



THE HONG KONG COLLEGE OF FAMILY PHYSICIANS

Family Physicians Links

Message from the President



The summer is really hitting HK hard in the past few weeks with temperature as high as 36C. Heat strokes are frequently reported especially for those engaged in outdoor activities. It is always important to remind our elderly patients with chronic illnesses to be very careful about the extreme of weather conditions. Care-takers or relatives in the household also need to be more vigilant about the subtle changes in the general conditions of their frail senior family members so that early intervention could be offered.

On the youth substance abuse issues, the public and government are still debating whether voluntary check at school should be started or not in September. Pros and cons are raised by different stake-holders such as Education Department, Security Bureau, religious bodies, teachers and headmasters of schools. I shall leave this to the policy makers in our Government.

How the various Government Departments set their policy would depend on the goals they want to achieve. Do they just want to beat drug trafficking so that the supply will not be so easily available and affordable? Or do they just want to educate the public about the health risks of substance abuse, treat and salvage our young generation from destruction by these addictive substances? I do think publicity through some organized community activities by District Boards is necessary to raise the awareness of the substance abuse problem. But more importantly, how would the medical profession contribute and at what level of service should we provide to the unfortunate youngsters and their families?

We know that this will need a multi-disciplinary team approach involving social workers and the medical profession. Psychiatrists would play an important role for the difficult and relapsing cases. The Hospital Authority has special service available to treat the pregnant drug addicts. NGOs provide counseling service at specific centres for psychotropic substance abusers. These are the services available to those moderate and severe abusers with a strong stigmatization. How about those mild or first time contacts, or even suspicious cases which parents worried about? There is a gap of service for this vast majority of cases in the community.

Family Physicians in the primary care setting will definitely have a role to play, whether in the public or private sector. We can help the anxious parents when they come for their regular or sporadic consultation, if they do have teenagers at home, which they may suspect but not sure about whether substance abuse is a problem. Bringing the children to see a Family Physician will reduce the stigma for persons and families with possible substance abuse problem as compared to being seen at those special centres. Children may be more willing to disclose their secrets to the Family Physician who may have known them since birth. Of course, the Family Physician needs to have good communication skills and trust established through a long continuous relationship with their patients. Moreover, he also needs the time and patience, empathy and care shown to their patients before it can work.

Therefore, Family Physicians will face two problems in the management of substance abuse: TIME and INCENTIVE. Do we have the time available at our practice for a prolonged consultation? And what is the incentive, especially in the private sector? I do not have answers to these questions and perhaps our workshop on 29 August will be a good platform for discussion.

The workshop on substance abuse will be the first project to kick start our College's commitment to this issue. I hope all members and fellows interested in this will come and share their thinking and ideas. It will help to design and plan the Certificate Course next month. I hope we can set a clear objective and define the service level at the primary care setting which will benefit our patients and the community. It requires good support and collaboration within the medical profession as well as institutions and different Departments within the Government.

Lastly, I would like to congratulate Dr. Mark Lai Wai-wah and his newborn son Ethan. I might not have too many trainees I knew personally to have happy news related to me in the future. Therefore, I suggest the Editorial Board of FP Links to start a new column HAPPY NEWS for members to share their joyful occasions such as photos or notice of marriage, newborn babies (not at the same time, Ha Ha!)

Dr. Gene W W Tsoi
President

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Issue 66
August 2009

Call for Photo Submission for "HAPPY NEWS"

The FP Links is starting a new column named "Happy News". We now invite you to submit photos to share your joy with all members. If you have any happy news to share, please do not hesitate to send it to us!

Criteria for submission:

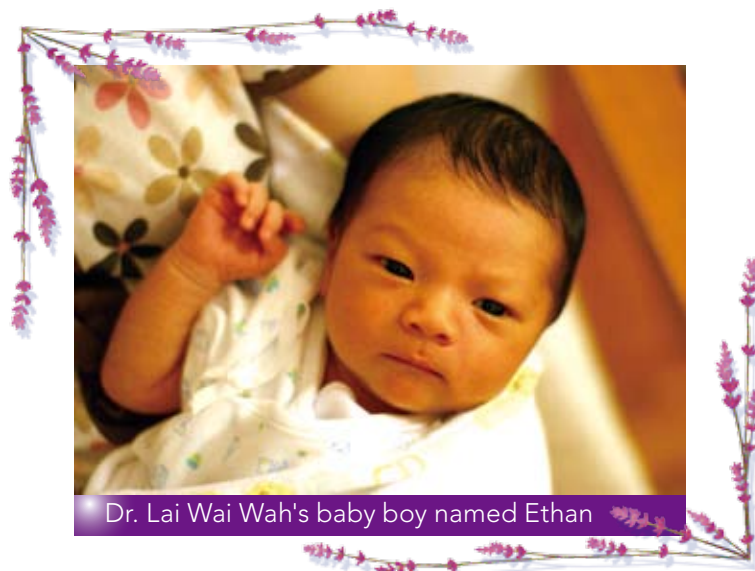
- **Theme:** The photo could be of any happy theme like Marriage, Anniversary, New Born Babies, Graduation etc.
- **Formats:** Each member could send in 1-2 photos per submission. Only digital submission is accepted. All photos submitted must have a resolution of at least 300 dpi (2-4MB) in JPG format.
- **Description:** Please write a short description of the photos with less than 50 words for submission, in addition to a caption with less than 10 words.

How to submit:

- Please submit your photo with your full name, member ID, contact number and email to terlee@hkcfp.org.hk
- Please specify "Happy News Photo Submission" in the Subject.

Points to note:

- Contributors are responsible for securing permission from individuals who own (or are identifiable in) the photo they submit to the FP Links.
- By sending in photograph(s), you are authorizing the College to publish your name and your photos in the FP Links.



Membership Committee

The Council approved, on recommendation of the Membership Committee Chairman, the following applications for membership in **July 2009** Council Meeting:

Associate Membership (New Application)

Dr. Cheung Ching Lo Julie	張晶璐
Dr. Chung Ling Hung	鍾嶺雄
Dr. Fok Chun Man	霍俊文
Dr. Fong Ting Kwok	方定國
Dr. Ho Ka Ying	何嘉凝
Dr. Ip Sui Wah	葉淬華
Dr. Keung Man Fung	姜雯鳳
Dr. Lee Tat Nin	李達年
Dr. Luk Wing Kun Leona	陸穎勤

Dr. Tang Pui Yee	鄧佩儀
Dr. Wu Wai	胡暉
Dr. Yam Cheong Fat	任昌發

Reinstatement of Associate Membership

Dr. Chau Chee On	周祉安
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Reinstatement of Full Membership

Dr. Wong Kuo Jui	黃國瑞
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Resignation from Associate Membership

Dr. Lee Chung Yan	李頌恩
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Board of Conjoint Examination Report on OSCE 09 Information Seminar for candidates



OSCE 2009 Information Seminar for Candidates

The Information Seminar on OSCE segment was held on 12 July 2009. The room was packed with 61 candidates (Cat I: 52, Cat II: 9) and members from the Board - Chairman, OSCE Coordinator and Secretariat.

The seminar started with a warm welcome from our Chairman Dr. Chan Hung Chiu. Dr. Chan explained to the candidates our setting of the examination and questions. He also explained the security measures in our examination.

Dr. Chui Siu Hang Billy, our OSCE Coordinator, presented information concerning the examination and demonstrated videos of role-played cases in Chinese & English respectively, as performed by candidates of different calibre.

We also presented the marking scheme and explained the reason behind using essential marking points to divide between pass and fail for a particular domain in each question. The candidates were given a chance to mark the scenario themselves so that they could understand how to assess a particular domain and how to achieve pass criteria in each particular domain.

