



# THE HONG KONG COLLEGE OF FAMILY PHYSICIANS

## Family Physicians Links

### Message from the President



#### Quality Assured Primary Care

This summer has gone like the flickering eyelids of mine. Not much has been done but lots of happenings which have captured my thinking.

I received the report by Prof. Walter Rosser as the Visiting Professor, HKU Family Medicine Unit sponsored by HKCFP since 1982. I read it again and again with mixed feelings. It is a very comprehensive and in-depth observation about the health care system in Hong Kong from the primary care perspective. The part that interested me the most is about the undergraduate education in Family Medicine. These observations were made with a sincere interest in attempting to assist in improving the Hong Kong system based on his knowledge and experience in a number of countries. Prof. Rosser has actually been the HKU Visiting Professor some 19 years ago and is most qualified to comment and compare the changes that happened in between. I regret that the full report cannot be published in this month's Hong Kong Practitioner because of some bureaucratic idiosyncrasies.

The objective of this sponsorship is to bring in world renowned experts in the field of Family Medicine to help shaping and advising on the overall development of the discipline in Hong Kong. There was no formal teaching or training of Family Medicine in the Medical School in the seventies. The General Practice Unit was established in 1985 after my graduation, under the Department of Medicine of the Medical Faculty HKU till now! When Chinese University started the Medical Faculty more than 20 years ago, it came naturally with a Department of Community Medicine and Family Medicine. All these were my recollection about what had happened in the past 2 decades in the two Universities in Hong Kong, correct me if I am wrong.

The GP Unit remains without departmental status with only 4 or 5 full time positions: why? Is it enough to handle all the undergraduate teaching and for research? As a result, only a brief 3 weeks undergraduate exposure to Family Medicine is scheduled for students, which is much less than the usual 6 to 12 weeks in most developed countries curricula. And in fact, the current 3 weeks exposure is only made possible by the support of the honorary teachers in the community.

The allocation of resources for Family Medicine teaching is shameful. The importance of undergraduate teaching in Family Medicine is underestimated. A major portion of these MBBS graduates would specialize into other different specialties, with the minimal contact in Family Medicine, could never understand, appreciate or respect their colleagues who specialize in Family Medicine. Therefore, the important role of primary care / family medicine in the health care system could not be established. The development of Family Medicine was suffocated with lots of obstacles from within the medical profession. The foundation of primary care is not solid enough for the policy makers to rely on, which would affect the decision in resource allocation. Hence, Family Medicine development in Hong Kong is a standstill in the past decades.

We welcome another HKCFP Visiting Professor to Hong Kong next month, Professor Barbara Starfield. She is world famous in the research of Primary Care Assessment Tool (PCAT). There is always a question in my mind as how to measure quality in primary care. I would say that quality of the primary care health providers is the most crucial, and Family Physicians are the cornerstone for the delivery of quality assured primary care. Therefore, education and training of optimal numbers of competent Family Physicians to meet the needs of the community is pivotal for the success of primary care, and it should start from the medical students in their early undergraduate years!!!

I quote from Prof. Rosser's conclusion: *"Although Hong Kong is an affluent developed country for a number of historic reasons, the primary health care system has remained little changed in the past 2 or 3 decades..... Serious consideration of modest reforms by Colleges, Universities and the Government could quite dramatically improve the system."*

I hope Prof. Starfield will be able to enlighten our local Family Physicians whether in public or private sectors, College members and fellows, academics and policy makers the true value of Family Medicine in the development of quality assured primary care in Hong Kong.

Dr. Gene W W Tsoi  
President

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## "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 September till 14 October, 2009, Dr. Billy CF Chiu and Dr. Ruby SY Lee 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](mailto: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. Billy CF Chiu



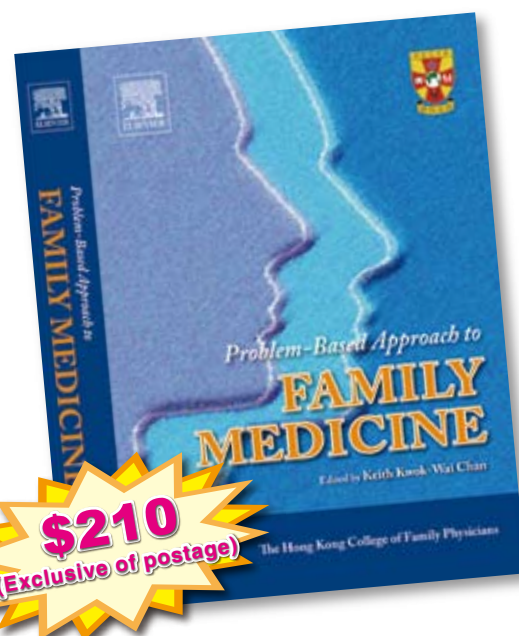
Dr. Ruby SY Lee

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

## 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.



## 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.

## External Affairs Committee

Dr. Donald Li was invited to deliver a keynote on "Strategies to enhance primary care by WONCA and WHO" ("WHO 和 WONCA 对于基层医疗和家庭医学发展的新策略") at the annual general meeting of the Society of General Practice of the Chinese Medical Association 中华医学会全科医学分会 on 8-9 August 2009. The conference contained many relevant and impressive presentations on family medicine (detailed program as below) and showed the rapid advancement in family medicine training and development in mainland.

Prof Zhou 祝培珠 was elected the president of the Society of General Practice and Gu Yuan the vice president. The young (under age 45) Society of General Practitioners 全科医学分会青年委员会 was also inaugurated and Dr. Li was invited to officiate.



With Tianjin officials



At conference



Making my presentation



With key people including guests from Macau



Young society of GP



Young GPs

## 中华医学会全科医学分会第七届学术年会 - 会议日程

### 开幕式 (8月8日上午8:30 - 9:00)

主持人: 顾颢

1. 张愈致开幕词
2. 中国社区卫生协会
3. 天津市医学会会长赵克正讲话
4. 中华医学会副会长祁国明讲话
5. 天津市科协副主席白景美讲话
6. 天津市政协副主席田惠光讲话

### 大会 (一) (8月8日上午9:10 - 12:10) (180分钟)

主持人: 余海 崔树起

- 李长明: 把握政策机遇 辩证思考未来 (45)  
 李国栋: WHO/WONCA对加强基层医疗保健的新策略 (30)  
 张愈: 我国全科医师队伍现状与发展策略 (40)  
 程津新: 天津市社区卫生服务的发展思路与实践 (35)  
 官世海: 澳门社区卫生服务体系建设与健康促进 (30)

### 大会 (二) (8月9日下午1:30 - 5:30) (225分钟)

主持人: 陈博文 周亚夫

- 陈博文: 国家基本公共卫生服务项目与社区卫生服务适宜技术 (40)  
 祝培珠: 上海市的全科医学服务与培训发展 (40)

杨秉辉: 全科医学的理念和适用范围 (20)

### 休息 (10)

- 崔树起: 用诊断三联征测试北京市社区医生诊断水平 (30)  
 张新华: 家庭医生(全科医生)服务质量考核与评估 (40)  
 顾颢: 生命周期健康管理的组织实施 (25)  
 大会总结 主持人: 陈博文  
 张愈主委总结发言 (20)

### 分会场安排

分会 (1) 主持人: 李俊伟 贾明艳

### 全科医学教育培训 (8月8日下午1:30 - 5:30)

- 贾明艳: 北京市全科医师/其他卫生人力的教育培训 (40)  
 杜雪平: 社区教学的探索与创新 (30)  
 江孙芳, 劳力敏: 标准化病人在全科住院医师接诊技能和医患交流培训中的应用 (30)  
 须捷平: 利用模拟临床实训提高全科医师操作技能  
 单 炯: 全科医师规范化培训的回顾分析  
 黄晓明: 探索建立以医学生为主体的普通内科教学门诊  
 何 坪: 中国全科医师岗位培训的实践与思考

