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Message from the President

At the beginning of February, The Centre for Health Protection (CHP) of the Department of Health commenced an investigation on an outbreak of upper respiratory tract infection (URTI) at a secondary school in Southern district of Hong Kong, which involved over 50 students aged 12 to 20. More than 10 staff members of the school were also involved. All were reported to be in stable condition without needing hospitalisation. (<https://www.info.gov.hk/gia/general/202402/01/P2024020100639.htm?fontSize=1>) As we are in the winter surge period when influenza is on the rise, the general public are advised to maintain strict personal and environmental hygiene, and receive seasonal influenza vaccination for better protection. People should be vigilant against respiratory illnesses and pay special attention to receiving seasonal influenza vaccination for personal protection; wearing Surgical masks to prevent transmission of respiratory viruses if feeling unwell or in crowded places. For high-risk persons (e.g. persons with underlying medical conditions or persons who are immunocompromised), wear a surgical mask when taking public transport or staying in crowded places. Performing hand hygiene before wearing and after removing a mask would be essential and avoid touching one's eyes, mouth and nose. It is important to maintain good indoor ventilation also.

When having respiratory symptoms, people should refrain from work or attending classes at school, avoid going to crowded places and seek medical advice promptly. Last but not least, maintain a balanced diet, exercise regularly, take adequate rest, do not smoke and avoid overstress. Members of the

general public, especially children, the elderly and those with chronic diseases, should seek advice from a doctor promptly if they develop symptoms of respiratory tract infection.

The CHP also reminded the public, especially the elderly and people with chronic illnesses like heart conditions, respiratory illnesses and other chronic illnesses, to adopt appropriate measures to protect themselves in view of the cold weather hitting us recently. (<https://www.info.gov.hk/gia/general/202402/07/P2024020700476.htm?fontSize=1>)

Some senior citizens may have decreased mobility that impairs their ability to generate and conserve body heat. Chronic illnesses, such as hypertension, diabetes and endocrine disorders may undermine the health of elderly people and lower their metabolic rate, subsequently causing their body to generate less heat. Persons with chronic illnesses such as chronic respiratory illnesses or heart disease are vulnerable to disease aggravation due to cold weather. The aforementioned vulnerable group should keep warm clothing on, including hats, scarves, gloves and socks accordingly. Sufficient food should be consumed to ensure adequate calorie intake. Regular exercise is good for blood circulation and heat production. Stay in a warm environment and avoid prolonged outdoor exposure. Heaters should be used with care, and maintain adequate indoor ventilation. Lastly,

(Continued on page 2)



Message from the President (Con't)

(Continued from page 1)

seek medical advice in a timely manner if feeling unwell. In addition, the public should avoid alcoholic beverages which can accelerate body heat loss through dilated blood vessels. Parents are advised to keep babies sufficiently warm and relatively lightly clothed to avoid overheating them at the same time, while keeping the room well ventilated. Always place babies on their back to sleep and leave their head, face and arms uncovered during sleep. In addition, CHP recommends seasonal influenza vaccination for all persons aged 6 months or above except those with known contraindications. Persons at higher risk of getting influenza and its complications, including the elderly and children, should receive seasonal influenza vaccination early.

We are privileged to have Prof. Chris Butler, Professor of Primary Care, Nuffield Department of Primary Care Health Sciences, University of Oxford sharing with us on

the topic of "Evaluating Point of Care Tests for Guiding Antimicrobial Prescribing in Primary Care" on 28 February (Wed) from 2:00 - 3:00pm via an online platform. Please do reserve your timeslot and enrol via the usual College channels to attend this seminar if you have not done so yet. In addition, Prof. Butler is hosting a face-to-face Research Meeting on the same day, i.e. 28 February (Wed) from 6:00pm at Rm 802, 8/F, Duke of Windsor Social Services Building, 15 Hennessy Road, Wanchai. The target participants are higher trainees/potential candidates of Exit Exam. Please don't miss the chance to discuss your research projects with Prof. Butler.

Wishing you and your family a very healthy and prosperous year of the dragon ahead!

Dr. David V K CHAO
President

Membership Committee News

The Council approved, on recommendation of the Chairlady of the Membership Committee, the following applications for membership in **December 2023 - January 2024**:

New Application

Associate Membership

Dr. CHAN Chui Ying	陳 翠 瑩
Dr. LAU Ka Chun	劉 嘉 駿
Dr. LUKE Baw	陸 坡 陶
Dr. NG Belinda Yan To	吳 欣 陶

Transferral

From Associate to Fellowship

Dr. CHAU Kei Wai	周 琦 瑋
Dr. CHOW Wing Man	周 穎 敏
Dr. HO Ka Ki	何 嘉 琪
Dr. HO Suet Ying	何 雪 盈
Dr. HO Sze Ho	何 斯 皓
Dr. LAI Ge Woon, Gevon	黎 智 媛
Dr. LAM Chi Hang	林 志 恒
Dr. LAM Wing Ching, Nicole	林 穎 晴
Dr. LEE Jerrold	李 嘉 朗
Dr. LI Kwok Ho	李 國 豪
Dr. LI Shiyue	李 詩 悅
Dr. LIU Ka Yee	廖 家 誼
Dr. LO Chak Yui	羅 澤 銳
Dr. LUI Tsz Yin	雷 梓 賢

Dr. NG Carrie Chi Wing	吳 芷 詠
Dr. NOH Young Ah	
Dr. SHENG Wei Yang	盛 維 揚
Dr. TAI Lok Yin, Nadia	戴 樂 然
Dr. TSANG Lai Ting	曾 麗 婷
Dr. TSO Sau Lin	曹 秀 蓮
Dr. WONG Calvin Alexander	黃 朗 晞
Dr. WONG Chun Hun, Jonathan	黃 駿 鏗
Dr. WOO Long Yiu	胡 朗 瑤
Dr. YAP Jon-Alvan Tsun Hee	葉 臻 羲
Dr. YU Kwun Nam	余 冠 南
Dr. YU Louise Anne Sum Wun	余 心 韻
Dr. WU Chi Ho, Bosco	胡 子 豪

From Fellow to Non-HKSAR Fellowship

Dr. CHIU Yuen Man	趙 婉 雯
Dr. LEE Ling Hin	李 靈 軒
Dr. LEUNG Wai Lun	梁 瑋 麟

Resignation

Associate Membership

Dr. LAU Choi Yee	劉 彩 儀
Dr. TONG Hiu Tung	唐 曉 彤

Quality Assurance & Accreditation Committee News

HKCFP Additional Accreditation and Report on CME/CPD Missing Points for Year 2023

Dear Members,

The credit point score of year 2023 for HKCFP QA Programme is going to be finalized. Please kindly check your updated report by visiting the College website at https://www.hkcfp.org.hk/cme_mchkcme_report.aspx.