On the whole there were lots of interaction and the atmosphere was friendly. Feedback statistics from attendees indicated that most candidates benefited from this seminar and found it very useful. The large majority of attendees agreed that the seminar helped their OSCE preparation, and provided useful information regarding how their performance will be assessed.

In summary, the afternoon was fruitful for both the candidates and board members. It is hoped that the additional information gained by candidates will help translate their hard work into success in a few months time!

"Council Member-On-Duty" (CMOD) System

Dear College members,

We are still providing this alternative channel of communication for you to reach us. Do let us have your ideas and comments so that we can further improve our services to all the members.

For this month, from 15th August till 14 September, 2009, Dr. Chan Kin Ling and Dr. Daniel Chu will be the Council Members on duty. Please feel free to make use of this channel to voice your doubts, concerns, queries, and comments about anything relating to our College and Family Medicine. You can reach us by contacting our College Secretariat by phone: 2528 6618, by fax: 2866 0616, or by email: hkcfp@hkcfp.org.hk. Once we receive your call or message, we will get in touch with you directly as soon as we can.



Dr. Chan Kin Ling



Dr. Daniel Chu

Dr. Raymond C H Lo
Co-ordinator, CMOD System

Board of Vocational Training and Standards News

Reminder: Application for Recommendation for Exit Examination

To all Higher Trainees,

For those who prepare to sit for exit examination in 2010, please submit the application letters and the checklists for recommendation for exit examination before 30 September 2009.

Late applications will not be entertained.

Should you have any enquires, please contact our College Executives, Ms Carmen Cheng and Mr Patrick Wu at 2528 6618.

Higher Training Subcommittee
BVTS

BVTS Sponsorship for The Royal Australian College of General Practitioners (RACGP) GP'09, the Conference for General Practice

The Board of Vocational Training and Standards is pleased to announce the following information on the RACGP, The Conference for General Practice 09* to be held in October 2009.

- Theme: A doctor for all seasons
- Date: 1 – 4 October 2009
- Venue: Burswood Entertainment Complex
Perth, Western Australia
- Registration Fee: Please refer to <http://www.gpevents.com.au/registration>
- Website: <http://www.gpevents.com.au/>

Application for sponsorship is open to all current **vocational trainees** (Basic & Higher). Please kindly submit your application by 31 August 2009 to the Chairman of the Board of Vocational Training and Standards regarding the sponsorship for this overseas conference.

All decisions are subject to the final approval of the Board.

For more information, please contact Ms Carmen Cheng or Mr Patrick Wu at 2528 6618.

BVTS

**Previously known as Annual Scientific Convention (ASC)*

Web & Computer Committee's Announcement

A new college website has finally arrived.

Information is power. In this new age, the information highway has grown from simple data transfer between universities for DNA sequencing to full interactivity between everyone in the world. Thus a new face to the college website has finally arrived, with all the versatility that you are likely to need to cope with your busy schedule.

'Home' includes a whole newly revised section about the college itself, from its history to the current council. Photos can be enlarged with detailed descriptions. Under 'Contact Details', A real time satellite map has now been incorporated from google, pointing you directly to the college address. You can also learn more about individual committees or boards by choosing 'Structure of the College'.

'News/Events' includes our brand new events calendar, a place I am sure you would visit frequently, and hopefully with its convenience, it will tempt you to attend more CME lectures!

'Education' and 'QA&A' includes a revamped Board of Education and Quality Assurance section, for an easier navigation.

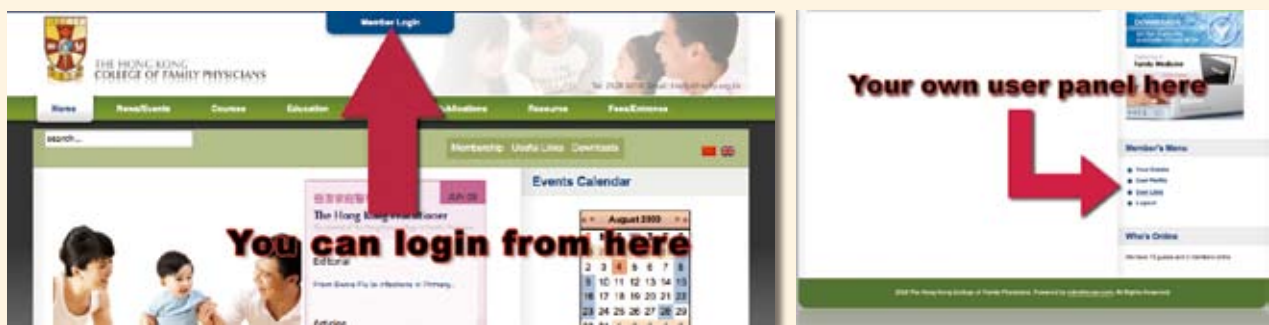
'HK Practitioner' is now made more Internet friendly, and most important of all, it is 'searchable'! It will be invaluable to anyone studying or trying to find an old article.

'Resources' is a brand new section including many useful clinical information, such as 'Community Resources' in case you are seeing patients and need to find a related community resource address, 'Past Presentations Library' from structured education seminars for trainees of different clusters, video resources, and media releases into newspapers and magazines from the Public Education Committee, and up to date newsfeed from WHO and HK department of health.

'Fees and Entrance' and 'Downloads' sections are other new sections, grouping all previous information together for easier use.

Certain areas are only accessible after logging in. Such areas include the user control panel, where you can add your contact information and interests for other members to see. You can also link to other members as your friends as well as send private messages to them.

Do enjoy your roaming!



Dr. Simon SO,
Vice-Chairman, Web & Computer Committee.

Public Education Committee : New Book Launch

The Hong Kong College of Family Physicians (HKCFP) is delighted to announce the publication of 《健康此中尋》- that aims to increase the community awareness of common diseases and enhance doctor-patient communication.

- Book name: 《健康此中尋》
 Author: The Hong Kong College of Family Physicians
 Take Me Home (Local community papers)
 Sponsor: GlaxoSmithKline Ltd
 Feature:
- Easy-to-read presentation in Chinese
 - 100 pages
 - More than 20 common diseases or health related information
 - Self evaluation assessments
 - "Tips for talking to your doctors"
 - Health reminders

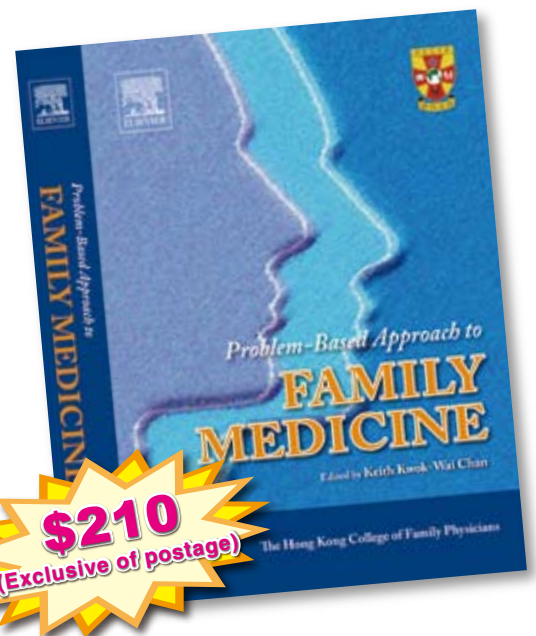


For those who are interested, self-collection is now available at our Wanchai office. For details, please contact Miss Dickie Lam at 2861 0220.

Publication Committee : Problem-based Approach to Family Medicine

The Committee is pleased to announce the publication of the first academic book from the College – Problem-based Approach to Family Medicine. This comprehensive 500-paged book, full of coloured illustrations and photos, was written by a group of experienced family physicians using a scenario-based approach that simulates the work of a family physician. It contains 24 different clinical scenarios commonly encountered in family practice to illustrate the content and principles of Family Medicine. It is an excellent reference book in Family Medicine for undergraduates, practising family physicians and doctors of other specialties locally and world-wide. The original price of the book is \$300 and college members are entitled to a 30% discount*** (postage fee excluded). For those who are interested, please fill in the order form below. We know that you will find this book a valuable tool to further your learning as well as a way to appreciate the fine art of Family Medicine.

