



THE HONG KONG COLLEGE OF FAMILY PHYSICIANS

Family Physicians Links

Message from the President

Happy Mid Autumn Festival!

Summer has passed and I hope you all have had a fruitful and happy summer. Autumn is the season for family and friend gathering. The annual dinner of our College will take place on Dec 17, 2011 at Regal Palace, Causeway Bay. Please mark your diary and look forward to meeting you all soon.

Integration, not fragmentation

The second United Nations (UN) Summit on Non-Communicable Diseases (NCD) is scheduled on 19-20 September 2011 in New York. The first summit was on HIV-AIDS a decade ago and resulted in the creation of the Global Fund. This Summit in September will focus primarily on four diseases (cancer, cardiovascular disease, chronic respiratory disease, and diabetes) and four behavioral dimensions (inadequate physical activity, unhealthy diet, tobacco use, excess alcohol use).

The President of WONCA (World Organization of Family Doctors) Dr. Richard G. Roberts and CEO Dr. Alfred Loh have concerns that a narrow focus on these four diseases may create further fragmentation of health care, duplication and inefficient use of resources, gaps in the care of patients with multiple comorbidities, an internal brain drain where skilled primary care workers are shifted to work on single diseases, and inequity for those patients who are unlucky for not having the "right" disease that has been targeted for resources. They asked member

organizations to contact their governments to share these concerns, to commit to the 2009 World Health Assembly Resolution WHA62.12, which urged member states "to encourage that vertical programs, including disease-specific programs, are developed, integrated, and implemented in the context of integrated primary health care;" and to commit to three key principles that were stated in testimony given by WONCA during an informal hearing in the Summit that occurred at the UN on 16th June 2011.

1. Integrate, not separate. For every vertical program (such as for HIV-AIDS), 15% of funds for that program should go to support the horizontal primary care system.
2. Promote better science. We need better evidence that takes account of the complex nature and social determinants of health and health care.
3. Employ a broad strategy. Health care systems are only as strong as their primary care systems.

We have written to the Food & Health Bureau to share the concern of WONCA about the narrow focus on individual diseases and health behaviors which may further fragment health care resulting in inefficient use of resources. We also echo WONCA's recommendation to allocate funds for horizontal primary system from vertical program.

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“Council Member-On-Duty” (CMOD) System

Dear College members,

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

For this month, from 15th September 2011 to 14th October 2011, Dr. Wendy Tsui and Dr. David Chao 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. Wendy Tsui



Dr. David Chao

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 **August 2011** Council Meeting:

Associate Membership (New Application)

Dr. CHAN Kam Sum	陳錦心
Dr. CHENG Chui Ching	鄭翠菁
Dr. CHENG Long Yee	鄭朗兒
Dr. CHOW Tsz Ling	周梓靈
Dr. CHUI Man	徐敏
Dr. CHUNG Sze Ting	鍾思婷
Dr. FAN Wing Chi	范穎芝
Dr. HONG Hiu Wing	湯曉穎
Dr. KWAN Sin Man	關倩雯
Dr. LAI Chu Kei, Carlton	黎柱基
Dr. LAM Ying Ying	林瑩瑩
Dr. LAU Lai Na	劉麗娜
Dr. LEE Sum	李森
Dr. LEUNG Sze Mun, Amelia	梁詩敏
Dr. LO Ka Kit	盧嘉傑
Dr. LOO Wing Lok	盧永樂
Dr. MOK Ka Yee	莫家怡

Dr. NG Wai Tong	吳煒棠
Dr. OR Ka Yan	柯嘉茵
Dr. SHUM Chi Shan	岑芷嫻
Dr. SIU Ming Ying	蕭鳴櫻
Dr. TONG Gerald Sze Ho	唐師豪
Dr. TSUI Hiu Fa	徐曉花
Dr. YEUNG Lam Fung	楊臨鋒
Dr. YUEN Ming Wai	袁明慧

Reinstatement of Associate Membership

Dr. WU Edward Thomas	吳漢驥
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Transfer from Associate Membership to Fellowship

Dr. CHU Wan Wing, Vivian	朱韻穎
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Resignation from Associate Membership

Dr. WONG Ho Yan, Queenie	黃可欣
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Resignation from Fellow Membership

Dr. CHING Kin Yu	陳健茹
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Wedding Congratulatory Message

We are very happy to announce that two of our Editorial Board members have recently taken the plunge into married bliss! Everyone at FP Links would like to wish Professor Martin Wong and Miss Kathy Chow, and Dr. Law Tung Chi and Dr. Sunny Lee a hearty ‘Congratulations!’ on their recent weddings. With all our best wishes for a long happy life together!



Professor Martin Wong and Miss Kathy Chow

Co-opted Council Member

Important Notice

Dear Members,

Following the 366th Council meeting on 18th August 2011, we would like to announce that Dr. Lorna NG was co-opted as Council member till the next Annual General Meeting.

Thanks,

HKCFP Secretariat

HKCFP Annual Report Goes Paperless

Dear College members,

This announcement was made here with the decision made in the College's 366th Council Meeting.

To preserve our environment, hard copies of Annual Reports **WILL NOT** be sent to your mailing address starting immediately from 2011. Members will be notified by both postal mail and email once the electronic Annual Report is available for download in the College website.

Should you have any queries on the above arrangement, please do not hesitate to contact us through hkcfp@hkcfp.org.hk.

Thanks for your kind support.

