



# THE HONG KONG COLLEGE OF FAMILY PHYSICIANS

## Family Physicians Links

### Message from the President



**ONE PERSON has ONE DOCTOR  
CHOOSE your FAMILY DOCTOR**

Our College was invited to participate in a RTHK radio programme to answer letters from audiences this month. Most of the letters for our College describe vague and non-specific symptoms or complaints, and illnesses without clear diagnoses. The host used to be able to categorize the obvious complaints for various specialists to respond, for example eye or gynaecological problems. This seems like a challenge to take on but I do believe it is an opportunity to show to the public the importance of a regular and caring family doctor in the long run for their health issues. Thanks to Dr. Billy Chiu in organizing a group of our Fellows to take the roster during the lunch hours between 1-2 pm. We try to strike a slogan at the end of the interview "ONE PERSON HAS ONE DOCTOR; CHOOSE YOUR FAMILY DOCTOR". I hope we can make use of the case scenarios to illustrate the concept and importance of having a regular family doctor.

However, this invariably brings us into the dilemma when the audience asks about how to choose their family doctors. I have to admit that I cannot offer any concrete answer. Why is it difficult to answer? It is probably due to the confusion created over the years as how we are being "labeled", and the new development in the discipline of Family Medicine. Names such as GP, family doctors, family physicians, specialist in Family Medicines are being used and translated into Chinese without clear definition. Primary care practitioner is a new term being used to include other healthcare providers in the system and we are part of it. But the public was not well-informed about this.

GP is an English label and should be easy to understand. They are the frontline and first contact medical practitioners that people used to know. But there was no training for GPs in Hong Kong before the 80's and so there was an implication in the eyes of other trained specialists that locally GPs belonged to a group of un-trained private practitioners. Family doctor is a newer term in the last decade as a by-product of the development of Family Medicine. I can only say that it refers to those who claim to practise medicine in the primary care setting with allegiance to the concept of Family Medicine. They may possess

diploma or certificates in relation to their own practice requirement. However, there may not be any proof of training or agreed standards in their practices. Family Physicians are supposed to have undergone postgraduate vocational training in Family Medicine with assessment. They are likely in possession of a higher qualification. Unfortunately, in Hong Kong they cannot claim specialist status without fulfilling all the requirements of the Hong Kong Academy of Medicine, which is governed by the Hong Kong Academy of Medicine Ordinance. That is why we have only 200+ Specialists of Family Medicine in Hong Kong after the establishment of HKAM 16 years ago.

Whether six years of training in Family Medicine is too long or not is debatable. There is a Chinese saying that "Every village has its set of rules". With all the new technological developments in Medicine, six years may be too short for some specialties such as Radiology, Pathology, Anaesthesiology or even mainstream Surgery. Some of the trainees may need to decide what sub-specialty to go into before they have completed the six years training, and undergo a few more extra years of training to claim the sub-specialty titles.

This should not be the way we are heading to. Our core curriculum and values are not set like other specialties. Our competency and spectrum of knowledge and skills are different. Clinical experience is hard to quantify; attitude cannot be trained; professional ethics needs nurturing.

Primary care is the foundation of the Healthcare system. Family Medicine is the principle which primary care services can be delivered to the community and public cost-effectively. The demand of primary care services is a continuum which ranges from a quality assured GP to the most experienced specialist of Family Medicine. Both the public and private sectors should provide similar standard of service so that the healthcare system is equitable between the rich and the poor/under-privileged. Perhaps my views are too idealistic. However, I must stress that the Government should realize the importance of this ideology when making decision in the Healthcare policy and reform.

Dr. Gene W W Tsoi  
President

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Issue 69  
November 2009

## "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 November 2009 till 14th December 2009, Dr. Lau Ho Lim and Dr. Lam Wing Wo 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. Lau Ho Lim



Dr. Lam Wing Wo

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

## Annual General Meeting & Annual Dinner

### The HKCFP 32<sup>nd</sup> Annual General Meeting

Date:	12th December 2009 (Saturday)
Time:	18:00
Venue:	Super Star Seafood Restaurant (Wan Chai Shop) 1/F., Shui On Centre, 8 Harbour Road, Wanchai, Hong Kong
Admission:	Members only

### The HKCFP 32<sup>nd</sup> Annual Dinner

Date:	12th December 2009 (Saturday)
Time:	19:00 Reception 19:30 Chinese-Style Dinner
Venue:	Super Star Seafood Restaurant (Wan Chai Shop) 1/F., Shui On Centre, 8 Harbour Road, Wanchai, Hong Kong
Admission:	Members and their families, free of charge
Registration:	Registration for Annual Dinner will be made on a first-come-first-serve basis. Please reserve your seat via College Secretariat as soon as possible. (Tel: 2861 0220)

## QA&A News – CME Report goes Paperless

To preserve our environment, hard copies of Annual CME reports **WILL NOT** be sent to your mailing address starting from 2009. To check your updated report, please visit the QA&A section under the College website <http://www.hkcfp.org.hk>.

### Missing Points

Please be reminded that points entry for college activities may take 2 weeks and activities of other organizations may take 1 – 2 months. It is important to confirm all your points **before 26 February 2010 (Friday)** as CME Certificate for 2009 will be issued based on the points on your CME report.

### Additional Accreditation

If you want to apply for accreditation of educational activities not yet accredited under items 3.7, 3.8, 3.13, 3.14 and items 5.3 to 5.6, please send in the application form with \$300 administration fee to the QA & A Committee **before 15 Jan 2010 (Friday)**. Details must be submitted for special consideration, e.g. attendance records, photocopies of events, transcripts or published articles.

You can obtain the application forms by browsing the College website, or contacting the secretariat at 2861 0220.

## Board of Vocational Training and Standards News

### Reminder: Submission of Annual Checklist for Basic Training

To all Basic Trainees,

Please be reminded that **ALL** basic trainees must submit their annual checklist to the Board of Vocational Training and Standards **EITHER** by registered post **OR** in-person **ON OR BEFORE 1<sup>st</sup> February 2010 (Monday)**. Late submissions will not be accepted.

The training experience of 2009 **WILL NOT** be accredited if the trainee fails to submit the checklist on or before the deadline.

Basic Training Subcommittee  
BVTS

### BVTS Sponsorship for 19th Wonca World Conference of Family Doctors Wonca Cancun, Mexico 2010

The Board of Vocational Training and Standards is pleased to announce the following information on **The 19th Wonca World Conference of Family Doctors, Wonca Cancun Mexico 2010** to be held in May 2010.

Theme: The Millennium Development Goals (MDGs): The Contribution of Family Medicine

Date: 19 – 23 May 2010

Venue: Cancun Center, Conventions & Exhibitions,  
Boulevard Kukulcan, KM. 9 1er Piso, Zona Hotelera 77500 Cancún Q. Roo México

Registration Fee: Please refer to  
[http://www.wonca2010cancun.com/registro\\_infogral.php](http://www.wonca2010cancun.com/registro_infogral.php)

Early Bird  
Registration: Before 31 December 2009

Website: <http://www.wonca2010cancun.com/>

Application for sponsorship is open to all current *vocational trainees* (Basic & Higher). Please kindly submit your application to the Chairman of the Board of Vocational Training and Standards regarding the Sponsorship for 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

## External Affairs Committee News

The External Affairs Committee and RTHK radio programme 精靈一點 will organise College Representatives to reply to audience letters on various non-specific symptoms or health problems in air. The aim is to take the opportunity to promote the importance of a regular family doctor for each person. Dr. Billy Chiu is the liaison person of the programme.