李勤：浙江省全科医师岗位培训学员社区卫生服务认知评价调查

刘可征：内蒙古开展城市社区卫生人员培训工作的探索与实践

常淑玲：在区域医疗共同体中社区人才队伍建设的探讨

王以新：综合性医院开展全科医师培训的探讨

吴玉苗：社区卫生服务全科团队建设思考

尹占春：天津市塘沽区社区卫生人才队伍建设与发展策略

洪静：不同级别医院的医生心血管防治能力的调查

吴宗平：全科医生在社区卫生服务中心的定位与发展  
(除了标明者,每人8分钟)

### 分会(2)主持人:韩晓明 于晓松

#### 居民健康管理(8月8日下午1:30-5:30)

施萍：我国儿童保健事业的发展与趋势(40)

曾学军：社区中老年健康管理规范简介(30)

潘雪凤：全科医生的病人教育与案例(40)

邱卫黎：肿瘤患者健康教育研究

张晓林：健康档案的应用(30)

何能清：社区儿童保健服务新模式探讨

天津市社区卫生诊断项目组：天津市社区老年人、妇女、未成年人卫生情况调查分析

袁俊利：天津市塘沽区学生被动吸烟认知调查

赵金龙：授受性社会支持对退休老人心理健康和主观幸福感的影响

石秀梅：交往频度对退休老人主观幸福感的影响

冯淑芝：天津市离退休干部及高级知识分子心理健康调查

吴宗平：健康教育和健康促进对城市居民行为影响的效果评价

代伟：北京市崇文区居民健康状况顺位调查分析

潘金莉：社区卫生服务机构的预防保健功能与作用

曾清：东莞市东城区农民工健康知识水平影响因素调查

任光圆：流动人口传染病知识知晓情况调查分析

韩桂香：不良生活方式及自我保健意识对社区居民健康的影响

周桂清：社区健康档案建立存在的问题与对策  
(除了标明者,每人7分钟)

### 分会(3)主持人:王炜 祝培珠

#### 政策发展与实践(8月8日下午1:30-5:30)

黄金虎：天津药品零差率政策的制订与设施(30)

董燕敏：天津市城市社区居民健康状况和主要卫生问题分析(40)

王雅洁：公立医院与社区卫生服务机构合作互动实践与探索(30)

孙振亚,黄俊芳：深圳市观澜人民医院双向转诊的实践与探索(40)

李志新：在三级卫生机构间建立有效的转诊机制

成俊义：发挥社区卫生服务指导中心作用,确保双向转诊的顺利进行

孙戎：社区卫生服务中心病人外科相关疾病双向转诊思考

王剑飞：天津市红桥区双诊制现状分析

鲍勇：上海市社区卫生服务中心配置现状及区域发展研究

张民福：厦门市社区医疗模式初探

钟宁：全科团队社区卫生服务质量控制体系研究及应用

陈金喜：深圳宝安区卫生行政主持并参与社区卫生服务现场实证研究的实践与思考

王稼颖：社区全科门诊应用抗菌素的现象与对策

金鹏：深化改革,完善功能,全面推进崇文区中医药特色社区卫生服务发展

沙悦：大型综合医院与社区卫生服务机构合作模式的研究初探

郭媛：关于我国社区医疗建设的几点思考与探讨

陈建忠：浅谈社区卫生服务中心的病房建设

张少虹：社区卫生服务中心全科病房的现状分析及思路

和立：社区院前急救、家庭出诊常见的风险分析与对策

姚保富：社区家庭病床团队服务模式的现状与发展探讨

张涛：浅谈我院健康管理学科建设

刘向红：北京西城德胜社区慢性非传染性疾病社区诊断

张正理：西北农林科技大学社区诊断报告

严秀群：深圳市宝安区社区残疾人康复服务需求的影响因素研究

(除了标明者,每人5分钟)

### 分会(4)主持人:閻錫新 龚涛

#### 社区慢性病管理(8月9日上午8:30-12:00)

张勤奕：脑卒中筛查与防控工程(40)

龚涛：缺血性卒中新进展与管理(40)

蒋天武：开展社区高血压“个性化疾病管理”的实践与效果分析(30)

侯占东：高血压病的社区管理

刘君：社区干预对高血压患者的影响

庞学芬：社区干预对农村老年高血压患者服药依从性的影响

朱兰：社区高血压群组干预管理模式的探讨

陈晶：新兴街某工地农民工高血压病的健康教育调查

王敬丽：社区高血压人群肾脏损害的流行病学研究

唐世琪：原发性心电疾病患者的健康管理及效果评估

胡滨：天津市塘沽区城区居民糖尿病患病调查

王伟：糖尿病患者社区管理防治结合模式的效果观察

张晓利：通过“知己”健康管理探索社区慢病管理的模式

李素东：强化生活方式干预对社区糖尿病合并高血压患者的疗效观察

陈亮：用健康饮食指数评价上海市徐家汇南丹社区2型糖尿病患者膳食质量

王家娟：不同血糖水平患者血液流变学改变的临床意义

高艳虹：老年男性2-糖尿病患者骨密度的临床分析

杨卫红：老年冠心病伴焦虑抑郁的心理干预研究

黄惠民：浅谈老年糖尿病运动治疗

姚保富：结核病防治相关知识知晓情况及其影响因素探索

### 分会(5)主持人:和立 曾学军

#### 全科医疗实用技术(8月9日上午8:30-12:00)

王仲：社区急诊急救技术规范(40)

周仲华：检耳镜在全科医疗工作中的应用(30)

张雪亮：社区中医潜力大,医患双方求双赢(40)

郑志红：我国临床指南开发现状与分析

杨志庆：建立常见慢性病的全程连贯性社区医疗照护临床路径管理模式的研究

顾杰：在社区居民中开展效用值的测量

何坪：从家庭评估谈家庭慢病的三级预防

陈秀红：非冠心病患者ST段抬高的心电图分析

赵兰巧：“钓活术”与椎旁阻滞治疗腰椎间盘突出症的临床观察

吴东：证据与经验相结合诊治不明原因发热

刘振寰：脑性瘫痪的中西医结合社区一家庭康复模式

谢小兵：钙拮抗剂与利尿剂联合应用对社区高血压人群脂质代谢的影响

陈晶：放射性肠炎的治疗新进展

苏宏：针刀疗法走进社区

(除了标明者,每人10分钟)

# How to Prepare for the OSCE? My Past Experience

Dr. Chung Kin Wing  
Higher Trainee, New Territories East Cluster

## What is OSCE?

Our college's annual Conjoint Fellowship Examination is coming. The written examination will be held in September and the OSCE will be in October and November. I would like to share my experience about how to prepare for the OSCE here.

OSCE stands for Objective Structured Clinical Examination. The purpose of OSCE is to test the ability of a candidate in handling patient's problems with a holistic approach in an ideal clinical setting. In the past, the OSCE comprised 14 stations. The examination was split into 2 half-day sessions on 2 consecutive Sundays. Each session consists of 7 stations, lasting for around 4 hours. Different stations exam different family medicine components, including communication skills, history taking, patient management, diagnosis making, physical examination, procedural skills and viva. However, I think it is not helpful for candidates to classify each station into different modalities and then choose modality-specific 'preset Kung Fu' because this will narrow ones' scope of thinking, miss important points and hence affect the performance. Concentrating on the tasks requested in each station (which will be shown on the question paper), being familiar with the story of each station and good time management are the keys to success.

## How did I prepare?

Having adequate medical knowledge with ongoing practice, and forming study groups are important.

Medical knowledge is essential to the OSCE. *Australian Family Physician*, *Hong Kong Practitioner*, *General Practice*, *CHECK* and picture tests are good sources for updating yourself. Don't forget the hot medical topics in recent years e.g. infection control, medical reform, new drugs and vaccines. You can find much useful information via newspapers and relevant medical websites, e.g. Centre of Health Protection and Department of Health.