Dr. Law Tung Chi
Honorary Secretary

34th HKCFP Annual General Meeting

17th December 2011, Saturday

Time : 18:00

Venue : Regal Palace
3/F, Regal Hong Kong Hotel, 88 Yee Wo Street, Causeway Bay, Hong Kong

Admission : College Members only

Details will be announced in due course.

34th HKCFP Annual Dinner

17th December 2011, Saturday

Time : 19:00 Reception
19:30 Chinese-Style Dinner

Venue : Regal Palace
3/F, Regal Hong Kong Hotel, 88 Yee Wo Street, Causeway Bay, Hong Kong

Admission : College Members and their families, free of charge. Registration in advance is required

Registration : Registration for Annual Dinner will be made on first-come-first-serve basis. Please reserve your seat via College Administrative Staff, Ms. Windy Lau / Ms. Priscilla Li, at 2528 6618 or email to windy@hkcfp.org.hk / priscilla@hkcfp.org.hk as soon as possible.

Car parking : You are advised to use the public parking area located in

- Paliburg Plaza (Entrance at Irving Street, next to Regal Hong Kong Hotel)
- Lee Garden Two (Entrance at Pennington Road)
- Windsor House (Entrance at Great George Street)

Board of Diploma in Family Medicine (DFM) - Lectures

Topics and Speakers :

Dates	Topics	Speakers
8 Oct 2011 (Sat)	Module III – Clinical Audit & Quality Assurance	Dr. Linda Y. F. Hui
12 Nov 2011 (Sat)	Module III – Introduction to Family Therapy	Dr. Daniel W. S. Chu
19 Nov 2011 (Sat)	Module III – Practice Management	Prof. Donald K. T. Li
10 Dec 2011 (Sat)	Module III – Anticipatory Care	Dr. David V. K. Chao

Co-ordinator : Dr. Au-yeung Shiu Hing

Member, The Board of Diploma in Family Medicine, HKCFP

Venue : Council Chamber, Room 802, 8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong

Time : 2:30 p.m. – 5:00 p.m. Lecture and Discussion

Accreditation : 3 CME Points HKCFP (Category 4.3)
3 CME Points MCHK

Registration Fees (*Please tick as appropriate*):

Dates	Topics	HKCFP Member	Non-member
8 Oct 2011 (Sat)	Module III – Clinical Audit & Quality Assurance	<input type="checkbox"/> HK\$200	<input type="checkbox"/> HK\$400
12 Nov 2011 (Sat)	Module III – Introduction to Family Therapy	<input type="checkbox"/> HK\$200	<input type="checkbox"/> HK\$400
19 Nov 2011 (Sat)	Module III – Practice Management	<input type="checkbox"/> HK\$200	<input type="checkbox"/> HK\$400
10 Dec 2011 (Sat)	Module III – Anticipatory Care	<input type="checkbox"/> HK\$200	<input type="checkbox"/> HK\$400

Capacity : 20 Doctors

Registration : Registration will be first come first served. For registration or enquiries, please call the College secretariat, Ms. Dickie Lam at 2861 0220. All cheques are payable to "HKCFP Holdings and Development Limited". Please mail the cheque to Rm 802, 8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai. All fees received are non-refundable and non-transferable.

To : HKCFP, Room 802, 8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong.
(Fax: 2866 0981)

Dear Sir/ Madam,

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

I would like to attend lecture(s) of **Module III** at Council Chamber, Room 802, 8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong.

Name : _____

Tel No. : _____

Email : _____

Date : _____

ENTER THE FP LINKS LOGO DESIGN COMPETITION

for a chance to have

**YOUR WORK AS THE SYMBOL OF FP LINKS and
WIN \$2,000 of VOUCHERS!**

Your challenge is to design a logo that represents FP links, the College newsletter of the Hong Kong College of Family Physicians.

FP links has the following missions:

- To disseminate the College News to College members;
- To report news of various College Boards and Committees;
- To provide a channel for dissemination of information or articles related to Family Medicine, either clinical or non-clinical;
- To act as a bridge for communication between members and the College.

The inaugural edition of FP links was published in March 2004

WE NEED A NEW LOOK!

Your logo should meet the following criteria:

- Embody the characteristics and identity of our College newsletter;
- Be clear and appropriate for a medical newsletter;
- Be your own original piece of work;
- Be flexible enough to work across a range of material, including online and print;
- Submitted in jpg format (size preferably <5MB).

Submit your logo **by 30 September 2011 to carmen@hkcfp.org.hk**, and remember to include:

- An explanation of what your logo represents;
- Your title, name, email address, mailing address, and daytime phone number.

All entries will be acknowledged and once received, will become the property of FP Links. They will be judged by the FP Links Editorial Board and the competition winner will be announced via FP Links and the College website. The winner will also be contacted individually by our staff.

**If you have any queries about the logo design competition,
please contact Ms. Carmen Cheng at 2528 6618.**

NOW GO AND GET DESIGNING!

