



THE HONG KONG COLLEGE OF FAMILY PHYSICIANS

Family Physicians Links

Message from the President

March has been a busy month for the promotion of Family Medicine to our colleagues in China and Macau!

On March 7-11, a group of 29 delegates from Beijing Community Health Service Committee visited our College for a 5-day course comprising lectures and clinic visits. Doctor-patient consultation was the main theme of the course. Dr. Lau Ho Lim, who also led the organization of the course, started by introducing the principles of Family Medicine, followed by Dr. Daniel Chu on basic communication skills, Dr. Gene Tsoi and Dr. Catherine Chen on consultation models, and Dr. Chan Laam on ICE and SOAP. Then Dr. Au Chi Lap led a practical session with role playing to demonstrate the application of the theoretical parts discussed, and I introduced our vocational training program on the last day. Clinic visits included visits to Fanling Family Medicine Centre led by Dr. Augustine Lam, Dr. Cheung Yu and Dr. Yeung Chi Keung; Tseung Kwan O Jockey Club GOPC and Kowloon Bay Health Centre led by Dr. David Chao and Dr. Chan Pang Fei; and Hong Kong Sanatorium & Hospital Family Medicine Centre led by Dr. Billy Chiu. Post-course evaluation showed that they unanimously ranked the course presentation as 4 on a 4-point scale (where 4 indicates the highest satisfaction).

Upon invitation by the Health Bureau of the Macau Special Administrative Region, our College has organized a series of four Sunday courses for their public doctors led by Dr. Au Chi Lap. On March 13, Dr. Donald Li delivered a lecture on Practice Management



Dr. Ruby Lee and Dr. Chan Hung Chiu attending CMAM Structured CME Programme 2011 Macau

in the morning, followed by an afternoon consultation skills session led by Dr. Au Chi Lap, Dr. Chan Man Li, Dr. Chan Wing Yan, and Dr. Wong Pak Hoi.

We have also been invited by the Chinese Medical Association of Macau to organize a series of 12 lectures on common medical conditions in general practice for a group of private general practitioners in Macau over three Sundays led by Dr. Lau Ho Lim. On March 20, Dr. Linda Hui, Dr. Chan Hung Chiu and I taught on common geriatric problems, common gastrointestinal problems, and practical applications of principles of Family Medicine and smoking cessation respectively.

Our College has also been invited by the Fuzhou Government, China to educate their general practitioners. A MOU has been signed on March 30. There are also other invitations under consideration.

(Continued on page 2)

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Issue 86
April 2011

Message from the President

To promote Family Medicine in the Region, many colleagues have contributed a lot of their time and energy to organize and to participate. I am deeply grateful for their dedication and contribution. I reflected upon our resources and our mission; there is evidence that countries with more generalist family doctors are more likely to have better health outcomes, lower costs and greater satisfaction. Not only will financial resources be saved but also the effective and efficient use of high technology ensured. Primary health care is the best route to universal access, the best way to ensure sustainable improvements in health outcomes, and the best guarantee that access to care will be fair. The growing demand for our Family Medicine education indicates an increasing emphasis on Family Medicine and recognition of our leadership role in our country. With increasing common values amongst us, we should strive to improve the status of Family Medicine as we thrive together. With enthusiasm in learning, I find that I have also learnt a lot through teaching others. Fellows interested in teaching and who are willing to contribute are therefore welcomed to join these meaningful activities.

The 24th Fellowship Conferment Ceremony and the 22nd Dr. Sun Yat Sen Oration

The College is holding "The 24th Fellowship Conferment Ceremony and the 22nd Dr. Sun Yat Sen Oration" at 1/F, Run Run Shaw Hall, Hong Kong Academy of Medicine Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong on 29th May 2011.

The successful candidates of Conjoint Examination would be conferred Fellowship; and the successful candidates of Diploma in Family Medicine and the Exit Examination would be granted certificates. In this very important occasion, **Professor Fok Tai Fai, Dean of Faculty of Medicine, The Chinese University of Hong Kong**, would deliver the 22nd Dr. Sun Yat Sen Oration to the audience.

All Fellows*, members and their spouses are cordially invited to attend the Conferment Ceremony and the Oration. Details as Follows:

- Event : (i) **The 24th Fellowship Conferment Ceremony**
(ii) **The 22nd Dr. Sun Yat Sen Oration by Professor Fok Tai Fai**
- Date : 29th May 2011 (Sunday)
- Time : 3:30pm Reception
4:30pm Ceremony
- Remarks : 1 CME (Category 4.3)
This activity is free of charge to our members and their spouses.

*REMARKS: All College Fellows are welcome to bring along their Fellowship gowns for the Conferment Ceremony.

"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 April 2011 to 14th May 2011, Dr. Chan Ming Wai, Angus and Dr. Liang Jun will be the Council Members on duty. Please feel free to make use of this channel to voice your doubts, concerns, queries, and comments about anything relating to our College and Family Medicine. You can reach us by contacting our College Secretariat by phone: 2528 6618, by fax: 2866 0616, or by email: hkcfp@hkcfp.org.hk. Once we receive your call or message, we will get in touch with you as soon as we can.



Dr. Chan Ming Wai, Angus



Dr. Liang Jun

Dr. Tony C K Lee
Co-ordinator, CMOD System

Membership Committee News

The Council approved, on recommendation of the Membership Committee Chairman, the following applications for membership in **March 2011** with Council Meeting:

Transfer from Associate Membership to Fellowship		Transfer from Student to Associate Membership	
Dr. CHEUNG Kin Wan, Kelvin	張堅允	Dr. LAW Yuk	羅旭
Dr. HSU Kwok Fai, David	許國輝	Student Membership (New Application)	
Dr. LEE Chi Leung	李子亮	Ms. LAM Siu Ping	林小萍
Dr. TANG Man Leung, Thomas	鄧文量	Resignation of Student Membership	
Dr. TSUI Ka Chun	徐家俊	Ms. CHAN Sum Yin, Ann	陳心妍
Dr. WONG Lai Cheung, Virginia	黃麗璋	Mr. FONG Man Kei	方文麒
Associate Membership (New Application)		Mr. LAW Man Chung	羅敏聰
Dr. FONG Yeuk Yee, Maggie	方若怡	Resignation of Full Membership	
Dr. TSEUNG Chi Hang, Steven	蔣志恒	Dr. WONG Cheuk Kwan	黃卓群
Reinstatement of Associate Membership			
Dr. CHEUNG Shun Tai	張順泰		

Classified Advertisements

Positions Vacant

FM and Musculoskeletal training at Ma On Shan. Guarantee income (HA paid + 10K) plus bonus. Please email drandewip@gmail.com or call 9016 2909.

Haven of Hope Christian Service invites applications for Full-time/Part-time Family Physician. Basic salary plus variable pay. Interested parties please send e-mail to se@hohcs.org.hk or contact Ms. Liu by phone at 2703 3230

Cosmetic surgeon trainee – A female experienced cosmetic surgeon invite junior doctor who is interested in the esthetic field to join her practice. Will provide training to be a cosmetic surgeon. Very good prospect. Initial monthly income guarantee One Hundred Thousand dollar per month. Interested please call Miss Kam 9236 0591.

Clinics Available

30+ Years Housing Estate GP Practice For FREE TAKEOVER. NO Goodwill required. Low rent (despite "the Link"). Doctor (FM Fellow) retiring: many long term patients to be taken care of. Transition period in months (to be discussed). New buildings & in-coming tenants, too. Ideal for starting one's own practice. M: 90801390 E-mail: hayleswai@hotmail.com

GP FT/PT/Locum & Specialists Invited. 九龍商場舖, Welcome Joint Partnership. Transparent & generous Bonus + Excellent Prospect. Dr. Kam 3165 1460 profgp2004@yahoo.com.hk

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 (Attention: Amy CHAN).

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

FT/PT/Locum **Family Physician** (min. 3 years' experience) for practices of United Christian Nethersole CHS in NTW / NTE / Kowloon. Please e-mail resume with expected salary - **Ms. Law** : hr@ucn.org.hk

24HRS G/F Clinic near North Point MTR Station, spacious, modern furnished with computerization for rental/take-over, walk-in-and-practice for ambitious doctors. Available Immediately. GOOD BARGAIN PRICE. Contact Ms. Amy Chan 9212-6654.



