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Message from the President

The new temporary hospital, North Lantau Hospital Hong Kong Infection Control Centre, is located on Lantau Island, next to AsiaWorld-Expo where a community treatment facility has been set up. The centre comprises six blocks of wards with over 800 isolation beds and a medical centre with a laboratory and a pharmacy on site. There are negative pressure wards designed with reference to the standards of tier-1 isolation wards. It is planned to be put into service by end of this month taking care of COVID-19 patients with milder symptoms, and sharing the burden of public hospitals amid the pandemic as well as raising the coronavirus testing capacity in Hong Kong.

With the building up to the launching of the government's COVID-19 Vaccination Programme, the Programme website has been regularly updated with the relevant information including the Programme Overview, information about the Vaccines to be purchased by the government (including their benefits and protection, regulatory framework, dosages and possible side effects) and the related Expert Opinions. There is also a set of FAQs which are both quite useful and timely. The Programme website also encompasses links to Electronic Vaccination and Testing Record System, eHealth, Education and Media Resources. There is the Healthcare Professional Corner providing useful and updated Interim Guidelines on Key Elements on Prevention and Control of COVID-19 in Healthcare Settings, and Interim Recommended Personal Protective Equipment (PPE) in hospitals/clinics under Serious/ Emergency Response Level (COVID-19), as

well as the package insert of COMIRNATY™ COVID-19 mRNA Vaccine (BNT162b2). The website can be accessed via this link: <https://www.covidvaccine.gov.hk/en/vaccine>.



Globally speaking, smoking or tobacco abuse is the leading preventable cause of morbidity and mortality. However, sources say that alarmingly over 60% of daily smokers in Hong Kong have not tried nor are willing to kick the habit. The Tobacco and Alcohol Control Office together with the University of Hong Kong Li Ka Shing Faculty of Medicine (School of Nursing and School of Public Health) have recently launched an online self-directed training set (<https://vba.livetobaccofree.hk/en/index.html>) to assist and equip healthcare professionals in delivering a very brief advice on smoking cessation to the people in the community. The effectiveness of the very brief smoking cessation advice in motivating smokers to quit has been proven by research findings and it literally takes less than a minute to conduct. As family doctors, we should try our best to engage our patients to quit, especially those who are already suffering from chronic illnesses.

HKCFP sets the standard and is responsible for training high quality family doctors in Hong Kong. With reference to the Policy Address and the Budget Consultation for Medical Sector delivered earlier, I recently wrote to reiterate that Family Physicians

(Continued on page 2)

Message from the President (Con't)

(Continued from page 1)

are the first point of health contact for people in the community and can enhance the efficacy and efficiency in the utilisation of healthcare resources by playing the gatekeeping and healthcare navigator role. Therefore, with the ageing population and the escalating number of people with chronic diseases, more well-trained family doctors are needed in Hong Kong. It has been well demonstrated that Family Physicians have helped to screen and manage the people in the community, thus relieving the burden of the hospitals since the beginning of the COVID-19 pandemic (<https://doi.org/10.12809/hkmj208606>). By conservative estimation based on international and Mainland's benchmarking, Hong Kong needs to train at least 100 Family Physicians

per year, but the current number falls very short of that magic figure. With the ongoing support of the government in further enhancing the primary care development in Hong Kong, a strategic manpower planning by allocating ring-fenced resources to increase the number of training posts to Family Medicine is essential to ensure a sustainable healthcare system in Hong Kong in the long run.

Wishing you all a very healthy and prosperous Year of the OX ahead!

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 application for membership in **December 2020 – January 2021**:

Transfer from Associate Membership to Fellowship

Dr CHAN Yuen Ching	陳婉晴
Dr CHAN Yuen Ling	陳婉玲
Dr CHIU Yuen Man	趙婉雯
Dr HUI Yuk Ting Candy	許玉婷
Dr LAM Ching Man	林靜雯
Dr LI Minru	李敏如
Dr LO Wei	盧偉
Dr TSAI Hung Yu	蔡雄宇
Dr WONG Chiu Lun	王昭麟

Dr WONG Man Ho	黃文浩
Dr WONG Wing Ning, Rosanna	黃泳寧

Student Membership (New Application)

Mr YEUNG Chin Fung	楊展峯
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Withdrawal of Fellowship

Dr Ting Man Nin, Arthur	丁萬年
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Withdrawal of Non-HKSAR Membership

Dr Chan Shiu Yee, Cynthia	陳兆儀
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HKCFP-HKU Primary Care Morbidity Survey in Hong Kong

Invitation to primary care doctors

Dear HKCFP colleagues,

HKCFP-HKU Primary Care Morbidity Survey in Hong Kong

On behalf of the HKCFP Research Committee, I would like to encourage members to join the above-captioned **HKCFP-commissioned research study** that will investigate the scope of problems encountered by primary care doctors in Hong Kong.

This important research is necessary to inform practice, policy and training in Hong Kong and we need a good representation from colleagues to help ensure the validity of the survey. Please kindly refer to the invitation below from the principal investigators for further details.

Thank you very much in advance for your kind support.

Best regards,
Professor Samuel Wong
HKCFP Research Committee

Dear Fellow Primary Care Doctors,

We are writing to invite you to participate in the **HKCFP-HKU Primary Care Morbidity Survey in Hong Kong**, commissioned by the Hong Kong College of Family Physicians. This current morbidity survey will be the third of its kind, after the last one successfully carried out in 2007-08. While we recognize the ongoing pandemic as a consideration, this survey will commence in March 2021 reflecting what may be the 'new normal.'

Why participate?

- We need primary care doctors to contribute research data to inform primary health care resource allocation and priorities, service planning, and educational curricula for medical and health care students.
- For example, primary care doctors in the previous morbidity study provided real practice evidence that validated the content of family medicine vocational training and examination in HK. This helped in the accreditation of the HKCFP/RACGP conjoint examination.

Who can participate?

- All doctors in active clinical primary care practice, public or private.

What do doctors have to do?

- Record brief diagnostic and management information for consecutive patient encounters on a standardized form during a designated week in each season of the year
- Maximum 4 weeks, minimum 1 week participation

Other benefits?

- \$400 gift voucher from the shop/vendor of your choice, for each week of data collection completed (maximum 4 weeks (\$1600)), as a token of thanks
- 1 HKCFP CPD credit will be awarded to each participant
- MCHK/ HKCFP CME credits for attending online study-related seminars and training (1 credit per hour – to be confirmed)

What next?

- Please read the information sheet and return the consent form with your preferred weeks for data collection. We will directly contact those who reply. **(The information sheet and the consent form are available at www.hkcfp.org.hk > Downloads > Research & Survey)**
- May we also welcome you to forward this invitation to your fellow primary care doctors and encourage them to join the study

We greatly value your participation and hope that you would consider contributing your time and expertise to this study.

Professor Cindy Lam and Dr. Julie Chen
Co-Principal Investigators
Department of Family Medicine and Primary Care
The University of Hong Kong



Scan to download
the information sheet &
the consent form

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,
WONG CHUK HANG, HONG KONG
Tel: (852) 2506 8333 Fax: (852) 2506 2537

Quality Assurance & Accreditation Committee News

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

THIRTY-FIFTH CONJOINT HKCFP/RACGP FELLOWSHIP EXAMINATION SECOND ANNOUNCEMENT

The Board of Conjoint Examination is pleased to announce the following information on the Thirty-fifth Conjoint Fellowship Examination with the Royal Australian College of General Practitioners to be held in 2021.