SPECIALTY BOARD

Chairlady : **Dr. Tsui Wing Sze, Wendy**

Vice-Chairman : Dr. Chan Kin Ling

Secretary : Dr. Wang Hua Li, Jenny

Board Members :

Dr. Kwok Kon Hung	(Coordinator, Clinical Audit Segment)
Dr. Ko Wai Kit	(Coordinator, Consultation Skills Assessment Segment)
Dr. Luk Kam Hung	(Coordinator, Practice Assessment Segment)
Dr. Chiu Chi Fai, Billy	(Coordinator, Research Segment)
Dr. Kwong Siu Kei, Alfred	(Deputy Coordinator, Clinical Audit Segment)
Dr. Wang Hua Li, Jenny	(Deputy Coordinator, Consultation Skills Assessment Segment)
Dr. Yiu Yuk Kwan	(Deputy Coordinator, Practice Assessment Segment)
Dr. Chan Yin Hang	(Deputy Coordinator, Research Segment)
Dr. Chan Ming Wai, Angus	
Dr. Ho Yiu Keung, Steven	
Dr. Kwong Ka Wah	
Prof. Lam Lo Kuen, Cindy	
Dr. Tse K K, Keith	
Dr. Wong Kwai Wing	



Front row (from left to right) : Prof. Cindy Lam, Prof. Doris Young, Dr. Wendy Tsui, Dr. Wang Hua Li Jenny

Back row (from left to right) : Dr. Angus Chan, Dr. Chan Kin Ling, Dr. Kwong Ka Wah, Dr. Luk Kam Hung, Dr. Kwong Siu Kei, Dr. Wong Kwai Wing, Dr. Steven Ho, Dr. Ko Wai Kit, Dr. Chan Yin Hang

The aim of the Exit Examination of Vocational Training in Family Medicine of the Hong Kong College of Family Physicians is to examine if candidates have achieved the objectives at required standards at the end of their family medicine training. The Exit Examination consists of three segments, the objectives of which reflect those of the Higher Vocational Training in Family Medicine: Clinical Audit, Practice Assessment and Consultation Skills Assessment.

Starting from year 2012, Consultation Skills Assessment Segment will have its format changed to videotaping consultation. The new format is more reliable and feasible that could also truly reflect the candidate's abilities.

Research Segment, a new part of Exit Examination, will be implemented as an alternative option to Clinical Audit Segment in year 2013. Carrying out research projects would be more relevant for some higher trainees, allowing them and their practice to achieve better health outcomes and quality outcomes.

Besides, the Board organize the pre-exit examination workshops and standardization workshops for the higher trainees and examiners, respectively every year.

Ketamine and Bladder Dysfunction

Drug abuse in youth causes social and medical problems in our society, and the increasing trend of drug abuses in adolescents of school age is one of the concerns. According to the Central Registry of Drug Abuse of the Narcotics Division, the percentage of young drug abusers below age 21 increases from 16.7% of all abusers in 2002 to 24.1% in 2009. The mean age of this group of abusers is only 17 years old. Apart from the population changes in drug abuses, there is also increasing trend of ketamine abuses from 9.8% in 2000 to 37.6% in 2009. In young drug abusers under 21, ketamine was the most popular drug of abuse, reported to be 84.3%, followed by ice (16.6%), ecstasy (11.9%), cannabis (7.4%) and cocaine (6.5%). About half of the young drug abusers reported the reason of drug use to be "relief of boredom/ depression/ anxiety". However, this is obviously not a good choice.

Recent reports noted that regular use of ketamine is associated with lower urinary tract symptoms such as dysuria, debilitating urinary frequency, urgency, urge incontinence and haematuria. It is noted that epithelial inflammation of bladder, with neovascularization and petechial haemorrhage is commonly found in ketamine users. Urodynamic studies showed decreased detrusor compliance, overactivity, hydronephrosis and secondary vesicoureteral reflux. These symptoms resemble interstitial cystitis and are reported as difficult to treat with antibiotic, anticholinergic and nonsteroidal anti-inflammatory medications.

A local study was published recently in the Journal of Urology. The study analysed 66 young people with history of ketamine abuse. Lower urinary tract function was evaluated using the Pelvic Pain, Urgency and Frequency questionnaire, uroflowmetry and ultrasonography. Their average age was 18 (76% males, 24% females). Most of them lived with their family members. 56% of the subjects were self-supported financially while 35% relied on their families. Use of multiple drugs was reported by 81% of the subjects.

The normal urinary bladder capacity is 400-500ml. In ketamine users who were taking 3 doses weekly, 4 doses weekly and more than 5 doses weekly, the urinary bladder capacity were 203.2ml, 199.6ml and 189.5ml, respectively. Small bladder capacity can lead to symptoms ranging from urinary urgency, frequency, pelvic pain and urinary incontinence as mentioned above.

The study also found that the bladder capacity of young people who had quit taking ketamine for more than one year is larger than those who began to quit (387ml vs 243ml), showing the recovery potential of the urinary bladder. However, there is no guarantee that every damaged urinary bladder can recover completely.

The Pelvic Pain, Urgency and Frequency (PUF) Score, which has been validated in patients with interstitial cystitis, is used to evaluate the presence and severity of chronic pelvic pain and lower urinary tract symptoms. Quit time is categorized into "still taking or quit less than three months", "three months to six months" and "six months to one year". The symptoms scores decrease progressively from 7.62, 7, 6.67 to 5, for these categories. This reveals that quitting drugs will have a positive impact on relieving the patients' suffering and symptoms of a small diseased urinary bladder.

This report proved the inverse relationship between the dosage of drug abuse and bladder functions. In view of the reversibility demonstrated, it is hoped that the results can enhance the motivation of the youth to quit drugs.

