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Message from the President

The number of patients confirmed with COVID-19 has increased rapidly in recent weeks. In view of the severity of the epidemic situation, the launch date of the Air Travel Bubble (ATB) between Hong Kong and Singapore has been deferred and strict social distancing measures have been re-imposed to the level similar to those implemented in July.

The presence of multiple clusters of local cases of unknown sources suggested that silent transmission chains are in the community. For better prevention and control of the disease, the government published in the Gazette the specifications under Cap. 599J on 27 November 2020 empowering registered medical practitioners with full or limited registration to issue the compulsory testing direction to require specified patient to undergo a polymerase chain reaction-based nucleic acid test for COVID-19 during 28 November 2020 to 11 December 2020 (14 days) initially. Persons who receive the direction should undergo a test within two days after the issue date of the written direction (the testing deadline). Failure to comply with the compulsory testing direction is an offence and will be liable to a fine and possible imprisonment.

Also, in order to identify cases in the community as early as possible to help cut the transmission chains, five additional community testing centres are coming into operation. Together with the nine centres which have commenced service last month, there will be a total of 14 community testing centres across the city providing COVID-19 testing services for the public. Specimen collection services using combined nasal and throat swabs and COVID-19 testing are provided at these centres.

Amidst the surging number of confirmed COVID-19 patients during this 4th wave of cases, two more exhibition halls of Asia World-Expo have commenced operation to enhance the Community Treatment Facility (CTF) capacity providing an additional 500 beds. The expansion of isolation capacity at CTF to receive patients who are in relatively stable conditions and can take care of themselves independently would help alleviate the demand pressure for hospital beds. Recruitment of locum doctors by the Hospital Authority (HA) to support the operational needs at both hospitals and community facilities is ongoing. Members from our College are welcome to visit the website of Locum Office in HA at www.ha.org.hk/goto/locum for more information regarding the Locum Doctor recruitment. Thanks for your continuing support.



The Royal Australian College of General Practitioners (RACGP) Annual Conference - GP20 was held from 16 – 28 November 2020 using an online platform. I was honored to be invited to share with the conference delegates on the topic of "The role of Family Physicians in COVID-19: A Hong Kong perspective". I gave an overview and update on our COVID-19 journey in Hong Kong starting from the beginning of the pandemic with emphases on what our local family doctors have been actively contributing towards the ongoing fight against the virus. Salute to all family doctors in Hong Kong once again!

(Continued on page 2)

Message from the President (Con't)

(Continued from page 1)

During GP20, I was also invited to participate in a Global Presidential Roundtable which aimed at providing collegiality by facilitating GP leaders all over the world to meet and discuss the challenges in providing CME, focusing on the key drivers for strengthening international partnerships and collaborations, and possible models to strengthen partnerships. The GP leadership participants included Prof. Ayman Shenouda (RACGP, Acting President), Prof. Karen Price (RACGP, President Elect), Dr. Tess Van Duuren (RACGP, Censor In Chief), Dr. Matthew Miles (RACGP, Chief Executive Officer), Dr. Mark Miller (RACGP International Chairman), Prof. Michael Kidd (Australian Government Department of Health Deputy Chief Medical Officer and Principal Medical Advisor) on behalf of Prof. Donald Li (President of WONCA), Prof. Amanda Howe (RCGP, President), Dr. Samantha Murton (RNZCGP, President), Dr. Catherine Cervin (CFPC, President),

Adj Asst Prof. Tze Lee Tan (CFPS, President), Dr. Wee Eng Chye (AFPM, President) Dr. Mohammad Husni Jamal (AFPM, Past President), just to name a few.



Participants at the Presidential Roundtable of GP20

We have gone through a very unique 2020, a year like no other. As a fresh new year is around the corner, I would like to wish you all a very Merry Christmas and a safe, healthy and Happy New Year ahead!

Please keep well and stay safe.

Dr. David V K CHAO
President

The Composition of HKCFP Council 2021

Following the 43rd HKCFP Annual General Meeting and the 467th Council meeting on Sunday, 06 December 2020, the following Executives and Council Members were elected:

Dr. David VK CHAO
Dr. Cecilia YM FAN
Dr. William CW WONG
Dr. Billy CF CHIU
Dr. Simon CL AU
Dr. King KH CHAN
Dr. Lorna V NG
Dr. NGAN Po Lun
Prof. Samuel YS WONG
Dr. YIU Yuk Kwan

President
Vice-President (Education and Examinations)
Honorary Secretary
Honorary Treasurer
Council Member
Council Member
Council Member
Council Member
Council Member
Council Member

Congratulations. We extend our hearty welcome to the above candidates.



HKCFP Annual General Meetings is proceeded under the social distancing measures

The Composition of the Council 2020 – 2021 is as follows:

President	Dr. David VK CHAO	
Vice-President (General Affairs)	Dr. LAU Ho Lim	
Vice-President (Education & Examinations)	Dr. Cecilia YM FAN	
Honorary Secretary	Dr. William CW WONG	
Honorary Treasurer	Dr. Billy CF CHIU	
Immediate Past President	Dr. Angus MW CHAN	
Council Members	Dr. Simon CL AU	Dr. LI Yim Chu
	Dr. Edmond CW CHAN	Dr. Matthew MH LUK
	Dr. Alvin CY CHAN	Dr. Lorna V NG
	Dr. CHAN Hung Chiu	Dr. NGAN Po Lun
	Dr. King KH CHAN	Dr. Wendy WS TSUI
	Dr. Ken KM HO	Dr. Marcus MS WONG
	Dr. Eric MT HUI	Prof. Samuel YS WONG
	Dr. Welchie WK KO	Dr. YIU Yuk Kwan
	Dr. Mary BL KWONG	Dr. Esther YT YU
	Dr. Maria KW LEUNG	
Board of Censors	Prof. Cindy LK LAM (<i>Chief Censor</i>)	
	Dr. Stephen KS FOO	
	Prof. Donald KT LI	

Mr. Anthony WK CHOW has been re-appointed as **Honorary Legal Advisor** and **Mr. CF CHEUNG** has been re-appointed as **Honorary Auditor**.

