



THE HONG KONG COLLEGE OF FAMILY PHYSICIANS

Family Physicians Links

Message from the President

The First Hong Kong Primary Care Conference (HKPCC)

The first HKPCC organized by our College will be held on 28 – 29 May 2011 at the Hong Kong Academy of Medicine Jockey Club Building, Wong Chuk Hang, Hong Kong.

The theme of this inaugural conference is "A New Frontier". The Conference will 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 to network and learn from one another.

The Primary Care Office, Department of Health will co-organize with us the Conference Dinner Symposium "Diabetes Care and Hypertension Care in Adults in Primary Care Settings, Hong Kong and Overseas Experience" on 28 May, 2011 at Excelsior Hotel. It will be an exciting evening for learning that should not be missed.

World Family Doctor Day

19 May, 2011 will be this year's World Family Doctor Day. We hope this Day will provide recognition to family doctors and the opportunity to highlight important issues relating to family doctors and the work we perform in supporting health care for all around the world.

Tobacco Control

In November 2010, the Hong Kong Academy of Medicine (HKAM), in conjunction with the fifteen Colleges, adopted the 'Charter for Promoting Management of Tobacco Dependence'. The Charter demonstrated HKAM's strong commitment to tackle the tobacco epidemic on all fronts. Smoking is the most preventable cause of death today. Increasing tobacco tax is known to be an effective public health measure to reduce smoking prevalence by preventing youth to take up smoking and by providing a strong incentive to quit. On 2 April, 2011 morning, I attended the Legislative Council Public Revenue Protection (Dutiable Commodities) Order 2011 representing both the HKAM and our College to support the increase of tobacco duty.

Tobacco smoke contains over 4000 chemicals and over fifty of them are carcinogens. Nicotine also stimulates our central nervous system and causes addiction. The top five leading causes of death in Hong Kong are all caused by smoking. Tobacco kills one in two



Legislative Council Public Revenue Protection (Dutiable Commodities) Order 2011 representing both the HKAM and our College

of every long-term users. According to a local study, 6900 people in Hong Kong die due to smoking every year. The latest Thematic Household Survey estimated there are 690,000 daily smokers in Hong Kong. Smoking is one of the leading risk factors for developing various deadly diseases such as ischaemic heart diseases, stroke, emphysema and lung cancers. These diseases not only cause significant number of deaths but also result in chronic disability requiring long term rehabilitative care and loss of productivity. A conservative estimate of the total societal cost of tobacco-related disease for health care and productivity losses is HK\$5.3 billion per year.

Second-hand smoke carries the same hazard as smoking. The more cigarettes a smoker smokes, the higher the chance his/her spouse gets cancer. Workers exposed to secondhand smoke have 16-19% higher chance of getting lung cancer than those working in a smoke-free workplace. Second-hand smoke damages blood vessels in the brain and increases the chance of stroke mortality by 49%. Children of parents who smoke have a higher chance of otitis media and respiratory diseases. If there are two or more smokers at home, a baby will be 30% more likely to be hospitalised.

Nicotine induces physical dependence in smokers. In 2007/08, the Thematic Household Survey showed that over 300,000 smokers (nearly half of the smoking population) indicated that they wanted to give up smoking. It is of utmost importance for family physicians to manage tobacco dependence and help our patients to quit smoking.

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

Hong Kong Primary Care Conference 2011

28 -29 May 2011, HKAM Jockey Club Building,
Wong Chuk Hang, Hong Kong



A New Frontier

Final 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. We have invited the Nursing School of The University of Hong Kong to be our co-organizer this year. We believe that this collaboration aptly demonstrates the spirit of cooperation across disciplines in primary care.

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 have endeavoured to bring to you a comprehensive scientific programme that covers relevant and wide-ranging topics in primary care. The response to our call for abstract submissions, as well as registration, has also been most encouraging. Our registrants come from various private and public institutes, which will provide opportunity not only for interesting academic and social interaction but also some mingling! With your attendance and support, I am confident that we will have a stimulating and enjoyable conference, that will help shape the future of primary care in Hong Kong.

Further details of the first Hong Kong Primary Care Conference are available on our College website (www.hkcfp.org.hk). I look forward to welcoming you at the Conference. Please come and join us!

Dr. Man-kuen Cheung

Chairlady

Organizing Committee

Hong Kong Primary Care Conference 2011



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Complimentary Transportation for HKPCC 2011

We are pleased to announce the arrangement of complimentary transportation on behalf of the HKPCC 2011 Organizing Committee. There will be transportation for the participants. Please find the following details.

(*Please note that pre-registration for transportation is required)

Origin	Destination	28 May 2011 (Sat)	29 May 2011 (Sun)
Admiralty	HKAM Jockey Club Building	01:30pm	08:45am
Kowloon Tong MTR station	HKAM Jockey Club Building	01:15pm	---
Tuen Mun	HKAM Jockey Club Building	01:15pm	---
HKAM Jockey Club Building	The Excelsior, Hong Kong (Causeway Bay)	06:30pm	---

Remarks:

- Admiralty = MTR Station Exit A, Admiralty Centre (海富中心)
- Kowloon Tong MTR station = Exit F, Somerset Road (森麻實道)
- Tuen Mun = Tuen Mun Hospital, Ambulatory Care Centre (屯門醫院日間醫療中心)

HKPCC 2011 Workshop 1 & 2

Workshop 1 (Wound Management) and Workshop 2 (Psychotherapy) are now FULL. We have regretfully sent back cheques to unsuccessful registrants.

However, turned down participants need not be disappointed as we have other fruitful sessions including plenaries, seminars and symposia. Look out for our symposia speakers in the current FP Links.

Remember to register early for our symposia as seats are limited!! Seats are expected to go fast as our symposia are complimentary and a great social scene for dining and catching up with colleagues and peers!



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SEMINAR INTRODUCTION



Seminar A

Review of Vocational Training of Family Medicine: an International Perspective

Prof. Wong Chi Sang, Martin

Is our current FM curriculum a suitable one for vocational training in Hong Kong? What does the overseas experience say regarding the need for curriculum review? Should we suggest changes in our vocational training in terms of duration, content and format of training delivery? The above questions will be addressed by **Prof. Martin Wong**. Professor Wong is currently Associate Professor of the School of Public Health and Primary Care (CUHK). He serves as editorial board member of several international journals and the editor of the Hong Kong Medical Journal.