Monday 1:00 pm - 1:15 pm	Tuesday 2:00 pm - 2:15 pm	Thursday 1:00 pm - 1:15 pm
<b>2-Nov-09</b>	<b>3-Nov-09</b>	<b>5-Nov-09</b>
Dr Gene W W Tsoi President	Dr Wendy Lo Specialist in Family Medicine	Dr Billy C F Chiu Council member
<b>9-Nov-09</b>	<b>10-Nov-09</b>	<b>12-Nov-09</b>
Dr Yuen Shiu Man Specialist in Family Medicine	Dr Wendy W S Tsui Council member	Dr Angus M W Chan Council member
<b>23-Nov-09</b>	<b>24-Nov-09</b>	<b>26-Nov-09</b>
Dr Lau Chi Hang Specialist in Family Medicine	Dr Lau Ho Lim Honorary Treasurer	Dr Mary B L Kwong Council member
<b>30-Nov-09</b>	<b>1-Dec-09</b>	<b>3-Dec-09</b>
Dr Law Tung Chi Honorary Secretary	Dr Luk Kam Hung Council member	Dr Chan Hung Chiu Vice-President (Education and Examinations)

## Membership Committee News

Dear all HKAM (FM) Fellows,

New Arrangement on handling the Fellowship Annual Subscription Fee of The Hong Kong Academy of Medicine (HKAM)

Currently, our College collects the captioned Annual Subscription Fee from you on behalf of HKAM.

However, effective from 2010, HKAM would directly collect the Annual Subscription Fee from you. HKAM will send you the debit note for Fellowship Annual Subscription Fee of HKAM directly and this subscription fee is to be determined by HKAM. In other words, in the future you will receive two debit notes, one for the Annual Subscription Fee of our College, and another one for HKAM Fellowship.

Should you have any enquiries, please contact our College Secretary, Ms Angel Cheung at 2528 6618. Thank you for your attention.

Membership Committee

## Public Education Committee News

### Teaming up to educate the public

Since the founding of The Hong Kong College of Family Physicians, the College has endeavoured to integrate the principles and practice of Family Medicine into the very core fabric of our community. In order for this to be made possible, our dedicated members have been actively involved in various public education activities; including educational pamphlets, articles in health columns of various local newspapers / magazine as well as interacting with the public via health talks / radio / television broadcasts.

In order to meet the anticipated growing needs and challenges in public health education, the Public Education Committee would like to extend a warm invitation to all members to team up to work on these exciting and highly worthwhile activities. We need doctors who believe in public health education. Everyone starts from lacking experience. Interest and attitude come first. An interest group would be formed and we are looking for opportunities to organize training workshops in public speech and presentation skills for members of the interest group. Would all interested members please fill in the reply slip below and fax it back to us at 2866 0241.

Your contribution is highly appreciated. I would like to thank you all in advance for your participation.

### Reply Slip

The Chairman, Public Education Committee, HKCFP  
Rm 701, 7/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, HK  
(Fax: 2866 0241)

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

Membership status: Student / Affiliate / Associate / Full / Fellow (please circle your membership status)

Areas of interest	Please put a "✓" in appropriate boxes
Writing Chinese newspaper/ magazine articles	
Radio Programme	
Television Programme * English / Chinese (circle the preferred option) *	
Delivering Health Talk	
Are you interested in joining an interest group in public health education?	

## The HKCFP Award for the Best Research of 2009

The Research Committee of the Hong Kong College of Family Physicians has an Award for the Best Research of the Year 2009. All members and fellows of the College are invited to participate and submit their research papers to the Research Committee for selection. The Award would be presented at the Conferment Ceremony in 2010.

**Entry and assessment criteria are listed below:**

### *Entry Criteria:*

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

### *Assessment Criteria:*

- 1. How relevant are the topic and finding to Family Practice?*
- 2. How original is the research?*
- 3. How well designed is the methodology?*
- 4. How well are the results analysed and presented?*
- 5. How appropriate are the discussion and conclusion(s) drawn?*
- 6. How useful are the results for patient care in Family Practice?*
- 7. How much effort is required?*

Each research project submitted will be assessed according to the seven criteria listed above by a selection panel. Each criterion may attract a different weighting to be decided by the selection panel. Please send your submission to: Research Committee, HKCFP, Rm. 802, 8/F., Duke of Windsor Social Service Building, 15 Hennessy Road, Hong Kong.

**DEADLINE OF SUBMISSION: 31st January, 2010.**

## HKCFP Research Fellowship 2010

### Introduction

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The HKCFP Research Fellowship was established by the Hong Kong College of Family Physicians to promote research in family medicine. The grant is up to the value of HK\$100,000. It provides the successful candidate with protected time to develop research skills. Applicants are expected to have regular contact with a nominated supervisor with **research doctorate degree or equivalent**.

### Eligibility

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Applicants for the HKCFP Research Fellowship must be active fellows, active full members or associate members of the HKCFP. New and emerging researchers are particularly encouraged to apply.

### Selection criteria

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Applications will be judged on\*:

- training potential of applicants
- relevance to family medicine and community health
- quality
- value for money
- completeness (incomplete or late applications will not be assessed further).

*\* Please note that new researchers and those at an early stage of their research careers are encouraged to apply.*

### How to apply

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1. Application form, terms and conditions of the Fellowship can be downloaded from [www.hkcfp.org.hk](http://www.hkcfp.org.hk) or obtained from the College Secretariat, HKCFP at Rm. 802, 8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Hong Kong. Tel: 2861 0220 Fax: 2866 0981
2. Applicants must submit:
  - the completed application form,
  - the signed terms and conditions of the HKCFP Research Fellowship,
  - a curriculum vitae from the principle investigator,
  - a curriculum vitae from the co-investigator(s), AND
  - a curriculum vitae from the supervisor.
3. Applications close: March 31, 2010. Late applications will not be accepted.
4. Applications must be sent to Chairman, Research Committee, The Hong Kong College of Family Physicians, Rm. 802, 8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Hong Kong.

## **HONG KONG CHECK 2010**

### **CONTINUOUS HOME EVALUATION OF CLINICAL KNOWLEDGE**

Published by the Royal Australian College of General Practitioners for the last 25 years, *Check* is one of the most successful continuous medical education journals in the world.

The Hong Kong College of Family Physicians, in collaboration with the Royal Australian College of General Practitioners, runs a Hong Kong version of the Check program.

It comes in case presentation format and examines a different medical topic every other month.

Now the *Hong Kong Check* for 2010 (6 issues) is open for subscription. Those who wish to subscribe please fill in the form below and mail it back to the Editor with payments. The subscription rates will be \$550 for members and \$850 for non-members.

Members who subscribe to the *Hong Kong Check* 2010 will be awarded CME credit points for satisfactory completion (at least 75% of the questions) of the HKCFP “*Check on Check*” program issued at the end of the year.



Editor,  
*The Hong Kong Practitioner*,  
HKCFP,  
Room 802, 8th Floor,  
Duke of Windsor Social Service Building,  
15 Hennessy Road, Hong Kong.

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

I wish to subscribe to the *Hong Kong Check* for the year 2010. Enclosed please find cheque payment of \$550 / \$850 (**payable to HKCFP Education Ltd.**)

Signature : \_\_\_\_\_

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

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

Tel : \_\_\_\_\_

Date : \_\_\_\_\_

**Classified Advertisements**

**Positions Vacant**

Haven of Hope Christian Service invites applications for full-time Family Physician. Basic salary plus variable pay. Interested parties please send e-mail to [se@hohcs.org.hk](mailto:se@hohcs.org.hk) or contact Ms. Liu by phone at 2703 3230.