Practice makes perfect. It is an old idiom we always hear but it is universally true. You can do it in many ways, e.g. practise with real patients, join the Assessment Enhancement Course, practise with your trainers or colleagues, etc. Whatever method you choose, the important point is you must gain some precious feedback or insight afterwards, and then improve your consultation skills. Forming a study group with 3 to 6 candidates is a good choice. On the one hand, you can learn from others about common weaknesses and strengths, e.g. consultation skills, problem solving, communication and presentation. On the other hand, you can gain more exposure to different family medicine scenarios which are useful for daily practice.

## My feeling

The Conjoint Examination is one of the milestones in professional development. Through this process, my consultation skills have improved and I am now more confident in my daily practice. I also developed friendship with my colleagues, new friends and trainers which are not countable and are worthy to treasure. Last but not least, I want to express my sincere thanks to my family, especially my wife, for their tolerance and support to my training and preparation for examination.

I hope my experience is helpful to all candidates. I wish all candidates will obtain a good pass in the coming examination!



## A Few Words from Mommy and Daddy

**Dr. Michelle Wong Man Ying**  
Trainer, Hong Kong East Cluster

24 hours a day is not enough time! Everyday when I finish my clinical work, I would quickly rush home to start my second job which is an even more demanding job with on call duties 7 days a week. Most importantly there are no pay and no benefits in contract terms! It is definitely a job that I do for love with endless giving and without asking for remunerations.

Yes, that's right, my main job is to dedicate my remaining time of the day and night to look after my dearest 4 year old son- Jonathan and my cutest 2 year old daughter- Mia. Upon arriving home and the peal of the door bell "ding- dong ding-dong", they would race to the door to greet me first with numerous hugs and kisses and plastering on their biggest smiles telling you that they have waited for the whole day for this moment! And so have I! That feeling of importance and being wanted is already enough to keep you going on which is much stronger and more effective than my morning coffee!

Time will then go by very quickly: catching up on each other, playing, eating, doing homework, brushing teeth, toilet training, doing a big "poo-poo", disciplining, reading books and getting prepared for the next school and work day. Before you know it, it is already time to sleep.

Thus being a full time working Mom is a skill to master with no reference books to refer to and no certificated course to attend. Nevertheless, bonding with your little loved ones between the age of 2 to 6 according to experts is most important in their childhood development. Though it may be a bit hard for those without any children now to imagine, I really believe it is the most enjoyable and memorable time which offsets the hardships, all those sleepless nights and big eye bags!



Mia celebrating her second birthday with Jonathan at home in February this year.

**Dr. Irene Lai Suk Yi**  
Specialist in Family Medicine, Hong Kong East Cluster

Once you have a baby, time flies unnoticeably fast. Not long ago, my angel girl Sophie was still a tiny preterm baby with body weight at the 3rd percentile. She caught up so swiftly after a few months and became a smart chubby girl over the 90th percentile! Nearly all my after-hours are devoted to her. The joy as a parent is indescribable, especially when he/she starts to talk and interact with you. If you haven't got a child yet, I highly recommend you to do so!



Day 3 Sophie, having phototherapy



8 months old, standing straight with support



17 months now! Likes the camera very much

**Dr. Clement Chau Kai Man**  
Higher Trainee, Hong Kong West Cluster

I was never familiar with changing diapers, holding, feeding and possetting babies. When I became a new father, I felt totally left out of the picture.

During the adjustment period, I faced a lot of stress and strain in the household. Sometimes, I may even regret.

As time went by, after practice, practice and practice, I felt more comfortable in taking care of my baby. The encouragement and support from my wife and family are very important. They offer respectful suggestions and give me positive ideas of what can be done. Although I am still not familiar with every part of fatherhood, I have gained more experience and satisfaction.

I would like to take this opportunity to thank my wife and my family again.



Pictures of Yin Chit and his many funny facial expressions; also taken with mom.

On 19th August 2009, the Journal of American Medical Association (JAMA) published an article called "Post-licensure Safety Surveillance for Quadrivalent Human Papillomavirus Recombinant Vaccine"<sup>1</sup>. Concerns for the public and medical professions regarding the safety of HPV vaccines may have been raised.

*How is the safety of the quadrivalent HPV vaccine (Gardasil) monitored?*

The Food and Drug Administration (FDA) and the Centers for Disease Control and Prevention (CDC) in the United States monitor the safety of all vaccines through the Vaccine Adverse Event Reporting System (VAERS), which is a national, voluntary and passive surveillance system. The system only analyzes data in the United States as there is more complete information and more feasible follow-up review of medical records than foreign reports. In addition to VAERS, CDC has two other systems to monitor the safety of all licensed vaccines - the Vaccine Safety Datalink (VSD) Project and Clinical Immunization Safety Assessment (CISA) Network, which are collaborative projects between CDC, health care organizations and academic centers.

*What should we be aware of on reading the article?*

VAERS receives reports on the adverse events following vaccination, which are not equivalent to the side effects of a vaccine. Given the large number of doses distributed, it is expected that, by chance alone, serious adverse events and some deaths will be reported in this large population during the time period following vaccination. In-depth medical review and statistical analysis are required to detect adverse events that occur at rates higher than expected or if an association between the vaccine and the adverse events were suspected.

*What are the findings of the recent JAMA article?*

The article summarizes the data from VAERS from 1st June, 2006 to 31st December, 2008. It describes 12,424 reports of adverse events following Gardasil vaccination. 772 of 12,424 (6.2%) were reports of serious events. 93.8% of the reports were classified as non-serious. During this period, 23 million doses of Gardasil had been distributed in the U.S.

The following adverse events were assessed: local injection site reaction, syncope, dizziness, nausea, hypersensitivity reactions, Guillain-Barre syndrome (GBS), venous thromboembolic events (VTEs), pregnancy, death, etc. In VAERS, a higher proportion of Gardasil reports were of syncope and VTEs compared with other vaccines. However, none of the adverse events (including syncope and VTEs) were reported at rates greater than expected in a population of similar age and gender and with other known contributing factors to such adverse events<sup>2</sup>.

Thromboembolic disorders have been reported to VAERS in people received Gardasil. However, most of these individuals had concomitant risk factors for embolism such as use of oral contraceptives, genetic clotting abnormalities, smoking, etc.

32 deaths had been reported to VAERS. There was not a common pattern to the deaths that would suggest they were caused by the vaccine. In the majority of cases, the cause of death was explained by other factors.

Guillan-Barré syndrome (GBS) has also been reported after receiving Gardasil. The current data do not suggest an association between Gardasil and GBS.

*What are the FDA and CDC recommendations?*

Based on the review of available information by FDA and CDC, Gardasil continues to be safe and effective, and its benefits continue to outweigh its risks. CDC and FDA have not changed their recommendations for its use<sup>2</sup>.

*How about Cervarix (bivalent HPV vaccine)?*

Cervarix has not been licensed in U.S. currently. A suspected adverse reaction analysis by Medicines and Healthcare Products Regulatory Agency in the United Kingdom is available from [http://www.mhra.gov.uk/home/idcplg?IdcService=GET\\_FILE&dDocName=CON028377&RevisionSelectionMethod=Latest](http://www.mhra.gov.uk/home/idcplg?IdcService=GET_FILE&dDocName=CON028377&RevisionSelectionMethod=Latest)

*Compiled by Dr. Alfred Kwong*

### References

1. Barbara AS, Laura L, Claudia V, et al. Post-licensure Safety Surveillance for Quadrivalent Human Papillomavirus Recombinant Vaccine. *JAMA* 2009 Aug 19;302(7):750-757.
2. Gardasil Vaccine Safety. Information from FDA and CDC on the Safety of Gardasil Vaccine: available from <http://www.fda.gov/BiologicsBloodVaccines/SafetyAvailability/VaccineSafety/ucm179549.htm>

# Interest Group in Mental Health & Psychiatry in Primary Care – the 19th Meeting on 1<sup>st</sup> August 2009

**Dr. Mark Chan**  
Co-ordinator, Board of Education

Obsessive-Compulsive Disorder - An Update  
Speaker: Dr. Ng Fung Sing, Specialist in Psychiatry

The 19th Interest Group in Mental Health & Psychiatry in Primary Care Meeting was held on 1st Aug 2009. Dr. Ng Fung Sing was our guest speaker and our sponsor was Wyeth (HK) Limited. The topic was 'Obsessive-Compulsive Disorder - An Update'.