Seminar A

Training Pathways in Hong Kong: a Provider's Point of View

Dr. Yuen Shiu Man, Quincy

Dr. Yuen Shiu Man Quincy, Chairman of the Board of Vocational Training & Standards, HKCFP, Specialist in Family Medicine will discuss with us issues in Family Medicine training in Hong Kong. Dr. Yuen is now working in the Outpatient Department of Hong Kong Sanatorium & Hospital as Resident Medical Officer. Dr. Yuen will take us on a journey to look back on the development of FM training in Hong Kong, the difficulties the college has encountered in the past and ones we foresee in the future, and allow us to brainstorm on whether there are any possible changes we can make to improve our current vocational training programme to fit the present and future needs of our trainees.

Seminar B

Implementation of JADE Program and Comprehensive Diabetic Care in a University Health Service

Dr. Wong Ho Cheong

The University Health Service (UHS) of the Hong Kong Polytechnic University launched a Comprehensive Diabetic Care Programme since 2010, as part of the Joint Asia Diabetes Evaluation (JADE) programme, with the aim of offering diabetic care in a systematic and structured care involving a multidisciplinary team. **Dr. Wong Ho Cheong**, Senior Medical Officer of the University Health Service, the Hong Kong Polytechnic University, and his team members will share with us the encouraging outcome and impact of their programme, as well as their experience and challenges in the practical implementation of the programme from both the doctors and nurses perspective through interactive case sharing.

Seminar B

Common Symptoms, Different Diagnoses – Cases Sharing

Dr. Cheung Kwok Leung

If you're more clinically-orientated, then you'd be inspired by Dr. Cheung Kwok Leung's seminar on "Common symptoms, different diagnoses". **Dr. Cheung Kwok Leung**, Associate Consultant in Family Medicine and Primary Health Care (Kowloon West Cluster), appointed Honorary Clinical Assistant Professor in Family Medicine (HKU), clinical mentor in the China doctor attachment programme, has more than ten years frontline primary care experience. Dr. Cheung will share with us his clinical pearls, illustrated by interesting cases when "common things **DON'T ALWAYS** come first".



Hong Kong Primary Care Conference

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Seminar C Conducting Research into Sensitive Issues

Prof. Wong Chi Wai, William

Conducting research on sexuality, reproductive health and addiction, on minority and marginalized groups (e.g. sex workers), child abuse, domestic violence etc is important to Hong Kong's primary care yet challenging as it requires extra care and understanding. **Prof. William Wong Chi Wai**, Clinical Associate Professor of the Department of Family Medicine & Primary Care (HKU), has over ten years of research experience in these areas and has published over eighty manuscripts in various journals including the BMJ and the Social Science & Medicine Journal.

Seminar D Know More About HPV Vaccines

Dr. Chan Chin Wai

Would HPV vaccines be as effective to other groups of subjects such as elderly females and males? Is there a broader spectrum of preventative vaccines available? What about therapeutic HPV vaccines? **Dr. Chan Chin Wai**, Private Obstetrics & Gynaecology Specialist and Specialist Colposcopist, will share with us the effectiveness, safety issues of current HPV vaccines and the latest research development involving HPV vaccines.

Seminar D Health Screening: Putting Evidence into Practice

Dr. Chan Wing Yan, Loretta

Dr Chan Wing Yan, Loretta, Fellow of the Hong Kong Academy of Medicine (Family Medicine), Honorary Clinical Assistant Professor of Family Medicine Unit in the Department of Medicine (HKU), has worked in both the public and private sector in primary care. With her broad range of experience, she will discuss with us the common practice of health screening in our locality, the general principles in health screening and the pros and cons of screening with up-to-date evidence.

Seminar E Common Feeding Problems in Infants and Toddlers - The Roles of the Parents

Dr. Leung Sze Lee, Shirley

Primary care physicians often encounter anxious parents with various concerns on their children's feeding. **Dr. Shirley SL Leung**, Assistant Director (Family & Elderly Health Services) of the Department of Health, HKSAR, Honorary Clinical Assistant Professor of the Department of Paediatrics & Adolescent Medicine (HKU) has been involved in strategic planning for the development and maintenance of health promotion and disease prevention programmes for specific age groups, including children from 0-5 years old. Dr. Leung and her team will present a number of scenarios of apparently normal children with feeding problems commonly encountered in primary care setting, including poor appetite, picky eating, and meal time behaviour problems.



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COMPLIMENTARY SYMPOSIA



The symposia have been one of our most popular events at our yearly conference and I am sure it will be no great exception this year. Our symposia are **complimentary** and it is with our greatest pleasure this year to have our symposia sponsored by the Primary Care Office, Department of Health and the Takeda Pharmaceutical Taiwan Ltd (Hong Kong Branch). We have an extensive symposia speaker list this year including:

Prof. Doris Young

Prof. Lam Lo Kuen Cindy

Prof. Tse Hung Fat

Mark your calenders and send an email to our staff Ms. Windy Lau or Mr. Patrick Wu to make reservations as **SEATS ARE LIMITED!**

Dinner Symposium - Diabetes Care and Hypertension Care in Adults in Primary Care Settings, Hong Kong and Overseas Experiences

- Co-organized by the Hong Kong Primary Care Conference, HKCFP and Primary Care Office, Department of Health

Venue: Marina Room, the Excelsior Hotel, Hong Kong

The HKPCC Organizing Committee has great pleasure in coordinating this year's Dinner Symposium with the Primary Care Office. It is our honour to have **Prof. Sian Griffiths** from the School of Public Health and Primary Care of CUHK to deliver the **Opening Remarks**, and have our distinguished speakers: Prof. Doris Young and Prof. Cindy Lam.