\*\*\*\*\*

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

\*\*\*\*\*

Energetic doctors wanted in general practice on full-time & part-time basis. Clinical support. Attractive basic salary plus bonus. Potential partnership. Please contact Dr. LI at 9662 3540 or [ycmc\\_ho@yahoo.com](mailto:ycmc_ho@yahoo.com)

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\*\*\*\*\*

Full-time GP/ Locum/ Specialist wanted. 醫生自主, 九龍商場舖, Potential Partnership. Basic + Bonus + Excellent Prospect. Dr. Kam 2262 2489/ 3165 1460. [profgp2004@yahoo.com.hk](mailto:profgp2004@yahoo.com.hk)

\*\*\*\*\*

Physician in the University Health Service, The University of Hong Kong

Full-time Physician required on a two-year contract basis from July, 2, 2010 or earlier with prospect of renewal.

Qualifications: medical doctor registrable with the Hong Kong Medical Council, at least 4 years' post-registration experience. Training experience and higher qualification in Family Medicine preferred.

Enquiries and application forms: Tel: Mrs. Christina Chan 2859 2500 or Email: [uhealth@hkusua.hku.hk](mailto:uhealth@hkusua.hku.hk)

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- To date over 3000 doctors currently hold this diploma.
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## Dosage recommendation

Age	Daily dosage	Form of medication
Adults and Children aged 6 years and older	5mg	1 tablet or 20 drops once daily
Children aged 2 to 6 years	2.5mg	5 drops twice daily



References: 1. Potter PC et al. Allergy 2009; 64: 596-604 2. Gillard M et al. Inflamm. res. 2005; 54: 367-369

\* Compared with desloratadine 5mg

**XYZAL<sup>®</sup> TABLETS and ORAL DROPS abridged prescribing information** **INDICATIONS** TABLETS & ORAL DROPS: Symptomatic treatment of allergic rhinitis (including persistent allergic rhinitis) and chronic idiopathic urticaria. **DOSAGE AND ADMINISTRATION** TABLETS & ORAL DROPS: Adults & adolescents ≥ 12 yrs and Children 6-12 yrs: The daily recommended dose is 5mg (1 tablet or 20 drops). ORAL DROPS: Children 2-6 yrs: The daily recommended dose is 2.5 mg to be administered in 2 intakes of 1.25 mg (5 drops twice daily). TABLETS & ORAL DROPS: Adjust dose in patients with renal impairment. ORAL DROPS: Must be taken orally, and may be taken with or without food. The drops must be diluted in liquid. **CONTRAINDICATIONS** History of hypersensitivity to levocetirizine, to any piperazine derivatives, to methyl parahydroxybenzoate, or to any other constituent of the formulation. Patients with severe renal impairment. **WARNINGS AND PRECAUTIONS** TABLETS: not recommended in children aged less than 6 years. Patients with rare hereditary problems of galactose intolerance, the Lapp lactase deficiency or glucose-galactose malabsorption. ORAL DROPS: Methyl parahydroxybenzoate and propyl parahydroxybenzoate may cause allergic reactions (possibly delayed). Not recommended for infants and toddlers < 2 years old. TABLETS & ORAL DROPS: Precaution with intake of alcohol. **INTERACTIONS** No interaction studies have been performed with levocetirizine. Theophylline. Alcohol and other CNS depressants. **PREGNANCY AND LACTATION** Caution should be exercised when prescribing to pregnant or lactating women. **EFFECTS ON ABILITY TO DRIVE AND USE MACHINES** Patients intending to drive, engage in potentially hazardous activities or operate machinery should take their response to the medicinal product into account. **ADVERSE REACTIONS** Dry mouth, headache, fatigue and somnolence. Asthenia, abdominal pain. **OVERDOSAGE** Symptoms of overdose may include drowsiness in adults and initially agitation and restlessness, followed by drowsiness in children. There is no known specific antidote to levocetirizine. Should overdose occur, symptomatic or supportive treatment is recommended. Gastric lavage should be considered following short-term ingestion. Levocetirizine is not effectively removed by haemodialysis. (Version 1. May 2009)

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Full prescribing information is available upon request. Please read the full prescribing information before administration.



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Room 1106-1107, 11/F, Manulife Provident Funds Place, 345 Nathan Road, Kowloon Hong Kong  
Tel: 3718 6666 Fax: 3718 6600



Exclusive Offer to Member of  
**The Hong Kong College Of Family Physicians**



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## H1N1 Flu Vaccine

In September 2009, the United States Food and Drug Administration (FDA) and the European Medicine Agency (EMA) approved Influenza A (H1N1) 2009 Monovalent Vaccines for the active immunization of individuals against influenza disease caused by the pandemic (H1N1) 2009 virus. Currently, there are four and three vaccines approved by the FDA and EMA respectively<sup>1,2</sup>. Earlier than that, there have been two influenza A (H1N1) vaccines approved by the State Food and Drug Administration (SFDA) of China.

### Types of H1N1 Flu Vaccine

Currently, there are two kinds of H1N1 vaccines being produced:

1. Inactivated injectable vaccines
2. Live attenuated vaccines for intranasal use

### H1N1 Vaccine versus Seasonal Influenza Vaccine

The H1N1 vaccine is a stand-alone monovalent vaccine and is separate from the seasonal influenza vaccine. Although the currently licensed seasonal trivalent influenza vaccines contain an H1N1 subtype, the subtype differs from the 2009 H1N1 influenza virus strain, which is a new virus strain that has never circulated among humans. Therefore, the seasonal influenza vaccine does not provide protection against the 2009 H1N1 influenza virus<sup>1</sup>.

### Who should get vaccinated?

The Centers for Disease Control and Prevention (CDC) Advisory Committee on Immunization Practices (ACIP) recommended five priority groups to receive the 2009 H1N1 influenza vaccine<sup>3</sup>:

1. Pregnant women
2. Household contacts and caregivers for children younger than 6 months of age because younger infants are at higher risk of influenza-related complications and cannot be vaccinated. Vaccination of those in close contact with infants younger than 6 months old might help protect infants by "cocooning" them from the virus.
3. Healthcare and emergency medical services personnel
4. All people from 6 months through 24 years of age  
Cases of 2009 H1N1 influenza have been seen in children who are in close contact with each other at school and day care settings, which increases the likelihood of disease spread. In addition many cases of 2009 H1N1 influenza have been seen in healthy young adults. They often live, work, and study in close proximity, and they are a frequently mobile population.

5. Persons aged 25 through 64 years who have health conditions associated with higher risk of medical complications from influenza.

### Contraindications

The manufacturers of the H1N1 vaccines use the same well-established, egg-based manufacturing processes that are used in the manufacturing of the seasonal influenza vaccine. Therefore the contraindications of the vaccines are similar to those of seasonal influenza vaccine.

### Single dose versus 2 doses?

The Strategic Advisory Group of Experts (SAGE)<sup>4</sup> on Immunization of WHO and the FDA recommend a single dose of vaccine in adults and adolescents from 10 years of age and above. Children 9 years of age and younger should be administered with 2 doses of the monovalent pandemic (H1N1) 2009 virus vaccine. On the other hand, the EMA generally recommends a two-dose schedule. Clinical studies are underway and will provide additional information about the optimal number of doses.