Dr. Ng is a psychiatrist in private practice. Dr. Ng was trained at the major psychiatric centres in Hong Kong and has further obtained two master degrees in criminology and health administration. Dr. Ng has been very active in educational activities for medical colleagues and the public in promoting mental health. More than 50 colleagues attended the meeting with active interaction. The learning points are summarized as follows.

## Introduction of obsessive-compulsive disorder

1. 2 – 4% life time prevalence
2. M:F = 1:1
3. Males affected at an earlier age in general
4. Comorbidities: depression, social phobia, panic disorder, eating disorders
5. Tics disorders: 40% of juvenile OCD patients have tics disorders; increase in prevalence of Tourette's syndrome among relatives of OCD patients

## Clinical features

1. Obsessions: recurrent, intrusive, and distressing thoughts, images, or impulses
2. Compulsions: repetitive, seemingly purposeful, behaviours that a person feels driven to perform
3. Symptoms may shift

## A. Common Obsessions

1. Contamination: dirt, germs, spreading contamination
2. Aggression: harming self or others, acting upon aggressive impulses
3. Sexual: forbidden/perverse sexual thoughts, impulses
4. Hoarding/saving: losing things; throwing objects that might be important
5. Magical thinking: lucky/unlucky numbers, colors, names
6. Miscellaneous: saying things exactly right; not saying certain words/phrases

## B. Common Compulsion

1. Washing/cleaning: excessive/ritualized handwashing, avoiding 'contaminated' objects/places
2. Checking: locks, mistakes, stoves, taps
3. Repeating: rewriting, retying, going in/out door or taking items in/out of schoolbags
4. Counting: counting objects, mental counting (especially up to 'magic number')
5. Ordering/arranging: lining up objects in a certain way, making things symmetrical, arranging things in a specific pattern
6. Superstitions: avoiding stepping on cracks/lines, touching/tapping routines to prevent bad things from happening
7. Reassurance-seeking: asking same questions, forcing family members to do things in a certain way

## Etiology

- A. Genetic – higher concordance rate for monozygotic twins than dizygotic twins
- B. Neurotransmitters
  1. 5-HT: effectiveness of serotonergic drugs, CSF 5-HIAA metabolites
  2. Dopamine: abundance of OC symptoms in basal ganglia disorders
  3. Possibility of reduced 5-HT and increased dopamine transmission

## Functional imaging:

Increased activity in frontal lobes, basal ganglia (especially caudate), cingulum in PET; reported to be reversed by drug and behavioural treatment in some studies. Structural brain imaging (CT and MRI):

decreased size of caudate bilaterally. A role for the prefrontal cortex-basal ganglia thalamic circuitry

## Immune factors

1. Association of OCD and Sydenham's chorea, an autoimmune disease of basal ganglia
2. Rheumatic fever is accompanied by OCD in over 70% of cases
3. 10 out of 11 children had antibodies against the caudate (Swedo *et al* 1992)
4. Hypothesis of basal ganglia dysfunction in OCD

## Drug Approach

1. First line: SSRI or clomipramine: side effects, physician's familiarity; higher dose and trial for at least 12 weeks. Onset of response: up to 8-12 weeks
2. Long-term treatment: 'the dose that makes you well keeps you well' i.e. medium to high doses are required
3. Failure to respond: trial of another SSRI or clomipramine, or augmentation with atypical antipsychotics
4. Resistant cases: lithium, trazodone, tryptophan, iv clomipramine, or even neurosurgery (disconnect the outflow pathways from the orbitofrontal cortex)
5. Other options under investigations: memantine, N-acetylcysteine

## Psychological approach

1. Exposure and response prevention (E/RP)
2. Exposure: placing the patients in situations that elicit anxiety related to their obsessions
3. Response prevention: deterring the ritualistic or compulsive behaviours that may serve to reduce or avoid anxiety
4. Cognitive therapy: training the patient to identify and reframe
5. Thought-action fusion: negative thoughts and actions are seen as synonymous
6. CBT addresses these issues and teaches patients to mend their thinking

## Next Meeting:

As 3rd of October is a public holiday, the 20th meeting will be held on 5th Dec Saturday 2-3:30 pm. We have the honour of Professor Wong Chung Kong to speak on Adolescent Psychological issues and the well known ICAN model. All members of the College are welcome and encouraged to present their cases and problems for discussion or role play.

Please prepare the cases and problems at least 2 weeks beforehand for speakers to review. You can contact our secretary at 28610220. Again, those who are experienced can share, less experienced ones can benefit from participation. Our goal is to enhance our practical skills, promote early awareness and better management of mental health problems in our community.



• Dr. Ng Fung Sing (left) and Dr. Mark Chan (right)

(Disclaimer: all advice and sharing in the meeting are personal opinions and bear no legal responsibility. All patients' identities are kept confidential.)



- 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.

## Orthopaedics & Traumatology Clinical Attachment for Family Physicians 2009-2010

|  |   |
|--|---|
| <b>Dates</b>                             | 4, 11, 18, 25 November 2009<br>2, 9, 16, 23, 30 December 2009<br>6, 13, 20 January 2010   |
| <b>Organizers &amp; Course Directors</b> | <b>Department of Orthopaedics &amp; Traumatology, Prince of Wales Hospital, CUHK</b><br>Dr. Patrick Yung<br>Consultant, Department of Orthopaedics & Traumatology<br><b>The Hong Kong College of Family Physicians</b><br>Dr. Kwong Bi Lok, Mary<br>Chairlady, Board of Education, The Hong Kong College of Family Physicians                     |
| <b>Objectives</b>                        | <ul style="list-style-type: none"> <li>• To update participants on important aspects of Orthopaedics &amp; Traumatology</li> <li>• To demonstrate the clinical approach in dealing with Orthopaedics &amp; Traumatology diseases</li> <li>• To form a network of family physicians with an interest in Orthopaedics &amp; Traumatology</li> </ul> |
| <b>Course Structure</b>                  | The attachment will consist of 12 two hourly sessions.<br>One session per week from 2:00 p.m. to 4:00 p.m. on Wednesday   |
| <b>Time</b>                              | 2:00 p.m. – 4:00 p.m.   |
| <b>Venue</b>                             | Orthopaedic Learning Centre (OLC) Seminar Room, 1/F, Li Ka Shing Specialist Clinics, North Wing, Prince of Wales Hospital   |
| <b>Topics</b>                            | Shoulder Pain, Neck Pain, Low Back Pain, Elbow & Wrist Problem, Hand Problems, Knee Injuries, Hip & Knee Arthritis, Foot & Ankle Problems, Tumor & Infections, Limbs Fractures, Orthopaedics Rehabilitation, Paediatric Orthopaedics  |
| <b>Course Fee</b>                        | HK\$2,600<br>All cheques payable to "HKCFP Education Ltd"   |
| <b>Enrolment</b>                         | Please call Ms Winnie Lee at 2861 0220 for details on/ before October 20, 2009. Registration will be first come first served.   |
| <b>Certification</b>                     | A certificate of attendance will be awarded under the names of organizers for participant who has over 80% attendance.  |
| <b>Accreditation</b>                     | Up to 15 CME points (Category 4.8) & 5 CPD points (Category 3.16) for the whole attachment  |

## 29th Annual Refresher Course 2009

\*\*\* 1st Announcement \*\*\*

The 29th Annual Refresher Course (ARC) will be held from November 22, 2009 to December 13, 2009. There will be five Luncheon Lectures and four Workshops.