(1) REQUIREMENTS AND ELIGIBILITY

All candidates **MUST** be FULL OR ASSOCIATE members of BOTH HKCFP AND RACGP* at the time of application for the Examination and at the time of the Conjoint Examination.

(*Documentary evidence is required with the application – including a valid RACGP number.)

(Note : All candidates are required to renew their RACGP membership for the year 2021/2022 before 31 July 2021. Failure to comply with the rule may result in denial of admission to the Exam.)

In addition, they must be EITHER CATEGORY I OR CATEGORY II CANDIDATES: -

- (a) **CATEGORY I CANDIDATES** are graduate doctors (FULLY OR LIMITED registered with the Hong Kong Medical Council) who are undergoing or have completed a fully approved vocational training programme as outlined in the College's Handbook for Vocational Training in Family Medicine.

After satisfactory completion of two years of approved training, Category I candidates or trainees may apply to sit the Written Examination, both the two segments of which must be taken at the same attempt. After satisfactory completion of four years of supervised training, Category I candidates may apply to sit the Clinical Examination.

(Note: For Category I candidates who have enrolled in the vocational training program before 31 December 2018, and who apply for the award of RACGP Fellowship before 1 March 2021, they will remain entitled to be awarded FRACGP. All other candidates are eligible to apply for the award of International Conjoint RACGP Fellowship (ICFRACGP).

All Category I candidates who are current vocational trainees and apply to sit the Written Examination **MUST** submit evidence of completion of at least 15 months of approved training by 31 March 2021, together with the application. Those current vocational trainees who apply for the Clinical Examination **MUST** submit evidence of completion of at least 39 months of approved training by 31 March 2021, together with the application. Candidates who have already completed vocational training **MUST** submit evidence of completion of vocational training, together with the application.

Part-time trainees must submit evidence of completion of their vocational training by the time of the Written Examination before they can apply to sit the examination.)

- (b) **CATEGORY II CANDIDATES** are doctors who are FULLY registered with the Hong Kong Medical Council and have been predominantly in general practice in Hong Kong for not less than **five** years by 30 June 2021.

Category II candidates may opt to only sit for the Written Examination at the first and subsequent application.

Enquiries about eligibility to sit the examination should be directed to the Chairman of the Board of Conjoint Examination.

The eligibility of candidates of both categories is subject to the final approval of the Board of Conjoint Examination, HKCFP.

Application will not be processed unless all the documents are submitted with the application form.

(2) FORMAT AND CONTENTS

- A. Written Examination
Applied Knowledge Test (AKT)*, and
Key Feature Problems (KFP)

**Note: Multiple Choice Questions (MCQ) has been renamed as Applied Knowledge Test (AKT) from Conjoint Exam 2018, with no major change on the exam format.*

- B. Clinical Examination
Objective Structured Clinical Examination (OSCE)

(3) PRE-REQUISITE FOR CLINICAL SEGMENTS

All candidates applying to sit for the Clinical Examination of the Conjoint Fellowship Examination **MUST** possess a APCLS (Advanced Primary Care Life Support) certificate issued by the HKCFP*. The validity of this certificate must cover the time of the Clinical Examination.

Application will not be processed unless the pre-requisite is fulfilled.

**Note: In regarding the APCLS certificate issued by the HKCFP, the dates of APCLS workshops & examinations for 2021 will be confirmed in due course. Please register with our College secretariat at 2871 8899 IMMEDIATELY if you do not hold a valid APCLS certificate issued by HKCFP and intend to sit for the Conjoint Examination 2021.*

(4) CRITERIA FOR A PASS IN THE EXAMINATION

Candidates are required to pass the entire Written Examination in one sitting. That is, if one fails the Written Examination, both the AKT and KFP segments have to be re-taken. Successful Written Examination result can be retained for three years (until the Clinical Examination of 2024).

The Clinical Examination can only be taken after successful attempt of the Written Examination. If one fails the Clinical Examination, all the OSCE stations have to be re-taken.

A candidate has to pass both the Written and the Clinical Examinations in order to pass the Conjoint HKCFP/RACGP Fellowship Examination.

(5) APPLICATION AND EXAMINATION FEES

Application forms are available from the College Secretariat at Room 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. You may also download the application forms from our College website, <http://www.hkcfp.org.hk>. Please note that the deadline for application is **7 April 2021 (Wednesday)**.

For both **CATEGORY I** or **CATEGORY II CANDIDATES**:

Application Fee: \$3,000*

Examination Fee:

- Full Examination (Written + Clinical) \$32,000
- Written Examination \$16,000
- Clinical Examination \$16,000

Please make the cheque payable to **"HKCFP Education Limited"**. If a candidate applied for the Full Examination **but failed in the Written Examination, the Clinical Examination fee (\$16,000) will be refunded.**

(6) REFUND POLICY

If a candidate wishes to withdraw from the examination, and written notice of withdrawal is received by the College 60 days or more prior to the date of the examination, he will receive a refund of \$32,000 (for the whole examination), \$16,000 (for the written examination) or \$16,000 (for the clinical examination). The application fee of \$3,000 will not be refunded.

No refund will be given if the written notice of withdrawal is received by the College within 60 days of the date of the examination.

All fees paid are not transferable to subsequent examinations.

(7) IMPORTANT DATES

- 7 April 2021 (Wednesday) Closing Date for Applications
- 15 August 2021 (Sunday) Conjoint Examination – Written Examination (KFP)
- 22 August 2021 (Sunday) Conjoint Examination – Written Examination (AKT)
- [Date to be confirmed] Conjoint Examination – OSCE

(8) ELECTION TO FELLOWSHIP

Members should be aware that passing the Conjoint Fellowship Examination does NOT equate with election to the Fellowship of either the Hong Kong College of Family Physicians or the Royal Australian College of General Practitioners. Those wishing to apply for Fellowship of either or both College(s) should ensure that they satisfy the requirements of the College(s) concerned.

Entry forms for Fellowship, Membership and Associateship of the Hong Kong College of Family Physicians and the Royal Australian College of General Practitioners are available from both College website (www.hkcfp.org.hk / www.racgp.org.au). You may also contact the HKCFP Secretariat, Room 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. Tel: 2871 8899, Fax: 2866 0616.



Dr. Chan Hung Chiu
Chairman
Board of Conjoint Examination

The HKCFP Awards for the Best Research and Best Trainee 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.

Following 'The HKCFP Award for the Best Research', the Research Committee is pleased to organize an additional award, 'The HKCFP Award for the Best Trainee Research', specifically for the trainees of HKCFP or within 3 years of completion of vocational training.

Both the abovementioned Awards will be presented at the Conferment Ceremony in 2021.

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

Entry and assessment criteria are listed below.

Entry Criteria:

For Best Research Paper:

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.