References:

1. Central Registry of Drug Abuse Fifty-ninth Report
2. Lower Urinary Tract Changes in Young Adults Using Ketamine, the Journal of Urology, Volume 186, 610-614, August 2011

Compiled by Dr. Yip Chun Kong, Sam

NAHC Fall Prevention Clinic in Primary Care Setting – Part 2

Edwina K. N. See (Physiotherapist I), Thomas H. Cheung (Occupational Therapist I)
Allied Health Fall Prevention Clinic, Hong Kong East Cluster, Hospital Authority

Physiotherapists and occupational therapists provide their unique professional assessment and intervention in fall prevention clinic to manage the elderly with fall risk in terms of their physical, behavioural, functional and environmental domains.

Content of Fall Clinic

Intake assessment and intervention by Occupational Therapy and Physiotherapy

- Fall Risk Assessment Score for the Elderly (FRASE)
 - Score 3-8 = Low Risk (1-2 sessions)
 - Score 9-12 = Medium Risk (4-6 sessions)
 - Score ≥ 13 = High Risk (Refer to GDH, OPD PT/OT)
- Time Up and Go Test
 - Rise from a chair \Rightarrow Walk 3 meters at normal pace \Rightarrow Turn \Rightarrow Return to the chair and sit down
 - Increase of fall risk if the test takes more than 14 seconds
- Fall Efficacy Scale
 - The degree of confidence a person in performing common daily activities without falling
- Hand Grip



- Postural BP



Recruitment Educational Talk

- General Fall Prevention Concepts include,
 - Home safety and environmental modification
 - Medication
 - Postural dizziness
 - Exercise program
 - Lighting
 - Shoe wear advice



Lifestyle Modification Education Talk

- Exercise habits
- Awareness of postural change
- Compliance to and awareness of medications and their effects
- Awareness of environmental hazards
- Psychological adjustment and fall risk behavior modification

Physiotherapy Assessment

Joint deformity

- Including back, hip, knee and foot



Enlarged and varus knee deformity



Hallux valgus

Joint pain

- Including back, hip, knee and foot
- To identify any inflammatory sign, tenderness spot
- Visual Analog Scale (VAS) 0-10 scale

Lower limb range of motion

- Including back, hip, knee and foot

Lower limb muscle power

- Manual muscle testing (grade 0-5)
- 30 seconds chair stand test

Balance

- Berg balance scale (14 items), including single leg stand test, functional reach etc.
- Berg Balance scale < 47 indicates an increase risk of fall



Single leg stand test in Berg balance scale

Gait

- Such as small steps, wide base, limping gait, foot dragging

Self confidence in daily activities

- Adopted Activities- Specific Balance Confidence Scale (ABC)
- Self confidence related to indoor and outdoor activities without loss of balance

Occupational Therapy Assessment

LL sensation

- Such as light touch, vibration, proprioception, and pinprick sensation.



LL joints stability

- Including knee, ankle and toes to identify any structural deformities.

Cognitive Screening

- Mini-mental State Examination (MMSE) and/ or Montreal Cognitive Assessment (MoCA)

Fall Risk Behavior

- Use of Fall Behavioral Scale (FaB)

Functional Assessment

- Modified Barthel Index (MBI)
- Lawton (IADL) score.



Environmental Screening

- Home FAST

Physiotherapy Treatment

1. Home exercise: lower limb stretching, strengthening and balance exercise with theraband prescription
2. Tai Chi: for selected elderly



Strengthening exercise with theraband as home exercise

3. On site balance and strength training in clinic



Stepper exercise for lower limb strengthening



Rocker board for balance training

4. Pain relief (TENS, hot pack and ice pack)



TENS for pain relief

5. Walking aids or wheelchair recommendation
6. OA knee care education and exercise



A patient with OA knees practising Quadriceps strengthening

7. Back care education and exercise
8. Carer training (transfer, bed mobility and walking techniques)
9. Vestibular assessment and training to improve dizziness related to vestibular problem
10. Adaptation to postural BP drop by ankle and toes exercise, tubigrip and positional advice
11. Pelvic floor exercise to improve incontinence
12. Outdoor walking activities

Occupational Therapy Treatment

1. Postural and positional advice, shoe wear advice and tubigrip trial
2. Trial of soft knee brace on patient with knee instability
3. Hip protectors and/ or protective knee pad



4. Sensorimotor remedial training in order to promote stimulation on lower limbs



5. Practical fall prevention trips on ADL and IADL
6. Fall behavioral education talk
7. Common aid prescription
8. Home Safety education
9. Post-fall syndrome education
10. Low vision education



Conclusion

The success of the fall prevention program indicates an increase in awareness of the importance of prevention of fall to the elderly, other patients and even health care professionals. By changing patients' focus from healthcare dependence to self-management, this program is definitely beneficial to patients, health care professionals and the whole health care system.

Interest Group in Mental Health & Psychiatry in Primary Care The 28th Meeting on 6th August 2011

Dr. Mark S. H. Chan
Board Member

Theme : Women Mental Health
Speaker : Dr. John So, Specialist in Psychiatry
Moderator : Dr. Mark S. H. Chan, Co-ordinator,
Board of Education

The 28th Interest Group in Mental Health & Psychiatry in Primary Care Meeting was held on 6th August 2011. Dr. John So is the guest speaker.

There is a lot of attention in gender specific mental health issues. Women have profound periodic hormonal changes and at the same time subjected to marked cultural impact. We have the privilege of having Dr. John So, a private psychiatrist with special interest in the area, to update members on this important topic. Dr. John So graduated from The Chinese University of Hong Kong and trained at the in Prince of Wales Hospital. Dr. So is actively engaging in mental health promotion, teaches in the Diploma course and speaks on various CME activities.