2 CME points will be awarded for each Luncheon Lecture and 3 CME points for each Workshop according to Category 4.5. MCQs will be distributed for each session of the Refresher Course, i.e. there are a total of 9 MCQ papers. The MCQ answers have to be returned to the College Secretariat on the original question forms within 2 weeks of the completion of the Refresher Course (latest by December 31, 2009). A member will be awarded 1 extra CME point for a score of over 60% for each MCQ paper. Up to 2 CPD points (Continuous Professional Development) will also be awarded for each session (subject to submission of satisfactory report of Professional Development Log); a maximum of two points can be scored for each session.

As it is a history for such an educational program to be held continuously for quarter a century in Hong Kong, those who have attended 70% or more of all the sessions of the Refresher Course will be awarded a "Certificate of Attendance".

Members who have attended the ARC ten years or more will be awarded one free admission. Subsequently, members can enjoy another free admission after every five years of paid ARC attendance.

Registration is now open and must be made before 15th November 2009. As the number of space is limited, it will be offered on first come first served basis. Please also note that admission fees are not refundable. Ten free registrations for each Lecture and Workshop will be offered to student members who wish to apply for free registration, please call Ms Dickie Lam at 2861 0220 before 15th November 2009.

Registration form could be found on Page 15.

### Luncheon Lectures

|           |   |
|-----------|---|
| Date      | November 24 (Tue)   |
| Topic     | <u>Anti-infective</u><br>New Approaches to Acute Exacerbations of Chronic Bronchitis and Community-acquired Pneumonia |
| Speaker   | Dr. Lam Bing  |
| Moderator | Dr. Tong Siu Man  |
| Sponsor   | <i>Pfizer Corporation Hong Kong Limited</i>   |

|           |   |
|-----------|---|
| Date      | November 27 (Fri)   |
| Topic     | <u>Oncology</u><br>Diagnosis and Treatment of Neuroendocrine Tumour |
| Speaker   | Dr. Lo Chung Yau  |
| Moderator | Dr. Au-yeung Shiu Hing  |
| Sponsor   | <i>Novartis Pharmaceuticals (HK) Limited</i>                        |

|           |   |
|-----------|---|
| Date      | December 01 (Tue)                                   |
| Topic     | <u>Respiratory</u><br>Asthma Management in Practice |
| Speaker   | Dr. Lam Bing  |
| Moderator | Dr. Wong Tsz Kau                                    |
| Sponsor   | <i>GlaxoSmithKline Limited</i>                      |

|           |  |
|-----------|--|
| Date      | December 08 (Tue)  |
| Topic     | <u>Diabetes Mellitus</u><br>Update on Type 2 Diabetes Management |
| Speaker   | To be confirmed  |
| Moderator | Dr. Au Chi Lap   |
| Sponsor   | <i>GlaxoSmithKline Limited</i>                                   |

|           |  |
|-----------|--|
| Date      | December 11 (Fri)  |
| Topic     | <u>Mental Health</u><br>How Does the Brain Change on Common Psychiatric Drugs? |
| Speaker   | Professor Tang Siu Wa  |
| Moderator | Dr. Mark Chan  |
| Sponsor   | <i>Lundbeck Hong Kong</i>  |

|       |   |  |
|-------|---|--|
| Venue | : | Crystal Ballroom, Basement 3, Holiday Inn Golden Mile Hotel, 50 Nathan Road, Tsimshatsui, Kowloon                |
| Time  | : | 1:00 p.m. – 2:15 p.m.    Buffet Lunch<br>2:15 p.m. – 3:15 p.m.    Lecture<br>3:15 p.m. – 3:30 p.m.    Discussion |

### Sunday Workshops

|           |   |
|-----------|---|
| Date      | November 22 (Sun)   |
| Topics    | <u>Cardiology Workshop</u><br>1. Management of Hypertension in Diabetic Patient: Impact of the Latest Mega-studies<br>2. The Unmet Needs in Coronary Artery Disease Management and the Role of Primary Care |
| Speakers  | Professor Brian Tomlinson<br>Dr. Chris Wong   |
| Moderator | Dr. Francis W T Lee   |
| Sponsor   | <i>Servier Hong Kong Limited</i>  |

|           |   |
|-----------|---|
| Date      | November 29 (Sun)   |
| Topics    | <u>Cardiovascular Workshop</u><br>1. A Logical Treatment for Hypertensive Patients with Multiple Risks<br>2. Reducing CV Complications in Diabetic Patients |
| Speakers  | Dr. Bryan Williams<br>Dr. Ronald Ma   |
| Moderator | Dr. Chan Chi Wai  |
| Sponsor   | <i>Pfizer Corporation Hong Kong Limited</i>   |

|           |   |
|-----------|---|
| Date      | December 06 (Sun)   |
| Topics    | <u>General Anxiety Disorder &amp; Smoking Cessation Workshop</u><br>1. Novel Approach to Generalized Anxiety Disorder<br>2. Nicotine Dependence in the Mental Health Population |
| Speakers  | Dr. Ng Fung Shing<br>Dr. Lo Chun Wai  |
| Moderator | Dr. Chan Yin Hang   |
| Sponsor   | <i>Pfizer Corporation Hong Kong Limited</i>   |

|           |  |
|-----------|--|
| Date      | December 13 (Sun)  |
| Topics    | <b>HPV and Hepatitis Workshop</b><br>1. Cervical Cancer and Latest Advancement on Cervical Cancer<br>2. New Perspective in Chronic Hepatitis B Therapy |
| Speakers  | Dr. Chu Wai Sing, Daniel<br>Dr. James Y.Y. Fung  |
| Moderator | Dr. Yeung To Ling  |
| Sponsor   | GlaxoSmithKline Limited  |

Venue : Crystal Ballroom, Basement 3, Holiday Inn Golden Mile Hotel, 50 Nathan Road, Tsimshatsui, Kowloon

Time : 1:00 p.m. – 2:00 p.m. Buffet Lunch  
 2:00 p.m. – 4:00 p.m. Lectures (with coffee break)  
 4:00 p.m. – 4:30 p.m. Discussion

**Registration Fees**

Registration fees for the whole Refresher Course (including five Luncheon Lectures and four Workshops) are:

|                 |   |             |
|-----------------|---|-------------|
| Members         | : | HK\$600.00  |
| Non-members     | : | HK\$1200.00 |
| HKAM Registrant | : | HK\$700.00  |

Spot admission fee for each Luncheon Lecture or Workshop is:

|                 |   |            |
|-----------------|---|------------|
| Members         | : | HK\$150.00 |
| Non-members     | : | HK\$300.00 |
| HKAM Registrant | : | HK\$200.00 |

**FM Trainees Package:**

|                  |   |                            |
|------------------|---|----------------------------|
| Full Course      | : | HK\$400.00                 |
| Sunday Workshops | : | HK\$150.00 for 4 Workshops |
| Luncheon lecture | : | HK\$80.00 each             |

Remarks: Topics may be subject to change.  
 Lecture(s)/ Workshop(s) will be conducted in English.