For Best Trainee Research Paper:

1. The principal investigator has to be a trainee of the Hong Kong College of Family Physicians, or within 3 years of completion of vocational training.
2. For higher trainees who are submitting their Exit Examination research project for this award, they must have submitted their project to the Specialty Board and have passed the research segment of the Exit Examination.
3. The research must be original work of the investigator(s).
4. The research should have been conducted in Hong Kong.
5. The research must have been completed.
6. 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 indicate the research award that you apply for, i.e. "The HKCFP Award for the Best Research of 2020" or "The HKCFP Award for the Best Trainee Research of 2020", on your research project upon submission, and 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** (The HKCFP Award for the Best Research)
- ✦ **29 April 2021** (The HKCFP Award for the Best Trainee Research)

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

TRESIBA®

insulin degludec [rDNA origin] injection



Once-daily TRESIBA®: Ultra-long duration of action^{1,2}

WHEN IT IS TIME FOR BASAL INSULIN
CHOOSE TRESIBA® FIRST

- Successful reductions in HbA_{1c}^{3,4}
- Lower risk of hypoglycaemia versus glargine U100⁵⁻⁷
- Flexibility in day-to-day dosing time when needed
...delivered in a once-daily dose.¹
- Significantly lower day-to-day variability in glucose-lowering effect vs glargine U100 and U300^{8,9}
- Approved for a broad range of patients^{1#}

Tresiba® OD*

VS

Glargine U100 OD*

DEVOTE Trial⁵

In 7,637 patients with type 2 diabetes at high risk of cardiovascular events⁵

At baseline: mean age was 65 years, diabetes duration was 16.4 years, HbA_{1c} was 8.4%, and 83.9% were on insulin therapy⁵

Severe hypoglycaemia



40% significant rate reduction (p<0.001)

-40%

Nocturnal severe hypoglycaemia



53% significant rate reduction (p<0.001)

-53%

* Once daily (OD) plus additional antidiabetic treatments in accordance with standard of care.
Treatment of diabetes mellitus in adults, adolescents and children from the age of 1 year, elderly patients, renal and hepatic impairment patients.

Abbreviated prescribing information

Tresiba® (insulin degludec) 100U (100 units/mL, insulin solution for injection) in a pre-filled pen (FlexTouch®). Consult Summary of Product Characteristics before prescribing.

Presentation: Tresiba® FlexTouch®, All presentations contain insulin degludec. Tresiba® 100 units/mL, 1 mL of solution contains 100 units insulin degludec (equivalent to 3.66 mg). One pre-filled device or one cartridge contains 300 units of insulin degludec in 3 mL solution. Indications: Treatment of diabetes mellitus in adults, adolescents and children from the age of 1 year. Pharmacology and administration: Tresiba® is a basal insulin for once-daily subcutaneous administration any time of the day, preferably at the same time of day. On occasions when administration at the same time of the day is not possible, Tresiba® allows for flexibility in the timing of insulin administration. A minimum of 8 hours between injections should be ensured. In patients with type 2 diabetes mellitus, Tresiba® can be administered alone, or in any combination with oral antidiabetic medicinal products, GLP-1 receptor agonists and bolus insulin. In type 1 diabetes mellitus, Tresiba® must be used with short-acting insulin. Administration by subcutaneous injection only. Tresiba® is available in 100 units/mL. For Tresiba® 100 units/mL, a dose of 1–80 units per injection, in steps of 1 unit, can be administered. The dose counter shows the number of units regardless of strength. No dose conversion should be done when transferring a patient to a new strength. When initiating patients with type 2 diabetes mellitus the recommended daily starting dose is 10 units followed by individual dosage adjustments. Transferring from other insulins: in type 2 diabetes changing the basal insulin to Tresiba® can be done unit-to-unit, based on the previous basal insulin component, and when transferring from a twice daily regimen or from insulin glargine (300 units/mL) a dose reduction of 20% should be considered, in type 1 diabetes a dose reduction of 20% based on the previous insulin dose or basal component of a continuous subcutaneous insulin infusion should be considered with subsequent individual dosage adjustments. Doses and timing of concomitant treatment may require adjustment. Using Tresiba® in combination with GLP-1 receptor agonists in patients with type 2 diabetes mellitus, when adding Tresiba® to GLP-1 receptor agonists, the recommended daily starting dose is 10 units; when adding GLP-1 receptor agonists to Tresiba®, it is recommended to reduce the dose of Tresiba® by 20% to minimize the risk of hypoglycaemia. In all cases doses should be adjusted based on individual patients' needs, fasting plasma glucose is recommended to be used for optimising basal insulin doses. In elderly patients and patients with renal/hepatic impairment glucose monitoring should be intensified and the dose adjusted on an individual basis. In paediatric population, when changing basal insulin to Tresiba®, dose reduction of basal and bolus insulin needs to be considered on an individual basis in order to minimise the risk of hypoglycaemia. Tresiba® comes in a pre-filled pen, FlexTouch®, designed to be used with NovoFine® needles. Contraindications: Hypersensitivity to the active substance or any of the excipients. Special warnings and precautions: Too high insulin dose, omission of a meal or unplanned strenuous physical exercise may lead to hypoglycaemia. In children care should be taken to match insulin doses (especially in basal-bolus regimens) with food intake and physical activities in order to minimize the risk of hypoglycaemia. Reduction of warning symptoms of hypoglycaemia may be seen upon tightening control and also in patients with long-standing diabetes. Administration of rapid acting insulin is recommended in situations with severe hypoglycaemia. Inadequate dosing and/or discontinuation of treatment in patients requiring insulin may lead to hyperglycaemia and potentially to diabetic ketoacidosis. Concomitant illness, especially infections, may lead to hypoglycaemia and thereby cause an increased insulin requirement. Transferring to a new type, brand or manufacturer of insulin should be done under medical supervision and may result in a change in dosage. When using insulin in combination with pioglitazone, patients should be observed for signs and symptoms of heart failure, weight gain and oedema. Pioglitazone should be discontinued if any deterioration in cardiac symptoms occurs. Patients must be instructed to always check the insulin label before each injection to avoid accidental mix-ups between the two strengths of Tresiba® and other insulins. Hypoglycaemia may constitute a risk when driving or operating machinery. Pregnancy and lactation: There is no clinical experience with use of Tresiba® in pregnant women and during breastfeeding. Animal reproduction studies have not revealed any difference between insulin degludec and human insulin regarding embryotoxicity and teratogenicity. Undesirable effects: Refer to SmPC for complete information on side effects. Very common (≥1/10); common (≥1/100 to <1/100); uncommon (≥1/1,000 to <1/100); rare (≥1/10,000 to <1/1,000); very rare (<1/10,000); not known (cannot be estimated from the available data). Very common: Hypoglycaemia. Common: Injection site reactions. Uncommon: Lipodystrophy and peripheral oedema. Rare: Hypersensitivity and urticaria. With insulin preparations, allergic reaction may occur; immediate-type allergic reactions may potentially be life threatening. Injection site reactions are usually mild, transitory and normally disappear during continued treatment. FlexTouch®, NovoFine®, PenFill®, and Tresiba® are registered trademarks of Novo Nordisk A/S.

References

- Tresiba® Picking Insert. Z. Jonassen, L. Havelund, S. Hoeg-Jensen, T. et al. Design of the novel protraction mechanism of insulin degludec, an ultra-long-acting basal insulin. Pharmaceutical Research 2012;29(8):2104–14.
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- Hesse T, Hermanski L, Nosek L, Feldman A, Rasmussen S, Haahr H. Insulin degludec: four times lower pharmacodynamic variability than insulin glargine under steady-state conditions in type 1 diabetes. Diabetes, Obesity and Metabolism 2012; 14:859–864.
- Hesse T, Noskov M, Nosek L, Kaplan K, Famulla S, Haahr HL. Insulin degludec: lower day-to-day and within-day variability in pharmacodynamic response compared to insulin glargine 300 U/mL in type 1 diabetes. Diabetes, Obesity and Metabolism 2017; 19(7):1032–1039.