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

Hong Kong Primary Care Conference 2011

“A New Frontier”

Announcement

It is our great pleasure to announce that the first Hong Kong Primary Care Conference (HKPCC), organized by the Hong Kong College of Family Physicians, will be held on 28 – 29 May 2011 at the Hong Kong Academy of Medicine Jockey Club Building, Wong Chuk Hang, Hong Kong.

Spurred on by the great success of our past Annual Scientific Meetings, the Hong Kong College of Family Physicians is now expanding our Annual Scientific Meeting into an exciting new conference that is relevant to the much broader primary care community. We hope to provide a platform to share the latest scientific updates, current development and future trends in primary care, and to allow college members and other members of the primary care team (family physicians, nurses, community and allied health practitioners) to network and learn from one another.

The theme of this inaugural conference is “A New Frontier”. As our government’s recent healthcare policy is placing a great emphasis on the development of primary care, we hope our new-found conference will provide a new frontier for the fields of primary care, by bringing experts and practitioners together and encouraging future development and collaboration.

We now cordially invite you to submit abstracts for free paper presentations and posters, to participate in our full paper competition, and to register for the conference. Instructions for abstract submission and full paper competition are available on the next few pages and at our College website.

More information on the first Hong Kong Primary Care Conference will follow soon in the future issues of the Hong Kong Practitioner and FP Links, as well as on our College website. It is our hope that your attendance and contribution will help in shaping the future of primary care in Hong Kong. Please come and join us!

Dr. Man-kuen Cheung

Chairlady

Organizing Committee

Hong Kong Primary Care Conference 2011



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

Hong Kong Primary Care Conference 2011

A New Frontier



Full Paper Competition

(Submission Deadline: 29 April 2011, Friday)

We cordially invite your participation in the Full Paper Competition of the HKPCC 2011. The Competition is a long-standing tradition of HKCFP for promoting and recognizing well-designed, innovative research, which bears potential to exert impact in clinical practice or development in the field of primary care.

The HKPCC 2011 Organizing Committee will invite renowned scholars to review the participating papers. Judges appointed by the Organizing Committee will determine the final awardees based on qualities of the papers.

The winner will be awarded the Best Research Paper Award, which will be presented at the opening ceremony of the HKPCC 2011. The winning team will also be featured in our college newsletter – Family Physicians Links (FP Links).

Awards

The **Best Research Paper Award** winner will receive **HK\$5,000** and a certificate.

Eligibility Requirements and Author Guidelines

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

- (1) The author must register at the Conference;
- (2) The author completes the majority of the research and writing for the paper;
- (3) The author has not used the paper to apply for other awards.

The participating papers should be full-length articles. They should include a structured abstract of no more

than 250 words. The text should contain between 2,000- 3,000 words, organized as INTRODUCTION, METHOD, RESULTS and DISCUSSION. It should consist of no more than 5 illustrations (tables/figures).

Electronic version is preferred. The full paper should be typed in 12 point size in Microsoft Word format.

Award Selection Criteria

Each paper will be evaluated against the following criteria:

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

How to Submit

By Email – Attach the paper with the completed “Full Paper Submission Form” and send to hkpcc@hkcfp.org.hk.

IMPORTANT: Please download the Full Paper Submission Form from our College’s Website www.hkcfp.org.hk and submit the paper with the form.

Submission Deadline

29 April 2011 (Friday)

If you have any questions concerning the HKPCC 2011 Full Paper Competition, please do not hesitate to contact Mr. Patrick Wu, the HKPCC 2011 Secretariat, by phone at 2528 6618 or by email: hkpcc@hkcfp.org.hk.

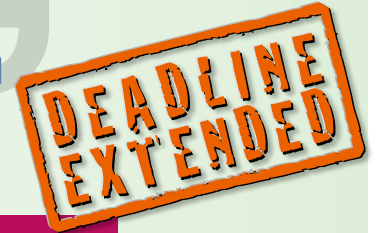
We look forward to receiving your research articles!



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

Hong Kong Primary Care Conference 2011

A New Frontier



Abstract Submission Instructions

Abstract Format

- Electronic version is preferred. Abstracts should be typed in 12-point size in Microsoft Word format. Handwritten abstracts will not be accepted.
- The abstract must not exceed 250 words, and should be organized as follows: TITLE, AUTHOR(S), INTRODUCTION, METHOD, RESULTS and DISCUSSION. Commentaries and discussion papers need not follow the above format apart from the TITLE and AUTHOR(S).
- All presenting authors must register at the Conference.
- Authors' full names and affiliations must be specified. Surnames should be printed in bold.
- All abstracts must be submitted in either English or Chinese. All accepted abstracts must be presented in English.

How to Submit

By Email – Attach the abstract with the completed “Abstract Submission Form” and send to hkpcc@hkcfp.org.hk.

IMPORTANT: Please download the Abstract Submission Form from our College's Website www.hkcfp.org.hk and submit the abstract with the form.

Please Note

- 1) The submitted abstract must not be identical to abstracts submitted to other conferences.
- 2) The Organizing Committee will have the right of final decision on the acceptance of an abstract.
- 3) Only **ONE** designated presenter can present an accepted abstract. Co-authors are welcome to register and attend the session.
- 4) Acknowledgement will be sent by email upon receipt.
- 5) If you have any questions concerning the abstract submission, please contact Mr. Patrick Wu, by phone at 2528 6618 or by email hkpcc@hkcfp.org.hk.
- 6) The deadline for abstract submission is **29 April 2011 (Friday)**.

Scientific Programme

Date Time	28 May 2011 (Sat)		
13:45 - 14:30	Registration - G/F Exhibition Hall		
14:30 - 15:00	Opening Ceremony		
15:00 - 15:30	Plenary I	A New Frontier of Primary Care – Get, Set, Go	Prof. Lam Lo Kuen, Gindy <i>Professor and Head, Department of Family Medicine and Primary Care, HKU</i>
15:30 - 16:00	Plenary II	Random Reflections of a Former Family Doctor	Prof. Gabriel M Leung, JP <i>Under Secretary for Food and Health, HKSAR</i>
16:00 - 16:30	Coffee Break		
16:30 - 18:30	Workshop 1 Wound Management	Office Procedure: to Suture or Not?	Dr. Ho Chiu Ming <i>Plastic Surgeon, Specialist in Surgery</i>
	Workshop 2 Psychotherapy	Office Based Psychotherapy	Dr. Cheung Kit Ying, Andy <i>Specialist in Family Medicine</i>
	Seminar A Education	Review of Vocational Training in Family Medicine: an International Perspective	Prof. Wong Chi Sang, Martin <i>Associate Professor, School of Public Health and Primary Care, Faculty of Medicine, CUHK</i>
		Training Pathways in Hong Kong: a Provider's Point of View	Dr. Yuen Shiu Man, Quincy <i>Chairman, Board of Vocational Training and Standards, HKCFP</i>
	Seminar B Clinical I - Clinical Vignette	Implementation of JADE Program and Comprehensive Diabetic Care in a University Health Service	Dr. Wong Ho Cheong <i>Senior Medical Officer, University Health Service, PolyU</i>
Common Symptoms, Different Diagnosis - Cases Sharing		Dr. Cheung Kwok Leung <i>Specialist in Family Medicine</i>	
	Free Paper Presentation		
18:30 - 19:15	Complimentary Transportation to Dinner Symposium		
19:15 - 22:00	Dinner Symposium co-organised by Primary Care Office and HKCFP		

Date Time	29 May 2011 (Sun)		
09:00 - 09:30	Registration - G/F Exhibition Hall		
09:30 - 11:00	Workshop 1 Wound Management	Management of Chronic Ulcer and Use of Different Dressings	Ms. Wan Yin Ping <i>Nurse Specialist</i>
	Workshop 2 Psychotherapy	Psychological Intervention to Enhance Motivation and Client's Compliance	Ms. Seztou Ngai Wah <i>Senior Occupational Therapist</i>
	Seminar C Research	Research into Sensitive Issues	Prof. Wong Chi Wai, William <i>Clinical Associate Professor, Department of Family Medicine and Primary Care, HKU</i>
	Seminar D Clinical II: Preventive Care: Myths & Facts	Know More about HPV Vaccines	Dr. Chan Chin Wai <i>Private Gynaecologist</i>
		Health Screening: Putting Evidence into Practice	Dr. Chan Wing Yan, Loretta <i>Specialist in Family Medicine</i>
	Seminar E	Common Problems in Infant and Toddler Feeding and Roles of Parents	Dr. Leung Sze Lee, Shirley <i>Assistant Director of Health, Family and Elderly Health Services, DH</i>
	Free Paper Presentation		
11:00 - 11:30	Coffee Break		
11:30 - 12:00	Plenary III	Smoking Cessation in Primary Care (Tentative)	Prof. Chan Siu Chee, Sophia <i>Professor and Head, School of Nursing, HKU</i>
12:00 - 12:30	Plenary IV	Primary Care Reform in Australia – General Practice Leading the Way	Prof. Claire Jackson <i>President, The Royal Australian College of General Practitioners</i>
12:30 - 15:00	Lunch Symposium	TBC	TBC

**Pending CNE, CPD & CME accreditation

Disclaimer

Whilst every attempt will be made to ensure all aspects of the conference mentioned will take place as scheduled, the Organizing Committee reserves the right to make last minute changes should the need arises.