### What is the situation in Hong Kong?

It is predicted that the HKSAR Government would update the results of the tender for the supply of H1N1 Flu vaccine in around November 2009, including the recommendations of use of H1N1 vaccines for the local population.

*Compiled by Dr. Alfred Kwong*

### References:

1. FDA Update on the H1N1 Flu Vaccine and Antiviral Medications. Available from <http://www.fda.gov/downloads/ForHealthProfessionals/UCM185724.pdf>
2. Questions and answers on the CHMP review of the recommendations on the use of pandemic H1N1 vaccines. Available from <http://www.emea.europa.eu/pdfs/human/pandemicinfluenza/66680909en.pdf>
3. Use of Influenza A (H1N1) 2009 Monovalent Vaccine. Recommendations of the Advisory Committee on Immunization Practices (ACIP), 2009. Available from <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr58e0821a1.htm>
4. Use of the pandemic (H1N1) 2009 vaccines. WHO. Available from [http://www.who.int/csr/disease/swineflu/frequently\\_asked\\_questions/vaccine\\_preparedness/use/en/index.html](http://www.who.int/csr/disease/swineflu/frequently_asked_questions/vaccine_preparedness/use/en/index.html)

## Voluntary Medical Practitioner Programme in Hong Kong Island

Dr. Sin Ming Chuen  
Resident, HKE Cluster

To promote the provision of health care services to residential homes of the handicapped by visiting medical officers from the private sector, the Social Welfare Department has launched a 3-year scheme known as the Voluntary Medical Practitioner Programme (VMP). Its service scope includes yearly body check for the residents, medical care for episodic ailments, regular health talks to staff and residents' families, and survey of residential hall hygiene and infection control.

However, eight Non-government Organizations (NGO) in Hong Kong Island had not yet received service from private practitioners. With the enthusiasm of collaboration with community partners, the Department of Family Medicine and Primary Healthcare of Hong Kong East Cluster and Hong Kong West Cluster joined the VMP, with services provided by doctors from general outpatient clinics (GOPC) in Chai Wan, Sai Wan Ho, Sai Ying Pun and Aberdeen. They serve 13 disabled homes in total. Individual clinics send medical officers to the corresponding disabled homes twice a week. Apart from the proposed services, the visiting medical officers from the GOPCs also see patients with chronic illnesses having original follow-up in the corresponding GOPCs. This programme has started since 1st April 2007, and the users find the service very beneficial.



One of the VMP hostels



TV room in the hostel

### Benefits of the VMP Programme

1. Improving the quality of care for the handicapped  
Through regular visits to the residential home, doctors become familiar with the background of the physically and mentally handicapped. More comprehensive care to the patients can be achieved. Statistics show that two years after the initiation of VMP, the residents' utilization of GOPCs has been reduced by 72%, and the rates of emergency departments' attendance and hospital admission reduced by 6%.

2. Alleviating carer pressure

Residents' physical disabilities and behavioural problems cause much pressure to residential home staff while they accompany the patients to follow-up in GOPCs. The introduction of VMP programme reduces the need, and hence the stress related to patient transportation.

3. Enhancing primary care

Establishing a continuous relationship with residents enables family physicians to provide a more patient-



Bedroom in the hostel

centred care. Regular health talks enhance residents' self care, and education to staff upgrades the quality of nursing care.

**Challenges of VMP preparation**

We faced difficulties in the preparation phase of the programme. Composing the contract and insurance terms, designing the workflow and installing the Clinic Management System were stressful. With trust and appreciation we managed to overcome all these obstacles.

**My own experience**

Being involved in VMP for the handicapped is a totally unique experience in my career.

I serve three hostels in Sai Wan Ho, which are special homes for residents with mild to moderate mental retardation. Most of them are below the age of 40. I manage mainly episodic illnesses and perform yearly physical check-up for the residents. Through this service I learn more about neurological conditions such as cerebral palsy, epilepsy and athetosis. I also encounter rare diseases like Dandy-Walker Syndrome and Prader-Willi Syndrome.

Though residents are mentally and physically handicapped, some even with deformed limbs and disabled speech, they are cheerful, polite and always grateful to you. The most impressive is the love delivered by the carers and nurses in the hostels. They show tremendous patience towards their clients despite facing their behavioural and mood problems everyday. They know exactly what their clients want, despite the communication barrier.

“Love others as we do ourselves”. This is also the mission of a doctor.



VMP health talk



One residential home is situated in Sai Ying Pun Community Complex



NGOs participating in VMP programme in Hong Kong West Cluster



Another NGO participating in VMP programme in Southern District

## Wine Tasting – Part II (Champagne & Sparkling Wines)

Dr. Ngai Ka Ho  
Resident Specialist  
Hong Kong West Cluster



### Wine Qualifications:

Intermediate Certificate in Wines and Spirit (Distinction), Wine and Spirit Education Trust  
Advanced Certificate in Wines and Spirit (Merit, Distinction -theory part), Wine and Spirit Education Trust  
Fundamentals of Wine Tasting and Assessment (Distinction), The Open University of Hong Kong  
Advanced Wine Assessment (Distinction), The Open University of Hong Kong

### Champagne = Sparkling Wines?

Champagne and its iconic "Pop" sound are frequently associated with happiness. We open a bottle of champagne to celebrate various important moments: passing our fellowship examination, giving birth to a child or celebrating the anniversary with our beloved.

In Hong Kong, it is very fortunate that there are so many different choices of sparkling wine available. Champagne is a kind of sparkling wine produced exclusively in the *Champagne* region in France, from which it takes its name. Through international treaty and domestic laws related to quality control or consumer protection, most countries limit the use of the term "*Champagne*" for sparkling wines that come from the Champagne appellation.

### Why is the price range so wide?

In supermarkets, you can find a bottle of sparkling wine which costs less than a hundred. On the contrary, you can find a bottle of "Salon" which costs several thousands in some wine cellars. What is the difference?

There are several things unique to champagne.

1. In the production of champagne, all grapes are handpicked and only the best will be selected.
2. Méthode Champenoise is the traditional method to produce champagne. After primary fermentation and bottling, a second alcoholic fermentation occurs in the bottle. This second fermentation is induced by adding several grams of yeast (each brand has its own secret recipe) and several grams of sugar. According to the Appellation d'Origine Contrôlée, a minimum of 1.5 years is required to develop the flavor completely. For a vintage which has exceptionally outstanding harvest, the champagne will be very good and has to be matured for at least 3 years. After ageing, the bottle is manipulated either manually or mechanically. This process is called remuage. Eventually, the lees will settle in the neck of the bottle. After chilling the bottles, the neck is frozen and the cap is removed. The pressure in the bottle forces out the ice that contain the lees and the bottle is quickly corked to maintain the carbon dioxide inside in bottle and the wine. Some syrup (dosage) is added to maintain the "water level" within the bottle. We can appreciate the efforts devoted in making bubbles for our enjoyment!

### Money valued alternatives for bottle fermented sparkling wine

From the following list, you can find a bottle of sparkling wine with fine and persistent bubbles and autolytic flavors at a much lower price:

French (Main grape varieties)  
Crémant d'Alsace AC (Pinot Blanc, Riesling, Chardonnay)  
Crémant de Bourgogne AC (Chardonnay, Pinot Noir)  
Crémant de Limoux AC (Mauzac, Chardonnay, Chenin Blanc)  
Crémant de Loire AC (Chenin Blanc, Chardonnay, Cabernet Franc)  
Saumur AC (Chenin Blanc, Cabernet Franc)

Vouvray AC (Chenin Blanc)

Spain

Cava DO (Macabeu, Xarel-lo, Parellada, Chardonnay)

South Africa

Cap Classique (Pinot Noir, Chardonnay, others)

### Sparkling wine – Tank Method

Most of the sparkling wines consumed around the globe are made by the tank method. This method is different from the méthode champenoise. The second fermentation takes place in a sealed tank rather than in a bottle. Dry base wine is placed in the tank with sugar, yeast nutrients and a clarifying agent. After the second fermentation, the resulting sediment is removed by filtration under pressure, before the wine is bottled.