Models of Diabetes Care in Primary Health Care System - Prof. Doris Young

Professor Young is Professor and Chair of General Practice, and Associate Dean (Academic), Faculty of Medicine, Dentistry and Health Sciences, the University of Melbourne. She is involved in educating and training students and health professionals in general practice and primary care research. She currently leads the chronic disease research group (diabetes) in the Primary Care Research Unit located in the Department. Type 2 Diabetes is reaching epidemic proportions in Australia and in some Asian cities such as Hong Kong. Primary healthcare professionals have a major role to play in preventing and managing this condition. In this lecture, Prof. Young will discuss the various innovative models of care needed to be put in place to manage this condition and improve health outcomes.

Management of Hypertension in Primary Care - Translating Evidence to Practice in Hong Kong - Prof. Cindy Lam

Prof. Lam is Professor (Clinical) and Acting Head, Department of Family Medicine and Primary Care; Assistant Dean (External Affairs), Li Ka Shing Faculty of Medicine, the University of Hong Kong. Prof. Lam is also the Co-Chair of the Grant Review Board of the Health and Health Services Research Fund (HKSAR). Besides engaging herself actively in teaching, Prof. Lam also contributes to establishing teaching programmes and clinical services (HKU). Prof. Lam has more than 170 peer reviewed journal articles and book chapters, and over 100 presentations at professional meetings. With such a distinguished career and expertise in Family Medicine, Prof. Cindy Lam will share with us the local perspectives in hypertension care in the primary care setting.

Lunch Symposium - Management of Hypertension and Cardiovascular (CV) Diseases with Angiotensin II Receptor Blockers (ARBs)

- Sponsored by Takeda Pharmaceuticals Taiwan Ltd (Hong Kong Branch)

Management of Hypertension and Cardiovascular (CV) Diseases with Angiotensin II Receptor Blockers (ARBs) - Prof. Tse Hung Fat

The favorable tolerability profiles of angiotensin II receptor blockers (ARBs) make them an attractive treatment option for hypertension. Is there any other evidence indicating additional benefit of ARBs beside BP control? What is the evidence for using ARBs in hypertension and CV diseases compared to other therapeutic options? Should we consider ARBs as first line anti-hypertensive agents? If yes, in which type of patients? Prof. Tse Hung Fat, William MW Mong Professor in Cardiology, Director of Sun Chieh Yeh Cardiovascular Research and Training Laboratory, HKU and Deputy Director of Institute of Cardiovascular Science and Medicine, Department of Medicine (HKU), will share with us the latest evidence on using ARBs for the management of hypertension and CV diseases during our lunch symposium. Prof. Tse has more than 200 publications in prestigious journals including the Lancet on various cardiovascular topics including the management of atrial fibrillation and the angiogenesis in ischaemic myocardium.



Scientific Programme

Date	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, Cindy <i>Professor, Dept. of Family Medicine and Primary Care, HKU / Convenor, Task Force on Primary Care Directory</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 Vignettee	Implementation of JADE Programme and Comprehensive Diabetic Care in a University Health Service	Dr. Wong Ho Cheong <i>Senior Medical Officer, University Health Services, PolyU</i>
		Common Symptoms, Different Diagnoses - Cases Sharing	Dr. Cheung Kwok Leung <i>Specialist in Family Medicine</i>
Free Paper Presentation			
18:30 - 19:15	Complimentary Transportation to Dinner Symposium held at the Excelsior Hotel		
19:15 - 22:00	Dinner Symposium Co-organized by Primary Care Office, Dept. of Health and HKPCC, HKCFP "Diabetes Care and Hypertension Care in Adults in Primary Care Settings, Hong Kong and Overseas Experiences"	Opening Remarks	Prof. Sian Griffiths <i>Director, School of Public Health and Primary Care, CUHK / Convenor, Task Force on Conceptual Model and Preventive Protocols of the Working Group on Primary Care</i>
		Models of Diabetes Care in Primary Health Care System	Prof. Doris Young <i>Professor and Chair of General Practice, University of Melbourne, Australia</i>
		Management of Hypertension in Primary Care -Translating Evidence to Practice in Hong Kong	Prof. Lam Lo Kuen, Cindy <i>Professor, Dept. of Family Medicine and Primary Care, HKU / Convenor, Task Force on Primary Care Directory</i>
Date	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. Seztó 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	Management of Hypertension and CV Diseases with ARBs	Prof. Tse Hung Fat <i>William HW Hong President in Cardiology & Academic Chief, Dept. of Medicine, HKU / Specialist in Cardiology</i>

**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.



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Hong Kong Primary Care Conference 2011

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



"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 FULL	<input type="checkbox"/> HK\$400 FULL
Workshop 2 : Psychotherapy	<input type="checkbox"/> HK\$200 FULL	<input type="checkbox"/> HK\$400 FULL

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.

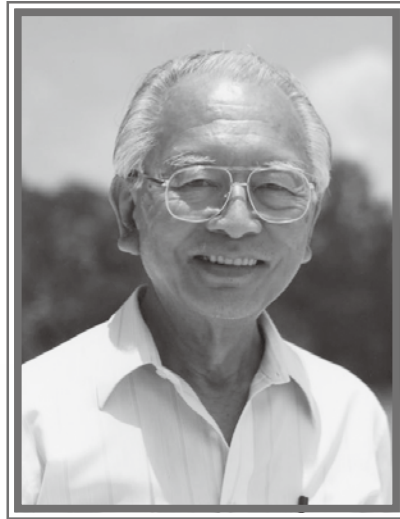
PAYMENT METHOD

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.



Dr. Emmanuel Lok-Pan Chang
4.11.1929 – 24.3.2011

We are much saddened to learn the news of Dr. Emmanuel Chang passing away on 24 March 2011 at Queen Mary Hospital. To many of the present generation of family physicians, Dr. Chang was a stranger. However, the fact that our College has achieved the present status of a medical specialty owes much to the devoted efforts of many of our senior members, one of whom was Dr. Chang. Back in 1975, during the early formation of the College (then known as HK College of General Practitioners) Dr. Chang was a Council Member of the HK Medical Association (HKMA). He was one of the delegates from HKMA to visit the Royal Australian College of General Practitioners to study the feasibility of forming a college of general practitioners in Hong Kong. This visit paved the pathway for the establishment of the Interim Council of the College in 1976 when Dr. Chang was the Hon. Treasurer. During the first General Meeting of the College in 1977, Dr. Chang was selected Hon. Treasurer of the 1st Council of the College. He held the post for ten years before he retired from the College in 1990.