The Chairperson of the various Boards and Committees 2020 – 2021 are as follows:

Chairmen of Various Boards

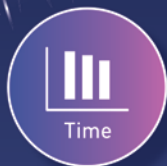
Board of Conjoint Examination	Dr. CHAN Hung Chiu
Board of Diploma in Family Medicine	Dr. Simon CL AU
Board of Education	Dr. Alvin CY CHAN
Board of Professional Development and Services	Dr. LAU Ho Lim
Board of Vocational Training & Standards	Dr. YIU Yuk Kwan
Editorial Board	Dr. David VK CHAO
Specialty Board	Dr. Wendy WS TSUI
Board of Censor	Prof. Cindy LK LAM (<i>Chief Censor</i>)
	Dr. Stephen KS FOO
	Prof. Donald KT LI

Chairmen of Various Committees

Business Management Committee	Dr. Billy CF CHIU
Education Committee (AM affairs)	Dr. Cecilia YM FAN
External Affairs Committee	Dr. David VK CHAO
Finance Committee	Dr. Billy CF CHIU
FP links Committee	Dr. Wendy WS TSUI
Hong Kong Primary Care Conference	Dr. Lorna V NG
House Management Committee	Dr. LAU Ho Lim
Internal Affairs Committee	Dr. Welchie WK KO
Membership Committee	Dr. Maria KW LEUNG
Public Education Committee	Dr. NGAN Po Lun
Quality Assurance & Accreditation Committee	Dr. King KH CHAN
Research Committee	Prof. Samuel YS WONG
Web and Computer Committee	Dr. Matthew MH LUK
Young Doctors Committee	Dr. Edmond CW CHAN (Co-Chair)
	Dr. TSE Sut Yee (Co-Chair)

Dr. William CW WONG
Honorary Secretary

Your Trustable Partner with Years of Experience and Confidence¹



Effective HbA_{1c} reduction²



Fewer hypoglycaemia compared with NPH³



Does not require resuspension⁴



Award-winning SoloSTAR[®] pen⁵



HbA_{1c}=glycated haemoglobin. NPH=neutral protamine Hagedorn insulin.

References: 1. Drug Office, Department of Health. Available at: <https://www.drugoffice.gov.hk/eps/drug/productDetail/en/consumer/122821>. Accessed: 8 Jun 2020. 2. Davies M, Storms F, Shutler S, et al. Diabetes Care. 2005;28:1282-8. 3. Mullins P, Sharplin P, Yki-Jarvinen H, et al. Clin Ther. 2007;29:1607-19. 4. Lantus[®] Hong Kong prescribing information. 5. Sanofi-aventis. Sanofi-aventis' SoloSTAR[®] insulin pen for Lantus and Apidra receives the prestigious GOOD DESIGN Award. [Press release], 2008 Feb 14.

Prescribing information:

Presentation: 100 IU/ml Insulin glargine solution for injection. **Indications** For the treatment of adults, adolescents and children aged 2 years and above with diabetes mellitus. **Dosage** Once daily (at the same time every day), with adjusted individual dosage. **Administration** Subcutaneous injection. Lantus is NOT INTENDED FOR INTRAVENOUS USE since it could result in severe hypoglycaemia. **Contraindications** Hypersensitivity to insulin glargine or to any of the excipients. **Precautions** Lantus has not been studied in children below the age of 2 years. Elderly: progressive deterioration of renal function may lead to a steady decrease in insulin requirements. Renal impairment: insulin requirements may be diminished due to reduced insulin metabolism. Hepatic impairment: insulin requirement may be diminished due to reduced capacity for gluconeogenesis and reduced insulin metabolism. Hypoglycaemia. Intercurrent illness. Combination of Lantus with pioglitazone. **Fertility, pregnancy and lactation** Animal studies do not indicate direct harmful effects with respect to fertility and reproductive toxicity. The use of Lantus may be considered during pregnancy if clinical needed. It is unknown whether insulin glargine is excreted in human milk. **Overdose** Insulin overdose may lead to severe and sometimes long-term and life-threatening hypoglycaemia. Mild episodes of hypoglycaemia can usually be treated with oral carbohydrates. More severe episodes with coma, seizure or neurologic impairment may be treated with glucagon (intramuscular or subcutaneous) or concentrated glucose solution (intravenous). **Interactions** Effects enhanced by oral antidiabetics, ACEI, disopyramide, fibrates, fluoxetine, MAOIs, pentoxifylline, propoxyphene, salicylates, sulfonamide antibiotics. Effects reduced by corticosteroids, danazol, diazoxide, diuretics, glucagons, isoniazid, oestrogens and progestogens, phenothiazine derivatives, somatropin, sympathomimetics, or thyroid hormones, atypical antipsychotics and protease inhibitors. Beta-blockers, clonidine, lithium or alcohol may either potentiate or weaken the effects of insulin. Pentamidine may cause hypoglycaemia, followed by hyperglycaemia. The signs of adrenergic counter-regulation may be reduced or absent under the influence of sympatholytic medicinal products such as Beta-blockers, clonidine, guanethidine and reserpine. **Undesirable effects** Hypoglycaemia, Lipohypertrophy, Injection site reactions, Lipoatrophy, Allergic reactions, Visual impairment, Retinopathy, Oedema, Dysgeusia, Myalgia. **Storage:** Before first use: Store in a refrigerator (2°C - 8°C). Do not freeze. After first use: Store below 30°C. Use within 28 days. Away from direct heat or light. Preparations Lantus SoloStar 5 x 3ml (300IU) pre-filled pens. Lantus Vial One 10ml (1000IU) vial per box. **Legal Classification:** Part 1 Poison. **Full prescribing information is available upon request.** API-HK-GLA-17.03

Sanofi Hong Kong Limited

1/F & SECTION 212 on 2/F, AXA SOUTHSIDE, 38 WONG CHUK HANG ROAD,
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Membership Committee News

The Council approved, on recommendation of the Chairlady of the Membership Committee, the following applications for membership in **October - November 2020**:

Associate Membership (New Application)

Dr. GE Shicong	葛世聰
Dr. SUN Dione Tinoi	沈天愛

Resignation of Associate Membership

Dr. YUNG Yan Kai	容仁佳
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Announcement of HKCFP Membership Annual Subscription 2021

Dear College Members,

The Debit Note of Membership Annual Subscription 2021 is now available online for members' review by logging to the membership corner through the College's website with the following details:

Normal rate:

✦ Fellows Member:	HK\$1,380.00
✦ Full Member:	HK\$ 920.00
✦ Associate Member:	HK\$ 920.00
✦ Affiliate Member:	HK\$ 345.00
✦ Non-HKSAR Fellow Member:	HK\$ 863.00
✦ Non-HKSAR Member:	HK\$ 345.00
✦ Student Member:	HK\$ 115.00

10% discounts would be applied to members who settle the payment

- ✦ on or before 28th February 2021, or
- ✦ through **PayPal** on or before 30th June 2021, or
- ✦ through existing **Autopay** account.

For detailed instruction, please refer to the Debit Note.

Also, please note the following important dates:

Early Bird Discount

- on or before 28th February 2021 by Autopay or by Cheque (according to postal mark). Post-dated and incorrect cheque are not accepted.

PayPal Discount

- on or before 30th June 2021.

Normal Rate

- from 1st March 2021 to 30th June 2021.

Cut-off Date of Membership renewal

- 30th June 2021.

Effective of Termination

- date-back from 1st January 2021.

Should you have any inquiry, please do not hesitate to contact the Secretariat by phone to 2871 8899 or email to membership@hkcfp.org.hk.

Thank you for your continuing support to the College.

Dr. Maria KW LEUNG
Chairlady
Membership Committee

Quality Assurance & Accreditation Committee News

Important news

Please ignore this message if you are a HKAM Fellow, or have already chosen HKAM via College as your MCHK CME administrator.

Dear College Members,

RE: MCHK CME Programme for Practicing Doctors who are not taking CME Programme for Specialists (Ver. Oct 2020)

We are pleased to remind you that our College members who are registered with Hong Kong Academy of Medicine (HKAM) as their MCHK CME administrator via HKCFP will have their associated administrative charge waived starting from January 2017. For new registrants **or** those who would like to switch their MCHK CME Administrator to HKAM via the College (with the cycle starting in January) **starting from 1st January 2021**, they must submit a Registration Consent Form to our College Secretariat before **18 December 2020 (Friday)**, and the processing of MCHK CME record will be facilitated accordingly.