**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. Otagia**

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      | <b>Dr. Chan Chi Wai</b><br>The Hong Kong College of Family Physicians   |             |
| Time          | 12:30 p.m. – 2:00 p.m. Buffet Lunch<br>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)<br>3 CME Points MCHK<br>Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log) |             |
| Language      | Lecture will be conducted in English.   |             |
| Registration  | <b>Registration will be first come first served.<br/>Please reserve your seat as soon as possible.</b>  |             |

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

**8 October 2009 Thursday**

Topic and Speaker:

**Impact on Sexual Function from Benign Prostatic Hyperplasia and its Latest Treatment Options**

Dr. Ho Shing Chee, Sammy  
*Specialist in Urology Surgery*

|          |  |
|----------|--|
| Chairman | <b>Dr. Au-yeung Shiu Hing</b><br>The Hong Kong College of Family Physicians      |
| Time     | 1:00 p.m. – 2:15 p.m. Buffet Lunch<br>2:15 p.m. – 3:30 p.m. Lecture & Discussion |

|               |   |             |
|---------------|---|-------------|
| Venue         | The Ballroom, 2/F, Langham Hotel, 8 Peking Road, Tsimshatsui, Kowloon   |             |
| 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)<br>2 CME Points MCHK<br>Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log) |             |
| Language      | Lecture will be conducted in English.   |             |
| Registration  | <b>Registration will be first come first served.<br/>Please reserve your seat as soon as possible.</b>  |             |

Sponsored by  
**Pfizer Corporation Hong Kong Ltd.**

**15 October 2009 Thursday**

**Symposium on Primary Care for Hong Kong ... the way forward**

Topics and Speakers:

**Opening Address by Officiating Guests of Honour**

**Dr. York Chow**  
*Secretary for Food and Health, HKSAR*  
**Professor Raymond Liang**  
*Senior Advisor to the Dean, LKS Faculty of Medicine  
President, Hong Kong Academy of Medicine*

**Keynote Speech – Measuring Primary Care and Its Benefits**

**Professor Barbara Starfield**  
*Professor of Public Health & Primary Care,  
John's Hopkins University*

**Panel Discussion**

**Professor Barbara Starfield**  
*John's Hopkins Bloomberg School of Public Health*  
**Dr. Gene W. W. Tsoi**  
*President, The Hong Kong College of Family Physicians*  
**Professor Felice Lieh-Mak**  
*Chairman, Medical Council of Hong Kong*  
**Mr Shane Solomon/ Designate (TBC)**  
*Chief Executive Officer, Hospital Authority*  
**Professor T. H. Lam**  
*Director, School of Public Health,  
The University of Hong Kong*  
**Professor Sian Griffiths**  
*Director, School of Public Health & Primary Care,  
The Chinese University of Hong Kong*  
**Professor Cindy L. K. Lam**  
*Head, Family Medicine Unit,  
The University of Hong Kong*  
**Chaired by Dr. Donald K. T. Li**  
*WONCA Asia Pacific Regional President  
Past President & Censor,  
The Hong Kong College of Family Physicians*

**Closing Remarks**

**Professor Cindy L. K. Lam**  
*Head, Family Medicine Unit,  
The University of Hong Kong*

|               |   |      |
|---------------|---|------|
| Co-organiser  | Family Medicine Unit, LKS Faculty of Medicine, The University of Hong Kong              |      |
| Time          | 1:30 p.m. – 4:30 p.m.   |      |
| Venue         | Cheung Kung Hai Conference Centre, William MW Mong Block, 21 Sassoon Road, Pokfulam, HK |      |
| Admission Fee | Members   | Free |
|               |   |      |
| Language      | Lecture will be conducted in English.   |      |

|                          |   |
|--------------------------|---|
| Enquiries & Registration | Tel: 2518 5657<br>Fax: 2814 7475<br>Website: <a href="http://www.hku.hk/fmunit">www.hku.hk/fmunit</a> |
| Details                  | Please refer to Hong Kong Practitioner Vol 31 No. 3 September 2009 P. 138                             |

**19 October 2009 Monday**

Topic and Speaker:

**ARB in Hypertension: How Does it Reduce Cardiovascular Risk?**

**Professor Josep Redon**  
*Specialist in Internal Medicine,  
Northwestern University Medical School of Chicago, USA*

|               |   |             |
|---------------|---|-------------|
| Chairman      | <b>Dr. Chan Yin Hang</b><br>The Hong Kong College of Family Physicians  |             |
| Time          | 6:30 p.m. – 7:30 p.m. Registration<br>7:30 p.m. – 8:45 p.m. Lecture & Discussion<br>8:45 p.m. – 10:00p.m. Dinner  |             |
| Venue         | The Ballroom, 18/F, Mira Hotel, 118 Nathan Road, Tsimshatsui, Kowloon   |             |
| 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)<br>2 CME Points MCHK<br>Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log) |             |
| Language      | Lecture will be conducted in English.   |             |
| Registration  | <b>Registration will be first come first served.<br/>Please reserve your seat as soon as possible.</b>  |             |

Sponsored by  
**Pfizer Corporation Hong Kong Ltd.**

**29 October 2009 Thursday**

Topic and Speaker:

**Alpha-Blocker – Clinical Usage Beyond BPH**

**Professor Ng Chi Fai**  
*Professor, Division of Urology, Department of Surgery,  
The Chinese University of Hong Kong*

|               |   |             |
|---------------|---|-------------|
| Chairman      | <b>Dr. Tong Siu Man</b><br>The Hong Kong College of Family Physicians   |             |
| Time          | 1:00 p.m. – 2:15 p.m. Buffet Lunch<br>2:15 p.m. – 3:30 p.m. Lecture & Discussion  |             |
| Venue         | The Ballroom I & II, Level 7, Langham Place Hotel, 555 Shanghai Street, Mongkok, Kowloon  |             |
| 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)<br>2 CME Points MCHK<br>Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log) |             |
| Language      | Lecture will be conducted in English.   |             |
| Registration  | <b>Registration will be first come first served.<br/>Please reserve your seat as soon as possible.</b>  |             |

Sponsored by  
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## 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.

### September's session:

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

### October's session:

|               |   |
|---------------|---|
| Date          | October 30, 2009 (Friday)   |
| Time          | 2:30 p.m. - 3:30 p.m.   |
| Topic         | <b>Sports Medicine, Sports Science-Current Practice</b>   |
| Admission     | Members Only  |
| Accreditation | 1 CME Point HKCFP (Cat. 4.2)<br>1 CME Point MCHK<br>Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log) |
| Language      | Lecture will be conducted in English.   |

## Structured Education Programmes

Free to members  
HKCFP CME points accreditation (Cat 4.3)