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

Meet Our Distinguished Plenary Speakers

We are proud to present our four plenary speakers, who are not only leading professionals in their particular fields of expertise – they are also motivated to get together and further the development of primary care. Their exciting and informative talks will cover the breath and depth of primary care, and stimulate you on a personal and professional level.



Prof. Cindy Lam

Professor and Acting Head, Department of Family Medicine and Primary Care, The University of Hong Kong and Chief Censor of the HKCFP

Topic: A New Frontier of Primary Care – Get, Set, Go

With a vision that quality primary care can be made available to everyone through education and research, Prof. Lam has dedicated herself to Family Medicine from when the General Practice Unit (HKU) was first founded. Besides being actively engaged in teaching, Prof. Lam also contributes to establishing teaching programs and clinical services. As the Head of Family Medicine Unit, she was instrumental in the founding of the Department of Family Medicine and Primary Care in 2010. Furthermore, Prof. Lam has immense interests in extensive research areas, such as improving patient quality of life, promoting primary health service utilization and mental healthcare. Prof. Lam is also Co-Chair of the Grant Review Board of the Health and Health Services Research Fund (HKSAR). With her vast expertise in Family Medicine, Prof. Cindy Lam will talk us through the preparations essential to deliver effective primary care amongst our profession and our society.



Prof. Gabriel M. Leung, JP

Under Secretary for Food and Health, HKSAR

Topic: Random Reflections of a Former Family Doctor

Prior to his appointment as Under Secretary for Food and Health, Prof. Leung was Professor in Translational Public Health at the University of Hong Kong from 1999 to 2008. His research and teaching focused on high impact public health issues in Hong Kong SAR, the mainland and East Asia.

Prof. Leung was Vice President and Censor in Public Health Medicine of the Hong Kong College of Community Medicine, and served as a consultant to various national and international agencies including the World Health Organisation and World Bank.

As a Fulbright Scholar, Prof. Leung trained in health policy and management at Harvard University and later returned on sabbatical as Takemi Fellow in International Health. He earned a higher research doctorate from the University of Hong Kong, majoring in paediatric epidemiology and health services research. He is a medical graduate of the University of Western Ontario and completed his Family Medicine residency at the University of Toronto.



Prof. Chan Siu Chee, Sophia

Professor and Head, School of Nursing, The University of Hong Kong

Topic: Smoking Cessation in Primary Care

Prof. Chan is Professor and Head of School of Nursing, the University of Hong Kong. Prof. Chan is an avid Public Health leader. Her professional qualifications include PhD(HK), and a Master of Public Health from Harvard University. Prof. Chan has extensive experience in undergraduate and postgraduate nursing education and nursing administration.

Prof. Chan's research interests include tobacco and health issues, nursing education, health promotion and education and health communication, and she has an extensive list of publications.

Prof. Chan is currently involved in numerous projects and these include: Train-the-trainer Programme for Advancement in Nursing for Educators, Managers and Community Nurses in China; and smoking cessation and advocacy training among health professionals in Beijing and Guangzhou, China, to name a few. Prof. Chan's other current research projects includes a study on the effectiveness of an outreach smoking cessation programme for the young working smokers in Hong Kong, other projects involving smoking cessation and the Hong Kong Jockey Club Family Project.



Prof. Claire Jackson

Professor in General Practice & Primary Health Care and past Head of Discipline, University of Qld and National President of the Royal Australian College of General Practitioners

Topic: Primary Care Reform in Australia – General Practice Leading the Way

Prof. Claire Jackson has been involved in numerous research, educational and policy development projects at state and national level in Australia. As Director of the University of Queensland Field Support Service, she was heavily involved in the development of Australian Divisions of General Practice in the mid 90s. Her primary area of research is in improving health system integration, a topic which she has published and presented internationally. Her MD Thesis was entitled 'Building an Integrated Health Care Delivery System around Primary Care'. With Inge de Jong, Claire co-authored "Achieving Effective Health Care Integration – the Essential Guide" in 2000, a publication that has sold over 1000 copies to date. Prof. Jackson's address will detail key Primary Care reform initiatives from the National Health and Hospital Reform Commission, Australia's first Primary Care Strategy and the move to 'Medicare Locals' from mid 2011.

**Primary Care
Conference**

**The Hong Kong College
of Family Physicians**



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

Hong Kong Primary Care Conference 2011

Organized by The Hong Kong College of Family Physicians

28 – 29 May 2011, HKAM Jockey Club Building, Wong Chuk Hang, HK

"A New Frontier"

REGISTRATION FORM

Name : Prof. / Dr. / Mr. / Mrs. / Ms. _____

Institution : _____

Contact No. : _____ Member ID (if applicable) : _____

Email : _____ Fax : _____

**Details or updates would be sent by email*

REGISTRATION (please tick as appropriate):

	HKCFP Member	Non-member
HKCFP Hong Kong Primary Care Conference	<input type="checkbox"/> Complimentary	<input type="checkbox"/> HK\$600
Workshops		
Workshop 1 : Wound Management	<input type="checkbox"/> HK\$200	<input type="checkbox"/> HK\$400
Workshop 2 : Psychotherapy	<input type="checkbox"/> HK\$200	<input type="checkbox"/> HK\$400

ONLY A FEW PLACES LEFT

Each participant can only register for **ONE** workshop

Workshop registration is subject to availability. Cheques will be returned to unsuccessful registrants.

COMPLIMENTARY TRANSPORTATION

Pick-up Points	28 May 2011 (Sat)	29 May 2011 (Sun)
Admiralty	<input type="checkbox"/>	<input type="checkbox"/>
Kowloon Tong MTR station	<input type="checkbox"/>	---
Tuen Mun	<input type="checkbox"/>	---

Note: Details concerning the transportation arrangements will be further announced.

PAYMENT METHOD

Please send completed registration form with crossed cheque payable to "HKCFP Education Ltd" to the address: Room 701, 7/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Hong Kong.

If you have any questions concerning HKPCC 2011, please contact Mr. Patrick Wu, the HKPCC 2011 Conference Secretariat, by email: hkpcc@hkcfp.org.hk or by phone at 2528 6618.

Signature: _____ Date: _____

Registration forms can also be downloaded through College website - www.hkcfp.org.hk.