Dr. Chang was a medical graduate of the University of Hong Kong in 1954. Having worked for a few years at the St. Paul's Hospital as a resident, he started his own solo general practice in Hong Kong. He retired to live in Toronto, Canada in 2001.

Dr. Chang was very active in the HKMA being a Council member and the Hon. Treasurer from 1970-1980. Dr. Chang was baptised as a Catholic in 1949. He was instrumental in forming the Guild of St Luke, SS Cosmas and Damian in 1953. He was Master of the Guild from 1976-1979.

Dr. Chang was held in great esteem by his colleagues. He was compassionate, knowledgeable, caring and was liked by many of his patients. He will be greatly missed for his warm and wonderful personality and for his immense contribution to the discipline of general practice in Hong Kong. Dr. Chang is survived by his wife Elizabeth, two sons, a daughter and six grandchildren.

Dr. Stephen Foo

"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 May 2011 to 14th June 2011, Dr. Mary Kwong 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. Once we receive your call or message, we will get in touch with you as soon as we can.



Dr. Mary Kwong



Dr. Lam Wing Wo

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

Membership Committee News

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

Transfer from Associate Membership to Fellowship

Dr. LO Shiu Bong 盧兆邦

Associate Membership (New Application)

Dr. WONG Ngai Lam 王藝琳

Resignation from Associate Membership

Dr. LEE Pui Yin 李沛賢

Affiliate Membership (New Application)

Dr. Bhende Kalpana Avinash

Termination from Affiliate Membership

Dr. CHUNG Kwai Shek 鍾貴石

Resignation from Student Membership

Ms Leung Moon Wah 梁滿華

Classified Advertisements

Positions Vacant

FM and Musculoskeletal training at Ma On Shan. Guarantee income (HA paid + 10K) plus bonus. Please email drandrewjp@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.

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

Full-time, half-day & locum doctors wanted in GP. Attractive remuneration and flexible hours. Interested, please contact Dr. LI at 9662 3540 or email to pg_recruit@yahoo.com

Full-time & Half-time Physicians in University Health Service, HKU

Two-years contract, renewal prospect.
Qualifications: registered doctor, minimum 4 years' experience, training and qualifications in Family Medicine preferred.
Enquiries: Christina Chan, 2859 2500, uhealth@hku.hk

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

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

Clinic Available

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.

Congratulatory Message

Dr. Donald Li Kwok Tung, Censor and Past President of the Hong Kong College of Family Physicians, was conferred the Honorary Fellowship of the Academy of Family Physicians of Malaysia at its Annual Scientific Meeting and Annual Dinner on 16 April 2011. Dr. Li was also invited to deliver the Rajakumar Oration.

The conferment of this Honorary Fellowship is one of the highest honors bestowed on leaders who have substantially contributed to academia in and the development of Family Medicine worldwide. Dr. Li is an active member of many Hong Kong governmental and public health bodies. He also dedicates much of his professional time to academia and teaching. He has been an invited speaker at numerous local, regional and international scientific meetings. Throughout his career, he has been a leading expert and ardent advocate in promoting better primary care and family health in Hong Kong and internationally.

We are pleased to learn that Dr. Li's outstanding achievement has been recognized by the award of this prestigious, well deserved honor. Our most warm and hearty congratulations to Dr. Li!



Dr. Donald Li receiving his Honorary Fellowship of the Academy of Family Physicians of Malaysia



Council members and dignitaries



Rajakumar family, Dr. Donald Li and Mrs Li

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. At this very important occasion, **Professor Fok Tai Fai, Dean of Faculty of Medicine, The Chinese University of Hong Kong**, will 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.

Official Launch of the Primary Care Campaign

Primary Care Office, Department of Health

The Department of Health officially launched the Primary Care Campaign on 10 April 2011. With the slogan “Our Partner for Better Health” “家庭醫生 照顧身心 醫護夥伴 健康同行”, the Campaign aims to raise public awareness of the benefits of primary care in disease prevention and management, encourage the public to make fuller use of primary care services, and encourage the adoption of a preventive approach in improving health.

During his address at the launching ceremony, the Secretary for Food and Health, Dr. York Chow said the Campaign would help deepen public understanding on how people can team up with healthcare professionals as health partners. He also reaffirmed the Government's commitment to promote primary care in Hong Kong.



The Secretary for Food and Health, Dr. York Chow, called on the public to team up with healthcare professionals as partners in health.

Other officiating guests of the Campaign included Director of Health Dr. LAM Ping-yan; Chairman of the Hospital Authority Mr. Anthony WU Ting-yuk; Chief Executive of the Hospital Authority Dr. LEUNG Pak-yin; Head of Radio One, Radio Television Hong Kong (RTHK) Mr. CHAN Yiu-wah; Convenor of Task Force on Conceptual Model and Preventive Protocols Prof. Sian GRIFFITHS; Convenor of Task Force on Primary Care

Directory Prof. Cindy LAM Lo-kuen; Convenor of Task Force on Primary Care Delivery Models Dr. Louis SHIH Tai-cho; Chairman of Task Force on Primary Dental Care and Oral Health Dr. Sigmund LEUNG Saiman, and the Ambassador of Primary Care Campaign Ms. Ivana WONG. Also present were members of the Health and Medical Development Advisory Committee, Working Group on Primary Care and its Task Forces,



The officiating ceremony symbolised the roll-out of the Primary Care Campaign.



Souvenir presentation from Dr. York Chow to the Primary Care Campaign Ambassador, Ms. Ivana Wong.

representatives from various healthcare organisations, healthcare professionals, academics, and patient groups.

In addition to promoting primary care and other primary care initiatives by our Ambassador and other celebrities in

the Ceremony, two families shared their experience of the importance of partnering with their family doctor for better health. Thanks go to the support of the Hong Kong College of Family Physicians in identifying these two real-life examples of patient-doctor collaboration in primary care.



The Director of Health, Dr. Lam Ping-yan (third right), presented souvenirs to the representatives from two families who shared their personal experience of the importance of family doctors to their health.