*** \$210 is for self-collection at Wan Chai or Wong Chuk Hang office. Amount of postage fee depends on the number of books ordered. For details, please contact Carmen Cheng or Patrick Wu at 2528 6618.



\$210
(Exclusive of postage)

ORDER FORM

To: HKCFP
 Room 701,
 HKAM Jockey Club Building,
 99 Wong Chuk Hang Road,
 Aberdeen, Hong Kong
 (Fax No. 2866 0241)

I am a(an) *Affiliate / Student / Associate / Full / Fellow member of the Hong Kong College of Family Physicians.

I would like to purchase _____ copy / copies of Problem-based Approach to Family Medicine.

Enclosed please find cheque payment of HK\$ _____.

*** All cheques are payable to "HKCFP Education Ltd".***

Name : _____ Email Address : _____

Postal Address : _____

Tel No. : _____ Date : _____

*Please circle your category of membership.

Classified Advertisements

Positions Vacant

Accredited Private FM Centre invites energetic Doctors to join for expanding services. Basic / higher FM Trainee, A&E Officers, specialists welcomed. Attractive Salary + Bonus. Send CV enquiry@adecmed.com (Attention: Amy CHAN).

Accredited Private FM Centre invites Specialists for sessional consultations, 1-2/wk Cardiologists, ENT, Psychiatrists, Ophthalmologists and Gynecologists most welcomed. Good terms + Bonus. Send CV enquiry@adecmed.com (Attention: Amy CHAN).

Clinics Available

New modern spacious G/F fully furnished and computerised equipped walk-in-and-practice clinic next to North Point MTR Station for rental or take-over, Good Bargain for value, Ms Amy Chan 9212 6654.

Established GP clinic in Tsz Wan Shan for takeover. Ground floor in busy street, good client basic with contracts, reasonable rental. Just walk in and practice. Call Au Yeung 9182 1381 or Ivy 9368 0127.

Miscellaneous

We are a band of family doctors looking for a bass guitarist. We like pop, rock and jazz too. You must have your own guitar. If you are interested and want to expand your musical horizon, please email to jtnchung@yahoo.com.



Nicotine Replacement Therapy

Reliable • Safe • 3 months treatment

A range of dosages designed to relieve the symptoms of nicotine withdrawal, accommodating smokers' different levels of nicotine dependence.

24 hours Sustained Release Patch

No Cravings ALL DAY LONG



HK Reg. No.: HK-33276, HK-33278, HK-33277
Made in Germany

Comparative kinetics of 3 transdermal patches¹



Blood nicotine level

Time (hr)

■ Nicotinell 24hr Patch
 ■ 24hr Patch
 ■ 16hr Patch

- ✔ One application a day.
- ✔ Provides a more stable blood nicotine level over other patches¹.
- ✔ Against morning smoking urges¹ without disturbance on sleep quality².



1. Fox, R.Y., et al. 2000. Pharm., Biochem., and Behavior, 57:479-82. 2. Adair, H.L., et al. 2000. Nicotine & Tobacco Research, 8:199-201

Hotline: 8202 8787



THE UNIVERSITY OF HONG KONG
LI KA SHING FACULTY OF MEDICINE

香港大學李嘉誠醫學院

Postgraduate Diploma in Diagnosis and Therapeutics in Internal Medicine

醫學內科診斷及治療深造文憑

Call for Application



PROGRAM FEES

Composition fee for the 2 year program is HK\$23,000

ADMISSION REQUIREMENTS

Holder of a primary medical degree with post registration experience of not less than 12 months

Professional Accreditation

Application to The Medical Council of Hong Kong for a quotable qualification will be made after our first batch of graduates this year

DEADLINE OF APPLICATION

31 August 2009

VENUE

William MW Mong Block
Faculty of Medicine Building
21 Sassoon Road
Pok Fu Lam
Hong Kong

ORGANIZER

Department of Medicine
The University of Hong Kong
Queen Mary Hospital
Hong Kong

To submit an application:

On-line : <http://www.hku.hk/medicine/postdip.htm>

By mail : The completed application form should be sent to:
Academic Services Enquiry Office
Room UG-5, Knowles Building
The University of Hong Kong
Pokfulam Road, Hong Kong
(Ref: PDipIntMed&Therapeutic)

Diagnosis
Therapeutics
Internal Medicine

Beat Drugs Seminar 2009

Dr. Anita Fan, Higher Trainee,
Hong Kong West Cluster



Team approach is important in management of young drug abusers

Substance abuse has become a notable topic recently. If you remember, only a few months ago, a group of secondary school girls were found drowsy in class after taking drugs. Do you think this is a problem that should be left to teachers and social workers? Or is it a problem for psychiatrists? The Beat Drug Seminar shed some light on how family physicians can help on the issue.

The Beat Drug Seminar 2009 was jointly organized by the Hong Kong Medical Association and the Hong Kong Council of Social Service. It was divided into four parts, with presentations by speakers from different fields. Dr. Cheng Chi Man gave the first presentation: "Family doctors can help young substance abusers". Dr. Cheng pointed out that family physicians are in a good position to help young abusers. Family doctors are readily approachable by young abusers and are capable of recognizing hidden problems and discussing sensitive issues. By building a long term relationship with young people and their families, family doctors can provide continuous physical and psychological care. They can also utilize problem screening and provide brief intervention. Dr. Cheng suggested several screening tools which are readily applicable in daily practice. He also shared useful tactics for counselling young substance abusers.



Dr. Cheng Chi Man introducing the role of family physicians in combating drug abuse

One type of commonly used self report tools is the Alcohol, Smoking, and Substance Involvement Screening Test (ASSIST).

(The test was developed for the World Health Organization by an international research team)

1. In your life, which of the following substances have you ever tried? (non-medical use only)					
a. Tobacco products	<input type="checkbox"/> Yes	<input type="checkbox"/> No	f. Inhalants	<input type="checkbox"/> Yes	<input type="checkbox"/> No
b. Alcoholic beverages	<input type="checkbox"/> Yes	<input type="checkbox"/> No	g. Sedatives or sleeping pills	<input type="checkbox"/> Yes	<input type="checkbox"/> No
c. Cannabis	<input type="checkbox"/> Yes	<input type="checkbox"/> No	h. Hallucinogens	<input type="checkbox"/> Yes	<input type="checkbox"/> No
d. Cocaine	<input type="checkbox"/> Yes	<input type="checkbox"/> No	i. Opioids	<input type="checkbox"/> Yes	<input type="checkbox"/> No
e. Amphetamine type stimulants	<input type="checkbox"/> Yes	<input type="checkbox"/> No	j. Others	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. During the past 3 months, how often have you used the substances you mentioned (first drug, second drug, etc.)?					
<input type="checkbox"/> Never (0) <input type="checkbox"/> Once/Twice (2) <input type="checkbox"/> Monthly (3) <input type="checkbox"/> Weekly (4) <input type="checkbox"/> Daily/Almost Daily (6)					
3. During the past 3 months, how often have you had a strong desire or urge to use (first drug, second drug, etc.)?					
<input type="checkbox"/> Never (0) <input type="checkbox"/> Once/Twice (3) <input type="checkbox"/> Monthly (4) <input type="checkbox"/> Weekly (5) <input type="checkbox"/> Daily/Almost Daily (6)					
4. During the past 3 months, how often has your use of (first drug, second drug, etc.) led to health, social, legal, or financial problems?					
<input type="checkbox"/> Never (0) <input type="checkbox"/> Once/Twice (4) <input type="checkbox"/> Monthly (5) <input type="checkbox"/> Weekly (6) <input type="checkbox"/> Daily/Almost Daily (7)					
5. During the past 3 month, how often have you failed to do what was normally expected of you because of your use of (first drug, second drug, etc.)?					
<input type="checkbox"/> Never (0) <input type="checkbox"/> Once/Twice (5) <input type="checkbox"/> Monthly (6) <input type="checkbox"/> Weekly (7) <input type="checkbox"/> Daily/Almost Daily (8)					
6. Has a friend or relative or anyone else ever expressed concern about your use of (first drug, second drug, etc.)?					
<input type="checkbox"/> No, never (0) <input type="checkbox"/> Yes, in the past 3 months (6) <input type="checkbox"/> Yes, but not in the past 3 months (3)					
7. Have you ever tried and failed to control, cut down, or stop using (first drug, second drug, etc.)?					
<input type="checkbox"/> No, never (0) <input type="checkbox"/> Yes, in the past 3 months (6) <input type="checkbox"/> Yes, but not in the past 3 months (3)					
8. Have you ever used any drug by injection? (non-medical use only)					
<input type="checkbox"/> No, never (0) <input type="checkbox"/> Yes, in the past 3 months (6) <input type="checkbox"/> Yes, but not in the past 3 months (3)					

