaring the early cardio-renal protection in in people with type 2 diabetes (T2D)	Sponsored Seminar 3

DATE TIME	12 September 2020 (Saturday) - Day 1			
14:00 - 14:45	Sponsored Seminar 4 From Hospital to Community - Role of Family Physician to Manage Heart Failure Patient	Sponsored Seminar 5 Beyond the Guidelines - Optimizing Management & Patient's Quality of Life in Asthma	Sponsored Seminar 6 Triple Action for Hypertension and High Heart Rate Management	
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 7	Sponsored Seminar 8	Sponsored Seminar 9 Breakthrough in Migraine Management	
17:25 - 18:40	Discussion Forum	Free Paper - Oral Presentation (Part 1)	Sponsored Seminar 10	Workshop 1 Exercise Prescription for Sleep Disordered Breathing

DATE TIME	13 September 2020 (Sunday) - Day 2			
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	Free Paper - Oral Presentation (Part 2)	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 11 Liquid Biopsy for Early Cancer Detection - The Nasopharyngeal Caner Model	Sponsored Seminar 12 Enhancing Hypertension Management: From Control to Protection		Sponsored Seminar 13 A Paradigm Shift for Early Detection and Intervention in Type 2 Diabetes for Long Term Benefits
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]

Smoking & COVID – A brief summary

Dr. John-Hugh Tam, Specialist in Family Medicine

What may we consider to discuss with our patients?

- From past evidence, the harmful effects of tobacco use are well known and established, namely its risks towards non-communicable diseases (NCDs) such as cardiovascular diseases, lung disorders, cancers, etc.
- It was commonly postulated that tobacco smokers (cigarettes, waterpipes, bidis, cigars, heated tobacco products) may be more vulnerable to contracting COVID-19, as the act of smoking involves contact of fingers (and possibly contaminated cigarettes) with the lips, which increases the possibility of transmission of viruses from hand to mouth. Smoking waterpipes, also known as shisha or hookah, often involves the sharing of mouth pieces and hoses, which could also facilitate the transmission of the COVID-19 virus in communal and social settings.
- There is growing evidence to suggest that people who smoke are likely to be more severely impacted by COVID-19. A meta-analysis published in May 2020, consisting of 19 independent studies with 11 590 COVID-19 patients in China, Korea, and the United States, found that among patients with COVID-19, current smokers had nearly double the risk of severe disease progression than non-smokers. Another review study published in March 2020 about COVID-19 cases in China also concluded that smokers were 1.4 times more likely than non-smokers to have severe symptoms of COVID-19 and approximately 2.4 times more likely to be admitted to an intensive care unit, require mechanical ventilation, or die.



Figures: Eye-catching infographics posted in social media by Centre for Health Protection (DH) in view of the recent COVID pandemic to encourage smokers to consider cessation.

What should we recommend for our tobacco users during COVID-19 pandemic?

As extracted from the WHO website, we may consider these recommendations to our patients:

- For those who smoke, using e-cigarettes or smokeless tobacco, now is a good time to quit completely.
- Encourage our patients to spread the word about the risks of smoking, using e-cigarettes and using smokeless tobacco to their peers.
- To protect others from the harms of second-hand smoke.
- To know the importance of hands washing, physical distancing, and not sharing any smoking or e-cigarette products.
- Not to spit in public places.

Some local smoking cessation services and contacts

- Department of Health Smoking Cessation Hotline 1833183
- Hospital Authority Quitline: 23007272
- Hotline for Pok Oi Smoking Cessation Service using traditional Chinese medicine: 26071222
- Youth Quitline of the University of Hong Kong: 28559557
- Smoking Cessation Programme for Ethnic Minorities and New Immigrants (operated by DH in cooperation with United Christian Nethersole Community Health Service (UCNCHS)): 31569012 / 23443019

Reference:

- World Health organization (WHO) – Smoking & COVID-19. Available online at <https://www.who.int/news-room/commentaries/detail/smoking-and-covid-19>
- World Health organization (WHO) – Q&A: Tobacco and COVID-19. Available online at <https://www.who.int/news-room/q-a-detail/q-a-on-tobacco-and-covid-19>
- Centre for Health Protection (DH). "Smoking, NCDs and COVID-19" Non-Communicable Diseases Watch, July 2020. Available on https://www.chp.gov.hk/files/pdf/ncd_watch_july_2020.pdf

Telemedicine for Primary Care?

Telemedicine has been present for decades but not the more pressing in 2020 with the COVID-19 pandemic which patients and doctors experience lock down and concern with infection control. Telemedicine refers to the remote provision of medical consultation via real time, two-way communication between the patient and healthcare provider. It may encompass the use of phone calls, video or internet-based virtual consultation, e-prescribing, tele-diagnostics/radiology/monitoring.

To conduct telemedicine, a family physician would require a web camera with audio equipment and a secure patient portal that connects the physician to a secure online electronic medical record database. Aside from infrastructure requirements and IT literacy, the physician should also have Competent online Communication skills and Contingency backup plans to revert to onsite consultations if necessary.