Generally speaking, the price of tank method produced sparkling wine is lower than that of bottle fermented.

Examples include:

Asti DOCG (Muscat Blanc à Petitis Grains)

Deutscher Sekt (Müller-thurgau, Riesling)

### How to open a bottle of champagne/ sparkling wine?

Watching the opening of a bottle of champagne on the Grand Prix stage is a tragedy for champagne lovers. What a waste of the lovely drinks!

The main secret of opening a bottle of champagne is all about cork control.

Let me show you the proper way of opening a bottle of champagne step by step:

1. *Nearly every bottle of champagne/ sparkling wine has a foil wrapped cage. Just remove it!*



2. *Undo the wire carefully. Hold the cork with your thumb to prevent the cork from popping out suddenly.*

3. *Hold the cork and turn the BOTTLE (not the cork) slowly and gently. Carefully control the cork to ease off with a soft "whoof" but not with a "pop"!*



4. *Enjoy the champagne preferably with a champagne glass so that you can appreciate the dance of the bubbles!*

## Certificate Course on Respiratory Infection – Meeting on 10th October 2009

Dr. Ngan Po Lun

Moderator of Certificate Course on Respiratory Infection, Board of Education

Certificate Course on Respiratory Infection: Prevention and Control of TB- Role of the Family Physician

The Certificate Course of Respiratory Infection, coorganized by American College of Family Physicians (Hong Kong and Macau Chapter), Hong Kong Thoracic Society, and our college, was held in Sept and Oct 2009. One of our invited speakers, Dr. Tam Cheuk Ming, Consultant Chest Physician in-charge, TB and Chest Service, Department of Health, spoke on the topic "Prevention and Control of TB- Role of the Family Physician". The Board of Education would like to share some of the learning points with our readers.

### Current TB Situation

WHO is working for a dramatic reduction of the burden of TB, with the goal of halving the deaths and prevalence of TB by 2015, through its Stop TB Strategy and its support of the Global Plan to Stop TB.



### COMPONENTS OF THE STOP TB STRATEGY

- 1 PURSUE HIGH-QUALITY DOTS EXPANSION AND ENHANCEMENT**
  - a. Foster commitment with increased and sustained financing
  - b. Care education through quality assurance, bio-protocol
  - c. Strengthened treatment with supervision and patient support
  - d. Assure drug supply and management systems
  - e. Monitoring and evaluation systems, and impact measurement
- 2 ADDRESS TB WITH MDI-TB AND OTHER CHALLENGES**
  - Implement collaborative TB/EV activities
  - Prevent and contain multidrug resistant TB
  - Address prevention, diagnosis and other high risk groups and special situations
- 3 CONTRIBUTE TO HEALTH SYSTEM STRENGTHENING**
  - Actively participate in efforts to improve system-wide policy, human resources, financing, management, service delivery, and information system
  - Share innovations that strengthen systems, including the Practical Approach to Lung Health (PAL)
  - Address innovations from other fields
- 4 ENGAGE ALL CARE PROVIDERS**
  - Public-private, and Public-private (PP) approaches
- 5 EMPOWER PEOPLE WITH TB, AND COMMUNITIES**
  - Advocacy, communication and social mobilization
  - Community participation in TB care
  - Patient's Charter for Tuberculosis Care
- 6 ENABLE AND PROMOTE RESEARCH**
  - Programme-based operational research
  - Research to develop new diagnostics, drugs and vaccines

Using the WHO classification for the countries in Western Pacific Region, Hong Kong is regarded as having "intermediate TB burden and good health infrastructure".

### TB Notification

The TB notification rate in Hong Kong was 82/100,000 in 2008. (Provisional figure, which was about 10 times as that of United Kingdom.)

TB notification system in Hong Kong is governed by 2 different ordinances:

- (1) Prevention and Control of Disease Ordinance: TB is a statutory notifiable disease since 1939. Doctors should report every case to Department of Health.
- (2) Occupational Safety and Health Ordinance: Doctor should notify the Labour Department if the infected person is a health-care worker.

### Case Finding: Active v.s. Passive

Active case finding is by examination of -

- Household Contacts
- Institutional Contacts (elderly homes, schools, workplaces)
- Travel Contacts (e.g. For air flight, the useful rule is: for a flight which lasts more than 8 hours, if a passenger is found to have smear positive TB, contact tracing is indicated for all the passengers 2 rows in the front and the back of that index passenger.)

Passive case finding is mainly through publicizing the message: "If you have cough, blood in sputum, chest pain or other chest symptoms for 3 to 4 weeks, you are advised to have a medical check and chest X-ray examination."

### Effective Chemotherapy of TB

The most effective way of controlling TB is through controlling the source TB patient with effective chemotherapy. The DOTS (Directly Observed Treatment Short Course) therapy by the Chest Clinic is justifiable and cost-effective in reducing failure cases, relapsing cases, complications, late effects, drug-resistant cases, and the spread of the disease.

The current anti-TB treatment of Short Course Service Programme includes:

- Initial Phase (2 months): INH+ RIF+ PZA+ EMB/SM
- Continuous Phase (4 months): INH+ RIF

(INH: Isoniazid; RIF: Rifampicin; PZA: Pyrazinamide; EMB: Ethambutol; SM: Streptomycin)

In Short form: 2HRZE + 4HR

(The cost of the above 6-month course is around HK\$600.)

### MDR-TB and XDR-TB

MDR-TB (Multidrug-resistant TB) refers to TB caused by bacteria that are resistant to at least isoniazid and rifampicin. XDR-TB (Extensively Drug-resistant TB) refers to, in addition to MDR-TB, TB caused by bacteria that are resistant to any fluoroquinolone, and at least one of the 3 injectable second-line drugs (capreomycin, kanamycin, and amikacin).

### Management of Adverse Reactions to Anti-TB Drugs

Consider:

- Diagnosis: diagnosis of the adverse event, and relationship with the drug, time sequence, known side-effects, and improvement after withholding the drug
- Assessment of severity and risk: whether to continue or suspend the drug(s), need to balance risk and benefit.
- Reintroduction of Anti-TB drugs: avoid prolonged interruption of treatment and avoid emergence of drug resistance upon sequential reintroduction of the drugs

Common Side-effects and their management:

- GI upset: need to exclude drug-induced hepatitis
- Skin hypersensitivity: withhold anti-TB drugs until reaction improves, with sequential desensitization (slow introduction of drugs, one by one)
- Drug fever: need to exclude other causes of fever, like superimposed infection or TB fever. Suspend treatment to see whether fever subsides
- Hepatotoxicity: transient rise of liver enzymes does not represent genuine hepatitis. In an asymptomatic patient, ALT > 3x ULN/ baseline, or Bilirubin > 2x ULN/ baseline is the cut-off level for withholding potentially hepatotoxic anti-TB drugs.
- Visual disturbance: Ethambutol may have to be withheld, and it is not recommended in young children under the age of 5 as they may not be

able to report visual disturbance. Stop isoniazid also if patient develops severe optic neuritis, or fails to improve within 6 weeks after stopping ethambutol.