Further information is available from
Novo Nordisk Hong Kong Ltd.

Unit 923A-928, 9/F, Trade Square, 681 Cheung Sha Wan Road, Kowloon, Hong Kong SAR, China Tel: +852 3725 1300 Fax: +852 2386 0800 www.novonordisk.com

TRE-D-20200302

Board of Vocational Training and Standards News

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 (Friday)** 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 to 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 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.

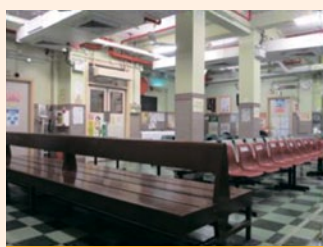
Board of Vocational Training & Standards, HKCFP

Historical General Out Patient Clinic Series - Central District Health Centre General Out Patient Clinic

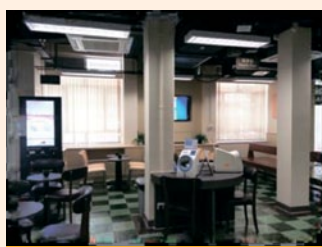
Dr. Sze Pui Ka Catherine, Specialist in Family Medicine, Hong Kong West Cluster, Hospital Authority



Central District Health Centre General Out Patient Clinic (CD GOPC) is located on the blind-end road called Kau U Fong in Central. Renovation had been done and finished in 2014 and the style of GOPC has been changed from traditional and old fashioned to relaxing and modern café-look.



Before Renovation- Traditional look



After Renovation- Café Style

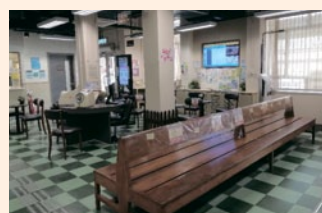
Past & Future

In 1920s-40s, the original site of CD GOPC was a cinema where Chinese Opera was performed. It was the entertainment spot for the Central and Western District residents. Central District Health Centre was built in 1953 and was one of the historical GOPCs in Hong Kong. The floor was beautifully covered with Italian tiles and the wooden bench was long enough for 20 persons.

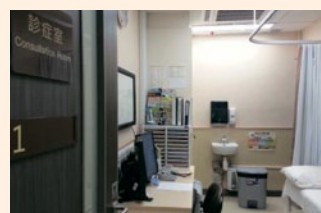


New Components of CDGOPC

During renovation, we tried our best to keep the long wooden bench and the elegant Italian floor tiles. At the same time, we incorporated new elements to our GOPC. There is one consultation room with negative pressure setting where fever patients are managed and there is one nurse interview room where smoking cessation, nurse assessment and nurse interview can be conducted. Moreover, there is one multifunction room where education class can be carried out.



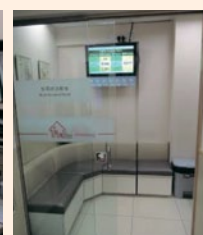
Preservation of wooden bench and Italian floor tiles



Consultation Room



Treatment Room

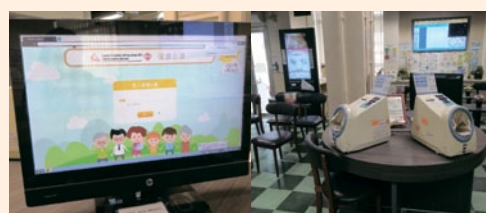


Multifunction Room

There is an Electronic Queuing System for all clinical activities. Patients can choose services in our touchscreen and their assigned numbers will be called by the queuing system. Furthermore, a health port area is set in our café style waiting hall, where patients can browse various health information on the touch-screen computer, learn about the prescribed medications through the Drug Kiosk, or have their blood pressure measured. It incorporates the concept of patient empowerment and we all hope that patients can empower their health in our new Central District GOPC.



Electronic Queuing System in CD GOPC - Nursing Care & Doctor Consultation



Health Port of CD GOPC



Drug Kiosk

Quick notes on updates for surveillance guidance after removal of colorectal polyps

In Hong Kong, colorectal cancer has already become the leading cause of cancer death in recent years. The public is more aware of colorectal cancer screening, as this deadly cancer is known to be preventable by early discovery and removal of colonic polyps. Since 2016, the Hong Kong Government launched a colorectal cancer screening pilot programme, aiming for early detection and prompt treatment of colorectal cancer. The pilot programme was so successful that the Government's Colorectal Cancer Screening Programme was formally established in 2018. Currently it subsidises asymptomatic Hong Kong residents (50-75 years old) to receive screening service in private sector, with an initial faecal occult blood test. If positive, colonoscopy will be arranged. A progress report of screening outcome was produced in 2019. Among those participants who had submitted faecal occult blood tests with analyzable results, about 19500 persons (12.6%) had positive results in the first round of screening. Among those test positive participants who underwent colonoscopy examination services, about 11900 persons (66.7%) had colorectal adenomas and around 1170 persons had colorectal cancer (6.6%).

As family physicians, we are facing more and more colonoscopy reports in our daily setting. We should be well equipped and updated before discussing our follow up plans with our patients.

In 2020, there was an international consensus update and recommendations for follow up after colonoscopy and polypectomy. This document is from the US Multi-society Task Force (with representatives of the American College of Gastroenterology, the American Gastroenterological Association and the American Society for Gastrointestinal Endoscopy), which is well known and widely adopted in our local colorectal surgeon practice. We make use of this platform to generate a short summary on the guidance and recommendation after colonoscopy and polypectomy, hoping our members can adopt an update and safe follow up schedule for our post polypectomy patients.

Surveillance guidance after colonoscopy and polypectomy in average risk adults

This recommendation is based on a high quality baseline colonoscopy which includes:

- Complete examination to caecum
- Adequate bowel preparation to detect polyps >5mm
- Adequate colonoscopist adenoma detection rate
- Complete polyp resection

Baseline colonoscopy findings	Recommended Surveillance interval
Normal colonoscopy	10 years
Hyperplastic Polyps	
<20 hyperplastic polyp < 10mm	10 years
Hyperplastic polyp \geq 10mm	3-5 years
Adenomas	
1-2 Tubular Adenomas <10mm	7-10 years
3-4 Tubular Adenomas <10mm	3-5 years
5-10 Tubular Adenomas OR Tubular Adenoma \geq 10mm OR Tubulovillous Adenoma/ Villous Adenoma OR Tubular Adenoma with high grade dysplasia	3 years
>10 Tubular Adenomas	1 year Refer to genetic screening based on age/ family history
Piecemeal removal of adenoma \geq 20mm	6 months, then 1 year, then 3 years
Serrated polyps	
1-2 sessile serrated polyp <10mm	5-10 years
3-4 sessile serrated polyp <10mm	3-5 years
5-10 sessile serrated polyps OR Sessile serrated polyps \geq 10mm OR Sessile serrated polyps with dysplasia OR Traditional serrated adenoma	3 years

This recommendation excludes individuals with:

- Hereditary CRC syndrome
- Personal history of inflammatory bowel disease
- Personal history of hereditary cancer syndrome
- Serrated polyposis syndrome
- Malignant polyp
- Personal history of CRC
- Family history of CRC

Last but not least, apart from referencing and following the suggested international guidance, for a good practice, it is also advisable to consult with colonoscopist for individualized follow up programme following colonoscopy and polypectomy.