As one of the primary care initiatives, a web-based Primary Care Directory (www.pcdirectory.gov.hk), which gives details on the personal and practice information of doctors and dentists, was launched on the same day to help the public choose their family doctor and dentist. Registered doctors and dentists with self-declared commitment to the provision of directly accessible, comprehensive, continuing, co-ordinated and person-centred primary care

services are eligible for enrolment in the Directory. Over 1,000 doctors and dentists have already enrolled in the Directory. Other healthcare professionals such as Chinese medicine practitioners, nurses and allied health professionals will be invited to join the Directory in phases. If you have not yet joined the Directory, you are encouraged to enrol on-line (www.pcdirectory.gov.hk).

With the launch of the Campaign, the Primary Care Office is making use of mass media channels, including television, radio, advertisements via mass transport and Internet, to promote the family doctor concept to the general public. A series of publicity and health education materials has also been produced and their soft copies are available at the Primary Care Office's website at www.pco.gov.hk. Your support in distributing and displaying these materials is needed, so please contact us at 3576 3524 for hardcopies.

Radio coverage of the Ceremony was broadcast on RTHK Radio 1 on 27 April 2011. Please visit the following link and enjoy the show. (<http://programme.rthk.hk/channel/radio/programme.php?name=/adwiser&d=2011-04-27&p=1147&e=138711&m=episode>)



Publicity and health education materials on primary care.

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.

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:

- i) 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.
- ii) The Diploma is a **Quotable Qualification** of The Medical Council of Hong Kong.
- iii) 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:

- i) Photocopy of the current Annual Practicing Certificate
- ii) A recent photo of the applicant (passport size)
- iii) A signed "Disclaimer of Liability"
- iv) An application fee of HK\$200 by crossed cheque payable to "HKCFP Holdings and Development Limited". This fee is non-refundable.
- v) 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

Calcium Supplements With or Without Vitamin D and Risk of Cardiovascular Events

Osteoporosis is a major cause of morbidity and mortality in elderly. Calcium supplements are widely used for the prevention and treatment of osteoporosis as recommended by various guidelines. However, calcium supplements accelerate vascular calcification and increase mortality in patients with renal failure. In 2008 and 2010, Bolland and colleagues published two studies on related topics namely "Vascular events in healthy older women receiving calcium supplementation: randomized controlled trial"¹ and "Effect of calcium supplements on risk of myocardial infarction and cardiovascular events: meta-analysis".² In the studies, they found that calcium supplements without vitamin D significantly increased the risk of myocardial infarction by 31% in five trials involving 8151 participants where patient level data were available, and by 27% in 11 trials involving 11 921 participants where trial level data were available. However, the absolute magnitude of the increase in risk is modest.

In 2011, they used the data of the Women's Health Initiative Calcium/Vitamin D Supplementation Study (WHI CaD Study) to further study the relationship between cardiovascular events and calcium level. Although the WHI CaD Study reported no adverse effect of calcium and vitamin D on any cardiovascular end point in their large (n = 36 282), seven year, randomized, placebo-controlled trial, Bolland's team doubted that the adverse event may be obscured as 54% participants were taking personal calcium supplements at randomization and 47% were taking personal vitamin D supplements. They used data of remaining 46% women not using personal calcium supplements at randomization and found that the hazard ratios for cardiovascular events with calcium and vitamin D ranged from 1.13 to 1.22 (P=0.05 for clinical myocardial infarction or stroke, p=0.04 for clinical myocardial infarction or revascularization). They also included other placebo controlled trials of calcium or calcium and vitamin D in a meta-analysis which showed similar result, increased the risk of myocardial infarction (relative risk 1.24, 95% C.I. 1.07 to 1.45, P=0.004) and the composite of myocardial infarction or stroke (RR 1.15, 95% C.I. 1.03 to 1.27, P=0.009).³

Although the results seems shocking, their study was limited by the relatively low incidence of cardiovascular event thus the WHI CaD study had insufficient power to detect small effect sizes. The use of hazard ratio rather than absolute risk has also been criticized as the incidence of death from all cause is lowest for the group with personal supplementation plus CaD (5.4/1000), while highest for the group with no calcium at all (6.4/1000). Some also criticized that selecting participants without personal calcium supplement from WHI CaD study caused loss of randomization.

With the modestly increase risk of cardiovascular events with calcium supplement with or without vitamin D, but with various limitations in the study, Bolland and his group suggested a reassessment of the use of calcium supplements in older people. Nevertheless, there is one consistent message which is recommended by international literature – that routine prescription of calcium supplements should be discouraged even in elderly patients with risk factors for osteoporosis without sound clinical justifications.

References:

1. Bolland MJ, Barber PA, Doughty RN, Mason B, Horne A, Ames R, et al. Vascular events in healthy older women receiving calcium supplementation: randomized controlled trial. *BMJ* 2008;336:262-6.
2. Bolland MJ, Avenell A, Baron JA, Grey A, MacLennan GS, Gamble GD, et al. Effect of calcium supplements on risk of myocardial infarction and cardiovascular events: meta-analysis. *BMJ* 2010;341:c3691.
3. Bolland MJ, Grey A, Avenell A, Gamble GD, Reid IR. Calcium supplements with or without vitamin D and risk of cardiovascular events: reanalysis of the Women's Health Initiative limited access dataset and meta-analysis. *BMJ* 2011;342:d2040.

Compiled by Dr. Yip Chun Kong, Sam



Oasis
心靈綠洲

Finish Strong

We all face adversity...

There is one thing that we all have in common. That is...at some point in our life, we all face adversity. It's not a matter of "if", but "when".

We've found that the difference between success and failure comes down to choice. When adversity strikes, it's not what happens that will determine our destiny; it's how we react to what happens.

How will you choose to respond to the challenge before you?

The Choice is Yours!

Always choose to finish strong.