Screening tool suggested by Dr. Cheng

The second part was presented by Dr. Ben Cheung Kin Leung, a specialist in Psychiatry. Dr. Cheung elaborated further on the important role of family physicians in early intervention of young substance abusers. With many years of experience with substance abusers, Dr. Cheung shared the profiles of commonly abused drugs, as well as some of the usual terms or slang used by substance abusers. We all found the information invaluable.



Dr. Ben Cheung

Narcotics 麻醉鎮痛劑	Codeine Dipipanone Heroin: No. 3 heroin No. 4 heroin Methadone Physeptone Morphine Opium	高甸, 咳水 囉囉嚙, 可待因 紅色非仕通 海洛英, 白粉, 粉, 灰 三號粉, 砂仔 四號粉, 四哥, 四仔 美沙酮, 老美 非仕通, 帆船仔 嗎啡針 鴉片, 福壽膏
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Psychedelics 迷幻劑	Cannabis 大麻	grass, pot, joint, marijuana, hashish, bush, weed 1. 草 2. 大麻精 3. 大麻油
	Lysergic acid diethylamide (LSD)	迷幻藥, 方糖, 郵票, Micropill, 黑芝麻
	Phencyclidine (PCP)	天使塵, angel dust, hog, peace pill, horse tranquilizer

Amphetamines	安非他命, 大力丸, speed, uppers, Bennies, black beauties, copilots, dexies, eye openers, lid poppers, pep pills wake-ups, 1. Methylamphetamine 2. Methylene-dioxy- methylamphetamine (MDMA)	冰 Fing頭, 狂喜, 派對丸 仔, E仔, EVE, ecstasy, designer's drug
Cocaine Crack-cocaine	可卡因, 可可精, C, coke, flake, snow, stardust Crack, 霹靂, 可樂	

Benzodiazepines: Brotizolam (Lendormin) Bromazepam (Lexotan) Clonazepam Chlordiazepoxide (Librium) Diazepam (Valium) Estazolam Flunitrazepam (Rohypnol 1mg) Flunitrazepam (Rohypnol 2mg) Midazolam (Dormicum) Nimetazepam Nitrazepam (Mogadon) Triazolam (Halcion) Z drugs Zolpiclone Zolpidem	屋仔, 二拾蚊, 13A 寧神定 白天使 綠豆仔, 利眠寧 羅氏二, 五, 十號 舒樂安定 十字架 (細十, 縮水) 十字架 (大十) 羅氏藍精靈, 大藍 五仔, 黃飛鴻 睡覺幫, 笑哈哈, 魔鬼黨 藍瓜子, 藍精靈, 細藍 白瓜子, 憶夢返 啞咁咀, 思諾施
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Ketamine	K仔
Cough Mixture	MB, 咳水, B仔
Gamma hydroxybutyrate (GHB)	迷姦水, X水, G水
Dextromethorphan (Romila)	O仔
Organic Solvents	天拿水, 打火機油, 飛機膠, 膠水, gas, glue

Street names of the commonly abused drugs

The next speaker was Mr. Choi Wai Leuk, a social worker from the Hong Kong Children and Youth Services. He started by telling his real story of "human touch", when he first worked with young drug abusers. This deeply inspired him. His experience also illustrated the importance of catching adolescent drug users in time. Mr. Choi introduced a programme which he is working in Tai Po. It involves the collaboration of local NGOs, family physicians and the Psychological Medicine Clinic run by Alice Ho Miu Ling Nethersole Hospital and Tai Po Hospital. The outreach social workers identify young drug abusers in the district and try to motivate them to be aware of their own health. These young abusers will then be referred to the family physicians participating in the programme, who will then evaluate the potential risk of drug abuse among these young people. If specialist attention is required, the adolescents will then be referred to the Psychological Medicine Clinic. Eventually, stable cases will be referred back to their own family doctors, who will continue to monitor their progress. The programme provides a channel for young abusers to access to multidisciplinary, patient-centered care. This in turn also reduces the stigma of being referred to a psychiatrist as a first step.

The last speaker, Ms Brenda Chung, is the supervisor of TWGHs CROSS Centre. She introduced the project MAC: **M**otivate young people to take **A**ction against drug abuse through body **C**heck-up. This programme promotes collaboration between family physicians and social workers and aims to provide early and effective intervention of young psychotropic substance abusers, with the goal being development of a programme which may be used for future implementation on a regional basis. This programme is sponsored by the Beat Drug Fund, and targets young abusers aged 10 – 24 years. The role of family physicians is to provide medical consultations, explain results of body check-up, and to conduct motivational interview to help young abusers to engage in treatment and abstain from drug abuse.



Mr. Choi Wai Leuk and Ms. Brenda Chung answering questions from the audience.

Don't just sit back, you too can also contribute. Let's beat drugs!



Oasis
心靈綠洲

每一天都是特別的

多年前我跟一位同學談話，他太太剛去世不久，在整理他太太東西的時候，發現了一條絲質的圍巾。那是他們去紐約旅遊時，在一家名牌店買的。那是一條雅致、漂亮的名牌圍巾，高昂的價格標籤還掛在上面。

他太太一直捨不得用，她想等一個特殊的日子才用。講到這裡，他停住了，我也沒接話。好一會後他說，再也不要把好東西留到特別的日子才用，你活著的每一天都是特別的日子。

以後，每當我想起這幾句話時，我常會把手邊的雜事放下，找一本小說，打開音響，躺在沙發上，抓住一些自己的時間。生活應當是我們珍惜的一種經驗，而不是要捱過去的日子。我會從落地窗欣賞窗外的景色，不去管玻璃上的灰塵。我會拉著太太到外面去吃飯，不管家裡的菜飯該怎麼處理。

我曾經將這段談話與一位女士分享，後來見面時，她告訴我她現在已不像從前那樣，把美麗的磁具放在酒櫃裡了。以前她也以為要留待特別的日子才拿出來用，後來發現那一天從未來到。

「將來」，「總有一天」已經不存在她的字典裡了。
如果有什麼值得高興的事，有什麼得意的事，
她現在就要聽到，就要看到。

我們常想跟老朋友聚一聚，但總是說「找機會」。
我們常想擁抱一下已經長大的小孩，但總是等適當的時機。
我們常想寫封信給另外一半，表達一下濃郁的情意，
或甚至想讓他知道你很佩服他，但總是告訴自己不急。

其實每天早上我們睜開眼睛時，都要告訴自己這是特別的一天。
每一天，每一分鐘都是那麼可貴。



<http://hk.myblog.yahoo.com/alain-yip>

Drug Testing in Young Drug Abusers

In recent years, there has been an alarming rise in the number of young drug abusers. Ketamine is the commonest type of psychotropic substances abused by young drug abusers (80.2%), followed by ecstasy (21.3%), ice (13.6%), cannabis (11.9%) and cocaine (11.8%) in 2007¹.