Reference:

1. Hong Kong Cancer Registry <https://www3.ha.org.hk/cancereg/>
2. Department of Health. Colorectal Screening Programme. <https://www.colonscreen.gov.hk/mobile/en/public/index.html>
3. Colorectal Cancer Screening Programme. Progress report of the screening outcome for participants. Enrolled between 28 September 2016 and 27 September 2019. <https://www.colonscreen.gov.hk/sites/default/files/pdf/CRCSP%20Progress%20Report%20as%20of%20Sep%202019.pdf>
4. Recommendations for follow-up after colonoscopy and polypectomy: A consensus update by the US Multi-Society Task Force on Colorectal Cancer. Gastroenterology 2020;158:1131-1153 [https://www.gastrojournal.org/article/S0016-5085\(19\)41479-0/abstract](https://www.gastrojournal.org/article/S0016-5085(19)41479-0/abstract)

Complied by Dr. Cheuk Christina



**Hong Kong
Primary Care
Conference**

The Hong Kong College
of Family Physicians

OUR FINEST HOUR: STRIDE THROUGH THE STORM

2021

30 JUL - 01 AUG
(FRI - SUN)

DIGITAL CONFERENCE



Hong Kong
Primary Care
Conference
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2021

“Our Finest Hour: Stride Through The Storm”

30 July – 1 August 2021 (Friday – Sunday)

On behalf of the Hong Kong College of Family Physicians and Hong Kong Primary Care Conference 2021 Organizing Committee, we are delighted to announce our annual signature event which will be held online from 30 July – 1 August 2021.

As the world including Hong Kong continues to grapple with the COVID-19 pandemic, a robust primary health care is all the more needed to provide a critical first line of defense and response to keep the community safe and healthy. This year's theme, “Our Finest Hour – Stride through the Storm” highlights the emergence of an even stronger primary health care. Throughout this pandemic our primary health providers can be seen as part of the cornerstone of the global response and recovery from this invisible enemy. We are part of the most inclusive, effective and efficient taskforce which has been deployed to safeguard the health of our people and communities.

Amidst the COVID-19 challenges with its issues of social distancing and infection control concerns, our 2020 HKPCC digital conference has proven to be a successful platform in bringing together over 700 participants from the primary care community. Our 2021 program is no exception when it comes to providing an educational and inspiring experience for our delegates. It will continue as a fertile milieu for bringing together international and local experts, family physicians, nurses and other primary care providers to promote collaborative and networking opportunities. Our program will offer a range of live and on-demand sessions with plenary and seminar speakers, including evaluation of the challenges of COVID-19, clinical updates, research education and many more diverse yet interesting topics.

I am confident that this digital conference will continue to surprise and excite you all!

Sincerely yours,

Dr. Lorna Ng
Chairlady, Organizing Committee
Hong Kong Primary Care Conference 2021



Hong Kong
Primary Care
Conference
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2021

“Our Finest Hour: Stride Through The Storm”

30 July – 1 August 2021 (Friday – Sunday)

Full Research Paper Competition

We cordially invite your participation in the **Full Research Paper Competition** of the HKPCC 2021. The Competition is a long-standing tradition of the College's Annual Conference to promote and recognize well-designed and innovative research which bears potential impact on clinical practice or development of primary care. This year, we will have TWO Awards:

AWARDS

Best Research Paper Award

Best Novice Research Paper Award

The HKPCC 2021 Organizing Committee will invite renowned scholars as judges to review the participating papers. Both winners will receive a **Certificate of Award** and will be invited to present their research papers at the conference.

ELIGIBILITY AND AUTHOR GUIDELINES

For **Best Research Paper Competition**: the first author of the paper must meet ALL of the following conditions:

- (1) The author must be registered for the Conference;
- (2) The author completes the majority of the research and writing of the paper;
- (3) The author has not used the paper to apply for other awards.
- (4) The paper had not been awarded in other competitions in the past.
- (5) If the paper has already been published, it must be published after 1 January 2019.

For **Best Novice Research Paper Award**: the first author of the paper must meet ALL of the following conditions:

- (1) The author must be registered for the Conference;
- (2) The author completes the majority of the research and writing of the paper;
- (3) The author has not used the paper to apply for other awards.
- (4) The paper had not been awarded in other competitions in the past.
- (5) If the paper has already been published, it must be published after 1 January 2019.
- (6) The first author must not have published any other research paper in any scientific journal as first author before (for example, The Hong Kong Practitioner, Hong Kong Medical Journal or other academic journals).

The participating paper should be a full-length article. It should include a structured abstract of no more than 250 words. The text should contain at least 2,000 words, organized as **INTRODUCTION, METHODOLOGY, RESULTS and DISCUSSION**. It should consist of no more than 6 illustrations (tables/figures). Only electronic versions are accepted. The full paper should be typed in the Microsoft Word 12-point size format.

AWARD SELECTION CRITERION

Each paper will be evaluated against the following criteria:

- (1) Academic rigor of the paper (e.g. originality, methodology, organization and presentation).
- (2) Relevance and impact to primary care (e.g. importance of the topic and the impact of the findings on the practice or development of primary care).

The panel reserves the right of granting /withholding an award for this year.

HOW TO SUBMIT

Please **download the Full Research Paper Submission Form from our College Website** <http://www.hkcfp.org.hk>.

By Email – Attach the full research paper with the completed “Full Research Paper Submission Form” and send to hkpcc@hkcfp.org.hk. All entries will be acknowledge by receipt.

For enquiries, please do not hesitate to contact our Conference secretariat, Ms. Suki Lung or Ms. Crystal Yung, at 2871 8899 or by email hkpcc@hkcfp.org.hk.

SUBMISSION DEADLINE

14 April 2021 (Wednesday)

“We look forward to receiving your research articles!”



Hong Kong
Primary Care
Conference
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2021

“Our Finest Hour: Stride Through The Storm”

30 July – 1 August 2021 (Friday – Sunday)

Free Paper Competition

Apart from the Full Paper Competition, we also have the **Free Paper Competition** which sees many pioneering research ideas, pilot studies and thought-provoking case studies, commentaries and stimulating discussions. The Free Paper Competition is one of the highlights of the HKPCC and can be in the form of an **ORAL presentation** or **POSTER presentation**. We look forward to your active participation in the Free Paper Competition.

AWARDS

Best Oral Presentation Award.

Outstanding Poster Presentation Award.

Both the winners will receive a **Certificate of Award**.

Author Guidelines

- The presentation of the free paper can be in the form of an **ORAL presentation** or **POSTER presentation**. (The details of oral or poster presentation will be announced later.)
- Electronic version is preferred for abstracts. Abstract should be typed in 12-point size in Microsoft Word format. Handwritten abstracts will NOT be accepted.
- The abstract must not exceed 300 words, and should be organized as follows: **TITLE, AUTHOR(S), INTRODUCTION, METHOD, RESULTS and CONCLUSION**. Commentaries and discussion papers need not follow the above format apart from the TITLE and AUTHOR(S).
- Authors' full names and affiliations must be specified. Surnames should be printed in bold.
- All abstracts must be submitted in English. All accepted abstracts must be presented in English.