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 **23 February 2024 (Friday)**.

1. Application for Additional Accreditation

The application of Additional Accreditation for the **year 2023** 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 2023-25**, 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 2023 with prior accreditation** by the 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: 23 February 2024 (Friday)

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 the above mentioned mailing address, **OR** by email to: cmecpd@hkcfp.org.hk

Please observe the application deadline as late applications will **NOT** be processed. The QA&A Committee reserves 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 questions, please contact Mr. John Ma and Ms. Iris Ip at 2871-8899 or by email to cmecpd@hkcfp.org.hk.

Yours sincerely,

Dr. LI Yim Chu

Chairlady, Quality Assurance & Accreditation Committee

THIRTY-EIGHTH CONJOINT HKCFP/RACGP FELLOWSHIP EXAMINATION SECOND ANNOUNCEMENT

The Board of Conjoint Examination is pleased to announce the following information on the Thirty-eighth Conjoint Fellowship Examination with the Royal Australian College of General Practitioners to be held in 2024.

(1) REQUIREMENTS AND ELIGIBILITY

CATEGORIES OF CANDIDATES:

(a) CATEGORY I 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. All candidates are required to have renewed their RACGP membership for the year 2024/2025 on or before 31 July 2024. Failure to comply with the above may result in denial of admission to the Examination.)

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 HKCFP College 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. The two segments can be taken separately in any order, or at the same attempt. After satisfactory completion of four years of supervised training, Category I candidates may apply to sit the Clinical Examination.

[Note: 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 2024, 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 2024, 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.)

Please Note:

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

All successful candidates applying for the award of the RACGP Fellowship will be subject to the decision of the RACGP.

(b) CATEGORY II CANDIDATES are doctors who

1. are FULLY registered with the Hong Kong Medical Council,
2. have been predominantly in general practice in Hong Kong for not less than **five** years by 30 June 2024, provided that the experiences are within the most recent 10 years,
3. must be FULL OR ASSOCIATE members of HKCFP at the time of application for the Examination and at the time of the Conjoint Examination.
4. had enrolled and passed the Diploma in Family Medicine course organized by the HKCFP, or other equivalent subject to the approval of the Board of DFM, HKCFP.
5. had fulfilled the CME/CPD requirements by obtaining both 30 CME points and 10 CPD points accredited by the HKCFP each in the two consecutive years by 30 June 2024.

Please Note:

Starting from 2024, Category II candidates who are eligible to sit for our college exam, will only be awarded FHKCFP upon passing the exam, provided all HKCFP Fellowship requirements are met.

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 required documents are submitted with the application form.

(2) FORMAT AND CONTENTS

- A.** Written Examination consists of
 - (i) Applied Knowledge Test (AKT), and
 - (ii) Key Feature Problems (KFP)
- B.** Clinical Examination
Clinical Competency Examination (CCE)

(3) PRE-REQUISITE FOR CLINICAL SEGMENTS

All candidates applying to sit for the Clinical Examination of the Conjoint Fellowship Examination **MUST** possess an 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 2024 will be announced in due course. If you do not hold a valid APCLS certificate issued by HKCFP and intend to sit for the Conjoint Examination 2024, please register AS EARLY AS POSSIBLE when the announcement is released.

(4) CRITERIA FOR A PASS IN THE EXAMINATION

A candidate must pass **both** the AKT **and** KFP segments in the Written Examination before one can proceed to the Clinical Competency Examination. Candidates who failed in one segment will be required to re-attempt only the failed segment. Successful Written Examination result can be retained for three years (counting from whenever the first segment is passed). If one fails to pass both segments in three years, one has to retake both segments.

The Clinical Competency Examination can only be taken after passing both segments of the Written Examination. If one fails the Clinical Competency Examination, all the clinical 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 **11 April 2024 (Thursday)**.

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

Application Fee	: \$3,000 (Non-refundable)	
Examination Fee	: - Full Examination (Written + Clinical)	\$36,000
	- Written Examination	
	• AKT \$9,000	
	• KFP \$9,000	
	- Clinical Examination	\$18,000

Please make the cheque payable to **"HKCFP Education Limited"**. If a candidate applied for the Full Examination **but failed in the Written Examination, s/he will be automatically withdrawn from the Clinical Examination, and the Clinical Examination fee (\$18,000) would 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 \$36,000 (for the whole examination), \$9,000 (for AKT), \$9,000 (for KFP) or \$18,000 (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

• 11 April 2024 (Thursday)	Closing Date for Applications
• 18 August 2024 (Sunday) (Tentative)	Conjoint Examination – Written Examination (KFP)
• 25 August 2024 (Sunday) (Tentative)	Conjoint Examination – Written Examination (AKT)
• (Date to be confirmed)	Conjoint Examination – Clinical Exam (CCE)

(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 all the requirements of the College(s) concerned.

Entry forms for the application of 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

Diploma in Family Medicine (HKCFP) 2024 - 2025

The Board is pleased to announce that the Diploma Course in Family Medicine (DFM) organized by The Hong Kong College of Family Physicians will commence in August 2024.

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

Details of the course are as follows:

1. Objectives:

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

2. *Syllabus:

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

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

Module I – Principles of Family Medicine (Distance Learning)

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

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

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

*Module III - Essentials of Family Medicine (Structured Seminars and Tutorials)

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

*Module IV - Clinical Updates (Updates and Clinical Attachment)

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

*Module V - Practical Family Medicine (Practical Workshops)

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

**Modules III - V would be scheduled on Saturday and Sunday afternoons.*

3. Articulations:

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

4. *Schedule:

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

August to October 2024	Module I
October to December 2024	Module II
August 2024 to April 2025	Module III, IV & V
May /June 2025	Final Examination

**The schedule might be affected due to unexpected circumstances 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.*

5. Admission Requirement:

Registered Medical Practitioner with Bachelor's Degree in Medicine.

6. Teaching Staff:

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

7. Teaching Medium:

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

8. Course Fees:

Whole course:
HK\$45,000 for members of HKCFP
HK\$90,000 for non-members

(A discount of HK\$3,000 for early bird applications on or before 31 May 2024)

Individual Modules:	Members	Non-members
Module I (Distance Learning – Principles of Family Medicine)	\$5,600	\$11,200
Module II (Distance Learning – Common Problems in Family Medicine)	\$5,600	\$11,200
Module III (Structured Lectures & Seminars)	\$5,700	\$11,400
Module IV (Updates & Clinical Attachment)	\$5,400	\$10,800
Module V (Practical Workshops)	\$7,200	\$14,400
Examination	\$13,800	\$27,600
Administration Fee	\$5,000	\$10,000

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

9. Awards/Credits:

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

10. Application Procedure:

Applications are now open.