Interested members who are currently not registered with HKAM should note the following:

1. MCHK registrants will have to liaise with their current CME Administrator (HKMA, DU, DH) for the necessary procedures in relation to change of the CME Administrator.
2. Change of CME Administrator from 'other CME Administrator' to 'HKAM via HKCFP' can be arranged after **ONE Cycle Year of programme has completed**, given that HKAM was not the administrator of your previous MCHK CME Cycle.
3. Overseas Conferences: please submit Attendance Record within one month on completion of the conference.
4. Self-study: please submit details of the programme within one month on completion of the Self-study.
5. Retrospective submission cannot be accredited outside the said time frame. In case of any discrepancy of accredited CME Points between HKCFP and 'other Administrators', the HKCFP has the final decision on the final accredited CME Points.

As our College is required to report the CME Points to HKAM every 6 months, MCHK CME registrants **MUST** sign on the respective MCHK CME attendance record sheet for CME record purposes. **To help the College Secretariat to distinguish College members from others, please identify yourself by entering your HKCFP membership number or simply putting "HKCFP" in the column of HKAM.** MCHK CME record may not be updated if one fails to update MCHK CME Administrator in a timely fashion.

The above arrangement is for our College members only. The required Registration Consent Form can be downloaded at www.hkcfp.org.hk > Downloads > 'Quality Assurance & Accreditation'. Please return the completed form to our College Secretariat at cmecpd@hkcfp.org.hk before the captioned deadline to facilitate the necessary arrangement. As usual, late submission may not be processed.

HKCFP Secretariat

Quality Assurance & Accreditation Committee News (Con't)

CME/CPD Compliance

Dear Colleagues,

The current QA Cycle (2020-2022) is going to be finalized by the end of this year. Please kindly check your updated report by visiting the College website 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

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

- i) Category 3, related to CPD activities,
- ii) Category 4, related to CME 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 organized 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

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 a minimum of 90 points, including **at least 15 CPD points** in a 3-year cycle (2020-2022).

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. Specify 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
 - 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 examination (Membership / Fellowship, etc) or academic examination (Diploma / Master Degree, etc) relevant to General Practice/Family Medicine.
4. Activities related to Quality Development, including participation in 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 selected seminars 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 to cmecpd@hkcfp.org.hk at your convenience.

Yours sincerely,

Dr. King Chan
Chairman, Quality Assurance & Accreditation Committee

Quality Assurance & Accreditation Committee News (Con't)

HKCFP Additional Accreditation and Report on CME/CPD Missing Points for Year 2020

Dear Members,

The credit point score of year 2020 for HKCFP QA Programme is going to be finalized. Please kindly check your updated report by visiting the College website at <http://www.hkcfp.org.hk/>.

If you wish to apply for Additional Accreditation or you find any CME/CPD points missing from your CME report, please apply for CME accreditation by sending the application(s) on or before **28 February 2021**.

1. Application for Additional Accreditation

The application of Additional Accreditation for the **year 2020** is now open for those activities **without prior accreditation** by QA&A Committee. For Educational Activities **under items 3.7, 3.8, 3.13, 3.14 and items 5.2 to 5.6 in QA Regulation 2020-22**, please apply in writing with relevant supporting documents and \$500 administration fee (**Non-refundable**) by cheque to QA&A Committee.

Please submit the application for Additional Accreditation with relevant supporting documents at your earliest convenience. **Relevant supporting documents are mandatory for accreditation, e.g. attendance records, photocopies of events, transcripts or published articles.** Kindly note that each application will be handled independently upon receipt of the application. Submission of additional information for the application, if any, will incur new charges.

2. Application for reporting CME / CPD missing points from Pre-Accredited Activities

This application is only for the activities held **in 2020 with prior accreditation** by QA&A Committee, i.e. before the activities took place. If such credit points are missing from the CME Report, please return the **"Report on CME / CPD missing points from Pre-Accredited Activity"** together with relevant supporting documents (e.g. attendance records, photocopies of events, transcripts or published articles) to us.

Application Deadline: 28 February 2021

All forms can be downloaded at: http://www.hkcfp.org.hk/pages_5_82.html

For those applying for additional accreditation, please send a cheque payable to "HKCFP Education Ltd" **by post** to: Room 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong

Please ensure your mail items bear Sufficient Postage before posting.

Application Form and Supporting Documents can be submitted by post to above mentioned mailing address, **OR** by email to: cmecpd@hkcfp.org.hk

Please observe the application deadline as late application will **NOT** be processed. The QA&A Committee reserve the right to finalize the number of "Credit Points" to be awarded for each activity according to relevant supporting documents submitted for accreditation. Should you have further question(s), please contact Mr. John Ma at 2871-8899 or by email to cmecpd@hkcfp.org.hk.

Yours sincerely,

Dr. King Chan
Chairman, Quality Assurance & Accreditation Committee

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

Board of Vocational Training and Standards News

Reminder: Submission of Annual Checklist for Basic Training

To all Basic Trainees,

Please be reminded that all basic trainees must submit the **ORIGINAL** annual checklist to the Board of Vocational Training and Standards either by registered post or in-person on or before **29th January 2021 (Friday)**. Late submissions **WILL NOT** be accepted.

The training experience of 2020 will not be accredited if the trainee fails to submit the checklist on or before the deadline.

Basic Training Subcommittee

Reminder: Submission of Annual Checklist / Logbook for Completion of Higher Training

To all Higher Trainees,

Please be reminded that all Higher trainees must submit the **ORIGINAL** annual checklist to the Board of Vocational Training and Standards either by registered post or in-person on or before **26th February 2021 (Friday)**. Late submissions **WILL NOT** be accepted.

The training experience of 2020 will not be accredited if the trainee fails to submit the checklist on or before the deadline.

For the application for certification of completion of higher training, please make sure that the application form and checklist for completion of higher training are completed and returned together with the original copy of your training logbook on or before **26th February 2021 (Friday)**.

Higher Training Subcommittee

Reminder: Enrolment of Higher Training

Basic trainees who have completed 4-year basic vocational training and attained a higher qualification in Family Medicine can be enrolled into the higher training programme.

For those who prepare to sit for the Exit Examination in 2023, please submit the application for higher training on or before **26th February 2021** in order to meet the requirement for sitting the Exit Examination. The application form can be downloaded from the College website.

Higher Training Introductory Seminar

A Higher Training Introductory Seminar will be held on 26th February 2021 (Friday) for all newly enrolled higher trainees, existing trainees and clinical supervisors. The seminar is designed to help higher trainees and supervisors understand and get more information of our Higher training programme.