Apart from minimizing the risks of infection during the COVID-19 pandemic, as a complement to face-to-face consultations, there is a lower waiting time for consultations, higher level of privacy and convenience, less time away from work or home responsibilities and less travel time and distance. As physicians, it may improve office efficiency, continuous patient care, and associate with fewer missed appointments and cancellations due to patients' busy work schedule with the option of teleconsultation which translates into improved health outcomes and physician revenue.

The physician should also be fully aware of the **limitations of telemedicine**:

- not suitable in patients who are unable to clearly articulate their condition e.g. paediatric patients, elderly patients with speech impairment etc.
- not suitable for patients with medical emergencies
- loss of non-verbal cues
- lack of physical examination
- confidentiality concerns especially with sensitive information concerning e.g. sexuality issues
- logistics and liabilities involved with telepharmacy and medication delivery
- medical licensure and medical indemnity may not cover for patients outside of Hong Kong

In view of the growing interest and needs in telemedicine, the Medical Council of Hong Kong has issued the **Ethical Guidelines on Practice of Telemedicine**, in December 2019. We have extracted some of the essential points below for your information. The readers are advised to refer back to the full guidelines for cross reference.

General Principles

The doctor is fully responsible in meeting all legal, ethical requirements, and must exercise due diligence when practicing telemedicine. There should be no compromise on standard of care. This means privacy and security of records, informed consent, safe prescribing etc need to be practiced according to well established principles and standards.

The doctor who treats or prescribes through telemedicine must ensure he/she possesses appropriate licensure in all the jurisdictions where the patients receive the medical services.

On Doctor – Patient Relationship

As doctor – patient relationship is of prime importance, it is advisable to practise telemedicine only in those patients with prior in-person consultation. When employing telemedicine, the doctor and the patient must be able to reliably identify each other first.

Evaluation and Treatment of Patient

The doctor must be satisfied that the patient is suitable to undergo telemedicine. The standard of care delivered via telemedicine should be reasonable considering the specific clinical context, and must not be inferior to a traditional in-person care. Each patient should be properly evaluated, treated and the medical information should be documented. The doctor should have proper training on the use and operation of the telemedicine system.

When providing telemedical advices to patients, the doctor should be careful whether he / she has the proper license to practice in that jurisdictions. However, while general information on patients' medical conditions, or providing information on first aid upon emergency is acceptable, when specific medical advice or treatment is required, patients should be advised to consult doctors in the vicinity.

Informed Consent

Proper informed consent should be sought upon embarking telemedicine. The necessary information on its limitation, privacy concerns, prescribing policies, suitable alternatives etc needs to be conveyed. The doctor should not proceed the telemedicine until he can arrange a proper physical examination if this is deemed to add critical information.

Prescription

The doctor can prescribe electronically after a sufficient evaluation, taking into account of possible limitation via the communication channel, the need of physical examination, and availability of medical records. It is advisable for the doctor to have prior in-person consultation before prescribing medicine for the first time to a patient. The doctor needs to document and ensure the receiving patient / the caregiver understands all the instructions on taking the medicine, with relevant advices given.

Medical Records, Patient Confidentiality

Like in-person consultation, the doctor has full professional responsibilities in medical record keeping and patient confidentiality when practising telemedicine. Furthermore, data obtained in a tele-consultation must be encrypted and security precautions must be adopted to prevent data leakage to unauthorized persons. The doctor should be able to identify the patient before sending sensitive information electronically.

Relationship with Other Healthcare Professionals

If other healthcare professionals are involved in the telemedicine, their roles and responsibilities need to be clarified. If such professionals are being asked for advice / second opinion, the doctor remains responsible for the management given through him to the patient.

Limitations

Patient safety is the prime concern, the doctor needs to know the limits of telemedicine especially when performing a full physical examination is impossible. The doctor needs to relay the limitations of telemedicine to patients. Whenever the application of telemedicine affects the quality of consultation, the doctors need to terminate the tele-consultation and seek alternative means.

**Compiled by Dr. Cheng Ghar Yee, Judy
Dr. Chan Chung Yuk, Alvin**

Musculoskeletal Medicine in Family Practice

Dr. Ngai Ho Yin Allen
Family Medicine Specialist
World Institute of Pain Certified Interventional Pain Sonologist

Case Scenario

Miss A is a 28-year-old lady working in a big toy store in the New Territories. 2 years ago, while she was climbing up a ladder to get something at work, she fell down with her buttock landed on floor. She had severe low back pain afterwards. She attended the A&E Department that day. X-ray lumbar spine and pelvis were unremarkable. She was treated as a case of simple back injury. Sick leaves were granted. Later, she was referred to a GOPD because continuous sick leaves were needed. And after another 3 to 4 months, she was referred to orthopaedic SOPC because there was no clinical progress. After seeing the orthopaedic specialist, no firm diagnosis was given, and she was referred to physiotherapy department. Again, Miss A experienced no improvement in her pain. And finally, Miss A attended my clinic recommended by her friend, 2 years after the accident had happened.