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

- Photocopy of the current Annual Practising Certificate;
- A recent photo of the applicant (passport size);
- A signed "Disclaimer of Liability";
- An administration fee for application of HK\$1,000 by crossed cheque payable to "HKCFP Education Limited". This fee is non-refundable;
- A Course Fee of HK\$45,000 (or HK\$90,000 for non-members) by crossed cheque payable to "HKCFP Education Limited". This fee is non-transferable and non-refundable.

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

Information and application forms can be obtained from the College or can be downloaded at the College website (<http://www.hkcfp.org.hk>). Members who were not admitted in the course in 2023 have to send in their application again if they want to study the course this year. Please contact the College secretariat, Ms. Alky Yu at 2871 8899 for any queries.

The eligibility of candidates is subject to the final approval of the Board of Diploma in Family Medicine.

11. Application Deadline: 30 June 2024

Comments From Former DFM Graduates

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

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



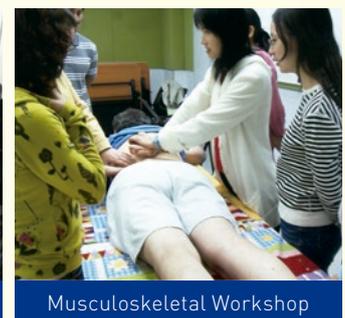
APCLS Training Workshop



Women's Health Workshop



Orthopaedic Injection Workshop



Musculoskeletal Workshop

Young Doctors Committee News - Spreading Joy and Festivity: on the Enchanting Christmas Carol Event

Dr. Aldo Wong
(Member from Young Doctors Committee, HKCFP)



From left to right
Dr. Eric Lee Yuk Ho, Dr. Wanmie Leung Wing Mun, Dr. Louis Chan Kin Wai, Dr. Aldo Wong Chiu Lun, Dr. Esther Yu Yee Tak, Dr. Lau Ka Man, Dr. Cheryl Chan Yuen Ching and Dr. Aaron Lee Fook Kay.

On the 23rd of December 2023, a Saturday to remember, the Queen Elizabeth Hospital and Caritas Medical Centre, in collaboration with the Young Doctors Committee of HKCFP, orchestrated a delightful and heart-warming Christmas Carol event. This enchanting event took place in various wards, including the orthopaedics and paediatric wards, spreading joy and festive cheer among patients, their families, and the medical staff.

In this passage, I would describe the Christmas Carol event and reflect on its profound impact, particularly highlighting the positive effects it had on the patients, the uplifting atmosphere created by the carols and the unity and support it cultivated within the Family Medicine community.

The Christmas Carol event held at the wards in both hospitals was a delightful occasion filled with music and joy. Our group of eight doctors visited the ward to spread holiday cheer. We sang a mix of Christmas songs in both Cantonese and English, creating a festive atmosphere. Adding to the melodic tunes, one member of the group Dr Louis Chan played the saxophone, enriching the musical experience.

During the Christmas event, we serenaded the patients with a repertoire of festive songs. Among them was "Jingle Bells", a beloved tune that the children enthusiastically sang along to. We also performed "Angels We Have Heard on High", which captivated the listening patients. The melodic strains of "O Holy Night" and "Silent Night" filled the room, creating a peaceful and joyful ambiance. The families of the patients and the staff members also

embraced the music, finding enjoyment and solace in the melodies. With our Christmas glasses frames and festive hats, we joyfully sang songs like "Frosty the Snowman" and "Rudolph the Red-Nosed Reindeer". This enhanced presentation captivated the patients, particularly the children, and engaged many listeners during our performance. The heart-warming response we received from the audience was truly gratifying. The event was a heart-warming experience for everyone involved, as the power of music brought smiles and happiness to the patients, their families, and the dedicated staff.

Igniting Joy in Patients, Especially Children:

On reflection, this Christmas Carol event, meticulously organized by the Young Doctors Committee of HKCFP, served as a beacon of happiness for patients in the hospitals, particularly the children in paediatric wards. It provided a much-needed break from the monotony and challenges of their hospital stay, infusing the atmosphere with a profound sense of joy and celebration. The event aimed to uplift the spirits of patients, especially during the holiday season when separation



Appreciation card from one patient

from loved ones can be particularly challenging. Through enchanting carols and captivating performances by our group of 8 doctors, the event brought smiles to the faces of children, offering them a moment of genuine happiness and creating cherished memories.

Creating an Uplifting Atmosphere and Appreciation from Patients and their Families:

The event not only provided entertainment but also served as a reminder of the power of music to heal and uplift spirits. Parents of the young patients expressed their heartfelt appreciation for the event, as it brought a sense of normalcy and happiness into their children's lives amidst their hospital stay. The joy and gratitude reflected in their eyes and words highlighted the positive impact of the event on both the patients and their families. As a token of gratitude for our Christmas carol efforts, we were delighted to receive an appreciation card from a patient in the paediatric ward.

Fostering Unity and Support among Family Medicine Community:

The Christmas Carol event fostered a remarkable sense of unity among the Family Medicine community. It served as a platform for collaboration and support among doctors working in different sectors coming together to participate in the same event allowing doctors to interact in a different setting, fostering teamwork and creating a supportive network. The shared experience of spreading joy and creating lasting memories not only benefited the

patients but also uplifted the spirits among the team, giving us a sense of fulfilment which we feel extremely grateful for.

Nurturing Emotional Well-being and Healing:

The Christmas Carol event had a profound impact on the emotional well-being of patients, their families, and the medical staff. For patients, it offered a welcome respite from their medical conditions and a temporary escape from the routines of the hospital, allowing them to immerse themselves in the joy and enchantment of the Christmas season. The event also brought comfort to families, who witnessed the happiness and appreciation radiating from their children. Moreover, for the medical staff, the event served as a reminder of the significance of holistic care and the positive influence they can have on patients' emotional well-being. This unforgettable experience contributed to the overall well-being of everyone involved.

The Christmas Carol event, held on the 23rd of December 2023 at the Queen Elizabeth Hospital and Caritas Medical Centre, in collaboration with the Young Doctors Committee of HKCFP, brought immeasurable joy, festivity, unity, and support to patients, their families, and the medical staff. Through enchanting performances and the participation of our group of doctors, the event served as a reminder of the power of compassion, music, and unity in enhancing the healing journey of patients, bringing happiness to children, and creating a positive environment within the hospital.