| Date/Time/CME                    | Venue  | Topic/Speaker(s)   | Registration                           |
|----------------------------------|--|--|--|
| <b>17 Sep 09 (Thur)</b>          |  |  |  |
| 4:00 – 6:00 p.m.<br>2 CME points | Room 614, Ambulatory Care Centre, Tuen Mun Hospital                        | <b>Disinfection and Sterilization</b><br>Dr. Lai Siu Wai   | Ms Chan<br>Tel: 2468 6813              |
| 5:00 – 7:00 p.m.<br>2 CME points | Room 041, 21/F, Pamela Youde Nethersole Hospital                           | <b>Common Symptom Complaint: Swelling</b><br>Dr. Lo Siu Bong   | Ms Kwong<br>Tel: 2595 6941             |
| 6:00 – 8:00 p.m.<br>2 CME points | Room 5, Cheung Sha Wan Jockey Club General Outpatient Clinic               | <b>Family Medicine Higher Training</b><br>Dr. Ng Pak Him   | Dr. Young Suk Ching<br>Tel: 2109 6830  |
| <b>22 Sep 09 (Tue)</b>           |  |  |  |
| 5:30 – 8:00 p.m.<br>3 CME points | F2029A, 2/F, Speciality Block, Tuen Mun Hospital                           | <b>Journal Review</b><br>Dr. Wong Man Kin  | Ms Chan<br>Tel: 2468 6813              |
| 6:00 – 8:00 p.m.<br>2 CME points | Ground Floor, Room 5, Lek Yuen Health Center, Shatin, N.T.                 | <b>Medical ethics -- Euthanasia, Advance Directives</b><br>Dr. Leung Wing Kit                        | Dr. Cheung Hard King<br>Tel: 2652 3707 |
| <b>23 Sep 09 (Wed)</b>           |  |  |  |
| 2:30 – 5:00 p.m.<br>3 CME points | AB1038, 1/F, Main Block, Tuen Mun Hospital                                 | <b>Postgraduate Medical Training</b><br>Dr. Li Shun Hoi  | Ms Chan<br>Tel: 2468 6813              |
| 5:00 – 7:00 p.m.<br>2 CME points | Lecture Theatre, 6/F, Tsan Yuk Hospital                                    | <b>Appropriateness of Antibiotics Use in GOPC &amp; Drug Incidences</b><br>Dr. S L Wong/ Dr. Lee L H | Ms Man Chan<br>Tel: 2922 6159          |
| 5:00 – 7:30 p.m.<br>3 CME points | Li Ka Shing Specialist Clinic, 3/F, Seminar Room, Prince of Wales Hospital | <b>Infertility-role of a Urologist</b><br>Dr. Mak Sui King   | Ms Peony Yue<br>Tel: 2632 3480         |
| <b>24 Sep 09 (Thur)</b>          |  |  |  |
| 4:00 – 6:00 p.m.<br>2 CME points | Room 614, Ambulatory Care Centre, Tuen Mun Hospital                        | <b>Alternative Medicine - Part 2</b><br>Dr. So Chi Kin   | Ms Chan<br>Tel: 2468 6813              |
| 5:00 – 7:00 p.m.<br>2 CME points | Room 041, 21/F, Pamela Youde Nethersole Hospital                           | <b>Public Private Interface Resources</b><br>Dr. Sin Ming Chuen                                      | Ms Kwong<br>Tel: 2595 6941             |
| 6:00 – 8:00 p.m.<br>2 CME points | Room 5, Cheung Sha Wan Jockey Club General Outpatient Clinic               | <b>LAP Score 1</b><br>Dr. Lam Wai Chi  | Dr. Young Suk Ching<br>Tel: 2109 6830  |
| <b>29 Sep 09 (Tue)</b>           |  |  |  |
| 5:30 – 8:00 p.m.<br>3 CME points | F2029A, 2/F, Speciality Block, Tuen Mun Hospital                           | <b>Counselling in Clinic</b><br>Dr. Chow Chong Kwan  | Ms Chan<br>Tel: 2468 6813              |
| 6:00 – 8:00 p.m.<br>2 CME points | Ground Floor, Room 5, Lek Yuen Health Center, Shatin, N.T.                 | <b>Consultation Skills for Difficult Patients - Part I</b><br>Dr. Cheung Hard King                   | Dr. Cheung Hard King<br>Tel: 2652 3707 |
| <b>30 Sep 09 (Wed)</b>           |  |  |  |
| 2:30 – 5:00 p.m.<br>3 CME points | AB1038, 1/F, Main Block, Tuen Mun Hospital                                 | <b>Disinfection and Sterilization - Part I</b><br>Dr. Ho Tsz Bun                                     | Ms Chan<br>Tel: 2468 6813              |

|                                  |  |  |  |
|----------------------------------|--|--|--|
| 5:00 – 7:30 p.m.<br>3 CME points | Li Ka Shing Specialist Clinic, 3/F,<br>Seminar Room, Prince of Wales<br>Hospital | <b>Social Security System</b><br>Dr. Wong Wai On / Dr. Ching Ho Yan                | Ms Peony Yue<br>Tel: 2632 3480         |
| <b>6 Oct 09 (Tue)</b>            |  |  |  |
| 5:30 – 8:00 p.m.<br>3 CME points | F2029A, 2/F, Speciality Block,<br>Tuen Mun Hospital                              | <b>Introduction to SPSS</b><br>Dr. Chow Chong Kwan                                 | Ms Chan<br>Tel: 2468 6813              |
| 6:00 – 8:00 p.m.<br>2 CME points | Ground Floor, Room 5, Lek Yuen<br>Health Center, Shatin, N.T.                    | <b>Consultation Skills for Difficult Patients - Part I</b><br>Dr. Cheung Hard King | Dr. Cheung Hard King<br>Tel: 2652 3707 |
| <b>7 Oct 09 (Wed)</b>            |  |  |  |
| 2:30 – 5:00 p.m.<br>3 CME points | AB1038, 1/F, Main Block, Tuen<br>Mun Hospital                                    | <b>Alternative Medicine - Part I</b><br>Dr. Leung Hoi Lik                          | Ms Chan<br>Tel: 2468 6813              |
| 5:00 – 7:00 p.m.<br>2 CME points | Lecture Theatre, 6/F, Tsan Yuk<br>Hospital                                       | <b>Management of Chronic Anaemia</b><br>Dr. Leopard Pong / Dr. Tom Wu              | Ms Man Chan<br>Tel: 2922 6159          |
| 5:00 – 7:30 p.m.<br>3 CME points | Li Ka Shing Specialist Clinic, 3/F,<br>Seminar Room, Prince of Wales<br>Hospital | <b>Anxiety Disorder</b><br>Dr. Wong Pak Kei / Dr. So Fong Tat                      | Ms. Peony Yue<br>Tel: 2632 3480        |
| <b>8 Oct 09 (Thur)</b>           |  |  |  |
| 4:00 – 6:00 p.m.<br>2 CME points | Room 614, Ambulatory Care<br>Centre, Tuen Mun Hospital                           | <b>Common Urological Problem - Part 2</b><br>Dr. Leung Hor Yee                     | Ms. Chan<br>Tel: 2468 6813             |
| 5:00 – 7:00 p.m.<br>2 CME points | Room 041, 21/F, Pamela Youde<br>Nethersole Hospital                              | <b>Common Over the Counter Medications</b><br>Dr. Li Hei Lim                       | Ms. Kwong<br>Tel: 2595 6941            |
| 6:00 – 8:00 p.m.<br>2 CME points | Room 5, Cheung Sha Wan Jockey<br>Club General Outpatient Clinic                  | <b>LAP Score 2</b><br>Dr. Shuen Chuen Kwok   | Dr. Young Suk Ching<br>Tel: 2109 6830  |
| <b>13 Oct 09 (Tue)</b>           |  |  |  |
| 5:30 – 8:00 p.m.<br>3 CME points | F2029A, 2/F, Speciality Block,<br>Tuen Mun Hospital                              | <b>Healthcare System in HK and Overseas</b><br>Dr. Lam Wai Hang, Eddie             | Ms. Chan<br>Tel: 2468 6813             |
| 6:00 – 8:00 p.m.<br>2 CME points | Ground Floor, Room 5, Lek Yuen<br>Health Center, Shatin, N.T.                    | <b>Types of Research in Family Medicine</b><br>Dr. Chow Kam Fai                    | Dr. Cheung Hard King<br>Tel: 2652 3707 |
| <b>14 Oct 09 (Wed)</b>           |  |  |  |
| 2:30 – 5:00 p.m.<br>3 CME points | AB1038, 1/F, Main Block, Tuen<br>Mun Hospital                                    | <b>Common Urological Problem - Part I</b><br>Dr. Wong Chun Fai                     | Ms. Chan<br>Tel: 2468 6813             |
| 5:00 – 7:00 p.m.<br>2 CME points | Lecture Theatre, 6/F, Tsan Yuk<br>Hospital                                       | <b>Case Discussion</b><br>Dr. Wendy Tsui   | Ms. Man Chan<br>Tel: 2922 6159         |
| 5:00 – 7:30 p.m.<br>3 CME points | Li Ka Shing Specialist Clinic, 3/F,<br>Seminar Room, Prince of Wales<br>Hospital | <b>Sex Therapy</b><br>Dr. Ewert Tse  | Ms. Peony Yue<br>Tel: 2632 3480        |
| <b>15 Oct 09 (Thur)</b>          |  |  |  |
| 4:00 – 6:00 p.m.<br>2 CME points | Room 614, Ambulatory Care<br>Centre, Tuen Mun Hospital                           | <b>Management of Thyroid Problems</b><br>Dr. Chan Ching                            | Ms Chan<br>Tel: 2468 6813              |
| 5:00 – 7:00 p.m.<br>2 CME points | Room 041, 21/F, Pamela Youde<br>Nethersole Hospital                              | <b>Youth Sexuality Counselling</b><br>Dr. Johnny Lam                               | Ms. Kwong<br>Tel: 2595 6941            |
| 6:00 – 8:00 p.m.<br>2 CME points | Room 5, Cheung Sha Wan Jockey<br>Club General Outpatient Clinic                  | <b>Learning Needs of Family Physicians</b><br>Dr. Ip Yan Yan                       | Dr. Young Suk Ching<br>Tel: 2109 6830  |

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|  |                                  |  |
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# THE HONG KONG COLLEGE OF FAMILY PHYSICIANS

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## 29<sup>th</sup> Annual Refresher Course November 22 – December 13, 2009

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### REGISTRATION FORM

H.K.C.F.P.  
Room 802, Duke of Windsor Social Service Building,  
15 Hennessy Road, Wanchai, Hong Kong

Dear Sir / Madam,

I am a Member/ Non-Member of the Hong Kong College of Family Physicians.