- Drug interaction: beware of the concomitant use of oral anticoagulants and anti-epileptics

### Treatment of Latent TB Infection

- Treatment of latent TB infection refers to the use of chemoprophylaxis (usually Isoniazid monotherapy) for an asymptomatic individual who is at risk of developing the disease. It is one of the important strategies for TB control.
- Tuberculin skin test is the most widely adopted tool to identify clients with latent tuberculosis infection. The cut-off point of the skin test will affect the sensitivity and specificity of the result, which depends on factors like history of BCG vaccination, client's immune status and local data on the rates of tuberculosis at different cut-off points of tuberculin skin test. The costs and benefits of screening should always be carefully balanced.
- In Hong Kong, the approach is targeted at high risk patients, including those under the age of 35 with close contact of the disease, HIV sero-positive patients and other immunocompromised patients, and patients with Silicosis.

Useful websites:

- TB Manual: [http://www.info.gov.hk/tb\\_chest/doc/Tuberculosis\\_Manual2006.pdf](http://www.info.gov.hk/tb_chest/doc/Tuberculosis_Manual2006.pdf)
- International Standards for Tuberculosis Care: <http://www.who.int/tb/publications/2006/istc/en/index.html>



Dr. Ngan Po Lun (Left) and Dr. Tam Cheuk Ming



- 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.

## Diabetes Clinical Attachment for Family Physicians

<b>Dates</b>	3, 10, 17 December 2009 7, 14, 21, 28 January 2010 6 (Sat), 11, 18, 25 February 2010 4 March 2010
<b>Organizers &amp; Course Directors</b>	<b>Diabetes Ambulatory Care Centre, Department of Medicine &amp; Geriatrics, United Christian Hospital</b> Dr. Tsang Man Wo Consultant Diabetes Team, United Christian Hospital <b>The Hong Kong College of Family Physicians</b> Dr. Kwong Bi Lok, Mary Chairlady, Board of Education, The Hong Kong College of Family Physicians
<b>Objectives</b>	<ul style="list-style-type: none"> <li>• To update Family Physicians with current management of DM problems</li> <li>• To provide opportunities to gain knowledge and practical experience in outpatient management of DM patient, emphasizing on comprehensive DM complication screening and goal of management</li> <li>• To facilitate public private interface relationship between Hospital and the graduates of this course (For details, please call Dr. YEUNG To Ling, course co-ordinator at 2387 2088.)</li> </ul>
<b>Course Structure</b>	The attachment will consist of 12 two hourly sessions, including lectures, outpatient clinics, ward-rounds and workshops. One session per week from 2:00 p.m. - 4:00 p.m. on Thursdays or Saturday.
<b>Time</b>	2:00 p.m. – 4:00 p.m.
<b>Venue</b>	Library Conference Room, 1/F, Block H, United Christian Hospital, Kwun Tong, Kowloon * Venue for 6 February 2010 Session: Lecture Theatre, G/F, Block F, United Christian Hospital
<b>Topics</b>	Diagnosis and Classification of DM; Electronic Medical Record; Microvascular Complications; Complication Screening; Eye Complications; Renal Complications; Foot Complications; Foot Assessment Workshop; Cardiovascular Complications; Neurological Complications; Treatment (Oral); Case Round; Treatment (Insulin); Initiation of Ambulatory Insulin; Fundamentals & Strategies of Diabetic Nutritional Support; BP & Lipids Management Case Illustration; Obesity & Metabolic Syndrome; Case Illustration; Self Monitoring of Blood Glucose; Patient Empowerment; Pre-diabetes; DM Nurse Case Round
<b>Course Fee</b>	HK\$2,600 All cheques payable to "HKCFP Education Ltd"
<b>Enrolment</b>	Please call Ms Winniea Lee at 2861 0220 for details <u>on or before November 20, 2009</u> . 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.

## Infectious Disease Clinical Attachment for Family Physicians

<b>Dates</b>	5, 12, 19, 26 January 2010 2, 9, 23 February 2010 2, 9, 16, 23, 30 March 2010
<b>Organizers &amp; Course Directors</b>	<b>Princess Margaret Hospital</b> Dr. Thomas So Department of Medicine and Geriatrics, Princess Margaret Hospital <b>The Hong Kong College of Family Physicians</b> Dr. Kwong Bi Lok, Mary Chairlady, Board of Education, The Hong Kong College of Family Physicians
<b>Objectives</b>	<ul style="list-style-type: none"> <li>• To update Family Physicians on topics in Infectious Diseases</li> <li>• To provide opportunities for family physicians to observe Infectious Disease Medicine in practice</li> <li>• To facilitate exchange of ideas between Infectious Disease and General Practice colleagues</li> </ul>
<b>Course Structure</b>	The attachment will consist of 12 two hourly sessions, including lectures, outpatient clinics, ward-rounds and workshops. One session per week from 2:00 p.m. - 4:00 p.m. on Tuesdays.
<b>Time</b>	2:00 p.m. – 4:00 p.m.
<b>Venue</b>	Seminar Room 2, 16/F, Block S [IDC], Princess Margaret Hospital
<b>Topics</b>	Simulation Training in the Clinic Management of Infectious Disease; Diagnostics in Primary Care, Antibiotic Allergy Appropriate Use of Antibiotics; Travel & Infection Pre-travel & Post-travel Care; Pregnancy & Infection, Common Gynaecological Infection; Infection & Infestation in the Elders; emerging Infection in the Community, Infectious Disease Emergency in Primary Care; Update in Management of ILIs & CAP; Approach to Fever in Childhood, Viral Exanthema; Overview of Sexually Transmitted Infection, Common Skin Infection; Infectious Hepatitis, Infectious Diarrhoea, Food Poisoning; Update in Childhood Vaccination
<b>Course Fee</b>	HK\$2,600 All cheques payable to "HKCFP Education Ltd"
<b>Enrolment</b>	Please call Ms Winniea Lee at 2861 0220 for details <u>on or before December 15, 2009</u> . 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

\*\*\* Final 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 20th 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 20th November 2009.

Registration form could be found on Page 23.

### Luncheon Lectures

Date	November 24 (Tue)
Topic	<u>Anti-infective</u> New Approaches to Acute Exacerbations of Chronic Bronchitis and Community-acquired Pneumonia
Speaker	Dr. Lam Bing
Moderator	Dr. Au-yeung Shiu Hing
Sponsor	<i>Pfizer Corporation Hong Kong Limited</i>
Date	November 27 (Fri)
Topic	<u>Oncology</u> 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> 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> How to Maximize the Benefits of Blood Glucose Control for Type 2 Diabetes?
Speaker	Dr. Ronald C. W. Ma
Moderator	Dr. Au Chi Lap
Sponsor	<i>GlaxoSmithKline Limited</i>

Date	December 11 (Fri)
Topic	<u>Mental Health</u> Symptom Interpretation, Treating and Explaining to Patients of Common Emotional and Cognitive Symptoms in General Practice: Very Practical Tips
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. – 2:00 p.m. Buffet Lunch  
2:00 p.m. – 3:15 p.m. Lecture  
3:15 p.m. – 3:30 p.m. Discussion

### Sunday Workshops

Date	November 22 (Sun)
Topics	<u>Cardiology Workshop</u> 1. Treating Hypertension: ACEIs? ARBs? 2. Management of Hypertension in Diabetic Patient: Impact of the Latest Mega-studies 3. The Unmet Needs in Coronary Artery Disease Management and the Role of Primary Care
Speakers	Dr. Wong Shou Pang Professor Brian Tomlinson 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> 1. A Logical Treatment for Hypertensive Patients with Multiple Risks 2. Reducing CV Complications in Diabetic Patients
Speakers	Dr. Bryan Williams Dr. Ronald C. W. 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> 1. Novel Approach to Generalized Anxiety Disorder 2. Nicotine Dependence in the Mental Health Population
Speakers	Dr. Ng Fung Shing Dr. Lo Chun Wai
Moderator	Dr. Chan Yin Hang
Sponsor	<i>Pfizer Corporation Hong Kong Limited</i>

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

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.