The Diary of a Family Doctor【家庭醫生的日常】

診症室中的「今晚打老虎」

譚仲豪醫生



從年輕時開始，我對外國語言已有著濃厚的興趣。除了中英文之外，我也學會了一點法語和日語。在外國求學的那段時光裡，我曾與來自不同國家的

同學建立了友誼，深刻體會到語言對於溝通的重要性。

由於我所工作的醫院位於城市的中心地帶，工作環境相對較國際化。部門醫療團隊的成員不僅包括華人，還有來自世界各地的同事。此外，我們所接觸的病人文化背景也相對多元。

我還記得曾經在工作中接觸過一些法籍和日本籍的病人，我會嘗試用我腦海中存放已久的語言做開場白，即使只是簡單的問候語，如「今晚打老虎」(Comment allez-vous? 法語：你好嗎?)、「はじめまして」(日語：初次見面，很高興認識你)、「久しぶりですね」(日語：很久不見)，這些基本的語句已能引起對方的會心微笑，放鬆診症室的緊張氛圍，從中打開診症對話的話匣子。雖然卡通人物哆啦A夢的「翻譯蒟蒻」並沒有在現實世界存

在，現今的科技仍提供了一些翻譯軟件，可以幫助克服語言障礙，成為工作中不可或缺的虛擬助手。至於一些我完全不懂的語言，比如遇到南亞裔或非洲族裔的病人，我們有時候更需要借助翻譯員服務來進一步「同聲同氣」地理順整個診症過程。

另外在診所中，也有一些同事基於家庭背景懂得一些非主流的方言，所以偶爾遇着「客家話公公」、「潮州婆婆」，就要辛苦某幾位在場的護士及病人助理「出口相助」了。

在日常工作中，我們整個診所團隊都盡心，盡本分為病人「行多步」提供有質素的服務。雖然這些無形的努力無法以實實在在的數字或KPI等的績效指標來量化，不會換取到業績報告中的掌聲，「人」和「心」才是整個機構中極真貴的、不可或缺的「核心價值」。這些努力使病人的就診體驗更加貼心，同時提高了他們的健康識能(health literacy)，這在長期來看是確保治療依從性(treatment compliance)和治療效果的重要元素。

The Diary of a Family Doctor
家庭醫生的日常
Submission of articles to The Diary of a Family Doctor with up to 600 words in Chinese or 400 words in English are always welcome. Gift vouchers will be given as token of appreciation if the articles are selected for publication.
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Meeting Highlights

Online Certificate Course on Management of Common Skin Problems in General Practice

The 4th session of Online Certificate Course on Management of Common Skin Problems in General Practice was held on 14 January 2024.

Dr. AU Chi Sum, Specialist in Dermatology & Venereology, delivered a lecture on “Benign skin lumps and conditions”, “Common skin cancers” and “Cutaneous manifestation of systemic diseases”.



Dr. CHAN Chi Wai, Edmond (right, Moderator) presenting a souvenir to Dr. AU Chi Sum (left, Speaker).

Artificial sweeteners: friend or foe?

Most of us would like to have some sweet treats, which can be the comfort food after a busy day of work. However, sugar is linked to adverse health outcomes such as obesity and dental caries. Artificial sweeteners, also known as non-sugar sweeteners (NSS), seems to be a better choice to limit calorie intake. NSS has been used widely in various food and drink products. Is NSS recommended for weight control? Is there any harmful effect of NSS? The recently published articles by WHO, the first one which advised against the use of NSS to achieve weight control, and the second one which has classified aspartame as possibly carcinogenic, have raised public concern for NSS.

Use of non-sugar sweeteners for weight control

WHO suggests that NSS not be used as a means of achieving weight control or reducing the risk of non-communicable diseases. Although consuming NSS could decrease sugar and energy intake, resulting in lower BMI in short-term (3 months or less), higher intake of NSS was associated with greater risk of obesity in long term (up to 10 years). In addition, higher intake of NSS was associated with increased risk of type 2 diabetes, cardiovascular diseases and all-cause mortality.

Maintenance of a healthy body weight must be sustainable over the long term to achieve desirable health impact, so the use of NSS should not be the only way to cut down sugar intake.

Aspartame: possibly carcinogenic to humans (Group 2B)

Aspartame is one of the low-calorie artificial sweeteners, which is commonly used since the 1980s. International Agency for Research on Cancer (IARC) of WHO classified aspartame as “possibly carcinogenic to humans” (Group 2B), based on limited evidence for cancer in humans (specifically hepatocellular carcinoma). IARC also found limited evidence for cancer in experimental animals. In

addition, limited evidence suggested that aspartame could induce oxidative stress, chronic inflammation and cell death, which might be the possible mechanisms for cancer development.

The Joint FAO/WHO Expert Committee for Food Additives (JECFA) concluded that there was no convincing evidence that aspartame has adverse effects after ingestion and it is not possible to establish a link between aspartame exposure in animals and the appearance of cancer. This is supported by the fact that aspartame is fully hydrolysed in the gastrointestinal tract into metabolites that are identical to those of common food. JECFA concluded that dietary exposure to aspartame does not pose a health concern when taken within the acceptable daily intake (ADI) of 0–40 mg/kg body weight, i.e. at least 9–14 cans of diet soda per day for a person weighing 70 kg.

Conclusion

While the messages from the IARC and JECFA seem to be confusing, WHO has concluded that while safety is not a major concern for intake of NSS within the ADI, further studies are necessary for investigation of potential negative effects.

WHO recommends reducing the intake of free sugars to less than 10% of total energy intake. Since free sugars are often found in highly processed foods and drinks with unfavorable nutritional profiles, simply changing free sugars to NSS does not enhance the overall quality of the diet. Replacing free sugars in desserts and soft drinks with naturally sweeten food, such as fruits and unsweetened milk, will help to improve dietary quality, and should be the preferred alternatives to foods and beverages containing free sugars or NSS.

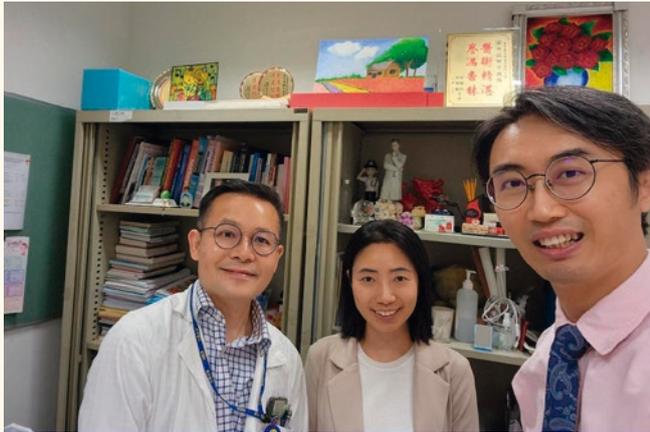
Reference:

1. Summary of findings of the evaluation of aspartame at the International Agency for Research on Cancer (IARC) Monographs Programme’s 134th Meeting, and the Joint FAO/WHO Expert Committee on Food Additives (JECFA) 96th meeting. WHO; 2023.
2. Use of non-sugar sweeteners: WHO guideline. WHO; 2023.