Enhancing the practice of primary care physicians as our goal to serve
the medical profession and the Society



THE UNIVERSITY OF HONG KONG
LI KA SHING FACULTY OF MEDICINE

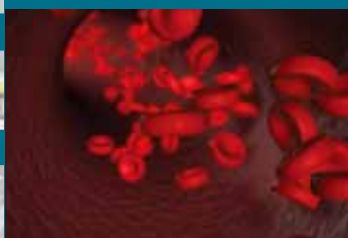
香港大學李嘉誠醫學院

Postgraduate Diploma in Diagnosis and Therapeutics in Internal Medicine

(PDipIntMed&Therapeutics)

醫學內科診斷及治療深造文憑

*Approved by
Medical Council as quotable
qualification*



PROGRAM FEES

Composition fee for the 2 year program
is HK\$23,000 (subject to approval)

ADMISSION REQUIREMENTS

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

DEADLINE OF APPLICATION

31 August 2011

To submit an application:

On-line :

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

*Call for Application
for Admission
in September 2011*

VENUE

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

ORGANIZER

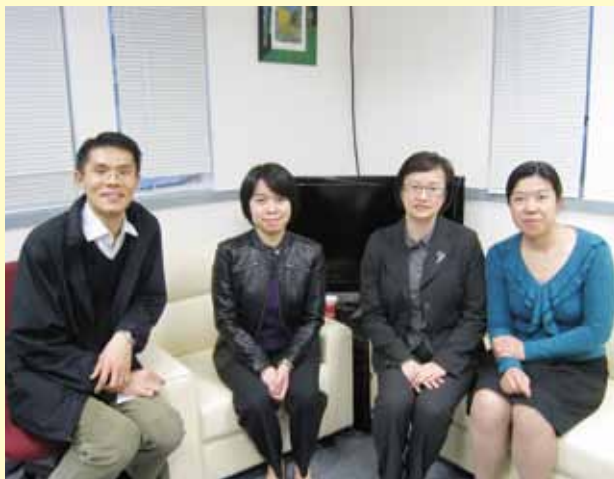
Department of Medicine
The University of Hong Kong
Queen Mary Hospital, Hong Kong

Diagnosis
Therapeutics
Internal Medicine

Interview with Dr. Amy PY Chiu, Head of the Primary Care Office

Interviewers: Dr. Chan Man Li (NTWC) & Dr. Catherine Ng (HKWC)

In this issue of FP Links, we have the great honour of interviewing Dr. Amy PY Chiu, Head of Primary Care Office, Department of Health, at her office at 8/F, Murray Road Multi-Storey Carpark Building, Central (美利多層停車場大廈, 基層醫療統籌處, also the previous location of the ICAC).



From left to right: Dr. Chan Man Li, Dr. Catherine Ng, Dr. Amy Chiu, Dr. Wendy Tsui

As you may be aware, there are many new developments happening in our field in recent years, and it is a golden opportunity to get some first-hand information from the Head of the Primary Care Office.



Dr. Amy Chiu with publications produced by the Food and Health Bureau

Just to remind you, the Working Group on Primary Care [WGPC] under the Health and Medical Development Advisory Committee was reconvened in October 2008 as announced by the

Chief Executive in his 2008-09 Policy Address. It is chaired by the Secretary for Food and Health and its members include representatives from the medical profession, academia, patient groups and other stakeholders. It provides strategic recommendations on enhancing and developing primary care in Hong Kong. The Working Group has set up three taskforces, which are responsible for (1) Primary care conceptual models and preventive protocols for primary care, (2) The Primary Care Directory, and (3) Primary care service delivery models. The Working Group and taskforces made initial recommendations on enhancing and developing primary care in 2009, including developing and promoting clinical protocols for managing individual chronic diseases, developing and promoting the Primary Care Directory, and formulating proposals to launch pilot projects in various districts for setting up community health centres and networks under different service models to provide more comprehensive primary care services.

To foster the development of primary care in Hong Kong and coordinate the implementation of various projects to enhance primary care, the Food and Health Bureau (FHB) had set up a dedicated Primary Care Office (PCO) in September 2010, which is under the Department of Health (DH) and comprises staff with relevant expertise from FHB, DH and the Hospital Authority (HA) and includes doctors from Public Health and Family Medicine, nurses, scientific officers and administrative staff.

The role of the PCO is to provide support to FHB on policy formulation and strategy development on primary care, as well as to co-ordinate DH, HA, private healthcare providers and other relevant stakeholders for the implementation of policies and initiatives to enhance the long-term development of primary care.

The PCO performs the following major functions:

- (a) Coordination of the development of primary care in Hong Kong;
- (b) Development and promotion of primary care conceptual models and clinical protocols for

managing individual diseases, as appropriate for specific age groups. The first phase focuses on publishing reference frameworks of two common chronic diseases – diabetes mellitus and hypertension – and they provide recommendations based on updated clinical evidences, and also form the basis for multidisciplinary management and patient empowerment;

- (c) Development of preventive and health promotion protocols based on the needs and health risks of people of different age groups. The target will be development of age-specific models for children and elderly;
- (d) Establishment and maintenance of the electronic based Primary Care Directory to promote the “family doctor” concept and foster multi-disciplinary collaboration. Information includes practice information and lists of services provided. Invitation letters had been sent out to doctors and dentists to join the Directory since December 2010. The next step is to develop sub-directory of Chinese medicine practitioners. The aim of this Directory is to let the public have more information for choosing their primary care provider, with the ultimate goal of improving the standard of practice, by imposing maintenance requirement e.g. CME;
- (e) Exploration, planning and implementation of different primary care service delivery models, including the provision of tailor-made comprehensive primary care services in local communities by setting up community health centres or networks through collaboration with the public and private healthcare sectors and/or NGOs. The PCO has visited different models of community health centre services in different districts for the future planning of primary care service delivery models. The future model would adopt multidisciplinary approach for disease prevention and chronic disease management;
- (f) Coordination and monitoring of the progress of various pilot projects to enhance primary care, working with independent assessment bodies to continuously evaluate the projects and the effectiveness of the primary care conceptual models and service delivery models during the pilot period, and formulate plans for further development of primary care

services. The PCO will monitor the progress and identify any service gap for improvement action whilst carrying out different primary care conceptual models and service delivery models;

- (g) Building up the capacity of primary care providers and planning and provision of primary care-based training for healthcare professionals of various disciplines. PCO staff will participate in the Hong Kong Primary Care Conference on 28 - 29 May 2011, with the theme being “A New Frontier”, to enable communication between different primary care parties;
- (h) Planning and overseeing public education for the continuous promotion of primary care; and
- (i) Management and allocation of resources to support various pilot projects and initiatives to enhance primary care.

According to Dr. Amy Chiu, the PCO will launch the primary care campaign in April 2011 for a period of two years. The theme of the primary care campaign is to promote everyone having their own family doctor. The first step of the promotion would start with doctors and other health professionals, then to the general public, with the introduction of the Primary Care Directory. Steps include publicity through the media and engaging community groups. In order to promote public-private collaboration, important strategies include electronic health record sharing and formation of reference frameworks for chronic diseases.

The PCO hopes that the College will keep up with its momentum of training and improving the standard of family doctors in Hong Kong, as well as enhancing public education. There are the crucial elements in the promotion of the family doctor concept in Hong Kong.

For the junior doctors and trainees, Dr. Chiu hopes that they can keep the passion of being a doctor, help people in need, and set a clear goal and direction in pursuit of professional and career advancement.

We would like to thank Dr. Amy Chiu for her time for this interview, and for sharing with us the future direction of the development of primary care in Hong Kong.

TWENTY- FIFTH CONJOINT HKCFP/RACGP Fellowship Examination FINAL Announcement (REMINDER)

The Board of Conjoint Examination is pleased to announce the following information on the Twenty-fifth Conjoint Fellowship Examination with the Royal Australian College of General Practitioners to be held in 2011.

(1) REQUIREMENTS AND ELIGIBILITY

All candidates **MUST** be at the time of application for the Examination and at the time of the Conjoint Examination:

1. FULL OR ASSOCIATE members of BOTH HKCFP AND RACGP*
2. FULLY REGISTERED with the Hong Kong Medical Council*
(*Documentary evidence is required with the application - including a valid RACGP number.)

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

(a) **CATEGORY I CANDIDATES** are graduate doctors who are undergoing a fully approved vocational training programme as outlined in the College's Handbook for Vocational Training in Family Medicine.

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

(Note : All Category I candidates who are current vocational trainees and apply to sit the Written Examination **MUST** submit evidence of completion of at least 15 months of approved training by 31 March 2011, together with the application. Those current vocational trainees who apply for the Clinical Examination **MUST** submit evidence of completion of at least 39 months of approved training by 31 March 2011, together with the application.

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

(b) **CATEGORY II CANDIDATES** are doctors who have been predominantly in general practice for not less than **five** years by 30 June 2011.

Category II candidates must apply to sit **both** the Written Examination and the Clinical Examination at the first application.