"Most of us have far more courage than we ever dreamed we possessed." – *Dale Carnegie*

At 13 she was attacked by a shark while surfing. Within 6 months she was surfing again competitively...and WINNING... with one arm. – *Bethany Hamilton, 2004 ESPN Comeback Athlete of the Year*

"When I started the company I was 52 years old. I had diabetes, lost my gall bladder and most of my thyroid gland. But I was convinced that the best was ahead of me." – *Ray Kroc, founder of McDonald's*

Belief

"To accomplish great things, we must not only act, but also dream; not only plan, but also believe." – *Anatole France*

"My mother taught me very early to believe I could achieve any accomplishment I wanted to. The first was to walk without braces." – *Wilma Rudolph, The first American woman to win 3 gold medals in a single Olympics*

Nearly killed in an auto accident that crushed his legs, he would struggle to walk for the rest of his life. But 16 months later he would win the US Open and ultimately 5 more major championships. – *Ben Hogan*

Attitude

"How you respond to the challenge in the second half will determine what you become after the game... whether you are a winner or loser." – *Lou Holtz*

In the 2004 Olympics...after falling he seemed to be out of medal contention. Then... in his last event he delivers a perfect routine...winning the Men's All Around Gold Medal by .012 points. – *Paul Hamm*

"It's not what happens to you, but how you react to it that matters." – *Epictetus*

— Nothing changes until something moves —

http://www.finishstrongmovie.com/?utm_source=MO&utm_medium=03-02-2010&utm_campaign=FSTR

(本欄資料由 心靈綠洲 — 個人成長及危機處理中心 提供，特此鳴謝。)

Information Mastery: Evidence Based Medicine in the Real World

Speaker : Prof. David Slawson, Dept. of Family Medicine, University of Virginia

Date : March 23, 2011

Written by : Dr. Katrina Tsang

Professor David Slawson, Vice Chair of the Department of Family Medicine from the University of Virginia, talked about a different approach in finding, evaluating and using evidence in a practical way. Dr. Slawson is a graduate of the University of Michigan School of Medicine and completed his postdoctoral training in Family Medicine at the University of Virginia. Dr. Slawson is one of the innovators and creators of the Information Mastery paradigm used for teaching the application of best evidence for clinical practice. Dr. Slawson has published extensively in this area and directs an annual course at Tufts University School of Medicine that attracts medical educators and practicing clinicians from around the world. He is a member of the editorial board for The American Family Physician.

Dr. Slawson came to Hong Kong with an invitation from the School of Public Health to teach evidence-based medicine in post-graduate courses at the University of Hong Kong. He gave a free seminar on Information Mastery which was co-organised by the Department of Health, the Hong Kong College of Family Physicians, and School of Public Health, LKS Faculty of Medicine, University of Hong Kong. Dr. Amy Chan was the chairperson of the session. It was attended by many doctors with a great interest in evidence based medicine.

Learning Points:

Most clinicians do not have time to critically appraise all the articles. Information Mastery is about prioritising efforts to identify, validate and apply evidence at the point of patient care. Clinicians then have less responsibility to read and appraise original articles, but more responsibility to find and evaluate evidence.

Patient-oriented evidence (POE) is information that focuses on outcomes that patient would care about. Will the patient live longer or live better? This is contrasted to disease-oriented evidence (DOE) that studies biochemical, pathophysiological or pharmacological outcomes. Here is an example of POE contradicting DOE: intensive blood glucose lowering can reduce HbA1C but it does not decrease mortality. A reduced HbA1C is in fact a surrogate marker of good control in blood pressure, cholesterol and other life style changes. Another example would be erythropoietin used in patients with chronic kidney failure increases haemoglobin but mortality in these patients is increased.

We can ask these questions to determine if information is relevant:

- Does it address an outcome that patient cares about (Patient-oriented evidence)?
- Is the intervention feasible?
- If it is true, does it require a change in your practice?

If the answer is 'yes' to all three, then the information is Patient-Oriented Evidence that Matters (POEM).

Evidence based medicine is not the mere absence or presence of evidence. It is important to understand that there is a hierarchy of evidence. Conclusions drawn from controlled experiments are accorded with greater credibility than those made from other less rigorous studies.

The usefulness of medical information should have three attributes: it should be relevant to everyday practice, it should be correct, and it should require little work to obtain. These three factors can be conceptually related as follows:

Usefulness of information = (Relevance x Validity) / Work

Two tools are needed to master information. One is used to alert physicians to new information (a 'foraging' tool), while the other provides a means to find the information again when it is needed (a 'hunting' tool). Without both, a doctor does not know that new information is available and cannot find it when required.

There are several 'hunting' tools that help physicians to search for answers to clinical questions. These summary sources filter information for relevance and validity and indicate the strength of evidence. Some of these are organised in such a way that allows clinicians to access information quickly at the point of care through the internet or personal digital assistants (PDA). Examples include Dyanmed, BMJ Clinical Evidence and Essential Evidence Plus. Some of these tools are paired with a 'foraging' function so physicians are also made aware of new and relevant information in a timely manner.

Useful Websites:

- BMJ Clinical Evidence (<http://clinicalevidence.bmj.com>)
- Dynamed (<http://www.dynamicmedical.com>)
- Essential Evidence Plus (<http://www.essentialevidenceplus.com>)
- Information Mastery (http://www.medicine.virginia.edu/clinical/departments/familymed/information_mastery/info_mastery-page)



From left to right:
Dr. Mary Kwong, Prof. David Slawson and Dr. Katrina Tsang

Certificate Course of Research & Biostatistics for Medical Professionals

Objectives:

- Introduction on different schemes of study designs
- Elaborate on different common biostatistics used in clinical practice
- Critically appraising research articles and apply the useful findings in our patient care
- Enhance our interest and ability to clinical research in primary care

Dates : 9 July, 16 July, 30 July and 13 August, 2011 (Saturdays)

Time : 2:00p.m. –5:00p.m.

Venue : Council Chamber, 8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, H.K.

Target group : Primary care professionals who are interested in attaining the basic research skill and learning more on biostatistics

Course Fee : Members – HK\$1,200 for whole course (HK\$400 for each spot admission)
 Non-members – HK\$2,400 for whole course (HK\$800 for each spot admission)
 (All cheques payable to "HKCFP Education Ltd". All fees received are non-refundable and non-transferable.)