Compiled by Dr. Siu Pui Yi

Well-being vs. Burnout 身心健康 vs. 職業倦怠

Dr. Leung Wing Cheong
Honorary Secretary, HKAM
Consultant Obstetrician, Department of O&G, KWH



From left to right: Dr. Leung Wing Cheong (Interviewee), Dr. Hou Jing, Rebecca (Interviewer), Dr. Cheng Chun Sing, David (Interviewer)

梁醫生，感謝您百忙之中抽空接受我們的採訪，我們代表 HKCFP FP Links 表示衷心的感謝。今天的主題是『burnout』（職業倦怠），梁醫生由1989年醫學院畢業至今，已經在醫療前線奮戰了接近35年。請問你自己有經歷過『burnout』嗎？你當時是怎樣處理的呢？從中你又有什麼體會？

答：我真是有經歷過burnout。那時應該是basic training的第三年，正準備考MRCOG。因為畢業後拍拖、結婚，又存錢買樓，我跟太太各自都很忙，覺得平時沒怎麼學習，現在的時間又不夠用，考試難度很大，對自己完全沒有信心，甚至跟太太商量過想轉行去做門診。但是當時根本不知道這是burnout，也不敢告訴人自己有這方面的困難，因為覺得很丟人沒面子。好在當時有位老師，Professor Grace Tang，肯聽我的傾訴。在她的辦公室裏，她多次細心聆聽我的擔心和憂慮，幫我分析問題，理解我的難處，並肯定我的能力，給了我很大的信心。後來，我成功考到了MRCOG，延續了我在婦產科專業的這些年月。但回想那個過程，都歷時好幾月，如果沒有人幫，靠自己還是很難走出那個困境的。我們那個年代是沒有burnout這種概念的，好在當時有前輩可以傾訴。雖然不是什麼正式的治療，也不是給錢你去買樓那種幫助，但簡單的幾次交談，已經讓我想通了

很多問題，所以我覺得找合適的人傾談對處理burnout是很有作用的。

梁醫生多年來擔任部門主管和領袖，請問在處理同事『burnout』方面有沒有特別印象深刻的事情？

答：理論上講婦產科並不算很難的科目，就算產科，來來去去就那麼幾樣病，但這其中真正困難的是產科病可以來得很急，而且很多都夜晚才入院，所以夜晚on call醫生壓力會很大。在我做部門主管的十多年之間，不止一次見過junior的醫生做得非常不開心，很快就出現burnout。我就認真思考這其中的原因，一方面可能是駐院醫生和實習時期的責任突增，很難適應，另一方面就是婦產科疾病可以很急很重，工作壓力大，很難勝任。我自己經歷過burnout，所以很理解同事的感受。一般會主動找他們談話。有些案例靠談話就解決了，但也有一兩個最後需要轉科，而他們在新的專業領域表現得很好。所以我覺得處理burnout的時候，找出背後的原因很重要。特別是工作上的原因要想得寬一點，處理的方法眼光要放得遠一點。即使是有些已經train過一兩年，甚至兩三年的醫生，如果真的覺得這個專科不適合，完全可以重新考慮自己的選擇。畢竟specialty是一生的事業，需要長期的投入和熱忱。另外，我們這個專科，女士比例比較大，絕大多數都會面臨結婚生子育兒，這又增加了burnout的風險。現在醫管局就對一些有特別需要的同事開一些part-time的位，讓他們過渡這一段艱難的時期。

我們留意到在2019年進行的一項本地調查‘Burnout and well-being in young doctors in Hong Kong: a territory-wide cross-sectional survey’，調查了500多位香港年輕醫生，超過7成受訪醫生表示有『burnout』，而有抑鬱風險的比例更是普通民眾的2.5倍。這個研究結果反映了甚麼？

答：雖然我沒有親自參與這個研究，而且我也覺得不需要太著重這個數字，但我們必須要重視的

就是一個事實—burnout是真的！香港醫學生都是非常優秀的精英學生，讀書考試肯定是沒有問題的。但是總會有一些一出來就職就覺得力不從心，工作表現不如預期，然後就很難接受這個落差，不停內耗又不肯放下身段讓人幫助，造成惡性循環。所以我一直強調面對burnout，講出來、接受幫助是非常重要的環節。

上述研究也發現，年輕醫生每周平均工作時間是大概55小時，而工作時長與抑鬱甚至自殺傾向都有關係，請問梁醫生或HKAM對此有沒有什麼建議或對策？

(2006 HA survey: 18% exclusive of interns and 24% of 1st line doctors work >65 hours per week. 36% of HA doctors have continuous max working hours >30)

答：工作時間肯定同burnout和情緒問題有關的。現在的情況確實比以前好轉了很多，起碼一週確保都有一天休息。但對於醫生這個行業，工作時長也確實不可能一直縮短。很多的同事入行就是因為興趣，憑著一份的喜歡和熱愛，很多的付出都不是為錢，比如放工之後，跟進病人的情況，上網查資料解決一些疑難雜症，定期學習瞭解學科進展等等，這些時間都無法計算。當然，這些問題必須正視，不能總是以老前輩的姿態想當年，也不能濫用興趣，站在道德高地，覺得一些都是應該。要明白年輕同事切實的需求，與時俱進，才能制定出實用的對策。

上述研究結果顯示香港醫生有『burnout』和抑鬱的比率明顯比國外同行高很多。梁醫生先後在加拿大多倫多和英國倫敦接受overseas training，國外醫療系統對醫生『burnout』的應對政策如何？或者有哪些值得我們借鑑的嗎？

答：關於burnout比例的問題應該不同研究，結果有差別。但不可否認的是，這是全球醫療行業普遍存在的問題。只是東西文化差異對burnout的影響的確很不同。國外的醫生相對更加open，願意講出自己的問題，接受幫助。而且他們對人生的理解和選擇也跟我們有很大的不同。如果他們遇到問題，不要說轉專科，就是女士懷孕了，生完之後可以選擇先停職幾年；training的過程中，停幾年去讀醫學博士，進實驗室做實驗等等，都是常有的事。我當時都有想：“怎麼這麼傻啊，又不是要走學

術路線，為什麼無端端停幾年臨床走去實驗室，搞慢自己的專科進程。”跟他們交流之後才知道，他們對自己感興趣的事情願意付出時間，不追求人生進度。所以我覺得人生路很長，某一些的learning curve，不是不到，只是時間未到。即使升職早兩年，在整个人生長河中，又算什麼呢？