Details of the seminar are as follows:

Speakers : Dr. Fung Hoi Tik, Heidi (Chairlady, Higher Training Subcommittee) &
Dr. Lui Luen Pun, Benny (Deputy Chairman, Higher Training Subcommittee)
Date : 26th February 2021 (Friday)
Time : 7:00 p.m.
Venue : 802, 8/F Duke of Windsor Building, 15 Hennessy Road, Wan Chai

In case of the escalating situation of COVID-19 in February, the seminar would be rescheduled or changed to online platform. Further announcements will be made in due course.

In order to facilitate the administration arrangement on social distancing measures in consideration of the COVID-19 pandemic, registration is **REQUIRED**.

For registration, please fill up the form via scanning the QR code.

Higher Training Subcommittee



Should you have any enquiries regarding vocational training, please feel free to contact Ms. Tina Fung and Ms. Kathy Lai at 2871 8899 or email to BVTS@hkcfp.org.hk.

Board of Vocational Training & Standards, HKCFP

The HKCFP Award for the Best Research of 2020

The Research Committee of the Hong Kong College of Family Physicians is calling for The Award for The Best Research of the Year 2020. All members and fellows of the College are invited to participate and submit their research papers to the Research Committee for selection. The Award will be presented at the Conferment Ceremony in 2021.

Entry and assessment criteria are listed below:

Entry Criteria:

- 1. The principal investigator has to be a Member or a Fellow of the Hong Kong College of Family Physicians.*
- 2. The research must be original work of the investigator(s).*
- 3. The research should have been conducted in Hong Kong.*
- 4. The research must have been completed.*
- 5. The paper should be presented under the standard headings of Abstract, Introduction, Methodology, Results, Discussion and Conclusion. References should be listed in full at the end in Vancouver format.*

Assessment Criteria:

- 1. How relevant are the topic and findings to Family Medicine?*
- 2. How original is the research?*
- 3. How well is the research designed?*
- 4. How well are the results analyzed and presented?*
- 5. How appropriate are the discussion and conclusion(s) drawn?*
- 6. How useful are the results for patient care in the discipline of Family Medicine?*
- 7. How much effort is required to complete the research study?*

Each research project submitted will be assessed according to the seven criteria listed above by a selection panel. Each criterion may attract a different weighting to be decided by the selection panel. Please send your submission either:

By post to Research Committee, HKCFP, Rm 803-4, 8/F, HKAM Jockey Club Building,
99 Wong Chuk Hang Road, Aberdeen, Hong Kong;

Or, **by email** to CrystalYung@hkcfp.org.hk

DEADLINE OF SUBMISSION: 31 March 2021

Supported by HKCFP Foundation Fund

HKCFP Research Fellowship 2021

Introduction

The HKCFP Research Fellowship was established by the Hong Kong College of Family Physicians to promote research in Family Medicine. The Grant is up to the value of HK\$ 100,000. Applicants are expected to have regular contact with a nominated supervisor with Master or equivalent degree or above.

Eligibility

Applicants for the HKCFP Research Fellowship must be an active Fellow, Full Member or Associate Member of the HKCFP. New and emerging researchers are particularly encouraged to apply. However, full-time academic staff of Universities would not be eligible to apply.

Selection criteria

Application will be judged on*:

- Training potential of applicants
- Relevance to family medicine and community health
- Quality
- Value for money
- Completeness (incomplete or late applications will not be assessed further)

** Please note that new researchers and those at an early stage of their research careers are defined as those who have not led a major research project or have fewer than 5 years of research experience.*

How to apply

1. Application form, terms and conditions of the Fellowship can be downloaded from www.hkcfp.org.hk or obtained from the College Secretariat, HKCFP at Rm 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. Tel: 2871 8899 Fax: 2866 0616
2. Applicants must submit:
 - The completed application form;
 - The signed terms and conditions of the HKCFP Research Fellowship;
 - Curriculum vitae from the principal investigator;
 - Curriculum vitae from the co-investigator(s) (no more than two pages) AND,
 - Curriculum vitae from the supervisor.
3. Applications close on: **31 March 2021**. Late applications will not be accepted.
4. Applications can be either sent:

By post to Research Committee, The Hong Kong College of Family Physicians, Rm 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong; Or, **by email** to CrystalYung@hkcfp.org.hk

Supported by HKCFP Foundation Fund

Juggling figures related to diabetes: How may they correlate to each other?

Dr. John-Hugh Tam (Specialist in Family Medicine)

Estimated Average Glucose 估算平均血糖值 (mmol/L)	Estimated Average Glucose 估算平均血糖值 (mg/dl)	HbA _{1c} 糖化血紅素 (%)	Fructosamine 果糖胺值 (umol)
5.4	97	5.0	199
7.0	126	6.0	258
8.6	154	7.0	317
10.2	183	8.0	376
11.7	212	9.0	435
13.3	240	10.0	493
14.9	269	11.0	552
16.5	298	12.0	611
18.1	326	13.0	670
19.7	355	14.0	729
21.3	384	15.0	788

Table - Approximate Comparison of Estimated Average Glucose (eAG), Glycated hemoglobin (HbA_{1c}) & Fructosamine Levels (data summarized and merged from various references)

Further Interpretations / Explanations:

- ✦ Units conversion for glucose: glucose measured in millimoles per litre (mmol/L) can be acquired by dividing the figures in mg/dl by factor of 18. Hence 1 mmol/L (毫摩爾每升) = 18 mg/dL (毫克/分升)
- ✦ Glycated hemoglobin (HbA_{1c}, also interchangeably known as glycosylated hemoglobin in some literatures) is a form of hemoglobin that is chemically linked to a sugar. Most monosaccharides, including glucose, galactose and fructose, spontaneously bind with hemoglobin, when present in the bloodstream of humans. It is measured primarily to determine the three-month average blood sugar level and can be used as a diagnostic test for diabetes mellitus and as an assessment test for glycemic control in people with diabetes. For people who don't have diabetes, the normal range for A1c is below 5.7%.
- ✦ Whilst for A1c, we still need to appreciate its limitations, for example the accuracy of the measurement can be affected by certain medical conditions, for example it may be falsely increased in case of severe hypertriglyceridemia (concentrations >1,750 mg/dL), severe hyperbilirubinemia (concentrations >20 mg/dL), uremia, and during lead poisoning as well as chronic ingestion of alcohol (due to formation of acetaldehyde compound), salicylates, and opioids. On the other hand, false decrease in A1c values can be related to anaemia from acute or chronic blood loss, pregnancy and splenomegaly (due to decreased erythrocyte lifespan). Whilst for Hb variants, it may cause a false increase or false decrease in the A1c measurements depending on method and assay used. There were also reports that recent red blood cell transfusion may also affect A1c values, due to the high glucose concentration in storage medium (causing false increase) & dilutional effect (causing false decrease).
- ✦ Fructosamine (glycated albumin) measures short term control of blood sugar for the past 1-3 weeks. Each 75 umol change equals a change of approximately 60mg/dl blood sugar or 2% HbA_{1c}.
- ✦ Conversion between HbA_{1c} to Fructosamine:
 - $HbA_{1c} = 0.017 \times \text{Fructosamine} + 1.61$ or
 - $\text{Fructosamine} = (HbA_{1c} - 1.61) \times 58.82$
- ✦ Some past quoted examples which fructosamine may be considered:
 - In pregnancy, since the glucose and insulin needs of the mother and fetus change rapidly during gestation.