CME/ CPD Points : HKCFP : 3 CME Points for each session (Cat 4.4)
 MCHK : 3 CME Points for each session
 Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log)

Award : Those who have attended 75% or more of all the sessions will be awarded a "Certificate of Attendance".

Capacity : 40 doctors

Programme Schedule

Dates	Topics	Speakers	Moderators
9 July (Sat)	- Introduction to Medical Research - Research governance and ethics - Types of research - Observations studies: case control study, survey, cohort study - Interventional studies, randomized control trial (RCT)	Professor Cindy L.K. Lam	Dr. Janet C.Y. Tam
16 July (Sat)	- Basic principle of formulating a research question - Hypothesis setting - Using and setting questionnaires in research - Data collection and entry: care to be taken of	Professor Samuel Y.S. Wong	Dr. Mark S.H. Chan
30 July (Sat)	- Calculation of sample size - Sampling method: randomization, simple sampling, stratified sampling - Classification of data - Descriptive statistics - Significance tests - Interpretation of confidence interval, p-value, relative risk, odd ratio, risk reduction - Introduction to common statistical software	Dr. Wong Kai Choi	Dr. Francis W.T. Lee
13 August (Sat)	- Literature review for research - Writing up a research protocol/proposal - Writing up a research report - Publishing your research finding	Professor Martin C.S. Wong	Dr. Chan Chi Wai

*** Registration will be first come first served. For any enquiry, please call the College secretariat, Ms. Dickie Lam at 2861 0220. ***

REPLY SLIP

To: HKCFP, Room 802, 8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, H.K.

I am a *Member / Non-member of The Hong Kong College of Family Physicians. (*Please delete as appropriate)

I would like to attend "Certificate Course of Research & Biostatistics for Medical Professionals".

Name: _____ Tel: _____ Date: _____

Email: _____

- 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.

3 June 2011 Friday

Topic and Speaker:
The Evidence of Statin in the Prevention and Treatment of Stroke
Professor Pierre Amarenco
Chairman of the Department of Neurology and Stroke Centre at Bichat University Hospital, Denis Diderot University and Medical School, Paris, France

Chairman	Dr. Lee W.T. Francis 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	Crystal Ballroom A, Level B3, Holiday Inn Golden Mile Hotel, 50 Nathan Road, Tsimshatsui, Kowloon
Admission Fee	Members Free Non – members HK\$ 300.00 HKAM Registrants HK\$ 150.00 All fees received are non-refundable and non-transferable.
Accreditation	2 CME Points HKCFP (Cat. 4.3) 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	Registration will be first come first served. Please reserve your seat as soon as possible.

Sponsored by
Pfizer Corporation Hong Kong Limited

11 June 2011 Saturday

Board of Education Interest Group in Mental Health

Aim	To form a regular platform for sharing and developing knowledge and skill in the management of mental health
Theme	New Treatment Options for Depression from the GP Perspective
Speaker	Dr. Arthur D. P. Mak Specialist in Psychiatry, Prince of Wales Hospital
Co-ordinator & Chairman	Dr. Chan Suen Ho, Mark The Hong Kong College of Family Physicians
Time	1:00 p.m. – 2:15 p.m. Light Lunch 2:15 p.m. – 4:00 p.m. Theme Presentation & Discussion
Venue	Council Chamber, 8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong
Admission Fee	Members Free Non – members HK\$ 300.00 HKAM Registrants HK\$ 150.00 All fees received are non-refundable and non-transferable.

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

Sponsored by
GlaxoSmithKline Limited

12 June 2011 Sunday

Smoking Cessation Update 2011

- Topics and Speakers:
- 1. Effective Treatment for Smoking Cessation**
Dr. Lam Bing
Chairman of the Education Committee, Asia Pacific Society of Respiratory Medicine, Convener of Smoking Cessation Alliance, Hong Kong Primary Care Foundation
 - 2. How to Trigger the Motivation for Smoking Cessation**
Dr. Cheung Kin Leung, Ben
Specialist in Psychiatry
 - 3. Smoking Cessation – Role of Family Physicians**
Dr. Lau Wai Yee, Aster
Family Physician

Chairman	Dr. Chan Yin Hang The Hong Kong College of Family Physicians
Time	1:00 p.m. – 2:00 p.m. Buffet Lunch 2:00 p.m. – 4:30 p.m. Lectures & Discussions
Venue	Crystal Ballroom A, Level B3, Holiday Inn Golden Mile Hotel, 50 Nathan Road, Tsimshatsui, Kowloon
Admission Fee	Members Free Non – members HK\$ 300.00 HKAM Registrants HK\$ 150.00 All fees received are non-refundable and non-transferable.
Accreditation	3 CME Points HKCFP (Cat. 4.4) 3 CME Points MCHK Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log)
Language	Lectures will be conducted in English.
Registration	Registration will be first come first served. Please reserve your seat as soon as possible.

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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.

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.

June's session:

Date	24 June, 2011 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	Updates on Management of GERD & H.P. Eradication – Dr. Cheung Ting Kin
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
11 June 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 – Community Rheumatology Dr. Wong Tak Cheung Our Lady of Maryknoll Hospital and Hong Kong Medical Association	Ms. Clara Tsang Tel: 2354 2440 Fax: 2327 6852
16 June 2011 (Thur) 1:00 – 3:00 p.m. 1 CME point	East Ocean Restaurant (Metro City Plaza, TKO)	Vertigo Dr. Victor Abdullah 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
25 May 11 (Wed)			
2:15 – 4:45 p.m. 3 CME points	AB1038, 1/F, Main Block, Tuen Mun Hospital	Neuro-linguistic Programming (NLP) in Consultation Dr. Leung Hok Lik	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	Adolescent Sexuality Dr.Chan Hau Ting and Dr. Leung Yuen Kin	Ms. Cordy Wong Tel: 3513 3087
26 May 11 (Thur)			
2:15 – 5:15 p.m. 3 CME points	Auditorium, G/F, Tseung Kwan O Hospital	Adolescent Sexuality Dr. Man Fung Yi and Dr. Li Ming Yin	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Risk Management Dr. Ho Chun Yu and Dr. Chu Tsun Kit	Ms. Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 41, 2/F, Pamela Youde Nethersole Eastern Hospital	Medical Support for the Marathon Runner Dr. Lo Shiu Bong	Ms. Kwong Tel: 2595 6941