上述研究也發現‘Client burnout’的機會率與提供基層醫療有關，你認為背後的原因是什麼呢？

答：對於這個問題我的理解是，基層醫療門診面對的病人形形色色，頭痛、腰痛、肚痛、便秘、口臭……都有。很多時候沒有一個明確的診斷，病人滿意度不高，醫生滿意度也有限。但專科門診很多時候需要處理的病症比較明確。比如我看妊娠糖尿病，幫媽媽們監控血糖、調整胰島素、監測胎兒發育，我們可以很清楚地跟病人溝通診療計劃，按部就班，病人也感受到自己和寶寶的健康狀況，所以兩方面有益的互動，讓醫生比較不容易burnout。

現今香港公眾對醫療的期望和要求越來越高，而且不時亦有不幸的醫療事故發生，醫生和醫療工作者每天工作承受的壓力和從而出現‘burnout’的機會因此變得越來越大。請問梁醫生對此有什麼看法？你認為我們醫生們要如何應對及如何減低“burnout”的可能？

答：正如在香港醫專(HONG KONG ACADEMY OF MEDICINE)的網頁入面，我們提倡ASAP的方法去減低或處理BURNOUT。ASAP：AWARENESS，SELF-CARE，ASK FOR HELP，PROMOTION OF WELL-BEING。這個口號是我們一TEAM同事設計出來的。我覺得第一個A是最緊要的，就是AWARENESS。我們要意識到BURNOUT是什麼來的，以及它是怎樣影響我們。我們想帶出一個訊息，BURNOUT從來不是一件醜事，是應該主動拿出來傾訴和找人一起去幫忙處理。第二個是S，SELF-CARE。這些都是老生常談，例如注意起居飲食，多做運動等。還有一個A是ASK FOR HELP。最重要的是找一些信任和明白你的人去傾訴。我們醫專也擁有一個大概50人的peer support志願團隊和一些實用的求助資料，如有須要可以透過醫專去進行轉介，過程和資料當然會保密。有時候我們會建議跨專科的配對，例如找一位婦產科的輔導者去協助內科的求助者。好處是求助

者不用擔心讓同職系或部門的人知道，減少去訴心聲和求助的阻力。當然同科也有同科的好處，因為有一些專科面對的特殊情況他們會較明白。所以我們會就著每個個案去進行配對。團隊入面的年齡層是很廣泛的，包括一些比較資深或身居部門主管的人士，最年長為80歲。可見有很多高職位及富有行醫經驗的醫生都明白到BURNOUT是一個須要正視和找人協助解決的問題。不過有一個限制，就是香港醫專在BURNOUT支援方面的受眾只局限於FELLOWS和TRAINEES。

據我們所知，梁醫生負責領導HKAM的“the Task Force on Well-being”。HKAM亦建立了一個推廣醫生多留意自己身心健康及如何處理‘burnout’問題的網站。請問Taskforce有沒有更進一步廣泛推廣的計劃，令更多的同事關注這個問題呢？HKAM亦有沒有考慮加強對受影響醫生的支援呢？

答：正如剛剛講過，最主要的處理方法都是ASAP。我們會定期更新網頁的資料，加強推廣這個處理BURNOUT的模式。我們也有一個YOUNG FELLOW CHAPTERS的團隊去協助實行。PEER SUPPORT志願團隊會仍然繼續提供支援。PROMOTION OF WELL-BEING方面，醫專亦有舉辦一些文娛康體的聯誼活動，例如有一些年輕的醫生同事們會三五成群來參加在醫專大樓舉辦的BBQ，交流心得和輕鬆一下。

我們都意識到醫專雖然安排了那麼多資源去協助正視BURNOUT，但在宣傳和推廣上是需要再加點力度。剛才提及過，我們一班YOUNG FELLOW CHAPTERS的同事可以給予很多合潮流和新穎的意見，希望將來可繼續透過不同場合及多元化的媒體慢慢將這個訊息宣揚開去。其實今日的專訪和登刊，也可達到這種宣傳功效，讓大家認識到BURNOUT及知道身邊原來已經有不少的支援。

我們亦知道每年HKAM都會提供“Mindfulness induction group”的工作坊，請問我們現在和將來有沒有更多讓所有階層的公私營醫生都能夠容易接觸和參與的計劃？例如，在醫院或醫療設施內舉辦一些活動宣傳多留意和及早處理“burnout”等等。

答：Mindfulness即是正念（認知）。我們邀請了一些精神科醫生來指導這個工作坊，是頗有趣的。大家以為這是一些複雜的東西，須要花很

多時間去鋪張蓆，打個坐才能夠進行。其實原來很簡單。我們只要選一種日常生活都會做的事，用這段時間去進行而已。我自己就選擇了剃鬚的時間去做，一般大概兩分鐘。在那短短兩分鐘，我就會將全副精神集中放在剃鬚的過程中，想想要先剃唇對上的位置，再剃下巴，或者試試另一個先後次序，如此類推。我又會去想怎樣才剃得美觀一些，乾淨一點，期間不會去想其他的東西。雖然這不會因此而改變了世界，但在不影響日常生活的情況下我們的精神可以因而得到放鬆，心跳也會放慢一點。

醫管局內也有OASIS（心靈綠州）團隊。他們都是一班資深的導師，一樣可以提供適切的協助。

在2021年10月，HKAM頒佈了‘身心健康約章’(Well-being Charter)以及承諾致力履行一系列的責任。請問我們在這方面的進展如何？將來我們又有什麼計劃呢？

答：‘身心健康約章’只是提出一些基本的方向，頒佈的重點反而是顯示出醫專是有心想在這方面為大家提供支援，並不須要點對點去看哪一樣完全達標與否的。

最後想請問梁醫生在工作和“burnout”方面有什麼寄語給我們各位醫生同事呢？

答：BURNOUT並不罕見，事主亦不要覺得是一件醜事。如果遇到這種情況，切記要講出來和找人協助。建議可先找枕邊人或可信的身邊人傾訴。但他們可能是行外人，未必知道如何幫忙，甚至會因而擔心你或和你一樣感到不開心。這樣的話，大家亦可找一些有相關行內經驗而又肯聆聽及願意幫忙的同事，包括醫專的PEER SUPPORT GROUP團隊。話說回來，最重要的始終是ASAP裏面的AWARENESS。不單年輕一代或TRAINEE要認知BURNOUT這個問題，而是較年長和資深的醫生亦不要覺得有BURNOUT這個問題很奇怪，反而要多加了解和協助有BURNOUT問題的同事渡過難關。