On 16 Jul 2009, the Chief Executive Mr. Donald Tsang had a meeting with members of the Action Committee Against Narcotics (ACAN) and the chairmen and vice-chairmen of the 18 District Councils to exchange views on measures to tackle the growing problem of young drug abuse. Suggestions include holding seminars with teachers and parents on anti-drug measures and launching an anti-drug hotline by professional social workers. A district-based anti-drug community programme offering youngsters healthy and interesting activities, e.g. sports and recreational activities is suggested. There is also a pilot drug-test trial scheme proposed to be implemented in the schools in Tai Po District in the coming school year.

Unlike traditional drugs such as heroin, there may be few obvious withdrawal symptoms for those abusers taking psychotropic substances. Early identification and intervention is a mainstay of treatment and rehabilitation strategy to tackle the youth drug abuse problem. Drug testing can reveal whether a person has used illicit drugs. It may serve the following objectives:

1. Monitoring and deterrence. Drug testing as a form of monitoring underlines the need to enquire into the more private areas of a persons' life, and in doing so, reduces the likelihood of drug abuse.
2. Early intervention. This helps identifying drug abusers early so that they could be motivated and guided towards early counselling and treatment.
3. Preventing drug abuse. Drug testing prevents drug abuse because one can use potential testing as an excuse to refuse drugs when approached by a peer. It also helps to create a culture of disapproval towards drugs e.g. in schools.
4. Crime investigations and prevention.

Drug testing can be done with urine, blood, hair and other body fluid samples. Urine test kits (quick test kits) are available in Hong Kong. It is an easy, convenient and fast screening test that provides qualitative testing with visual colour change. The window of detection is 1 to 3 days. The price is about \$10 per drug tested. Multiple drug test kit can detect multiple drugs at the same time, e.g. cocaine, amphetamine, methamphetamine, marijuana (THC), etc. However, there are some common tricks used by test subjects:

1. Adding bleach or soap to the urine sample.
2. Dilute the specimen with water.
3. Swap the samples with drug-free people.
4. Releasing drug-free urine from a fluid-filled bulb (placed under the arm with a tube leading to the pelvis near genitalia) into the container.
5. Concealing a plastic tube filled with drug-free urine in vagina, unscrewing cap, and "urinating" into container.
6. Puncturing the specimen container with a pin, thus allowing the urine to leak slowly during transportation.

Blood test is the most accurate confirmation test. But it is more costly (about \$2000). The window of detection is within 24 hours. It is generally accepted in court proceedings. Oral fluid and hair samples could also be used for drug testing but they are only available overseas.

There is still active discussion on the detailed plan of implementation of drug testing. Currently there is no legal authority for the law enforcement agencies to carry out compulsory drugs tests for ascertaining whether a person has consumed dangerous drugs. Privacy and consent are also the main issues for concern. But it could be foreseen that family physicians could contribute in identifying young addicts at an early stage and work closely with the authorities for the future drug-test trial scheme.

Compiled by Dr. Alfred Kwong

Reference

1. Report of the Task Force on Youth Drug Abuse. 2008 Nov. Available from: http://www.nd.gov.hk/en/report/pdf/yda/full_report.pdf

Interest Group in Dermatology – the 15th Meeting on 4th July 2009

Dr. Wong Nai Ming Co-ordinator, Board of Education

The 15th Dermatology Interest Group Meeting was held on 4th July 2009 at Duke of Windsor Social Service Building. Our sponsor was Stiefel Laboratories (HK) Ltd and our speaker was Dr. Lo Kuen Kong, Consultant Dermatologist-in-charge, Social Hygiene Service, Department of Health. The topic was "Acne Management".

Acne vulgaris is a chronic inflammatory disease of pilosebaceous units which are dense and active on the face and upper trunk. The pathogenesis of this condition is quite well established, and a good understanding of which enhances management. There are four main aetiologic factors:

- (1) There is increased sebum production by sebaceous glands due to increased androgen stimulation.
- (2) There is hyperproliferation and shedding of keratinocytes with outlet obstruction in pilosebaceous units, resulting in formation of comedones. This is also under the influence of androgen.
- (3) The microenvironment favours proliferation and colonization of *Propionibacterium acnes*.
- (4) An important event is inflammation related to leakage of sebum into the dermis and presence of proinflammatory mediators secreted from *P. acnes*.

Classification is useful in determining the types and assessing the progress of treatment. There is a large number of classification systems. The most practical way is to classify the condition based on the degree of severity, namely mild, moderate and severe. It is also useful to describe the lesions as inflammatory (red papules, pustules, nodules and cysts) or non-inflammatory (open and closed comedones). In assessing the severity, one should also note specifically the social and psychological impact of the disease on each individual patient.

Investigations are seldom necessary prior to starting treatment. However, if a female patient presents with hirsutism, irregular menstrual periods, acne with abrupt onset which are difficult to treat, and coarsening of voice, one might proceed to do total and free testosterone to detect an ovarian source of excess androgen as in polycystic ovary syndrome, and serum levels of dehydroepiandrosterone and 17-hydroxyprogesterone to detect adrenal source of excess androgen production as in congenital adrenal hyperplasia and adrenal tumours.

The principle of treatment is to use the least aggressive, most tolerable and cost-effective regime to minimize adverse events and maximize patient adherence while avoiding bacterial resistance. Patient education and support form the first major step before starting treatment. Misconceptions such as unrealistic expectation of speedy visible improvement should be corrected so as to improve compliance to treatment. Anxiety and emotion of patients should also be carefully addressed.

Some other points worth mentioning include:

- * There is a positive association between acne and foods with high glycaemic index and dairy products.
- * There is increased acne activity with increased stress level.
- * Twice daily face washing results in the most significant acne improvement.

Concerning topical treatment, the Global Alliance to Improve Outcomes in Acne Group recommended that topical retinoids should be the foundation in acne therapy for virtually all patients except those with the most severe disease. When inflammatory lesions are present, an

antimicrobial agent such as benzyl peroxide (BPO) or an antibiotic should be added to provide synergistic and faster clearing. Antibiotics should be discontinued as soon as inflammatory lesions begin to resolve (usually within three to four months). If not possible, BPO should be added if not in use already. Topical retinoids should be continued as maintenance.

Combination therapy using topical retinoid plus BPO is a logical formulation. For retinoid/antibiotic combination, either BPO should be added or therapy should be changed to retinoid/BPO once resolution of inflammatory lesions is apparent. Antibiotic/BPO combinations are not ideal for maintenance.

Antibiotic resistance is a significant public health issue worldwide. The Global Alliance suggested the following strategies for limiting antibiotic resistance among *P. acnes* and other bacteria:-

- Combine a topical retinoid plus an antimicrobial
- Limit use of antibiotics to short periods and discontinue when there is no further improvement or improvement is slight
- Co-prescribe a BPO-containing product or use it as washout
- Oral and topical antibiotics should not be used as monotherapy
- Concurrent use of oral and topical antibiotics should be avoided, particularly if they are chemically different
- Do not switch antibiotics without adequate justification
- Use topical retinoids for maintenance therapy, with BPO added for antimicrobial effect if needed
- Avoid use of antibiotics for maintenance therapy

Concerning systemic therapy, oral antibiotics are not only used for its antibacterial action but also for its anti-inflammatory effects (long term oral antibiotics are also used for chronic non-infectious diseases such as low grade vasculitis, bullous pemphigoid and Hailey-Hailey disease).