- Any condition that affects the average age of red blood cells, such as hemolytic anemia, sickle cell anemia, Hb variants, or blood loss. In these cases, fructosamine would not be affected by such conditions, and may be a better choice for monitoring glucose control.
- ✦ The estimated average glucose (eAG) converts the diabetic patient's HbA_{1c} percentage point into an average blood glucose level in the units of measure seen by the patient on glucose meters for daily self-monitoring (e.g. in mg/dL or mmol/L).
- ✦ To calculate eAG from HbA_{1c}, the below Diabetes Control and Complications Trial (DCCT) linear regression formulae can be used:
 - eAG (mmol/L) = 1.5944 x A_{1c} - 2.5944 or
 - eAG (in mg/dL) = 28.7 x HbA_{1c} - 46.7



Useful Online Calculator Links (Please bookmark them and make them handy for daily clinical use)

- ✦ **eAG/A_{1c} Conversion Calculator by American Diabetes Association -**
https://professional.diabetes.org/diapro/glucose_calc
- ✦ **A_{1c} and eAG Converter by Boston University Metropolitan College Health Informatics Lab -**
<http://nedretandre.com/Medical/a1c.php>

Reference:

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- ✦ Translating the A1C Assay Into Estimated Average Glucose Values. Diabetes Care, vol. 31, no. 8, August 2008.
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- ✦ Dib, Jean G. "Estimated average glucose: a new term in diabetes control." Annals of Saudi medicine vol. 30,1 (2010): 85. doi:10.4103/0256-4947.59375
- ✦ Radin, Michael S. "Pitfalls in hemoglobin A1c measurement: when results may be misleading." Journal of general internal medicine vol. 29,2 (2014): 388-94. doi:10.1007/s11606-013-2595-x

COVID-19 rapid test: LAMP as the light at the end of the tunnel?

COVID-19 pandemic had been ongoing for nearly a year. Hong Kong is facing another wave of pandemic since late November 2020. Rapid and accurate diagnosis of COVID-19 plays a crucial role in disease control. From epidemiological data, a number of COVID-19 infected subjects were imported cases. The government commenced a trial by adopting a new testing method, the loop-mediated isothermal amplification (LAMP) test for arrival passengers at Hong Kong International Airport who volunteer for the trial, in addition to the mandatory RT-PCR test for COVID-19 detection.

LAMP is a gene amplification technique similar to conventional PCR test, with the exception that the nucleic acid amplification is carried out at an isothermal setting, therefore changes in the temperature typically required by conventional PCR is not necessary. The isothermal characteristic of the amplification test allows simple and low-cost equipment to be used. The isothermal condition also helps the LAMP to have high amplification efficiency, from the lack of time loss due to thermal cycling in conventional RT-PCR. Such feature enables the assay to be conducted with faster time to results. LAMP method includes wide pH and temperature acceptable ranges, the ability of the assay to accept non-processed samples, the flexibility of the readout methods, and the ability of test reagents to function without highly purified patient samples. LAMP test results are returned in less time as compared with the conventional testing methods. Study quoted the assay time could be under 30 minutes. Outcome of the LAMP assay could be illustrated by a colorimetric change for easy interpretation.

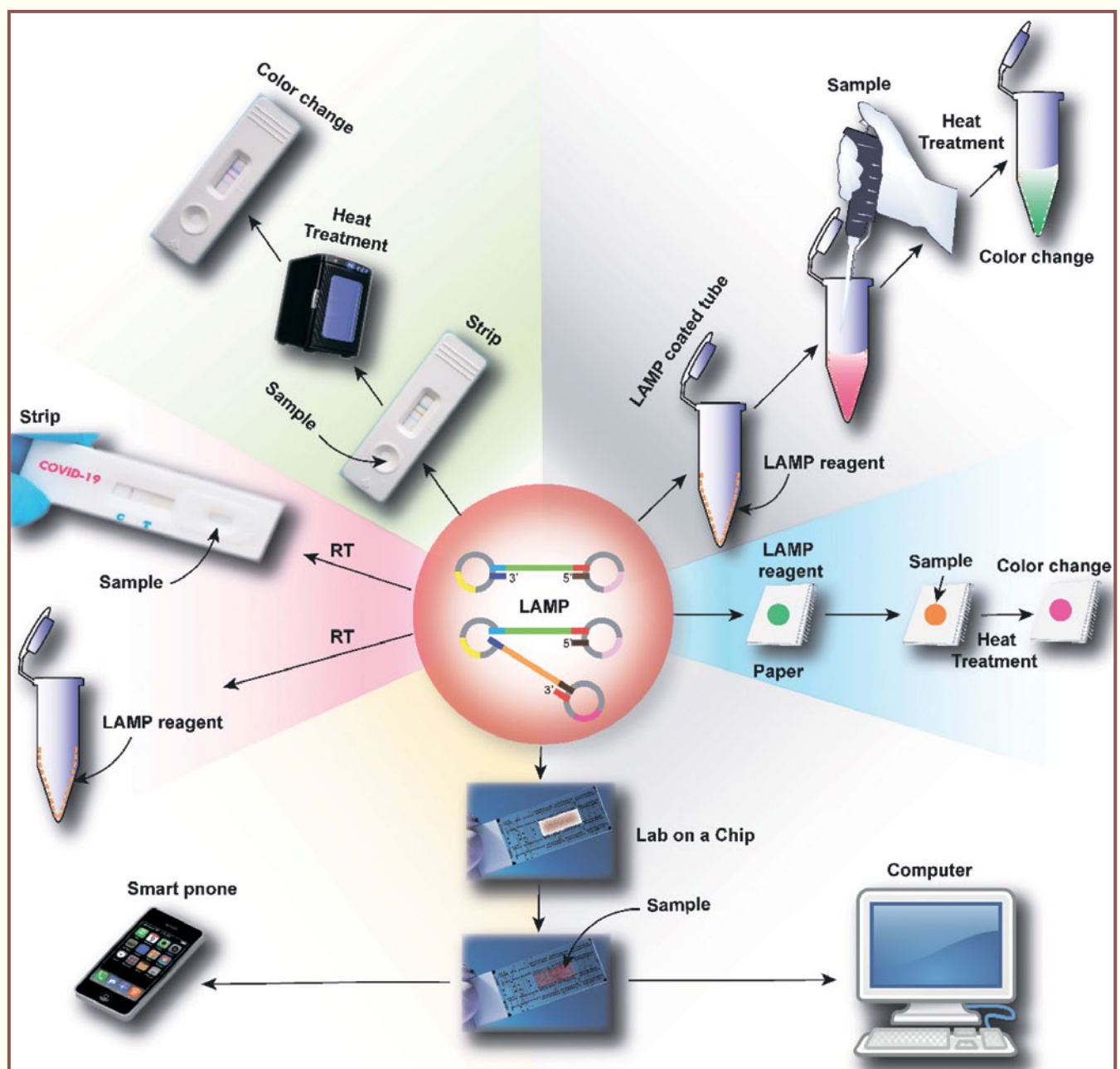
For a reliable COVID-19 test, despite the advantages of relative ease to perform and lower in cost as compared with conventional methods, the accuracy of the LAMP method shall be of higher consideration priority. From a government

press release on 21 November 2020 concerning the airport trial, the Food and Health Bureau (FHB) confirmed that there were 25 cases in the trial which produced varying discordant results from tests conducted by different organizations, using different testing techniques and with specimens collected using different methods. From these cases, 6 cases using deep throat saliva specimens collected at the Department of Health (DH)'s Temporary Specimen Collection Centre at the airport were tested negative, while the gargle specimens collected by the organization participating in the trial returned positive, negative or indeterminate results using different tests. FHB emphasized that there are advantages and limitations of different testing techniques and specimen collection methods for COVID-19 tests. It is not uncommon for different testing techniques or specimen collection methods generating discordant results, which might be due to the sensitivity and specificity of the technique, the viral load in the specimens provided by various sampling methods or laboratory technical issues.