1 Jun 11 (Wed)

2:15 – 4:45 p.m. 3 CME points	AB1028, 1/F, Main Block, Tuen Mun Hospital	Emergency Toxicology 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	Common Paediatric Psychological Problems (Autism, ADHD, Dyslexia) Dr. Cheung Yan Kit and Dr. Kwong Lok See	Ms. Cordy Wong Tel: 3513 3087
5:00 – 7:00 p.m. 2 CME points	Lecture Theatre, 6/F, Tsan Yuk Hospital	Common Symptom Complaints - Abdominal Pain Dr. Leung Yin Ching, Tracy	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	Introduction to Medical Statistics Dr. Wong Hiu Lap	Ms. Susanna Tong Tel: 2632 3480

2 Jun 11 (Thur)

4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Medicolegal Issues in Family Medicine Dr. Wong Chung Tao	Ms. Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 41, 2/F, Pamela Youde Nethersole Eastern Hospital	Use of Pap Smear and HPV Vaccine Dr. Yio Shing	Ms. Kwong Tel: 2595 6941

8 Jun 11 (Wed)

2:15 – 4:45 p.m. 3 CME points	AB1028, 1/F, Main Block, Tuen Mun Hospital	How to Set Up a Clinic 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	Introduction to Leicester Assessment Package (LAP) Dr. Lim Mo Kin	Ms. Cordy Wong Tel: 3513 3087
5:00 – 7:00 p.m. 2 CME points	Lecture Theatre, 6/F, Tsan Yuk Hospital	Care of Patients with Chronic Skin Diseases Dr. Denise Tam	Ms. Man Chan Tel: 2589 2337

9 Jun 11 (Thur)

2:15 – 5:15 p.m. 3 CME points	Auditorium, G/F, Tseung Kwan O Hospital	Introduction to Leicester Assessment Package (LAP) Dr. Lim Mo Kin	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	From Stress to Anxiety Dr. Cheuk Tat Sang and Dr. Hung Chi Bun	Ms. Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 41, 2/F, Pamela Youde Nethersole Eastern Hospital	Injury-on-duty (IOD) Management Dr. Mak Wing Hang	Ms. Kwong Tel: 2595 6941

15 Jun 11 (Wed)

2:15 – 4:45 p.m. 3 CME points	AB1038, 1/F, Main Block, Tuen Mun Hospital	Assisted Reproduction 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	Breast Feeding Dr. Ho Pui Gi and Dr. Tsui Wing Hang	Ms. Cordy Wong Tel: 3513 3087
5:00 – 7:00 p.m. 2 CME points	Lecture Theatre, 6/F, Tsan Yuk Hospital	Gynae Topic - Handling Infectious Diseases in Pregnant Women Dr. Amelia Hui	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	Health Care Reform Dr. Yau Chi Fai	Ms. Susanna Tong Tel: 2632 3480

16 Jun 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	Sexual Abuse Dr. So Chi Kin and Dr. Chow Chong Kwan	Ms. Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 41, 2/F, Pamela Youde Nethersole Eastern Hospital	Physiotherapy Service in HKEC Dr. Michelle Wong	Ms. Kwong Tel: 2595 6941

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 May 9:00 a.m. – 5:30 p.m. DFM Final Examination 6:00 p.m. DFM Thank You Dinner	16	17 8:00 p.m. DFM Exam Subcom Meeting 9:00 p.m. Board of DFM Meeting	18 2:15 – 7:30 p.m. Structured Education Programme	19 2:15 – 7:00 p.m. Structured Education Programme 6:30 p.m. Conferment Rehearsal 9:00 p.m. Council Meeting	20	21 1:30 – 4:00 p.m. Community Education Programme
22	23	24	25 2:15 – 5:15 p.m. Structured Education Programme	26 2:15 – 7:00 p.m. Structured Education Programme 9:00 p.m. Board of Conjoint Examination Meeting	27 2:30 – 3:30 p.m. Board of Education - Video Session	28 1:45 – 9:30 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 2:15 – 7:30 p.m. Structured Education Programme	2 4:00 – 7:00 p.m. Structured Education Programme	3 1:00 – 3:30 p.m. The Evidence of Statin in the Prevention and Treatment of Stroke	4
5	6	7	8 2:00 – 4:00 p.m. Diabetes Clinical Attachment 2:15 – 7:00 p.m. Structured Education Programme	9 2:15 – 7:00 p.m. Structured Education Programme	10	11 1:00 – 4:00 p.m. Interest Group in Mental Health 2:30 – 4:30 p.m. Community Education Programme
12 1:00 – 4:30 p.m. Smoking Cessation Update 2011 3:00 – 7:00 p.m. Structured CME Course by Chinese Medical Association of Macau	13	14	15 1:00 – 3:30 p.m. Diabetes Clinical Attachment 2:15 – 7:30 p.m. Structured Education Programme	16 1:00 – 3:00 p.m. Community Education Programme 2:15 – 7:00 p.m. Structured Education Programme 9:00 p.m. Council Meeting	17	18
19	20	21	22	23 9:00 p.m. Board of Conjoint Examination Meeting	24 2:30 – 3:30 p.m. Board of Education - Video Session	25 2:00 – 5:00 p.m. AEC Course

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



Back Row (left to right): Dr. Ngai Ka Ho, Dr. Chan Ting Bong, Dr. Sze Hon Ho, Prof. Martin Wong, Dr. Natalie Yuen, Dr. Anita Fan, Dr. Sin Ming Chuen, Dr. Edmond Chan, Dr. Alfred Kwong
 Front Row (left to right): Dr. Sam Yip, Ms. Carmen Cheng, Ms. Teresa Lee, Dr. Wendy Tsui, Dr. Catherine Ng, Dr. Heidi Fung

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Contact and Advertisement Enquiry

Ms Teresa Lee / Ms Carmen Cheng

Tel: 2861 1808 / 2528 6618

E-mail: terlee@hkcfp.org.hk or carmen@hkcfp.org.hk

The Hong Kong College of Family Physicians

7th Floor, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Hong Kong