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

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

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

(2) FORMAT AND CONTENTS

- A. Written Examination
Key Feature Problems (KFP), and,
Applied Knowledge Multiple Choice Questions (MCQ)
- B. Clinical Examination
Objective Structured Clinical Examination (OSCE)

(3) PRE-REQUISITE FOR CLINICAL SEGMENTS

All candidates applying to sit for the Clinical Examination of the Conjoint Fellowship Examination **MUST** possess a CPR (Competence in Cardiopulmonary Resuscitation) certificate issued by the HKCFP. The validity of this certificate must span the time at which the application for the Examination is made **AND** the time of the Clinical Examination.

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

(4) CRITERIA FOR A PASS IN THE EXAMINATION

A candidate will be required to pass the entire Written Examination in one sitting. That is, if one fails the Written Examination, both the KFP and MCQ segments have to be re-taken. Successful Written Examination result can be retained for three years (until the Clinical Examination of 2014).

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

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

(5) APPLICATION AND EXAMINATION FEES

Application forms are available from the College Secretariat at Room 701, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. You may also download the application forms from our College website, www.hkcfp.org.hk. Please note that the deadline for application is **19 April 2011**.

(a) CATEGORY I CANDIDATES

Full Examination (Written + Clinical)	\$21,600
Written Examination	\$6,200 plus Administrative Fee \$7,000
First attempt on Clinical Examination	\$8,400
Subsequent attempt on Clinical Examination	\$8,400 plus Administrative Fee \$7,000

(b) CATEGORY II CANDIDATES

Full Examination (Written + Clinical)	\$21,600
Subsequent attempt on Clinical Examination	\$8,400 plus Administrative Fee \$7,000

Please make the cheques# payable to **"HKCFP Education Limited"**. If a candidate applies for the Full Examination and **fails the Written Examination, the fee paid for the Clinical Examination HK\$8,400 will be returned.**

(#For application of Full Examination please writes 2 separate cheques of HK\$13,200 and HK\$8,400. For the cheque of HK\$8,400, please date it at 1 September 2011.)

(6) REFUND POLICY

If a candidate wishes to withdraw from the examination, and written notification of withdrawal is received by the College 60 days or more prior to the date of the examination, he will receive a refund of \$14,600 (for the whole examination), \$6,200 (for the written examination) or \$8,400 (for the clinical examination). The administration fee of \$7,000 will not be refunded.

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

All fees paid are not transferable to subsequent examinations.

(7) IMPORTANT DATES

- 19 April 2011 (Tuesday) Closing Date for Applications
- 18 September 2011 (Sunday) Conjoint Examination – Written Examination (KFP)
- 25 September 2011 (Sunday) Conjoint Examination – Written Examination (MCQ)
- 30 October and 6 November 2011 (Sundays) (Tentative) Conjoint Examination – OSCE

(8) ELECTION TO FELLOWSHIP

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

Entry forms for Fellowship, Membership and Associateship of the Hong Kong College of Family Physicians and the Royal Australian College of General Practitioners are available from both College website (www.hkcfp.org.hk / www.racgp.org.au). You may also contact the HKCFP Secretariat, Room 701, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. Tel: 2528 6618, Fax: 2866 0616.



Dr. Chan Hung Chiu
Chairman
Board of Conjoint Examination

Diploma in Family Medicine (HKCFP) Announcement

The Board is pleased to announce that the Diploma Course in Family Medicine (DFM) organized by The Hong Kong College of Family Physicians will commence in June 2011.

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

Details of the course are as follows:

1. Objectives:

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

2. *Syllabus:

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

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

Module I – Principles of Family Medicine (Distance Learning)

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

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

Aims:	1. Enhance consultation, communication and problem solving skills 2. Gain knowledge in common and chronic diseases in Family Medicine
Contents:	Selected topics from Clinical Psychology, Diabetes Mellitus, Low Back Pain, COPD, Atopic Eczema, Elbow Mass, Facial Rashes, Health Psychology, Allergic Rhinitis, Urethritis, Urine Incontinence, etc

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

Aims:	1. Strengthen knowledge in Family Medicine 2. Understand the potential growth of Family Medicine 3. Develop research and teaching skills in Family Medicine
Contents:	Practice Management, Care of Elderly & Chronic Illnesses, Anticipatory Care, Clinical Audit & Quality Assurance, Introduction to Family Therapy, Research & Teaching in Family Medicine, Evidence Based Medicine and Critical Appraisal

Module IV - Clinical Updates (Updates and Clinical Attachment)

Aims:	Acquire in-depth knowledge and practical skills in selected specialized areas including Medicine, Surgery, Geriatrics, ENT, Orthopaedics & Traumatology, Accident & Emergency Medicine, Infectious Diseases and Dermatology
Contents:	<u>THREE</u> Update seminars and <u>ONE</u> clinical attachment on selected specialties including Medicine, Surgery, Geriatrics, ENT, Orthopaedics & Traumatology, Accident & Emergency Medicine, Infectious Diseases and Dermatology (subject to availability)

Module V - Practical Family Medicine (Practical Workshops)

Aims:	Enhance practical and communication skills in Family Medicine by Practical Workshops in selected areas including CPR, Consultation Skills, Counselling Skills, Women's Health, Orthopaedic Injection and Musculo-Skeletal Medicine
Contents:	<u>5 compulsory and 1 elective</u> Practical Workshops in selected areas including CPR, Consultation Skills, Counselling Skills, Women's Health, Orthopaedic Injection and Musculo-Skeletal Medicine

Module III & V will be scheduled in Saturday and Sunday afternoons

3. Articulations:

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

4. *Schedule:

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

June to September 2011	Module I
November 2011 to January 2012	Module II
July 2011 to May 2012	Module III, IV & V
May 2012	Final Examination

5. Admission Requirements:

Medical Practitioner with Bachelor's degree in Medicine.

6. Teaching Staff:

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

7. Teaching Medium:

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

8. Course Fees:

Whole course:

HK\$25,000 for members of HKCFP

HK\$50,000 for non-members

(A discount of HK\$3,000 for early birds who apply on/before May 15, 2011)

In addition, the first 10 General Practitioners in Hong Kong who enroll successfully with the Diploma course on/before the deadline will enjoy further course fee reduction of HK\$2,000.

Individual Modules:	Members	Non-members
Module I (Distance Learning – Principles of Family Medicine)	\$3,000	\$6,000
Module II (Distance Learning – Common Problems in Family Medicine)	\$3,000	\$6,000
Module III (Structured Lectures & Seminars)	\$2,000	\$4,000
Module IV (Updates & Clinical Attachment)	\$2,600	\$5,200
Module V (Practical Workshops)	\$3,600	\$7,200
Examination	\$10,800	\$21,600

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

9. Awards/Credits:

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

10. Application Procedures:

Application is now open.

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

- Photocopy of the current Annual Practising Certificate
- A recent photo of the applicant (passport size)
- A signed "Disclaimer of Liability"
- An application fee of HK\$200 by crossed cheque payable to "HKCFP Holdings and Development Limited". This fee is non-refundable.
- A Course Fee of HK\$25,000 (or HK\$50,000 if non-member) by crossed cheque payable to "HKCFP Holdings and Development Limited". This fee is non-refundable unless the application is unsuccessful.

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

Information and application forms are obtainable at the College or can be downloaded at the College website (<http://www.hkcfp.org.hk>). Members who were not admitted in the course in 2010 have to send in their application again if they want to study the course this year. Please contact the College secretariat, Ms Winnie Lee at 2861 0220 for any queries.

11. Application Deadline: June 17, 2011**Comments From Former DFM Graduates**

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

Dr. Au Chi Lap
Chairman
The Board of DFM

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

#Cantonese and English will be used as the language for teaching and examination.



CPR Training Workshop



Women's Health Workshop



Orthopaedic Injection Workshop



Musculoskeletal Workshop

Certificate Course in Family Medicine (HKCFP) Announcement

The Board is pleased to announce that the **NEW** Certificate Course in Family Medicine (CFM) organized by The Hong Kong College of Family Physicians will commence in June 2011.

The course consists of **THREE** Segments. Segment I and Segment II will be delivered by Local Distance Learning. Segment III consists of workshops. The whole course requires FIVE months of part-time studies.