ELIGIBILITY REQUIREMENTS

To be eligible for participation in the free paper presentation, **the first author of the paper must meet ALL of the following conditions:**

- (1) The author (and the presenting author if applicable) must be registered for the Conference.
- (2) The author completes the majority of the research and writing of the paper.
- (3) The author has not submitted the same paper* to other conference conducting at the same time period of HKPCC.
- (4) The paper has not been granted any award(s) in the past.
- (5) Only **ONE** designated presenter can present the accepted abstract. Co-authors are welcome to register and attend the session of the conference.
- (6) The Organizing Committee has the right of final decision on the acceptance of an abstract.

* If the paper has been granted any award(s) in the past, the paper can be submitted for poster presentation only and will be automatically excluded from award competition.

AWARD SELECTION CRITERIA

For the **Best Oral Presentation Award**, each oral presentation will be evaluated against the following criteria:

- (1) Quality and thoroughness of research methods used to generate findings;
- (2) Quality of visual presentation if applied;
- (3) Relevance, innovation and impact to primary care.

For the **Outstanding Poster Presentation Award(s)**, each poster will be evaluated against the following criteria:

- (1) Quality of visual presentation (poster layout);
- (2) Quality and thoroughness of research methods used to generate findings;
- (3) Relevance, innovation and impact to primary care.

HOW TO SUBMIT

Please **download the Abstract Submission Form from College Website** <http://www.hkcfp.org.hk>.

By Email – Attach the abstract with the completed “Abstract Submission Form” and send to hkpcc@hkcfp.org.hk.
All entries will be acknowledged on receipt.

For enquiry, *please do not hesitate to contact our Conference secretariat, Ms. Suki Lung or Ms. Crystal Yung, at 2871 8899 or by email* hkpcc@hkcfp.org.hk.

SUBMISSION DEADLINE

14 April 2021 (Wednesday)



Hong Kong
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of Family Physicians

Hong Kong Primary Care Conference 2021

“Our Finest Hour: Stride Through The Storm”

30 July – 1 August 2021 (Friday – Sunday)

Clinical Case Presentation Competition

Following the success of the previous years' HKPCC Clinical Case Presentation Competition, the Organizing Committee of the upcoming HKPCC 2021 is honored to organize the competition again this year!

The Presentation can be in the form of individual or group presentation with up to 5 people per group. The details of the competition are listed as below. We look forward to your active participation in the Clinical Case Presentation Competition.

COMPETITION OUTLINE

- (1) Target participants: Doctors, nurses, physiotherapists, clinical psychologists, occupational therapists, dieticians, podiatrists and any other allied health professionals.
- (2) Presentation materials: Any kind of clinical cases relevant to primary care.
- (3) Presentation format: In the form of individual presentation, role-play, drama or any other possible format for 15 minutes. Either individual or group presentation with up to 5 people per group is acceptable.
- (4) The Organizing Committee has the right of final decision on the acceptance of the cases for the presentation.

AWARDS

The Best Presentation Award winner will receive a **Certificate of Award**.

ELIGIBILITY REQUIREMENTS

To be eligible for participation in the Clinical Case Presentation Competition, the presenter must meet ALL the following conditions:

- (1) The presenter must be registered for the Conference.
- (2) The presentation should be the original work of the participants.
- (3) The candidates should have submitted their presentation proposals prior to the Conference.

AWARD SELECTION CRITERIA

Each presentation proposal should state the theme, outline of presentation, format (e.g. role-play, drama, video), language and rundown.

Each presentation will be evaluated against the following criteria -

- (1) Quality of presentation.
- (2) Content of presentation: Relevance and impact to primary care, presentation skills and time management, enhancement to patient care in daily practice and useful take home message.

HOW TO SUBMIT

- **The entry form can be downloaded from our College Website:** <http://www.hkcfp.org.hk>.
- **By Email** - Attach the completed entry form and a presentation proposal and send to "hkpcc@hkcfp.org.hk" All entries will be acknowledged on receipt.
- The presentation needs to be submitted prior to the Conference secretariat **on or before 15 July 2021 (Thursday)**.
- If you have any questions concerning the "Clinical Case Presentation", please contact our conference secretariat, Ms. Suki Lung or Ms. Crystal Yung, at 2871 8899 or by email hkpcc@hkcfp.org.hk.

ENTRY FORM, PRESENTATION PROPOSAL SUBMISSION DEADLINE

14 April 2021 (Wednesday)

PRESENTATION MATERIAL SUBMISSION DEADLINE

15 July 2021 (Thursday)



輝瑞普強 健康信心
家點點



Professionally Dedicated to Your Total Well-Being

Pfizer Upjohn

Inspired by our heritage in pioneering science,
we provide evidence-based health solution
in Cardiovascular, Pain, Psychiatry,
and Urology areas to improve
your health and quality of life.

Trusted Partner in NCD* Management



These are prescription only medications. The effectiveness and side effects to medication may vary among individuals. Please consult your doctor or pharmacist for more information.

*NCD: Non-communicable Diseases

ASSESSMENT ENHANCEMENT COURSE (AEC) FOR FAMILY PHYSICIANS 2021

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

Organizer	: Assessment Enhancement Sub-committee, Board of Education, HKCFP
Tutors	: Family Medicine Specialists, Fellows of HKCFP and RACGP
Supervisors	: Dr. Chan Chi Wai
Co-ordinator	: Dr. Lai Sheung Siu
Objectives	: <ol style="list-style-type: none"> 1. To improve clinical knowledge, problem solving and consultation skills through different workshops 2. To improve physical examination technique and clinic procedural skills through hands-on experience 3. To provide opportunity for inter-professional communication and social network expansion through self-help groups 4. To improve time management through simulated examination
Venue	: HKCFP Wan Chai office, Duke of Windsor Social Service Building and HKAM Jockey Club Building
Date	: 5 months' course starting from April 2021
Course Structure	: The course will consist of 4 main components: <ol style="list-style-type: none"> 1. Seminars 2. Workshops 3. Self-help Group Support 4. Mock Exam Seminars and Workshops will be arranged on Saturday afternoons (2:30 p.m. to 5:30 p.m.)
Accreditation	: Up to 15 CME points (Category 4.4) & 5 CPD points (Category 3.15) for the whole course
Course Fee	: Members : HK\$3,400 (Whole course) HK\$950 (Spot admission for each seminar or workshop only) All cheques payable to "HKCFP Education Ltd" All Fees received are non-refundable and non-transferable.
Capacity	: 50 doctors maximum
Enrolment	: Enrolment is now open. Registration form is available at College website: http://www.hkcfp.org.hk/pages_9_463.html . Please return the completed application and the cheque to the Secretariat for process. Please contact the Secretariat, Ms. Teresa Liu or Ms. Windy Lau by email to education@hkcfp.org.hk or call 2871 8899 for details. Successful applications will be informed by email later.
Disclaimer	: All cases and answers are suggested by our tutors only. They are not standard answers for examination.
Remarks	: <ol style="list-style-type: none"> 1. Post-AEC training course (optional) will be organized for category 2 candidates who have enrolled in AEC if there is sufficient enrolment. 2. Please note the schedule of AEC sessions might be affected due to the outbreak of COVID-19 and the format might change to online platform if necessary. Announcement would be made in case there is a change of schedule and/or format.