Learning points:

Dr. So focused on the management of mood disorder **In Child Bearing Age Women.**

The following is the summary of the considerations:

	Issues	Drugs				
Before pregnancy	Drugs & contraceptive	<ol style="list-style-type: none"> Oral contraceptives CYP450- isoenzymes Carbamazepine CYP3A4 <ul style="list-style-type: none"> enzyme induction, increasing hepatic metabolism menstrual irregularities, breakthrough bleeding and PREGNANCY Psychotropics <ul style="list-style-type: none"> pharmacokinetics may be affected pregnancy, post-partum even around menstruation 				
Planning pregnancy	Wait... Why-now? Changing roles - Her different roles? - Our different roles?	<table border="1"> <thead> <tr> <th>Fertility</th> <th>Sexual side effects of drugs</th> </tr> </thead> <tbody> <tr> <td> - antipsychotic and prolactin - may reduce chances of conception - associated with DRD2*A1 - greater D2 binding? 40% higher levels </td> <td> valproate and polycystic ovary mechanisms? - theca cell androgen synthesis - gene transcription - testosterone conversion inhibition - hyperinsulinaemia - weight gain </td> </tr> </tbody> </table>	Fertility	Sexual side effects of drugs	- antipsychotic and prolactin - may reduce chances of conception - associated with DRD2*A1 - greater D2 binding? 40% higher levels	valproate and polycystic ovary mechanisms? - theca cell androgen synthesis - gene transcription - testosterone conversion inhibition - hyperinsulinaemia - weight gain
Fertility	Sexual side effects of drugs					
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	Bipolar offspring morbidity - higher risks of offspring developing BP - 75% first episode before age 12					
During Pregnancy	Maintenance balance of risks - generally for bipolar drug withdrawal - risk of relapse high if abruptly stopping the medication - for withdrawal of antipsychotic e.g. lithium, gradually over 3 months - even if on another drugs, gradually over at least 4 weeks - consider atypical antipsychotic cover - psychosocial interventions					
Unplanned pregnancy	Treatment indicated in severe illness and known quick relapse after discontinuation - may advice to continue treatment - always check for latest update - documentation of discussion with involved parties					
	Drugs effects e.g. antipsychotic	mother - gestational DM and weight gain fetus / neonate - drug toxicity - drug withdrawal				

Acute episodes	Manic?
	- antipsychotic - mood stabilizers - NOT valproate, carbamazepine, lithium, lamotrigine - others - NOT long term benzodiazepine - roles of ECT, rapid tranquillisation

Drugs consideration
Benzodiazepine
Fetus / neonate – cleft palate and other malformations, floppy baby syndrome
DON'T use, except for short-term treatment of extreme anxiety and agitation risks during withdrawal
Antidepressant
Mother - risks in tricyclic overdose
high BP with high dose venlafaxine
fetus / neonate - fetal heart defect
paroxetine in first trimester
neonate pulmonary hypertension

Post natal	Antipsychotic	Antidepressant
	Lithium Lamotrigine Carbamazepine Valproate Benzodiazepine antidepressant	tricyclic - lowest known risk, e.g. amitriptyline, imipramine, nortriptyline - lower in breast milk, e.g. imipramine, nortriptyline SSRI - lowest known risk, e.g. fluoxetine - lower in breast milk, e.g. sertraline (higher: citalopram, fluoxetine) DON'T – paroxetine

Supplements?
omega-3 fatty acids (EPA DHA)
mechanisms
↓ inflammatory eicosanoids production from arachidonic acid
↓ proinflammatory cytokines release
↑ brain derived neurotrophic factor
case of switching to recovery reported
Safety ?

The above is a concise summary of the presentation. Colleagues are reminded that the complexity of childbearing mood disorder management requires the need to have continuous update, documentation and appropriate referral.

Next meeting

As 1st October is the National Day, the next meeting for the Interest group will be on 3rd December 2011.

All members are welcome and encouraged to present their cases and problems for discussions or role play. Please send your cases to our secretariat (yvonne@hkcfp.org.hk) 2 weeks before the date of presentation.



Dr. Mark Chan, Dr. John So & Dr. Mary Kwong



THE HONG KONG COLLEGE OF FAMILY PHYSICIANS

31st Annual Refresher Course
November 27 – December 18, 2011

REGISTRATION FORM

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

Dear Sir / Madam,

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

The whole course:-

Three Luncheon Lectures and Four Workshops (Including fee for Certificate of Attendance)	Members	: HK\$600.00	()
	Non-members	: HK\$1200.00	()
	HKAM Registrants	: HK\$700.00	()
	FM Trainees	: HK\$400.00	()

Spot admission:-

Nov 27 (Sun)	Cardiovascular Workshop 1) Management of Renal Hypertension 2) Statin Benefits Beyond Lipid Lowering	()
Nov 29 (Tue)	Vaccination Update on Pneumococcal Infection and Vaccination	()
Dec 01 (Thur)	Cardiovascular New Advances in Stroke Prevention in Atrial Fibrillation: A World without Warfarin?	()
Dec 04 (Sun)	Mental Health Workshop 1) The Moon and The Mood: Circadian Rhythm and Depression 2) Updates in Osteoporosis Treatment	()
Dec 06 (Tue)	BPH Management Practical Tips on Management of LUTS & BPH	()
Dec 11 (Sun)	Mood Disorder Workshop 1) Breaking the Barriers to Effective Treatment in Depression 2) Somatization Phenomenon in Primary Care Setting	()
Dec 18 (Sun)	Cardiovascular Workshop 1) Update on Hypertension Management 2) Glycemic Index - Fatty Liver	()

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

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

Name: _____

Email: _____

Tel: _____ Date: _____

- 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.