**2 December 2009 Wednesday**

Topic and Speaker:

**Update in Management of Hypertension and Angiotensin-renin Blockade**

Dr. Li Siu Lung, Steven  
*Specialist in Cardiology, Director of Heart Centre of Union Hospital*

Chairman	Dr. Yeung To Ling The Hong Kong College of Family Physicians	
Time	1:00 p.m. – 2:00 p.m. Buffet Lunch 2:00 p.m. – 3:30 p.m. Lecture & Discussion	
Venue	The Ballroom, 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) 2 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	<b>Registration will be first come first served. Please reserve your seat as soon as possible.</b>	

Sponsored by  
**Takeda Pharmaceutical Taiwan Ltd — Hong Kong Branch**

**5 December 2009 Saturday**

**Board of Education Interest Group in Mental Health and Psychiatry in Primary Care**

Aim	To form a regular platform for sharing and developing knowledge and skill in the management of mental health	
Theme	The ICAN Approach to Successful Childhood and Preventive Child Psychiatry	
Speaker	<b>Professor Wong Chung Kwong</b> Psychiatrist	
Co-ordinator & Chairman	<b>Dr. Mark Chan</b> 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	<b>Registration will be first come first served. Please reserve your seat as soon as possible.</b>	
Note	<b>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.</b>	

Sponsored by  
**Wyeth (H.K.) Limited**

**12 December 2009 Saturday**

**Management of Adolescent Psychotropic Substance Abuse**

Topics and Speakers:

**1. Management of Adolescent Psychotropic Substance Abuse in Primary Care Setting?**

Dr. Chan Yiu Cheung  
*Associate Consultant, Director of Toxicology Training Hong Kong  
 Poison Information Centre*

**2. Introduction of Fresh Express and Referral Mechanism**

Ms. Cheng Mei Duen  
*Assistant Supervisor, Hong Kong Playground Association*

**3. Enhancing Quit Drug Motivation by Using Motivational Interviewing Approach**

Dr. Lau Chi Hang  
*Resident Specialist, KWC Department of Family Medicine &  
 Primary Health Care*

Co-organizers	Fresh Express, WTS Fresh Community Anti-drug Alliance, WTS Healthy & Safety City, WTS Doctors Network, Hong Kong Medical Association	
Time	2:30 p.m. – 4:30 p.m. Lecture & Discussion	
Venue	Training Room II, 1/F, OPD Block Our Lady of Maryknoll Hospital, 118 Shatin Pass Road, Wong Tai Sin, Kowloon	
Admission Fee	Members	Free

Accreditation	2 CME Points HKCFP (Cat. 4.3) 2 CME Points MCHK
Language	Lecture will be conducted in English and Cantonese.
Enquiries & Registration	Tel: 2354 2440 Ms Clara Tsang Fax: 2327 6852

## 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.

**20 December 2009**

**Sunday**

### Board of Education Interest Group in Neuro-musculoskeletal

Theme	Myofascial Pain Syndrome
Speaker	<b>Dr. Ngai Ho Yin, Allen</b> Associate Consultant, Department of Family Medicine & Primary Health Care, Kowloon West Cluster, Hospital Authority Clinic-in-charge, Ha Kwai Chung Family Medicine Specialist Clinic (Musculoskeletal)
Time	2:30 p.m. - 4:00 p.m. Workshop & Discussion
Venue	8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong
Admission Fee:	Members Only
Capacity	30 doctors
Accreditation	2 CME Points HKCFP (Cat. 4.3) 2 CPD Points HKCFP (Cat. 3.11) 2 CME Points MCHK
Language	Lecture will be conducted in English and Cantonese.
Registration	<b>Registration will be first come first served. Please reserve your seat as soon as possible.</b>

### November's session:

Date	November 27, 2009 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	<b>Vitreoretinal Diseases – Dr. Charmaine Hon</b>
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.

## Structured Education Programmes

Free to members  
HKCFP CME points accreditation (Cat 4.3)

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
<b>17 Nov 09 (Tue)</b>			
5:30 – 8:00 p.m. 3 CME points	F2029A, 2/F, Specialty Block, Tuen Mun Hospital	<b>Genetic Counselling</b> Dr. Sze Lung Yam	Ms Chan Tel: 2468 6813
<b>18 Nov 09 (Wed)</b>			
2:30 – 5:00 p.m. 3 CME points	AB1038, 1/F, Main Block, Tuen Mun Hospital	<b>How to Prepare for Medical Litigation Part I</b> 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	<b>Review of FM Training (II)</b> 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	<b>Self Direct Learning</b> Dr. Ho Ka Kei	Ms Peony Yue Tel: 2632 3480
<b>19 Nov 09 (Thur)</b>			
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	<b>Health Care Delivery System in US and UK</b> Dr. Wong Fai Ying and Dr. Hong Sze Nga	Ms Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 041, 21/F, Pamela Youde Nethersole Hospital	<b>The Hypothetical Deductive Approach</b> Dr. Wong Wing Sze	Ms Kwong Tel: 2595 6941
<b>24 Nov 09 (Tue)</b>			
5:30 – 8:00 p.m. 3 CME points	F2029A, 2/F, Specialty Block, Tuen Mun Hospital	<b>How to Set Up a Clinic</b> Dr. Sze Lung Yam	Ms Chan Tel: 2468 6813
<b>25 Nov 09 (Wed)</b>			
2:30 – 5:00 p.m. 3 CME points	AB1038, 1/F, Main Block, Tuen Mun Hospital	<b>Role of Family Physician in Preventive Care Part 1</b> Dr. Wong Chun Fai	Ms Chan Tel: 2468 6813
5:00 – 7:30 p.m. 3 CME points	Li Ka Shing Specialist Clinic, 3/F, Seminar Room, Prince of Wales Hospital	<b>Medical Audit</b> Dr. Chan Man Hung	Ms Peony Yue Tel: 2632 3480
<b>26 Nov 09 (Thur)</b>			
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	<b>How to Prepare for Medical Litigation Part 2</b> Dr. Wong Hung Yung and Dr. Kwok Vincci	Ms Chan Tel: 2468 6813