Details of the course are as follows:

1. Objectives:

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

2. *Syllabus:

The course consists of **THREE** compulsory segments. Doctors graduated from the course are expected to have acquired:

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

Segment I – Principles of Family Medicine (Distance Learning)

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

Segment II - Common Problems in Family Medicine (Distance Learning)

Aims:	1. Enhance consultation, communication and problem solving skills 2. Gain knowledge in common and chronic diseases in Family Medicine
Contents:	Selected topics from Clinical Psychology, Diabetes Mellitus, Low Back Pain, COPD, Atopic Eczema, Elbow Mass, Facial Rashes, Health Psychology, Allergic Rhinitis, Urethritis, Urine Incontinence, etc (Subject to further selection)

Segment III - Practical Family Medicine (Practical Workshops)

Aims:	Enhance practical skills and consultation skills in Family Medicine by Practical Workshops in some selected areas
Contents:	Orthopaedic Injection and Consultation Skills

3. *Schedule:

The whole course requires FIVE months of part-time studies.

June to October 2011	Segment I & II
1-day workshop in October 2011	Segment III

4. Admission Requirements:

Medical Practitioner with Bachelor's degree in Medicine.

5. Teaching Staff:

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

6. Teaching Medium:

English

7. Course Fees:

HK\$6,000 for members of HKCFP
HK\$12,000 for non-members

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

8. Awards/ Credits:

- i) A Certificate in Family Medicine issued by HKCFP will be awarded to candidates who have satisfied all the requirements.
- ii) 10 CME credit points will also be awarded to candidates at satisfactory completion of the Course by the QA & A Committee of HKCFP.

9. Application Procedures:

Application is now open.

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

- i) Photocopy of the current Annual Practicing Certificate
- ii) A recent photo of the applicant (passport size)
- iii) An application fee of HK\$200 by crossed cheque payable to "HKCFP Holdings and Development Limited". This fee is non-refundable
- iv) A Course Fee of HK\$6,000 (or HK\$12,000 if non-member) by crossed cheque payable to "HKCFP Holdings and Development Limited". This fee is non-refundable unless the application is unsuccessful.

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

Information and application forms are obtainable at the College or can be downloaded at the College Website (<http://www.hkcfp.org.hk>). Please contact the College secretariat, Ms Winnie Lee at 2861 0220 for any queries.

10. Application Deadline: June 17, 2011

Dr. Au Chi Lap
Chairman, The Board of DFM

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

#Cantonese and English will be used as the language for teaching and examination.

Nuclear Panic

On 11th March 2011, a Richter scale 9.0 earthquake followed by 14 metre-high tsunami hit the nuclear power plant Fukushima I at East Japan, causing major damage to the nuclear reactor and used radioactive substance storage with leakage of radioactive substance into the surrounding areas. Progressively more concerns were raised when radioactivity was detected in the drinking water and agricultural products hundreds of kilometres away from the plant. Radioactive iodine has even been detected in the rain at the other end of the Pacific Ocean in USA. Citizens are now avoiding Japanese food and products. How high would the threat be to us if we actually come into contact with or eat these products? Let's take a look at what we are facing.

There are thousands of radioactive products produced during nuclear fission inside a nuclear plant. The two most common radioactive substances detected near Fukushima is caesium-137 and iodine-131. Caesium-137 has a half-life of about 30 years. It is water-soluble and the nature is similar to that of potassium. After entering the body, caesium has a biological half-life of 70 days. It gets more or less uniformly distributed in the body, with a higher concentration in muscle tissues. High levels of absorbed caesium may therefore cause potential damage to the body's cells, but the level of risk or carcinogenicity is uncertain. The iodine-131, however, is much more familiar to us. This is exactly the same radioactive isotope of iodine that we used to treat patients with Grave's disease. It has a radioactive decay half life of eight days. However it is a significant contributor to the health effects of nuclear accident, especially from the Chernobyl disaster. Radioactive iodine contaminated food is absorbed and concentrated in the thyroid. Exposure to high levels of iodine-131 increases the chance of occurrence of radiogenic thyroid cancer in later life, as evidenced by the Chernobyl disaster. The risk of thyroid cancer in later life appears to diminish with increasing age at the time of exposure, therefore children or teenagers would be at a higher risk.

A common method for preventing iodine-131 exposure is by saturating the thyroid with non-radioactive iodine, namely potassium iodide. The thyroid will absorb very little radioactive iodine-131 after it is saturated with non-radioactive iodide, thereby avoiding the damage caused by radiation from radioiodine. This piece of information had caused confusion in the public and created a short-lived salt-buying panic as they believed iodine in dietary salts could prevent radiation. However, the dosage of potassium iodide for adults is 130 mg per day. This is equivalent to 100 mg of iodide, and is about 700 times bigger than the nutritional dose of iodide, which is 0.15 mg per day. Therefore, any other forms of iodine supplement, no matter by diet or nutritional supplement products, are not going to offer any help to those exposed. Moreover, the effect of such tablets can only last for 24 hours and it is not able to treat or prevent other radiation. According to the Department of Health, only the Government has purchased stock of potassium iodide currently and it is not available on the market.

Knowing the limitations of medical treatment for radiation, what should we do in our usual practice if we encounter patients suspected to be contaminated by radiation? Usually visitors from Japan or nearby countries can be screened for radioactivity voluntarily in the airport and sent to A&E department if found positive. These patients would be taken to a separate area in A&E for checking. If radioactivity is detected, they will be washed, cleaned and rechecked for any residual radiation. If they are still found to have radiation, they will be admitted to the hospitals for isolation, further checking and treatment by physicists and doctors. If patients who are suspected to be contaminated with radioisotopes really turn up in our GOPC or private clinic, they should be kept away from other staff and other patients if possible, and the Security Bureau should be informed so that transportation to AED for further checkup can be arranged. Patients contaminated with radiation usually had radioactive substance on their clothes and body instead of inside the body. Therefore standard PPE is good enough to prevent most contacting staff from contamination by radiation. Lead apron currently used for x-ray staff is not going to shield significant gamma rays produced by radioactive substances.

According to the Inverse Square Law of high-school physics, radioactivity decreases in proportion to the square of the distance apart. Hong Kong seems to be quite safe from direct radiation pollution at this point, being more than 3000 kilometres away from Fukushima. The government is also doing its best to screen for any contaminated products from Japan. However we should always stay alert and keep ourselves updated. If any person needs to visit Japan, we should offer them the following advice. First, stay away from the source of centres of radiation leakage if possible. Second: shorten the duration of stay as much as you can. Third, comply to updated recommendations from the Japanese government.

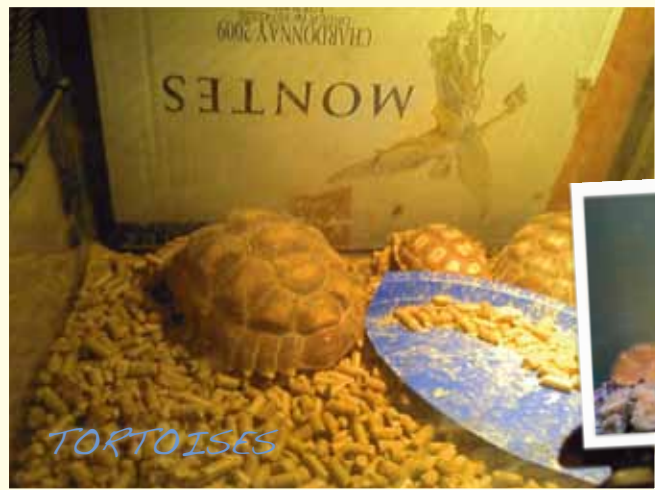
It is hoped that this accident would be the last nuclear plant accident happen on our earth and our hearts go out to the homeless victims in East Japan.

References:

1. Radioactive Iodine 131 from fallout – National Cancer Institute
2. Guidelines for iodine prophylaxis following nuclear accidents – World Health Organization 1999
3. Thyroid Disease 60 Years After Hiroshima and 20 Years After Chernobyl - JAMA 295 (9). 2006
4. Radioisotope Brief: Cesium-137 (CS-137). Centre for Disease Control and Prevention. Available from <http://www.bt.cdc.gov/radiation/isotopes/cesium.asp>

Compiled by Dr. Lee Ling Hin, Matthew

Our Families



仔仔



AQUARIUM

Dr. Aylwin Chan, SMO of Violet Peel GOPC HKEC
 Dr. Siu Lok Man Joanne, Higher Trainee HKEC

As Family Physicians, our own families mean the whole world to us. Apart from reading the FP Links in our after hours, we spend the majority of our time with them. So what better topic than this in April's issue of FP Links. But wait, we've already done an issue on adorable babies and cute children before. Perhaps there are other "species" of 仔仔

These are some of the darlings of Aylwin and Joanne:

TORTOISES

These tortoises are very easy to keep other than the need of constant warm ambient temperature of over 28C.