On assessment of her pain, Miss A could localize her maximal pain over her left sacral region. There was mild radiation pain towards her left posterior thigh but not beyond her knee level. She had no numbness of her lower limb. Her pain could be provoked after prolonged sitting or standing, but it could be relieved after few steps of walk. She had occasional night pain when she turned her torso during sleep. But she had no other joint pain or systemic upset. Family history revealed no positive rheumatological diagnosis.

On physical examination, Miss A demonstrated an asymmetrical iliac crest height. Her back pain was provoked when a FABER test was done upon her. Significant tenderness could be elicited when the left sacral sulcus was palpated. And she almost jumped when her sacrum was sprung.

Based on the above, can you arrive at a clinical diagnosis of her chronic back pain?

Sacroiliac Joint (SIJ) As a Cause of Chronic Low Back Pain

According to Nikolai Bogduk, sacroiliac joint problem constitutes ~20% of all chronic low back pain cases. Though diagnosing the cause of back pain can be difficult, an accurate diagnosis of SIJ pain can be promising because specific treatment can lead to satisfying results.

Causes of SIJ Pain

- Altered body biomechanics, e.g. leg-length discrepancy, gait abnormalities, scoliosis, hip osteoarthritis, after lumbar fusion, pregnancy, etc.
- Trauma (almost 60%)
- Repetitive stress injury at sports, e.g. powerlifting, gymnastics, golf, rowing, step aerobics, etc.
- Degeneration
- Inflammation, e.g. seronegative spondyloarthropathies
- Infection

Symptomatology

The main symptom of SIJ dysfunction is pain. For most of the patients, the pain starts spontaneously. But there is still a significant number of patients who can recall an inciting event. The pain character is usually described as a background dull ache with sudden episodes of sharp, stabbing pain. For the pain distribution, high percentage of patients reported their pain around the PSIS (posterior superior iliac spine) region, but the pain can be referred to the buttock and posterior thigh as well. In a few number of cases, pain was reported referring distally to the calf region. Pain can be unilateral or bilateral. Pain provocative activities include sitting for long periods and movements involving turning the torso.

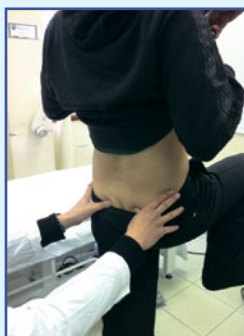
If there is fever, weight loss, morning stiffness, history of inflammatory disorders, one should consider inflammatory disease or pelvic malignancy as the underlying cause of the SIJ pain.

Physical Examination

Provocative Tests

Fluoroscopic studies demonstrated none of the following SIJ provocative clinical tests which have high sensitivity and specificity. Therefore, a doctor should perform as many provocative tests as possible. If only one or two test(s) is/are positive, do consider other differential diagnoses. The following tests are my usual sequence with the patient being tested on standing, lying supine, lying on side and finally lying prone.

Patient standing



Stork test: examiner palpates the PSIS and asks patient to flex the hip and knee on the side being tested. The test is positive if the PSIS fails to move inferiorly

Lying supine



Sacral distraction test: examiner applies cross-arm pressure to both ASIS. The test is positive if familiar symptoms are reproduced.



Faber test: examiner brings ipsilateral knee into flexion with lateral malleolus placed over the contralateral knee, and applies a light pressure over the ipsilateral knee, while stabilizing the contralateral ASIS. The test is positive if familiar symptoms are reproduced.



Thigh thrust test: patient lies supine with hip flexed to 90°. Examiner applies posteriorly directed force through the femur. The test is positive if familiar symptoms are reproduced.



Gaenslen test: patient lies supine near the edge of the table and one leg hanging over the edge of the table and the other flexed toward the patient's chest, examiner applies firm pressure to both the hanging leg and the leg flexed toward the chest. Test is positive if familiar symptoms are reproduced.

Lying on side



Iliac compression test: patient side-lying, affected side up, with hips flexed ~45 ° and knees flexed 90 °, examiner then applies a force vertically downward on the anterior superior iliac crest. Test is positive if familiar symptoms are reproduced.

Lying Prone

Palpate both sacral sulci to elicit tenderness if any. Finally, the sacrum is sprung anteriorly using the palm of clinician's hand to provoke any pain.