The standard dose of oral Isotretinoin for treatment of severe cases is 0.5 to 1mg/kg per day. Research show that low dose Isotretinoin of 20mg daily can bring about excellent treatment response and low relapse rate while decreasing side effects and cost.

Our next meeting will be on 5th September, 2009 with Dr. Chong Lai Yin talking on new advances in Immunology in Dermatology.



• Dr. Lo Kuen Kong (Left) and Dr. Wong Nai Ming

Certificate Course on Respiratory Infection

Co-organized by American College of Chest Physicians (Hong Kong and Macau Chapter)
 Hong Kong Thoracic Society
 The Hong Kong College of Family Physicians

Sponsored by GlaxoSmithKline Limited

Dates : 26 September, 10, 17 and 24 October, 2009 (Saturdays)
Time : 1:00 – 2:15 pm Lunch
 2:15 – 4:30 pm Lectures & Discussion
CME/ CPD Points : HKCFP: 3 CME Points for each session (Cat. 4.4) MCHK: 3 CME Points for each session
 HKCP: Pending
 Up to 2 CPD Points (Subject to submission of Satisfactory report of Professional Development Log)
Venue : HKMA, 5/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai
Course fee : Members (HKCFP or HKTS/ACCP) : HK\$100
 HKAM Registrants : HK\$150
 Non-members : HK\$200
 (All fees received are non-refundable and non-transferable.)
Co-ordinators : Dr Tse Pak Yiu
 Senior Medical Officer, Tseung Kwan O Hospital
 Dr Francis Lee
 Member of Board of Education, The Hong Kong College of Family Physicians
Award : Those who have attended 75% or more of all the sessions will be awarded a "Certificate of Attendance"
Capacity : 60 participants

Programme Schedule

Date	Topics	Speakers	Moderators
26 Sep 09 (Sat)	Management of CAP: Update and Highlights of Recent Treatment Guidelines	Dr. Chan Hok Sum <i>Consultant, Department of Medicine, Alice Ho Miu Ling Nethersole Hospital</i>	Dr. Francis Lee
	Antibiotic Resistance in CAP: Conscientious Use of Antibiotics and Role of Pneumococcal Vaccines	Dr. Yu Wai Cho <i>Consultant, Department of Medicine and Geriatrics, Princess Margaret Hospital</i>	
10 Oct 09 (Sat)	Prevention and Control of TB – Role of the Family Physician	Dr. Tam Cheuk Ming <i>Consultant Chest Physician i/c, TB & Chest Service, Department of Health</i>	Dr. Ngan Po Lun
	Atypical Pneumonias	Dr. Yeung Yiu Cheong <i>Associate Consultant, Department of Medicine and Geriatrics, Princess Margaret Hospital</i>	
17 Oct 09 (Sat)	Common Respiratory Infections in the Immunocompromised Patients	Dr. Lee Man Po <i>Associate Consultant, Department of Medicine, Queen Elizabeth Hospital</i>	Dr. Francis Lee
	URTI Including Influenza: Treatment and Prevention	Dr. Ng Chun Kong <i>Associate Consultant, Department of Medicine, Queen Elizabeth Hospital</i>	
24 Oct 09 (Sat)	Approach to Unresolved Pneumonia	Dr. Chu Chung Ming <i>Chief of Service, Department of Medicine and Geriatrics, United Christian Hospital</i>	Dr. Ngan Po Lun
	Role of Respiratory Infections in Airway Diseases (Asthma/ COPD)	Dr. Fanny Ko <i>Associate Consultant, Department of Medicine & Therapeutics, Prince of Wales Hospital</i>	

*** All cheques payable to "HKCFP Education Ltd". For any enquiry, kindly contact College Secretariat, Ms Dickie Lam at 2861 0220. ***

REPLY SLIP

To: HKCFP, Room 802, 8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, H.K. (Fax no.: 2866 0981)

Dear Sir/ Madam,

I am a ***Member/HKAM Registrant/ Non-Member** of The Hong Kong College of Family Physicians or **HKTS/ACCP Member**.
 (*Please delete as appropriate)

I would like to attend "Certificate Course on Respiratory Infection".

Name: _____ Tel: _____ Date: _____

Email: _____

Address: _____

- Please wear a surgical mask if you have respiratory tract infection and confirm that you are afebrile before coming to the meeting.
- Private Video Recording is not allowed. Members, who wish to review the lecture, please contact our secretariat.

29 August 2009 Saturday

Workshop on Management of Adolescent Psychotropic Substance Abuse

Topics and Speakers:

1. Introduction and Objectives of Training in Substance Abuse

Dr. Gene W. W. Tsoi
President, The Hong Kong College of Family Physicians

2. Features of Adolescents who have Substance Abuse Problem

Ms. Brenda Y. T. Chung
Supervisor, Tung Wah Group of Hospitals CROSS Centre

3. "Fresh Express" – A Pilot Scheme on Cooperation between Medical Professionals and Social Worker at a District – Based Level

Dr. Lau Chi Hang
Specialist in Family Medicine

Chairman	Dr. Law Tung Chi The Hong Kong College of Family Physicians	
Time	2:00 p.m. – 5:00 p.m. Lectures & Discussion (With Coffee Break)	
Venue	Function Room, 2/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, H.K.	
Admission Fee	Members	Free
	Non – members	HK\$ 300.00
	HKAM Registrants	HK\$ 150.00
	All fees received are non-refundable and non-transferable.	
Accreditation	3 CME Points HKCFP (Cat. 4.4) 3 CME Points MCHK Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log)	
Language	Lectures will be conducted in English.	
Registration	Registration will be first come first served. Please reserve your seat as soon as possible.	

Sponsored by
**The Hong Kong College of Family Physicians
(The Board of Vocational Training and Standards
and The Board of Education)**

5 September 2009 Saturday

Board of Education Interest Group in Dermatology

Aim	To form a regular platform for interactive sharing and discussion of interesting dermatological cases commonly seen in our daily practice
Theme	New Advances in Immunotherapy in Dermatology
Speaker	Dr. Chong Lai Yin Specialist in Dermatology & Venereology
Co-ordinator & Chairman	Dr. Wong Nai Ming The Hong Kong College of Family Physicians
Time	1:00 p.m. – 2:15 p.m. Lunch 2:15 p.m. – 4:00 p.m. Theme Presentation & Discussion
Venue	5/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong

Admission Fee	Members	Free
	Non – members	HK\$ 300.00
	HKAM Registrants	HK\$ 150.00

All fees received are non-refundable and non-transferable.

Accreditation	2 CME Points HKCFP (Cat. 4.3)
	2 CPD Points HKCFP (Cat. 3.15)
	2 CME Points MCHK

Language: Lecture will be conducted in English and Cantonese.