As for sampling methods, deep throat saliva, nasopharyngeal swab, and combined nasal and throat swab are more commonly used in Hong Kong for specimen collection, and the three methods are similar in accuracy and sensitivity, and could all effectively identify COVID-19 cases. The DH's Public Health Laboratory Services Branch has been monitoring whether other specimen collection methods would be suitable, the statement said, noting that there is no single testing technique or specimen collection method that can ensure complete accuracy. FHB stressed that the airport trial aimed to compare different testing techniques or specimen collection methods with the current arrangements. Further analysis of the trial data and review on the suitability of different testing techniques and specimen collection methods are ongoing.

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3. <https://hongkongfp.com/2020/10/28/new-faster-covid-19-test-for-arrivals-at-hong-kongs-airport-but-they-still-have-to-wait/>
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*Compiled by Dr. Will LEUNG and Dr. Peter Anthony FOK
Specialists in Family Medicine*

Are your patients' sleep disturbed by a "Waking Volcano"?



62% of PPI treated GERD patients have experienced breakthrough symptoms at night¹

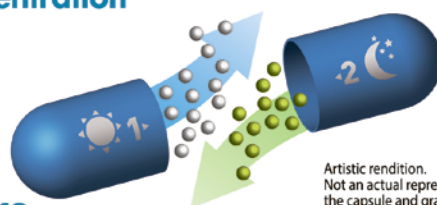


Dexilant[®] innovative dual delayed-releases technology results in prolonged plasma drug concentration²

Provides

24 Hours

heartburn relief^{3,4} and acid control²



Artistic rendition.
Not an actual representation of the capsule and granules.

For further information, please consult full prescribing information.
Reference : 1. Goh KL, et al. J Gastroenterol Hepatol 2014;29:1969-75. 2. Kukulka M, et al. Clin Exp Gastroenterol 2011;4:213-20. 3. Metz DC, et al. Aliment Pharmacol Ther 2009;29:742-54. 4. Howden CW, et al. Aliment Pharmacol Ther 2009;30:895-907.

Dexilant abbreviated prescribing information
Active Ingredient Dexlansoprazole. **Product Presentation** DR cap 30 mg x 14's, 60 mg x 14's.
Indication Healing & maintenance of all grades of erosive esophagitis. Treatment of heartburn associated w/ symptomatic non-erosive GERD. **Dosage** Erosive esophagitis: 60 mg once daily for 8 wk. Maintenance: 30 mg once daily. Symptomatic non-erosive GERD: 30 mg once daily for 4 wk. **Administration** Swallow whole. Alternatively, cap may be opened & entire contents sprinkled in a table spoon of applesauce. Swallow immediately w/o chewing. Cap may also be opened and granules can be administered w/ water in an oral syringe or via a nasogastric tube (≥ 16 French). **Contraindication** Hypersensitivity & anaphylaxis. **Special Precaution** Gastric malignancy, bone fracture, symptomatic or asymptomatic hypomagnesemia, increased risk of GI infections. Pregnancy & lactation. Children <18 yr. **Adverse Reaction** Diarrhea, abdominal pain, nausea, upper resp tract infection, vomiting & flatulence. **Interaction** Atazanavir, ampicillin esters, digoxin, Fe salts, ketoconazole, warfarin, tacrolimus.



POCUS in GOPC. A case of liver tumor

Dr. Tsang Chi Fai, Dr. Chan Kin Wai and Dr. Chan Chi Hung

A 63 year-old lady consulted the general practice clinic in September 2020 because of right upper quadrant abdominal pain for 2 weeks. The pain was localized and persistent. She had no dysphagia, vomiting or acid reflux and had no change in bowel habit. Stool was normal and not tarry. She also had diminished appetite but body weight remained similar. She was a hepatitis C carrier with past history of intravenous drug use when young and was being followed up in the medical SOPD. Latest blood tests in July 2020 including liver function and serum alpha-fetoprotein level were normal. She had no imaging before and was scheduled for an ultrasound examination 2 months later. On physical examination, the abdomen was not distended. Firm enlarged liver with sharp smooth margin could be palpated in the epigastrium. No enlarged cervical or supra-clavicular lymph node was detected. She had no pallor, jaundice nor ankle oedema.

A bedside ultrasound was performed. A diffuse heterogenous echogenic shadow was found replacing the normal hepatobiliary architecture involving segment 1, 2, 4a and 4b. Doppler showed no increased vascular flow. Intra-hepatic ductal system and the common bile duct were dilated. Associated thrombosis of the left portal vein was suspected. Gallbladder, visible parts of pancreas, spleen and kidneys were grossly normal. No gallbladder or bile duct stone could be detected. Based on the background history, physical findings and the ultrasound findings, malignancy had to be considered.

A contrast CT scan and blood tests for liver function, alpha-fetoprotein and complete blood picture were ordered. All blood tests turned out to be normal. The contrast CT scan showed a 4.8x6.7x5.2cm irregular hypodense mass in the left lobe of liver. No obvious enhancement in the arterial and porto-venous phases could be detected. Heterogeneous enhancement was demonstrated in the delayed phase. There were associated dilated left intra-hepatic ducts and thrombosis of left portal vein. Findings were consistent with neoplasm, more in favour of cholangiocarcinoma and not typical of hepatocellular carcinoma. The common bile duct and bilateral intrahepatic ducts were dilated. No associated common duct stone or obvious focal mass lesion was visualized in the common duct. Enlarged nodes were seen in anterior perihepatic, porta hepatic, para-aortic, portocaval and precaval regions suspicious of metastatic lymph nodes. Multiple soft tissue nodules were detected in bilateral lung bases included in the scan, suspicious of multiple lung metastasis.

The patient was referred to the oncology and surgical SOPD for subsequent follow-up management.



(A) Heterogenous echogenicity replacing the normal homogenous hepatobiliary architecture.



(B) Border of the mass appeared identifiable.



(C) Dilated intra-hepatic ductal system could be identified: the "double-barrelled shotgun" sign.



(D) Doppler demonstrated the flow of the patent portal vein, below the dilated duct.



(E) Suspected thrombosis of left portal vein. The portal vein was identified by the hyperechoic fibrous wall. No flow was demonstrated despite high sensitivity setting.