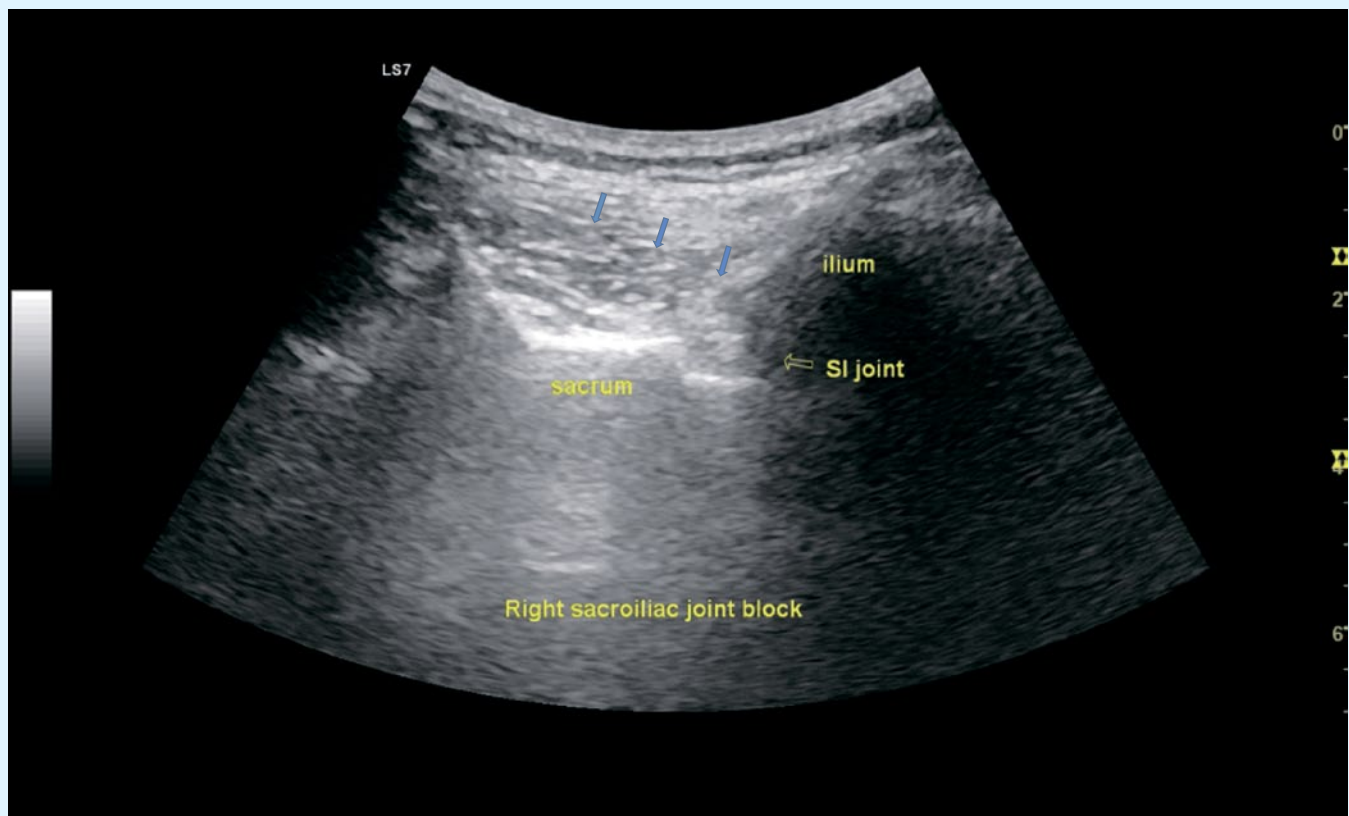
Investigations

Laboratory studies are usually not necessary unless when an underlying inflammatory or malignant cause is suspected clinically.

For imaging studies, X-ray is not useful because of great variability in joint anatomy among patients. In old asymptomatic individuals, sclerosis or obliteration of the SIJ is not an uncommon finding. In AS (ankylosing spondylitis) patients, X-ray has poor sensitivity in early stage of the disease. Nevertheless, the findings of joint widening with erosion and sclerotic changes at joint margins are suggestive of inflammatory etiologies of the SIJ pain. In that case, CT can usually show the findings of sacroiliitis and degeneration earlier than X-rays. Concerning MRI, it may be the most sensitive imaging technique when there are inflammatory changes within the SIJ. It is generally used to exclude other differential diagnoses such as sacral insufficiency fracture, lumbar pathologies or pelvic malignancy. But its role in dysfunctional SIJ pain is controversial.

Diagnostic & Therapeutic Injections

Traditionally, it is often assumed that an analgesic response to a properly performed diagnostic block is the most reliable method to diagnose SI joint pain. Therefore, if the pain does not resolve well in the first 6 weeks of conservative treatment, an intra-articular injection under image guidance can be considered. The injectate is frequently a mixture of local anaesthetic and steroid. In recent years, SIJ injections can be easily performed in clinic setting under ultrasound guidance, especially in non-obese patients with inexpensive cost.



An ultrasound image showing the needle trajectory (blue arrow) in a SIJ block

Treatment of Chronic SIJ Pain

It is beyond the scope here. To briefly mention, nowadays the following are some treatment options for chronic SIJ pain:

- Correction of abnormal biomechanics
- Manipulation
- Prolotherapy
- Autologous platelet-rich plasma injection
- Radiofrequency denervation
- SIJ fusion is the last resort, which is rarely performed

Reference:

1. Schwarzer AC, Aprill CN, Bogduk N. **The sacroiliac joint in chronic low back pain.** *Spine* 1995 Jan 1;20(1);31-7
2. Foley BS, Buschbacher RM. **Sacroiliac joint pain: anatomy, biomechanics, diagnosis, and treatment.** *Am J Phys Med Rehabil.* 2006 Dec. 85(12):997-1006.
3. Thawrani DP, Agabegi SS, Asghar F. **Diagnosing Sacroiliac Joint Pain.** *J Am Acad Orthop Surg.* 2018 Oct 1.
4. Hancock MJ, Maher CG, Latimer J, et al. **Systematic review of tests to identify the disc, SIJ or facet joint as the source of low back pain.** *Eur Spine J.* 2007 Oct. 16(10):1539-50.
5. Michael J. Tuite, MD. **Sacroiliac Joint Imaging.** *Semin Musculoskelet Radiol* 2008;12:72-82
6. Chen CP, Lew HL, Tsai WC, Hung YT, Hsu CC. **Ultrasound-guided injection techniques for the low back and hip joint.** *Am J Phys Med Rehabil.* 2011 Oct. 90(10):860-7.
7. Singla V, Batra YK, Bharti N, Goni VG, Marwaha N. **Steroid vs platelet-rich plasma in ultrasound-guided sacroiliac Joint injection for chronic low back pain.** *Pain Pract.* 2017 Jul;17(6):782-791
8. Liliang PC, Lu K, Liang CL, Tsai YD, Wang KW, Chen HJ. **Sacroiliac joint pain after lumbar and lumbosacral fusion: findings using dual sacroiliac joint blocks.** *Pain Med.* 2011 Apr. 12(4):565-70.

Department of Family Medicine and Primary Care of The University of Hong Kong is actively recruiting primary care doctors who are prepared to take medical students into their practices for teaching purposes.

- As part of the **Professionalism in Practice Programme (PIP)**, each student will attach individually or in pairs to the same preceptor for three half-day sessions over the first two years of medical school. Through early attachment to a primary care doctor, students will focus on developing an understanding of what it means to be a doctor and how professionalism is practiced in real life. The dates of the attachment are flexible.
- During the **Family Medicine Junior Clerkship – Family Practice Attachment (FPA)** of the fourth year of medical school, each student will attach individually or in pairs to a family practice in the community for two half-day sessions over nine-week period. These attachments are on a one-to-one basis, and are scheduled at regular intervals throughout the clerkship.

Most doctors find that teaching medical students is a rewarding experience, and that the satisfaction gained often more than compensates for the minor disruption to the practice. Those who volunteer to teach will be offered an honorary academic appointment at The University of Hong Kong, which is a quotable appointment. CME and CPD accreditation has been given to these teaching activities by the Quality Assurance and Accreditation Committee of Hong Kong College of Family Physicians (HKCFP) towards the award of the Certificate of Quality Assurance. Our honorary teachers are entitled to use HKU's facilities including the library and email access to the HKU portal.

Fellows and members of the HKCFP are most eligible, and enquiries from other doctors would also be welcome. No previous experience is necessary - interest and motivation to pass on your expertise are much more important.

Please complete and return the reply-slip together with your updated CV. If you would like more information about our programmes, please contact us by email (fmpe@hku.hk) or telephone (2518-5657).

Professor Cindy L.K. Lam
Department of Family Medicine and Primary Care
The University of Hong Kong

REPLY SLIP

To : Department of Family Medicine and Primary Care, The University of Hong Kong
3/F., Ap Lei Chau Clinic, 161 Main Street, Ap Lei Chau, Hong Kong
(Email: fmpe@hku.hk / Fax: 2814-7475)

I am interested in taking medical students for the following programme(s), and have attached my updated CV.

☐ **Professionalism in Practice Programme (PIP)**

☐ **Family Medicine Junior Clerkship – Family Practice Attachment (FPA)**

Name: _____ (English) _____ (Chinese)

Office Address: _____

E-mail Address: _____

Office Tel. No. : _____ Fax. No. : _____

Date: _____ Signature: _____

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

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: 29th October 2020

Supported by HKCFP Foundation Fund

Meeting Highlights

Online Seminar on 7 July 2020

Dr. Wan Chi Kin, Raymond, Specialist in Respiratory Medicine, delivered a lecture on "When to Use Inhaled Corticosteroids (ICS): Optimizing Treatment for COPD Patients" on 7 July 2020.



Dr. Tsui Hing Sing, Robert (left, Moderator) presenting a souvenir to Dr. Wan Chi Kin, Raymond (right, Speaker)

Online Medical Humanities Seminar on 25 July 2020

Dr. Wong Tsz Kau, Carl, Family Physician and Dr. Lo Kit Hung, Senior Lecturer, Department of Philosophy, Chinese University of Hong Kong, delivered a lecture on "Stoicism and Family Medicine" on 25 July 2020.



Dr. Chan Suen Ho, Mark (left, Moderator) presenting a souvenir to Dr. Lo Kit Hung (middle, Speaker) and Dr. Wong Tsz Kau, Carl (right, Speaker)

Advanced Primary Care Life Support (APCLS) Training and Examination Workshop 2020

Advanced Primary Care Life Support (APCLS) Training and Examination Workshop was held on 11 and 12 July 2020.



Dr. David Chan (left, Chairman of CPR Subcom) and Dr. Keith Tse (right, APCLS instructor) presenting a souvenir to Dr. Leung Chin San (middle, Speaker).

Online Dermatology Seminar on 4 July 2020

We would like to thank Dr. Loo King Fan, Steven, Specialist in Dermatology and Venerology, for delivering a lecture on "Update on Atopic Dermatitis 2020" on 4 July 2020.