Registration: **Registration will be first come first served.
Please reserve your seat as soon as possible.**

Note: **Participants are encouraged to present own cases for discussion.
Please forward your cases to the Co-ordinator via the College secretariat 2 weeks prior to meeting.**

Sponsored by
Galderma Hong Kong Limited

27 September 2009 Sunday

The 25th ENT Update

Topics and Speakers:

Opening Introduction

Dr. Gene W. W. Tsoi
President, The Hong Kong College of Family Physicians

Session 1

1. Tinnitus

Concepts, origin and practical approach to management

Professor Michael Tong
*Head of Academic Divisions
Department of Otorhinolaryngology, Head and Neck Surgery
The Chinese University of Hong Kong*

2. Otalgia

Concepts, origin and practical approach to management

Dr. John Woo
*Chief of Service, Department of Ear, Nose & Throat
New Territories East Cluster, Hospital Authority
Director of Postgraduate Teaching
Department of Otorhinolaryngology, Head and Neck Surgery
The Chinese University of Hong Kong*

3. Vertigo

Concepts, origin and practical approach to management

Dr. S. K. Ng
*Associate Consultant, Department of Ear, Nose & Throat
New Territories East Cluster, Hospital Authority
Chief, Division of Head & Neck Surgery
Department of Otorhinolaryngology, Head and Neck Surgery
The Chinese University of Hong Kong*

Session 2

4. Common Neck Swellings

History, examination & investigations – what are relevant and important

Dr. A. C. Vlantis
*Director of Research
Department of Otorhinolaryngology, Head and Neck Surgery
The Chinese University of Hong Kong*

5. Epistaxis
A-Z in Management

Dr. Victor Abdullah
*Chief of Service, Department of Ear, Nose & Throat
Kowloon East Cluster, Hospital Authority
Chief, Division of Paediatric Otorhinolaryngology
Department of Otorhinolaryngology, Head and Neck Surgery
The Chinese University of Hong Kong*

Concluding Remark

Professor Andrew van Hasselt
*Chairman, Department of Otorhinolaryngology
Head and Neck Surgery, The Chinese University of Hong Kong*

Co-organiser	Department of Otorhinolaryngology, Head and Neck Surgery, The Chinese University of Hong Kong	
Chairman	Dr. Chan Chi Wai The Hong Kong College of Family Physicians	
Time	12:30 p.m. – 2:00 p.m. Buffet Lunch 2:00 p.m. – 5:00 p.m. Lectures & Discussion (With Coffee Break)	
Venue	Postgraduate Education Centre, Prince of Wales Hospital, 30-32 Ngan Shing Street, Shatin, NT	
Admission Fee	Members	Free
	Non – members	HK\$ 300.00
	HKAM Registrants	HK\$ 150.00
	All fees received are non-refundable and non-transferable.	
Accreditation	3 CME Points HKCFP (Cat. 4.4) 3 CME Points MCHK Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log)	
Language	Lecture will be conducted in English.	
Registration	Registration will be first come first served. Please reserve your seat as soon as possible.	

Co-sponsored by
**AstraZeneca Hong Kong Limited and
Schering-Plough Hong Kong Limited**

Monthly Video Viewing Sessions –

Monthly video viewing sessions will be scheduled on the last Friday of each month at 2:30 – 3:30 p.m. at 8/F, Old College Premises, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong.

August's session:

Date	August 28, 2009 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topics	1. The Role of Family Physicians in Liver Transplant 2. Liver Transplantation
Admission	Members Only
Accreditation	1 CME Point HKCFP (Cat. 4.2) 1 CME Point MCHK Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log)
Language	Lecture will be conducted in English and Cantonese.

September's session:

Date	September 25, 2009 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	Neurobiology & New Treatment Option for Insomnia
Admission	Members Only
Accreditation	1 CME Point HKCFP (Cat. 4.2) 1 CME Point MCHK Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log)
Language	Lecture will be conducted in English.

Community Education Programmes

Open and free to all members
HKCFP CME points accreditation (Cat 5.2)

Date/Time/CME	Venue	Topic/Speaker/Co-organizer	Registration
22 August 2009 (Sat) 2:30 – 4:00 p.m. 1.5 CME points	Lecture Room, 2/F, Ngau Tau Kok Jockey Club Clinic, 60 Ting On Street, Ngau Tau Kok, Kowloon	Update Management of Tobacco Dependence Dr. Poon Ming Wai and Dr. Leung Wai Man Professional Development & Quality Assurance, Department of Health	Mr. Calvin Hong Tel: 2753 9646 Fax: 2379 5034
19 September 2009 (Sat) 2:30 – 4:30 p.m. 2 CME points	Training Room II, 1/F, OPD Block, Our Lady of Maryknoll Hospital, 118 Shatin Pass Road, Wong Tai Sin, Kowloon	Refresher Course for Health Care Providers 2009/2010 - Myofascial Pain Syndrome Dr. Ngai Ho Yin Hong Kong Medical Association and Our Lady of Maryknoll Hospital	Ms Clara Tsang Tel: 2354 2440 Fax: 2327 6852

Structured Education Programmes

Free to members
HKCFP CME points accreditation (Cat 4.3)

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
18 Aug 09 (Tue)			
5:30 – 8:00 p.m. 3 CME points	F2029A, 2/F, Specialty Block, Tuen Mun Hospital	Antenatal Counselling Dr. Sze Lung Yam	Ms. Chan Tel: 2468 6813
6:00 – 8:00 p.m. 2 CME points	Ground Floor, Room 5, Lek Yuen Health Center, Shatin, N.T.	CME & CPD Dr. Chan Ying Ho	Dr. Cheung Hard King Tel: 2652 3707
19 Aug 09 (Wed)			
2:30 – 5:00 p.m. 3 CME points	AB1038, 1/F, Main Block, Tuen Mun Hospital	Cancer Screening Dr. Ho Tsz Bun	Ms. Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Lecture Theatre, 6/F, Tsan Yuk Hospital	Hair, Scalp & Nail Disorders Dr. Denise Y S Tam / Dr. Rosita W S Wong	Ms. Man Chan Tel: 2922 6159
5:00 – 7:30 p.m. 3 CME points	Li Ka Shing Specialist Clinic, 3/F, Seminar Room, Prince of Wales Hospital	Red Book, Professional Codes and Conduct Dr. Chan Ting Bong	Ms. Peony Yue Tel: 2632 3480
20 Aug 09 (Thur)			
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Menstruation Problem Dr. Wong Fai Ying	Ms. Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 041, 21/F, Pamela Youde Nethersole Hospital	Management Patients with Substance Problems Dr. Yeung Wai Man	Ms. Kwong Tel: 2595 6941
6:00 – 8:00 p.m. 2 CME points	Room 5, Cheung Sha Wan Jockey Club General Outpatient Clinic	Emergency Protocol Review Dr. Sin Ka Ling	Dr. Young Suk Ching Tel: 2109 6830
25 Aug 09 (Tue)			
5:30 – 8:00 p.m. 3 CME points	F2029A, 2/F, Specialty Block, Tuen Mun Hospital	Clinical Audit - Progress Dr. Kwok Vincci	Ms. Chan Tel: 2468 6813
6:00 – 8:00 p.m. 2 CME points	Ground Floor, Room 5, Lek Yuen Health Center, Shatin, N.T.	Family Violence and Resources Dr. Wong Kwok Hoi	Dr. Cheung Hard King Tel: 2652 3707
26 Aug 09 (Wed)			
2:30 – 5:00 p.m. 3 CME points	AB1038, 1/F, Main Block, Tuen Mun Hospital	Management of Thyroid Problems Dr. Leung Hoi Lik	Ms. Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Lecture Theatre, 6/F, Tsan Yuk Hospital	Care of Patients with Asthma & COPD Dr. Liu Wai To, Raymond	Ms. Man Chan Tel: 2922 6159
5:00 – 7:30 p.m. 3 CME points	Li Ka Shing Specialist Clinic, 3/F, Seminar Room, Prince of Wales Hospital	Early Diagnosis of Alzheimer's and non-Alzheimer's Disease Dr. Dai Lok Kwan, David	Ms. Peony Yue Tel: 2632 3480
27 Aug 09 (Thur)			
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Community Nursing Service Dr. Chan Ching	Ms. Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 041, 21/F, Pamela Youde Nethersole Hospital	Pediatric Emergencies Dr. Leung Pui Sha	Ms. Kwong Tel: 2595 6941
6:00 – 8:00 p.m. 2 CME points	Room 5, Cheung Sha Wan Jockey Club General Outpatient Clinic	General Practice in Private Hospital Dr. Lam Wai Chi	Dr. Young Suk Ching Tel: 2109 6830
1 Sep 09 (Tue)			
5:30 – 8:00 p.m. 3 CME points	F2029A, 2/F, Specialty Block, Tuen Mun Hospital	Health Reform Dr. Lee Kar Fai	Ms. Chan Tel: 2468 6813
6:00 – 8:00 p.m. 2 CME points	Ground Floor, Room 5, Lek Yuen Health Center, Shatin, N.T.	Concept of Family Medicine Dr. Chow Kam Fai	Dr. Cheung Hard King Tel: 2652 3707
2 Sep 09 (Wed)			
2:30 – 5:00 p.m. 3 CME points	AB1038, 1/F, Main Block, Tuen Mun Hospital	Menstruation Problem Dr. Wong Chun Fai & Dr. Mok Kwan Yeung	Ms. Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Lecture Theatre, 6/F, Tsan Yuk Hospital	Journal Club Dr. Wan Wing Fai	Ms. Man Chan Tel: 2922 6159
5:00 – 7:30 p.m. 3 CME points	Li Ka Shing Specialist Clinic, 3/F, Seminar Room, Prince of Wales Hospital	Management of Menopause Dr. Mak Hoi Ting, Flora & Dr. Yu Sze Kai, Frances	Ms. Peony Yue Tel: 2632 3480