31st Annual Refresher Course 2011

*** 1st Announcement ***

The 31st Annual Refresher Course (ARC) will be held from November 27, 2011 to December 18, 2011. There will be three Luncheon Lectures and four Workshops.

2 CME points will be awarded for each Luncheon Lecture and 3 CME points for each Workshop according to Category 4.5. MCQs will be distributed for each session of the Refresher Course, i.e. there are a total of 7 MCQ papers. The MCQ answers have to be returned to the College Secretariat on the original question forms within 2 weeks of the completion of the Refresher Course (latest by December 31, 2011). A member will be awarded 1 extra CME point for a score of over 60% for each MCQ paper. Up to 2 CPD points (Continuous Professional Development) will also be awarded for each session (subject to submission of satisfactory report of Professional Development Log); a maximum of two points can be scored for each session.

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

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

Registration is now open and must be made before 15th November 2011. As the number of space is limited, it will be offered on first come first served basis. Please also note that admission fees are not refundable. Ten free registrations for each Lecture and Workshop will be offered to student members who wish to apply for free registration, please call Ms. Dickie Lam at 2861 0220 before 15th November 2011.

Registration form could be found on Page 11.

Luncheon Lectures

Date	November 29 (Tue)
Topic	<u>Vaccination</u> Update on Pneumococcal Infection and Vaccination
Speaker	Dr. Hung Fan Ngai, Ivan
Moderator	Dr. Tong Siu Man
Sponsor	<i>Pfizer Corporation Hong Kong Limited</i>

Date	December 1 (Thur)
Topics	<u>Cardiovascular</u> New Advances in Stroke Prevention in Atrial Fibrillation: A World without Warfarin?
Speakers	Dr. Siu Chung Wah, David
Moderator	Dr. Lee Wan Tsi, Francis
Sponsors	<i>Boehringer Ingelheim Hong Kong Ltd.</i>

Date	December 6 (Tue)
Topics	<u>BPH Management</u> Practical Tips on Management of LUTS & BPH
Speakers	Dr. Tam Po Chor
Moderator	Dr. Au-yeung Shiu Hing
Sponsor	<i>GlaxoSmithKline Limited</i>

Venue	: Crystal Ballroom, Basement 3, Holiday Inn Golden Mile Hotel, 50 Nathan Road, Tsimshatsui, Kowloon
Time	: 1:00 p.m. – 2:00 p.m. Buffet Lunch 2:00 p.m. – 3:30 p.m. Lecture 3:30 p.m. – 3:45 p.m. Discussion

Sunday Workshops

Date	November 27 (Sun)
Topics	<u>Cardiovascular Workshop</u> 1. Management of Renal Hypertension 2. Statin Benefits Beyond Lipid Lowering
Speakers	1. Dr. Jonathan Yung 2. Dr. Ko Wai Chin
Moderator	Dr. Tong Leon George
Sponsor	<i>Pfizer Corporation Hong Kong Limited</i>

Date	December 4 (Sun)
Topics	<u>Mental Health Workshop</u> 1. The Moon and The Mood: Circadian Rhythm and Depression 2. Updates in Osteoporosis Treatment
Speakers	1. Dr. Mak Ki Yan 2. Dr. Cheung Tak Cheong
Moderator	Dr. Wan Kwong Yu
Sponsor	<i>Servier Hong Kong Limited</i>

Date	December 11 (Sun)
Topics	<u>Mood Disorder Workshop</u> 1. Breaking the Barriers to Effective Treatment in Depression 2. Somatization Phenomenon in Primary Care Setting
Speakers	1. Dr. Chan Kwok Tung 2. Dr. Kan Chung Sing
Moderator	Dr. Yeung To Ling, Solomon
Sponsor	<i>Pfizer Corporation Hong Kong Limited</i>

Date	December 18 (Sun)
Topics	Cardiovascular Workshop 1. Update on Hypertension Management 2. Glycemic Index - Fatty Liver
Speakers	1. Dr. Chan Wai Kwong 2. Dr. Leung In Son
Moderator	Dr. Chan Chi Wai, Edmond
Sponsor	Takeda Pharmaceuticals Taiwan Ltd

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

Time : 1:00 p.m. – 2:00 p.m. Buffet Lunch
2:00 p.m. – 4:15 p.m. Lectures
4:15 p.m. – 4:30 p.m. Discussion

Registration Fees

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

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

Spot admission fee for each Luncheon Lecture or Workshop is:

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

FM Trainees Package:

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

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

10 October 2011 Monday

Topic and Speaker:

Approach to Manage Recurrent Wheeze in Children

Dr. Peter Van Asperen

*Head of the Department of Respiratory Medicine,
The Children's Hospital, Westmead and Macintosh*

Professor of Paediatric Respiratory Medicine, University of Sydney

Chairman **Dr. Ma Ping Kwan, Danny**
The Hong Kong College of Family Physicians

Time 1:00 p.m. – 2:00 p.m. Buffet Lunch
2:00 p.m. – 3:15 p.m. Lecture
3:15 p.m. – 3:30 p.m. Discussion

Venue Ballroom I & II, Level 7, Langham Place, 555 Shanghai Street, Mongkok, Kowloon

Admission Members Free
Non – members HK\$ 300.00
Fee 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
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Monthly Video Viewing Session

Monthly video viewing sessions 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.