They eat vegetables and vitamin supplements.

The 2 bigger ones are husband and wife but haven't got off-springs yet.

The smaller one is a new recruit and probably a girl.

AQUARIUM FOR RENT

The aquarium is our oldest acquisition and has been there for 12 years. The fish are "rented" and turnover replacement is guaranteed by the vendor.



This guy on the left has had a recent dental procedure to trim his incisors. Otherwise he could have been dead by now due to starvation as a result of malocclusion of teeth. Lucky fellow.

My name is 仔仔.

I am 4 years old.

I like Choy Sum but I hate pea shoot. White bread is my favorite food.

Interest Group in Dermatology – the 23rd Meeting on 5th March 2011

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

The 23rd Interest Group in Dermatology Meeting was held on 5th March 2011. Dr. Lee Tze Yuen, Hon. Clinical Associate Professor of The University of Hong Kong, was the guest speaker. Our sponsor was Galderma Hong Kong Limited.

Theme : Facial Dermatoses
Speaker : Dr. Lee Tze Yuen
Specialist in Dermatology
Moderator : Dr. Wong Nai Ming
Learning points : Written By : Dr. Tse Kwok Lam

During the Dermatology interest group meeting on 5 March 2011, Dr. Lee Tze Yuen shared with us his collection of photos on facial dermatoses. It was a lively and vivid interaction. Photos were shown together with brief patient histories and the audiences were encouraged to voice out salient features of the cases.

The last part of the meeting was discussion of a case from a college member.

History

A 54-year-old lady complained of on-and-off itchy eruptions on the face for two years. Only the face was involved. The rash waxed and waned without obvious precipitating factors (heat or temperature change did not affect the rash). There was no flushing. She had stopped using over-the-counter skincare and beauty products including hairsprays, perfumes and nail polish, etc.

She had consulted many doctors and had been given topical steroid with transient improvements only.

She had been healthy all along. There was no personal or family history of atopic diseases including allergic rhinitis, urticaria or asthma.

She was quite distressed, not only by the intense itch but also by the cosmetic disfigurement as she was working as a saleslady.

Examination

On examination, erythematous, ill-defined macular eruptions were found on both cheeks, forehead and left upper eyelid. Multiple pinkish monomorphic papules were present at forehead, lateral sides of face and bilateral submandibular areas. There were no comedones or telangiectasia. Careful examination revealed that the skin was thickened with accentuated skin markings: lichenification.

Discussion

The presence of lichenification in our patient is significant as it is the hallmark of chronic eczematous dermatitis. Chronic intense itch is distressing. The patient scratches voluntarily or involuntarily at night resulting in skin change.

Differential diagnoses of the papules include folliculitis, acne vulgaris, rosacea and perioral dermatitis.

For acne vulgaris, comedones are present and the lesions are usually of variable sizes and at various stages

of inflammation from papules to pustules, nodules or even cysts. Scarring may also be found in chronic acne. In our patient, no comedones were found.

Patients with rosacea usually have long history of episodic reddening of the face (flushing) with increased skin temperature in response to heat stimuli (sun exposure, hot spicy food, alcohol). Papules and pustules are concentrated at central part of face. Telangiectasia is characteristic but it was not found in our patient.

For perioral dermatitis, papules are usually confined to the chin and nasolabial folds with a clearzone around the vermilion border (mucocutaneous junction). The distribution of papules in our patient was not typical of perioral dermatitis.

Therefore papules in our patient are due to folliculitis, likely as a result of chronic topical steroid use.

The final diagnosis was chronic eczema complicated by steroid-induced folliculitis.

Management

In view of the presence of folliculitis induced by steroid, its topical use was stopped. However the eczematous process could not be well controlled by oral antihistamines alone and the itchiness and erythema flared up.

Under such circumstances, Dr. Lee advised use of topical non-steroidal agents such as Pimecrolimus (Elidel) or Tacrolimus (Protopic) for the eczema. Tingling may be present when these agents are first used and patients should be warned.

For the folliculitis components, oral antibiotics such as tetracyclines can be used. Lymecycline (Tetralysal) is newer with a better side effect profile.

Next Meeting

The next meeting will be held on 7th May 2011 with Dr. Tang Yuk Ming speaking to us on Common Office Procedures.

All members are welcome and encouraged to present their cases and problems for discussions. Please contact our secretary at 28610220 two weeks beforehand for speaker to review the information.



Dr. Mary Kwong & Dr. Lee Tze Yuen

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

7 May 2011 Saturday

Board of Education Interest Group in Dermatology

Aim	To form a regular platform for interactive sharing and discussion of interesting dermatological cases commonly seen in our daily practice	
Theme	Common Office Procedures	
Speaker	Dr. Tang Yuk Ming Specialist in Dermatology	
Co-ordinator & Chairman	Dr. Wong Nai Ming The Hong Kong College of Family Physicians	
Time	1:00 p.m. – 2:15 p.m.	Lunch
	2:15 p.m. – 4:00 p.m.	Theme Presentation & Discussion
Venue	5/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong	
Admission Fee	Members	Free
	Non – members	HK\$ 300.00
	HKAM Registrants	HK\$ 150.00

Accreditation	All fees received are non-refundable and non-transferable. 2 CME Points HKCFP (Cat. 4.3) 2 CPD Points HKCFP (Cat. 3.15) 2 CME Points MCHK
Language	Lecture will be conducted in English and Cantonese.
Registration	Registration will be first come first served. Please reserve your seat as soon as possible.
Note	Participants are encouraged to present own cases for discussion. Please forward your cases to the Co-ordinator via the College secretariat 2 weeks prior to meeting.

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Monthly Video Viewing Session

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

April's session:

Date	29 April, 2011 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	Fibromyalgia: Myths & Facts – Dr. Rakesh Jain, M.D. MSH
Admission	Free for Members
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.

May's session:

Date	27 May, 2011 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	Managing BPH in Primary Care Practice – Dr. C. W. Man
Admission	Free for Members
Accreditation	1 CME Point HKCFP (Cat. 4.2) 1 CME Point MCHK Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log)
Language	Lecture will be conducted in English.

Community Education Programmes

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

Date/Time/CME	Venue	Topic/Speaker/Co-organizer	Registration
14 May 2011 (Sat) 2:30 – 4:30 p.m. 2 CME points	Training Room II, 1/F, OPD Block, Our Lady of Maryknoll Hospital, 118 Shatin Pass Road, Wong Tai Sin, Kowloon	Refresher Course for Health Care Providers 2010/2011 – Dealing with Common ENT Problems in General Practice Dr. Wong Ka Chun Our Lady of Maryknoll Hospital and Hong Kong Medical Association	Ms. Clara Tsang Tel: 2354 2440 Fax: 2327 6852
21 May 2011 (Sat) 1:30 – 4:00 p.m. 2 CME points	Lecture Theatre, G/F, Block F, United Christian Hospital	Parkinsonism Disease Management Dr. K. F. Hui Hong Kong Medical Association (KECN) & United Christian Hospital	Ms. Gary Wong Fax: 3513 5548

Structured Education Programmes

Free to members

HKCFP CME points accreditation (Cat 4.3)