我的划艇樂

Dr. Yeung Wai Man Raymond



醫生的工作十分繁忙，所以如安排到時間，我都會盡量在週末或假期離開繁囂的鬧市，到大自然舒展身心。之前介紹過我的行山郊遊樂，今次也想和大家分享我划獨木舟的經驗。

香港四面環海，不乏適合進行水上活動的地方，而且有一些沿海的地方，風景十分優美，置身其中，會令人感到心曠神怡。例如我曾到過西貢企嶺下一帶的水域划獨木舟，那裡海水清澈，遊人也相對少，途中還可以在人跡罕至的淺灘停留，欣賞當中的自然生態。划獨木舟可以由一、兩小時至超過一天的活動不等，通常由每年五、六月夏季開始到九、十月季候風到達之前較適合進行此活動。

玩獨木舟需要有一定的基礎訓練，初學者（如考獲一、二、三星的資歷）只能在較安全的指定範圍內活動，如要進行一些較遠的旅程，就需要接受較高階的訓練或由教練陪同方可。玩獨木舟也要注意水上活動的安全問題，懂得游泳是基本要求，事前準備功夫也不可少（如行程計劃、裝備、食物食水、防曬等），留意天氣變化並作出適當應變，如遇惡劣天氣，不宜下水。亦不宜獨自出艇，三五成群除了可以互相照應外，也可以增加活動的歡樂氣氛。在香港玩獨木舟，主要有康文署及私人機構兩大途徑，詳情可參閱康樂及文化事務署和香港獨木舟總會Hong Kong Canoe Union的網頁。

家庭醫學特別著重人的身、心、靈健康，病人需要，我們也同樣需要，在工餘時間進行適當的戶外活動，不但對身體有益，也能使自己的心靈感到滿足、精神煥發，並在回到工作崗位時，能更有幹勁去服務病人。





**Hong Kong
Primary Care
Conference**

The Hong Kong College
of Family Physicians

HONG KONG PRIMARY CARE CONFERENCE 2024



Family Medicine in the Community: **STRENGTHENING CONNECTIONS**

5-7 July 2024 (Friday - Sunday)

(Supported by HKCFP Foundation Fund)



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

Hong Kong Primary Care Conference 2024 “Family Medicine in the Community: STRENGTHENING CONNECTIONS”

5th – 7th July 2024 (Friday – Sunday)

I am delighted to announce our annual signature 2024 Hong Kong Primary Care Conference to be held face-to-face on 5 – 7 July 2024 at the Hong Kong Academy of Medicine Jockey Club Building, Aberdeen, Hong Kong.

This year’s conference theme is “Family Medicine in the Community: Strengthening Connections”. As you may recall our Government launched the Primary Care Blueprint to formulate the direction of development and strategies for enhancing Hong Kong’s primary healthcare system to address the increasing chronic disease burden and improve the overall health and wellbeing of Hong Kong citizens. The Primary Care Blueprint reinvigorates the health care system by focusing on the creation of an integrated, high-value health care that positions family doctors at the front line of primary care. This role comes with family doctors’ capability to recognize individual risk factors of patients and intervene, coupled with their growing awareness of the social, environmental and community determinants of health. These attributes make them most suitable to lead and provide primary healthcare to individuals and families in the community.

As always, our conference will continue to excite you with its well-curated scientific program filled with diverse and interesting plenary sessions, seminars, symposiums and workshops.

I cordially invite you to submit abstracts for the Full Research Paper, Free Paper and Clinical Case Competitions which are now open for submission.

I look forward to seeing you all again.

Sincerely yours,



Dr. Lorna Ng
Chairlady, Organizing Committee
Hong Kong Primary Care Conference 2024



**Hong Kong
Primary Care
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Hong Kong Primary Care Conference 2024

“Family Medicine in the Community: STRENGTHENING CONNECTIONS”

5th – 7th July 2024 (Friday – Sunday)

Full Research Paper Competition

We cordially invite your participation in the **Full Research Paper Competition** of the HKPCC 2024. 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 New Investigator Research Paper Award

The HKPCC 2024 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.

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 **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**.

Clinical Case Presentation Competition

Following on from the success of the previous years’ HKPCC Clinical Case Presentation Competition, the Organizing Committee of the upcoming HKPCC 2024 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.

AWARD

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

QR Codes for further competition details:

Full Research Paper Competition	Free Paper Competition	Clinical Case Presentation Competition
		

For enquiries, please do not hesitate to contact our Conference Secretariat, Ms. Carol Pang or Ms. Nana Choy, at 2871 8899 or by email hkpcc@hkcfp.org.hk.

COMPETITION SUBMISSION DEADLINE

26 March 2024 (Tuesday)

“We look forward to receiving your research articles!”

The HKCFP Awards for the Best Research and Best Trainee Research of 2023

The Research Committee of the Hong Kong College of Family Physicians is calling for The Award for The Best Research of the Year 2023. 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 current trainees of HKCFP or within 3 years of completion of vocational training.

Both the abovementioned Awards will be presented at the Conferment Ceremony in 2024.

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 applied for, i.e. “The HKCFP Award for the Best Research of 2023” or “The HKCFP Award for the Best Trainee Research of 2023”, 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 research@hkcfp.org.hk

DEADLINE OF SUBMISSION: 27 March 2024

Supported by HKCFP Foundation Fund

HKCFP Research Fellowship 2024

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 degree (or equivalent) or above.

Eligibility

Applicants for the HKCFP Research Fellowship must be 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: **27 March 2024**. 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 research@hkcfp.org.hk

Supported by HKCFP Foundation Fund

Advanced Primary Care Life Support (APCLS) Training and Examination Workshop 2024

As required by the Royal Australian College of General Practitioners (RACGP), an adequate CPR training course needs to have advance components on airway management, neck support and automated external defibrillation (AED) on top of basic life support. In order to align with our Sister College (RACGP) and to achieve reciprocal recognition in Conjoint Fellowship Examination and Quality Assurance Certificate, the CPR Subcommittee of the Board of Education is pleased to announce that an enhanced CPR course, the Advanced Primary Care Life Support (APCLS) has been launched since 2017.

APCLS course materials have been endorsed by HKCFP Council in 2015 and the Resuscitation Council of Hong Kong (RCHK) in 2016. The course aims to widen the scope of our existing CPR training course by adding several important elements: use of automated external defibrillator (AED), use of airways adjuncts and dealing with initial trauma care through use of neck support.

Tentatively, 2 APCLS Training and Examination Workshops will be held on 2024 **(24 March 2024 & 28 April 2024)**.

As no one is guaranteed to pass in the first attempt, members who plan to sit for the 2024 Conjoint Examination are strongly advised to register for our APCLS session. Members are reminded that a valid HKCFP APCLS Certificate is a pre-requisite for enrolment of the Conjoint Examination. Members who plan to sit for the 2024 Conjoint Examination are also reminded to check the validity of their HKCFP APCLS Certificate to make sure that it is valid at the time of application and also at the time Clinical Examination. HKCFP APCLS certificates are valid for 2 years.