Assessment Enhancement Course 2021 Timetable for Workshop

Date	Topics	Venue
24 April 2021 (Sat) 2:30 – 5:30 p.m.	Introduction	Room 802, Duke of Windsor Social Service Building, Wan Chai, Hong Kong
22 May 2021 (Sat) 2:30 – 5:30 p.m.	Approach to Physical Complaints	
26 June 2021 (Sat) 2:30 – 5:30 p.m.	Viva Practice: Enhance Interprofessional Communication	
24 July 2021 (Sat) 2:30 – 5:30 p.m.	Problem Solving Skills	
21 August 2021 (Sat) 2:30 – 5:30 p.m.	Proper Physical Examination & Common Clinic Procedures	
25 September 2021 (Sat) 2:30 – 6:00 p.m.	Mock Exam	HKAM Jockey Club Building, 99 Wong Chuk Hang Road

BOARD OF EDUCATION NEWS

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

Online Seminar			
Date and Time	Topic	Speakers	Moderators
13 Mar (Sat) 2:00 – 3:30 p.m.	Online Dermatology Seminar: Should the treatment paradigm for mild to moderate Atopic Dermatitis evolve – Children in Focus? <i>Organized by Interest Group in Dermatology Sponsored by Pfizer Corporation HK Limited</i>	Dr. Joseph Lam <i>Clinical Assistant, Department of Pediatrics, the University of British Columbia, Vancouver, Canada</i>	Dr. Lam Wing Wo
17 Mar (Wed) 2:00 – 3:00 p.m.	Beyond Ordinary Headache: Chronic Migraine Treatment and Prevention <i>Sponsored by Allergan, an AbbVie company</i>	Dr. Fok Wai Ming, Joshua <i>Specialist in Neurology</i>	Dr. Au-Yeung Shiu Hing
31 Mar (Wed) 2:00 – 3:00 p.m.	Gut Health: The Neglected part of Mental Health <i>Sponsored by Synergy Care Limited</i>	Prof. Tang Siu Wa <i>Emeritus professor of Psychiatry, University of California, Irvine, CA, USA</i>	Dr. Yvonne Lo

QR Code for registration

13 Mar 2021 (Sat)	17 Mar 2021 (Wed)	31 Mar 2021 (Wed)
		

Accreditation : 13 Mar: 2 CME Point HKCFP [Cat. 4.3]
2 CME Point MCHK (pending)
17 Mar and 31 Mar: 1 CME Point HKCFP [Cat. 4.3]
1 CME Point MCHK (pending)
Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log)

Online Monthly Video Session

Date and Time	Topic
26 Feb (Fri) 2:30 – 3:30 p.m.	“Approach to a child with snoring in primary care setting” by Dr. Leung Ngan Ho, Theresa
19 Mar (Fri) 2:30 – 3:30 p.m.	“How Family Physicians can Co-manage with Oncologists in Patient with Breast and Prostate Cancer” by Dr. Alex Leung

QR Code for registration

26 Feb 2021 (Fri)	19 Mar 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 :

- 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.
- 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).
- 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.
- 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)**
- 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.

Meeting Highlights

Online Seminar on 29 January 2021

We would like to thank Professor Benjamin Cowling, Head of the Division of Epidemiology and Biostatistics, The University of Hong Kong, for delivering a lecture on "COVID-19 in Hong Kong and our outbreak management strategy" and Professor Drew Weissman, Professor of Medicine, University of Pennsylvania, for delivering a lecture on "Different platforms of COVID-19 vaccines".

Also we would like to thank Dr. Chan Man Chun, Jacky, Honorary Treasurer of The Hong Kong Society for Infectious Diseases, and Dr. Chan Chi Wai, Edmond, Deputy Chairman of Board of Education, The Hong Kong College of Family Physicians, for co-chairing the session.

Structured Education Programmes

Free to members

HKCFP 2 CME points accreditation (Cat 4.3)

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
03 Mar 2021 (Wed)			
2:00 – 5:00 p.m.	[Video Conference] Room 7 & Room 19, 8/F, Yau Ma Tei GOPC Lecture Theatre, 10/F, YCK, Kwong Wah Hospital	Principle of Professional Ethics, Red book Dr. Jiao Fangfang & Dr. Yu Kwun Nam	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	Rm13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Community Resources for Elderly Patients Dr. Leung Ching	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Auditorium, G/F HMB, Tseung Kwan O Hospital	Community Resources for Family Dysfunction (Violence, Extra-Marital Affairs) & Parenting Dr. Chau Yiu Shing & Dr. Wong Ho Ching	Ms. Polly Tai / Ms Elise Haw Tel: 3949 3430 / 3949 3079
3:30 – 5:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Management in Heart Failure Dr. Fan Vei Chen, Kevin & Dr. Chung Hiu Yeung, Arthur	Mr. Alex Kwok Tel: 5569 6405
5:00 – 7:00 p.m.	[Video Conference] ZOOM	Private Clinic: How to Set Up a Clinic? Dr. Lee Suk Yee	Ms. Cherry Wong Tel: 2589 2342
04 Mar 2021 (Thu)			
4:00 – 6:00 p.m.	[Video Conference] Activities Room, 3/F, Yan Oi General Out-patient Clinic	Emergency Facilities in Clinic Dr. Feng Longyin & Dr. Zhang Dingzuan	Ms. Eliza Chan Tel: 2468 6813
10 Mar 2021 (Wed)			
2:00 – 5:00 p.m.	[Video Conference] Room 7 & Room 19, 8/F, Yau Ma Tei GOPC Room 10, 1/F, New block, East Kowloon GOPC Multifunction Room, Shun Tak Fraternal Association Leung Kau Kui Clinic GOPC	Paediatric Emergency in General Practice Dr. Chau Kei Wai & Dr. Lee Kin Lun	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	Rm13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Animal Bite Dr. Woo Tiffany	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Auditorium, G/F HMB, Tseung Kwan O Hospital	Volunteer Doctor Dr. Luk Sze Wan, Candy & Dr. Lam Ka Wing, Kevin	Ms. Polly Tai / Ms Elise Haw Tel: 3949 3430 / 3949 3079
3:30 – 5:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Introduction to District Health Centers Dr. Lai Sheung Siu	Mr. Alex Kwok Tel: 5569 6405
5:00 – 7:00 p.m.	[Video Conference] ZOOM	Daily Management of Patient Using RAPRIOP Dr. Hou Baijing, Prudence	Ms. Cherry Wong Tel: 2589 2342
11 Mar 2021 (Thu)			
4:00 – 6:00 p.m.	[Video Conference] Activities Room, 3/F, Yan Oi General Out-patient Clinic	Community Resources for Patients with Mood Problems Dr. Chang Ting Ting & Dr. Tse Sut Yee	Ms. Eliza Chan Tel: 2468 6813
17 Mar 2021 (Wed)			
2:00 – 5:00 p.m.	[Video Conference] Room 7 & Room 19, 8/F, Yau Ma Tei GOPC Lecture Theatre, 10/F, YCK, Kwong Wah Hospital	Anxiety Disorder Dr. Chan Fung Yuen & Dr. Sun Dione Tinoi	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	Rm13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	How to Prepare Conjoint Exam (Part 1) Dr. Tsang Yee Wing	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Auditorium, G/F HMB, Tseung Kwan O Hospital	Update on Management of BPH Dr. Chen Tsz Ting & Dr. Huang Wanshu	Ms. Polly Tai / Ms Elise Haw Tel: 3949 3430 / 3949 3079
3:30 – 5:30 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. Fan Vei Chen, Kevin	Mr. Alex Kwok Tel: 5569 6405
5:00 – 7:00 p.m.	[Video Conference] ZOOM	Handling Infectious Diseases in Pregnant Women Dr. Seto Tin Yan, Mimi	Ms. Cherry Wong Tel: 2589 2342