September's session:

Date	30 September, 2011 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	New Era in Managing Anxiety Disorder – Dr. Kwan Ka Lik
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.

October's session:

Date	28 October 2011(Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	Genital Lesions: Sexually Transmitted or Not? – Dr. Lee Tze Yuen
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
8 October 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 2011/2012 – Common Ophthalmic Problems Update for Primary Practice Dr. Suk I Chiu Our Lady of Maryknoll Hospital & Hong Kong Medical Association	Ms. Clara Tsang Tel: 2354 2440 Fax: 2327 6852

Workshop on Office Minor Surgical Procedures

Sponsored by Johnson & Johnson (HK) Ltd.

- Dates** : 16th November 2011 (Wednesday)
19th November 2011 (Saturday)
- Organizers & Course Directors** : **Department of Surgery, Our Lady of Maryknoll Hospital**
Dr. Meng Chia Shing, William
Consultant in charge, Dept. of Surgery, Our Lady of Maryknoll Hospital
The Hong Kong College of Family Physicians
Dr. Kwong Bi Lok, Mary
Chairlady, Board of Education, The Hong Kong College of Family Physicians
- Co-ordinators** : **Dr. Chan Wan Yee, Winnie**
Board Member, Board of Education, The Hong Kong College of Family Physicians/
Our Lady of Maryknoll Hospital liaison
Dr. Kevin Lau
Specialist Surgeon, Dept. of Surgery, Our Lady of Maryknoll Hospital (Surgical liaison)
- Time** : 1:30 p.m. - 3:30 p.m.
- Venue** : Conference Room, 1/F, Outpatient Building, Our Lady of Maryknoll Hospital,
118 Shatin Pass Road, Wong Tai Sin, Kowloon.
- Contents** : **1. Lecture**
2. Live demonstration of various minor OT procedures
3. In vitro hands-on practicum or recorded demo with explanation on selected cases
- Local anaesthetics / digital nerve block
 - Office minor OT Surgical instruments / sterilization technique
 - Suturing skills
 - Proctoscopy + banding / injection of haemorrhoids
 - Injection of keloid scar
 - I&D of abscess
 - Simple excisions
 - Wedge excision of ingrown toenails
- Welcome those who are interested in starting off simple minor procedures in own practice, or as a refresher course
- Enrolment** : **FULL**
- Award** : A "Certificate of Attendance" will be awarded to those who have attended both sessions
- Accreditation** : 2 CME Points HKCFP (Cat. 5.2) per afternoon session & 2 CPD Points HKCFP (Cat 3.15) for session on 19th November 2011

The Board of Education would like to thank our members for their support to the **"Workshop on Office Minor Surgical Procedures"** which is now **FULLY** booked; all successful applicants will receive confirmation email shortly. We would also like to thank Our Lady of Maryknoll Hospital for providing the venue, Course Director Dr. Meng Chia Shing, William, Consultant-in-charge of Department of Surgery, Our Lady of Maryknoll Hospital and Co-ordinator Dr. Kevin Lau, Specialist Surgeon, Department of Surgery, Our Lady of Maryknoll Hospital for their time and effort in organizing the workshop for our members. Finally we would like to thank Johnson & Johnson (HK) Ltd. for sponsoring equipment for the workshop.

Structured Education Programmes

Free to members
HKCFP CME points accreditation (Cat 4.3)