3 Sep 09 (Thur)

4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Emergency ENT Problems Dr. Kwan Shu To	Ms. Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 041, 21/F, Pamela Youde Nethersole Hospital	Evidence of Flu Vaccines Dr. Irene Lai	Ms. Kwong Tel: 2595 6941
6:00 – 8:00 p.m. 2 CME points	Room 5, Cheung Sha Wan Jockey Club General Outpatient Clinic	Family Medicine Exit Exam Dr. Sin Ka Ling	Dr. Young Suk Ching Tel: 2109 6830

8 Sep 09 (Tue)

5:30 – 8:00 p.m. 3 CME points	F2029A, 2/F, Specialty Block, Tuen Mun Hospital	Travel Medicine Dr. Lam Wai Hang, Eddie	Ms. Chan Tel: 2468 6813
6:00 – 8:00 p.m. 2 CME points	Ground Floor, Room 5, Lek Yuen Health Center, Shatin, N.T.	Parenting Skills Dr. Wong Kwok Hoi	Dr. Cheung Hard King Tel: 2652 3707

9 Sep 09 (Wed)

2:30 – 5:00 p.m. 3 CME points	AB1038, 1/F, Main Block, Tuen Mun Hospital	Community Nursing Service Dr. Sze Siu Lam	Ms. Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Lecture Theatre, 6/F, Tsan Yuk Hospital	Primary Care – Specialist interface: a model thru rheumatology / immunology case study Dr. Wong Kee Lam	Ms. Man Chan Tel: 2922 6159
5:00 – 7:30 p.m. 3 CME points	Li Ka Shing Specialist Clinic, 3/F, Seminar Room, Prince of Wales Hospital	Palliative Care in GP Dr. So Fong Tai	Ms. Peony Yue Tel: 2632 3480

10 Sep 09 (Thur)

4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Over-The-Counter Medications Dr. Wong Chung Tao	Ms. Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 041, 21/F, Pamela Youde Nethersole Hospital	Journal Club 3Q - Conselling Dr. Wong Chit Wing	Ms. Kwong Tel: 2595 6941
6:00 – 8:00 p.m. 2 CME points	Room 5, Cheung Sha Wan Jockey Club General Outpatient Clinic	Development of Family Medicine in HK Dr. Lau Wai Ling	Dr. Young Suk Ching Tel: 2109 6830

15 Sep 09 (Tue)

5:30 – 8:00 p.m. 3 CME points	F2029A, 2/F, Specialty Block, Tuen Mun Hospital	Domestic Violence Dr. Kwok Vincici	Ms. Chan Tel: 2468 6813
6:00 – 8:00 p.m. 2 CME points	Ground Floor, Room 5, Lek Yuen Health Center, Shatin, N.T.	Family Crisis Intervention Dr. Fung Pak Kei	Dr. Cheung Hard King Tel: 2652 3707

16 Sep 09 (Wed)

2:30 – 5:00 p.m. 3 CME points	AB1038, 1/F, Main Block, Tuen Mun Hospital	Emergency ENT Problems Dr. Cheuk Tat Sang	Ms. Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Lecture Theatre, 6/F, Tsan Yuk Hospital	Review of FM Training Dr. Welchie Ko	Ms. Man Chan Tel: 2922 6159
5:00 – 7:30 p.m. 3 CME points	Li Ka Shing Specialist Clinic, 3/F, Seminar Room, Prince of Wales Hospital	Consultation Skill: Grief Reaction Dr. Cheng Ghar Yee, Judy	Ms. Peony Yue Tel: 2632 3480

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 Aug 1:00 – 5:00 p.m. The Update Management of Common Mood Disorders	17	18 5:30 – 8:00 p.m. Structured Education Programme 9:30 p.m. DFM Meeting	19 2:30 – 7:30 p.m. Structured Education Programme	20 4:00 – 8:00 p.m. Structured Education Programme	21	22 2:15 – 5:15 p.m. Assessment Enhancement Course 2:30 – 4:00 p.m. Community Education Programme
23 1:00 – 5:00 p.m. Medico-legal Alert on Psychiatry and Mental Health	24	25 5:30 – 8:00 p.m. Structured Education Programme	26 2:30 – 7:30 p.m. Structured Education Programme	27 4:00 – 8:00 p.m. Structured Education Programme 9:00 p.m. Board of Conjoint Examination Meeting	28 2:30 – 3:30 p.m. Video session: 1. The Role of Family Physicians in Liver Transplant 2. Liver Transplantation	29 2:00 – 5:00 p.m. Workshop on Management of Adolescent Psychotropic Substance Abuse 2:15 – 5:15 p.m. DFM Module V Consultation Skill Workshop I
30	31	1 Sep 5:30 – 8:00 p.m. Structured Education Programme	2 2:30 – 7:30 p.m. Structured Education Programme	3 4:00 – 8:00 p.m. Structured Education Programme	4	5 1:00 – 4:00 p.m. Board of Education Interest Group in Dermatology 2:15 – 5:15 p.m. DFM Module V Consultation Skill Workshop II
6 9:30 a.m. Conjoint Written Examination – KFP 2:00 – 6:00 p.m. MCQ Standardization Workshop	7	8 5:30 – 8:00 p.m. Structured Education Programme	9 2:30 – 7:30 p.m. Structured Education Programme	10 4:00 – 8:00 p.m. Structured Education Programme	11	12 9:30 a.m. Conjoint Written Examination – MCQ 2:00 – 5:00 p.m. Certificate Course on Management of Adolescent Psychotropic Substance Abuse 2:00 – 6:00 p.m. MCQ Standardization Workshop
13	14	15 5:30 – 8:00 p.m. Structured Education Programme	16 2:30 – 7:30 p.m. Structured Education Programme	17 9:00 p.m. Council Meeting	18	19 2:00 – 5:00 p.m. Certificate Course on Management of Adolescent Psychotropic Substance Abuse 2:15 – 5:15 p.m. DFM Module III Introduction to Family Therapy 2:30 – 4:30 p.m. Community Education Programme
20	21	22	23	24	25 2:30 – 3:30 p.m. Video session: Neurobiology & New Treatment Option for Insomnia	26 1:00 – 4:30 p.m. Certificate Course on Respiratory Infection 2:00 – 5:00 p.m. Certificate Course on Management of Adolescent Psychotropic Substance Abuse
27 12:30 – 5:00 p.m. The 25th ENT Update	28	29 9:00 p.m. Board of Education Meeting	30	1 Oct	2	3

Red : Education Programmes by Board of Education
Green : Community Education Programmes
Blue : Clinical Attachment / Certificate Course / ARC
Purple : College Activities