18 Mar 2021 (Thu)

4:00 – 6:00 p.m.	(Video Conference) Activities Room, 3/F, Yan Oi General Out-patient Clinic	Teaching Family Medicine / General Practice Dr. Kum Chung Hang & Dr. Kwok Vincici	Ms. Eliza Chan Tel: 2468 6813
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24 Mar 2021 (Wed)

2:00 – 5:00 p.m.	(Video Conference) Room 7 & Room 19, 8/F, Yau Ma Tei GOPC Room 10, 1/F, New block, East Kowloon GOPC Multifunction Room, Shun Tak Fraternal Association Leung Kau Kui Clinic GOPC	Update on Management of Common Rheumatological Diseases at Primary Care Setting Dr. Hui Alice Sau Wei & Dr. Cheung Yuen Yan, Kathy	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	Rm13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Occupational Health & OSH at Primary Care Clinic Dr. Hung Fung	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Auditorium, G/F HMB, Tseung Kwan O Hospital	Cervical Cancer Screening and Management of Abnormal Smears Dr. Wu Sum Yi & Dr. Kwan Chun Yin	Ms. Polly Tai / Ms Elise Haw Tel: 3949 3430 / 3949 3079
3:30 – 5:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Breaking Bad News Dr. Wong Hiu Yeung & Dr. Tang Chun Ming	Mr. Alex Kwok Tel: 5569 6405
5:00 – 7:00 p.m.	(Video Conference) ZOOM	Management of Common ENT Infections in OPD Settings Dr. Chung Chun Kit	Ms. Cherry Wong Tel: 2589 2342

25 Mar 2021 (Thu)

4:00 – 6:00 p.m.	(Video Conference) Activities Room, 3/F, Yan Oi General Out-patient Clinic	Prolong Waiting Protocol and Complaints Management in Primary Care Dr. Hun Pek I & Dr. Leung Hor Yee	Ms. Eliza Chan Tel: 2468 6813
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31 Mar 2021 (Wed)

2:00 – 5:00 p.m.	(Video Conference) Seminar room, G/F, Block A, Queen Elizabeth Hospital Room 7 & Room 19, 8/F, Yau Ma Tei GOPC Room 10, 1/F, New block, East Kowloon GOPC Multifunction Room, Shun Tak Fraternal Association Leung Kau Kui Clinic GOPC	Approach to Alcoholism Dr. Ng Ka Wing & Dr. Mak Shen Rong Sharon	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	Rm13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Advanced Incidents Reporting System of Hospital Authority Dr. Wan Kwong Ha	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Auditorium, G/F HMB, Tseung Kwan O Hospital	Elements of Good Primary Health Care Dr. Cheung Jessica & Dr. Ho Sze Ho	Ms. Polly Tai / Ms Elise Haw Tel: 3949 3430 / 3949 3079
3:30 – 5:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Common Gynaecological Disease (Breast Diseases, and Cervical Disease) Dr. Ng Hok Wai, Vincent & Dr. Lau Sin Mei, Mimi	Mr. Alex Kwok Tel: 5569 6405
5:00 – 7:00 p.m.	(Video Conference) ZOOM	Mental Illness and Law Dr. Pang Sze Ching	Ms. Cherry Wong Tel: 2589 2342

Invitation message to submit articles to FP Links

Dear all fellow colleagues, do you have something to share with us about your practice and thereabouts?

The FP Links Committee is inviting all HKCFP members to share your personal encounters, experiences, thoughts or feelings through writing. It can be inspiring, can be impressive or jaw dropping, or can be touching.

Besides conventional FP Links articles, 2 other special columns are also welcomed, namely FP Column and Young Doctors Column. The former is a platform for members to share how life as Family Physicians is like and their vision about our discipline, while in the latter our young doctors could tell readers how they are adapting in work and training, as well as their innovative ideas and dreams about Family Medicine.

The usual passage length is around 2 A4 pages (up to 1200 words), taking into account the words and photos/tables.

The articles submitted to secretariat will be passed to the FP Links Editorial board for review before publication. 2 CPD points will be rewarded for each published article.

Please do not hesitate to contact our secretariat Ms. Alky Yu at 2871 8899 or alkyyu@hkcfp.org.hk for enquires or article submission.

Don't be shy and submit one NOW! We can't wait to read your article!

FP Links Committee



COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 Feb	22	23 <i>9:00 p.m.</i> Board of Conjoint Examination Meeting	24 <i>2:00 – 7:30 p.m.</i> Structured Education Programme <i>9:00 p.m.</i> Board of DFM Meeting	25 <i>4:00 – 6:00 p.m.</i> Structured Education Programme <i>8:30 p.m.</i> HKCFP Council Meeting	26 <i>2:30 – 3:30 p.m.</i> Video Session <i>7:00 p.m.</i> Higher Training Introductory Seminar	27 <i>2:00 – 6:00 p.m.</i> APCLS Training Workshop
28 <i>2:00 – 6:00 p.m.</i> APCLS Training Workshop	1 Mar	2	3 <i>2:00 – 7:30 p.m.</i> Structured Education Programme	4 <i>4:00 – 6:00 p.m.</i> Structured Education Programme	5	6 <i>2:30 – 5:30 p.m.</i> DFM Orthopaedic Injection Workshop
7	8	9	10 <i>2:00 – 7:30 p.m.</i> Structured Education Programme	11 <i>4:00 – 6:00 p.m.</i> Structured Education Programme	12	13 <i>2:00 – 4:00 p.m.</i> Online Dermatology Lecture <i>2:30 – 5:30 p.m.</i> DFM Module III Seminar
14	15	16	17 <i>2:00 – 3:00 p.m.</i> Online CME Lecture <i>2:00 – 7:30 p.m.</i> Structured Education Programme	18 <i>4:00 – 6:00 p.m.</i> Structured Education Programme <i>9:00 p.m.</i> Board of Conjoint Examination Meeting	19 <i>2:30 – 3:30 p.m.</i> Video Session	20 <i>2:00 – 6:00 p.m.</i> APCLS Training Workshop
21 <i>2:00 – 6:00 p.m.</i> APCLS Training Workshop	22	23	24 <i>2:00 – 7:30 p.m.</i> Structured Education Programme	25 <i>4:00 – 6:00 p.m.</i> Structured Education Programme <i>8:30 p.m.</i> HKCFP Council Meeting	26	27
28	29	30	31 <i>2:00 – 3:00 p.m.</i> Online CME Lecture <i>2:00 – 7:30 p.m.</i> Structured Education Programme	1 Apr <i>4:00 – 6:00 p.m.</i> Structured Education Programme	2	3

Red : Education Programmes by Board of Education

Green : Community & Structured Education Programmes

Purple : College Activities

FP LINKS EDITORIAL BOARD 2021



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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The Hong Kong College of Family Physicians

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