(F) Dilated common bile duct

Cholangiocarcinoma is a malignant tumor arising from the bile duct. It is most commonly seen to involve the main biliary ducts but it can occur at any level of the biliary tree and can be solitary or multi-focal. It is easier to detect in ultrasound when it occurs and obstructs the extrahepatic system and is more difficult to recognize if it is intrahepatic and in particular if the liver texture is already altered due to background diffuse parenchymal condition. A pattern of dilated intrahepatic ducts may be the only clue. Risk factors include chronic infection or infestation, primary sclerosing cholangitis, choledochal cyst, Caroli's disease, etc. Complete surgical resection remains as the sole curative option.

Point of care ultrasound (POCUS) is a valuable tool that can serve as a natural extension of clinical evaluation and facilitate more timely diagnosis and management for our patients.

Reference:

Bates, Jane A. (1999). Abdominal ultrasound how, why and when. Churchill Livingstone.

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Meeting Highlights

Online Seminar on 11 November 2020

Dr. Yuen Mae Ann Michele, Specialist in Endocrinology, Diabetes & Metabolism, delivered a lecture on "Declaring the New Direction of SGLT2i beyond Glucose Control".



Dr. Tsui Hing Sing, Robert (right, Moderator) presenting a souvenir to Dr. Yuen Mae Ann Michele (left, Speaker)

Certificate Course: Sunday Update for Primary Care Doctors

8 November 2020

Dr. Chau Kin Wai, Specialist in Paediatric Respiratory Medicine, delivered a lecture on "Combined Allergic Rhinitis and Asthma Syndrome (CARAS): Synergy in Controlling Asthma & Improving AR Symptoms".



Dr. Chan Man Li (right, Moderator) presenting a souvenir to Dr. Chau Kin Wai (left, Speaker)

15 November 2020

Dr. Chu Wing Hong, Specialist in Urology, delivered a lecture on "Benign Prostate Hyperplasia (BPH) Management: Improving Patient Outcomes with Early Intervention".



Dr. Chan Man Li (left, Moderator) presenting a souvenir to Dr. Chu Wing Hong (right, Speaker)

Online Dermatology Seminar on 7 November 2020

We would like to thank Dr. Chan Yung, Specialist in Dermatology & Venereology, for delivering a lecture on "Skin Care and New Treatment Options for Atopic Dermatitis".

Online Dermatology Training Seminars on Management of Common Skin Problems in General Practice

21 November 2020

We would like to thank Dr. Wong Sze Man and Dr. Chan Hau Ngai Kingsley, Specialist in Dermatology & Venereology, for delivering a dermatology seminar.



Dr. Lam Wing Wo, (left, Moderator) presenting a souvenir to Dr. Wong Sze Man (right, Speaker)

28 November 2020

We would like to thank Dr. Lee Tze Yuen, Specialist in Dermatology & Venereology, for delivering a dermatology seminar.

Online 40th Annual Refresher Course 2020

1st session on 22 November 2020

We would like to thank Dr. Chan Leung Kwai, Jason, Specialist in Cardiology, for delivering a lecture on "New Updates in Heart Failure Management"; Dr. Cheung Chi Yeung Dick, Specialist in Cardiology, for delivering a lecture on "Diagnostic and Therapeutic Considerations to Tailored Treatments Based on Underlying Ischemic Mechanisms" and Dr. Chan Kit, Specialist in Cardiology, for delivered a lecture on "Hypertension Management: Beyond Figures, What's More We Can Get?".

2nd session on 24 November 2020

We would like to thank Dr. Yau Ho Chung, Specialist in Paediatrics, for delivering a lecture on "How Can We Help a Short Child?"

3rd session on 26 November 2020

We would like to thank Dr. Cheung Shing Him, Gary, Specialist in Cardiology, for delivering a lecture on "Management in "Difficult Hypertension".

4th session on 29 November 2020

Dr. Jeremy Yip, Specialist in General Surgery, delivered a lecture on "What Helps Hemorrhoids Go Away? Hemorrhoidal Disease Management" and Dr. Nip Wai, Specialist in Psychiatry, delivered a lecture on "Full Functional Recovery - A New Depression Treatment Approach".



Dr. Tsim Koon Lan, Kathy (right, Moderator) presenting a souvenir to Dr. Jeremy Yip (left, Speaker)



Dr. Tsim Koon Lan, Kathy (left, Moderator) presenting a souvenir to Dr. Nip Wai (right, Speaker)

5th session on 1 December 2020

Dr. Chu Yim Pui, Jonathan, Specialist in Neurology, delivered a lecture on "Common Neurological Problems in Primary Care".



Dr. Lo Yuen Chung, Yvonne (right, Moderator) presenting a souvenir to Dr. Chu Yim Pui (left, Speaker)

6th session on 3 December 2020

Dr. Lui Tak Wai, David, Specialist in Endocrinology, Diabetes & Metabolism, delivered a lecture on "Closing Treatment Gaps in Osteoporosis: Identifying and Managing Osteoporosis in Primary Care".



Dr. Chan Ka Shing, Ricky (left, Moderator) presenting a souvenir to Dr. Lui Tak Wai, David (right, Speaker)

7th session on 6 December 2020

We would like to thank Dr. Wong King Ying, Specialist in Respiratory Medicine, for delivering a lecture on "All that Wheezes is Not Asthma" and Dr. Wong King Yan Matthew, Specialist in Respiratory Medicine, for delivering a lecture on "Asthma in Daily Practice".

Online Mental Health Seminar on 5 December 2020

Dr. Chu Wai Ching, Welgent, a registered medical practitioner & social worker and Dr. Lau Kwan Chung, Jonathan, Specialist in Family Medicine, delivered a lecture on "End of Life Care - Decision Making Issues for A Frail Elderly" with their team on 5 December 2020.



Dr. Welgent Chu (speaker, middle), Dr. Jonathan Lau (speaker, 2nd from the right), Dr. Mark Chan (moderator, 3rd from the right) taking a group photo with facilitators on 5 December 2020

Online Monthly Video Session

Date and Time	Topic
29 Jan (Fri) 2:30 – 3:30 p.m.	"Prediabetes: Why & How should we Treat?" by Dr. Chow Chun Chung, Francis

QR Code for registration

29 Jan 2021 (Fri)



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)

***CME points would be given for self-study at online recorded CME lectures only if participating doctors have not attended the same live CME lectures and completed the relevant quiz.**

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 :