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
21 Sep 11 (Wed)			
2:15 – 4:45 p.m. 3 CME points	AB1038, 1/F, Main Block, Tuen Mun Hospital	Common Oral and Dental Problems Dr. Ho Tsz Bun and Dr. Cheng Chui Ching	Ms. Chan Tel: 2468 6813
2:15 – 5:15 p.m. 3 CME points	Meeting Room 1, 1/F, Block F, United Christian Hospital	Exercise Prescription Dr. So Tsang Yim and Dr. Tsui Hiu Fa	Ms. Cordy Wong Tel: 3513 3087
5:00 – 7:30 p.m. 3 CME points	Li Ka Shing Specialist Clinic, 3/F, Seminar Room, Prince of Wales Hospital	Common Orthopaedic Procedures in Family Medicine Dr. Chang Hsi Tse	Ms. Crystal Law Tel: 2632 3480
5:15 – 7:15 p.m. 2 CME points	Lecture Theatre, 6/F, Tsan Yuk Hospital	Basic Skills on Interpretation of Imaging Film II - CT / MRI Dr. Peter Hui	Ms. Man Chan Tel: 2589 2337
22 Sep 11 (Thur)			
2:15 – 5:15 p.m. 3 CME points	Auditorium, G/F, Tseung Kwan O Hospital	Exercise Prescription Dr. Zhu Gui Xia and Dr. Yuen Ming Wai	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Use of Information Technology in Medicine Dr. Lo Cheuk Wai	Ms. Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 41, 2/F, Pamela Youde Nethersole Eastern Hospital	Adult Resuscitation Dr. Lee Ho Ming	Ms. Kwong Tel: 2595 6941
28 Sep 11 (Wed)			
2:15 – 4:45 p.m. 3 CME points	AB1028, 1/F, Main Block, Tuen Mun Hospital	Approach to Alcoholism Dr. Lau Lai Na	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 Symptoms in Paediatrics Dr. Wan Pui Chu and Dr. Yuen Ching Yi	Ms. Cordy Wong Tel: 3513 3087
5:00 – 7:30 p.m. 3 CME points	Li Ka Shing Specialist Clinic, 3/F, Seminar Room, Prince of Wales Hospital	Ketamine Cystitis Dr. Mak Siu King	Ms. Crystal Law Tel: 2632 3480
5:15 – 7:15 p.m. 2 CME points	Lecture Theatre, 6/F, Tsan Yuk Hospital	How to Handle Anxiety Patients? Is Social Resources Available? Dr. Tracy Leung	Ms. Man Chan Tel: 2589 2337
29 Sep 11 (Thur)			
2:15 – 5:15 p.m. 3 CME points	Auditorium, G/F, Tseung Kwan O Hospital	Common Symptoms in Paediatrics Dr. Kwong Lok See and Dr. Leung Sze Mun	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Medical Insurance Dr. Mou Yeuk Hang	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. Siu Lok Man and Dr. Lo Shiu Bong	Ms. Kwong Tel: 2595 6941
6 Oct 11 (Thur)			
2:15 – 5:15 p.m. 3 CME points	Auditorium, G/F, Tseung Kwan O Hospital	Depressive Disorder Dr. Hung Wai Shan and Dr. Lo Ka Kit	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Itchiness and Rash Dr. Hong Sze Nga	Ms. Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 41, 2/F, Pamela Youde Nethersole Eastern Hospital	Imaging of Cardiovascular System Dr. Lee Ho Ming	Ms. Kwong Tel: 2595 6941
12 Oct 11 (Wed)			
2:15 – 4:45 p.m. 3 CME points	AB1038, 1/F, Main Block, Tuen Mun Hospital	Motivational Interview Dr. Leung Hoi 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	Update of Management of Common Thyroid Diseases Dr. Lee Hung Fai and Dr. Chan Kam Sum	Ms. Cordy Wong Tel: 3513 3087
5:00 – 7:30 p.m. 3 CME points	Li Ka Shing Specialist Clinic, 3/F, Seminar Room, Prince of Wales Hospital	Trend of Wound Care Product in Primary Practice Dr. Lam Ming Chu	Ms. Crystal Law Tel: 2632 3480
5:15 – 7:15 p.m. 2 CME points	Lecture Theatre, 6/F, Tsan Yuk Hospital	Vocational Training Review Dr. Wan Wing Fai	Ms. Man Chan Tel: 2589 2337
13 Oct 11 (Thur)			
2:15 – 5:15 p.m. 3 CME points	Auditorium, G/F, Tseung Kwan O Hospital	Update of Management of Common Thyroid Diseases Dr. Li Ming Yin and Dr. Chan Hau Ting	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Emergency Procedures in Primary Care 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	Review of Family Medicine Training Dr. Leung Tsi Mei, Violet	Ms. Kwong Tel: 2595 6941
19 Oct 11 (Wed)			
2:15 – 4:45 p.m. 3 CME points	AB1038, 1/F, Main Block, Tuen Mun Hospital	ICPC: Principle and Practice 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	Community Resources for Dysfunctional Families (Violence, Marital, Parenting Problems) Dr. Leung Yuen Kin and Dr. Chung Sze Ting	Ms. Cordy Wong Tel: 3513 3087
5:15 – 7:15 p.m. 2 CME points	Lecture Theatre, 6/F, Tsan Yuk Hospital	Allied Health Talk - Pharmacy (Dispensing Process - DD) Dr. Tom Wu	Ms. Man Chan Tel: 2589 2337

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 Sep 9:30 a.m. - 12:30 p.m. Conjoint Written Examination 2011 - KFP Segment	19	20	21 2:15 - 7:30 p.m. Structured Education Programme	22 2:15 - 7:00 p.m. Structured Education Programme	23	24 7:00 p.m. Social Dinner Gathering (BVTS)
25 9:30 a.m. - 1:00 p.m. Conjoint Written Examination 2011 - MCQ Segment 10:00 a.m. - 6:30 p.m. Macau Training Course	26	27 9:00 p.m. Board of Education Meeting	28 2:15 - 7:30 p.m. Structured Education Programme	29 2:15 - 7:00 p.m. Structured Education Programme 7:30 - 10:00 p.m. Specialty Board Meeting	30 2:30 - 3:30 p.m. Board of Education - Video Session Deadline for FP Links Logo Competition Application Deadline for Recommendation for Exit Exam (BVTS)	1 Oct
2	3	4	5	6 2:15 - 7:00 p.m. Structured Education Programme 9:00 p.m. Board of Conjoint Meeting	7	8 2:30 - 5:00 p.m. DFM Module III - Clinical Audit & Quality Assurance 2:30 - 4:30 p.m. Community Education Programme
9	10 1:00 - 3:30 p.m. Approach to Manage Recurrent Wheeze in Children	11	12 2:15 - 7:30 p.m. Structured Education Programme	13 2:15 - 7:00 p.m. Structured Education Programme	14	15 2:30 - 5:00 p.m. AEC - Mock Exam
16 Conjoint Examination 2011 - OSCE Rehearsal	17	18	19 2:15 - 7:15 p.m. Structured Education Programme	20 2:15 - 7:00 p.m. Structured Education Programme 9:00 p.m. Council Meeting	21	22
23	24	25	26	27	28 2:30 - 3:30 p.m. Board of Education - Video Session	29
30 Conjoint Examination 2011 - OSCE Exam	31	1 Nov	2	3	4	5

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

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