24 March / 28 April 2024 (Sunday)

APCLS Training and Examination Workshop

Time	12:00 p.m. - 6:00 p.m.
Venue	Function Room 1 & 2, 2/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Hong Kong
Talks	<ol style="list-style-type: none"> Advanced Primary Care Life Support-Principles and Techniques Advances in CPR and use of Automated External Defibrillator (AED) Use of Airway Insertion and Cervical Injury Management Updates in Guidelines
Training	Hands-on training, supervised by HKCFP APCLS Instructors
Accreditation	3 CME Points HKCFP (Cat. 4.4) 3 CPD Points HKCFP (Cat. 3.11) for passing the APCLS Examination
Co-organizer	Resuscitation Council of Hong Kong

Registration QR Code



Admission Fee:

Members and Non-members

(Attend Training and Examination Workshop) **HK\$900.00**

Members with expired APCLS certificate issued by HKCFP

(Attend Training and Examination Workshop) **HK\$500.00**

Payment Methods

Course fee could be settled by **cheque or FPS**. Please indicate your preferred method in the registration and the secretarial staff would further email you once the e-debit note with payment details is ready.

Successful candidates will be awarded an APCLS Certificate valid for 2 years, which is also accredited by the Resuscitation Council of Hong Kong. Please contact Ms. Minny Fung at 2871 8899 for registration on or before **12 March 2024 (Tuesday)**.

Registration would be closed when the registration has reached its maximum number of participants.

LATE APPLICATIONS WILL NOT BE ENTERTAINED.

Please take note of some of the infection controls measures as below:

- Please note participants with fever ($\geq 38^{\circ}\text{C}$) and/or any respiratory symptoms are **not allowed** to take part in the event named above and should seek medical attention promptly.

*REMARKS:

1. You are not allowed to take the APCLS training workshop and examination during your pregnancy.
2. Priority will be given to candidates who is planning to sit for the Conjoint HKCFP/RACGP Fellowship Examination in 2024 and is going to sit the Diploma of Family Medicine Examination 2024.

- Activities are supported by HKCFP Foundation Fund.
- Please wear a surgical mask if you have respiratory tract infection and confirm that you are afebrile before coming to the meeting.
- Please wear an appropriate dress code to the hotel for the Scientific Meeting.
- Private video recording is not allowed. Members, who wish to review the lecture, please contact our Secretariat.

Online Monthly Video Sessions

Dates and Time	Topics
23 February 2024 (Fri) 2:30 – 3:30 p.m.	“Updates in Low Back Pain and Trunk Pain” by Dr. LI Ching Fan, Carina

QR Codes for registration

23 February 2024 (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. Minny Fung by email to education@hkcfp.org.hk or call 2871 8899. Thank you.

Notes :

Online Events

1. In case of over-subscription, the organizer 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 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.

Classified Advertisement

Accredited Private FM Centre invites Energetic Specialists for expanding group practice in Tuen Mun/Kwai Fong.
Developmental Paediatricians + Psychiatrists most welcomed. Profit Sharing ± Partnership. Send CV enquiry@adecmed.com
(EChan) 9495-1404.

Structured Education Programmes

Free for members

HKCFP 2 CME points accreditation (Cat 4.3)

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
Wednesday, 06 March 2024			
14:30 - 17:00	Rm13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Allergy Management in Emergency Situation Dr. CHAN Wing Man	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Update on Management of Common Rheumatological Diseases at Primary Care Setting Dr. YEUNG Chin Fung & Dr. WONG Yuet Hei, Jacob	Ms. Emily Lau Tel: 3506 8610
15:30 - 17:30	Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH	Management of CHF Dr. NG Ka Wai, Will / Dr. CHU Pui Ling, Candice	Ms. LiLi Yung Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Alcohol Abuse: How to Help Patients to Quit Alcoholism? Dr. HOU Baijing, Prudence	Ms. Cherry Wong Tel: 2589 2337
Thursday, 07 March 2024			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Outreach Services in the Community Dr. WAN Kwong Ha & Dr. LEE Sik Kwan	Ms. Eliza Chan Tel: 2468 6813
Wednesday, 13 March 2024			
14:30 - 17:00	Rm13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	How to Prepare Conjoint Exam (Part 1) Dr. LEE Pak Lik	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Origin & Development of FM in HK & Overseas Dr. YU Lok Kwan & Dr. LAU Kwan Ho, Marco	Ms. Emily Lau Tel: 3506 8610
15:30 - 17:30	Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH	CGAEH Dr. NG Ka Wai, Will & Dr. LEUNG Wai Chung, Rachel	Ms. LiLi Yung Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Practice Management: Clinical Waste Disposal Dr. LEUNG Cheuk Yiu, Earnest	Ms. Cherry Wong Tel: 2589 2337
Thursday, 14 March 2024			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Management of Urinary Incontinence in Male: Review Management of Male Urinary Incontinence Including SUI, UUI and Mixed Urinary Lincontinence Dr. SO Kwok Ho & Dr. LAU Lai Na	Ms. Eliza Chan Tel: 2468 6813
Wednesday, 20 March 2024			
14:30 - 17:00	Rm13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Dangerous Drug Management - Ordinance, Storage, Dispensing and Disposal Dr. CHAN Chui Ying	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Approach to Alcoholism Dr. POON Daniel & Dr. FENG Jun Marc	Ms. Emily Lau Tel: 3506 8610
15:30 - 17:30	Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH	Update of Vaccination (Pneumococcal Vaccine, Covid, Herpes Zoster) Dr. CHAN Tsz Hin, Jeffrey & Dr. CHOW Chun Fung, Ray	Ms. LiLi Yung Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Care of Patient with Chronic Skin Diseases Dr. FUNG Yan Ning, Elaine	Ms. Cherry Wong Tel: 2589 2337
Thursday, 21 March 2024			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Emergency Handling Protocol in Primary Care Clinic Dr. FUNG Hoi Yin & Dr. IP Chung Ho	Ms. Eliza Chan Tel: 2468 6813
Wednesday, 27 March 2024			
14:30 - 17:00	Rm13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Triple Diagnosis and its Application Dr. KWONG Chung Man	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Living will, Advanced Directive & Guardianship Board Dr. OR Sui Kei, Alison & Dr. NG Kwan Chun	Ms. Emily Lau Tel: 3506 8610
Thursday, 28 March 2024			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Healthcare Delivery in Rural vs. Urban Settings Dr. LAM Yat Hei & Dr. HUN Pek I	Ms. Eliza Chan Tel: 2468 6813

COLLEGE CALENDAR

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

FP LINKS EDITORIAL BOARD

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



FP LINKS EDITORIAL BOARD 2024

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Contact and Advertisement Enquiry

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