5:00 – 7:00 p.m. 2 CME points	Room 041, 21/F, Pamela Youde Nethersole Hospital	<b>Concepts in FM: Genograms</b> Dr. Wu Xiao Qing	Ms. Kwong Tel: 2595 6941
<b>1 Dec 09 (Tue)</b>			
5:30 – 8:00 p.m. 3 CME points	F2029A, 2/F, Specialty Block, Tuen Mun Hospital	<b>Consultations with Patients with Communication Problem</b> Dr. Lee Kar Fai	Ms Chan Tel: 2468 6813
<b>2 Dec 09 (Wed)</b>			
2:30 – 5:00 p.m. 3 CME points	AB1038, 1/F, Main Block, Tuen Mun Hospital	<b>Dementia and Parkinsonism</b> Dr. Mok Kwan Yeung & 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	<b>MPS Case Book Discussion</b> Dr. Li Chee Lan, Lina & Dr. Wong Wing Sze, Rosita	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	<b>Medical Resources from Internet Library</b> Dr. Yu Sze Kai	Ms. Peony Yue Tel: 2632 3480
<b>3 Dec 09 (Thur)</b>			
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	<b>Psychotherapy in Primary Care Clinic</b> Dr. Lo Sze Man	Ms. Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 041, 21/F, Pamela Youde Nethersole Hospital	<b>Ethical Issues in Primary Practice</b> Dr. Mak Wing Hang	Ms. Kwong Tel: 2595 6941
<b>8 Dec 09 (Tue)</b>			
5:30 – 8:00 p.m. 3 CME points	F2029A, 2/F, Specialty Block, Tuen Mun Hospital	<b>Research: Principles of Statistics</b> Dr. Chu Tsun Kit	Ms. Man Chan Tel: 2922 6159
<b>9 Dec 09 (Wed)</b>			
2:30 – 5:00 p.m. 3 CME points	AB1038, 1/F, Main Block, Tuen Mun Hospital	<b>Contraception + HRT Part 1</b> Dr. Li Shun Hoi	Ms Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Lecture Theatre, 6/F, Tsan Yuk Hospital	<b>Dermatological Emergencies</b> Dr. Cheung Chi Hong, David & Dr. Cheng Chun Sing	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	<b>How to Handle Violence Family</b> Dr. Angela Wong	Ms. Peony Yue Tel: 2632 3480
<b>10 Dec 09 (Thur)</b>			
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	<b>Role of Family Physician in Preventive Care Part 2</b> Dr. Lee Hoi Ying and Dr. Yip Chun Kong	Ms. Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 041, 21/F, Pamela Youde Nethersole Hospital	<b>Managing Patients with Suicidal Risk</b> Dr. Leung Ka Fai	Ms. Kwong Tel: 2595 6941
<b>15 Dec 09 (Tue)</b>			
5:30 – 8:00 p.m. 3 CME points	F2029A, 2/F, Specialty Block, Tuen Mun Hospital	<b>Video Consultation Review - LAP</b> Dr. Hung Chi Bun	Ms. Chan Tel: 2468 6813
<b>16 Dec 09 (Wed)</b>			
2:30 – 5:00 p.m. 2.5 CME points	AB1038, 1/F, Main Block, Tuen Mun Hospital	<b>Common Eye Problem</b> 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	<b>Common Sexual Disorder in Female Patient</b> Professor Grace Tang	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	<b>Alternative Medicine in Hong Kong</b> Dr. Cheng Ghar Yee, Judy	Ms. Peony Yue Tel: 2632 3480

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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 (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> 1. Treating Hypertension: ACEIs? ARBs? 2. Management of Hypertension in Diabetic Patient: Impact of the Latest Mega-studies 3. The Unmet Needs in Coronary Artery Disease Management and the Role of Primary Care	( )
Nov 24 (Tue)	<b>Anti-infective</b> New Approaches to Acute Exacerbations of Chronic Bronchitis and Community-acquired Pneumonia	( )
Nov 27 (Fri)	<b>Oncology</b> Diagnosis and Treatment of Neuroendocrine Tumour	( )
Nov 29 (Sun)	<b>Cardiovascular Workshop</b> 1. A Logical Treatment for Hypertensive Patients with Multiple Risks 2. Reducing CV Complications in Diabetic Patients	( )
Dec 1 (Tue)	<b>Respiratory</b> Asthma Management in Practice	( )
Dec 6 (Sun)	<b>General Anxiety Disorders &amp; Smoking Cessation Workshop</b> 1. Novel Approach to Generalized Anxiety Disorder 2. Nicotine Dependence in the Mental Health Population	( )
Dec 8 (Tue)	<b>Diabetes Mellitus</b> How to Maximize the Benefits of Blood Glucose Control for Type 2 Diabetes?	( )
Dec 11 (Fri)	<b>Mental Health</b> Symptom Interpretation, Treating and Explaining to Patients of Common Emotional and Cognitive Symptoms in General Practice: Very Practical Tips	( )
Dec 13 (Sun)	<b>HPV and Hepatitis Workshop</b> 1. Cervical Cancer and Latest Advancement on Cervical Cancer 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 : \_\_\_\_\_  
Email : \_\_\_\_\_  
Tel. no : \_\_\_\_\_ Date : \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 <b>Nov</b>	16	17 5:30 – 8:00 p.m. Structured Education Programme	18 2:30 – 7:30 p.m. Structured Education Programme	19 4:00 – 7:00 p.m. Structured Education Programme 9:00 p.m. Council Meeting	20 1:00 – 3:30 p.m. Optimizing the Medical Management of Type 2 Diabetes	21 2:15 – 4:45 p.m. DFM Module III Practice Management
22 1:00 – 4:30 p.m. ARC - Cardiology Workshop	23 1:00 – 3:30 p.m. Approaches to Improve Outcomes for Asthma Patients with Allergic Rhinitis	24 1:00 – 3:30 p.m. ARC - Anti-infective 5:30 – 8:00 p.m. Structured Education Programme	25 2:30 – 7:30 p.m. Structured Education Programme	26 4:00 – 7:00 p.m. Structured Education Programme	27 1:00 – 3:30 p.m. ARC - Oncology 2:30 – 3:30 p.m. Video session: Vitreo-retinal Diseases	28 2:15 – 4:45 p.m. DFM Module III Anticipatory Care
29 1:00 – 4:30 p.m. ARC - Cardiology Workshop	30	1 <b>Dec</b> 1:00 – 3:30 p.m. ARC - Respiratory 5:30 – 8:00 p.m. Structured Education Programme	2 1:00 – 3:30 p.m. Update in Management of Hypertension and Angiotension-renin Blockade 2:30 – 7:30 p.m. Structured Education Programme	3 2:00 – 4:00 p.m. Diabetes Clinical Attachment 4:00 – 7:00 p.m. Structured Education Programme 9:00 p.m. DFM Board Meeting	4	5 1:00 – 4:00 p.m. Board of Education Interest Group in Mental Health and Psychiatry in Primary Care
6 1:00 – 4:30 p.m. ARC - General Anxiety Disorder & Smoking Cessation Workshop	7	8 1:00 – 3:30 p.m. ARC - Diabetes Mellitus 5:30 – 8:00 p.m. Structured Education Programme	9 2:30 – 7:30 p.m. Structured Education Programme	10 2:00 – 4:00 p.m. Diabetes Clinical Attachment 4:00 – 7:00 p.m. Structured Education Programme 9:00 p.m. DFM Board Meeting	11 1:00 – 3:30 p.m. ARC - Mental Health	12 2:15 – 5:15 p.m. DFM Module V Musculoskeletal Workshop 2:30 – 4:30 p.m. Management of Adolescent Psychotropic Substance Abuse 7:00 – 10:00 p.m. Annual Dinner
13 1:00 – 4:30 p.m. ARC - HPV and Hepatitis Workshop	14	15 5:30 – 8:00 p.m. Structured Education Programme	16 2:30 – 7:30 p.m. Structured Education Programme	17 2:00 – 4:00 p.m. Diabetes Clinical Attachment 9:00 p.m. Council Meeting	18	19 2:15 – 4:45 p.m. DFM Module III Clinical Audit & Quality Assurance
20 2:30 – 4:00 p.m. Board of Education Interest Group in Neuro-musculoskeletal	21	22	23	24	25	26
27	28	29	30	31	1 <b>Jan</b>	2

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