Online Seminar on 15 July 2020

We would like to thank Prof. Helen Reddel, Professor, Faculty of Medicine and Health, the University of Sydney, Australia, for delivering a lecture on "How Can Mild Asthma be Managed in Community?" on 15 July 2020.

Online Seminar on 23 July 2020

We would like to thank Dr. Adrian Cheong, Specialist in Cardiology, for delivering a lecture on "NOAC in Atrial Fibrillation - Applying The Relentless Torrent of Clinical Evidence" on 23 July 2020.

Online Mental Health Seminar on 1 August 2020

Dr. Liu Kwong Sun, Specialist in Psychiatry, delivered a lecture on "Mental Health Issues after COVID-19" on 1 August 2020.



Dr. Chan Suen Ho, Mark (left, Moderator) presenting a souvenir to Dr. Liu Kwong Sun (right, Speaker)

Online Seminar on 2 August 2020

Dr. Woo Kong Sang, John, Specialist in Otorhinolaryngology, delivered a lecture on "Early Diagnosis of Nasopharyngeal Carcinoma: How to Make the Best Use of a Very Sensitive Screening Tool?" on 2 August 2020.



Dr. Chan Chi Wai (left, Moderator) presenting a souvenir to Dr. Woo Kong Sang, John (right, Speaker)

Online Seminar on Medical Humanities, organized by the Interest Group in Medical Humanities The 13th Meeting held on 25 July 2020

Dr. Chan Suen Ho Mark (Coordinator), Board of Education, HKCFP

The 13th Medical Humanities Meeting was held online on 25 July 2020 (Saturday), with 118 attendees. Dr. Wong Tsz Kau, Carl and Dr. Lo Kit Hung, Alex were the speakers.

Topic : Stoicism and Family Medicine

Speakers : Dr. Wong Tsz Kau, Carl

Family Physician

Dr. Lo Kit Hung, Alex

*Senior Lecturer, Department of Philosophy,
the Chinese University of Hong Kong*

Learning Points prepared by Dr. Wong Tsz Kau, Carl

Stoicism is an ancient philosophy originated from Zeno of Citium. It is an important school of thought consisting of three systems, namely logic, physics and ethics. Three great figures, i.e., Seneca, Epictetus and Marcus Aurelius contributed a lot to the subsequent development and maturity of Stoicism.

We started on the Stoic view on emotion. For a Stoic, all human emotion consists of two judgements, namely the judgement that there is good or bad at hand, and the judgement that it is appropriate to react in ways which he specified precisely. These judgements are NOT, like appearances, involuntary.

According to Albert Ellis's Rational-emotive Behavior Therapy (REBT), our emotional response to a certain potential stressor depends on our cognitive appraisal of the 'phantasiai'. An irrational belief will lead to an irrational consequence. Therefore, we need to have a self-examination of culture and belief and a space for argument in order to arrive at a rational belief and consequence. As Epictetus said, 'Men are not disturbed by things, but by the view which they take of them.'

Four techniques are discussed in this session.

1. Negative visualization- the key to happiness is to avoid 'hedonic adaptation'. As Seneca said, 'We should live as if this very moment were our last.' Negative visualization reminds us to imagine consciously what we have now will be lost at the next moment, and we will cherish more on the present moment and 'regain' the happiness.
2. Dichotomy of control- As Epictetus said, 'Some things are up to us and some are not up to us.' In our daily living we need to differentiate the things which we have complete control and those not. We SHOULD concern

ourselves with things over which we have COMPLETE control, like our opinions, goals and valuations.

3. Fatalism- As Epictetus said, 'we should want events to happen as they do happen.' We need to accept what the fate brings. However, we just apply this kind of fatalism to past events, not the future events. Fatalism remind us that the past cannot be changed and we should not torture ourselves with past events and 'if's.
4. Self-denial- Stoicism advises us to regularly 'practice poverty'. As Seneca said, 'Pursuing pleasure is like pursuing a wild beast: on being captured, it can turn on us and tear us to pieces.'

One drawback for the application of Stoicism is that it requires our own correct reasoning, and this kind of 'high rationality' may not be immediately available in every one.

Self-assessment quiz (True/False):

1. The three main systems in Stoicism are Logic, Physics and Ethics.
2. Rational Emotive Behavior Therapy (REBT) was established by Carl Jung.
3. In Stoic view on emotion, all emotion consists of two judgements.
4. Judgements are, like appearances, involuntary.
5. Epictetus once said: "Men are not disturbed by things, but by the view which they take of them."
6. Positive visualization is a useful Stoic skill.
7. Epictetus advised us that we SHOULD concern ourselves with things over which we have COMPLETE control.
8. Fatalism on past events is not advised by Stoics.
9. Practicing poverty is recommended by Stoics as it brings us advantages.
10. In cognitive appraisal, irrational belief leads to rational consequence.

Next Meeting:

The next meeting is scheduled on 10 October 2020 (Saturday) and we're honor to have Dr Carl Wong and Dr. Alex Lo again to talk on "I-Ching and Family Medicine" with us.