1. In case of over-subscription, the organiser reserves the right of final decision to accept registration.
2. 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.
3. Please note you can just attend **ONE** CME activity at a time. If it's found you are attending more than one CME activity simultaneously by the CME administrator later, you may NOT be able to receive the CME point(s).
4. Members who have attended less than 75% of the length of the online lecture may not be able to receive CME. Final decision would be subject to the approval of the related Board / Committee.
5. **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 Questions; 50% or above of correct answers are required)**
6. Please be reminded to check the system requirements beforehand to avoid any connection issues.
7. Due to copyright issue, please note private recording of the lecture is prohibited.
8. 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
06 JAN 2021 (Wed)			
2:00 – 5:00 p.m.	Seminar room, G/F, Block A, Queen Elizabeth Hospital	Patient's illness behavior Dr. Chuang Chi Kit & Dr. Lam Hiu Ching, Natasha	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	Rm13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Anticipatory Care as an Important Task for Family Physicians Dr. Ko Pak Long & Dr. Lam Yat Hei	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Auditorium, G/F HMB, Tseung Kwan O Hospital	Adult emergency in general practice Dr. Li Wing Chi Gigi & Dr. Chow Wing Man Angela	Ms. Polly Tai / Ms. Elise Haw Tel: 3949 3430 / 3949 3079
5:00 – 7:00 p.m.	Videoconference	Video Review: Consultation Skills @ LAP Dr. Sze Hon Ho	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	Update in Osteoporosis Dr. Wong Hiu Yeung, Leo & Dr. Ge Shicong, George	Mr. Alex Kwok Tel: 5569 6405

BOARD OF EDUCATION NEWS

07 JAN 2021 (Thu)

4:00 – 6:00 p.m.	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Applying FM Principles to Manage Patients and Families with Psychological Diseases in the Community Dr. Fan Siu Wai & Dr. Ip Chung Ho	Ms. Eliza Chan Tel: 2468 6813
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13 JAN 2021 (Wed)

2:00 – 5:00 p.m.	Room 7, 8/F, Yau Ma Tei Jockey Club General Out-patient Clinic	Common symptoms in Eye Dr. Yu Xiaoxia & Dr. Fan Yuen Shan, Patricia	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	Rm13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Better Patient Communication Skill Dr. Yip Chun Kong	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Auditorium, G/F HMB, Tseung Kwan O Hospital	Community resources: dietetic services, podiatrist and P&O services Dr. Leung Hilching Eunice, Dr. Yang Tsz Ching Kelly	Ms. Polly Tai / Ms Elise Haw Tel: 3949 3430 / 3949 3079
5:00 – 7:00 p.m.	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong (Videoconference)	Approach to numbness and caveats in reading CT/MRI reports Dr. Tse Man Yu, Mona & Dr. Chang Shek Kwan, Richard	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	Is patient autonomy unlimited Dr. Wong Chun Kit Arthur & Dr. Shen Yu Wei	Mr. Alex Kwok Tel: 5569 6405

14 JAN 2021 (Thu)

4:00 – 6:00 p.m.	Activities Room, 3/F, Yan Oi General Out-patient Clinic	How to Handle Non-compliance Patients in the Consultation? Dr. Ng Ngai Mui & Dr. Chan Ham	Ms. Eliza Chan Tel: 2468 6813
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20 JAN 2021 (Wed)

2:00 – 5:00 p.m.	Room 7, 8/F, Yau Ma Tei Jockey Club General Out-patient Clinic	1) Community resource: Elderly health care Dr. Ma Joshua 2) Consultation Enhancement (Video consultation) Dr. Chan Kam Sheung & Dr. Peng Xu	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	Rm13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Management of Adult New Onset Anaemia in Primary Care Setting Dr. Lam Ka Wai	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Auditorium, G/F HMB, Tseung Kwan O Hospital	Common symptoms in ENT Dr. Lui Tsz Yin & Dr. Chung Yi On Shalom	Ms. Polly Tai / Ms Elise Haw Tel: 3949 3430 / 3949 3079
5:00 – 7:00 p.m.	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong (Videoconference)	Online resources to help consultation Dr. Pang Sze Ching	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	Telemedicine in Primary Care Dr. Chung Hiu Yeung & Dr. Yiu Sze Wa Sarah	Mr. Alex Kwok Tel: 5569 6405

21 JAN 2021 (Thu)

4:00 – 6:00 p.m.	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Chest Pain & Common Cardiac Investigation Result Interpretation Dr. Wu Flora & Dr. Lee Kar Fai	Ms. Eliza Chan Tel: 2468 6813
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27 JAN 2021 (Wed)

2:00 – 5:00 p.m.	Room 7, 8/F, Yau Ma Tei Jockey Club General Out-patient Clinic	Evidenced based medicine/ Practice based research (principles, strength and weakness, search technique, critical appraisal) Dr. Li Janice Chun Ying & Dr. Chan Kai Lung	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	Rm13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Open Disclosure of Medical Incidents Dr. Leung Ching	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Auditorium, G/F HMB, Tseung Kwan O Hospital	Origin and development of FM in HK and overseas Dr. Ma Yuen Ying & Dr. Leung Lai Ting	Ms. Polly Tai / Ms Elise Haw Tel: 3949 3430 / 3949 3079
5:00 – 7:00 p.m.	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong (Videoconference)	Emergency care- anaphylaxis, acute asthmatic attack, cardiac arrest, collapse Dr. Liu Wing Yee	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	How is FM different from other specialist Dr. Lim Foon Lian & Dr. Mak Ho Yin	Mr. Alex Kwok Tel: 5569 6405

28 JAN 2021 (Thu)

4:00 – 6:00 p.m.	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Ethical Challenges for Health Workers Arising from COVID19 Pandemic Dr. Chan King Hang & Dr. Ng Mei Po	Ms. Eliza Chan Tel: 2468 6813
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The FP Links Editorial Board would like to thank all readers, contributors, sponsors and the College Secretariat for their tremendous support to the FP Links throughout the year.

Wishing you all

***Merry Christmas &
Happy New Year***

The FP Links Committee

COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 Dec 2:00 – 4:30 p.m. Annual Refresher Course	14	15	16 2:00 – 7:30 p.m. Structured Education Programme	17 4:00 – 6:00 p.m. Structured Education Programme	18	19 2:15 – 5:15 p.m. Interest Group in Counselling 2:30 – 5:00 p.m. DFM Module IV
20	21	22	23 2:00 – 7:30 p.m. Structured Education Programme	24 4:00 – 6:00 p.m. Structured Education Programme	25	26
27	28	29	30 2:00 – 7:30 p.m. Structured Education Programme	31 4:00 – 6:00 p.m. Structured Education Programme	1 Jan	2
3	4	5	6 2:00 – 7:30 p.m. Structured Education Programme	7 4:00 – 6:00 p.m. Structured Education Programme	8	9 2:00 – 5:30 p.m. DFM Module III Seminar
10	11	12	13 2:00 – 7:30 p.m. Structured Education Programme	14 4:00 – 6:00 p.m. Structured Education Programme	15	16 2:30 – 5:00 p.m. DFM Module IV
17	18	19	20 2:00 – 7:30 p.m. Structured Education Programme	21 4:00 – 6:00 p.m. Structured Education Programme 8:30 p.m. HKCFP Council Meeting	22 7:00 p.m. Higher Training Introductory Seminar	23 2:30 – 5:30 p.m. DFM Orthopaedic Injection Workshop
24	25	26	27 2:00 – 7:30 p.m. Structured Education Programme	28 4:00 – 6:00 p.m. Structured Education Programme	29 2:30 – 3:30 p.m. Video Session	30

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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Ms. Alky Yu Tel: 2871 8899 Fax: 2866 0616 E-mail: alkyyu@hkcfp.org.hk
The Hong Kong College of Family Physicians
Room 803-4, 8th Floor, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Hong Kong

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