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
20 Apr 11 (Wed)			
2:15 – 4:45 p.m. 3 CME points	AB1028, 1/F, Main Block, Tuen Mun Hospital	Emergency in General Practice: Case Discussion Dr. Sze Siu Lam	Ms. Chan Tel: 2468 6813
2:15 – 5:15 p.m. 3 CME points	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Approach to Alcoholism Dr. Sit Wing Shan and Dr. Cheung Yan Kit	Ms. Cordy Wong Tel: 3513 3087
5:00 – 7:00 p.m. 2 CME points	Lecture Theatre, 6/F, Tsan Yuk Hospital	Allied Health Talk – P&O Dr. Cheung Man Ha	Ms. Man Chan Tel: 2589 2337
5:00 – 7:30 p.m. 3 CME points	Li Ka Shing Specialist Clinic, 3/F, Seminar Room, Prince of Wales Hospital	Family Planning and Contraception Dr. Kwong Siu Kei	Ms. Susanna Tong Tel: 2632 3480
21 Apr 11 (Thur)			
2:15 – 5:15 p.m. 3 CME points	Auditorium, G/F, Tseung Kwan O Hospital	Approach to Alcoholism Dr. Sit Wing Shan and Dr. Man Fung Yi	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Holistic Care Dr. Leung Hor Yee and Dr. Tam Kit Ping	Ms. Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 41, 2/F, Pamela Youde Nethersole Eastern Hospital	LAP Video Review Dr. Li Hei Lim and Dr. Siu Lok Man	Ms. Kwong Tel: 2595 6941
27 Apr 11 (Wed)			
2:15 – 4:45 p.m. 3 CME points	AB1028, 1/F, Main Block, Tuen Mun Hospital	Disposal of Medical Waste Dr. Li Shun Hoi	Ms. Chan Tel: 2468 6813
2:15 – 5:15 p.m. 3 CME points	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Paediatric Emergency in General Practice Dr. Kwong Sheung Li and Dr. Zhu Guixia	Ms. Cordy Wong Tel: 3513 3087
5:00 – 7:00 p.m. 2 CME points	Lecture Theatre, 6/F, Tsan Yuk Hospital	Evidence-based Medicine Dr. Tam Yick Sin, Denise	Ms. Man Chan Tel: 2589 2337
28 Apr 11 (Thur)			
2:15 – 5:15 p.m. 3 CME points	Auditorium, G/F, Tseung Kwan O Hospital	Paediatric Emergency in General Practice Dr. Yiu Kwan and Dr. Kwong Lok See	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Childhood Obesity Dr. Sze Siu Lam and Dr. Sze Lung Yam	Ms. Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 41, 2/F, Pamela Youde Nethersole Eastern Hospital	Sexually Transmitted Diseases Dr. Yio Shing	Ms. Kwong Tel: 2595 6941
4 May 11 (Wed)			
2:15 – 4:45 p.m. 3 CME points	AB1028, 1/F, Main Block, Tuen Mun Hospital	Medical Biostatistics Application in Primary Care Research Dr. Mok Kwan Yeung	Ms. Chan Tel: 2468 6813
2:15 – 5:15 p.m. 3 CME points	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Consent Dr. Yuen Ching Yi and Dr. So Tsang Yim	Ms. Cordy Wong Tel: 3513 3087
5:00 – 7:00 p.m. 2 CME points	Lecture Theatre, 6/F, Tsan Yuk Hospital	Review of FM training Dr. Ko Wai Kit	Ms. Man Chan Tel: 2589 2337
5:00 – 7:30 p.m. 3 CME points	Li Ka Shing Specialist Clinic, 3/F, Seminar Room, Prince of Wales Hospital	Psychological Problems Among Elderly People Dr. Ho Wing Man	Ms. Susanna Tong Tel: 2632 3480
5 May 11 (Thur)			
2:15 – 5:15 p.m. 3 CME points	Auditorium, G/F, Tseung Kwan O Hospital	Consent Dr. Kwan Sze Sing and Dr. Kwok Tsz Tik	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Update on FM Training Dr. Chan Chi Ho	Ms. Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 41, 2/F, Pamela Youde Nethersole Eastern Hospital	Diagnosis and Management of OSA Dr. Lee Ho Ming	Ms. Kwong Tel: 2595 6941
11 May 11 (Wed)			
2:15 – 4:45 p.m. 3 CME points	AB1038, 1/F, Main Block, Tuen Mun Hospital	Adverse Incident Reporting and Follow Up Dr. Ho Tsz Bun	Ms. Chan Tel: 2468 6813
2:15 – 5:15 p.m. 3 CME points	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Health Care Delivery System in HK Dr. Kwan Yu	Ms. Cordy Wong Tel: 3513 3087
5:00 – 7:00 p.m. 2 CME points	Lecture Theatre, 6/F, Tsan Yuk Hospital	Journal Club Dr. Cheung Man Ha	Ms. Man Chan Tel: 2589 2337
12 May 11 (Thur)			
2:15 – 5:15 p.m. 3 CME points	Classroom, G/F, Tseung Kwan O Hospital	Health Care Delivery System in HK Dr. Kwan Yu	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Urinary Frequency Dr. Wong Chun Fai and Dr. Lee Hoi Ying	Ms. Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 41, 2/F, Pamela Youde Nethersole Eastern Hospital	Effective Delivery Better Wound Care Dr. Lai Suk Yi	Ms. Kwong Tel: 2595 6941
18 May 11 (Wed)			
2:15 – 4:45 p.m. 3 CME points	AB1028, 1/F, Main Block, Tuen Mun Hospital	Complaint Management Dr. Wong Chun Fai	Ms. Chan Tel: 2468 6813
2:15 – 5:15 p.m. 3 CME points	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Community Health Check Programme Dr. Ng Cham Chi and Dr. Chan Ngai Ping	Ms. Cordy Wong Tel: 3513 3087
5:00 – 7:00 p.m. 2 CME points	Lecture Theatre, 6/F, Tsan Yuk Hospital	Basic Skills on Interpretation of Imaging Film I – X Ray Dr. Andrew Lai	Ms. Man Chan Tel: 2589 2337
5:00 – 7:30 p.m. 3 CME points	Li Ka Shing Specialist Clinic, 3/F, Seminar Room, Prince of Wales Hospital	Update Paediatric and Adult Resuscitation Dr. Yau King Sun	Ms. Susanna Tong Tel: 2632 3480
19 May 11 (Thur)			
2:15 – 5:15 p.m. 3 CME points	Classroom, G/F, Tseung Kwan O Hospital	Community Health Check Programme Dr. Ng Cham Chi and Dr. Yeung Sze Wai	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Effective Communication Dr. Li Shun Hoi and Dr. Ng Mei Po	Ms. Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 41, 2/F, Pamela Youde Nethersole Eastern Hospital	Management of Loins Pain and Renal Calculi Dr. Kwong Kam Tim	Ms. Kwong Tel: 2595 6941

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 Apr	18	19	20 2:00 – 4:00 p.m. Diabetes Clinical Attachment 2:15 – 7:30 p.m. Structured Education Programme 6:00 - 8:00 p.m. HKPCC 2011 Committee Meeting	21 2:15 – 7:00 p.m. Structured Education Programme	22	23
24	25	26	27 2:15 – 7:00 p.m. Structured Education Programme	28 9:00 p.m. Board of Conjoint Examination Meeting 2:15 – 7:00 p.m. Structured Education Programme	29 2:30 – 3:30 p.m. Board of Education - Video Session	30
1 May	2	3	4 2:15 – 7:30 p.m. Structured Education Programme	5 2:15 – 7:00 p.m. Structured Education Programme	6	7 1:00 – 4:00 p.m. Interest Group in Dermatology
8	9	10	11 2:00 – 4:00 p.m. Diabetes Clinical Attachment 2:15 – 7:00 p.m. Structured Education Programme	12 2:15 – 7:00 p.m. Structured Education Programme	13	14 2:30 – 4:30 p.m. Community Education Programme
15 9:00 a.m. – 5:30 p.m. DFM Final Examination	16	17 8:00 p.m. DFM Exam Subcom Meeting 9:00 p.m. Board of DFM Meeting	18 2:00 – 4:00 p.m. Diabetes Clinical Attachment 2:15 – 7:30 p.m. Structured Education Programme	19 6:30 p.m. Conferment Rehearsal (Tentative) 9:00 p.m. Council Meeting 2:15 – 7:00 p.m. Structured Education Programme	20	21 1:30 – 4:00 p.m. Community Education Programme
22	23	24	25 2:00 – 4:00 p.m. Diabetes Clinical Attachment	26 9:00 p.m. Board of Conjoint Examination Meeting	27 2:30 – 3:30 p.m. Board of Education - Video Session	28 1:45 – 10:00 p.m HKPCC 2011
29 9:00 a.m. – 3:00 p.m. HKPCC 2011 4:30 p.m Conferment Ceremony	30	31	1 Jun	2	3	4

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

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