Answers:

1. True
2. False
3. True
4. False
5. True
6. False
7. True
8. False
9. True
10. False

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
18 Sept (Fri) 2:00 – 3:00 p.m.	Overview of Atrial Fibrillation Management <i>Sponsored by Pfizer Corporation Hong Kong Limited</i>	Dr. Thomas Prabowo TUNGGAL <i>Specialist in Cardiology</i>
19 Sept (Sat) 2:00 – 3:30 p.m.	Mindfulness: Finding peace in a frantic world <i>Organized by Counselling Interest Group</i>	Prof. Wong Yeung Shan, Samuel <i>Director, JC School of Public Health and Primary Care, Faculty of Medicine, the Chinese University of Hong Kong</i>

Accreditation : 18 Sept (Fri) : 1 CME Point HKCFP (Cat. 4.3)
1 CME Point MCHK (pending)
19 Sept (Sat) : 2 CME Point HKCFP (Cat. 4.3)
2 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
28 Aug (Fri) 2:30 – 3:30 p.m.	Thanatology for Family Physicians 你識唔識死 (Part 2) <i>(Cantonese presentation)</i>	Dr. Wong Tsz Kau, Carl <i>Family Physician</i> Dr. Lo Kit Hung <i>Senior Lecturer, Department of Philosophy, the Chinese University of Hong Kong</i>
25 Sept (Fri) 2:30 – 3:30 p.m.	An Approach to patients with Renal Impairment in Primary Care Setting	Dr. Chan Siu Kim <i>Specialist in Nephrology</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	
18 Sept (Fri)	19 Sept (Sat)	28 Aug 2020 (Fri)	25 Sept 2020 (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 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 complete and submit the *MCQs or survey after the session for HKCFP and MCHK CME point(s) accreditation. (*MCQs/ True or False Question; 50% or above of correct answers are required)**
- Please be reminded to check the system requirements beforehand to avoid any connection issues.
- 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
2 Sep 2020 (Wed)			
2:00 – 5:00 p.m.	Seminar Room, G/F, Block A, Queen Elizabeth Hospital	Update of Management of LUTS Dr. Ng Ka Wing & Dr. Hung Pui Shan	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	Approach to Dysmenorrhea Dr. Wu Flora	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Medical Resources for Patients on the Internet Dr. Fung Wai Yee & Dr. Cheung Jessica	Ms. Polly Tai Tel: 3949 3430
5:00 – 7:00 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	Miscarriage and Termination of Pregnancy Dr. Prudence Hou	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	Care Model for Aging Population in Different Countries Dr. Wong Chun Kit & Dr. Yiu Sze Wa Sarah	Mr. Alex Kwok Tel: 5569 6405
3 Sep 2020 (Thu)			
4:30 – 6:00 p.m.	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Reporting System and Management of Infectious Diseases in Hong Kong Dr. Zhang Dingzuan & Dr. Hun Pek I	Ms. Eliza Chan Tel: 2468 6813
9 Sep 2020 (Wed)			
2:00 – 5:00 p.m.	Conference Room 2, G/F, Block M, Queen Elizabeth Hospital	Living Will, Advanced Directive & Guardianship Board Dr. Yu Xiaoxia & Dr. Fan Yuen Shan, Patricia	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	Allied Health Services in the Community (Physiotherapy and Occupational Therapy) Dr. Chan King Hang & Dr. Lam Ka Wai	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Conference Room, 3/F, Block P, United Christian Hospital	Paediatric Emergency in General Practice Dr. Chen Tsz Ting & Dr. Chuk Man Ting, Karen	Ms. Polly Tai Tel: 3949 3430
5:00 – 7:00 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	Management of Post-Traumatic Stress Disorder in Family Medicine Dr. Chelsia Kwan	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	Advance Directive and Enduring Power of Attorney Dr. Poon Lai Ping	Mr. Alex Kwok Tel: 5569 6405
10 Sep 2020 (Thu)			
4:30 – 6:00 p.m.	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Clinical Leadership in Primary Care Dr. Fan Siu Wai & Dr. Lo Cheuk Wai	Ms. Eliza Chan Tel: 2468 6813
16 Sep 2020 (Wed)			
2:00 – 5:00 p.m.	Seminar room, G/F, Block A, Queen Elizabeth Hospital	Common Symptoms in Dermatology (1) (Skin Rash) Dr. Li Janice Chun Ying & Dr. Cheung Ada Sze Wai	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	Emergency Infectious Diseases Dr. Chiu Kwan Ki & Dr. Lo King Yan	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Conference Room, G/F, Block K, United Christian Hospital	Evidenced Based Medicine Dr. Ho Sze Ho & Dr. Lam Ka Wing, Kevin	Ms. Polly Tai Tel: 3949 3430
5:30 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Sexually Transmitted Disease Dr. Mak Hoi Yin & Dr. Chu Pui Ling, Candice	Mr. Alex Kwok Tel: 5569 6405
17 Sep 2020 (Thu)			
4:30 – 6:00 p.m.	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Update Management of Musculoskeletal Problem in Primary Care such as OA Knee, Frozen Shoulder and LBP Dr. Cheng Ka Yan & Dr. Tang Kin Sze	Ms. Eliza Chan Tel: 2468 6813
23 Sep 2020 (Wed)			
2:00 – 5:00 p.m.	Seminar Room, G/F, Block A, Queen Elizabeth Hospital	Sexually Transmitted Disease (including High Risk Sexual Behaviour and Community Resources) Dr. Ho Ka Ki & Dr. Lam Hiu Ching, Natasha	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	Introduction and Principle of Community Health Centre in Hong Kong Dr. Sheng Wei Yang	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Conference Room, G/F, Block K, United Christian Hospital	Common Symptoms in Dermatology (Part 1) (Cutaneous Lesions and Discolorations) Dr. Chau Yiu Shing & Dr. Wong Ching Sze	Ms. Polly Tai Tel: 3949 3430
5:00 – 7:00 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	Introduction to Research and Paper Writing Dr. Esther Yu	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	Community Resources for Palliative Care Dr. Poon Lai Ping & Dr. Fung Yat Wang, Andrew	Mr. Alex Kwok Tel: 5569 6405
24 Sep 2020 (Thu)			
4:30 – 6:00 p.m.	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Private Healthcare Facilities Ordinance Dr. Tsui Sau In & Dr. Kum Chung Hang	Ms. Eliza Chan Tel: 2468 6813
30 Sep 2020 (Wed)			
2:00 – 5:00 p.m.	Room 7, 8/F, Yaumatei GOPC	Approach to Abnormal Laboratory Results (Radiology) and Approach to Abnormal ECGs Dr. Chuang Chi Kit & Dr. Chan Kai Lung	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	Health Care System - Singapore VS Hong Kong Dr. Lam Sze Yan & Dr. Tsang Lai Ting	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Conference Room, 3/F, Block P, United Christian Hospital	FM training in HK & Overseas Dr. Wong Ho Ching & Dr. Huang Wanshu	Ms. Polly Tai Tel: 3949 3430
5:00 – 7:00 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	Update on Diabetes Management & Basal Insulin Analogue Professor Masato Odawara	Ms. Cherry Wong Tel: 2589 2337

COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 Aug 2:00 – 6:00 p.m. APCLS Examination	10	11 9:00 p.m. Board of DFM Meeting	12 2:00 – 7:30 p.m. Structured Education Programme	13 4:30 – 7:00 p.m. Structured Education Programme	14 8:30 p.m. DFM Introductory Session	15 2:30 – 5:30 p.m. Assessment Enhancement Course 2020 (Online)
16	17	18	19 2:00 – 7:30 p.m. Structured Education Programme	20 4:30 – 7:00 p.m. Structured Education Programme 8:30 p.m. Council Meeting	21	22 2:30 – 5:30 p.m. DFM
23	24	25	26 2:00 – 7:30 p.m. Structured Education Programme	27 4:30 – 7:00 p.m. Structured Education Programme	28 2:30 – 3:30 p.m. Online Video Session	29 2:30 – 5:30 p.m. DFM 2:30 – 5:30 p.m. Assessment Enhancement Course 2020 (Online)
30	31	1 Sep	2 2:00 – 7:30 p.m. Structured Education Programme	3 4:30 – 7:00 p.m. Structured Education Programme	4	5
6	7	8	9 2:00 – 7:30 p.m. Structured Education Programme	10 4:30 – 7:00 p.m. Structured Education Programme	11 Hong Kong Primary Care Conference 2020	12 Hong Kong Primary Care Conference 2020
13	14	15	16 2:00 – 7:30 p.m. Structured Education Programme	17 4:30 – 7:00 p.m. Structured Education Programme 6:30 p.m. Exit Exam - Research Forum	18 2:00 – 3:00 p.m. Online CME Lecture 6:30 p.m. Exit Exam - Clinical Audit Forum	19 2:00 – 3:30 p.m. Online Counselling Lecture
20	21	22	23 2:00 – 7:30 p.m. Structured Education Programme	24 4:30 – 7:00 p.m. Structured Education Programme 8:30 p.m. Council Meeting	25 2:30 – 3:30 p.m. Online Video Session	26 2:30 – 5:30 p.m. Assessment Enhancement Course 2020

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

FP LINKS EDITORIAL BOARD 2020



Back row (from left to right): Dr. Sin Ming Chuen, Dr. Chan Man Li, Dr. David Cheng, Dr. Sze Hon Ho, Dr. Ho Ka Ming, Dr. Fok Peter Anthony, Dr. Yip Tsz Hung, Dr. Alfred Kwong and Dr. Alvin Chan
2nd row (from left to right): Dr. Maria Leung, Dr. Heidi Fung, Dr. Cheuk Christina, Dr. Leung Lok Hang, Prof. Martin Wong and Dr. Tam John Hugh
Front row (from left to right): Dr. Law Tung Chi, Dr. Tsui Hiu Fa, Dr. Judy Cheng, Dr. Catherine Ng, Dr. Wendy Tsui, Dr. Natalie Yuen, Dr. Anita Fan and Dr. Natalie Siu

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