#### The whole course:-

|  |                  |               |     |
|--|------------------|---------------|-----|
| Five Luncheon Lectures and four Workshops<br>(Including fee for Certificate of Attendance) | Members          | : HK\$600.00  | ( ) |
|  | Non-members      | : HK\$1200.00 | ( ) |
|  | HKAM Registrants | : HK\$700.00  | ( ) |
|  | FM Trainees      | : HK\$400.00  | ( ) |

#### Spot admission:-

|              |   |     |
|--------------|---|-----|
| Nov 22 (Sun) | <b>Cardiology Workshop</b><br>1. Management of Hypertension in Diabetic Patient: Impact of the Latest Mega-studies<br>2. The Unmet Needs in Coronary Artery Disease Management and the Role of Primary Care | ( ) |
| Nov 24 (Tue) | <b>Anti-infective</b><br>New Approaches to Acute Exacerbations of Chronic Bronchitis and Community-acquired Pneumonia   | ( ) |
| Nov 27 (Fri) | <b>Oncology</b><br>Diagnosis and Treatment of Neuroendocrine Tumour   | ( ) |
| Nov 29 (Sun) | <b>Cardiovascular Workshop</b><br>1. A Logical Treatment for Hypertensive Patients with Multiple Risks<br>2. Reducing CV Complications in Diabetic Patients   | ( ) |
| Dec 1 (Tue)  | <b>Respiratory</b><br>Asthma Management in Practice   | ( ) |
| Dec 6 (Sun)  | <b>General Anxiety Disorders &amp; Smoking Cessation Workshop</b><br>1. Novel Approach to Generalized Anxiety Disorder<br>2. Nicotine Dependence in the Mental Health Population                            | ( ) |
| Dec 8 (Tue)  | <b>Diabetes Mellitus</b><br>Update on Type 2 Diabetes Management  | ( ) |
| Dec 11 (Fri) | <b>Mental Health</b><br>How Does the Brain Change on Common Psychiatric Drugs?  | ( ) |
| Dec 13 (Sun) | <b>HPV and Hepatitis Workshop</b><br>1. Cervical Cancer and Latest Advancement on Cervical Cancer Vaccine<br>2. New Perspectives in Chronic Hepatitis B Therapy   | ( ) |

Member : HK\$150.00 X \_\_\_\_\_lecture/workshop(s)  
 Non-member : HK\$300.00 X \_\_\_\_\_lecture/workshop(s)  
 HKAM Registrant : HK\$200.00 X \_\_\_\_\_lecture/workshop(s)  
 FM Trainee : HK\$150.00 for 4 Sunday workshops  
 HK\$80.00 X \_\_\_\_\_luncheon lecture(s)

Enclosed please find a cheque (made payable to "HKCFP Foundation Fund") of HK\$ \_\_\_\_\_ being payment in full for the above.

Name : \_\_\_\_\_

Address : \_\_\_\_\_

Tel. no : \_\_\_\_\_ Date : \_\_\_\_\_

| Sunday  | Monday   | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday  |
|---|--|---|---|--|---|---|
| 13<br><b>Sep</b>  | 14   | 15  | 16  | 17<br><br><b>4:00 – 8:00 p.m.</b><br>Structured Education Programme<br><b>9:30 p.m.</b><br>Council Meeting   | 18  | 19<br><br><b>2:00 – 5:00 p.m.</b><br>Certificate Course on Management of Adolescent Psychotropic Substance Abuse<br><b>2:15 – 5:15 p.m.</b><br>DFM Module III Introduction to Family Therapy  |
| 20  | 21   | 22<br><br><b>5:30 – 8:00 p.m.</b><br>Structured Education Programme<br><b>8:00 – 11:00 p.m.</b><br>Specialty Board Meeting                                | 23<br><br><b>2:30 – 7:30 p.m.</b><br>Structured Education Programme | 24<br><br><b>4:00 – 8:00 p.m.</b><br>Structured Education Programme<br><b>9:00 p.m.</b><br>Board of Conjoint Examination Meeting   | 25<br><br><b>2:30 – 3:30 p.m.</b><br>Video session: Neurobiology & New Treatment Option for Insomnia  | 26<br><br><b>1:00 – 4:30 p.m.</b><br>Certificate Course on Respiratory Infection<br><b>2:00 – 5:00 p.m.</b><br>Pre-Exit Examination Workshop for 2010 Full Exit Examination<br><b>2:00 – 5:00 p.m.</b><br>Certificate Course on Management of Adolescent Psychotropic Substance Abuse<br><b>2:15 – 5:15 p.m.</b><br>Assessment Enhancement Course |
| 27<br><br><b>12:30 – 5:00 p.m.</b><br>The 25th ENT Update         | 28   | 29<br><br><b>5:30 – 8:00 p.m.</b><br>Structured Education Programme<br><b>9:00 p.m.</b><br>Board of Education meeting<br><b>9:00 p.m.</b><br>BVTS meeting | 30<br><br><b>2:30 – 7:30 p.m.</b><br>Structured Education Programme | 1<br><br><b>Oct</b>  | 2   | 3   |
| 4<br><br><b>2:15 – 5:15 p.m.</b><br>Assessment Enhancement Course | 5  | 6<br><br><b>5:30 – 8:00 p.m.</b><br>Structured Education Programme  | 7<br><br><b>2:30 – 7:30 p.m.</b><br>Structured Education Programme  | 8<br><br><b>1:00 – 3:30 p.m.</b><br>Latest Current Treatment Options for BPH and its impact on Sexual Function<br><b>4:00 – 8:00 p.m.</b><br>Structured Education Programme                          | 9   | 10<br><br><b>1:00 – 4:30 p.m.</b><br>Certificate Course on Respiratory Infection<br><b>2:00 – 5:00 p.m.</b><br>Certificate Course on Management of Adolescent Psychotropic Substance Abuse  |
| 11<br><br>Conjoint Clinical Examination - OSCE Rehearsal          | 12   | 13<br><br><b>5:30 – 8:00 p.m.</b><br>Structured Education Programme   | 14<br><br><b>2:30 – 7:30 p.m.</b><br>Structured Education Programme | 15<br><br><b>1:30 – 4:30 p.m.</b><br>Symposium on Primary Care for Hong Kong ... the way forward<br><b>4:00 – 8:00 p.m.</b><br>Structured Education Programme<br><b>9:00 p.m.</b><br>Council Meeting | 16  | 17<br><br><b>1:00 – 4:30 p.m.</b><br>Certificate Course on Respiratory Infection  |
| 18  | 19<br><br><b>6:30 – 10:00 p.m.</b><br>ARB in Hypertension: How Does it Reduce Cardiovascular Risk? | 20  | 21  | 22   | 23  | 24<br><br><b>1:00 – 4:30 p.m.</b><br>Certificate Course on Respiratory Infection  |
| 25<br><br>Conjoint Clinical Examination - OSCE                    | 26   | 27  | 28  | 29<br><br><b>1:00 – 3:30 p.m.</b><br>Alpha-Blocker – Clinical Usage Beyond BPH   | 30<br><br><b>2:30 – 3:30 p.m.</b><br>Video session: Sports Medicine, Sports Science- Current Practice | 31  |

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